

DECEMBER 4-5, 2019

BAYFIELD FOODS CSA

Community Supported Agriculture



COMMENTS? QUESTIONS?

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THE STEP BY STEP STORY OF KATHY PRESNELL'S STARLIT KITCHEN BREAD



1: This is "Mother," the basis for all of Starlit Kitchen's natural ferment breads. She was conjured into being roughly 13 years ago using the natural yeast from wild grape skins harvested from my garden, organic wheat flour and water. The ferment is used and recharged every couple of days, keeping all of the micro-organisms happily reproducing. The by-product of this process is lactic and acetic acids that contribute to the irresistible flavor of natural ferment breads. If left too long, the ferment will develop an alcohol-y brown liquid at the top, "Hooch" (yes, that hooch, it tastes terrible at this stage but further ferment makes it a lovely vinegar), which must be poured off before recharging for the sake of flavor. The ferment must sit at room temperature for 24 hours before cooling to 45 degrees for another day.



2: "Mother" with water in the mixer. Note the dough hook, best way to stir the dough to the proper gluten content.



3: The "window pane" test. If the gluten builds to the proper point, the dough should be elastic enough to be translucent and not tear.



4: Portioning the dough at 20 ounces for a boule.



5: Shaping the dough for the first rest, not long, a half hour or so.



6: Several portions for crostini baguettes and a boule ready for a nap.



7: And just like toddlers, they have grown in their sleep!



8: the final bread forms. At this point the dough may be sprayed lightly with oil, covered and placed in a cooler over night. This added step can truly enhance the flavors and crust at the baking stage!



9: Scored and ready to bake!



10: Beautiful bread ready to serve!

Squash & Chickpea Moroccan Stew

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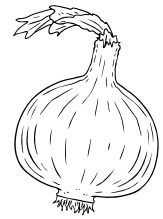
- 1 tablespoon unsalted butter
- 1 tablespoon olive oil
- 1 medium yellow onion, diced
- 4 medium cloves garlic, thinly sliced
- 2 teaspoons ground cumin
- 1 (3-inch) cinnamon stick
- Salt and freshly ground black pepper
- 1 pound butternut squash, large dice
- 3/4 pound red potatoes, large dice
- 2 cups chicken or vegetable broth
- 2 cups cooked chickpeas, drained
- 1 (14-ounce) can diced tomatoes, with juices
- 1/2 preserved lemon, finely chopped
- 1 cup brined green olives

Heat butter and olive oil in a 3-4 quart Dutch oven or heavy-bottomed saucepan with a tight fitting lid over medium heat. When oil shimmers, add onion, garlic, cumin, and cinnamon, and season with salt and freshly ground black pepper. Cook, stirring occasionally, until spices are aromatic and onions are soft and translucent, about 5 minutes. Add squash and potatoes, season with salt and freshly ground black pepper, stir to coat, and cook until just tender, about 3 minutes. Add broth, chickpeas, tomatoes and their juices. Bring mixture to a boil then reduce heat to low. Cover and simmer until squash is fork tender, about 10 minutes. Remove from heat and stir in preserved lemon and olives. Serve over couscous garnished with fresh cilantro, toasted slivered almonds, and plain yogurt.

Bacon, Egg & Leek Risotto

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- 6 cups low-sodium chicken stock or vegetable broth
- 1 cup finely chopped bacon (from about 4 slices)
- 1 tablespoon olive oil
- 2 large or 3 smaller leeks, chopped small
- 3 tablespoons unsalted butter, plus more to fry eggs
- 1/2 small onion, finely chopped
- 2 cups arborio or another short-grained Italian rice
- 1/3 cup dry white wine
- 1 cup finely grated fresh Parmesan cheese
- Salt and freshly ground black pepper
- 4 to 6 large eggs



Place stock or broth in a small-medium saucepan over very low heat on a back burner. You want to have it heated until steamy when you add it in a bit, but not so much that it simmers and loses volume. Heat a second medium saucepan (3 quarts) or skillet over medium heat. Add bacon and cook until it is tender and just barely crisp. Remove with a slotted spoon to a bowl and set aside, leaving whatever dripping you can in the pan. Add a tablespoon of oil to the bacon fat if needed, then add the leeks. Cook leeks on medium-low for 10 to 12 minutes, until softened and tender. Transfer to bowl with bacon and set aside, leaving stove on. Add butter to pan and, once melted, cook onion in butter until translucent and tender, about 5 minutes. Add rice and cook sauté until faintly toasted, about 4 minutes. Add wine and cook until it almost disappears, about 2 minutes. Ladle 1 cup of hot broth into the rice mixture and simmer until it absorbs, stirring frequently. Add remaining broth 1/2 cup at a time, allowing broth to be absorbed before adding more and stirring frequently until rice is al dente, about 25 to 30 minutes. What you're looking for in well-cooked risotto is a creamy but loose dish. You might need an extra splash of broth to loosen it. When you achieve your desired texture and tenderness, stir in the cheese, bacon and leeks. Season with salt and pepper to taste. Ladle into serving bowls. Then, quickly, in a small skillet, heat a pat of butter over medium-high and swirl it to coat the pan. Crack one egg into the skillet, season with salt and pepper and reduce heat to medium. In one minute, you should have a perfect sunny-side-up egg. Transfer to your first bowl of risotto and repeat with remaining eggs. Garnish each with an extra bit of grated parmesan and eat immediately.