

# **BushLeagueBK #3**



**Recipe ideas from Bushwick Grill Club**

## **GREETINGS FROM THE BUSHWICK GRILL CLUB**

Hello all! My name is Frank Davis and I run a food blog and small cookbook press called Bushwick Grill Club. I am really digging the work Jane is doing with this CSA so I reached out to offer up a few recipes for this box. I try and keep things fairly simple and designed for our tiny NYC kitchens. I hope you find these recipes helpful. Stay safe and keep cooking at home!

Cheers, Frank

## **SOMETIMES ALL YOU NEED IS A FANCY SALAD**

Often when cooking at home, we tend to just throw some kale or lettuce in a bowl, add some chopped veg, and finish with a generous helping of dressing. With just a touch more effort (like really only marginally more) you can't make a fancy salad that's restaurant-worthy.



### **Watermelon Radish Salad**

Makes 2 - 4 servings depending on how hungry you are

1/2 small red onion, sliced thin  
2 - 3 tablespoons red wine vinegar  
kosher salt  
2 to 3 watermelon radishes  
2 to 3 mandarins  
Blueberries to taste  
Brillat Savarin to taste  
olive oil to taste  
Fresh herbs like chives (optional)

Place red onion in a small bowl. Cover with 2 - 3 tablespoons of the vinegar depending on how big of a salad you are making. Add a pinch of salt. Set aside.

Wash and thinly slice your radishes. Peel the radishes if you wish, though it is by no means necessary. Arrange radish slices on a plate. I try to fold some of them so they're not all squished down in one flat layer but arrange however you wish. Season all over with salt.

Cut off each end of each orange. Squeeze each end over the radishes, then discard. Use a sharp knife to remove the skin from the orange. Cut in between membranes to remove each slice. Squeeze remaining membrane all over the radishes to extract any juice. Scatter oranges over the radishes.

Scatter blueberries and goat cheese to taste over the radishes and oranges. Pour macerated onions and vinegar over top. Drizzle olive oil to taste (one to two tablespoons) over top. Sprinkle with a few fresh herbs if you have them.

Let sit a few minutes (or longer — it benefits from a brief rest) before serving.



## CAULIFLOWER THREE WAYS

I am a card-carrying member of the Cult Of Cauliflower. Where I once dismissed it as only something you chose last from a crudite platter or smothered out of existence with cheese sauce, I now embrace it as the tofu of the plant world. It plays well with a variety of flavors and works brilliantly as a replacement for meat in a variety of dishes.

### Cauliflower Tots

Makes 12 - 16 tots

These tots are easy to make and a great way to trick kids into eating vegetables. Keep your hands slightly wet while shaping the tots. As I learned early on, the tots need to be on their side (as in not standing on small end) in order to retain their tot shape. For a dipping sauce, I recommend mixing honey & mustard or put a bit of sriracha in some ketchup,

2 cups cauliflower florets  
2 eggs  
1/4 cup scallion  
2/3 cup cheddar cheese  
1/2 cup panko, crushed crackers, or  
crushed corn chips  
1/2 teaspoon salt  
1/2 teaspoon black pepper  
1/2 teaspoon garlic powder

Preheat oven to 400° F and line a baking sheet with parchment paper or a Silpat.

Brings a pot of water to a boil and blanch the cauliflower for about 3 minutes taking care to not overcook. They should still be crisp & crunchy. Drain the cauliflower and quickly shock by rinsing under cold water.

Finely chop the cauliflower and place it in a large bowl. Add the remaining ingredients and mix thoroughly with a spoon (or your hands if you feel like getting messy). Place in the refrigerator to chill for 15 minutes

Using a tablespoon, form mixture into tots and place on their sides on the baking sheet. Bake in the oven for 12 minutes then use tongs to flip tots over. Place back into the oven and bake another 14 minutes or until golden.

Remove from the oven and let rest for 5 minutes. Serve with your favorite dipping sauce.



## Buffalo Roasted Cauliflower

Makes 1 head of cauliflower

This is a great quick way to prep and cook for multiple meals with very little effort. The leftovers keep very well in the fridge, and you can easily reheat in a skillet with a couple of tablespoons of water. A few suggested uses:

- Added cold to a kale salad
- Reheat, toss with harissa, and put in a croissant with onion & tomato
- Toss in Buffalo Sauce (see below) and pretend you're at a healthy sports bar



- 1 large head cauliflower, leaves and stem trimmed
- 1 tablespoon olive oil
- 1 teaspoon garlic powder
- 1 teaspoon paprika (smoked is best but sweet will do)
- 1/4 teaspoon mustard powder
- 1/8 teaspoon cayenne
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper

Combine all seasoning ingredients in a bowl. Mix with a spoon or your fingers to combine. Set aside.

Adjust oven rack to middle position and preheat the oven to 450°F.

Place the cauliflower, stem side down, onto a foil-lined baking sheet. Drizzle the olive oil over the top to coat, then sprinkle with the spice mix. Roast until tender and browned on top, about 35 minutes. Let cool for 10 minutes.



When cauliflower is cool enough to handle, cut the florets into bite-size pieces. Think small chicken nuggets. Cut the stem small chunks. Store in an airtight container in the fridge.

### **Buffalo Sauce**

1/4 cup butter, cold and sliced into 8 pieces

1/4 cup cayenne-based hot sauce

1/2 teaspoon kosher salt

1/4 teaspoon garlic powder

In a large skillet or saucepan, heat the hot sauce and cauliflower over medium heat, tossing to coat. When the sauce begins to bubble, add the butter. Continue cooking, tossing and stirring, until the butter melts and the sauce gets creamy and glossy. Add the salt and garlic powder and toss to combine. Let simmer a minute before serving.



### **Kung Pao Cauliflower**

Makes 4 servings

At this point, some of you might be missing Chinese takeout and once again cauliflower saves the day. This takes a bit more effort and cooking than the other two recipes, but the results are worth it. As is the mark of all great takeout Chinese, this is even great as cold leftovers the next day.

While the peanuts and dried chiles are optional, if you can get them (or have them) I highly recommend their use. They give this recipe that true local takeout flavor.

4 cups of cauliflower florets (half a large head or about two small heads)  
2 tablespoon soy sauce + 2 tsp cornstarch, mixed for marinating cauliflower  
3 tablespoons oil  
4 cloves garlic, minced  
1/4 cup sliced red onion  
1 cup asparagus, trimmed, blanched, & cut into 1" pieces  
1/4 teaspoons red pepper flakes  
1/4 cup peanuts, optional  
5 – 10 Dried Chile D'Arbol, optional

### **Kung Pao Sauce**

1 tablespoon Chinese vinegar or cider vinegar  
3 tablespoons soy sauce  
2 1/2 tablespoon brown sugar  
3 teaspoons cornstarch + 2 tablespoons water

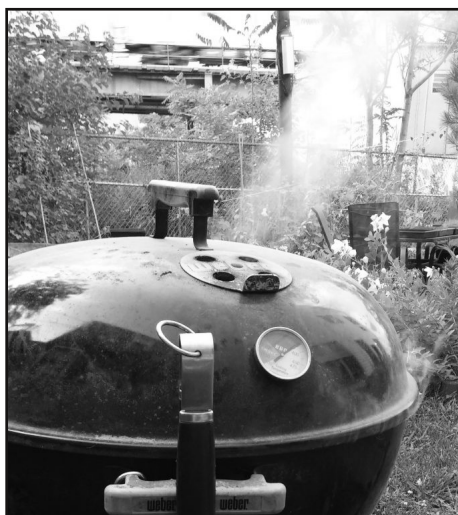
If you're using the chile d'arbol, soak them in 2 cups of boiling water and set aside.

Mix all the Kung Pao sauce ingredients together except the cornstarch and water.

In a bowl, marinate the cauliflower in soy sauce and cornstarch mix for 15 minutes. Add 1 tablespoon oil in a pan over medium heat. Place the marinated cauliflower and cook for 10 – 12 minutes until tender. Cover while cooking so the cauliflower can steam. Stir occasionally to keep the cauliflower from burning. Transfer the cooked cauliflower to the marinating bowl and set aside.

Add 2 tablespoons of oil to the pan. Once hot, sauté the garlic, red onions, asparagus, red pepper flake, and dried chili (if using) about 5 minutes. Add in the sauce mixture. Once it boils, add in the cornstarch and water mixture. Lower heat and then mix well. Add in the cauliflower and toss to combine and coat.

Cook until the cauliflower absorbs the sauce and is thick. Add the peanuts if using. Serve over the rice of your choice.



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