



Week 6 Winter Contents:

1 whole chicken
3 # purple potatoes
1-2 bulbs shallots
1 candy onion
2# mixed parsnips and carrots
1 bag kale, about 12 oz
1 head napa cabbage
1 # brussel sprouts
1 dozen eggs
2 winter squash
Apple Cider

Amazing Carrot and Parsnip Soup

I found this on an interesting blog called "Eating Bird Food." You could easily use wheat berries for the quinoa or for more protein switch to black beans. Try with chicken stock, too.

Ingredients

1 Tablespoon coconut oil
1 onion, chopped
1 shallot, chopped finely
1 teaspoon minced garlic
1 lb. carrots, peeled and chopped
½ lb. parsnips, peeled and chopped
5 cups of vegetable broth or water
½ cup uncooked quinoa, rinsed and drained
1 teaspoon fresh thyme
3 fresh sage leaves, finely chopped
1 teaspoon cumin
¼ teaspoon turmeric
sprinkle of cayenne pepper
ground black pepper, to taste
1 Tablespoon miso paste, dissolved in 1 Tablespoon warm water
sea salt, to taste
scallions, as garnish
1 ounce gruyere cheese (optional)

Instructions

In a large stock pot, heat coconut oil on medium heat. Place onion, shallot and garlic into the pot and sauté for about five to seven minutes or until onions are translucent. Add herbs and spices (thyme, sage, cumin, turmeric, cayenne pepper and ground pepper) to the pot and stir. Add chopped carrots, parsnip and quinoa to the pot. Pour in vegetable broth or water. Bring mixture to a boil. Reduce to simmer and cook for about 20-40 minutes until veggies are tender. Remove from heat and let stand 3-5 minutes until cooled slightly. Using an immersion blender, blend the contents of the pot until a smooth even

consistency is reached. If you don't have an immersion blender, you can blend the soup in your blender in small batches. Dissolve miso in warm water and stir into the soup. Miso gives the soup a wonderful flavor but if you don't have miso, simply season the soup with a little sea salt.

Serve immediately garnished with scallions and shredded gruyere cheese. Enjoy!

Hot Water Cornbread

I have never made cornbread quite like this, so I will be trying it tonight!

Make a mush of hot water, cornmeal and salt the consistency of thick oatmeal.

Drop by spoonfuls into hot oil that is at least an inch deep. Cast iron is the best cornbread cooking implement around. Different textures can be achieved by changing the ratio of cornmeal to water. It's hard to give measurements. Start out with the batter a little thicker, fry up a piece or two. If you like the texture, continue on. The thicker the batter, the softer the insides.

To make Lacey Cornbread, thin out the batter with more water. To help get lacey cornbread even crispier, flatten out the batter with the edge of a spoon after it's dropped in the hot oil. Lacey cornbread cooks very quickly. Fry on one side until brown, flip and fry on the other side until brown. Remove and drain on paper towels or a rack. Sprinkle with salt while still warm.

Glazed Carrots and Parsnips

3 Tbsp unsalted butter
1 pound of carrots and parsnips, peeled and sliced
½ cup chicken stock
¼ cup sugar
2 Tbsp fresh herbs, finely chopped
Kosher salt and freshly ground black pepper, to taste

Preparation:

Warm a heavy-bottomed sauté pan over medium heat. Add the butter, and when it liquefies add the veggies. Cook about 3 minutes, stirring occasionally.

Add the stock and the sugar. Cover the pan and reduce heat to low. Cook

another 5 minutes or until the carrots and parsnips are almost tender. Use a slotted spoon to remove veggies and set them aside.

Cover the pan and continue cooking the liquid until it has reduced to a thick, syrupy consistency. Return the veggies to the pan along with the fresh herbs and cook until they are tender and nicely coated with the glaze. Season with Kosher salt and freshly ground black pepper and serve right away.

Parsnip Chowder

Chicken broth
2 med. onions, chopped fine
2 c. peeled potato chunks
3 c. peeled parsnip chunks
2 c. milk
1 c. whole milk yogurt
2 tbsp. butter
pepper to taste
pinch of nutmeg
¼ cup bread crumbs

Sauté onions and set aside. Cook potatoes and parsnips in enough chicken broth to cover the veggies until tender. Do not overcook. Heat the milk, yogurt and butter in frying pan, add bread crumbs to thicken. Add the warmed milk mixture to the pot of potatoes, parsnips and broth. Simmer until ready to serve

Winter Squash Sauté

Next to my crock pot, by skillet is one of my favorite cooking tools. One of the things I do when we have winter squash of any kind is to sauté it in butter. It is super easy and really creamy.

First, peel your winter squash and chop into cubes. Put a tablespoon or two of butter in a heavy bottom skillet. Add your squash and sauté over medium heat until tender. If needed, add a little more butter while cooking. Season and you are done! A great side dish. I like to add salt and pepper. If I am feeling like Indian, a little curry powder or cumin imparts lots of flavor. Try red pepper flakes for zip, or even brown sugar for a sweeter dish.