



SIMPLE, FRESH FARM BOX MEALS

MAR 25, 2024

Simple recipes so we can eat well & support local agriculture

Red Cabbage Ragù

YOU'LL NEED

- 6 tbs EV olive oil - more as needed
- 1 head red cabbage - cut through the core into 6 wedges
- Kosher salt & black pepper
- 1 red or yellow onion - coarsely chopped
- 5 garlic cloves - coarsely chopped
- 4½ oz (1 tube) double concentrate tomato paste - or 1 6oz can
- ⅓ C red wine
- ¾ C coarsely chopped parsley
- 1 tsp granulated sugar
- 1 tsp red-pepper flakes (optional)
- 1 lb tube pasta, like rigatoni or paccheri

ALL YOU HAVE TO DO

- In a large Dutch oven, heat 4 tbs oil over med/high. Work in batches, if necessary, add cabbage wedges cut side down single layer, season w/salt & cook until well browned on each side. Transfer to a cutting board to cool slightly.
- Reduce heat to med/low & add the remaining 2 tbs oil & the onion to the empty pot. Season w/salt & pepper, cook, stirring occasionally, until starting to turn golden. Bring a pot of salted water to a boil. Coarsely chop the cooked cabbage, including the core.
- (Reserve 1 tsp of the garlic for separate step). Add garlic & tomato paste to the onions. Cook, stir constantly, until the tomato paste is a shade darker, 3 to 5 minutes. Add the wine & cook, scraping up browned bits, until nearly evaporated.
- Add chopped cabbage, ¼ cup parsley & the sugar, stir to coat in the tomato paste. Season w/salt. Add ¼ cup water, cover & cook, stir occasionally, until cabbage is soft & shiny (if the cabbage is sticking to the pot, add 1 tbs water & reduce the heat.)
- In a small bowl, stir the reserved 1 tsp garlic into remaining ½ cup parsley. Add the red-pepper flakes, if using.
- When the cabbage is almost done, cook the pasta until al dente. Reserve 2 cups pasta water. (If the cabbage is ready before the pasta, keep covered off the heat.) Add the pasta and 1 cup pasta water to the cabbage. Stir over med/low until pasta is glossed with sauce, mix in a knob of butter if you'd like. Add more pasta water as needed to thin the sauce. Divide among bowls and top w/parsley-garlic mixture.

Summer Squash & Basil Pasta

YOU'LL NEED

- ¼ C olive oil
- 8 cloves garlic - thin slice
- 2 lbs yellow squash - quartered lengthwise & sliced
- Kosher salt & fresh ground black pepper
- Pinch of red chili peppers
- ¼ - ½ C basil - finely chopped - divided
- 1 tsp Aleppo-style pepper - more for serving
- 12oz ziti - or other large tube pasta
- 2oz Parmesan - freshly grated
- 1 tbs fresh lemon juice
- NOTE: if you want to add a layer of umami flavor take 5 anchovy fillets, drain & mince. Mix with basil and olive oil before using to cook the dish.

ALL YOU HAVE TO DO

- Heat oil in a large skillet over medium. Cook garlic, stirring occasionally, until very lightly browned around the edges, about 4 minutes. Add squash and increase heat to medium high; season with salt. Cook, tossing occasionally, until squash begins to break down. Turn down heat once it begins sticking, and continue to cook until the squash is jammy and soft, 12-15 minutes. Toss in 1 tsp. Aleppo-style pepper.
- Meanwhile, cook pasta in a large pot of boiling salted water, stirring occasionally, until very al dente.
- Transfer pasta to skillet with squash using a slotted spoon or spider and add ½ cup pasta cooking liquid. Cook pasta, adding 2 oz. Parmesan in stages along with more pasta cooking liquid as needed, until sauce coats pasta and pasta is al dente. Toss in lemon juice and most of the basil.
- Divide pasta among bowls and top with more Parmesan and Aleppo-style pepper and remaining basil.

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