



BROWN BAG LUNCH IN THE GARDEN

June 24, 2011—Potatoes

This Week's Recipe:

Curried Mushrooms, Potatoes, and Peas

• 2 Tbl. Butter
• 1 medium onion, sliced
• 4 garlic cloves, minced
• 1 tsp. grated fresh ginger
• 2 Tbl. Chopped cilantro
• 1 tsp. ground turmeric
• 1/2 tsp. cayenne
• 1 lb. white mushrooms, halved
• 1 lb. small red potatoes, quartered
• 1 c. green peas, fresh or frozen
• 1/2 c. water
• 1 1/2 tsp. salt
• 1 tsp. garam masala

• Heat butter in sauté pan. Add onion and cook for 5 minutes. Add garlic, ginger, and cilantro and cook for 3 minutes longer. Add the turmeric and cayenne. Cook 1 more minute.

• Add the mushrooms, potatoes, and fresh peas along with the water and salt. Stir well, cover, and cook on low heat for 15 minutes. Remove cover, sprinkle with garam masala and add frozen peas. Stir well, cover, and cook for an additional 15 minutes until the potatoes are completely tender.

• Serve with rice.

Harvesting & Storing

- New potatoes can be dug starting when flowers are seen.
- Dig potatoes after the plants have died back. Letting them sit for a few days in the ground will help the skins heal.
- Store in a cool, dry, dark place.

Other Points of Interest in the Garden:

- We planted okra and melons where the onions and potatoes were harvested.
- We're seeing the very beginning of squash, cucumbers, and melons setting fruit.
- There is a touch of physiological leaf curl in the tomatoes, but nothing to worry about.

Coming Next Week—

<http://thedemogarden.org>

June 24, 2011—Potatoes

MASHED POTATOES & CARROTS

Water to cover
1 pound Yukon gold potatoes, scrubbed, skins on
1 pound carrots (see TIPS)
1 tablespoon unsalted butter
2 teaspoons table salt
Kosher salt & pepper to taste

Bring water to boil in a large pot over medium high.

While water heats, dice potatoes in about one-inch pieces. Peel carrots and cut cross-wise in half-inch lengths.

Add potatoes, carrots and table salt to water and return to a boil. Reduce heat to medium, cover and let simmer until soft, about 30 minutes.

Drain, reserving about a cup of liquid. Mash potatoes, carrots and butter with hand mixer, adding reserved liquid as needed. (It's possible none will be needed.) Season to taste with kosher salt and pepper.

1 garlic clove, halved
Butter for greasing
3 ounces fresh Parmesan, grated
1½ cups half & half (not fat-free, which won't set) or heavy cream
1 pound red-skinned or Yukon gold potatoes, no need to peel
1 pound small or medium fresh beets, trimmed and peeled
Salt & freshly ground pepper
Fresh thyme, optional but nice

Preheat oven to 350F. Rub a shallow quiche pan or 9x9 glass baking dish with garlic, then butter. Measure cream, grate the cheese.

With a vegetable slicer or very sharp knife, slice potatoes and beets very thin. Build five layers, three potato layers on the bottom, top and middle with layers of beet between. Season each of the first four layers with salt and pepper; top with a handful of cheese and a splash of cream. Add the fifth layer, season, distribute remaining cheese on top, then carefully pour remaining cream over top, jiggling a bit to help it filter through.

Bake for 60 minutes, pressing to submerge the layers into the liquid after 20 and 40 minutes. Remove from oven. If slicing, cover with foil and let rest for 15 minutes; if scooping, serve immediately.

Recipes from:

<http://kitchen-parade-veggieventure.blogspot.com/>