



CSA Recipes - Week of July 23rd

Stir-Fried Sweet Potato Leaves

Adapted from the Woks of Life, <https://thewoksoflife.com/yam-leaves/>

Ingredients:

1 pound yam leaves
3 tablespoons vegetable oil
3 cloves garlic (smashed and chopped)
2 slices ginger (julienned)
1 teaspoon sesame oil
1 teaspoon Shaoxing wine (optional)
¼ teaspoon ground white pepper
2 tablespoons water
Salt (to taste)
1/8 teaspoon sugar

Directions:

Heat the oil in a wok over medium heat. Add the garlic and ginger, and cook for about a minute. Now turn the heat to high, and add in the sweet potato leaves.

Stir and add in the sesame oil, Shaoxing wine (optional), ground white pepper, water, salt (to taste) and a pinch of sugar. Stir to cook for a couple of minutes until all the leaves are wilted. Serve immediately.

Smoky Eggplant Dip (Eggplant Moutabal)

Adapted from Kamal Mouzawak, <https://www.bonappetit.com/recipe/smoky-eggplant-dip-eggplant-moutabal>

Ingredients:

2 medium globe eggplants (about 1¾ lb. total)
⅓ cup tahini
¼ cup fresh lemon juice
3 Tbsp. extra-virgin olive oil, plus more for drizzling
Kosher salt
Pomegranate seeds and black sesame seeds (for serving)

Directions:

Remove grate and prepare a charcoal grill for medium heat (coals should be covered with ash and glowing red with no black remaining). Place eggplants directly on coals and cook, turning occasionally, until skins are completely charred and flesh collapses, 15–20 minutes. (Alternatively, you can char over a gas burner on medium-high heat, turning occasionally with tongs, 12–15



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minutes.) Transfer to a colander set over a medium bowl. Let cool 15 minutes.

Remove skins from eggplants (it's okay if some bits of charred skin don't come off). Transfer flesh to a sieve set over a bowl and let drain 10 minutes.

Transfer eggplant flesh to a food processor; add tahini, lemon juice, and 3 Tbsp. oil and process until creamy; season dip with salt.

Transfer dip to a bowl and top with pomegranate seeds and black sesame seeds; drizzle with more oil.