

#110 · JUNE 16, 2023

BLUE MOON BEETS

Official Newsletter for Produce Box lovers!

INSTRUCTIONS

1. Take your mandu wrappers out of the freezer. They can thaw out while we prepare the fillings.
2. Place the beef, garlic, and ginger into a bowl. Use a wooden spoon to mix with 2 teaspoons soy sauce, 1 tablespoon sugar, 2 teaspoons toasted sesame oil, and ½ ts ground black pepper. You can use a food processor if you want to.
3. Heat up a skillet over medium high heat and add 1 teaspoon vegetable oil. Stir fry the meat mixture until the meat is no longer pink.
 4. Transfer to a large mixing bowl and be sure to include the juices from the cooked meat.
5. Bring about 7 to 8 cups of water in a pot to a boil over medium high heat. Add the dangmyeon (aka sweet potato starch noodles) to the boiling water. Cover and cook for 7 to 8 minutes.
6. Take a sample of the noodles to see if they're cooked thoroughly. They should be soft with no firm bits in them at all. Strain and rinse under running cold water. Drain. Chop into small pieces. Add to the mixing bowl.
 7. Add the minced onion, the chives, and kimchi to the mixing bowl.
 8. Squeeze the tofu slightly by hand to remove excess water and add it to the mixing bowl.
9. Add 1 teaspoon kosher salt, 1 teaspoon toasted sesame oil, ½ teaspoon ground black pepper. Mix well by hand or a wooden spoon until well mixed

Shaping mandu:

1. Put a wrapper on your palm and add 2 or 3 spoons of filling to the center.
2. Loosely fold it in half vertically. Pinch the bottom on the fold to seal it.
3. Push the right side in a little bit, so the wrapper folds in on itself slightly.
 4. Pinch that fold to make a pleat.
5. Do the same on the left side and alternate sides all the way up until the mandu is sealed.
 6. Pinch or wrap the end to seal it.
 7. Repeat until you've made mandu from all your fillings.

Steam mandu:

1. Boil water in a steamer. Line the steamer rack or basket with a parchment paper.
2. Place some mandu in the steamer basket, but be sure to make room between the mandu because they will expand slightly when cooked. Cover and steam for 15 minutes.
 3. Remove and serve with dipping sauce. \

Fry mandu:

1. Heat up a non-stick pan over medium high heat. Add 2 tablespoons vegetable oil and swirl to spread the oil evenly.
 2. Add some mandu and cook over medium heat, rotating them so each side gets golden-brown.
 3. Lower the heat to low and cover. Cook for a few more minutes.
 4. Remove and serve with dipping sauce.

Dipping sauce:

1. Combine 2 tablespoons of soy sauce, 1 tablespoon of white vinegar, ¼ cup chunks of onion, 1 chopped green chili pepper (or jalapeño) in a bowl.
2. Mix well. Optionally, if you like it sweet, add 1 teaspoon sugar.
<https://www.maangchi.com/recipe/kimchi-wangmandu>

KIMCHI DUMPLINGS

INGREDIENTS

- Frozen dumpling wrappers
- ½ pound beef brisket (or pork belly or pork shoulder), ground
- 1 teaspoon worth of [ginger](#), minced
- 3 garlic cloves, peeled and minced
- 2 teaspoons [soy sauce](#)
- 1 tablespoon sugar
- 1 tablespoon [toasted sesame oil](#)
- 1 teaspoon ground black pepper
- 2 ounces [dangmyeon](#) (sweet potato starch noodles)
- 1 cup of minced onion (½ a of large onion)
- 1½ cups of chopped [buchu](#), (substitute for 8 to 10 chopped green onions)
- 1 cup of [kimchi](#), chopped
- ⅓ cup worth medium firm [tofu](#) (100 grams: about 4 ounces)
- 1 teaspoon [kosher salt](#)
- vegetable oil
- a little flour to dust your fingers

Dipping Sauce:

- 2 tablespoons [soy sauce](#)
- 1 tablespoon white vinegar
- ¼ cup worth of chunks of onion
- 1 jalapeño or Korean green chili pepper, chopped
- 1 teaspoon sugar (optional)





INSTRUCTIONS

1. First, gather all your ingredients and prepare them in the right amounts. That makes it so much easier and more fun and you're less likely to forget anything.
2. For the dough we need flour, semolina and 1/4 salt.
3. Mix well and add a tablespoon olive oil and 160 ml of water. Knead well and add some water or flour if necessary. The dough should be easy to knead.
4. Bring the blueberries, balsamic and thyme to a boil and then turn the heat low. Crush the blueberries with a fork or a potato masher and let the sauce sit.
5. For the ravioli filling warm the grated cheese with the cream in a small pot and stir well. Then set aside in a small bowl.
6. Now we need the dough, more flour, a rolling pin, a glass with a thin rim, the bowl with the filling and one or two small spoons, and two plates with a little semolina for the ravioli.
7. Roll out the dough as thin as possible. You should still be able to turn it around without tearing it.
8. Now use the glass to cut out circles.
9. Place a little amount of the filling on the circles and fold them over, then close them with a fork.
10. Place the ravioli on the plates or board, try not to put them on top of each other to avoid them sticking together. Carefully put in boiling salt water, it's best to use a straining ladle to prevent the ravioli from breaking. They are ready after about 5 Minutes when they start swimming to the top.
11. In the meantime heat some olive oil in a large skillet and add the crushed garlic clove, the maple syrup, salt, thyme, and thyme twigs, then add the ravioli and stir carefully.
12. Serve with rocket salad and blueberry balsamic sauce and salt and fresh pepper to taste.

<https://flymetotheveganbuffet.com/cheese-ravioli/>

CHEESE RAVIOLI WITH BLUEBERRY BALSAMIC SAUCE

INGREDIENTS

- 150 g flour 1 cup
- 150 g semolina 1 cup
- 1/4 teaspoon salt
- 1 tablespoon olive oil
- 160 ml water 2/3 cup
- 1 cup blueberries 100 g
- 1 tablespoon maple syrup
- 80 ml balsamic 1/3 cup
- 1 teaspoon fresh thyme
- 120 g grated vegan cheese
- 60 ml vegan cream 1/4 cup
- 1 tablespoon olive oil
- 1 garlic clove
- 1 teaspoon maple syrup
- 1/4 teaspoon salt
- 1 teaspoon fresh thyme
- thyme twigs
- 2-3 handfuls rocket salad



In your Box This Week!

Microgreens*
Cilantro*
Chard OR Kale*
Red Spinach*
Turnips*

Extra-Small

Microgreens*
Blueberries
Cilantro*
Chard OR Kale*
Scallions*
Red Spinach*
Turnips*

Small

Microgreens*
Blueberries
Cilantro*
Chard OR Kale*
Garlic Scapes*
Kohlrabi*
Radishes*
Scallions*
Red Spinach*
Cherry Tomatoes
Zucchini*
Wild Fermented Organic
Kimchi

Large

