

Spiced Pumpkin Ginger Soup

Makes 6 servings

Ingredients

- 2 tbsp olive oil or unsalted butter
- 1 medium size onions; medium dice
- 1 cloves garlic chopped
- 2 cups stock
- 4 cups pumpkin puree*
- 1 can Coconut milk – 14 oz.
- 1 tsp minced ginger
- ½ cup orange juice
- 1 ½ tsp pumpkin pie spice**
- Chili flakes to taste (1 small pinch)
- 1 tbsp maple syrup
- Salt to taste



Directions

1. **Make pumpkin pie spice by adding and mixing spice 1 tbsp ground cinnamon; 1 tsp ground nutmeg, 1 tsp ground ginger, ¼ tsp ground allspice
2. Add olive oil or butter to a large pot over medium heat; cook and stir the onion and garlic until softened, about 5 minutes. Add stock and cook 2 to 3 minutes. Stir in the pumpkin puree, coconut milk, ginger, orange juice, pumpkin pie spice and chili flakes. Bring the soup to a simmer, and cook until heated through, about 5 to 7 minutes.
3. Use an immersion blender to puree the soup or alternative pour the soup into a blender pitcher to no more than half full. Hold down the lid of the blender firmly in place. Start the blender, using a few quick pulses to get the soup moving before leaving it on to puree. Puree in batches until smooth, and pour into a clean pot.
4. Return the pureed soup to medium heat; bring to a simmer and cook another 10 minutes.

* Pumpkin Puree

- Makes approximately 8 cups
- 1 medium to large pie pumpkin about 2 to 3 lbs. Cut off the stem and cut the pumpkin in half from top to bottom
- Place the cut side down on a parchment lined baking pan and cook at 425F for 20 to 30 minutes until the pumpkin is fork tender.
- Remove from oven and let cool for 5 minutes. Remove the seeds and scoop out the cooked pumpkin leaving the skin behind. Throw out any blackened bits, which may be bitter.

Cornish Hen - Roasted with Lemon, Garlic and Thyme

Serves 6

Ingredients

- 3 Cornish hens (1 lb.)
- 1/2 c. lemon juice
- 1/4 c. olive oil
- 2 tbsp. onion, chopped
- 1/2 tsp. thyme
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1 clove garlic, crushed



Directions

1. Discard the giblets from the hens or reserve for another use. Using kitchen shears, cut along both sides of the backbones and remove them. Then cut each hen in half along the breastbone. Trim off the wing tips and put the hens in a large bowl.
2. Combine remaining ingredients. Marinate hens for 1 hour. Drain; saving marinade. Brush hens with marinade. Place hens with skins down and broil 6 minutes. Turn, brush with marinade and broil 20 more minutes or until done.

Maple Glazed Root Vegetables

Serves 6 to 8

Ingredients

- 1 bunch beets, red or golden, trimmed and scrubbed
- 1 butternut squash, peeled and seeded
- 1 large sweet potato, peeled
- 2 cups mini potatoes
- 2 large parsnips, peeled
- 2 large carrots, peeled
- ½ red onion
- 4 garlic cloves
- 4 tbsp extra virgin olive oil
- Kosher salt and pepper
- 2 tbsp sherry vinegar
- 1 cup low-sodium chicken broth
- 3 tbsp pure maple syrup
- 2 tbsp unsalted butter



Directions

1. Preheat the oven to 400°. Divide the root vegetables between 2 large rimmed baking sheets.
2. Drizzle 1 - 2 tablespoon of the oil over each sheet of vegetables and toss well. Spread the vegetables out in an even layer and season with salt and pepper. Roast until lightly browned and tender, about 40 minutes. Drizzle 1 tablespoon of the vinegar over each pan of vegetables and toss well. Roast until sizzling, about 3 minutes longer.
3. Meanwhile, in a small skillet, bring the chicken broth and maple syrup to a boil over high heat. Boil until reduced to 1/4 cup, about 20 minutes. Remove from the heat and whisk in the butter.
4. Transfer the root vegetables to a warmed bowl. Add the maple glaze and toss well. Serve right away.

Sautéed Kale with Cider Vinegar and Garlic

Serves 6

Ingredients

- 4 teaspoons extra-virgin olive oil
- 1 small onion, chopped
- 2 cloves garlic minced
- ½ teaspoon coarse kosher salt
- 12 cups chopped kale (stems removed)
- 2 to 4 tablespoons water
- 2 teaspoons cider vinegar

Directions

1. Heat oil in a large skillet or large Dutch oven over medium-high heat. Add onion and salt and cook, stirring often until the onion starts to soften and brown, 3 to 5 minutes.
2. Add garlic and kale, stir to coat with the onions. Add 2 tablespoons water, cover and cook for 2 minutes. Stir again and check if there is moisture on the bottom of the pan. If it has dried up, add 1 to 2 more tablespoons of water. Cover and continue cooking, until the kale is tender, 3 to 5 minutes more.
3. Remove lid and stir in vinegar before serving.



Maple Whiskey Butter Tarts

Makes 12 tarts

Ingredients

- 12 tart shells
- ½ to 1 cup raisins
- ¾ cup dark brown sugar
- ¼ cup pure maple syrup
- ¼ cup butter melted
- 50 ml Canadian Rye Whisky
- 1 egg
- ¼ tsp. salt

Directions

1. Prepare a dozen butter tart shells.
2. Sprinkle raisins in the bottom.
3. Whisk together: ¾ cup dark brown sugar, ¼ cup pure maple syrup, ¼ cup butter melted, 50 ml Canadian Rye Whisky, 1 egg, ¼ tsp. salt.
4. Fill tarts ¾ full of mixture. Bake at 350 F until almost set, about 20 minutes



Tart Pastry

Makes 3 large balls of dough for up to 24 tarts

Ingredients

- 2 $\frac{3}{4}$ cups all-purpose flour
- 1 tsp (5 mL) salt
- $\frac{1}{2}$ lb (225 g) chilled lard, cut in chunks or substitute $\frac{1}{2}$ lb shortening plus 1 tbsp
- 1 egg
- $\frac{1}{2}$ tbsp (7.5 mL) vinegar
- plastic wrap
- rolling pin
- muffin pans

Steps

1. Mix Just Until Dough Holds Together
2. In large bowl, combine flour and salt. Pour flour mixture into food processor; add lard. Pulse until mixture resembles coarse crumbs with a few larger pea-sized pieces.
3. In glass measure, using fork, beat egg with vinegar. Add enough very cold water to make 1 cup (250 mL). Drizzle into flour mixture, a bit at a time, mixing with fork until dough looks evenly moistened and holds together when gently pressed between fingers, as shown. (You might not need all of the liquid.)
4. Divide, Wrap and Chill
5. Divide dough equally into 6 balls; wrap in plastic wrap. Chill in refrigerator for 3 hours. Prepared dough can be stored for 2 days in the refrigerator or 2 months in the freezer.
6. Don't Overwork the Dough
7. On lightly floured work surface, roll out dough to scant $\frac{1}{8}$ -inch (3 mm) thickness. If dough cracks while rolling, allow it to sit at room temperature for 10 to 15 minutes, or until pliable enough to roll without breaking. The secret to flaky pastry is to handle the dough as little as possible. The more you handle it, the tougher it gets.
8. Cut into Circles
9. Using jar lid, cookie cutter or large glass, cut circles of right size for your muffin pans. Fill 'Em Up
10. To avoid messy last-minute baking, make dough and fill muffin pans the night before, then add raisins and filling and bake right before serving. Butter tarts are best served fresh, and even better served warm.