



## CAPAY VALLEY FARM SHOP BOX

### **Broccoli from Good Humus Produce**

Good ol' childhood vegetable standard. This green gets way better play by under- rather than over-cooking it, and by throwing it in with spicy sausage and chewy pasta rather than plastic-y cheese goo.

#### **Orecchiette with Italian Sausage and Broccoli**

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|----------------------------------|---------------------------------|
| * 1 lb. broccoli                 | * ½ t crushed red chili flakes  |
| * Kosher salt                    | * 3 cloves garlic, crushed      |
| * ¼ c olive oil                  | * 1 lb. dried orecchiette pasta |
| * ½ lb. bulk hot Italian sausage | * ½ c freshly grated Pecorino   |

Separate the broccoli florets from stems and pare stems with a knife. Leave florets whole unless they're especially large; if so, cut them in half.

Bring a large pot of salted water to a boil over high heat. Add broccoli stems and cook for 1-2 minutes; add the florets, and cook for another 2 min. until both the stems and the florets are just tender (test with a sharp paring knife). With tongs or a slotted spoon, transfer pieces to ice water as they're done. When cool, drain broccoli well and chop coarsely. Top up the pot with more hot water and return it to a boil.

Heat olive oil in a large skillet over moderate heat. Add sausage and cook, crumbling with a wooden spoon, until lightly browned. Add red pepper flakes and garlic; sauté briefly. Add broccoli and season well with salt. Stir to coat, and keep warm over low heat.

Cook pasta until it's just shy of al dente. Drain pasta, and reserve 1 cup of cooking liquid. Return pasta to the warm, empty pot. Add skillet contents to the pasta and cook over moderate heat, stirring constantly, until the pasta is al dente, adding as much of the reserved water as needed to keep the pasta moist. Remove from the heat, stir in 1/4 cup of the cheese, and portion the pasta into six warm bowls. Top each portion with some of the remaining cheese, and high-five your dining companion.

#### **Pair with: Castaldi Vespolina Nina 2012 (\$19.00)**

Banging, off-the-radar, can-drink-it-everyday deliciousness! Vespolina is a red cousin of the Nebbiolo grape—it's less tannic (read: grippy on the palate) but (in good versions like this) just as perfumed as Nebbiolo, with gorgeous spicy potpourri notes. Winemaker Francesca Castaldi makes this beauty in the itty bitsy Fara DOC in Piedmont, Italy; there's a mere 20 hectares to the entire appellation, and Francesca owns 6.5 of them. It's a natural fit with this slightly spicy and rustic pasta, its elegance and perfume balancing out the meaty and slightly bitter notes of the sausage and broccoli.

### **Gold Beets from Capay Organic**

Awww, beets. Poor things are refused by Josiah for their "tasting like dirt." But this salad ups the freshness ante by adding tons of fresh citrus and parsley, then finishing it all off with a lot of creamy, luscious ricotta. Dirt who?

#### **Italian Parsley and Beet Salad**

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| * ¼ cup fresh orange juice                             | * 2 ¼ lbs assorted beets with greens |
| * 1 T fresh lemon juice                                | * ¼ small red onion                  |
| * ¼ cup extra-virgin olive oil plus more for drizzling | * 1 ¼ cups Italian parsley leaves    |
|  | * Fresh ricotta                      |

Whisk together juices, oil, and 1/2 teaspoon each of salt and pepper in a large bowl.

Trim beets, leaving 1 inch of stems attached, then peel. Using stems as a handle, slice beets paper-thin (less than 1/8 inch thick) with slicer (wear protective gloves to avoid staining hands), then cut slices into very thin matchsticks. Thinly slice onion with slicer.

Toss beets, onion, and parsley with dressing and season with salt. Let stand, tossing occasionally, 30 minutes to soften beets and allow flavors to develop.

Toss again and season with salt and pepper before serving drizzled with additional oil and dollops of fresh ricotta.

**Pair with: Silas Cuvée Calliope Pinot Noir Willamette Valley (\$26)**

Pinot Noir from Oregon has a certain dark, ripe, almost sweet fruitiness to it along with an undercurrent of spicy earthiness that perfectly mimics the flavor of beets. This is our go-to bottle right now (we love it so much we put it in our Winter Mixed Case, too) for dinner parties and definitely for beets. It's from a teeny tiny producer up in Oregon (they make just about 200 cases!) who's working sustainably and is almost off the radar in terms of marketing/online presence. We happen to know one of the guys behind the project from our good old days down in LA and are proud to support an old friend.