



CSA Recipes - Week of October 1st

Chinese Vinaigrette Cabbage Stir Fry (醋溜卷心菜)

Adapted from Omnivores Cookbook, <https://omnivorescookbook.com/vinaigrette-cabbage-stir-fry>

Ingredients:

2 tablespoons Chinese black vinegar (Substitute Balsamic Vinegar if you don't have black vinegar)

1 1/2 tablespoon light soy sauce

1 teaspoon dark soy sauce

1 tablespoon sugar

1 and 1/2 tablespoon peanut oil

2 to 3 dried chili peppers (Optional)

1 large piece ginger , minced

2 cloves garlic , minced

2 green onion , chopped

10 ounces (300 grams) napa cabbage

1/2 teaspoon sesame oil (Optional)

Directions:

Combine black vinegar (or balsamic vinegar), light soy sauce, dark soy sauce, and sugar in a small bowl. Reserve the rest of the seasonings for the stir fry.

Cut cabbage into bite size. I usually cut the leaves in half, overlap them, and chop into different sized pieces, to make parts with thicker stem smaller. This will ensure the leaves will be cooked evenly later.

Add peanut oil and chili peppers into a large nonstick skillet and heat over medium heat until warm. Add the remaining ginger, garlic, and green onion. Stir and cook until sizzling.

Add cabbage. Stir and cook until the leaves are evenly coated with oil, and the pan turns very hot, about 1 minute.

Pour in the sauce. Continue to stir and cook until the cabbage is slightly charred and cooked through, about 3 minutes.

Turn off heat. Carefully taste the cabbage and adjust seasoning by adding salt, if necessary. Drizzle with a bit of sesame oil and stir to mix again.

Transfer to serving plate. Serve warm over steamed rice or as a side dish.

Turnip Green & Kale Salad with Sesame Dressing



CSA Recipes - Week of October 1st

Adapted from Shao Z. / SeriousEats.com,
<https://www.serious-eats.com/recipes/2013/11/bitter-greens-salad-sesame-dressing-recipe.html>

Ingredients:

2 tablespoons tahini
2 tablespoons warm water
1 tablespoon sesame oil
1 teaspoon soy sauce
2 teaspoons rice vinegar
Kosher salt and freshly ground black pepper
4 ounces kale, torn into bite sized pieces
4 ounces turnip greens, torn into bite sized pieces
1/4 cup thinly sliced red onion (about 1/2 small)

Directions:

Combine tahini, water, sesame oil, soy sauce, and vinegar in a small bowl and whisk to combine. Season to taste with salt and pepper.

Combine kale and turnip greens in a large bowl and add 2 tablespoons dressing. Massage mixture gently until leaves begin to wilt, about 2 minutes. Refrigerate and let rest at least 10 minutes and up to 1 hour.

To serve, add remaining dressing. Toss to coat, season to taste with salt and pepper, scatter onions over top, and serve.