

6 FALL RECIPES

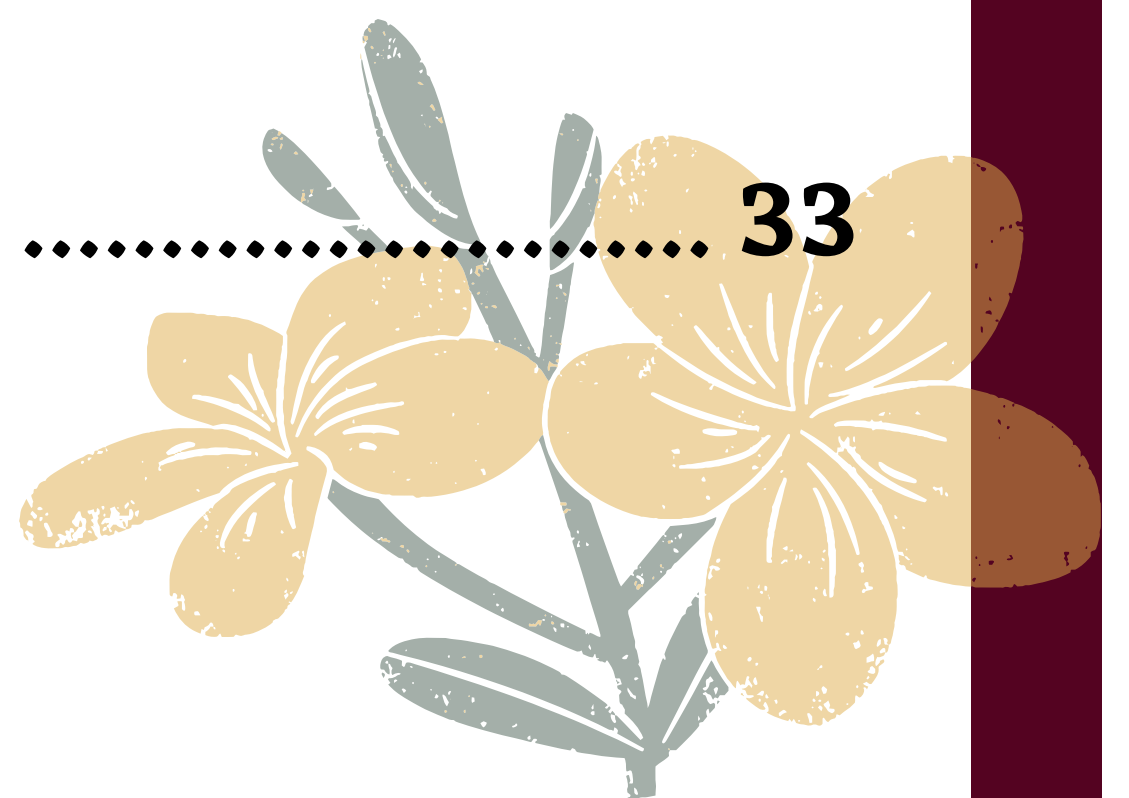
Quick ~ Easy ~ Delicious



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INTRODUCTION

Fall is a season in which we are called to downshift and allow ourselves to fully feel the gratitude that we naturally experience throughout the harvest season.

The full bounty of the fall harvest has reached the table. The preservation work of processing food for winter storage has taken on a sense of urgency.

We can feel Nature drawing us to take full advantage of the last of the fresh produce coming out of the garden.

And we find comfort in spending more time in the kitchen.

I hope the recipes in this cookbook help you balance the task of preparing for the winter months ahead, with the need to slow your pace as cooler weather begins to set in. All while keeping delicious, wholesome, nourishing food on the table.



Seasoned Pork Roast (w/hot poblano peppers)



**Tender, juicy pork roast, marinated overnight in a sweet seasoning mix, and then slow cooked with spicy poblano peppers and sweet yellow onions, make
THE PERFECT SEASONED PORK ROAST
for your fall table..**



INGREDIENTS

3 lb pork roast

2 tbls red wine

2 tbls sugar

1 tbl salt

2 tsp ground black pepper

2 tsp fennel seeds

2 tsp onion powder

2 tsp granulated garlic

1 tsp smoked paprika

1 tsp oregano

5 large poblano peppers

2 large yellow onions



COOKING INSTRUCTIONS

Mix red wine and all seasonings together in a small bowl.

Rinse the pork roast well. Stab it 30 or 40 times with a sharp paring knife.

Rub the mixture all over the roast and place it in a covered container. Put the container in the refrigerator and allow the roast to marinate overnight.

Place the roast in a crock pot.

Peel and quarter the onions. Partially separate the layers, leaving 3 or 4 layers in a piece. And put the onions in the crock pot.

Clean and quarter the poblano peppers and toss them in the crock pot.

Cook on the low setting for 5-6 hours.

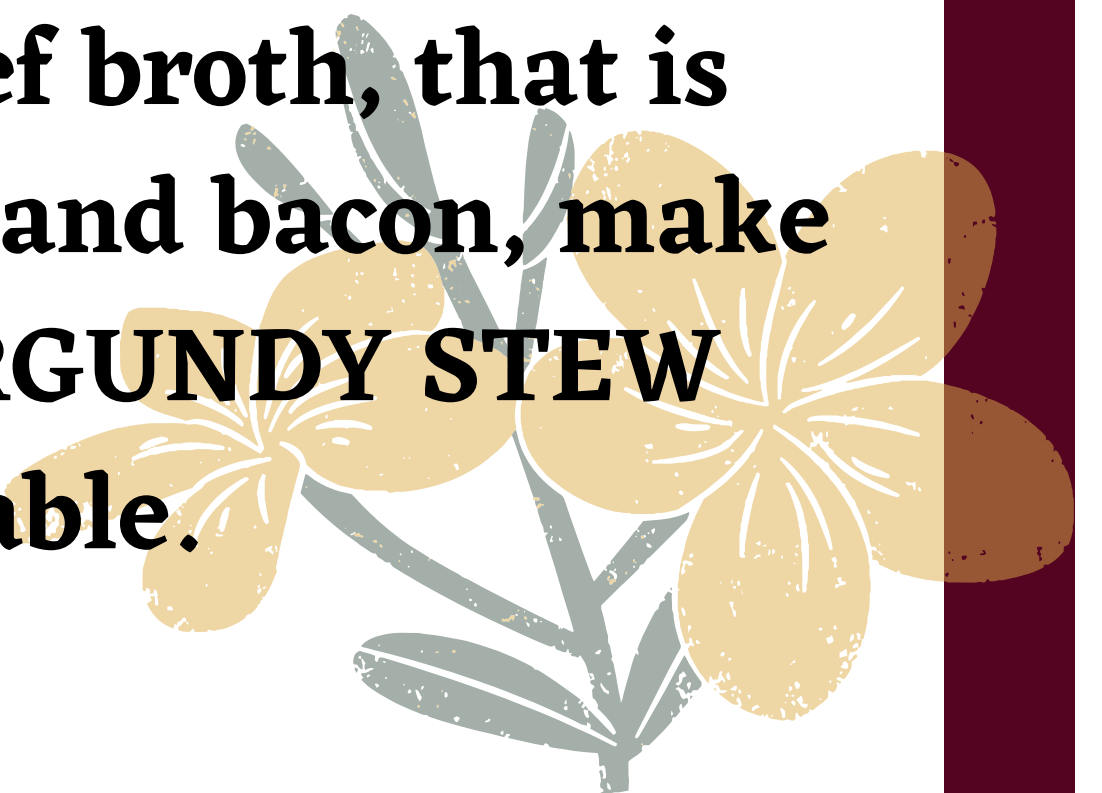
Slice and serve.



BEEF BURGUNDY STEW (w/handmade garlic bread)



Tender pieces of beef, sweet carrot slices, rough chopped purple onion, and chunky baby bella mushroom quarters, stewed in a reduced red wine and beef broth, that is richly seasoned with spices and bacon, make THE PERFECT BEEF BURGUNDY STEW for your fall table.



INGREDIENTS FOR STEW

2 c red wine
4 slices bacon, cut in 1/2" pieces
2 large carrots, 1/4"-1/2" slices
1 1/2 lb chuck steak, cut in 1" chunks
1 large red onion, rough chop
4 cloves garlic, crushed
1 tbls parsley
1 tsp thyme
2 bay leaves
salt, to taste
ground black pepper, to taste
2 tbls tomato paste
3 c beef broth
2 tbls tapioca starch
2 tbls water
2 tbls butter
10 oz baby bella mushrooms, cleaned and quartered

INGREDIENTS FOR GARLIC BREAD

1 loaf Italian bread, uncut
8 tbls butter, room temperature
granulated garlic, to taste
smoked paprika, to taste
dried parsley, to taste



COOKING INSTRUCTIONS

Place red wine in a small saucepan and cook on a low simmer until reduced by half. Set aside.

Cook bacon pieces in a large soup pot on medium heat for 3-4 minutes.

Add carrots and cook for 5 minutes longer.

Add beef, onion, garlic, parsley, thyme, bay leaves, salt and pepper and cook 5-7 minutes.

Reheat red wine. Add tomato paste and beef broth to it and cook until tomato paste disperses into the blend creating a broth.

In a small bowl mix the tapioca starch and the water until well blended.

Add the tapioca starch blend to the broth slowly, whisking as you add it.

Pour the broth into the soup pot and bring all to a low simmer.



Melt the butter in a small frying pan. Saute the mushrooms in the butter just until they become tender. Do not overcook.

Add mushrooms, including the juice from the frying pan they were cooked in to the soup pot.

Turn off the heat and allow the stew to sit while you prepare the garlic bread.

Slice the loaf of bread in half length wise.

Generously cover the bread with butter.

Generously sprinkle with granulated garlic, smoked paprika, and dried parsley, in that order.

Place in a warm oven until the butter is melted.

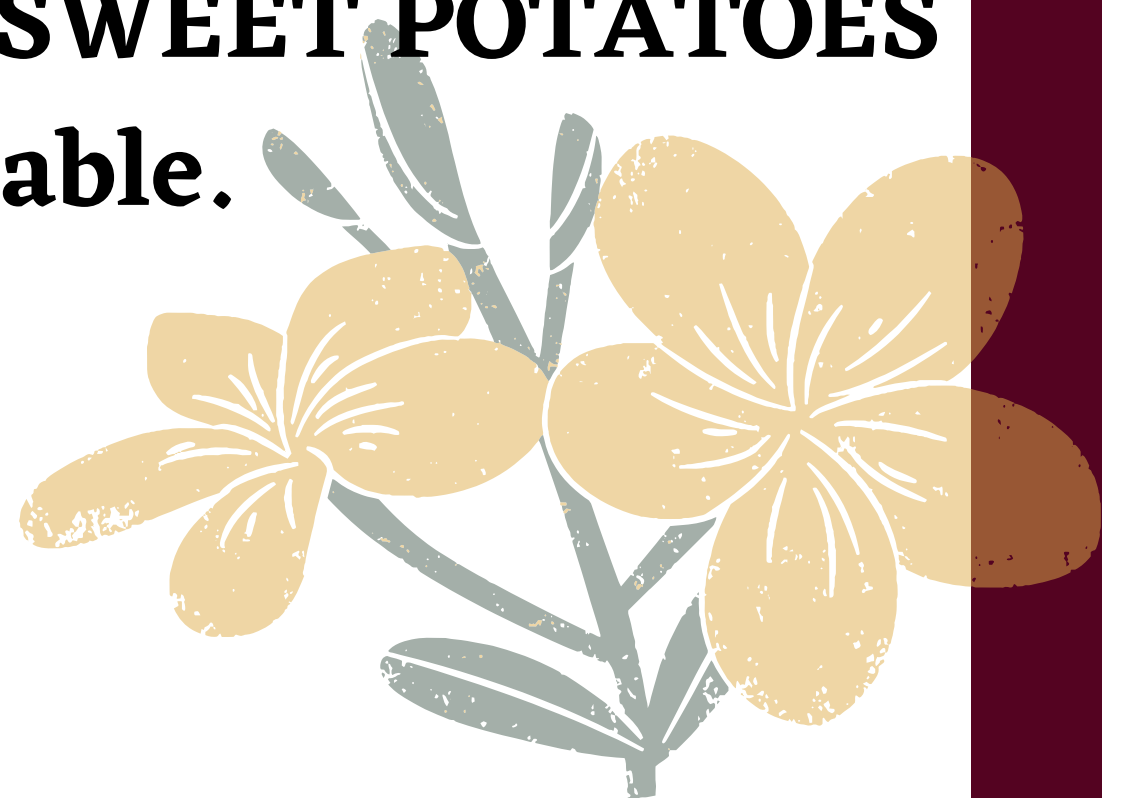
Serve with hot stew.



SAUSAGE & SWEET POTATOES (w/creamy spinach sauce)



**Sweet Italian sausage, roasted sweet potatoes,
and white onion, smothered in a creamy
spinach cheese sauce, make
THE PERFECT SAUSAGE & SWEET POTATOES
for your fall table.**



INGREDIENTS

**3 large sweet potatoes, peeled, cut in
1 1/2" cubes**

**1 extra large white onion, peeled and
coarsely chopped**

2 tbs olive oil

salt, to taste

1 pd sweet Italian sausage links

ground black pepper, to taste

granulated garlic, to taste

1 c buttermilk

1 1/2 c chicken broth

2 cloves garlic, crushed

2 bay leaves

4 oz cream cheese

3 tbs tapioca starch

2 tbs water

1 c shredded parmesan cheese

6 c spinach, packed loosely



COOKING INSTRUCTIONS

Place the sweet potatoes and onion in a medium bowl.

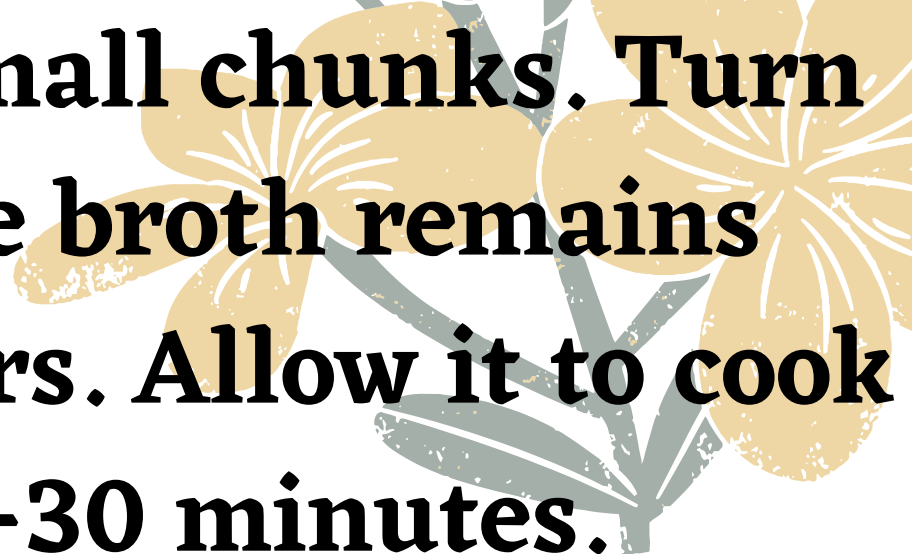
Add the olive oil, salt, pepper, and granulated garlic to the bowl and mix well with your hands.

Spread them out on a baking sheet and roast them in the oven just until they are soft. Do not overcook.

While they are roasting brown the outside of the sausage links in a frying pan over medium heat. Then slice them into 1/2" - 3/4" rounds and cook them all the way through.

Put the buttermilk, chicken broth, garlic cloves, salt, pepper, and bay leaves in a dutch oven or a soup pot and heat them to a low simmer.

Add the cream cheese in small chunks. Turn the heat down so that the broth remains warm but no longer simmers. Allow it to cook this way for about 25-30 minutes.



The cream cheese will be almost completely melted at this point, if necessary break up any larger chunks with a fork. There still may be some small chunks.

In a small bowl mix tapioca starch and water together until it is smooth and creamy. Quickly whisk it into the broth.

Add the parmesan cheese to the broth and mix well.

Add the spinach to the broth and allow it to shrink down. There's no need to cook it through.

Add the sausage and the sweet potatoes and onions to the broth and stir well.

Remove from heat. Allow to sit for 10 minutes to thicken.

Serve.



PARMESAN MASHED POTATOES (w/roasted cayenne garlic)



Creamy mashed potatoes, blended with a rich heavy cream, butter, parmesan, and roasted cayenne garlic sauce, make THE PERFECT PARMESAN MASHED POTATOES for your fall table.



INGREDIENTS

FOR ROASTED CAYENNE GARLIC

1 head of garlic
1 1/2 tsp olive oil
1/4 to 1/2 tsp salt
1/2 tsp cayenne pepper

FOR PARMESAN MASHED POTATOES

2 lbs gold potatoes, peeled and cubed
water (to cook potatoes)
1/2 c grated parmesan cheese
1/4 c heavy cream
1/4 c water
4 tbls salted butter
1/2 tsp salt
cayenne pepper (for garnish)



COOKING INSTRUCTIONS

Preheat oven to 400°.

Cut head of garlic in half across it's width and use your fingers to spread the oil, salt, and cayenne evenly over both halves.

Place the halves in a piece of tinfoil, that is large enough to wrap around them, and create a pouch. Loosely wrap them.

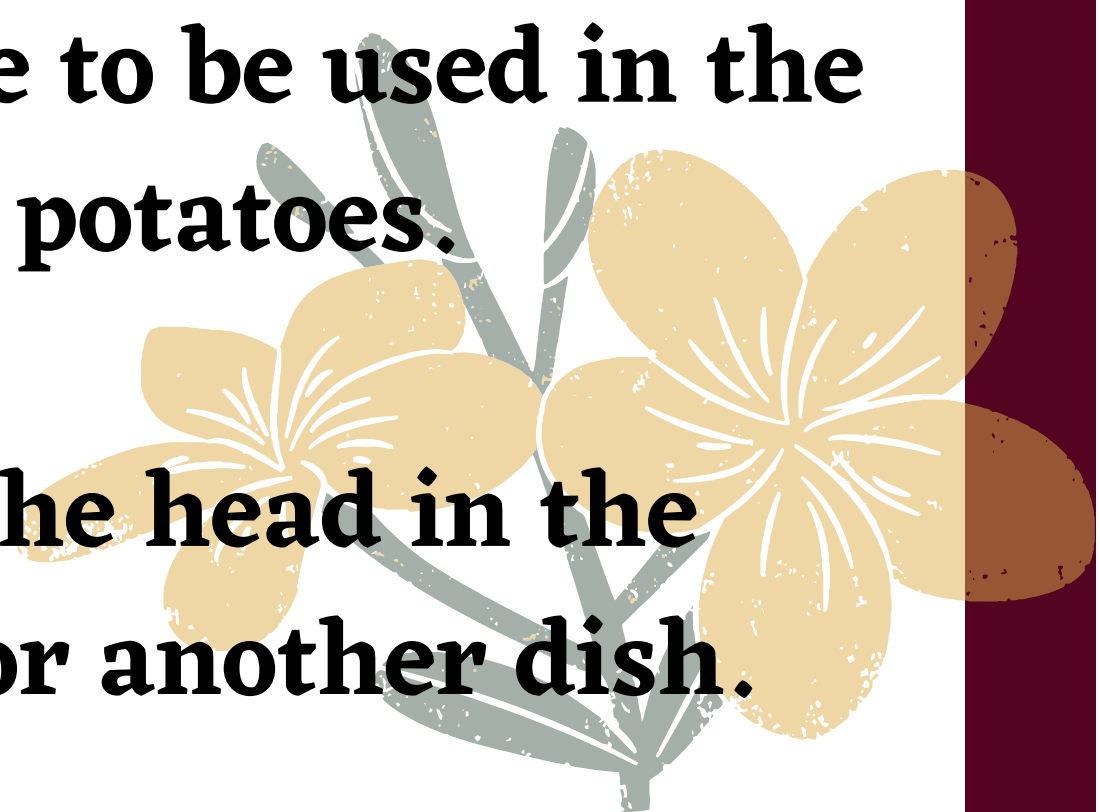
Place them in the oven for 30 minutes.

Open the tinfoil pouch to expose the garlic heads and bake for 10 minutes more.

Remove from oven. Carefully uncover and allow to cool.

Remove cloves from one half of the head and mash with a fork. Put aside to be used in the parmesan mashed potatoes.

Store the other half of the head in the refrigerator to be used for another dish.



Put potatoes in a medium saucepan and cover well with water.

Bring to a gentle boil and allow to cook until the potatoes are tender.

While they are cooking place remaining ingredients, including roasted cayenne garlic, but less 1 tbls of the butter and the cayenne pepper garnish, to a small saucepan and bring to a very gentle simmer.

Allow to simmer about 2 minutes. Set aside.

When potatoes are tender, drain them from the water and return them to the saucepan.

Add the heavy cream sauce mixture to the potatoes and blend with a hand mixer until they are smooth and creamy.

Place potatoes in a serving bowl. Top with the rest of the butter and some cayenne pepper as a garnish.

Serve hot.



ROASTED CARROTS (w/tarragon and thyme)



**Tender roasted carrots, smothered in a
buttery tarragon and thyme sauce, with a
hint of lemon, make
THE PERFECT ROASTED CARROTS
for your fall table.**



INGREDIENTS

3 c raw carrots, peeled, sliced diagonally

1 large shallot, quartered, sliced thin

2 tbs olive oil

salt to taste

6 tbs salted butter

1 tbl lemon juice

1 tsp thyme

1 tsp salt

1/2 tsp tarragon



COOKING INSTRUCTIONS

Preheat oven to 350°.

Place carrots and shallots in a small bowl with olive oil and salt to taste. Roll them until covered well.

Put them in a small baking dish, cover it with foil, poke a few holes in the foil, and bake them for 25-30 minutes or until tender.

While they're baking, melt butter in a small saucepan. Remove from heat. Add the rest of the ingredients and mix well.

When the carrots are tender remove them from the oven. Stir in the butter mixture. And bake uncovered for 10 more minutes.

Serve hot.



SESAME GINGER CABBAGE (w/carrots & peas)



**Thinly sliced, tender green cabbage sauteed with shredded carrots and green peas in sesame oil, then seasoned with ginger, garlic, and just a hint of soy, make
THE PERFECT SESAME GINGER CABBAGE
for your fall table.**



INGREDIENTS

- 1 tbls sesame oil**
- 8 c green cabbage, thinly sliced**
- 1 c carrots, shredded**
- 1 c peas, frozen**
- 2 lg cloves garlic, crushed**
- 2 tsp ginger powder**
- 1 tbls sesame seeds**
- 1/4 - 1/2 c soy sauce**
- 2 scallions, sliced to 1/4"**



COOKING INSTRUCTIONS

Heat sesame oil in a large skillet.

Add green cabbage and cook until it starts to turn translucent.

Stir in carrots and cook a few minutes more.

**Add peas, garlic, ginger, and sesame seeds.
Stir well.**

Add soy sauce to taste and cook to desired consistency.

Remove from heat and add most of the scallions and mix well.

Top with a few more sesame seeds (if desired) and the remainder of the scallions.

Serve.



IRISH APPLE CAKE

(w/salted honey top crust)



Cinnamon vanilla cake loaded with tender tart apples and topped with a crusty layer of honey, oats, and butter, make
THE PERFECT IRISH APPLE CAKE
for your fall table.



INGREDIENTS FOR TOPPING

1/2 c honey
3/4 tsp salt
6 tbs salted butter
1/2 c rolled oats
1/2 c all-purpose flour

INGREDIENTS FOR CAKE

1/2 c salted butter, room temperature
1/2 c sugar
2 tsps vanilla
3 tbs heavy cream
2 lg eggs, room temperature
1 1/4 c all-purpose flour
1 tsp baking powder
1 tsp cinnamon
3 sm granny smith apples, peeled, cut into wedges, and sliced to 1/4"-1/2" thick pieces



COOKING INSTRUCTIONS

Preheat oven to 350°. Grease an 8" round cake pan and set aside.

Heat honey and salt in a small saucepan until salt is completely dissolved. Do not allow honey to scorch, heat low and slow, stirring constantly.

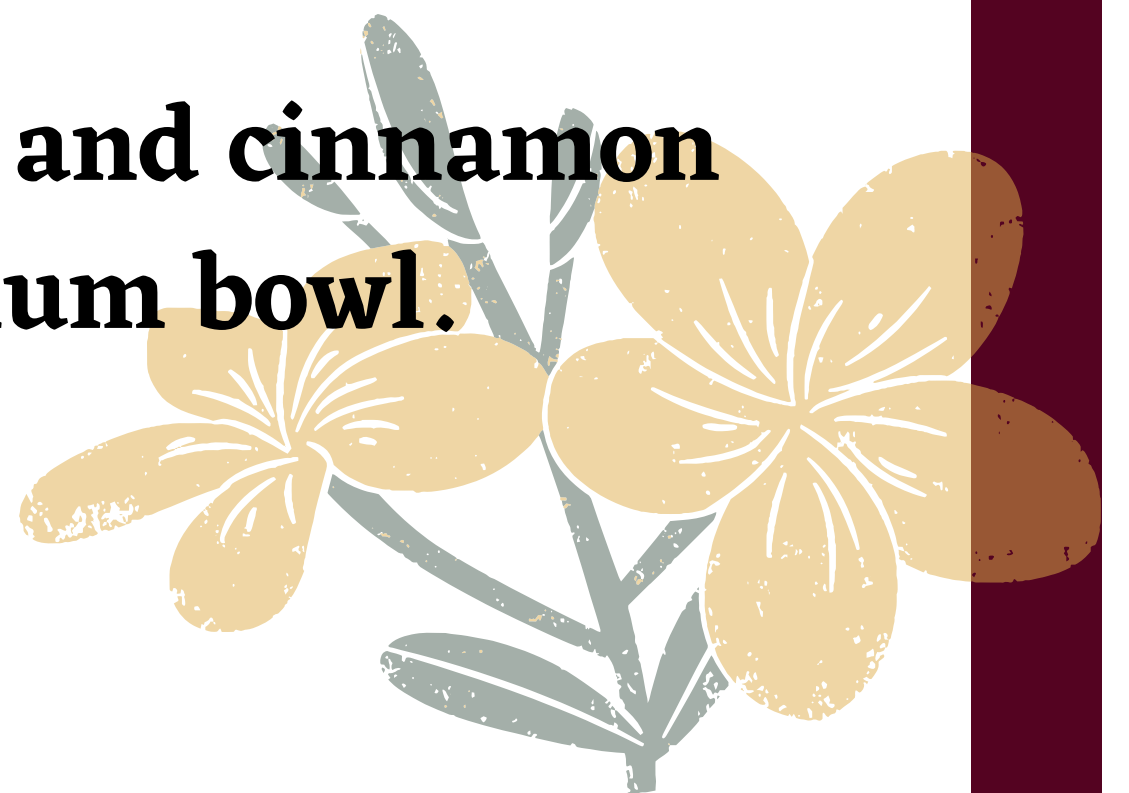
Add butter and stir until melted.

Remove from heat and stir in rolled oats and flour. Set aside.

Cream together the butter and sugar in a medium bowl.

Add vanilla, heavy cream, and eggs. Beat until well blended.

Mix flour, baking soda, and cinnamon together in a medium bowl.



Pour the wet ingredients into the dry ingredients and hand mix just until combined. Do not over mix.

Add the apples and mix well.

Pour into the cake pan and spread until even.

Top with salted honey topping and spread until evenly covered.

Bake for about 25 minutes or until the top crust is golden brown and an inserted knife comes out clean.

Allow to cool some. Serve slightly warm, at room temperature, or chilled. Top with whip cream and a sprinkle of cinnamon, if desired.



PUMPKIN PUDDING

(made with fresh pumpkin)



Garden fresh pumpkin, roasted and mashed, spiced with warm fall spices, cooked down with rich flavorful ingredients, and allowed to cool to a thick, creamy consistency, make **THE PERFECT PUMPKIN PUDDING for your fall table.**



INGREDIENTS

2 c heavy cream

1 c water

1 3/4 c fresh pumpkin, roasted and mashed

1 tsp cinnamon

1/2 tsp ground ginger

1/4 tsp cloves

1/8 tsp ground nutmeg

3/4 c turbinado sugar

1/4 c tapioca starch

4 egg yolks

1 tsp vanilla extract

2 tbs butter



COOKING INSTRUCTIONS

Mix heavy cream and water together. Place 2 cups of the mixture into a medium saucepan. Setting the other 1 cup aside.

Add the pumpkin, cinnamon, ginger, cloves, and nutmeg to the pot. Stir well.

Bring to a low simmer, stirring regularly to keep the mixture from sticking to the bottom of the pot.

Meanwhile, in a medium bowl mix the sugar and cornstarch together.

Gradually whisk in the remaining 1 cup heavy cream mixture, until well blended.

Add the egg yolks and blend well.

Add 1/2 of the pumpkin blend from the stove into the sugar mix. Whisk well.



Combine both of the mixtures in the saucepan. Cook at a low simmer, whisking consistently, until the pudding becomes thick.

Remove from the heat. Stir in the vanilla extract and the butter. Blend well.

Allow to cool completely.

Chill in the refrigerator for at least 4 hours.

Top with a dollop of whip cream.

Serve.



PEAR BERRY GALETTE

(w/rosemary infused crust)



Tender, juicy red bartlett pears mixed with plump, ripe blackberries and warm winter spices, baked to perfection atop a flaky rosemary infused pie crust, make **THE PERFECT PEAR BERRY GALETTE for your fall table.**



INGREDIENTS FOR THE CRUST

1 c all-purpose white flour

1/2 tsp salt

1 tbl dried rosemary

1/3 c + 1 tbls lard

2-3 tbls cold water

1 egg, beaten

1 tbls turbinado sugar

INGREDIENTS FOR THE FILLING

**3 red bartlett pears, peeled, cored, and
sliced thin**

10 oz blackberries

1/4 c sugar

2 tbls flour

1 tsp cinnamon

1/4 tsp ground ginger

1 tbls lemon juice

1 tbls cold butter



COOKING INSTRUCTIONS

In a medium mixing bowl whisk together the flour, salt, and rosemary for the crust.

Add the lard to the bowl and cut it into the flour mixture with a pastry blender or a fork until it is pea-sized.

Add the cold water 1 tbls at a time until the dough forms into a ball.

Place the dough ball in saran wrap and put it in the refrigerator for an hour.

Stir all of the ingredients for the filling, apart from the butter, together in a medium mixing bowl.

Preheat oven to 450°.

**Roll out the pie crust to about 1/4" thick.
Place it on a baking sheet.**



Place the filling on the crust leaving about 3" around the edges to fold over the filling.

Fold the edges up over the filling and lightly secure them in place with your hands.

Cut the butter into small pieces and spread them out over the top of the filling.

Brush the beaten egg over the edges of the crust and sprinkle the turbinado sugar on top of the egg.

Bake for 15 minutes at 450°.

Reduce heat to 350° and bake for 20-30 minutes longer, or until pears are soft and crust is golden.

