



This Week's Daily Harvest Express Farm Box Recipes

San Diego Goodness! This week's box has arugula, broccoli, carrots, eggplant, spring greens, 8 ball squash, Aztec Fuji apples, guava, kumquats, mandarins, and strawberries!



Making Eggplant a Tasty Meat Substitute

The trick to eggplant being tasty is all in proper cooking. If it has an unpleasant texture, chances are it has not been treated right. Most meat substitutes require different preparation than meat, and the basic difference with eggplant is that it does not cook like meat. So, it's pretty easy once you understand that it's all about that. It needs to be cooked slowly, and not over a high heat. Grilling eggplant slices tends to dry out the eggplant, so roasting will more likely give you the tender texture that makes them easy to eat and flavorful. Cooking an eggplant low and slow will break down the fibers that make the outsides crispy, and the insides become creamy and delicious. The way to tell if your eggplant is done, is to pierce it with a fork, and get no resistance at all, as if you haven't even pierced it, unlike a potato, it would be less dense and give much less resistance. Once you get it, you'll always have deliciously tender, crispy, and salty eggplant every time.

Baba Ghanoush

2 small to medium eggplants (about 2 pounds)
2 tbsp lemon juice
2 medium cloves garlic, pressed or minced
¼ cup tahini
1/3 cup extra virgin olive oil, plus more for garnish

2 Tbsp chopped fresh parsley
¾ tsp salt, to taste
¼ tsp ground cumin
Pinch of paprika

1. Preheat oven to 450°
2. Line a large, rimmed baking sheet with parchment paper. Halve the eggplants lengthwise and brush with olive oil. Place cut sides down on baking sheet.
3. Roast 35-40 minutes, or until the interior is tender and the skin is collapsing.
4. Set aside to cool a few minutes.
5. Scoop out the flesh with a large spoon.
6. Place a mesh strainer over a mixing bowl and strain the eggplant flesh. Let it rest a few minutes and shake or stir it to release more moisture.
7. Discard the drippings from the bowl and place the eggplant in the bowl.
8. Add the garlic and lemon juice and stir with a fork until the eggplant breaks down. Add the tahini and stir until mixed evenly. While stirring, drizzle in the olive oil slowly.
9. Continue stirring until the mixture is pale and creamy. Use your fork to break up any long eggplant strings.
10. Stir in parsley and cumin and season with salt to taste.
11. Serve in a serving bowl, with fresh carrots, broccoli & garnish with spring greens.

Pickled Caramelized Guavas

- 1 1/2 pounds of guavas (about 5-6 fruits), chopped
- 3/4 cups dry white wine
- 3 Tbsp sherry vinegar
- 3 Tbsp butter
- 1 1/2 Tbsp golden brown sugar
- 1 1/2 Tbsp sugar
- 8 whole black peppercorns
- 1 1/2 whole cloves

Bring all ingredients to a boil in a large saucepan. Reduce heat to medium-low & simmer until almost all the liquid evaporates, stirring often-about 30 minutes. Cover & chill. Serve warm or at room temperature.

This pickle goes well with white meats and even fish. You can make it up to 2 days ahead.

Eggplant Jerky

1 large eggplant (about 1 pound)
4 Tbsp balsamic vinegar
½ cup olive oil
2 Tbsp maple syrup
½ tsp paprika
Salt

1. Wash eggplant and cut into strips.
2. In a large bowl, whisk olive oil, maple syrup, vinegar, and paprika together.
3. Marinate 2 hours. Then place strips on baking sheet.
4. Line 1 or 2 baking sheets with parchment paper. Sprinkle with a little salt.
5. Bake on lowest heat setting for 10-12 hours.

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