



A GORGEOUS
GOURD GOURMET

Pumpkin Mule

*Butternut Squash Soup
with Nutmeg Cream*

Tomato Tart

Cranberry, Feta & Walnut Salad

Stuffed Acorn Squash

*Pumpkin Soufflé
with Coconut Whipped Cream
and Spiced Pecans*

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Pumpkin Mule

In a shaker filled with ice, add 1½ oz. Absolut, 1 oz. black tea, ½ oz. pumpkin syrup, and ½ oz. lemon juice. Shake and strain over ice in a mug, and top with ginger beer.

Butternut Squash Soup

Sauté the following in a 4 qt stock pot about 15 minutes:

- 5 T butter
- 2 1/2 # butternut squash, peeled, seeded & cut into 1/2 " cubes
- 2 cups leeks, chopped (white and light green parts only)
- 1/2 cup carrots, peeled and chopped
- 1/2 cup onions, chopped
- 1/2 tsp salt

Add the following and bring to a boil. Reduce to a simmer and cook for 30 minutes or until squash is tender.

- 2 small Granny Smith apples, peeled and chopped
- 1 1/2 tsp thyme
- 1/4 tsp nutmeg
- 1 T ginger, minced
- 1/8 tsp cayenne
- 5 cups chicken stock
- 1 cup apple cider (not vinegar)

Purée the soup with immersion blender or processor.

Serve topped with nutmeg cream. Freezes well.

Nutmeg Cream

Bring 3/4 cup apple cider to a boil & reduce to 3 T (5 minutes)
Whip 1/2 cup cream & 1/4 tsp nutmeg. Fold into cooled cider.
Top with chives.

Bad Animal's Tomato Tart Recipe

Ingredients:

100g Parmesan Cheese, grated
100g all-purpose flour
100g unsalted butter, chilled & cut in 1/4" cubes

Filling:

1/4 wheel Brillat-Savarin cheese
Heirloom tomatoes, cut into 1/2" pieces
Fresh basil
Fleur de sel
black pepper
honey

Directions:

- Place flour & grated Parmesan cheese in a food processor and pulse until well combined
- Add butter and pulse until dough just starts to come together. Remove from food processor and bring the dough together with your hands.
- Let rest, covered, for one hour.
- Heat oven to 425 degrees
- Divide dough into 4 equal pieces. Place into 4" tart pans and press out with your thumbs, working the dough to cover the bottom and the sides of the pan.
- Chill for 15 minutes.
- Cover tarts with foil and place pie weights (or dried beans) into the middle of each tart. Bake for 15 minutes.
- Remove the pie weights and the foil. Continue to bake 5 minutes. Don't let the tarts brown beyond a golden orange.
- Let the tarts cool.

Filling:

Remove and discard the top rind from the Brillat. Place into a bowl and whip for 1 to 2 minutes until light and airy.
Place a dollop of cheese in each tart. Cover with tomatoes.
Season with salt, pepper and a drizzle of honey.
Garnish with basil and serve!

Cranberry, Feta and Walnut Salad

2 cups mixed salad greens
1 cup dried sweetened cranberries
4 ounces crumbled feta cheese
1/2 cup walnut pieces, toasted (see note)
2 tablespoons balsamic vinegar
1 tablespoon honey
1 teaspoon Dijon mustard
¼ teaspoon ground black pepper
¼ cup extra virgin olive oil

Toss greens, cranberries, cheese and walnuts in large bowl.
Mix vinegar, honey, mustard and pepper with wire whisk until well blended.
Gradually add oil, whisking constantly until well blended.
Pour over salad; toss to coat.
Serve immediately.

Note:

To toast walnuts, bake at 350 degrees in a single layer for 5-10 minutes. Check frequently, since they burn easily.

Stuffed Acorn Squash

from the Clean Eating Couple
serves 4

- 2 whole acorn squash cut in half
- 1 tablespoon olive oil
- 1 lb ground turkey
- 1 1/2 cups baby bella mushrooms chopped
- 1 cup honey crisp apples peeled + chopped in small pieces
- 1/2 cup chicken stock
- 2 teaspoon fresh rosemary chopped finely
- 1 teaspoon pepper
- 1/2 teaspoon salt
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 cup shredded cheese (cheddar, gruyere or mozzarella all work great!)

Preheat oven to 450 degrees

Line a baking sheet with foil or parchment + spray with olive oil to prevent squash from sticking. Slice acorn squash in half, scoop out seeds and place flat on sheet sprayed with olive oil. Bake the squash for 20 minutes, until it is tender when pierced with a fork.

While the squash cooks - heat 1 tablespoon of olive oil in a pan. Sauté turkey in olive oil for 10-15 minutes until brown. While the turkey is cooking, chop mushrooms, apples + herbs. Add in chopped mushrooms, apples, chicken stock, and spices to the pan with the cooked turkey. Sauté for an additional 5 minutes. When the squash is done, remove from the oven + scoop out most of the cooked center, leaving a little bit of filling in the acorn squash. Add the squash filling to the turkey/mushroom/apple mixture in the pan+ stir until completely mixed in. Scoop the turkey/squash mixture back into the squash + top with cheese of choice.

Bake them at 450 for 5-10 minutes until cheese melts. Optional: broil for 2-3 minutes so the cheesy gets crispy.

Pumpkin Soufflés with Coconut Whipped Cream

15oz organic pumpkin puree
3 eggs
1 can full fat coconut milk, refrigerated for 6 or more hours
1/3 cup maple syrup
1/2 tsp cinnamon (Note: Linda used 2 tsp pumpkin pie spice, no cinnamon)
1/2 tsp vanilla
1/3 cup slivered almonds (optional)

Coconut Whipped Cream

1 can full fat coconut milk, refrigerated for 6 or more hours
1/2 tsp vanilla
2 tbsp maple syrup
1/2 tsp cinnamon

Soufflés

Preheat oven to 350 degrees. Open the chilled can of coconut milk and scrape out the cream into a medium-sized mixing bowl. Hint: You can carefully open the can from the bottom, taking care not to mix the contents, and pour the milk into a separate container before scraping out the cream.

To the bowl with the coconut cream, add the pumpkin, eggs, maple syrup, cinnamon, and vanilla and blend until smooth (Note: when I made this as written, there was not much spice flavor – using 2 tsp of pumpkin pie spice instead of the ½ tsp cinnamon gave it more character, but if you like a very pumpkin-y flavor, just the cinnamon was tasty, too). Evenly distribute the batter into ramekins. You should be able to fill approximately 6-8 ramekins.

Sprinkle with almond slivers (if desired) and bake for roughly 30-35 minutes. You can check to see if the soufflés are done by sticking a fork or toothpick in the middle, if they come out clean, they're done!

Coconut Whipped Cream

Open the chilled can of coconut milk and scrape out the cream into a medium sized bowl. Whip the cream with a hand mixer until fluffy, add the vanilla, cinnamon, and maple syrup, and place the bowl of whipped cream into the refrigerator until ready to serve.

Alton Brown's Spiced Pecans

1 teaspoon kosher salt
1/2 teaspoon ground cumin
1/2 teaspoon cayenne pepper
1/2 teaspoon ground cinnamon
1/2 teaspoon dried ground orange peel (optional)
1 pound pecan halves
4 tablespoons unsalted butter
1/4 cup packed light brown sugar
2 tablespoons packed dark brown sugar (I just used TJ's brown sugar for both)
2 tablespoons water

Line a half sheet pan with parchment paper and set aside.

Mix the salt, cumin, cayenne, cinnamon and orange peel together in a small bowl and set aside.

Place the nuts in a 10-inch cast iron skillet and set over medium heat. Cook, stirring frequently, for 4 to 5 minutes until they just start to brown and smell toasted. Add the butter and stir until it melts. Add the spice mixture and stir to combine. Once combined, add both sugars and water, stirring until the mixture thickens and coats the nuts, approximately 2 to 3 minutes.

Transfer the nuts to the prepared sheetpan and separate them with a fork or spatula. Allow the nuts to cool completely before transferring to an airtight container for storage. Can be stored up to 3 weeks.

Pumpkin Mule



Tomato Tarts



Butternut Squash Soup



Stuffed Acorn Squash
← before Baking



Stuffed Acorn Squash with
Cranberry, Walnut & Feta Salad



Pumpkin Souffle with
Coconut Whipped Cream &
Spiced Pecans