



12 AUGUST 2010
2 Elul PDF 5770

Parashat Shoftim
Deuteronomy 16:18 - 21:9
Haftara, Isaiah 51:12-52:12
Sunset 8.13.2010 - 8:08PM

The Best Pie Crust Ever

by Steven Neuman

This amazing recipe by America's Test Kitchen makes an amazing 9" double-crust pie - I'm personally petrified of ruining pie crusts, but this dough uses vodka to keep gluten from forming. It's sweet science. With delicious berries in full swing at local farmers' markets it's the perfect time to try your hand at pie. If I can do it so can you!

- 2 1/2 cups unbleached all-purpose flour (12 1/2 ounces)
 - 1 teaspoon table salt
 - 2 tablespoons sugar
 - 12 tablespoons cold unsalted butter (1 1/2 sticks), cut into 1/4-inch slices
 - 1/2 cup chilled solid vegetable shortening, cut into 4 pieces (I use butter flavor)
 - 1/4 cup vodka, cold
 - 1/4 cup cold water
 - 1 large egg, lightly beaten with 1 teaspoon water
1. Using a food processor, pulse 1 1/2 cups flour, salt, and sugar until combined, about two 1-second pulses. Add butter and shortening and pro-

cess until homogenous dough just starts to collect in uneven clumps, about 15 seconds; dough will resemble cottage cheese curds and there should be no uncoated flour. Scrape bowl with rubber spatula and redistribute dough evenly around processor blade. Add remaining cup flour and pulse until mixture is evenly distributed around bowl and mass of dough has been broken up, 4 to 6 quick pulses. Empty mixture into medium bowl.

2. Sprinkle vodka and water over mixture. With rubber spatula, use folding motion to mix, pressing down on dough until dough is slightly tacky and sticks together. Divide dough into 2 even balls and flatten each into 4-inch disk. Wrap each in plastic wrap and refrigerate at least 45 minutes or up to 2 days.

This week's Harvest:

- 1 bunch Oxbow Carrots
- 1 bunch Beets
- 2 lbs New Yukon Gold
- 3 Green Zucchini
- 3 Yellow Zucchini
- 1 bunch Rainbow Chard
- 2 Cucumbers
- 2 Walla Walla Onions
- 1 bunch Dill
- 2 heads Lettuce

EAT well.
DO good.

Queen Anne Pickup: Cooking in the Sun



Send your produce and cooking snapshots to stevenrneuman@gmail.com and we'll feature them next week!



FRIDGE DILL PICKLES

I'm a salt junkie and there's really nothing that can compare to the freshness of a homemade refrigerator pickle.

- 1 whole garlic bulb, cloves peeled
 - 1 med. onion, quartered
 - 3-4 dill florets
 - 4-5 whole black peppercorns
 - 1 teaspoon of red pepper flake
 - 1 cup distilled white vinegar
 - 1 tablespoon salt
 - 2 cups white sugar
1. Place peeled garlic cloves, onion and dill on the bottom of a 1 gallon jar pack cucumbers in jar and put another sprig of dill on top.
 2. Heat vinegar, spices and salt until the salt dissolves. Pour brine over cucumbers, cover and set at room temperature for about 2 days then refrigerate. Pickles will keep 9 months to 1 year.

CALLING READERS: SEND US YOUR NOTES

So, nu, just like your mom, we'd like to hear from you! Send us your pictures, recipes, short articles, and musings about your CSA experience. What are you loving about your weekly produce deliveries? What's changed, or changing, in the way you

APPLE PICKING

AT JONES CREEK - AUGUST 29

Hey all y'all Torah Scholars! Answer me this: Why didn't the two worms go into Noah's ark in an apple?

While you're thinking about that one, here are a few more questions, conveniently followed by immediate answers:

Same as last year, we're going up to Sedro Woolley to meet farmers Talea and Les Price at Jones Creek Farm and pick apples. There will also be plums, peaches, heirloom tomatoes, garlic and several other crops. But apples are the main feature in this lead up to celebrating Rosh Hashana. We'll dip apples in honey, and learn about the agricultural connections to the Jewish new year and yamim noraim (days of awe).

For the same car ride, you'll also get a farm tour, a lunch break, and a hay

Where?
Jones Creek Farm,

When?
Sunday, August 29

What Time?
Arrive at 10:30am

ride if you're lucky. And, if you car-pool, you'll save gas and maybe get to know another Kavana partner's views on things like corn, and best places to stop in Mt. Vernon.

For more details, check out the Kavana site at http://www.kavana.org/Community/Apple_Picking

So, why didn't those two worms board Noah's ark in an apple? Answer: Because they went in pairs! Hope to see you there!
— David Schor

VEGETABLE TORTE

This recipe comes from a recent Mark Bittman "Minimalist" column from the New York Times and come complete with a video to watch online, but it's so wonderfully simple that Bittman almost seem guilty about wasting your time showing you how to put it together. Given the hot weather you could easily "bake" this torte on the grill rather than heating up your kitchen.

- 1 large eggplant, cut into 1/4-inch slices
- 4 medium zucchini or yellow squash, cut into 1/4-inch slices
- 2 portobello mushrooms, cut into 1/4-inch slices
- 1/2 cup extra virgin olive oil, or more as needed
- Salt and freshly ground black pepper
- 2 plum tomatoes, cut into 1/4-inch slices
- 2 tablespoons minced garlic
- 1/4 cup chopped fresh basil leaves
- 1/4 cup freshly grated Parmesan
- 1/2 cup bread crumbs, preferably fresh.

1. Heat oven to 400 degrees. Put a grill pan over medium-high heat, or prepare a grill; the heat should be medium-high, and the rack about 4 inches from flame. Brush eggplant, zucchini and mushrooms lightly with half the oil and sprinkle with salt and pepper; if roasting, grease 2 baking sheets with oil. Roast or grill vegetables on both sides until soft.
2. Coat bottom and sides of 8-inch springform pan with oil. Layer a third of the eggplant slices into bottom of the pan, then layer in half the zucchini, mushrooms, tomato, garlic and basil, sprinkling each layer with a bit of salt and pepper. Repeat layers until all vegetable are used. Press the top with a spatula or spoon to make the torte as compact as possible. Sprinkle top with Parmesan and bread crumbs, and drizzle with about 1 tablespoon oil.
3. Bake torte in oven until hot throughout and browned on top, about 30 minutes. Let sit for 5 minutes before removing outer ring of pan, then let cool for another 10 minutes before cutting into wedges.

— Michelle Ein & Steven Neuman