



Tucson Community Supported Agriculture

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Fall 2018

Harvest lists are online.

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Find many more recipes on our website.

Turkey Thawing

If you took home one of Josh's turkeys, store it in your freezer. Then figure out how far in advance to start thawing it using this formula.

Refrigerator Thawing

Allow approximately 24 hours for each 4 to 5 pounds in a refrigerator set at 40 °F or below. Place the turkey in a container to prevent the juices from dripping on other foods. It would take 4 days to thaw a 16-lb turkey. A thawed turkey can remain in the refrigerator for a couple days or so before cooking.

Cold Water Thawing

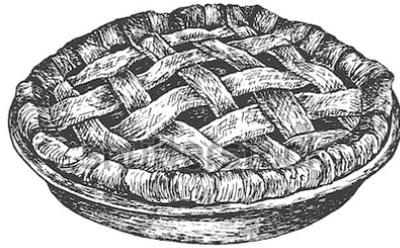
Allow about 30 minutes per pound. First be sure the turkey is in a leak-proof plastic bag to prevent cross-contamination and to prevent the turkey from absorbing water, resulting in a watery product.

Submerge the wrapped turkey in cold tap water. Change the water every 30 minutes or so until the turkey is thawed. It would take 8 hours to thaw a 16-pound turkey. Cook immediately after thawing.

Praise the Lard

Written by Shelby Thompson

As you might know from your experience buying a pork share, we purchase pasture-raised-and-finished hogs from Josh at Chiricahua Pasture Raised Meats several times each year.



Along with the sausage, ribs, roasts, and ground meat that make it into the shares, we also receive part of the hogs that CSA members don't often see: lard. Lard is fat that comes from the animal's back and around its abdomen and kidneys and, once rendered, it can be used to make flaky pie crusts, melt-in-your-mouth tortillas, and slew of other sweet and savory dishes.

In the 1890s, lard became the target of a Crisco marketing campaign, one which spent inordinate amounts of money labeling butter and lard as fundamentally bad and unhealthy. The marketing campaign was hugely successful, and soon many home cooks replaced lard—which has been used by cooks and bakers for centuries—with highly processed vegetable oil (extracted from cottonseed, not vegetables). Despite what the slanderous jargon used in these campaigns said, lard is minimally processed fat with a variety of health benefits. "Nutritionally speaking, lard has nearly one-fourth the saturated fat and more than twice the monounsaturated fat as butter. It is also low in omega-6 fatty acids, known to promote inflammation; according to lard enthusiasts, free-range pigs that eat greens, not grains, have higher levels of omega-3 fatty acids," says Tucson's own Dr. Andrew Weil, adding that, "The best lard is considered to be minimally processed "leaf lard" from the area around the pig's abdomen and kidneys or fatback lard from the pig's back."

Although rendered lard is a cook's dream, it doesn't do much for anyone in the solid, un-rendered state in which we receive it at Tucson CSA. Thus on Monday, I set out early with Philippe, Sara, and Lori (appropriately dressed in a shirt that read "Praise the Lard") to render over 60 pounds of the stuff. We began by cutting frozen hunks of lard into smaller pieces that could fit into an industrial meat grinder. Grinding the lard isn't necessary, but it allowed us to render it more quickly and efficiently than if we had just cut it into tiny pieces. Once all of the lard was ground, we gathered our equipment - three crockpots; two stock pots; and a few ladles - and got to work.

Between the heating, the stirring, the skimming, the jarring, and—eventually—the washing up, we ate. Lori gave us a taste of what the rendered lard could become. First, individual pot pies, filled with tender white beans, okra, peppers, and a few odds and ends from last week's CSA share, topped with a blanket of tender lard-butter crust (see back page for the recipe). The light, flaky crust paired perfectly with the smoked paprika-flavored stew that bubbled up beneath it. Later, we took a break to enjoy a few slices of Lazy Mary's Lemon Tart, made with the same lard-butter crust that we had on the pot pies. The sweet-yet-tart filling served as a great contrast to the rich pastry beneath it. We left that night with satisfied appetites and several cases of rendered pork lard, which will be sold at Tucson CSA.

You can now find buy rendered lard for all of your holiday baking and cooking needs at \$10/pint. For those of you who want to give lard rendering a go in your own kitchen, you can buy ground, un-rendered lard at \$3/lb. You'll find great lard rendering guides on theprairiehomestead.com, daringgourmet.com, and myhumblekitchen.com.

Basic Lard-Butter Pastry Crust

Lori Adkison, Tucson CSA

2 ½ cups flour
½ cup butter, cold
½ cup lard
Pinch of salt
¼ - ½ cup ice water

Mix the flour and salt in a mixing bowl. Use a pastry blender or fork to cut the butter and lard into the flour. Sprinkle the water over the mixture 1 tablespoon at a time, just until the dough comes together. Refrigerate for at least an hour before using.

Cilantro Dip

Nora McGinnis, Tucson CSA

This is a great way to use up a lot of cilantro at once and make use of cilantro stems. The stems actually contain much more flavor than the leaves and add a huge punch to recipes where their texture won't interfere.

2/3 cup toasted slivered almonds (whole and/or raw almonds also work just fine, as does almond meal or flour)
1 garlic clove
1 and 1/2 tablespoons chopped jalapeno (with or without seeds to your taste)
1 packed cup cilantro, stems and all
2-3 tablespoons lime juice
3 tablespoons sour cream
1/4 cup mayonnaise
1 teaspoon salt

Toss everything in a food processor and pulse until smooth, scraping down sides as needed. Serve as a dip with crackers, tortilla chips, or veggies, or use as a spicy pesto on pasta. (If using whole almonds, it can speed up the process to pulse them first on their own until roughly chopped, and then add the other ingredients).

Peanut Butternut Soup

Sara Jones, Tucson CSA

This is a delicious, if somewhat unusual, soup. You can use any winter squash here, the name just won't be as catchy!

About 3 cups of peeled winter squash or pumpkin, cut into large chunks
1 bell pepper, diced
1/2 onion, diced
1-2 cups chopped greens
1 inch ginger, grated
1 tablespoon curry powder
Enough water or vegetable broth to cover all ingredients
1 tablespoon oil
1/2 cup natural chunky peanut butter (not the kind with sugar)
Salt and pepper to taste

Heat the oil in a large soup pot over medium high heat. Stir in onion, ginger, bell pepper and curry.

Cook until fragrant. Add squash and greens and cover with water or broth. Bring to a boil and cook for about 30 minutes until squash is tender and falling apart. Remove one cup of soup from pot and blend together with peanut butter. Return mixture to pot and mix well. Season with salt and pepper. If you want a creamy soup, blend in batches to desired consistency. Otherwise, smash squash with a potato masher or wooden spoon to thicken broth. Garnish with roasted peanuts, if desired.

Pumpkin Hand Pies

Sara Jones, Tucson CSA

2 ½ cups pumpkin or winter squash puree
2 teaspoons cinnamon
1 teaspoon ground nutmeg
1 cup ground pecans
¼ cup brown sugar
1 package puff pastry or pie dough

Mix together first 5 ingredients. Fill pastry according to directions on package. I use frozen, individual square pastry dough, which, once filled, folds into a nice triangle. You could cut rounds from a pie dough, too. Bake according to directions on package. Best served warm, with yogurt or ice cream.

Autumn Panzanella

Sara Jones, Tucson CSA

Traditionally made with juicy summer tomatoes, panzanella is also a great way to use fall veggies and one of the most delicious ways to use stale bread!

3 medium tomatillos, husks removed and cleaned
About 2 cups winter squash, peeled and chopped into bite size pieces
1 large or 2-3 small onions, diced
2 to 3 cloves garlic, minced
3 slices stale bread, cut into cubes
1 teaspoon paprika
1 teaspoon ground oregano
1 teaspoon thyme
2 tablespoon olive oil
1 tablespoon vinegar or lemon juice
Salt and pepper to taste

Toss winter squash and whole tomatillos with one tablespoon oil and lay out on a baking sheet. Bake at 400 degrees for about 25 minutes, stirring halfway through. Remove from oven once squash is tender. Set tomatillos aside to cool in a bowl to collect any juices. Heat the remaining one tablespoon of oil in a large skillet over medium high heat. Add bread cubes to skillet and stir to coat with oil. Sprinkle bread with herbs and spices, and cook, stirring occasionally until crispy and beginning to brown. While bread is cooking roughly chop tomatillos and add to a bowl with the cooked squash, adding any juice from the tomatillos. Toss hot bread directly into vegetable mix and toss to combine. Drizzle with a bit of balsamic vinegar and touch more olive oil if desired. Taste for salt. Serve at room temperature.