# RIDICULOUSLY AMAZING ASIAN RAMEN SALAD

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| ***Get Vocal About Local…*** | | **Wightmans Farms 2016 CSA – Week 5 6/13-18** |
| FARM  FRESH |  | |
|  | **Scones/Tomatoes/Cucumbers 1-sm 2-lrg/Lettuce 1-sm 2-lrg/Chard-lrg only/Strawberries/honey lrg only**  **Chinese Cabbage/Arugula-lrg only/Peas 1lb sm 2lb lrg** | |

This ridiculously amazing Asian ramen salad will have you and your guests going back for thirds and fourths. Everyone will be asking for the recipe and you’ll want to bring this easy dish to every potluck!

**INGREDIENTS**

* ½ head of cabbage-shredded Chinese or regular
* 1 cup sunflower seeds (de-shelled/shelled/no shells)
* 1 cup sliced almonds-optional you can toast in 1tsp of butter
* 2 (3 ounce) bags ramen\* (any flavor, you won't be using the seasoning packets so it doesn't matter)
* 5 stalks of scallions, sliced
* 3/4 cup vegetable oil
* 1/3 cup white vinegar
* 1/2 cup granulated sugar

**INSTRUCTIONS**

1. In a large bowl, place coleslaw mix, sunflower seeds, sliced almonds, crushed ramen (see note below), and scallions.
2. In a large measuring cup, add vegetable oil, vinegar, and sugar. Whisk together. Don't worry if the sugar will not completely dissolve.
3. Pour oil mixture over the coleslaw mix and toss everything together with a large spatula until everything is coated well.
4. Cover bowl with plastic wrap and chill in refrigerator for at least 2 hours.
5. Serve cold or room temperature.

**NOTES**

To crush ramen, place ramen block into a Ziploc bag and using a rolling pin, gently crush the ramen into smaller pieces.  
  
I personally didn't add the seasoning packets because I don't like the MSG/sodium content in ramen seasoning packets. However, I know this is a popular recipe and there are MANY variations of it. So, it's all up to preference on whether or not you want to add the seasoning packets, or anything else to this salad! :)

**Traditional Breadsmith Scones**

*These baked treasures are truly a delight. We highly recommend following the instructions below-*

Eat warm with lots of butter, preferable meadow butter!

**With Strawberries and fresh whipped cream**

Pint heavy whipping cream

1 Tsp Vanilla

3 TB or more to taste confection sugar

Whip the cream and vanilla until thick and floppy. Cut the strawberries into small pieces.

Split open the scones, top one half with whipped cream and a few pieces of strawberry then place the other half on top. Eat immediately.

Scones are best eaten on the day of making but will keep in an airtight container for a couple of days.

**Crock Pot Stuffed Cabbage**

* 12leaves  [cabbage](http://www.food.com/about/cabbage-210)
* 1[egg](http://www.food.com/about/egg-142), beaten
* 1⁄4cup [tomato sauce](http://www.food.com/about/tomato-sauce-153)
* 1⁄4cup finely chopped [onion](http://www.food.com/about/onion-148)
* 1teaspoon [salt](http://www.food.com/about/salt-359)
* 1⁄4teaspoon [pepper](http://www.food.com/about/pepper-337)
* 1lb lean ground meat of your choice
* 1cup [cooked rice](http://www.food.com/about/rice-160) or quinoa
* 1(8 ounce) can [tomato sauce](http://www.food.com/about/tomato-sauce-153)
* 1tablespoon [brown sugar](http://www.food.com/about/brown-sugar-375)
* 1tablespoon [lemon juice](http://www.food.com/about/lemon-juice-55)
* 1teaspoon [Worcestershire sauce](http://www.food.com/about/worcestershire-sauce-176)

DIRECTIONS

1. Immerse cabbage leaves in large kettle of boiling water for about 3 minutes or until limp; drain.
2. Combine egg, 1/4 cup of sauce, onion, salt, pepper, beef, and cooked rice.
3. Place about 1/4 cup meat mixture in center of each leaf; fold in sides and roll ends over meat.
4. Place in slow-cooking pot.
5. Combine tomato sauce with brown sugar, lemon juice and Worcestershire sauce.
6. Pour over cabbage rolls.
7. Cover and cook on low 7-9 hours.

This crockpot cabbage casserole is a delicious and healthy dish that is going to turn your whole family into cabbage lovers!  The combination of meat, brown rice, and slightly crunchy veggies can’t be beat and addition of soy sauce is icing on the cake.  Throw in the fact that the recipe is super simple and you’re going to want to make it over and over again.

**Crockpot Cabbage Casserole**

Yields 6-8 servings

**Ingredients**

* 1 pound of ground beef or ground turkey
* 2 medium onions, diced
* 1 tablespoon olive oil (optional)
* 1 medium head of cabbage, chopped
* 2 medium carrots, peeled and thinly sliced
* 1/2 teaspoon salt
* 1/4 teaspoon pepper
* cooking spray
* 3/4 cup brown rice (uncooked)
* 3 cups beef broth or chicken broth

**Directions**

1. In a very large pot, brown ground meat and onions with olive oil. (If you choose to use ground beef, you can omit the olive oil.)
2. Remove pot from heat and add cabbage, carrots, salt, and pepper.  Stir to combine.
3. Spray crockpot with cooking spray.
4. Place rice in the bottom of the crockpot.
5. Pour meat/cabbage mixture on top of rice.
6. Pour broth on top.
7. Cover, and cook on “low” for 4-6 hours.
8. Stir before serving.

To Freeze

Label your freezer bag. Add all ingredients EXCEPT for brown rice(or quinoa) and chicken broth to bag. Remove as much air as possible, seal and lay flat in your freezer for up to three months. When ready to cook, thaw, spray crockpot with cooking spray, place rice in the bottom of the slow cooker, add ingredients from freezer bag, and pour broth on top. Cook on “low” setting for 4-6 hours. Stir before serving. Serve with soy sauce.

This crockpot cabbage casserole recipe fills a 6-quart crockpot to the brim and yields A LOT of food, so if you have a smaller slow cooker or are cooking for less people I recommend completing Steps 1&2 and freezing half of the cabbage/meat mixture for later. Cut the amount of rice and broth in half. Keep the cooking time the same.

From Bon Appetite -It’s really not that difficult to make a salad. We’d be lying if we told you otherwise. (Although we can’t help but point out [some of the awkward ways it can go wrong](http://www.bonappetit.com/test-kitchen/common-mistakes/article/salad-common-mistakes)—it’s worth a brush-up now and then). But just because it’s easy doesn’t mean you’re knocking it out of the park. It’s not enough to make a decent salad; we want you to **make the best damn salad of your life, every time**. That’s why we came up with this fool-proof formula for composing the perfect salad. Learn the basics, and riff endlessly.

Here’s what every salad needs:

Vegetables [Greens/Raw/Grilled/Roasted/Pickled]  
+ Dressing [Vinaigrette/Creamy]  
+ Crunchies [Seeds/Nuts/Croutons/Granola]  
+ Optional Protein [Meat/Cheese/More Cheese]  
+ Optional Extras [Herbs/Fruit/Grains/Etc.]  
= Salad!

The Veg  
Look, it’s a salad. You’re going to need to put some veggies in there.

Choose at least one, or as many as you want:  
**Greens:** Raw greens are what most people think when they hear the word “salad.” And with good reason: Most greens are better eaten fresh. Choose **tender** lettuce leaves and greens, like spinach, Bibb or [Little Gem](http://www.bonappetit.com/recipe/little-gem-salad-with-lemon-cream-and-hazelnuts), for more delicate salads; **spicy or bitter** greens, like [arugula](http://www.bonappetit.com/recipe/citrus-arugula-salad), dandelion greens, or [chicory](http://www.bonappetit.com/recipe/chicory-and-asian-pear-salad-with-membrillo-vinaigrette), for bossy vinaigrettes; or **sturdy** greens, like thinly sliced kale, for marinated and massaged salads.

**Raw:** Lettuce and greens aren’t the only ones who can go raw. Try using a vegetable peeler to make fibrous veggies more palatable (looking at you ,[asparagus](http://www.bonappetit.com/recipe/shaved-asparagus-with-parmesan-vinaigrette)). For crunchy vegetables, like [kohlrabi](http://www.bonappetit.com/columns/in-season-now/article/kohlrabi-in-season-june), just chop them into bite-size pieces and throw them in. For usually-cooked vegetables, like [beets](http://www.bonappetit.com/recipe/barley-fennel-and-beet-salad) and [squash](http://www.bonappetit.com/recipe/summer-squash-slaw-with-feta-and-toasted-buckwheat), either slice them very thinly or grate them to make them easier to digest.

**Grilled:** Grilling vegetables like [alliums, squash, eggplant](http://www.bonappetit.com/recipe/grilled-vegetable-salad-raw-green-mole), and more, adds smokiness and, depending on how aggressive you get, a nice char. If you can dream it, you can grill it (yep, even [greens](http://www.bonappetit.com/recipe/grilled-little-gem-salad-pita-croutons))—so provided your Weber is at the ready, feel free to toss those veggies on the barbie.

**Roasted:** And, as the saying goes: If you can grill it, you can roast it. At least, it’s a saying now. Go easy on the oil, so your vegetables aren’t weighted down with grease.

**Pickled:** [Pickled vegetables](http://www.bonappetit.com/recipe/pickled-vegetable-salad-with-nori-vinaigrette) add a funky, fermented note, and bump up the flavor in a big way. Combine them with raw vegetables or greens for a one-two punch; they’re a bit too intense to make up an entire salad.

The Dressing  
Without a dressing, your salad is just a sad bowl of vegetables.

Choose one  
**Vinaigrette:** A classic vinaigrette is made with fat and acid; traditionally, olive oil and either vinegar or lemon juice. But these days, you can get[crazy with your vinaigrettes](http://www.bonappetit.com/recipes/slideshow/vinaigrette-recipes). Feel free to add warm bacon fat (it will solidify at room temperature), or experiment with a variety of vinegars and citrus juices.

**Thick and Creamy:** Hearty salads with big flavors can stand up to creamy, rich dressings like [ranch](http://www.bonappetit.com/recipe/tofu-peppercorn-ranch-dressing) or [buttermilk](http://www.bonappetit.com/recipe/arugula-apple-and-parsnip-with-buttermilk-dressing). Not sure what dressing your salad can handle? [This guide](http://www.bonappetit.com/test-kitchen/cooking-tips/article/how-to-dress-any-salad-green) breaks it down.

**The Crunchies**  
Having something to really sink your teeth into makes any salad feel more satisfying.

Choose at lease one, or as many as you want:  
**Seeds:** Some of our favorite options: Pumpkin seeds, sesame seeds, flax seeds (go easy on ’em; too many can taste fishy), sunflower seeds, and [hemp](http://www.bonappetit.com/test-kitchen/ingredients/article/hemp-seeds) seeds.

**Nuts:** Toast them first to bring out their flavor, and chop them for easier bites.

**Croutons:** We like homemade. Use any old loaf you have on hand. Or, [pita bread](http://www.bonappetit.com/recipe/grilled-little-gem-salad-pita-croutons)!

**Savory Granola:** We always keep [a batch of this](http://www.bonappetit.com/recipe/savory-granola) close-by. Cayenne and fennel makes it savory.

The Optionals  
You could certainly stop there. But why not make it a meal?

Choose as many as you want.  
**Fresh herbs:** Add big handfuls of [tender and soft herbs](http://www.bonappetit.com/test-kitchen/ingredients/article/what-to-do-with-herbs), like mint, parsley, cilantro, and basil. These work better with lighter vinaigrettes than thick dressings.

**Fruit:** Think beyond the berry. If it’s ripe and ready, why not? Choose fruits that are complementary in flavor to the rest of your ingredients. Yes, avocado counts. Equally tasty: dried fruit, like raisins, dried cranberries, or dehydrated apple.

**Protein:** [Cold leftover roasted chicken](http://www.bonappetit.com/recipes/chicken/slideshow/chicken-salad-recipes/?slide=1), hot and crispy [ground lamb](http://www.bonappetit.com/recipe/spicy-lamb-lentils-herbs), [poached eggs](http://www.bonappetit.com/recipe/poached-eggs-over-scafata), basically [any cheese ever](http://www.bonappetit.com/recipe/kale-with-pomegranate-dressing-and-ricotta-salata)… a little protein goes a long way when it comes to rounding out a salad. But let the vegetables be the star; there’s a time and a place for an [ax-handle](http://www.bonappetit.com/test-kitchen/cooking-tips/article/newbie-grilling-advice) steak, and it’s not on your kale.

**Grains & Carbs:** The easiest way to bulk up a salad is with a small addition of cooked [grains](http://www.bonappetit.com/recipe/grain-salad-with-puffed-red-quinoa-and-labneh), like [quinoa](http://www.bonappetit.com/recipe/rapos-quinoa-cobb), bulgur, [couscous](http://www.bonappetit.com/recipe/israeli-couscous-and-tomato-salad), [barley](http://www.bonappetit.com/recipe/barley-arugula-salad-pork-mushrooms), [farro](http://www.bonappetit.com/recipe/thai-style-grain-salad-with-crunchy-seeds" \t "_blank), [wheat berries](http://www.bonappetit.com/recipe/roasted-beet-and-wheat-berry-salad)…you get the picture. Be mindful that the grains will soak up more dressing than the veg, so adjust accordingly.

**Pasta with Peas, Arugula & Prosciutto**

From finecooking.com

Arugula packs a lot more zip than most other greens. And, if you're familiar with this peppery, nutty leaf, you know how much depth and character it brings to salads. But why stop at salads? Arugula is excellent in cooked dishes—like pasta—as well. For this meal, forget your typical pasta sauce. Toss the orecchiette or penne with a mature arugula, pea and prosciutto mix for a dish that surprises and satisfies.

* 1 lb. dried pasta, such as orecchiette or penne
* 1 lb. arugula (about 4 small bunches)
* 6 Tbs. unsalted butter
* 3 cloves garlic, minced
* 1 lb. fresh English peas, shelled (pods discarded or saved for vegetable stock) or 1 cup frozen peas, thawed
* Kosher salt and freshly ground black pepper
* 3 Tbs. olive oil
* 10 thin slices prosciutto, diced (6 to 7 oz.)
* 2 Tbs. fresh lemon juice
* 1/4 cup freshly grated Parmigiano Reggiano; plus 3/4 cup shavings for garnish
* 2 Tbs. chopped fresh flat-leaf parsley

Put a pot of water on to boil. Salt it well and boil the pasta following the package directions.

Meanwhile, trim, wash, and thoroughly dry the arugula; chop it coarsely and set aside. In a large saucepan over medium heat, melt 4 Tbs. of the butter. Add the garlic and sauté until barely golden, about 2 minutes. Add the peas and sauté until tender-crisp, another 3 to 4 minutes if using fresh or 1 minute if using thawed frozen. Season lightly with salt and pepper. With a slotted spoon, remove the peas and garlic from the pan and set aside. Leave as much liquid in the pan as possible and add the olive oil to the pan. Add the prosciutto and cook until very lightly browned, about 5 minutes. Add the arugula in batches, stirring and adding handfuls as it wilts. Add the lemon juice. Cook for only a few minutes, just until all the greens have wilted. When the pasta is done, reserve 1 cup of the cooking water and drain the pasta. In a large bowl, toss the pasta with the peas, prosciutto, arugula, and grated Parmigiano, along with 1/2 cup of the reserved cooking water. Season with more ground pepper; toss. Taste and adjust the seasonings if needed. If the pasta seems dry, toss with more of the reserved cooking water. To serve, garnish each portion with the parsley and the Parmigiano shavings.

**Easy Peasy Grilled Swiss Chard**

When I saw this beautiful rainbow chard, I knew I had to have it. But three days later, I knew I was seconds away from The Wilt and still hadn’t cooked it. So I made this:

There’s no real recipe: all you do is massage high quality olive oil into the chard leaves (I used my hands), sprinkle lightly with sea salt on both, and then grill for one minute each side. The edges come out crispy and the leaves are cooked perfectly. We cooked it with the stems on as they’re easier to handle but you can cut and remove prior to grilling and cook separately and a bit longer if needed.

**Quinoa Arugula Cucumber Salad**

*Serves 4*

Arugula and cucumber always pair wonderfully; both are crispy and gives you an amazing refreshment. I’ve used these two in many salads before. I realized the mini radishes that were about to go bad in the fridge and tossed them into the bowl at the last minute. I think they gave a very nice pink color addition to my green Quinoa Arugula Cucumber Salad.

**Ingredients**

* 3/4 cup cooked quinoa
* 5 cups roughly chopped arugula
* 2 cucumbers, thinly sliced with a potato peeler
* 5 mini radishes, thinly sliced
* A handful of parsley, chopped roughly

**Dressing:**

* 2 lemons, squeezed
* 1 tablespoon pomegranate molasses
* 1/2 teaspoon salt
* 1/2 teaspoon chili
* 1 tablespoon extra virgin olive oil

**Instructions**

Whisk the dressing ingredients together.

Toss together the cooked quinoa, arugula, cucumbers, radishes and parsley.

Pour the dressing over it. Mix with your hands. Serve immediately.

**Pomegranate Molasses**

* 4 cups pomegranate juice
* 1/2 cup granulated sugar
* 3 Tbs. fresh lemon juice

Combine the pomegranate juice, sugar, and lemon juice in a saucepan. Simmer, stirring occasionally at first to dissolve the sugar, until syrupy, about 50 minutes. Cool for about 30 minutes, then pour into a glass jar to cool completely. If your molasses thickens too much while cooling, just add a little water to thin it to pourable consistency. Cover and refrigerate until ready to use.

The molasses will keep, covered and refrigerated, for 6 months.