

#111 · JUNE 23, 2023

# BLUE MOON BEETS

Official Newsletter for Produce Box lovers!

## INSTRUCTIONS

1. For pickled okra, bring vinegar, garlic, chilli, 750ml water and ½ tsp salt to a simmer in a saucepan, then cool briefly (5 minutes). Place tomato in a 1.5-litre jar, top with okra, then pour in vinegar mixture, seal and refrigerate for at least 4 days or ideally 2 weeks. Pickled okra will keep refrigerated for a month.
2. For pickled okra, bring vinegar, garlic, chilli, 750ml water and ½ tsp salt to a simmer in a saucepan, then cool briefly (5 minutes). Place tomato in a 1.5-litre jar, top with okra, then pour in vinegar mixture, seal and refrigerate for at least 4 days or ideally 2 weeks. Pickled okra will keep refrigerated for a month.
3. Fry onion and garlic in oil in a saucepan over low-medium heat until very soft (14-15 minutes). Bring sugar, 1 tsp salt and 500ml water to the boil in a large saucepan, stirring to dissolve sugar. Drain fava beans and add to onion mixture with bay leaf and pepper and toss to coat. Add herbs and hot water mixture and bring to the boil. Reduce heat to low and cook uncovered, stirring occasionally, until beans start to break down and mixture is thick (35-45 minutes; add a little extra water if necessary). Transfer beans to a food processor and purée until smooth, season to taste, then transfer to an 8cm x 20cm loaf tin or mould lined with plastic wrap. Cover and refrigerate overnight to set.
4. For beetroot and carrot yoghurts, boil beetroot in salted water with vinegar and brown sugar until tender (35-40 minutes). Peel, purée in a food processor until smooth, then fold in half the yoghurt and half the garlic, season to taste and refrigerate until needed. Meanwhile, sauté carrot and remaining garlic in olive oil in a saucepan over low heat, covered and stirring occasionally, until very tender (25-30 minutes). Purée in a clean food processor until smooth, then fold in remaining yoghurt and refrigerate until needed.
5. Cut the fava bean pâté into thick slices and serve with a spoonful each of carrot yoghurt and beetroot yoghurt and some pickled okra. Top with extra herbs, finely chopped onion, lemon juice and olive oil, scatter with caraway and nigella seeds and serve with bread.

<https://www.gourmettraveller.com.au/recipes/chefs-recipes/stanbulis-fava-bean-pate-with-beetroot-carrot-and-pickled-okra-bakla-ezmesi-8469>

## STANBULI'S FAVA BEAN PATE WITH BEETROOT, CARROT, AND PICKLED OKRA

### INGREDIENTS

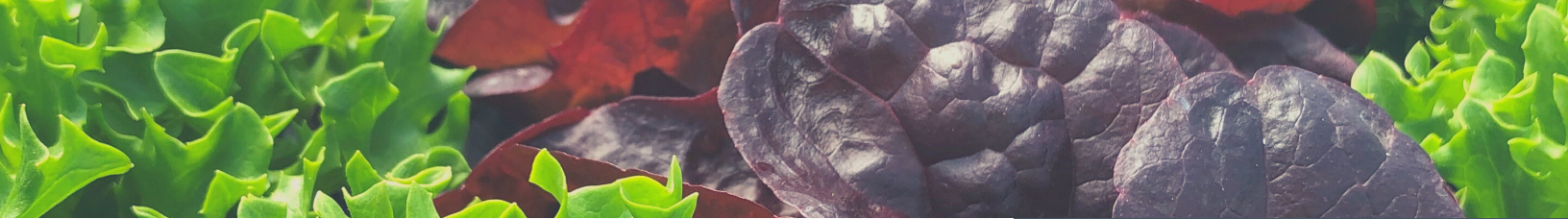
- 1 onion, thinly sliced
- 1 garlic clove, thinly sliced
- 50ml olive oil
- 1 tbsp caster sugar
- 250 gm dried peeled broad beans, soaked overnight in plenty of cold water and
- a pinch of bicarbonate of soda
- 1 fresh bay leaf, torn
- Crushed white pepper, to taste
- 1 cup dill and flat-leaf parsley, plus extra to serve (loosely packed)
- Finely chopped onion, lemon juice, extra-virgin olive oil, and crushed caraway and nigella seeds, to serve
- Pickled okra
- 250 ml white vinegar
- 3 garlic cloves, crushed
- 1 tsp ground pul biber
- 1 tomato, sliced
- 400 gm small okra, trimmed
- Beetroot and carrot yoghurts
- 1 large beetroot (350gm)
- 100 ml white vinegar
- 2 tbsp brown sugar
- 200 gm yoghurt, strained through a muslin-lined sieve for 1 hour to thicken
- 2 garlic cloves, finely grated
- 2 carrots, coarsely grated
- 25 ml olive oil



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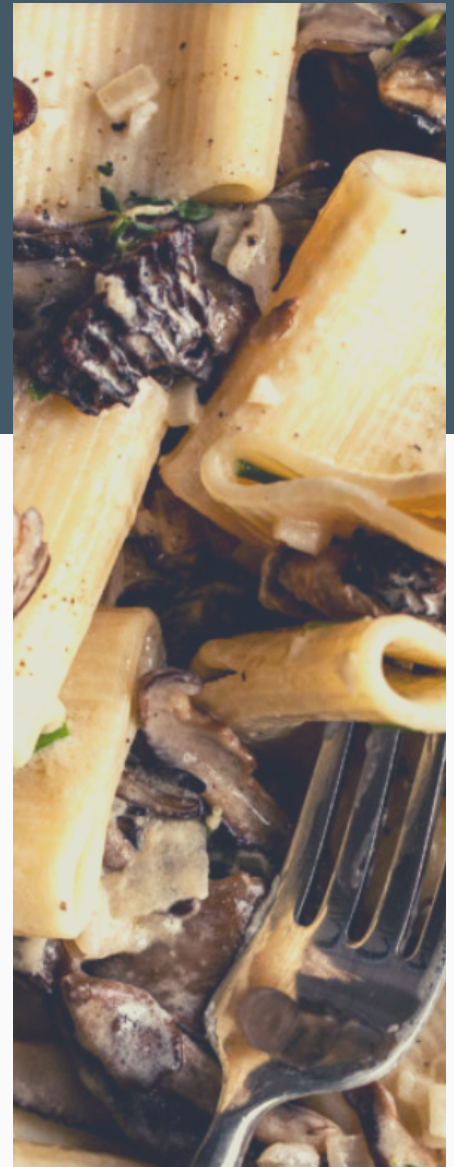
1. Bring a large pot of water to a boil over medium-high heat. Add the pasta and cook, stirring occasionally, until al dente, about 8 minutes. Reserve 1 cup of pasta cooking water and set aside. Drain the pasta and return to the pot.
2. Heat a large sauté pan over medium heat, add 3 tablespoons of the olive oil and heat through. Working in batches if needed to not overcrowd the pan, add the mushrooms and sauté until the mushrooms reduce in size, about 3 minutes.
3. Add the butter and season with salt and pepper. Continue to sauté until the mushrooms are golden brown, about an additional 3 minutes. Remove to a bowl and set aside.
4. Return the pan to medium heat, add the remaining olive oil and heat through. Add the garlic and shallots and cook, stirring occasionally, until the shallots are tender about 3 minutes.
5. Add the wine and let reduce by about half, about 4 minutes.
6. Whisk in the crème fraîche until combined. Stir in the Parmesan followed by the parsley, chives, and thyme then season with salt and pepper.
7. Return the mushrooms to the sauce and stir to coat.
8. Add the mushroom sauce to the pasta and stir to combine, adding some of the pasta cooking water about ¼ cup at a time until the pasta is creamy.
9. Serve topped with additional Parmesan cheese.

<https://cookingwithcocktailrings.com/mushroom-alfredo-pasta/>

## MIXED MUSHROOM ALFREDO PASTA

### INGREDIENTS

- 1/2 lb. pasta
- 3 Tbsp. extra-virgin olive oil (divided)
- 12 oz. maitake mushrooms
- kosher salt (to taste)
- cracked black pepper (Freshly, to taste)
- 4 cloves garlic (chopped)
- 2 Tbsp. shallots (diced)
- 1 cup dry white wine
- 3/4 cup crème fraîche
- 1/4 cup grated Parmesan (plus additional for serving)
- 1 Tbsp. flat-leaf parsley (chopped)
- 1/2 tsp. thyme leaves (chopped)



**In your Box This Week!**

Microgreens\*  
Arugula\*  
Beets with Tops\*  
Napoli Carrots\*  
Garlic Scapes\*  
Kohlrabi\*

*Extra-Small*

Microgreens\*  
Arugula\*  
Beets with Tops\*  
Napoli Carrots\*  
Garlic Scapes\*  
Kohlrabi\*  
Zucchini\*  
BMA Medium Rice\*

*Small*

Microgreens\*  
Arugula\*  
Fava Beans  
Beets with Tops\*  
Napoli Carrots\*  
Lettuce Heads\*  
Maitake Mushrooms  
Spinach Bunch\*  
Sugar Snap Peas\*  
BMA Medium Rice\*

*Large*

