



## COOKING WITH CSA FARM SHARES



The  
Carriage House  
Cooking School



# The Carriage House

## Cooking School

### Strategies for Managing CSA Shares

#### Sort

divide by food type

#### Inspect

touch, taste, smell, look

#### Process

trim, wash, dry, store, pre prep

#### Plan

figure what to use first based on durability, flavor, storage time, personal desire

#### Cook

enjoy, this is your moment, make your csa share shine like a diamond

Let's Take A look At A Share!



CHEF CURTISS'S

# WEEKLY PLANNER

## MONDAY

\*STEAK TAGLIATA WITH HEARTY  
GREENS

## TUESDAY

\*HARVEST FLAT BREAD

## WEDNESDAY

\*ZUCCHINI CARPACCIO

## THURSDAY

\*FRESH TOMATO SAUCE WITH  
PASTA & ITALIAN CHEESE

## FRIDAY

RED CABBAGE SALAD WITH  
TAMARI DRESSING

## SATURDAY

GRILLED BROCCOLI WITH  
WALNUT SAUCE

## SUNDAY

COMBINATION DAY



# YOUR FAMILY

## MEAL PLANNER

**monday**

**tuesday**

**wednesday**

**thursday**

**friday**

**saturday/sunday**



# MEAL PLANNER

CHEZ VOUS

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MONDAY

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TUESDAY

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WEDNESDAY

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THURSDAY

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FRIDAY

---

SATURDAY

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LET'S GET COOKING!



# Fresh Herb Vinaigrette

*This vinaigrette can wear many hats, from dressing a bowl of greens to adding vibrancy and layers of flavor to pasta, grilled meats, cooked seafood and so much more. Feel free to change the herbs and oils up for different flavor profiles.*



|     |            |                        |
|-----|------------|------------------------|
| 1   | cup        | mixed fresh herbs      |
| 1/4 | cup        | extra virgin olive oil |
| 1   | tablespoon | fresh lemon juice      |
| 1/2 | cup        | extra virgin olive oil |
| 1   | pinch      | kosher salt            |
| 1   | pinch      | ground black pepper    |

1. Combine all of the ingredients in a bowl of a blender and puree until smooth.

# Chimichurri Sauce

with cilantro

*This sauce adds a vibrantly fresh flavor and heat to any food it touches. I particularly enjoy it with tacos, enchiladas and flautas.*



|     |           |                            |
|-----|-----------|----------------------------|
| 1   | bunch     | Cilantro                   |
| 1   | bunch     | Italian Parsley            |
| 1/4 | cup       | fresh lime juice (2 limes) |
| 1/2 | cup       | olive oil                  |
| 1/4 | cup       | chopped onion              |
| 2   | garlic    | cloves                     |
| 2   | teaspoons | ground cumin               |
| 1   | teaspoon  | kosher salt                |
| 1   | medium    | jalapeño pepper            |

1. In the bowl of a blender or food processor combine all of the ingredients and pulse until well combined.
2. Set aside in small serving bowl.

# Aioli

*garlic infused "mayonnaise"*

Aioli is a sauce similar to mayonnaise but with more gusto. Its flavor bases are garlic and extra virgin olive oil. It is made similar to mayonnaise but relies, like most Italian dishes, on the best ingredients and doing little to them. In this case crushed and pulverized garlic cloves are added to mayonnaise. Aioli is versatile and can be used as a stand alone sauce for grilled meats or as a condiment, backing up a dish.



- 1 large egg
- 3 medium cloves garlic, minced
- 2 teaspoons juice from 1 lemon
- 1 cup extra-virgin olive oil
- 1 pinch Kosher salt
- 1 pinch freshly ground black pepper

1. Combine the egg, garlic, lemon juice in a body of a blender. Puree and add olive oil, in a slow and steady stream until aioli thickens and all oil is emulsified.
2. Season to taste with salt and pepper.

Alternatively

1. Combine all ingredients in a tall wide mouth mason jar or other sturdy container and allow to rest several minutes.
2. Place the immersion blender in the mason jar and begin to slowly mix the mayonnaise. It will begin to emulsify immediately but keep it going for at least 45 seconds to 1 minute.
3. Use right away or place in an airtight container and store for up to 7 days.



# Corn Crema

*This crema can be added as a topping to tacos, enchiladas, pasta, rice or salads. The cream is sweet and the flavors of the ingredients can be altered to suit your desire.*



- |   |            |               |
|---|------------|---------------|
| 1 | cup        | cream         |
| 1 | cup        | half and half |
| 1 | tablespoon | sugar         |
| 1 | cup        | corn          |
| 1 | teaspoon   | kosher salt   |
| 1 | teaspoon   | black pepper  |
| 1 | teaspoon   | ground cumin  |

1. Put all ingredients in a sauce pot and simmer gently for 15 to 20 minutes. Remove from heat and allow to cool slightly.
2. Pour the mixture into a blender and puree until smooth.
3. Allow mixture to cool to room temperature and drizzle over food as desired.



# Insalata Di Zuchchine

*Zucchini and arugula with mixed herbs*



## Notes

|               |                                     |
|---------------|-------------------------------------|
| 2 medium      | zucchini                            |
| 2 tablespoons | extra virgin olive oil              |
| 1 teaspoon    | salt                                |
| 1 teaspoon    | black pepper                        |
| 2 cups        | arugula                             |
| 2 cups        | mixed herbs (mint, basil, rosemary) |
| 2 tablespoon  | lemon juice                         |
| 1/4 cup       | grated parmesan                     |
| 1/2 cup       | ricotta cheese                      |

1. Over a large platter slice the zucchini into thin coins, allow them to fall randomly, eventually covering the platter. Over the top of the zucchini drizzle the extra virgin olive oil and season with salt and pepper.
2. Chop the arugula and herbs and spread them over the top of the zucchini. Drizzle with the fresh lemon juice and parmesan cheese. Dollop the ricotta around the platter. Season with a pinch of salt and pepper if you wish.

# Spring Pasta

*with arugula, cheese and pepper*

*Arugula is a cold hearty green which is often one of the first greens of the season. It is a great addition to pastas, soups, salads and alongside or onto of grilled foods.*



1 lb. penne pasta  
2 cups arugula  
2 cups peas, frozen  
2 tbsp. extra virgin olive oil  
1 Medium lemon, juiced  
dash salt  
dash black pepper  
1 oz. pecorino romano cheese, grated

1. Prepare the pasta as per manufacturer's directions.
2. While pasta is cooking place the arugula, olive oil and fresh squeezed lemon juice in a large serving bowl.
3. When the pasta is about 1 minute from being al dente add the peas to the pasta water. Finish cooking for another minute and then drain pasta.
4. Add the drained pasta and peas to the serving bowl and toss well to combine. Season with salt and pepper and top with grated cheese just before service.

# Salad Saison

*seasonal vegetables in vinaigrette*

I have taught this salad in several classical cuisine classes at culinary schools. The backbone of this salad is a technique known as blanching, basically partially cooking something and allowing it to cool. Here we blanch the vegetables and air cool them rather than use an ice bath, preserving the natural flavors and texture.



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1/2 cup sliced carrots  
1/2 cup diced zucchini  
1/2 cup diced summer squash  
1/2 cup corn kernels  
1/2 cup cut green beans

1/2 cup diced cucumber  
1/2 cup sliced radishes  
1/4 cup minced chives

1/4 extra virgin olive oil  
1 tablespoons fresh lemon juice  
3 tablespoons red wine vinegar  
2 tablespoons dijon mustard  
1 pinch kosher salt  
1 pinch black pepper

1/2 cup fresh herb leaves (parsely, basil, thyme, chervil, etc)

1. In a large pot of boiling salted water blanch the carrots, zucchini, summer squash, corn and green beans separately for 1 minute or until the pigment sets. Remove from water and shock "au naturel" in a single, non-crowded layer on a lined sheet tray.
2. Once the vegetables are cooled, pat them dry with a paper towel and combine them in a large mixing bowl with the cucumber, radishes and chives.
3. Add to the mixing bowl the olive oil, lemon juice, vinegar, mustard, salt and pepper. Gently mix to coat the vegetables the dressing.
4. Add the herb leaves to the bowl and gently mix again. Taste and adjust seasoning with salt and pepper.
5. Serve on a platter garnished with a bell pepper lily and a few sprigs of chervil.

# Summer Flatbreads

Subtext

*This recipe is inspired by my love, and I mean sincere, full out love, for the tomato sandwiches that fuel me during the tomato harvest. Toasted white bread, mayonnaise, tomato slices, salt and pepper.*



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|     |             |                                 |
|-----|-------------|---------------------------------|
| 4   | 8 inch      | naan style flatbreads           |
| Or  |             |                                 |
| 4   | 4 ounce     | balls of rolled out pizza dough |
| 2   | tablespoons | extra virgin olive oil          |
| 1/2 | cup         | mayonnaise                      |
| 2   | large       | thick-sliced tomatoes           |
| 1/2 | medium      | red onion slivers               |
| 4   | thin        | slices prosciutto ham           |
| 1/2 | cup         | cooked corn kernels             |
| 8   | large       | basil leaves, torn              |
| 4   | teaspoons   | extra virgin olive oil          |
| 4   | pinches     | kosher salt                     |
| 4   | pinches     | fresh black pepper              |

1. Heat a grill over medium high heat, when it is hot brush each flatbread with extra virgin olive oil and place them on the grill. Cook the flatbreads for 2 or 3 minutes or until it is golden brown and slightly crisp. Turn the dough and repeat on the second side. Remove the flatbreads and set them aside to cool.
2. While the flat breads are grilling prepare the rest of the ingredients and have them ready for assembling the flatbreads.
3. Once the flatbreads are cool spread the mayonnaise over the top of each one and then scatter the tomatoes, red onion, prosciutto, corn kernels and basil leaves across each one. Drizzle with olive oil and season with salt and pepper.

# Fresh Tomato Sauce

with basil and garlic



*Basically this is a raw marinara sauce, in that the oil and garlic are heated and poured over the fresh tomatoes. This method allows for an incredible flavor presentation by the tomatoes, especially those freshly picked from the garden or at the market. The heated oil and garlic add the hints of familiar flavor but won't over power in the least bit. The sauce can be used over cold pasta,*

2 large tomatoes, cored, seeded, coarsely pureed  
2 large basil leaves, chopped  
1 pinch kosher salt  
1 pinch black pepper

1/4 cup extra virgin olive oil  
1 clove garlic, sliced paper thin

1. Combine the tomatoes, basil, salt and pepper in the bowl of a food processor. Pulse three or four times until the mixture is a coarse puree, with tomato pieces about a 1/4 inch in size. Place the mixture in a mixing bowl.
2. In a sauce pot combine the olive oil and garlic. Heat gently until the garlic begins to become translucent and aromatic. Remove the oil from the heat and pour directly over the tomato mixture. Mix well to combine.



# Steak Tagliata

with arugula and parmesan



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Tagliata (meaning to cut) is a thick steak, most commonly from the sirloin area, which is cooked, sliced and served a top arugula with fresh lemon juice, olive oil, parmesan and a sprinkle of sea salt and black pepper. This Steak Tagliata is an Adirondack version as I have a great appreciation for the beef sirloin from Donahue's Livestock Farm out of Malone. Additionally I chose to use Sugar House Creamery's Dutch Knuckle as our hard cheese.

They produce and sell natural, grain fed Angus beef and heritage pork from farms in the Adirondacks. This means no GMO's, no antibiotics. Just good clean meat. They can be found at a variety of locations and restaurants like the Deer's Head Inn, Creature Butcher, Lake Placid Lodge, The Point, Potsdam Food Coop and Watertown Farmers Market to name a few.

|              |                                    |
|--------------|------------------------------------|
| 1 2" thick   | sirloin steak (roughly 1-1.25 lbs) |
| 1 tablespoon | extra virgin olive oil             |
| 1 teaspoon   | coarse black pepper                |
| 1 teaspoon   | coarse sea salt                    |

|                |                             |
|----------------|-----------------------------|
| 4 cups         | arugula                     |
| 4 tablespoons  | extra virgin olive oil      |
| 1 medium       | lemon                       |
| 1/4 cup shaved | Dutch knuckle (or parmesan) |

1. Rub the steak with the olive oil, pepper and salt. Allow the steak to warm to room temperature. While the steak is acclimating preheat a grill or broiler to medium high heat.
2. Add the steak to the grill and cook on the first side for 3 to 4 minutes then flip. Continue to cook on the second side for another 3 to 4 minutes. Remove the steak from the grill or broiler and place on a cutting board. Allow it to rest for at least 5 minutes.
3. While the steak is resting arrange the arugula leaves on a large platter. Drizzle the leaves with olive oil and squeeze the lemon over the greens and top with the shaved Dutch Knuckle.
4. Slice the steak and arrange it on top of the arugula salad and pass for service.

# Grilled Steak Tacos

with charred onions & pablano peppers

*Please avoid expensive cuts of meat for this dish, you would never find prime cuts on street tacos. I prefer cuts from the shoulder (Chuck primal). Flat iron, chuck eye tender and chuck steak are all excellent choices.*



|   |            |                   |
|---|------------|-------------------|
| 1 | pound      | steak             |
| 1 | teaspoon   | olive oil         |
| 1 | pinch      | kosher salt       |
| 1 | pinch      | black pepper      |
| 1 | pinch      | cumin powder      |
| 1 | large      | white onion       |
| 2 | medium     | pablano peppers   |
| 1 | tablespoon | olive oil         |
| 1 | pinch      | kosher salt       |
| 8 | 6"         | tortillas         |
| 1 | cup        | chimichurri sauce |
| 1 | cup        | queso crumbles    |

1. Preheat a grill pan to medium high heat. Rub the steak with the olive oil, salt, pepper and cumin, Place the steak on the grill and cook to desired temperature. When done, remove the steak to a plate and gently tent with foil.
2. While the steak is cooking, peel and slice the onion (from tip to root). Remove the seed and stem from the peppers and slice them into thin sticks. When the steak is finished cooking add the olive oil to the grill and char the onions and peppers, making sure to fully cook them. Once done remove them to a plate.
3. Just before the onions and peppers are done slice the steak across the grain into 16 even slices and begin to assemble the tacos.
4. To assemble the tacos, gently warm the tortillas. For each taco place two slices of steak, an eight of the onions and peppers, a spoonful of chimichurri sauce and a spoonful of queso crumbles. Each plate gets two tacos.



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