


BAY GRAPE

OAKLAND

**CAPAY VALLEY
FARM SHOP BOX**
Kohlrabi from Capay Organic and Spinach from Full Belly Farm

Kohlrabi is the next big thing: You heard it here first. We swoon for this nutty, crunchy, quirky bulb and are dishing out this recipe in honor of our vegan CSA subscribers.

Curried Lentils with Kohlrabi and Couscous Salad (adapted from *Bon Appétit*)

- * 1/4 c white wine vinegar
- * 1 T sweet curry powder
- * 1/2 t garam masala
- * 1/2 t cumin
- * 1 t honey
- * 1 garlic clove, minced
- * 1/3 c extra-virgin olive oil
- * 1 c red lentils
- * 2 large kohlrabi: leaves stemmed and thinly sliced; bulb peeled and diced
- * 1/2 c plain couscous
- * 1/2 c chopped green onions
- * 2 c fresh spinach
- * 1/4 c chopped fresh mint

Whisk white wine vinegar, spices, honey and garlic in a bowl to blend. Gradually whisk in olive oil. Season dressing to taste with salt and freshly ground pepper.

Cook lentils and kohlrabi leaves in heavy large saucepan of boiling salted water until lentils are barely tender but not too soft, about 5 minutes. Drain; rinse under cold water to cool. Drain again.

Bring 3/4 cups water to boil in same saucepan; remove from heat. Add 3 tablespoons dressing, sprinkle with salt, then stir in couscous. Cover pot and let stand 5 minutes. Transfer couscous to medium bowl. Fluff couscous with fork to separate grains and cool slightly. Season to taste with salt and pepper.

Meanwhile, transfer lentils to large bowl. Add most of the dressing, diced kohlrabi bulb, and chopped green onions; toss to coat. Season mixture to taste with salt and pepper.

Arrange baby spinach leaves over large rimmed platter. Drizzle spinach with remaining dressing. Mound lentils in center of platter over spinach. Stir mint into couscous, then spoon around lentils and serve with a drizzle of olive oil and a big smile.

Pair with: Domaine Piron-Lameloise Moulin-à-Vent Vieilles Vignes 2013 (\$22)

In honor of La Paulée Burgundy Week (ask us where we're headed this weekend!), we're drinking all wines from Burgundy, France! Beaujolais is Burgundy's southernmost subregion, known for soft, juicy, tart reds from the Gamay grape. Dominique Piron's is from vines over 75 years old (older vines → more concentrated, intense wines) grown on schist soil. Its deep floral notes complement the spices and herbs here, plus lots of acid stands up to the vinaigrette.

Asparagus from Durst Organic Growers and Spring Onions from Riverdog Farm

Nowhere else in the country are you going to get fresh, organic asparagus this early in the season! We're hopping happy—and especially to have a cause for more spring onions.

Asparagus and Spring Onion Tart

- * 1 sheet frozen puff pastry
- * 6 oz asparagus spears
- * 2 eggs
- * 1 c heavy cream cream
- * 1 T Dijon mustard
- * 1 c grated gruyère
- * 4 spring onions, trimmed and sliced lengthwise

Preheat a baking sheet in the oven to 400 degrees F. Roll out puff pastry to line 9-inch tart tin. Blanch asparagus for 1 minute in salted boiling water, drain and refresh in cold water.

Mix eggs, cream, mustard, and cheese. Season with salt and pepper, then pour into the tin. Lay asparagus and trimmed spring onions over the top.

Bake on a preheated baking sheet for 25 minutes until set and golden (you can cover the filling with paper if it browns too quickly).

Pair with: Jérôme Chezeaux Pinot Blanc Bourgogne 2011 (\$30)

It's a little-known fact that a tiny bit of Pinot Blanc is planted in Burgundy. The wines tend to offer a slightly softer acidity than their Chardonnay counterparts, along with a round, mellow mouthfeel and a hint of smokiness. We like that soft, round character with the soft, creamy tart filling, and we like that the mellow flavor profile allows the verdant beauty of first-of-season asparagus to take center stage here. #burgundyweek @LaPauleeNYC here we come!

376 Grand Avenue, Oakland, California 94610
www.baygrapewine.com / 510.686.3615