



# Riverland Family Farms

## 2022 CSA, Week 13



- Cabbage *each*
- Parsley *bunch*
- Red Leaf Lettuce *head*
- Melon *each*
- Shishito Pepper *pint*
- Purple Majestic Potatoes *1.5lb*
- Red Cherry Tomatoes *pint*
- Persian Cucumbers *2 each*
- Rainbow Chard *bunch*



### Blistered Shishito Peppers with Bonito Flakes

#### Serves 4

- ◇ 2 tbsp extra-virgin olive oil
- ◇ 12oz shishito peppers
- ◇ 2 tbsp low-sodium soy sauce
- ◇ Flaky sea salt
- ◇ 3 to 4 Tbsp bonito flakes



Source: *The Flavor Equation* by Nik Sharma

Heat the oil in a medium skillet over medium-high heat. When the oil is hot, add the peppers and sear, turning occasionally, until they develop a few blisters on each side, 2 to 3 minutes. Drizzle with the soy sauce and toss to coat evenly, cooking for 30 seconds. Remove from the heat and transfer the peppers to a serving dish. Sprinkle generously with salt and bonito flakes. Serve immediately.

### Stir-Fried Cabbage

Cut the cabbage into large chunks and separate the leaves.

Heat the grapeseed oil in a wok or large stainless-steel saucepan over high heat, until it starts to shimmer. Add the garlic and cook until it just starts to brown, 30 to 45 seconds. Add the cabbage and stir-fry until the leaves begin to wilt and get slightly seared, 10 to 12 minutes. Add the pepper and season with salt. Drizzle in the soy sauce and sesame oil and toss to coat. Remove from the heat, transfer to a serving dish and serve immediately.



Source: *The Flavor Equation* by Nik Sharma

#### Serves 4 as side

- ◇ 1 ¾ lb green cabbage
- ◇ 1 tbsp grapeseed oil or other neutral oil
- ◇ 1 garlic clove, peeled and smashed
- ◇ ½ tsp ground black pepper
- ◇ Fine sea salt
- ◇ 1 tbsp low sodium soy sauce
- ◇ 1 tbsp toasted sesame oil