

RECIPES

Butternut Squash Chowder with Pear and Ginger

From Southwestern Vegetarian by Stephan Pyles

Makes 6 servings

2 Anjou or Bosc pears, peeled, cored, and diced
Juice of 2 lemons
2 tablespoons olive oil
1 cup peeled and diced Vidalia or Spanish onion
1 stalk celery, diced
1 small carrot, peeled and diced
1 tablespoon minced garlic
1 teaspoon peeled minced fresh ginger
1/2 cup dry white wine
2 small butternut squash, peeled, seeded, and diced (about 3 cups)
1 baking potato (about 12 ounces), peeled and diced
5 cups Vegetable Stock or store-bought
1/4 cup freshly squeezed orange juice
1 tablespoon freshly squeezed lemon juice
1/2 cup heavy cream
Salt to taste

Place the pears in a bowl with the lemon juice, cover with water, and set aside.

In a large saucepan, heat the olive oil over high heat until lightly smoking. Add the onion, celery, and carrot, and sauté for 2 to 3 minutes, or until the onion is translucent. Add the garlic and ginger and sauté for 1 minute longer, stirring constantly. Add the white wine and reduce the liquid until the pan is almost dry, about 3 minutes.

Drain half of the pears, reserving the other half in the lemon water for garnish. Add the drained pears to the pan with the squash, potato, and stock and bring to a boil. Reduce the heat to a simmer and cook for 30 minutes, or until the squash is tender. Transfer half of the soup in batches to a blender and puree until smooth. Strain through a fine-mesh sieve back into the saucepan with the unpureed mixture. Add the orange juice, lemon juice, cream, salt, and the reserved pears and gently warm the chowder through (do not boil). The chowder can be made 1 day ahead.

Roasted Parsnips with Thyme

From The Herbfarm Cookbook by Jerry Traunfeld

Makes 4 servings

2 pounds parsnips (5 to 6 medium)
3 tablespoons unsalted butter
1 1/2 tablespoons (packed) dark brown sugar
1 tablespoon balsamic vinegar
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
3 tablespoons coarsely chopped fresh thyme

Preheat the oven to 425°F. Peel the parsnips and cut them into 2-inch lengths. Quarter the thickest pieces, halve the medium ones, and leave the thinnest ones whole. You want all the pieces to be about the same size. Put the butter in a shallow baking dish large enough to hold the parsnips in a single layer and put the dish in the oven until the butter melts. Stir in the brown sugar and vinegar. Add the parsnips, salt, and pepper and stir to coat all the pieces evenly. Bake for 20 minutes. Remove the pan from the oven and stir in the thyme. Continue to bake until the parsnips are browned and tender when pierced with a fork, about 10 minutes longer.

Mashed Potatoes with Sage and White Cheddar Cheese

From Bon Appetit

4 pounds russet potatoes, peeled, cut into 1 1/2-inch cubes
1/4 cup (1/2 stick) butter
2 tablespoons plus 1 teaspoon minced fresh sage
3/4 cup whipping cream
3/4 cup whole milk
2 1/4 cups (packed; about 9 ounces) coarsely grated sharp white cheddar cheese

Butter a 8- to 10-cup baking dish. Cook potatoes in large pot of boiling salted water until tender, about 12 minutes. Meanwhile, melt butter in medium saucepan over medium-high heat. Add 2 tablespoons sage; stir until butter begins to brown, about 3 minutes. Add cream and milk; bring to simmer. Drain potatoes; return to pot. Stir over medium heat until excess moisture evaporates. Add cream mixture; mash potatoes. Stir in 1 3/4 cups cheese. Season potatoes with salt and pepper. Transfer to prepared dish. Sprinkle with 1/2 cup cheese and 1 teaspoon sage. (Can be made 2 days ahead. Cover with plastic; chill.) Preheat oven to 375°F. Bake potatoes uncovered until heated through and golden brown, about 45 minutes.