

# P ntry News

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## Tatsoi



Tatsoi is a very versatile green, equally suited to being served raw or lightly cooked (steamed, sautéed, braised, or stir fried). Use tatsoi anywhere you'd use spinach.

*Tatsoi has a short shelf-life and will only last a few days. Store in a plastic bag and wait to wash until eating or cooking.*

Willow Wisp Farm has provided the tatsoi and radishes and escarole.

**Raw:** It makes an excellent accompaniment when combined with other salad greens such as spinach, arugula, watercress, pea tendrils and even lettuce.

Tatsoi and Mixed Greens Salad—Wash tatsoi and chop with other greens of your choice. Drizzle with oil and either lemon juice or vinegar (white, rice, or balsamic). Toss well. Top salad with any of the following: chopped nuts such as walnuts, almonds, cashews, or other... fresh berries or chopped apple or pear... Craisins (for a pop of color).

**Sautéed:** Wash tatsoi. Combine the following and mix well: 1 to 2 teaspoons soy sauce, a dash of vinegar (white, rice or other), 1/4 to 1/2 teaspoon brown sugar and a pinch of ground ginger (if you have it on hand). In a sauté pan, heat 1 to 2 teaspoons of oil (your choice of vegetable, olive, or sesame oil), add tatsoi and sauté for about 1 minute just until wilted. Serve right away.

Recipes and information provided by Jane Bollinger.

The Anthill Farm has supplied us with **delicata squash**. It's a winter squash, but it has a shorter storage life than other winter squashes; it can be stored up to three months in a cool, dry place. You don't have to peel the skin before you cook it; the skin is edible! Delicata squash tastes so good simply roasted with salt, pepper, and olive oil, there isn't much need to do anything else!



## Radish and Pear Salad

Slice radishes and pears very thinly... then marinate them in a vinegar and oil dressing for 15 minutes (add a pinch or two of sugar to the dressing if you wish, plus a pinch of salt) ... after 15 minutes stir in a tablespoon or two of plain yogurt. Cover and refrigerate for at least an hour before serving.

See reverse side for more information and recipes.

**WAYNE COUNTY FOOD PANTRY 570-253-4262**



**Escarole** has a fresh, crisp taste with slight bitterness, which varies throughout the head. The inner, lighter-colored leaves are sweeter than the outer, darker green leaves. Escarole can be used both raw and cooked. Its flavor is brighter and more pronounced when raw and more mellow when cooked. One popular use for this leafy green is wilted in Italian soups. It's frequently paired with white beans, whether in soup or as a side dish with bacon or ham. Escarole can also be sautéed or grilled for a side dish or left raw and used as a salad green.

### *Pasta e Fagioli with Escarole*

(Pasta and beans with escarole)



#### **INGREDIENTS:**

3 tablespoons olive oil, plus more  
1 large onion, chopped  
1 (14.5-ounce) can whole peeled tomatoes  
3/4 cup canned vegetable broth or wine  
1 (14.5-ounce) can cannellini (white kidney) beans (with their liquid)  
Kosher salt, freshly ground pepper  
3 ounces any flat pasta, broken into pieces (lasagna pasta is especially nice, broken into large pieces)  
1/2 head escarole, leaves torn into 2-inch pieces  
Grated Parmesan for serving

#### **PREPARATION:**

Heat 3 tablespoons oil in a large pot over medium. Cook onion stirring occasionally, until softened, 8–10 minutes, adding 1 to 2 garlic cloves, minced, during the last 2 minutes. Add tomatoes (and their juice), crushing the tomatoes with your hands, and cook, stirring often, until liquid is almost completely reduced, 12–15 minutes. Add wine, if using, or substitute vegetable broth. Bring to a boil, and cook until almost completely evaporated, about 5 minutes.

Add beans and their liquid; cook until flavors meld, 12–15 minutes. Add pasta; cook, stirring and adding water as needed, until *al dente*, 15–20 minutes. Add escarole and cook until wilted, about 1 minute; season with salt and pepper. Serve soup drizzled with oil and sprinkled with grated Parmesan cheese.

### *Escarole with Bacon, Dates, And Warm Walnut Vinaigrette*

#### **Ingredients:**

1 7 to 8 oz head of escarole, coarsely torn	1/4 cup dates, chopped
1/2 cup walnut pieces, toasted	5 bacon slices, cut crosswise into strips
1/3 cup extra virgin olive oil	1 large shallot, chopped (or one small onion, chopped)
2 TB red wine vinegar	Fine sea salt and black pepper to taste

#### **Preparation:**

Combine escarole, dates, and walnuts in a large bowl. Cook bacon in a medium skillet over medium-high heat until brown and crisp. Using a slotted spoon, transfer bacon to paper towels to drain. Add bacon to bowl with salad. Discard drippings from skillet; add olive oil. Place over low heat. Add shallot (or onion); sauté until soft, about 3 minutes. Remove skillet from heat; add vinegar and whisk to blend. Season vinaigrette with sea salt and black pepper. Gradually add warm dressing to salad, tossing to coat. Divide among plates.

