

#134 DECEMBER 15, 2023

# BLUE MOON BEETS

Official Newsletter for Produce Box lovers!



## INSTRUCTIONS

Prepare the cauliflower:

1. Add flour, cornstarch, salt, garlic powder, and black pepper powder and mix well in a bowl.
2. Slowly add water to make a smooth paste.
3. Dip the florets in the batter and coat florets in breadcrumbs.
4. Arrange all the florets on a baking tray lined with parchment paper.
5. Bake for 15mins at 350F or till the top is golden brown.

For Orange Sauce:

1. Mix together ingredients for sauce except for cornstarch slurry.

Put it all together:

1. In a pan add oil, add ginger and garlic, saute further.
2. Add sauce mix and let it boil for 2 mins.
3. Add cornstarch slurry to the pan and let it cook further till the sauce thickens.
4. Keep stirring the sauce in-between.
5. Add baked cauliflower chunks to the pan and toss the pieces well to evenly coat the sauce.
6. If you want some sauce in the dish, do not cook the sauce for very long, as the sauce thickens when it cools down.
7. Garnish with sesame seeds and serve with Blue Moon Acres Short Grain White Rice!

<https://www.savorybitesrecipes.com/2021/04/orange-cauliflower.html>

## Ultimate Best Orange Cauliflower

### INGREDIENTS

For Batter:

- 1/3 Cup All Purpose Flour
- 1/3 Cup Cornstarch
- 1/2 tsp Salt
- 1/4 tsp Garlic Powder
- 1/4 tsp Pepper Powder
- 1/2 Cup Water

For Orange Sauce:

- 3/4 Cup Orange Sauce
- 1/3 Cup Sugar
- 1.5 Tbsp Hoisin
- 1.5 Tbsp Soy Sauce
- 1 tsp White Vinegar
- 1 Tbsp Cornstarch + 2 Tbsp Water, mixed
- 1.5 Tbsp Sriracha
- 1 Tbsp Garlic, minced
- 1 tsp Ginger, minced

Additional:

- 1 medium cauliflower head, cut into florets
- Sesame seeds for garnish



**In your Box This Week!**

**Extra-Small**

- Microgreens\*
- Beets\*
- Bok Choy\*
- Cilantro Bunch\*
- Fennel\*
- Yellow Onion\*
- Shallots\*
- Spinach Bunch\*

**Small**

- Microgreens\*
- Bok Choy\*
- Broccoli Rabe\*
- Cilantro Bunch\*
- Fennel\*
- Shallots\*
- Spinach Bunch\*
- Oyster Mushrooms
- Cheddar Cauliflower

**Large**

- Microgreens\*
- Beets\*
- Arugula Bunch\*
- Bok Choy\*
- Broccoli Rabe\*
- Napa Cabbage\*
- Cilantro Bunch\*
- Fennel\*
- Yellow Onions\*
- Shallots\*
- Spinach Bunch\*
- Oyster Mushrooms
- Cheddar Cauliflower



**Instructions**

1. Heat 2 tablespoons olive oil in a large skillet over medium heat. Add fennel and shallots to pan along with a generous pinch of kosher salt and a few grinds of black pepper. Let cook SLOWLY, stirring frequently, until golden brown and completely soft, 30-40 minutes. If they start to get dark brown around the edges, reduce heat to medium-low or low. The goal is meltingly tender with no crunch. When finished cooking remove from heat and allow to cool completely, then roughly chop.
2. In a mixing bowl, combine cooked fennel and shallots, yogurt, lemon juice, 2-3 teaspoons of olive oil, about 2 tablespoons fennel fronds, cayenne if using and a little more salt and pepper. Stir to combine and taste for seasoning adding more salt, pepper or lemon if desired. Transfer to a serving bowl and make a few swirls on the surface with the back of a spoon. Drizzle with olive oil and garnish with more fennel fronds and freshly ground pepper.

**Recipe Notes**

Dip can be made one day ahead. Cover with plastic wrap and store in the refrigerator. Garnish right before serving.

To prepare fennel, cut off the stalks where they meet the bulb. Reserve the feathery fronds that look like fresh dill. You'll need those later. Remove any wilted outer layers and rinse the fennel well. Dirt tends to settle between the layers. Slice off the tough root end then slice the bulb in half lengthwise, top to bottom through the core. Using the tip of your knife, remove the core by cutting along the line where the core meets the bulb. Slice each half crosswise into 1/8 inch thick slices.

Different vegetables cook at different rates but I've made this by cooking the fennel and shallots separately and together and together works fine for this recipe. Just make sure all of your slices are the same thickness.

<https://anatomyofapineapple.com/caramelized-fennel-and-shallot-yogurt-dip/>

**Caramelized Fennel and Shallot Yogurt Dip**

**Ingredients**

- 2 tablespoons extra virgin olive oil plus more for drizzling
- 1 heaping cup sliced fennel, sliced 1/8 inch thick, fennel fronds reserved (about 1 medium fennel bulb; see notes for tips on prepping)
- 1 heaping cup sliced shallots, sliced 1/8 inch thick (about 3-4 medium shallots)
- juice of 1 lemon
- 2 cups full fat Greek yogurt
- kosher salt and freshly ground pepper
- 1/4 teaspoon cayenne (optional)
- 3 tablespoons roughly chopped fennel fronds, divided
- crisp fresh vegetables such as carrots, cucumbers or Belgian endive and/or good potato chips for serving



*Holiday Shoppe Highlight*



**ORGANIC CACAO SOURCED FROM THE SIERRA NEVADA DE SANTA MARTA AND THE PERIJÁ SERRANY, TWO BIODIVERSE REGIONS IN COLOMBIA, GROWN BY 150 LOCAL FAMILIES USING REGENERATIVE AGRICULTURE TO STAY IN TUNE WITH THE BALANCE NECESSARY FOR THIS DELICATE ECOSYSTEM.**

