

#160 JUNE 12, 2024

BLUE MOON BEETS

Official Newsletter for Produce Box lovers!



GOAT CHEESE AND HERB SOUFFLE

INGREDIENTS

- ¼ CUP FRESHLY GRATED PARMESAN CHEESE
- 4 TABLESPOONS UNSALTED BUTTER
- ½ CUP ALL-PURPOSE FLOUR
- 2 CUPS MILK
- 1 BAY LEAF
- ½ POUND FRESH GOAT CHEESE (CRUMBLED)
- SALT AND FRESHLY GROUND PEPPER
- 4 LARGE EGGS (SEPARATED)
- 2 TABLESPOONS MINCED CHIVES
- 1 TABLESPOON MINCED DILL
- 1 TABLESPOON MINCED FLAT-LEAF PARSLEY
- 2 TEASPOONS MINCED TARRAGON



DIRECTIONS

PREHEAT THE OVEN TO 375°. BUTTER A 2-QUART SOUFFLÉ DISH. ADD THE PARMESAN AND TURN TO EVENLY COAT THE BOTTOM AND SIDE OF THE DISH. TAP OUT ANY EXCESS.

IN A MEDIUM SAUCEPAN, MELT THE BUTTER OVER MODERATE HEAT. WHISK IN THE FLOUR UNTIL A SMOOTH PASTE FORMS. WHISK IN 1 CUP OF THE MILK UNTIL SMOOTH, THEN WHISK IN THE REMAINING 1 CUP OF MILK AND ADD THE BAY LEAF. BRING THE SAUCE TO A BOIL, WHISKING CONSTANTLY. REDUCE THE HEAT TO LOW AND COOK, WHISKING FREQUENTLY, UNTIL VERY THICK, ABOUT 10 MINUTES. SCRAPE INTO A LARGE BOWL. STIR IN THE GOAT CHEESE AND SEASON WITH SALT AND PEPPER, THEN WHISK IN THE EGG YOLKS. COVER AND LET COOL, THEN STIR IN THE HERBS.

IN A LARGE STAINLESS STEEL BOWL, BEAT THE EGG WHITES WITH A PINCH OF SALT UNTIL FIRM BUT NOT DRY. FOLD ONE-THIRD OF THE BEATEN WHITES INTO THE CHEESE SAUCE. FOLD IN THE REMAINING WHITES, LEAVING A FEW WHITE STREAKS.

SCRAPE THE SOUFFLÉ MIXTURE INTO THE PREPARED BAKING DISH AND BAKE IN THE CENTER OF THE OVEN FOR 45 MINUTES, OR UNTIL BROWNEED, PUFFED AND STILL SLIGHTLY JIGGLY IN THE CENTER. SERVE AT ONCE.

In your Box This Week!

TURNIPS
GARLIC SCAPES
LETTUCE MIX
KALE
DILL
MICROGREENS

Small

BROCCOLI GAI LAN
ENGLISH HULL PEAS
FRESH RED ONIONS
LETTUCE MIX
KALE
YELLOW WAX BEANS
ZUCCHINI
THYME
MICROGREENS

Medium

BEETS
BROCCOLI GAI LAN
TURNIPS
FRESH RED ONIONS
LETTUCE MIX
KALE
SNOW PEAS
YELLOW WAX BEANS
ZUCCHINI
DILL
SQUASH BLOSSOMS
MICROGREENS
JAPANESE SWEET POTATOES

Large



CHERRY, COUSCOUS & ARUGULA SALAD WITH BALSAMIC VINAIGRETTE



INGREDIENTS COUSCOUS

¾ CUP WHOLE WHEAT COUSCOUS
2 TABLESPOONS OLIVE OIL
¼ TEASPOON SEA SALT

SEVERAL TWISTS OF FRESHLY GROUND BLACK PEPPER

BALSAMIC VINAIGRETTE (THIS MAKES EXTRA)

¼ CUP OLIVE OIL
2 TABLESPOONS LEMON JUICE
2 TABLESPOONS BALSAMIC VINEGAR
2 TEASPOONS DIJON MUSTARD
2 TEASPOONS HONEY OR MAPLE SYRUP OR AGAVE NECTAR
GENEROUS AMOUNT FRESHLY GROUND BLACK PEPPER
⅛ TEASPOON SALT

SALAD

4 BIG HANDFULS ARUGULA
½ POUND CHERRIES (ABOUT 2 BIG HANDFULS), PITTED, HALVED AND QUARTERED
2 STALKS CELERY, CHOPPED
3 OUNCES GOAT CHEESE, CRUMBLD (TO YIELD ABOUT ⅓ CUP CRUMBLD GOAT CHEESE)
⅓ CUP SHELLED PISTACHIOS OR ALMONDS

INSTRUCTIONS

TO MAKE THE COUSCOUS: BRING ¾ CUP WATER TO BOIL IN A SMALL SAUCEPAN. ONCE IT'S BOILING, REMOVE THE PAN FROM HEAT AND POUR IN THE COUSCOUS, OLIVE OIL, SEA SALT AND A FEW TWISTS OF FRESHLY GROUND BLACK PEPPER. STIR, COVER AND LET REST FOR 5 MINUTES. REMOVE THE LID, FLUFF THE COUSCOUS WITH A FORK AND SET IT ASIDE FOR LATER.

TO MAKE THE DRESSING: WHISK TOGETHER ALL OF THE VINAIGRETTE INGREDIENTS IN A SMALL BOWL UNTIL EMULSIFIED.

TO TOAST THE NUTS: IN A SKILLET OVER MEDIUM-LOW HEAT, TOAST THE NUTS, TOSSING FREQUENTLY, UNTIL FRAGRANT, ABOUT 3 TO 6 MINUTES. REMOVE FROM HEAT AND USE A CHEF'S KNIFE TO CHOP THE NUTS INTO SMALL PIECES.

TO COMPOSE THE SALAD: IN A LARGE SERVING BOWL, COMBINE THE ARUGULA, SLICED CHERRIES, CHOPPED CELERY, CRUMBLD GOAT CHEESE AND CHOPPED NUTS. DRIZZLE WITH ENOUGH VINAIGRETTE TO LIGHTLY COAT THE GREENS (YOU MIGHT ONLY NEED HALF OF THE DRESSING) AND TOSS TO COMBINE.

SERVE IMMEDIATELY.