

GOURMET WITH GRATITUDE

**“When we give cheerfully and accept gratefully,
everyone is blessed.”**

- Maya Angelou



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Hosted by Jody Knauf

With Sandy Gruwell

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Spicy Bourbon Pumpkin Smash – (half-baked harvest)

Spiced Pumpkin Syrup

- 1/2 cup maple syrup
- 1/3 cup water
- 1/3 cup pumpkin puree
- 1/2 teaspoon pumpkin pie spice
- 1 teaspoon vanilla extract
- sea salt

Pumpkin Smash

- 1-2 ounces (2-4 tablespoons) spiced pumpkin syrup (recipe below)
- 2 ounces (1/4 cup) bourbon or whiskey
- 1/2 ounce (1 tablespoon) orange or clementine juice
- 1-2 dashes orange bitters
- Ginger beer, for topping (optional)

To make the spiced pumpkin syrup: Combine all ingredients in a sauce pot. Boil 5 minutes, then remove from the heat. Let cool. This syrup makes enough for about 6 drinks.

In a cocktail shaker, combine 2-3 tablespoons pumpkin syrup, the bourbon/whiskey, orange juice, and orange bitters. Add ice and shake. Strain into a glass. Top off with ginger beer, if desired.

To Make a Mocktail: Omit the bourbon and use 1 additional tablespoon orange juice, plus 1 tablespoon apple cider, and 1/8 teaspoon vanilla extract.

Pastry Wrapped Baked Brie with Maple Butter Roasted Apples – Servings 6 (half-baked harvest)

- 2 Honeycrisp apples, sliced
- 1 half stick (1/4 cup) Lake O Lakes salted butter, sliced
- 3 tablespoons real maple syrup
- 1 sheet frozen puff pastry, thawed
- 1 (8 ounce) wheel of brie
- 2 tablespoons apple butter, homemade or store-bought
- 1 egg, beaten
- Coarse sugar, for sprinkling
- Fresh thyme, for serving

Preheat the oven to 425 degrees F.

In a medium baking dish, combine the apples, butter, and maple. Transfer to the oven and roast for 25-30 minutes or until the apples have softened and the sauce thickened.

Lay the puff pastry flat on a parchment lined baking sheet. Place the brie in the center of the pastry and remove a little of the rind from the top of the brie. Leave the rind on the bottom and sides intact. Spread the apple butter over top of the brie and then fold the corners of the pastry over the brie. Brush the pastry with beaten egg and sprinkle lightly with sugar. Bake for 20-25 minutes or until the pastry is deep golden brown. To serve, spoon the apples over the brie. Top with fresh thyme.

Roasted Beet Goat Cheese Salad – Servings 4

- ~ 6 medium beets, scrubbed
- ~ 6 cups arugula
- ~ 1 avocado, sliced
- ~ 4 oz. goat cheese, crumbled
- ~ 1/2 cup chopped toasted walnuts
- ~ Fresh rosemary, chopped

For Dressing

- ~ 1/2 cup extra-virgin olive oil
- ~ 1/4 cup balsamic vinegar
- ~ 1 tbsp. maple syrup
- ~ 2 tsp. Dijon mustard
- ~ Kosher salt
- ~ Freshly ground black pepper

1. Preheat oven to 400 degrees F. Wrap each beet in foil, but first brush beets with olive oil, then add some chopped fresh rosemary, salt and pepper, and close up the foil packet. Roast until tender, about 1 hour (you can insert a knife through the foil to test). Let sit until cool enough to handle, then peel and cut into wedges.
2. Make vinaigrette: In a jar, shake together olive oil, vinegar, maple syrup, and Dijon until fully combined. Season with salt and pepper.
3. Place arugula in large serving bowl and lightly dress with vinaigrette. Top with beets, avocado, goat cheese, walnuts. Toss gently and add more vinaigrette as needed.

Herbed Pork Tenderloins – Servings 6-8 (half-baked harvest)

- 2 pork tenderloins (2-1/2 to 3 pounds total)
 - 1 tablespoon minced fresh rosemary leaves
 - 1 tablespoon chopped fresh thyme leaves
 - Kosher salt and freshly ground black pepper
 - Good olive oil
 - 10 to 12 slices prosciutto
1. Preheat the oven to 450 degrees.
 2. Place the tenderloins on a sheet pan and pat them dry with paper towels. Combine rosemary, thyme, 1 tablespoon salt, and 1 teaspoon pepper in a small bowl. Rub the tenderloins all over with 2 tablespoons of olive oil. Sprinkle all sides with the herb mixture. If there is a thinner “tail”, fold it underneath so that the tenderloin is an even thickness throughout. Wrap the tenderloins completely with a single layer of prosciutto. (Tip: Place the prosciutto sideways with the ends wrapping under the tenderloins.) Tie in several places with kitchen string to hold the prosciutto and the “tail” in place.
 3. Roast for 20 to 25 minutes, until an instant read thermometer inserted in the middle of the end of the tenderloin reads 140 degrees for medium rare and 145 degrees for medium. Cover the tenderloins tightly with aluminum foil and allow to rest at room temperature for 15 minutes. Slice diagonally in thick slices and serve warm with applesauce (can substitute with apple chutney).

Note: Make it ahead. Assemble the pork completely, wrap tightly, and refrigerate for up to 24 hours. Roast before serving.

Applesauce – Servings 2-3, depending upon size of apples

- 3 apples (preferably Fuji)
 - 1/2 cup water
1. Core apples. Put thumb into empty core. Peel skin off using vegetable peeler, rotating apple around thumb.
 2. In pot, heat water to boiling.
 3. Chop apple into small chunks. Add apple chunks to boiling water.
 4. Lower to simmer.
 5. Using fork, check chunks periodically for softness and check that water has boiled away.
 6. When soft, turn off heat. Remove from stove.
 7. Using smasher in the pot, break up chunks into smooth applesauce. If you like the taste and texture, OK to have small pieces of cooked apple in the applesauce.

Mendocino Farms' Curried Couscous Roasted Cauliflower – Servings 10 (LA Times)

- 1 (1-pound) box Israeli couscous or orzo
- 1 head cauliflower, florets broken into pieces
- 1 tablespoon curry powder
- 1 tablespoon turmeric
- 1 tablespoon ground cumin
- 1 tablespoon ground coriander
- 1 1/2 teaspoons salt, more to taste
- 1 teaspoon cayenne pepper, more to taste
- 3 tablespoons light brown sugar, more to taste
- 3 tablespoons oil
- 2 small carrots, peeled, finely diced
- 1 cup vegan mayonnaise (or mayonnaise)
- 1/2 bunch cilantro, chopped
- 1/2 lime, juiced

1. Cook the couscous according to the instructions on the package. Rinse in cold water, drain well, put in a bowl and set aside. Heat the oven to 450 degrees.

2. In a separate bowl, toss the cauliflower with the curry powder, turmeric, cumin, coriander, salt, cayenne, brown sugar and oil. Spread out on a foil-lined rimmed baking sheet and roast in the oven until cauliflower is browned around the edges but still crunchy, about 10 minutes. Remove just the cauliflower and put it in the bowl with the pasta.

3. On the same rimmed baking sheet, place the carrots and, using a spatula, toss the carrots with the leftover spices and oil. Roast the carrots until brown around the edges but still crunchy, about 8 minutes. (If you find that the spices and oil are a little overly browned from roasting the cauliflower, toss the carrots using the same proportion of new spices, salt, sugar and oil.) Add to the couscous.

4. Fold in the vegan mayonnaise, cilantro and lime juice with the pasta. Taste, and adjust spices and seasoning if desired. Refrigerate, covered, until ready to serve.

Hasselback Potatoes – Servings 2 (epicurious.com)

- 1 tablespoon white miso paste
- 1/4 teaspoon smoked paprika
- 5 tablespoons unsalted butter, softened, divided
- 1/2 teaspoon salt
- 2 medium yukon gold potatoes (use same size potatoes)
- 1 tablespoon finely chopped parsley

Preheat oven to 425°F.

1. Combine miso, paprika, 4 tablespoons butter, and 1/2 teaspoon salt in a small bowl; set aside
2. Peel potatoes. Working with one potato at a time, slice a thin sliver off one long side to make a flat bottom. Trim ends off, then slice vertically every 1/16", cutting down to 1/4" from the bottom. (Tip: line potato with chopsticks on each side to stop your knife.) Brush potatoes with miso butter, fanning slices open to get butter between each slice. Transfer to a rimmed baking sheet and roast 15 minutes.
3. Remove baking sheet from oven and brush potatoes with more miso butter. Roast until fork tender, approximately 20–25 minutes. Roasting time varies - continue to check, until fork tender. Sprinkle with parsley. Serve warm.

Pumpkin Spice Latte Cookies – Makes 50 cookies (eatingwell.com)

3 cups whole-wheat flour
1 teaspoon baking powder
1 teaspoon baking soda
1 teaspoon salt
2 large eggs
1 (15 ounce) can unseasoned pumpkin puree
2 cups light brown sugar
1 cup grapeseed or canola oil
3 tablespoons milk, divided
1 tablespoon pumpkin pie spice plus 1 teaspoon, divided
3 teaspoons instant espresso powder, divided (I used instant decaf coffee, ground fine)
1 teaspoon vanilla extract
8 ounces reduced-fat cream cheese, softened
4 tablespoons (1/2 stick) butter, softened
1 cup confectioners' sugar

Preheat oven to 375 degrees F. Line 2 baking sheets with parchment paper.

1. Whisk flour, baking powder, baking soda and salt in a medium bowl.
2. Beat eggs, pumpkin, brown sugar and oil in a stand mixer or with an electric hand mixer until well combined, about 1 minute. Add 2 tablespoons milk, 1 tablespoon pumpkin pie spice, 2 teaspoons espresso powder and vanilla and beat until well combined, about 1 minute. Add the flour mixture in 3 parts, mixing until just combined after each addition.
3. Using 2 tablespoons per cookie, drop mounds of the dough onto the prepared pans, at least 2 inches apart. Bake the cookies until firm and dry to the touch, 12 to 14 minutes. Let cool on the pans for 5 minutes, then transfer to a wire rack to cool completely, about 20 minutes. Repeat with the remaining dough.
4. Beat cream cheese, butter and confectioners' sugar in a stand mixer or with an electric hand mixer until very smooth, about 2 minutes. Add the remaining 1 tablespoon milk and 1 teaspoon each pumpkin pie spice and espresso powder in a small bowl; beat until combined, about 30 seconds. Spread the frosting on the cookies.
5. Refrigerate for up to 3 days.

Cardamom Pistachio Kulfi (Indian Ice Cream) – serves 12+

1 /2 cup pistachios, unsalted
1 can (12 oz) non-fat evaporated milk
1 can (14 oz) sweetened condensed milk
4 slices white bread, crusts removed, torn into pieces
1 tsp ground cardamom
1 pint whipping cream, whipped
½ cup chopped pistachios, either salted or unsalted

1. Grind ½ cup pistachios in a blender. Scrape it away from the sides of the blender with a spatula before continuing.
2. Add next 4 ingredients in a blender and blend until smooth.
3. Whip cream in a large bowl.
4. Add blender ingredients to the whipped cream and mix just until blended.
5. Pour into baking dish, ice cream trays, or other containers and freeze overnight. I used a muffin pan. (One recipe fills a muffin pan full to the rim of each cup, and you'll have enough left to fill a couple of ramekins as well.) A mini-popover pan would also work, or you could pour into ramekins.
6. Sprinkle with chopped pistachios before serving.

Notes:

The white bread just prevents ice crystals from forming in the kulfi. You can make this without the bread if you want.

If you use a baking dish to freeze the kulfi, be forewarned: this freezes quite stiff so it's hard to scoop! Traditionally, Indians make kulfi in popsicle shape.

If you make this in a muffin pan, let sit for a few minutes at room temperature, then use a butter knife to help unmold the kulfi (run the knife around the edge of each cup – once the kulfi starts moving with the knife, it's ready to pop out).

You can soak a few saffron threads and add that to the kulfi mixture for more color and flavor, and/or add fruit puree. This is a very flexible recipe.