

## Dal: Lentils and Sweet Onions

Dal, the thick lentil soup that is common in at least Pakistan, and it's also common in many parts of India, but maybe not always with so many onions! This dish can also be fancied up with sliced greens, cilantro, grated carrots, etc.

2 cups masoor dal (red lentils), or brown lentils  
2 bunches sweet onions, sliced in thin crescents  
1 teaspoon turmeric  
1 teaspoon ground cumin  
pinch cayenne  
S & P  
cooking oil  
Rinse the lentils, then cover in a large saucepan with 8 cups of water and bring to a boil. Simmer on low for about an hour until soft, partially covered. Heat the oil over a medium flame, then add the onion pieces with the turmeric and cumin and S & P. (Madhur Jaffrey recommends putting the turmeric in with the boiling dal, and adding the salt to the boiled dal once cooked through.) Cook the onions, stirring often, until onion is well browned but not burned. Add the cayenne, if using. Add the onions to the dal once it's cooked through. Stir and eat with yogurt and or other dishes.  
<http://www.mariquita.com/recipes/Onions.htm>

## Onion Jam

- 4 Tablespoons olive oil
- 3 pounds onions, sliced about 1/4 inch thick (3-4 bunches Sweet Onions) NOTE: you have 2lbs in your box
- 2 teaspoons fresh, chopped oregano
- S & P
- 1 cup white wine
- dash vinegar or lemon juice

In a big frying pan, heat oil on medium heat. Add onions and oregano, stir up some, then cover. Cook about 5 minutes, then turn heat to low and add about a teaspoon of salt. Cook covered about 20-25 minutes, then add wine, toss and cover. About every 20 or so minutes stir up a bit. After about an hour, or when you hear the hiss and sizzle, start stirring more frequently. When they've browned up quite a

bit add the dash of vinegar/lemon juice and season to taste with pepper and more salt if you like.  
\* This recipe sounds like a lot of work but it's not, especially if you're in the kitchen already doing other things. This 'onion jam' is heavenly as a cheese-replacement for quesadillas, especially with the mushroom and zucchini addition.  
<http://www.mariquita.com/recipes/Onions.htm>

**RAPINI:** also called raab, broccoli rabe, cime de rape, rape and brocoletti. It's a form of turnip green.

## Rapini & Garbanzo Pita Pizzas

2 large garlic cloves, sliced thin  
1/4 cup extra-virgin olive oil  
a 19-ounce can garbanzos, rinsed and drained  
1/2 cup water  
1 pound rapini tips, rinsed and roughly chopped, eat the leaves and tender stems!  
1/2 teaspoon dried hot red pepper flakes  
three 6-inch whole wheat or other pita breads, halved horizontally to form 6 rounds  
1/2 cup freshly grated Parmesan cheese (about 2 ounces)  
Preheat oven to 400F.  
In a large heavy skillet cook garlic in oil over moderate heat, stirring, until pale golden. Transfer garlic and 1 tablespoon oil to a food processor. Add chick-peas, 1/4 cup water, and salt and pepper to taste and blend mixture until smooth.  
Heat oil remaining in skillet over moderately high heat until hot but not smoking and cook rapini until wilted. Add remaining 1/4 cup water and pepper flakes and simmer, covered partially, until the greens are crisp-tender and almost all liquid is evaporated, about 2 minutes.  
Spread rough sides of pita with chick-pea purée and top with rapini and Parmesan.  
Arrange pita pizzas on a large baking sheet and bake in middle of oven 10 minutes, or until edges are golden.  
Serves 6 as an entrée or 10 to 12 as an hors d'oeuvre.

adapted from Gourmet  
[www.mariquita.com/recipes/broccoli%20raab.html](http://www.mariquita.com/recipes/broccoli%20raab.html)

## Broccoli Raab Pasta

1 lg.	onion, thinly sliced
6 cloves	garlic, minced
1 bunch	broccoli raab
	olive oil
	romano cheese
	red pepper flakes
	salt
1/2 lb.	penne
	red wine vinegar

Put on a large pot of water to boil. In a skillet, coated with olive oil, heat the onion over high heat. When onion is browning in spots, add the garlic, red pepper flakes and salt to taste. Toss briefly, then add the raab and a splash of water. Lower the heat and cook until tender, stirring frequently. Meanwhile cook pasta. Taste the raab and adjust the seasonings. Add a generous amount of olive oil and a splash of vinegar. Toss with the drained pasta and top with romano cheese.  
Chez Panisse Vegetables, Alice Waters

[www.mariquita.com/recipes/broccoli%20raab.html](http://www.mariquita.com/recipes/broccoli%20raab.html)

## Broccoli Raab Asian Style

James Peterson, Vegetables Serves 4  
2 pounds broccoli raab  
1 tablespoon salt  
1 tablespoon white or brown pale miso  
1/4 cup mirin or 6 tsp sugar dissolved in 3 Tbsp hot water  
1 teaspoon Asian dark sesame oil  
2 teaspoons white sesame seeds  
Cut the broccoli raab flowers and leaves away from the larger stems. Discard the stems. Rinse and drain the leaves and flowers in a colander. Bring about 4 quarts of water to a rapid boil with the salt. Boil the broccoli raab for five minutes, uncovered, over high heat, and drain in a colander. Immediately rinse the broccoli with cold water and pat it dry in towels or spin it in a lettuce spinner to get rid of excess water. In a mixing bowl large enough to hold the broccoli raab, work the miso, mirin and, and the sesame oil to a paste with a whisk. Just before serving, toss the broccoli raab with the the paste. Arrange the broccoli on one large plate and sprinkle with the sesame seeds or arrange it on individual plates and sprinkle each serving within the sesame seeds.