



# Riverland Family Farms

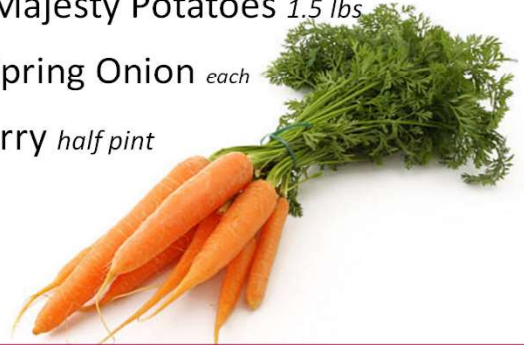
## 2022 CSA, Week 8



- Carrots *bunch*
- Celery *bunch*
- Eggplant *each*
- Red Cherry Tomatoes *pint*
- Romain Lettuce *head*

### WHATS IN THE BOX?

- Parsley *bunch*
- Purple Majesty Potatoes *1.5 lbs*
- White Spring Onion *each*
- Blackberry *half pint*



## Manchow Soup

### Serves 4

- ◇ 2 Tbsp grapeseed or other neutral oil
- ◇ 8 garlic cloves, peeled and minced
- ◇ 2 in piece fresh ginger, peeled and minced
- ◇ 2 green chilies, minced
- ◇ 5 ¾ oz cabbage, finely chopped
- ◇ 5 ¾ oz mushrooms, thinly sliced
- ◇ 3 ½ oz green beans, finely sliced
- ◇ 3 ½ oz carrots, finely diced
- ◇ 3 ½ oz green bell pepper, finely diced

- ◇ 3 tbsp low sodium soy sauce
- ◇ 1 tsp ground black pepper
- ◇ 3 tbsp cornstarch
- ◇ 2 large eggs, lightly whisked
- ◇ Fine sea salt
- ◇ 3 scallions, both white and green parts, finely chopped
- ◇ 2 tbsp finely chopped cilantro leaves
- ◇ 4 oz fried noodles, store-bought
- ◇ Rice wine vinegar, for serving
- ◇ Soy-chilli sauce, for serving
- ◇ Sichuan chilli sauce for service



Source: *The Flavor Equation*, by Nik Sharma

Heat a carbon-steel wok or large stock pot over high heat. When the wok is hot, add the oil and stir-fry the garlic, ginger, and chilies for 1 minutes.

Add the cabbage, mushrooms, green beans, carrots, and bell pepper, and stir-fry until the cabbage just starts to wilt, 2 minutes. Add the soy sauce, black pepper, and 2 ½ cups of water. Bring to a boil. Remove from the heat and let cool to 140 F.

Whisk the cornstarch with ½ cup of water in a small bowl to form a slurry, and slowly stir this into the soup. Return the wok to the stove and let it simmer. Cook until the soup thickens, stirring slowly and gently. If you are running low on time, don't cool the soup. Remove the wok from the stove and stir the cornstarch slurry directly into the hot soup. Return the wok to the stove and let it simmer until it thickens.

Slowly pour in the eggs, if using, while gently stirring the soup; it will form ribbons. Taste and season with salt. Remove from the heat. Stir in the scallions and cilantro.

To serve, divide the hot soup among four bowls and top each with 1 tbsp of the fried noodles. Offer rice wine vinegar, soy- chilli, and sichuan-chilli sauce on the side.