

6 WINTER RECIPES

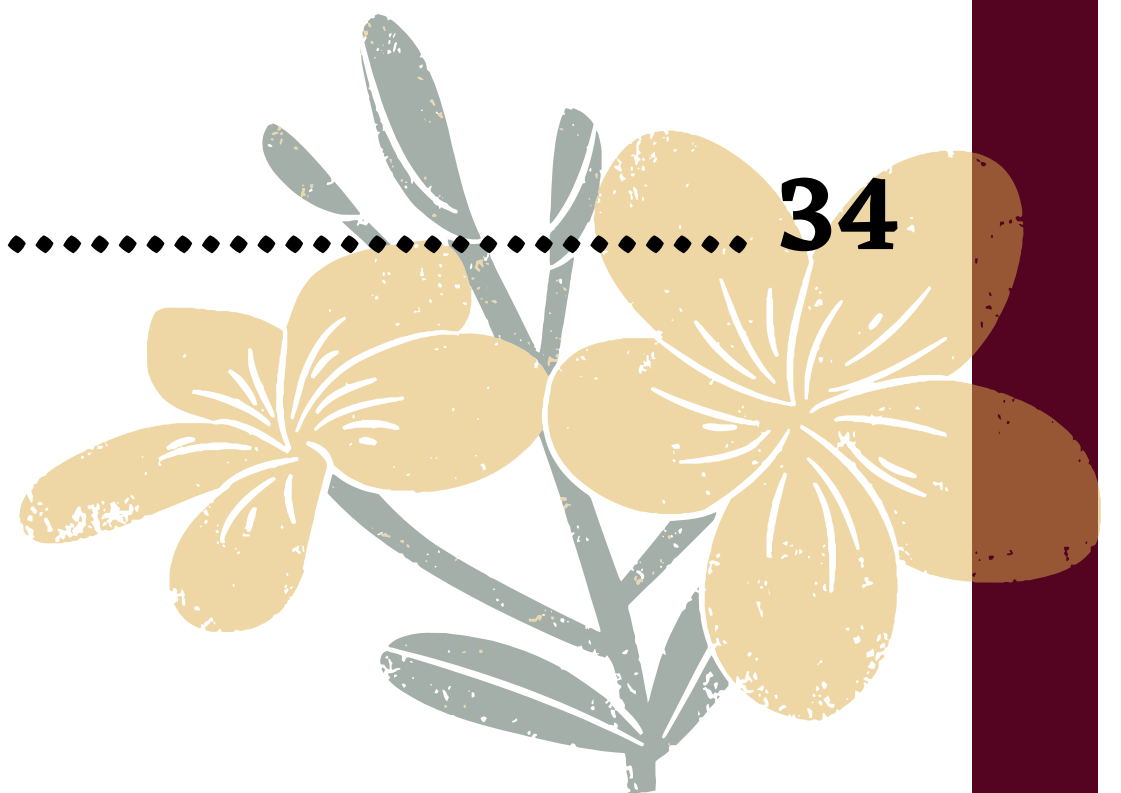
Quick ~ Easy ~ Delicious



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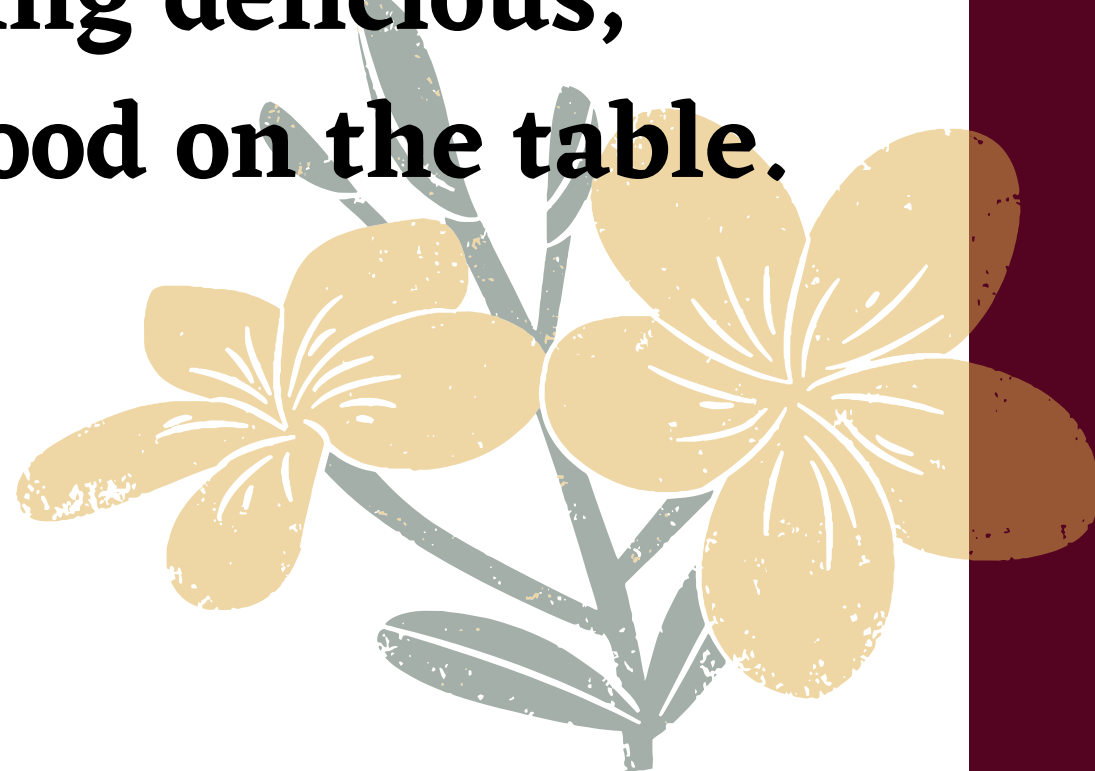
INTRODUCTION

Winter is a season in which we are called to sit quietly and reflect on the ebb and flow that we experienced in our lives throughout the rest of the year. It is a time to heal and nourish ourselves from the inside out.

Tasty, hearty dishes are meant to adorn the table in this season. Our focus rests more on the preparation of our food. As the time for preservation is passed.

We can feel Nature drawing us to take full advantage of the winter larder. And we find that our culinary creativity is in full bloom, as we spend more quiet time in the kitchen.

I hope the recipes in this cookbook help you to focus on the task of rejuvenating your mind, body, and spirit for the spring months ahead. All while keeping delicious, wholesome, nourishing food on the table.



CHICKEN DUMPLING STEW (w/herbed dumplings)



Tender, juicy chicken thighs, carrots, yellow onion, celery, and leeks cooked into a thick chicken based broth, then topped with buttermilk based dumplings that are loaded with parsley and chives, make THE PERFECT CHICKEN DUMPLING STEW for your winter table.



INGREDIENTS FOR STEW

2 tbs olive oil
4 chicken thighs, bone in, skin on
salt, to taste
ground black pepper, to taste
granulated garlic, to taste
1 yellow onion, large, medium chop
4 stalks celery, sliced 1/4" thick
4 carrots, large, peeled, sliced 1/4" thick
1 tsp dried thyme
1 leek, large, halved, sliced 1/2" thick
4 1/2 c water
1 tbs chicken flavored bouillon paste
6 tbs cornstarch, blended with 4 tbs water

INGREDIENTS FOR DUMPLINGS

1 1/2 c all-purpose white flour
1 1/2 tsp baking powder
1/2 tsp salt
1 tbs dried parsley
1 tbs dried chives
3/4 c buttermilk
1 large egg
2 tbs butter, melted



COOKING INSTRUCTIONS

Heat olive oil in a dutch oven skillet.

Season chicken on both sides with salt, pepper, and granulated garlic. Brown in oil.

Remove from pan and set aside.

Put onion, celery, carrots, and thyme in the dutch oven with the drippings from the chicken.

Season with salt, pepper, and granulated garlic. Cook until nearly tender.

Meanwhile, clean chicken from the bone, leaving all undesirable parts behind. Cut into 1 1/2" pieces and set aside.

Add leeks to the dutch oven and cook a few minutes more.

Add water and bouillon paste. Bring to a low simmer.



While the stew is heating make the dumplings.

Place flour, baking powder, salt, parsley, and chives in a medium bowl and whisk together well.

In a small bowl, hand blend buttermilk and egg.

Slowly drizzle the melted butter into the wet mix while stirring constantly.

Pour the wet mix over the flour mixture and bring them together with a fork. Set aside.

Quickly whisk the cornstarch/water blend into the dutch oven.

Stir in the chicken.

Spoon the dumpling batter over the top of the stew in quarter size dollops.

Cover and cook for 30 minutes.

Serve.



AUTHENTIC ITALIAN MEATBALLS (w/hOMEMADE red sauce)



Farm fresh meat, spices, bread crumbs, and parmesan cheese, are blended together to make plump, juicy, mouthwatering meatballs, which are then topped with a deeply rich homemade red sauce to, make THE PERFECT AUTHENTIC ITALIAN MEATBALLS for your winter table.



INGREDIENTS FOR MEATBALLS

1 lb ground beef

1 lb ground pork

2 eggs

1/2 c milk

1/2 c bread crumbs, plain

1/2 c grated parmesan cheese

2 cloves garlic, large, crushed

1/2 tsp red pepper flakes

1/2 tsp onion powder

INGREDIENTS FOR RED SAUCE

2 tbls olive oil

1 yellow onion, medium

1 carrot, large, peeled and shredded

4 cloves garlic, large, crushed

1 can tomato paste, 15 oz

2 cans crushed tomatoes, 28 oz

1/4 c red wine

1 1/2 tsp salt

1 1/2 tsp ground black pepper

2 tsp oregano

1 1/2 tsp rosemary

2 tsp thyme

2 bay leaves

1 tbls balsamic vinegar



COOKING INSTRUCTIONS

Preheat oven to 350°.

Place all the ingredients for the meatballs in a large bowl and mix together well with your hands.

Roll into medium large balls and sear in a fry pan all around.

Place on a baking sheet and bake until cooked through. About 25 minutes.

Meanwhile, use a large saucepan to cook onions, carrot, and garlic in olive oil until translucent.

Stir in tomato paste.

Add all remaining ingredients, apart from balsamic vinegar, to the pot and bring to a low simmer.



Stir in the balsamic vinegar.

Add the meatballs.

Allow to simmer on the stove for an hour or two.

Serve as is or over pasta.



BEEF AND MUSHROOM CREAM SAUCE (served over jasmine rice)



Tender chunks of beef, with mushrooms, onions, seasonings, and a beef broth and white wine cream sauce, served over garlic infused jasmine rice, make
THE PERFECT BEEF AND MUSHROOM CREAM SAUCE
for your winter table.



INGREDIENTS

1 1/2 c jasmine rice

3 c water

6 cloves garlic, separated, small, sliced thin

2 tbs butter, salted

1 lb beef cubes, 1" cubes

4 tbs flour, separated

1 red onion, medium, cut in 1" cubes

1 tsp salt

1/2 tsp black pepper, medium grind

2 tsp thyme

2 tsp parsley

8 oz white mushrooms, cleaned, cut in sixths

1/2 c white wine

1/2 c beef broth

1 c half and half



COOKING INSTRUCTIONS

Place rice, water, and 2 cloves of garlic in a small saucepan and bring to a low simmer.

Cover and cook until all the water is absorbed. Set aside.

Melt butter in a large saucepan.

Roll beef cubes in 2 tbs flour and place in the saucepan.

Add the onions, 4 cloves garlic, salt, pepper, thyme, and parsley to the pot.

Simmer for 10 minutes.

Add the mushrooms, white wine, and beef broth. Simmer until mushrooms are tender.



Add the half and half and 3 tbs flour. Stir well.

Cook until thickened.

Serve over rice.



LOADED FRIED POTATOES (w/cheddar & bacon)



Tender chunks of potato seasoned to perfection and fried with onions, then topped with melted cheddar cheese, freshly made bacon bits, and sour cream, garnished with smoked paprika and parsley, and served with a side of ranch dressing, make **THE PERFECT LOADED FRIED POTATOES for your winter table.**



INGREDIENTS

4-5 yellow potatoes, large

3 tbls olive oil

1 yellow onion, medium, 1" chunks

3/4 tsp salt

3/4 tsp ground black pepper

1 tsp granulated garlic

1 c cheddar cheese, shredded

4 slices bacon, cooked and chopped

sour cream, for garnish

dried parsley, for garnish

smoked paprika, for garnish

ranch dressing, served on the side



COOKING INSTRUCTIONS

Boil potatoes, skin on, until fork tender.

Allow them to cool and then refrigerate overnight.

Remove the peels and cut them into 1 1/2" chunks.

Saute onions in olive oil until tender, not translucent.

Add the potatoes, salt, pepper, and garlic. Cook until potatoes are lightly browned.

Top with cheese and bacon. Cover to melt cheese.

Remove from heat. Place 3 large dollops of sour cream in the center of dish. Sprinkle with parsley and paprika.

Serve with a side of ranch dressing. Homemade ranch dressing is preferred.



ROASTED BRUSSEL SPROUT BLEND (w/an orange spritz)



**Oven roasted brussel sprouts, pears, raisins,
and walnuts, rolled in a soy, red wine, and
honey sauce, then spritzed with the juice of a
fresh orange just before serving, make
THE PERFECT ROASTED BRUSSEL
SPROUT BLEND
for your winter table.**



INGREDIENTS

1 16oz bag of frozen brussel sprouts, thawed
1 red bartlett pear, peeled, seeded, and cubed

1/4 c raisins

1/4 c walnuts, chopped

2 tbls olive oil

3 tbls soy sauce

1 tbls red wine

1 tbls honey

1/2 tsp ground ginger

1/2 tsp crushed red pepper

1 orange



COOKING INSTRUCTIONS

Preheat oven to 350°.

Slice brussel sprouts in half and place in a medium bowl.

In a small bowl combine the remaining ingredients, apart from the orange, and whisk them together well.

Pour over the brussel sprouts and toss until evenly distributed.

Spread them out on a sheet pan and bake for 25 minutes, or until bottom turns golden brown.

Remove from oven and squeeze the juice of the orange over the top while they're still on the hot pan.

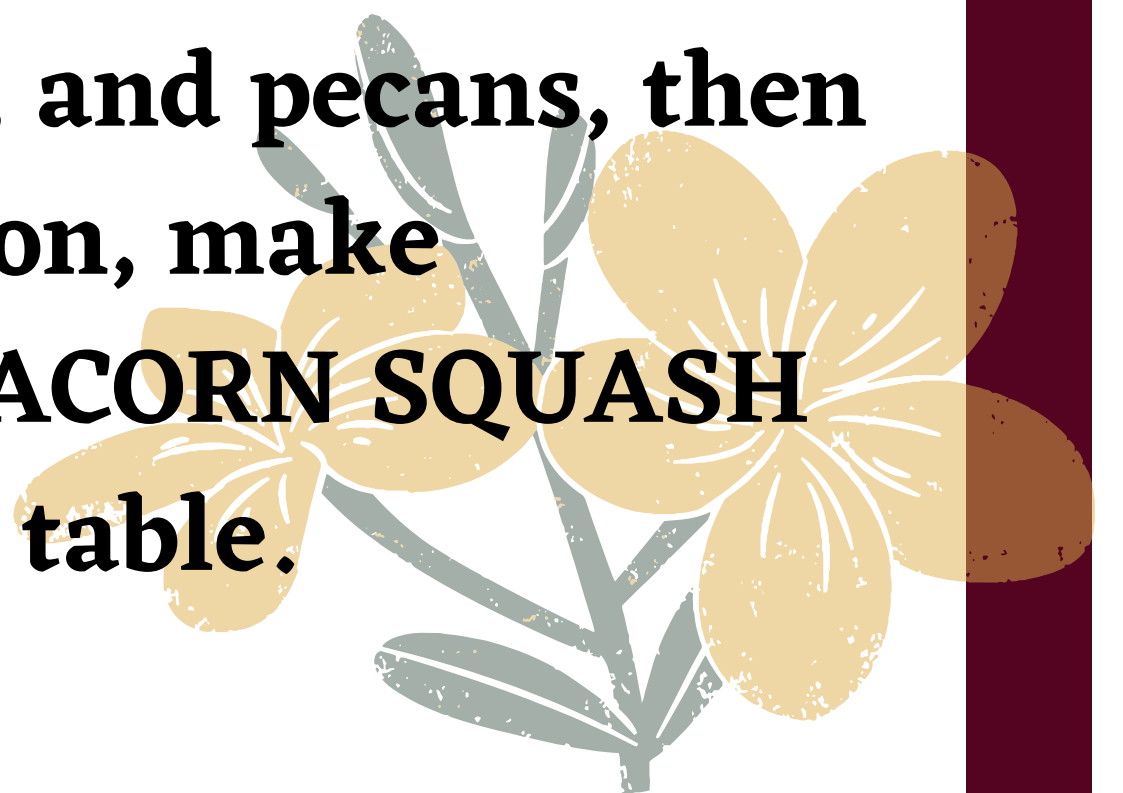
Serve.



STUFFED ACORN SQUASH (w/plant based stuffing)



Nutty, sweet acorn squash, halved and stuffed with a tasty plant based stuffing, that's perfectly seasoned and enhanced with dried apricots, dried cranberries, and pecans, then roasted to perfection, make
THE PERFECT STUFFED ACORN SQUASH
for your winter table.



INGREDIENTS

2 acorn squash, halved, seeded
2 tbls + 2 tsp olive oil, separated
1/2 medium onion, chopped fine
2 stalks celery, chopped fine
2 garlic cloves, large, crushed
1/2 tsp sage
1/2 tsp thyme
1/2 tsp oregano
1/2 tsp salt
1/2 tsp black pepper
1 bay leaf, large
1 1/4 c vegetable broth
4 oz fresh mushrooms, chopped small
1/4 c pecans, heaping, chopped
1/4 c dried apricots, heaping, chopped
1/4 c dried cranberries, heaping, chopped
4 c. dried bread cubes, small pieces



COOKING INSTRUCTIONS

Heat 2 tbls olive oil in a large saucepan and saute the onion, celery, garlic, sage, thyme, oregano, salt, pepper, and bay leaf in it until the onion and celery are translucent.

Add the vegetable broth and bring to a simmer. Simmer for 5 minutes.

Remove from heat. Remove bay leaf.

Add mushrooms, pecans, apricots, and cranberries. Mix well.

Preheat oven to 350°.

Place bread cubes in a large bowl. Pour the vegetable broth blend over them. Toss it all until it's mixed well.



Cut the beveled end off of the acorn squash so that you can sit it up straight to form a bowl for the stuffing mix.

Use the 2 tsps of olive oil to oil both ends of the acorn squash. Sit the acorn squash in a baking dish.

Equally distribute the stuffing mix among the squash pieces. Squeezing the stuffing together so that it sits firmly atop the squash.

Cover the baking dish.

Bake for 1 hour or until the squash is tender, removing the cover for the last 20 minutes of baking to brown the stuffing.

Serve.



CRANBERRY ORANGE COFFEE CAKE (w/cranberry topped crumble)



**An orange zest and sour cream flavored cake,
loaded with fresh cranberries, then topped
with a sweet crumble and more fresh
cranberries, make
THE PERFECT CRANBERRY ORANGE
COFFEE CAKE
for your winter table.**



INGREDIENTS FOR TOPPING

4 tbs butter, salted, room temperature

1/2 c flour, all-purpose white

1/4 c sugar

1 tsp vanilla extract

1/4 tsp salt

1/4-1/2 c cranberries, fresh

INGREDIENTS FOR CAKE

1 3/4 c flour, all-purpose white

2 tsp baking powder

1/2 tsp salt

4 tbs butter, salted, room temperature

1 c sugar

zest of 2 oranges

2 eggs

1 tsp vanilla extract

1/2 c sour cream

1 c cranberries, fresh



COOKING INSTRUCTIONS

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

Mix all topping ingredients, except for cranberries, together well with a pastry blender or a fork. Set aside.

Whisk flour, salt, and baking powder together in a small bowl.

In a large bowl, cream butter, sugar, and orange zest together well.

Add eggs, vanilla, and sour cream and blend well.

Add the flour mixture and blend well.

Hand stir the cranberries in to the batter.



Spread the batter out evenly in the greased cake pan.

Spread the topping evenly over the top of the batter.

Place the cranberries for the topping over the topping.

Bake for 20-25 minutes, or until a knife inserted in the center of the cake comes out clean.

Allow to cool completely.

Serve.



PUMPKIN RICCOTA GRAHAM SQUARES (w/ crumb topping)



**Warmly spiced pumpkin ricotta filling,
sitting on a brown sugar graham cracker
crust, and topped with a generous portion of
crust crumble, make
THE PERFECT PUMPKIN RICCOTA
GRAHAM SQUARES
for your winter table.**



CRUST INGREDIENTS

1 3/4 c graham cracker crumbs
8 tbs butter, salted, melted
3 tbs brown sugar, packed

FILLING INGREDIENTS

1 c pumpkin, 100% pure
1 c ricotta, whole milk
1/4 c honey
1/2 tsp cinnamon
1/4 tsp ginger
1/8 tsp nutmeg
2 eggs
1 tsp vanilla extract



COOKING INSTRUCTIONS

Preheat oven to 350 °. Grease an 8 square cake pan.

Mix crust ingredients together with a fork in a small bowl.

Place 2/3 of the crust mixture in the greased pan and press it out evenly across the bottom.

Blend the filling ingredients together in a medium bowl until thoroughly mixed.

Pour the filling over the pressed out graham cracker crust.

Crumble the remaining crust mixture over the top of the filling.



Bake for 25-30 minutes or until a knife inserted in the center comes out clean.

Allow to cool.

Refrigerate to chill.

Serve.



PEAR PECAN PIE

(w/maple bourbon sauce)



Tender, juicy d'anjou pears spiced with warm winter spices, sitting in a flaky pie crust and then topped with hearty pecans drenched in a maple bourbon sauce and baked to perfection, make

THE PERFECT PEAR PECAN PIE

for your winter table.



INGREDIENTS FOR THE CRUST

1 c all-purpose white flour

1/2 tsp salt

1/3 c lard

3-4 tbs water, iced

INGREDIENTS FOR THE FILLING

**6 d'anjou pears, peeled, cored, quartered,
sliced in 1/4" thick pieces**

1 tsp lemon juice

1/4 c flour, all-purpose white

1/2 tsp ground cinnamon

1/4 tsp ground ginger

1/8 tsp ground nutmeg

1/4 c butter, salted, melted

3 tbs bourbon

1/4 c maple syrup

1/4 c dark brown sugar

2 c pecans, chopped



COOKING INSTRUCTIONS

In a medium mixing bowl, whisk together the flour and salt 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 water to the mixture, 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.

Preheat oven to 350°.

Roll out the pie crust to about 1/4" thick, lay it out in a pie dish and crimp the edges with your fingers to create a crust.

Place the pears in a large mixing bowl and toss them with the lemon juice.

In a separate bowl, mix together the flour, cinnamon, ginger, and nutmeg.



Pour the flour mixture over the pears and toss until well coated.

Pour the pears into the pie crust and distribute them evenly.

Mix the butter, bourbon, maple syrup, brown sugar and pecans together in a bowl.

Spoon the pecans out of the sauce and spread them evenly over the top of the pears. Then pour the sauce evenly over them too.

Cover loosely with a piece of tinfoil.

Bake for 50-60 minutes. The edges of the crust and the pecans will be a golden brown when done.

Allow to cool completely and enjoy.

Can also be chilled and enjoyed cold.

