



CAPAY VALLEY FARM SHOP BOX

Rainbow Carrots from Capay Organic

HEY! More CARROTS! Oh goody goody gumdrops. We still have carrots from weeks' past. Never mind. This rocking carrot soup uses 'em all up. Pair with a citrus salad for a bit of wintry sunshine.

Carrot-Ginger Soup with Coconut-Roasted Shrimp (adapted from *Food and Wine*)

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| * 2 T extra-virgin olive oil | * 1 T smooth peanut butter |
| * 1 medium onion, coarsely chopped | * 1 t Asian sesame oil |
| * 6 large carrots (1 pound), chopped | * 1 c skim milk |
| * 1 T finely grated ginger | * 1/4 c coconut milk |
| * 1/2 t crushed red pepper | * Kosher salt and fresh black pepper |
| * 3 c low-sodium chicken broth | * 16 large shrimp, shelled |
| * 3 T soy sauce | * 1 1/2 T shredded coconut |
| * 2 T fresh lime juice | * Pinch of cayenne pepper |
| * 2 T light brown sugar | |

Preheat the oven to 425°. In a large saucepan, heat 1 tablespoon of the olive oil. Add the onion and cook over moderate heat until softened, about 4 minutes. Add the carrots, ginger and crushed red pepper and cook for 6 minutes. Add the broth and bring to a boil, then simmer until the carrots are very tender, about 15 minutes. Remove from the heat and stir in the soy sauce, lime juice, brown sugar, peanut butter and sesame oil.

In a blender, puree the soup until smooth. Return it to the saucepan and stir in the skim milk and coconut milk. Season the soup with salt and pepper and keep warm.

Toss the shrimp with the coconut, cayenne and remaining 1 tablespoon of olive oil, and season with salt and pepper. Spread the shrimp on a parchment-lined baking sheet and roast for 8 minutes, or until pink. Ladle the carrot-ginger soup into warmed bowls and garnish with the coconut shrimp. Say "you're welcome" to your dining companion.

Pair with: Minimus Experiment 11 Albariño Rogue Valley 2013 (\$26)

Minimus takes the "minimal intervention" philosophy of winemaking strictly. They don't intervene in the process but rather let the grapes do whatever they want along the way. Sometimes, the wines turn out exciting and delicious—then they sell them. Sometimes, not—and then they don't. This Albariño is in the former camp, and for the pairing we chose a new-school play on the old-school classic pairing of Spanish Albariño with shrimp. Here, shrimp gets dazzled up with a velvety carrot soup, coconut and spices and peanut butter, lending richness and complexity. The wine is fleshed out with juice-on-skin contact and carbonic maceration (where fermentation happens inside the grape!), giving that same extra richness and complexity.

King Richard Leeks from Fully Belly Farm

Also: more leeks. Ahh, we love these kingly creatures but are completely worn out on potato-leek soup. Instead, we found this delectable recipe that *could* (just saying) be popped into the oven as the pre-game show plays, then pulled out to oohs and aahs at the end of the first quarter. Nobody said nachos and cheap lager *had* to be on the Super Bowl menu...

Chicken, Leek and Mushroom Casserole (adapted from *Martha Stewart Living*)

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| * 1 1/3 pounds boneless, skinless chicken thighs | * 2 1/4 c chicken stock |
| * Coarse salt and freshly ground pepper | * 3/4 c whole milk |
| * 5 T extra-virgin olive oil | * 1 dried bay leaf |
| * 2 leeks, white and pale-green parts only, coarsely chopped and rinsed well | * 1 T olive oil |
| * 1 celery stalk, chopped | * 8 slices dense multigrain bread, crusts removed, cut into triangles |
| * 10 ounces cremini mushrooms, halved | * 1 T chopped fresh sage |
| * 3 T all-purpose flour | * 1 T chopped fresh thyme |
| * 3 T dry sherry | * 2 T chopped fresh flat-leaf parsley |
| | * 1/2 c finely grated Parmesan cheese |

Preheat oven to 350 degrees. Season chicken on both sides with salt and pepper. Heat 2 tablespoons oil in a medium sauté pan over medium-high heat. Add chicken, and cook until golden brown on 1 side, 3 to 4 minutes. Flip, reduce heat to medium, and cook until cooked through, about 8 minutes more. Transfer chicken to a plate, and return pan, with drippings, to medium heat.

Heat remaining 3 tablespoons oil in pan. Add 1 leek, celery, mushrooms, and a pinch of salt. Cook, stirring occasionally, until vegetables are golden brown and tender, 8 to 10 minutes. (Reduce heat if vegetables brown too quickly.) Stir in flour, and cook, stirring often, for 2 minutes. Add sherry, stock, milk, and bay leaf, and cook, scraping up browned bits from bottom, until thickened, about 5 minutes. Season with salt and pepper. Discard bay leaf.

In a medium sauté pan, cook olive oil and 1 chopped leek over medium heat until leek is caramelized and slightly crispy.

Arrange bread on bottom of a 2-quart oval baking dish, overlapping slices slightly. Spoon half of the vegetables and sauce over bread. Arrange chicken on bread and sprinkle with sage and thyme. Top with any accumulated juices from chicken. Spread remaining vegetables and sauce over chicken, sprinkle with parsley and Parmesan and caramelized leeks, and bake until golden brown and bubbling, 25 to 30 minutes. Let stand for 15 minutes (i.e. the last five minutes of playing time in the game's first quarter) before serving to oohs and aahs.

Pair with: El Maestro Sierra Fino Sherry (\$17)

DRY Sherry, you guys. DRY Sherry! Don't get all freaked out on us. This is your new favorite drink. A classic Spanish aperitif, Fino Sherry is crisp, bright, fresh, slightly briny and finishes all salty-nutty. It's also totally en vogue right now and has nothing to do with whatever is in granny's cupboard. Its freshness cuts through the richness of this casserole while the almond-like finish lends an extra note of complexity to the dish. El Maestro Sierra is a rockstar bodega helmed by two powerhouse females, Pilar Pla Pechovierto and Ana Cabestrero who, we believe, would approve of this pairing.