

#197 · FEBRUARY 28, 2025

BLUE MOON BEETS

Official Newsletter for Produce Box lovers!



CHICKEN BOG WITH MIDLINS RISOTTO

DIRECTIONS

- Bring a medium pot of water to a boil. Cut a small X in the bottom of each tomato. Boil for 1 minute, then transfer to an ice-water bath to cool. Peel, seed and dice the tomatoes, setting aside 1 cup.
- In a heavy saucepan fitted with a lid, warm the oil over medium-high heat. Season the chicken with salt and pepper. Add the chicken and brown on all sides, 4 to 6 minutes per side. Remove from the pan. Add the sausage, onion and garlic and sauté until softened, about 4 minutes. Stir in the red pepper, tomatoes, thyme and bay leaves. Deglaze the pan with the wine and reduce until the pan is nearly dry. Add the chicken broth or water and bring to a boil. Tuck the chicken into the liquid and simmer, covered, until the chicken is tender and pulls easily from the bone, about 40 minutes.
- Set the chicken aside to cool and discard the bay leaves. When the chicken is cool enough to handle, shred the meat from the bone and return it to the pot. Reduce the broth until slightly thickened. Whisk in the butter and adjust the seasoning with salt and pepper.
- Prepare the risotto: in a small pot, heat the chicken broth or water until warmed through. In a heavy-bottomed saucepan, heat 2 tablespoons butter over medium-high heat. When it starts to foam, add the leeks and stir until softened, about 3 minutes. Add the rice and stir for a couple of minutes to toast the grains. Stir in the wine and cook until absorbed. Begin adding the warmed broth, about a half-cup at a time, and cook at a faint simmer, adding more broth as it is absorbed, stirring all the while. Cook until the rice grits are softened through and creamy. Stir in the Parmesan and remaining 2 tablespoons butter. Adjust the seasoning with salt.

INGREDIENTS

- For the Chicken
- 1pound (about 3 medium) tomatoes
- 2tablespoons vegetable oil
- 4chicken legs, skin removed (see note)
- Salt
- freshly ground black pepper
- ½pound andouille sausage, diced
- 1cup diced onion
- 4cloves garlic, minced
- Half of a red pepper, diced
- 1tablespoon fresh thyme
- 2bay leaves
- 1cup red wine
- 2cups chicken broth or water
- 4tablespoons butter
- For the Risotto
- 3½cups chicken broth or water
- 4tablespoons butter
- ½cup diced leeks
- 1cup Middlins
- ½cup white wine
- ½cup Parmesan

<https://cooking.nytimes.com/recipes/1013974-chicken-bog-with-midlins-risotto>



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SIMPLE RICE MIDLINS RISOTTO

DIRECTIONS

- Heat the broth in a medium saucepan and keep warm.
- Melt the butter and oil in a large skillet over medium-high heat. Add the onion and cook until tender, about 5 minutes. Stir in the middlins and cook until well coated, about 1 minute. Add the wine and cook until evaporated, about 2 minutes.
- Reduce the heat to medium and add about 3/4 cup warm broth. Cook, stirring constantly, until the broth is absorbed, 2 to 3 minutes. Continue adding warm broth in 3/4-cup increments until the rice is al dente and creamy, about 30 minutes. (You may not need all the broth.)
- Stir in the cheese and season to taste.

INGREDIENTS:

- 4 1/2 to 5 cups chicken broth
- 2 tablespoons unsalted butter
- 2 tablespoons olive oil
- 1 cup chopped yellow onion
- 1 cup middlins
- 1/2 cup dry white wine
- 1 cup shredded Parmesan Kosher salt and freshly ground black pepper

<https://www.foodnetwork.com/recipes/midlins-risotto-14138156>



In your Box This Week!

Microgreens*
Bok Choy
Carrots*
Garlic*
Ginger
BMA Rice Middlins*

Small

Microgreens*
Bok Choy
Carrots*
Garlic*
Ginger
Zucchini
Cilantro
Daikon Radish
BMA Rice Middlins*

Medium

Microgreens*
Bok Choy
Carrots*
Garlic*
Ginger
Scallions*
Leeks
Chard
Zucchini
Cilantro
Daikon Radish
Oyster Mushroom
BMA Rice Middlins*

Large



Transplants are now available for pre-order in our online shop!

