

IN THE BAG
Potomac Vegetable Farms
Week 9: August 1, 2011

This is what we anticipate will be in your bag. It could be slightly different.

Mini: onions, carrots, potatoes, peppers, beans, tomatoes, cherry tomatoes, Thai basil

Regular: onions, potatoes, beets, peppers, cabbage, tomatoes, fennel, parsley or chard, blackberries

Robust: onions, carrots, potatoes, beets, peppers, cabbage, tomatoes, cherry tomatoes, chard, fennel, Thai basil

Everything should be stored in the refrigerator except tomatoes and potatoes.

Tomatoes should go on the counter. The fridge will make them mealy. Potatoes should go in a cool, dry, dark place. Onions can go either on the counter or in the fridge.

Puff Pastry Onion Tart with Ricotta Cheese Recipe

From [Savory Sweet Life](#)

2 med-large yellow onions, thinly sliced
4 tablespoons butter
2 teaspoons fresh thyme leaves
2 teaspoons sugar
1/2 teaspoon salt
1/4 teaspoon ground pepper
*optional 4 tablespoons white wine
1 package puff pastry, thawed
1 cup Ricotta cheese
1 egg
1/2 cup Parmesan cheese

Preheat oven to 350 degrees. In a medium sauce on medium heat cook butter, thyme, onions, salt, pepper, sugar, and white wine for 15 minutes stirring occasionally until softened and golden brown. While onions are caramelizing, combine Ricotta cheese and egg in a small bowl and set aside. Unfold puff pastry sheets on a large cookie sheet making sure both sheets connect in the middle of the pan. Gently fold in each side of the puff pastry sheets approximately 1 inch. Spread Ricotta cheese evenly over the puff pastry and lightly sprinkle most of the Parmesan cheese on top. Add caramelized onions evenly over the cheese mixture and top off by sprinkling any remaining Parmesan cheese. Bake for 25-30 minutes until puff pastry is golden brown. Cut into pieces and enjoy!

French Onion Soup for Two

From [A Good Appetite](#)

1 T butter
1 lb, white or yellow onion, thinly sliced
1 clove garlic, minced
1/2 t white sugar
3 c chicken stock or broth
1 1/2 t worcestershire sauce
1 t malt vinegar
2 T red wine (a good excuse to open a bottle to drink with dinner)
1 bay leaf
pinch of dried thyme
salt & fresh pepper to taste
petite baguette, cut into 1/2 - 3/4 inch slices
grated gruyere

In a heavy soup pot, melt the butter over medium heat. Add the onion and garlic & stir well. Turn heat to low, cover & let cook for 15 minutes. Remove the lid, stir in sugar. Continue to cook uncovered on low, stirring from time to time, until the onions are very tender & light brown, about an 1 - 1 1/2 hours.

Add the stock, worcestershire, vinegar, wine, bay leaf, thyme, salt & pepper. Bring to a simmer. Let simmer for 20 minutes.

You can prepare the cheese bread for the top two ways.

This version works well if you don't want to put your soup bowls in the broiler. Put the sliced bread on a baking sheet & broiled one side until crisp. Then we turned the slices over topped with the cheese & returned to the broiler until bubbly. Place the cheese bread on top of the soup.

Or you can put the soup in ovenproof bowls, top with bread slices & cheese. Put the whole thing in the broiler until the cheese is bubbly.

Makes 2 servings

Grilled Onions and Tomatoes

From [Purely Primal](#)

3 to 4 medium yellow onions
3 to 4 medium plum tomatoes
1 to 2 tbsp extra virgin olive oil
1/2 tsp sea salt

Warm the grill up to medium-high heat. Very carefully trim the root off the onions, but leave the very bottom in tact to hold all the layers together. Peel off the outer skin and slice them in half from top to bottom. Slice the tomatoes in half as well. Then brush the cut faces with olive oil and sprinkle with the sea salt.

Place directly on the grill, cut side up, for about 7 minutes. Turn over and finish grilling on the cut face for another 5 to 7 minutes until things are tender crisp. The onions can be cooked a little longer if desired, but be careful not to overcook the tomatoes or they'll become mushy. Serve warm along side some grilled steak or pork chops. Dig in!

Rosemary Garlic Onion Marinade

From [Baking Me Hungry](#)

This is a great and simple way to marinate steak if you intend to grill or pan fry it.

Makes 4 servings

2 T fresh rosemary, chopped
1 tsp dry rosemary
6 cloves garlic, chopped
1 medium onion, chopped
2 C red wine (I used Yellowtail Shiraz)
1/4 C olive oil
1/2 tsp freshly ground pepper
1 T Dijon mustard (I used Maille)
sea salt and freshly ground pepper to taste
4 New York sirloin strip steaks, 1" thick, 8 oz each or 2 steaks, 16 oz each

Combine the first 8 ingredients in a 1-gallon zippered plastic food storage bag. Seal bag and marinate steaks in the refrigerator for 8 hours or overnight, turning once. Preheat a grill pan on high heat.

About 30 to 45 minutes before you're ready to cook, remove steaks from marinade, pat dry with paper towels and let them come to room temperature. Discard marinade. When you're ready to grill steaks, season them on both sides with salt and additional black pepper.

Brush grill with oil and sear steaks over direct heat for about 4 minutes. You can rotate them a quarter turn halfway through if you want cross-hatch grill marks—or not. Flip the steaks, using tongs (never pierce with a fork!) and grill on the second side for about 3 minutes, or until they reach desired doneness. Transfer steaks to platter and tent with foil. Let steaks rest for about 5 minutes or so. Plate and serve.

Lemon Onion Marinade (aka, Happy Dance Marinade)

From [Just A Comma](#)

1/2 c. olive oil

1/4 c. fresh lemon juice

1 medium onion, chopped

2 cloves garlic, minced

2 teaspoons fresh oregano and fresh thyme

1 teaspoons sea salt

Combine all items in a container. Puncture meat with a fork a few times. Add meat to marinade. Refrigerate for 3-4 hours.

Coriander and Spring Onion Marinade

From [Foodie Devil](#)

4 Tbsp Olive Oil
2 Tsp Vinegar (balsamic/apple cider/redwine)
Tsp Sesame Oil
Juice from ½ lemon
Tbsp sweet chili sauce
Tbsp Honey
Tbsp Brown Sugar
Tsp paprika powder
2 cloves of garlic
1cm ginger
1 red chili
2 spring onions
Bunch of fresh coriander
Salt & Pepper

2 Breasts of Chicken

Finely chop garlic, ginger & chili

Coarsely chop spring onion & coriander

Chop your chicken into long strips

In your pestle & mortar crush together your garlic/ginger & chilli

Now add together the olive oil/vinegar/lemon juice/sesame oil & whisk together

Add sweet chilli sauce/honey/paprika and brown sugar & continue to whisk

Finally add your spring onion & coriander

Add the marinade with your chicken and marinate for a minimum of 3 hours

When ready to BBQ place your marinated chicken each side of your metal skewer and cook on BBQ that is at a medium heat.

ENJOY!!!

Mixed Greens with Walnuts and Roasted Onion Dressing

From [Epicurious](#)

yield: Serves 10

2 large onions (about 1 3/4 pounds), peeled, cut into 8 wedges
1 cup plus 2 tablespoons walnut oil or olive oil
1 tablespoon sugar
1/2 cup canned chicken broth
6 tablespoons Sherry wine vinegar

14 cups mixed greens (such as curly endive, romaine, Belgian endive and radicchio),
torn into bite-size pieces
1 cup chopped toasted walnuts (about 4 ounces)
1/2 small red onion, halved, thinly sliced

Preheat oven to 400°F. Place 2 onions cut side down on baking sheet. Pour 2
tablespoons oil over. Sprinkle with sugar. Bake onions 30 minutes; turn onions over and
bake until brown and caramelized, about 30 minutes longer. Cool. Transfer onions to
processor. Add remaining 1 cup oil, broth and vinegar and puree (mixture will be thick).
Season with salt and pepper. (Can be prepared 1 day ahead. Cover and refrigerate.)

Combine greens, 1/2 cup walnuts and half of red onion in large bowl. Add enough
dressing to coat greens; toss well. Sprinkle remaining walnuts and red onion over and
serve.