

#121 SEPTEMBER 8, 2023

# BLUE MOON BEETS

Official Newsletter for Produce Box lovers!

## INSTRUCTIONS

- Make the dough: In a bowl, mix together the flours, sugar, and salt until combined, then add the butter. Using a dough cutter or your fingers, squish and flatten the butter pieces into the flour until you have the texture of coarse meal with pea-sized (and larger) pieces throughout.
- Add the vinegar and 2 tablespoons water, and mix until dough comes together into a ball. If the dough seems dry, you may need more water; add an extra tablespoon at a time until you can form a ball.
- Flatten the dough into a disk, wrap in plastic, and place in the fridge for at least 2 hours or overnight.
- When you're ready to assemble the galette, preheat the oven to 400°F.
- Make the filling: In a bowl (feel free to use the one you just used for the crust), toss together the sliced pears, 2 tablespoons brown sugar, vanilla, lemon zest and juice, and salt.
- On a clean working surface or large cutting board, lightly dust with flour and roll dough out into a flat round, about 1/8-inch thick and 13 inches wide. Transfer to a parchment-lined sheet pan. Place the pears in the center, shingling them over one another like fish scales, leaving behind the accumulated juices. Fold over the edges of the dough so there's about a 1- to 2-inch border. Carefully pour the juices over the center of the galette (ensuring it remains within the crust). Sprinkle the remaining tablespoon brown sugar over the fruit. Brush the crust with heavy cream and sprinkle with the turbinado sugar.
- Bake for 35 to 45 minutes, or until the crust has browned and the filling is bubbling. Let sit to cool slightly.
- Cardamom Whipped Cream: Use an electric mixer or whisk to whip 1 cup (227 grams) heavy cream, 2 tablespoons granulated sugar, 1/2 teaspoon vanilla, and 1/2 teaspoon ground cardamom to medium peaks, or to your desired whipped cream texture. Serve dollops of this cream with the cooled but still-warm galette.

<https://food52.com/recipes/82539-asian-pear-galette-recipe>

## ASIAN PEAR GALETTE WITH CARDAMOM WHIPPED CREAM

### INGREDIENTS

- For the dough:
- 1/2 cup (60 grams) all-purpose flour, plus more for rolling out dough
- 1/2 cup (57 grams) whole-wheat flour
- 2 tablespoons granulated sugar
- 1/2 teaspoon kosher salt
- 7 tablespoons (99 grams) unsalted butter, very cold, cut into small pieces
- 1 tablespoon rice vinegar
- Ice water, as needed
- For the filling and assembly:
- 1 Asian pear (about 3/4 pound), halved, cored, and thinly sliced into half moons
- 3 tablespoons dark brown sugar, divided
- 1/2 teaspoon vanilla extract
- Zest of 1 lemon
- 1 tablespoon lemon juice (about 1/2 lemon)
- 1 pinch kosher salt
- 1 tablespoon heavy cream
- 1 tablespoon turbinado sugar
- Cardamom Whipped Cream, recipe follows



## INSTRUCTIONS

1. Heat grill to medium.
2. Whisk together the cream cheese and goat cheese in a medium bowl until smooth. Fold in the Cheddar, corn and green onions and season with salt and pepper. Fill each jalapeno half with about 2 tablespoons of the mixture and sprinkle the top with some of the ancho powder.
3. Place on the grill, filling-side up and cook until slightly charred and tender, about 7 to 8 minutes. Spoon the red pepper sauce onto a platter and top with the jalapenos.

For the sauce:

1. Combine the pepper, tomatoes, vinegar, honey and cilantro in a food processor and process until smooth. With the motor running, slowly add oil and season with salt and pepper.

<https://www.foodnetwork.com/recipes/bobby-flay/grilled-stuffed-jalapeno-chiles-with-grilled-red-pepper-tomato-sauce-recipe-1950247>

## GRILLED STUFFED JALAPENO CHILES WITH GRILLED RED PEPPER TOMATO SAUCE

### INGREDIENTS

- 8 ounces cream cheese, at room temperature
  - 4 ounces soft goat cheese
  - 4 ounces shredded aged white Cheddar cheese
  - 2 ears corn, grilled in husk and kernels removed
  - 2 green onions, thinly sliced
  - Salt
  - Freshly ground black pepper
  - 12 jalapeno chiles, halved, stemmed and seeded
  - 1 heaping tablespoon ancho chili powder
- 
- Grilled Red Pepper-Tomato Sauce:
  - 2 red peppers, grilled, peeled and chopped
  - 2 plum tomatoes, grilled until charred on all sides, and coarsely chopped
  - 2 tablespoons red wine vinegar
  - 1 tablespoon honey
  - 1/4 cup chopped fresh cilantro leaves
  - 1/4 cup olive oil
  - Salt
  - Freshly ground black pepper



**In your Box This Week!**

**Extra-Small**

- Microgreens\*
- Lettuce Mix\*
- Jalapeno Peppers\*
- Shallots\*
- Heirloom Tomato\*
- Pear

**Small**

- Microgreens\*
- Lettuce Mix\*
- Red Onions\*
- Jalapeno Peppers\*
- Shallots\*
- Heirloom Tomatoes\*
- Asian Pears

**Large**

- Microgreens\*
- Curly Kale\*
- Lettuce Mix\*
- Red Onions\*
- Jalapeno Peppers\*
- Jimmy Nardello Peppers\*
- Shallots\*
- Heirloom Tomatoes\*
- Asian Pears
- Brussel Sprouts