



Riverland Family Farms



CSA Week 22

Corvallis, Oregon

The Flavor

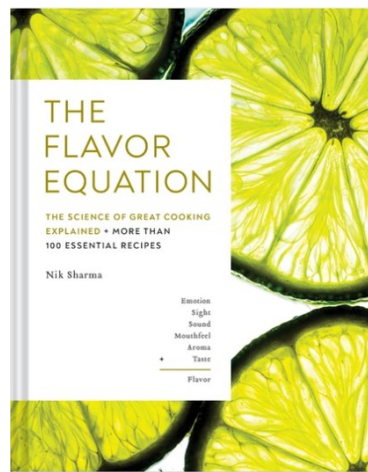
And just like that, it's a wrap for 2021 season. This year has been another one for the books with a dry and extremely hot summer. But, we are glad we were able to continue adding fresh flavor to your harvest boxes. Even though our CSA season ends, we continue delivering produce to farmers markets and local grocers year round. We really hope you enjoyed all the produce this year. Next year's CSA sign up will begin early 2022 and you will receive an email reminder.

This week, I am including a recipe from Nik Sharma's book **The Flavor Equation**. Nik does a great job describing his approach to the flavor in his recipes. I am including his Black Pepper Chicken recipe.

"Before chilies arrived in India, black pepper was an important ingredient that provided heat in cooking. There are a few different versions of black pepper chicken, some dry and some with a more gravy-like sauce. If you prefer a drier chicken, use half the amount of coconut milk indicated in the recipe."

I really hope you enjoy this holiday season with friends, family, and lots of good flavor.

Until next season,
Stay Safe, Stay Healthy!
Ruby



WHATS IN THE BOX?

- Bulk Carrots 2lbs
- Cilantro bunch
- Lacinato Kale bunch
- Leeks 2 each
- Persimmons 4 each
- Yellow Potatoes 2lb
- Red Bell Pepper 2 each
- Delicata Squash each
- Goldrush Apples 2 lb (from LaMancha Ranch & Orchard)

Black Pepper Chicken

Source: The Flavor Equation
Ingredients:

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| ◊ 2 tbsp black peppercorn | ◊ 2 tbsp coconut oil | unsweetened coconut milk |
| ◊ 1 tsp coriander seeds | ◊ 2 large onions (1 3/4 lb), cut and thinly sliced | ◊ 2 tbsp chopped cilantro, for garnish |
| ◊ 1 tsp fennel seeds, ground | ◊ 4 garlic cloves, peeled and grated | ◊ Plain rice for serving |
| ◊ 2 tsp ground turmeric | ◊ 2 in. fresh ginger, peeled and grated | |
| ◊ 2 tbsp fresh lime juice | ◊ One 13.6 fl oz. can of full-fat | |
| ◊ Fine sea salt | | |
| ◊ 3lb boneless, skinless chicken thigh | | |



Grind the peppercorn to a coarse powder. In a small dry skillet or saucepan, toast the pepper, coriander, and fennel until they just turn fragrant, 30 to 45 seconds. Immediately transfer to a small bowl. Stir in the turmeric and lime juice and season with salt to form a paste. Place the chicken in a large bowl and massage it with the spice paste. Transfer to a large resealable bag or wrap the bowl with plastic wrap and refrigerate. Refrigerate the marinated chicken with for at least 4 hours, preferably overnight, to marinate.

When ready to cook, set the chicken on the kitchen counter to reach room temperature, about 15 minutes. Heat the coconut oil in a large saucepan, over medium-high heat. Add the onions and sauté for 4 to 5 minutes, until they just turn translucent. Add the garlic and ginger and sauté until fragrant, about 1 minute. Add the marinated chicken with any liquid and the coconut milk, bring to a boil over high heat, then turn the heat to low and cook for 10 to 15 minutes, until the chicken is completely cooked and the liquid becomes a thick sauce. Stir occasionally to prevent burning. Remove from the heat, taste, and season with salt. Garnish with the cilantro and serve with warm rice.