

Gourmet Group Fall 2020

Cooking Fall Vegetables

Happy Fall everyone!! I trust that you are all well and healthy. Fall has to be my favorite season, minus the snow. I love all the vegetables that the harvest brings along. So I decided, why not make a menu with all the lovely vegetables that are in the grocery stores right now? It is also a mindful way of eating healthy before we start baking for the holidays. Having said that, I did include a baking section at the end. We all deserve a treat from time to time.

Appetizers/Lunch

Tomato Tart

Roasted Pumpkin & Candied Pepita Salad

Wild Mushroom Tart with Roasted Garlic Cream

Soups

Carrot Soup with Ginger

Mushroom Soup

Pumpkin Soup with Spicy Pumpkin Seeds

Vegetable Side Dishes

Easy Roasted Fall Vegetables with Rosemary

Broccolini With Sesame Sauce and Lemon

Cauliflower Steaks with Dukkah

Charred Sweet Potatoes with Hot Honey Butter and Lime

Main Dishes

Mediterranean Quinoa Bowls

Fall Stout Pot Roast with Autumn Vegetables

Pumpkin Risotto with Bacon and Goat Cheese

Crispy Pancetta, Roasted Brussels Sprouts and Squash with Hot Maple Sauce

Thai Pumpkin and Chicken Curry

Dessert

Bourbon Pumpkin Pie

Blueberry Pie

Banana Cream Pie

Apple Crumble

Appetizers/ Lunch

Tomato Tart

Author: Giada De Laurentiis

Ingredients:

1. 2 to 3 large tomatoes cut into ,1/8-inch slices
2. 1 sheet of store bought frozen puff pastry thawed
3. ½ cup mascarpone cheese at room temperature
4. ½ cup crumbled fresh goat cheese at room temperature
5. 1 shallot diced
6. 3/4 teaspoon kosher salt
7. 2 tablespoons extra-virgin olive oil
8. ½ cup balsamic vinegar
9. 2 tablespoons sugar
10. 1 tablespoon chopped chives

Instructions:

Preheat the oven to 375°F. Spray a rimmed baking tray with nonstick cooking spray. Line a large plate or baking sheet with paper towels and place the tomato slices on them. Using a second layer of paper towels, lightly blot the tops of the tomatoes. This will remove excess moisture and prevent your puff pastry from being soggy.

Lightly dust a work surface with a bit of flour to prevent your puff pastry from sticking. Using a rolling pin, roll the dough into a 12 x 12-inch square. Place the puff pastry on the baking sheet. Using the tip of a sharp knife, cut a narrow border (about 3/4 of an inch) around all four edges, piercing the pastry but not cutting all the way through. Use a fork to prick the pastry all over within the borders.

In a small bowl mix the mascarpone, goat cheese, shallot, and ¼ teaspoon salt. Using an offset spatula, evenly spread the mixture on the puff pastry, leaving ½-inch border on each side.

Sprinkle the tomatoes on both sides with the remaining 3/4 teaspoon salt and arrange on the pastry. Drizzle with olive oil. Bake the tart on the center rack for 30-35 minutes or until the crust is light golden brown. Turn the oven to broil (or as high as it goes) and cook 2 to 3 minutes longer until the crust is nicely browned and the filling is bubbly. Watch closely to prevent burning.

While the tart is baking, heat a small saucepan over medium-low heat and add the balsamic vinegar and sugar. Simmer the mixture for about 10 minutes or until the balsamic is slightly thickened and reduced. Garnish the tart with the balsamic vinegar, chives.

Roasted Pumpkin and Candied Pepita Salad

Ingredients:

- 1 cup Pepitas
- 1tbsp sugar
- 1tsp cinnamon
- Salt
- ¼ cup apple cider vinegar
- ¼ cup dijon mustard
- ¼ cup light brown sugar
- ¼ cup olive oil
- A mix of romaine lettuce and spinach
- 1 small roasted diced pumpkin
- Dried cranberries
- Crumbled goat cheese

Instructions:

Toss pepitas with oil, sugar, cinnamon and salt. Bake at 350°F until lightly browned. Whisk together apple cider vinegar, Dijon mustard, light brown sugar, olive oil, salt and pepper.

In a large bowl, toss hearty greens with roasted diced pumpkin, dried cranberries and vinaigrette. Top with crumbled goat cheese, if desired, and sprinkle with candied pepitas.

Wild Mushroom Tart

Ingredients:

- All-purpose flour for rolling out dough
- 1 sheet purchased pie crust
- 2 Tbsp. unsalted butter
- 1 1/2 lb. mixed fresh mushrooms, such as cremini and stemmed shiitake, halved or quartered
- 1 large shallot, chopped
- 1/2 cup heavy cream / Dairy Free cream
- 1 tsp. chopped fresh oregano
- Salt and freshly ground pepper, to taste

Instructions:

Bake the tart shell

Preheat an oven to 400°F.

On a floured work surface, roll out the dough into a 12-inch round. Fit into a 9-inch round tart pan and trim the dough, leaving a 1/2-inch overhang. Fold the overhang back over itself and pinch to create a sturdy edge. Pierce the dough all over with a fork. Freeze for 15 minutes.

Bake the pastry shell until the edges are lightly golden, about 15 minutes. Transfer to a wire rack and let cool.

Make the filling and finish the tart

In a large fry pan over medium heat, melt the butter. Add the mushrooms and shallot and cook, stirring occasionally, until lightly browned, 8 to 10 minutes. Add the crème fraîche and oregano, season with salt and pepper, and stir to combine.

Spread the mushroom mixture in the pastry shell. Bake until the crust is golden, about 15 minutes. Transfer to a wire rack and let cool briefly. Remove the pan rim, cut the tart into wedges and serve. Serves 6.

Soups

Carrot soup with Ginger

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 cup chopped yellow onions
- 3 garlic cloves, smashed
- 2 heaping cups chopped carrots
- 1½ teaspoons grated fresh ginger
- 1 tablespoon apple cider vinegar
- 3 to 4 cups vegetable broth
- Sea salt and fresh black pepper
- 1 teaspoon maple syrup, or to taste (optional)
- coconut milk for garnish, optional
- dollops of **pesto**, optional

Instructions:

Heat the olive oil in a large pot over medium heat. Add the onions and a generous pinch of salt and pepper and cook until softened, stirring occasionally, about 8 minutes. Add the smashed garlic cloves (they'll get blended later) and chopped carrots to the pot and cook about 8 minutes more, stirring occasionally.

Stir in the ginger, then add the apple cider vinegar, and then add 3 to 4 cups of broth, depending on your desired consistency. Reduce to a simmer and cook until the carrots are soft, about 30 minutes.

Let cool slightly and transfer to a blender. Blend until smooth. Taste and adjust seasonings. Add maple syrup, if desired.

Serve with a drizzle of coconut milk and/or a dollop of pesto, if desired.

Mushroom Soup

This is the best ever mushroom soup! This creamy mushroom soup is easy to make, low carb, dairy free, vegan, paleo and Whole30 friendly. Ready in about 30 minutes this recipe will soon become your go-to soup recipe.

Ingredients:

- 1 large white onion – diced
- 1 package white button mushrooms – 10 oz sliced
- 1 package baby portobello mushrooms – 10 oz sliced
- 10 stalks fresh thyme – leaves removed
- 1 cup organic vegetable broth
- 1 tbsp. cornstarch
- 1 cup dairy free milk – unsweetened
- 1 dried bay leaf
- 1/2 tbsp. coconut aminos – liquid aminos as an alternative
- 1/2 tsp. salt
- freshly ground pepper
- 1/2 tsp. garlic powder – optional

Instructions:

In a large saucepan, over medium heat, add the diced onions. Allow to sweat while slicing the mushrooms. About 5-7 minutes.

Move onions to the sides of the saucepan and add mushrooms, allow to cook for 5 minutes uncovered.

Stir the onions and mushrooms together. Add fresh thyme and allow to continue to cook, at least 10 minutes.

You will notice a substantial amount of water has come out of the mushrooms, and they are reduced in volume by half.

Add the bay leaf, the salt and the liquid aminos to the mushrooms.

Stir the 1 tbs. of cornstarch into the organic broth. Add to mushrooms and stir. Add almond milk.

Allow to cook for at least 15 minutes, stirring occasionally. Taste and add freshly ground black pepper to taste.

Pumpkin Soup with Spicy Pumpkin Seeds

From Williams Sonoma

Ingredients:

- 1 small pumpkin, about 3 lb., peeled, seeded and chopped (seeds reserved)
- 2 Tbsp. olive oil
- Salt and freshly ground pepper, to taste
- 3 Tbs. unsalted butter
- 1 yellow onion, chopped
- 2 garlic cloves, minced
- 1 tsp. ground cumin
- 1/2 tsp. ground coriander
- 4 cups chicken broth

For the spicy pumpkin seeds:

- 1/2 cup pumpkin seeds, cleaned
- 1 tsp. canola oil
- 1 tsp. salt
- 1/4 tsp. cayenne pepper
- 1/4 tsp. ground cumin
- Pinch of ground cinnamon

Instructions:

Preheat an oven to 400°F. Line a baking sheet with parchment paper.

In a bowl, stir together the pumpkin and olive oil, and season with salt and pepper.

Spread the pumpkin on the prepared baking sheet and roast until soft and caramelized, 30 to 35 minutes.

In a large, heavy pot over medium-high heat, melt the butter. Add the onion and garlic and sauté until translucent, about 5 minutes. Add the cumin and coriander and cook for 1 minute. Add the broth and pumpkin and bring to a boil. Reduce the heat to low and simmer for 25 minutes. Remove from the heat and let cool slightly.

Working in batches, puree the soup in a blender or food processor. Return the soup to the pot and season with salt and pepper.

Meanwhile, make the spicy pumpkin seeds: Reduce the oven temperature to 350°F.

Line a baking sheet with parchment paper.

In a bowl, stir together the pumpkin seeds and canola oil. In another bowl, stir together the salt, cayenne, cumin and cinnamon. Add the pumpkin seeds to the spice mixture and stir to coat. Spread the seeds in a single layer on the prepared baking sheet and bake, stirring once, until golden brown, 10 to 12 minutes.

Ladle the soup into warmed bowls, garnish with the pumpkin seeds and serve immediately. Serves 6.

Vegetable Side Dishes

Easy Roasted Fall Vegetables with Rosemary

Ingredients:

- 1 pound peeled carrots, cut into 2 inch pieces
- 1 pound peeled parsnips, cut into 1 inch wide by 2 inch pieces
- 1 1/2 pounds multicolor baby potatoes, washed and dried, cut in half if some are on the larger side
- 1 small butternut squash, skin removed and cut into 2-3 inch pieces (or 1 package of peeled, cut up squash)
- 5 shallots, outer skin removed, cut lengthwise
- 1 head of garlic, skin removed and cloves separated
- 3 Tablespoons olive oil
- 1 1/2 teaspoon Pepper
- 2 teaspoons salt
- 2 Tablespoons chopped fresh rosemary, or thyme if preferred

Instructions:

Preheat the oven to 425°. Line a large baking sheet with parchment paper.

Place all the vegetables in a large mixing bowl, add the oil, salt, pepper, rosemary and give them a good toss.

Arrange the mixture in a single layer on the baking sheet. If they don't all fit use two baking sheets.

Bake at 425° for 30-40 minutes or until all vegetables are tender and lightly browned.

Transfer roasted vegetables to a large serving platter and serve warm.

Broccoli with Sesame Sauce and Lemon

From bon appétit 2019

Ingredients:

- 6 bunches broccoli (about 3 lb. total), trimmed, halved lengthwise
- Kosher salt
- ¼ cup tahini
- 2 Tbsp. white miso
- 1 Tbsp. low-sodium soy sauce
- 1 Tbsp. mirin (sweet Japanese rice wine)
- 1 Tbsp. unseasoned rice vinegar
- 1 tsp. toasted sesame oil
- 4 Tbsp. vegetable or other neutral oil, divided
- 2 tsp. honey, divided
- ½ lemon, seeds removed
- Toasted sesame seeds (for serving)

Instructions:

Cook broccoli in a large pot of boiling salted water until bright green and crisp-tender, 5–7 minutes. Drain and transfer to paper towels.

Meanwhile, mix tahini, miso, soy sauce, mirin, vinegar, sesame oil, 2 Tbsp. vegetable oil, 1 tsp. honey, and 2 Tbsp. water in a small bowl to combine; season sesame sauce with salt.

Cut lemon lengthwise into quarters, then thinly slice crosswise. Toss in a small bowl with remaining 2 Tbsp. vegetable oil and remaining 1 tsp. honey; season lightly with salt.

Spread sesame sauce on a platter and arrange broccoli on top. Scatter lemon over; sprinkle with sesame seeds.

Do Ahead: Sesame sauce can be made 1 day ahead. Cover and chill. Bring to room temperature before using.

Cauliflower Steaks with Dukkah

Ingredients:

- 2 large heads of cauliflower
- Extra virgin olive oil
- Sea Salt
- 2 lemons, each cut into 4 wedges, separated
- Fresh chopped curly parsley

For the dukkah:

- 1 cup hazelnuts, cashews or almonds
- ½ cup sesame seeds
- ¼ cup coriander seeds
- 2 tbsp cumin seeds
- 1 tbsp freshly ground black pepper
- 1tsp coarse salt
- ¼ teaspoon cayenne

Instructions:

Dukkah is a nut and spice blend of Egyptian origin. To make the Dukkah, start by toasting the nuts. Place them on a rimmed baking sheet and roast for about 10 minutes at 350°F until lightly browned. Set aside to cool (it is not necessary to remove their skins), reserving the baking sheet for the cauliflower. Dry-toast the sesame, coriander and cumin seeds in a small frying pan on the stovetop, stirring constantly until fragrant about 3 minutes, keeping an eye on them because they can burn easily. Transfer the nuts and seeds to a food processor and add the salt, pepper and cayenne. Pulse just until crumbly. I also like to use a mortar and pestle or a spice grinder. Refrigerate if not using immediately.

Next, turn the oven up to 400°F and prep the cauliflower. Remove the green outer leaves from each head and carefully trim back the stem. Stand the cauliflower upright on a cutting board and cut 2 “steaks,” each about ¾” thick, from the center of each head. Reserve the remaining cauliflower florets for another dish.

Arrange the steaks on the rimmed baking sheet (you may need an additional sheet if the heads are very large). For each slice, brush both sides with olive oil and squeeze on the juice from one lemon wedge. Season with salt and pepper. Roast, turning once with a spatula, until the cauliflower is tender and both sides are nicely browned, about 30 minutes. Transfer to a platter and liberally dust each piece with the dukkah. Drizzle with more olive oil, sprinkle with parsley, and serve with the rest of the lemon wedges.

Charred Sweet Potatoes with Hot Honey Butter and Lime

From bon appétit

Ingredients:

- 8 small sweet potatoes (about 3 lb. total), scrubbed, halved lengthwise
- ½ cup extra-virgin olive oil, divided
- Kosher salt
- 6 Tbsp. unsalted butter, room temperature (so the hot sauce can be easily incorporated)
- 2 Tbsp. honey
- 3 Tbsp. hot sauce (such as Tapatio or Cholula)
- ¼ cup raw pumpkin seeds (pepitas)
- 1 Tbsp. ground coriander
- Flaky sea salt
- Lime wedges (for serving)

Instructions:

Place a rack in the middle of the oven; preheat to 425°. Place sweet potatoes on a rimmed baking sheet, drizzle with ¼ cup oil, and season with kosher salt. Turn to coat. Arrange, cut side down and roast until tender (the tip of a knife should slide easily into flesh) and cut sides are browned, 25–30 minutes.

Meanwhile, smash together butter and honey in a small bowl with a fork until smooth. Add hot sauce a tablespoonful at a time, blending well after each addition. Season hot honey butter with kosher salt.

Cook pumpkin seeds and remaining ¼ cup oil in a small skillet over medium heat, stirring often, until pumpkin seeds are golden brown, about 4 minutes. Remove from heat and stir in coriander; season with kosher salt.

Arrange sweet potatoes on a platter and spread with hot honey butter. Sprinkle with sea salt and spoon pumpkin seed oil over. Serve with lime wedges for squeezing over.

Main Dishes

Mediterranean Quinoa Bowl

Ingredients:

For the eggplant:

- 1 large eggplant
- cooking spray
- salt & pepper to taste

For the quinoa bowls:

- 2 cups crispy chickpeas
- 1 cup chopped cherry tomatoes
- 2 cups cooked quinoa
- 4 cups arugula
- 1 cup classic hummus
- 1/2 cup kalamata olives, diced
- fresh herbs to garnish (like parsley)
- Tahini sauce to drizzle

For the Tahini Sauce

- 1 tablespoon tahini
- 1 teaspoon lemon juice
- 1/2 teaspoon garlic powder
- Water to thin

Instructions:

Begin with the eggplant: preheat the oven to 425°F. Slice eggplant into 1/2" rounds, then slice those rounds in half. Place on a baking sheet and spray with cooking spray. Season with salt and pepper on both sides. Bake for 25 - 30 minutes, flipping halfway through, until golden brown and crispy on the outside.

Prepare four bowls. Add to each: 1/2 cup chickpeas, 1/4 cup tomatoes, 1/2 cup quinoa, 1 cup greens, 1/4 cup hummus, 2 tablespoons olives. When ready to serve, whisk together tahini, lemon, garlic, water and a touch of salt and pepper.

Drizzle the quinoa bowls with tahini sauce and garnish with fresh herbs. You can add grilled chicken or shrimp to this recipe for added protein.

Serve immediately and enjoy!

Stout Pot Roast with Autumn Vegetables

From Food Network

Here is a hearty recipe for the meat lovers!!

Ingredients:

- 4 pounds boneless beef chuck roast, tied
- Kosher salt and freshly cracked black pepper
- 1/4 cup canola oil
- 1/2 cup all-purpose flour
- 2 carrots, peeled and cut into large chunks
- 2 turnips, peeled and cut into large chunks
- 1 red onion, cut into large chunks
- 2 tablespoons tomato paste
- 5 cloves garlic, peeled
- 3 sprigs fresh thyme
- 2 bay leaves
- Two 12-ounce bottles stout beer
- 2 cups beef stock
- 4 tablespoons butter
- 2 cups frozen pearl onions
- 2 cups frozen green peas
- 1/4 cup thinly sliced chives
- 2 tablespoons chopped fresh tarragon

Instructions:

The night before, season the chuck roast liberally with salt and pepper and refrigerate uncovered.

When ready to cook, preheat the oven to 300°F.

In a large Dutch oven, heat the canola oil over medium-high heat. Season the chuck roast again with salt and pepper and dust with flour, shaking off the excess. Sear on all sides, browning the meat evenly, 4 to 6 minutes per side.

Remove the roast to a plate, then add the carrots, turnips and onion to the pot. Lower the heat to medium and cook, stirring occasionally, until the vegetables are caramelized, 6 to 8 minutes. Stir in the tomato paste, garlic, thyme and bay leaves and cook for another 2 minutes.

Add the roast back to the pot, then add the beer and beef stock. Nestle the roast down among the vegetables so that it is mostly submerged in the liquid. Bring to a simmer.

Cover, leaving the lid slightly ajar, and place in the oven to cook under very tender, 3 to 3 1/2 hours, testing with a small knife for tenderness after 3 hours.

Meanwhile, heat the butter in a saucepan over medium-low heat, add the pearl onions and peas and season with salt and pepper. Cook, stirring occasionally, until the onions and peas are warmed through, 3 to 5 minutes.

Once the roast is done, remove it from the pot and cut off the string. Discard the thyme and bay leaves. If you'd like the sauce thicker, place the Dutch oven back on the stove and bring to a simmer over medium-high heat. Simmer, stirring occasionally, until the liquid is reduced to the desired thickness (you're looking for a rich and smooth sauce).

To plate, slice the roast into thick slices. Place the vegetables on a platter, then the beef, then ladle the sauce over. Spoon the peas and onions on top and sprinkle with the chives and tarragon.

Pumpkin Risotto with Bacon and Goat Cheese

From Giadzy.com

Ingredients:

- 4 cups low-sodium organic chicken broth, plus extra for moistening, as needed
- 1 cup canned pure pumpkin
- 4 slices applewood smoked bacon, chopped
- 2 tablespoons butter
- 1 leek (white and pale green part), thinly sliced
- 2 teaspoons kosher salt
- 1 teaspoon chopped fresh thyme
- 1 1/2 cups Arborio rice or medium-grain white rice
- 2/3 cup dry white wine, such as pinot grigio
- 1/2 cup freshly grated Parmesan
- 1/3 cup chopped fresh flat-leaf parsley
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon (generous) freshly grated nutmeg
- 1 1/2 cup coarsely crumbled soft fresh goat cheese (about 6 ounces)

Instructions:

Whisk together the broth and the pumpkin in a heavy medium saucepan and simmer over medium heat. Cover the pan and reduce the heat to low to keep the pumpkin broth warm.

Cook the bacon in a medium skillet over medium heat until brown and crisp. Transfer to a paper towel with a slotted spoon to drain.

Melt the butter in a heavy large saucepan over medium heat. Add the leek and 1 teaspoon of the salt. Cook until almost tender, 2 to 3 minutes. Mix in the thyme. Add the rice and stir for 1 minute. Add the wine and simmer, stirring constantly, until completely absorbed, 1 to 2 minutes. Add 1/2 cup of the pumpkin broth and stir until almost completely absorbed, 1 to 2 minutes. Continue cooking the rice, adding the broth 1/2 cup at a time, stirring constantly and allowing each addition to absorb before adding the next. Cook until the rice is tender but still firm to the bite, and the mixture is creamy, 20 to 25 minutes, adding additional warm broth by 1/4 cupfuls if risotto is dry. Mix in the Parmesan, 1 tablespoon of the parsley, the remaining salt, pepper and nutmeg.

Remove from the heat. Add more salt to taste.

Divide the risotto among 6 shallow bowls. Sprinkle each with the bacon, goat cheese and remaining parsley and serve.

Crispy Pancetta, Roasted Brussels Sprouts and Squash with Hot Maple Sauce

Ingredients:

- 1 small packet of pancetta
- 12 oz brussels sprouts, halved
- ¼ cup extra virgin olive oil
- 1 ½ lbs butternut squash, peeled, halved and thinly sliced
- 1 red onion, peeled and cut into ½ " wedges
- ¼ cup maple syrup
- 2 tbsp apple cider vinegar
- 1 serrano pepper, thinly sliced
- ½ tsp Aleppo-style pepper, plus more for serving
- ¼ cup mint leaves, plus more for serving

Instructions:

Preheat the oven to 425°F. Toss the brussels sprouts and pancetta with 2 tbsp oil on a baking sheet. On another baking sheet, toss squash and onion with remaining oil. Season with salt and pepper; spread into an even layer. Roast, tossing once, until golden and tender, 25-30 minutes for sprouts and pancetta, and 35-40 minutes for squash and onion.

In a small saucepan, boil maple syrup, serrano pepper, and Aleppo over medium-low heat until slightly thickened, about 5 minutes. Stir in vinegar.

Combine vegetables and glaze on a baking sheet. Roast about 5 minutes. Season with salt and pepper. Toss with mint leaves. Garnish with more mint and Aleppo.

Thai Pumpkin and Chicken Curry

From Flavor the Moments

Ingredients:

- 2 tablespoons olive oil
- 1 large (1/2 lb.) boneless, skinless chicken breast cut into 1" pieces
- 1 medium onion
- 2 medium carrots
- 3 cloves garlic
- 2 tablespoons freshly grated ginger*
- 1 tablespoon ground turmeric
- 1 cup cubed kabocha squash
- 1 red bell pepper
- 8 ounces green beans, cut into small pieces
- 2 tablespoons Thai red curry paste
- 13.5 ounces full fat coconut milk
- 1 cup water
- 1 tablespoon lime juice
- 1/4 cup chopped cilantro
- Cooked rice or quinoa

Instructions:

Heat 1 tablespoon of olive oil in a large pot or Dutch oven over medium heat. Add the chicken and season with salt and pepper to taste. Sauté until cooked through, about 5 minutes. Remove from the pan and place on a plate, then cover loosely with foil. Add the remaining 1 tablespoon olive oil to the pot. Add the onion and carrots and cook until softened, about 5 minutes. Add the garlic, ginger and turmeric, and sauté 30 seconds.

Add the bell pepper, pumpkin and green beans, and sauté 1 minute longer.

Add the chicken back to the pan along with the red curry paste, coconut milk and water, and stir well to combine. Bring to a boil, then reduce the heat to medium low and simmer until the pumpkin is tender and the sauce has thickened, about 10-15 minutes. Remove from heat and stir in the lime juice, cilantro and salt and pepper to taste.

Dessert

This has to be one of my favorite recipes for sweet pie dough.

Basic Pie Dough

Ingredients:

- 1 1/4 cups unbleached all-purpose flour
- 1 Tbs. sugar
- 1/4 tsp. salt
- 8 Tbs. (1 stick) cold unsalted butter, cut into 1/4-inch cubes
- 3 Tbs. very cold water

Directions:

To make the dough by hand, in a large bowl, stir together the flour, sugar and salt. Using a pastry cutter or 2 knives, cut the butter into the flour mixture until the texture resembles coarse cornmeal, with butter pieces no larger than small peas. Add the water and mix with a fork just until the dough pulls together.

To make the dough in a stand mixer, fit the mixer with the flat beater, and stir together the flour, sugar and salt in the mixer bowl. Add the butter and toss with a fork to coat with the flour mixture. Mix on medium-low speed until the texture resembles coarse cornmeal, with the butter pieces no larger than small peas. Add the water and mix on low speed just until the dough pulls together.

Transfer the dough to a work surface, pat into a ball and flatten into a disk. (Although many dough recipes call for chilling the dough at this point, this dough should be rolled out immediately for the best results.) Lightly flour the work surface, then flatten the disk with 6 to 8 gentle taps of the rolling pin. Lift the dough and give it a quarter turn. Lightly dust the top of the dough or the rolling pin with flour as needed, then roll out into a round at least 12 inches in diameter and about 1/8 inch thick. Makes enough dough for one 9-inch single-crust pie or one 10-inch galette.

To make a double-crust pie: Double the recipe, cut the dough in half and pat each half into a round, flat disk. Roll out one disk into a 12-inch round as directed and line the pan or dish. Press any scraps trimmed from the first round into the bottom of the second disk. Roll out the second dough disk into a round at least 12 inches in diameter and about 1/8 inch thick and refrigerate until ready to use.

Bourbon Pumpkin Pie

Ingredients:

- 1 batch Basic Pie Dough
- 2 1/2 cups (20 oz./625 g) pumpkin puree (from about 1 1/2 cans, each 15 oz./470g)
- 1/2 cup (3 1/2 oz./105 g) firmly packed light brown sugar
- 1/2 cup (4 oz./125 g) granulated sugar
- 1 Tbsp. all-purpose flour
- 1/2 tsp. kosher salt
- 1 1/2 tsp. ground cinnamon
- 1/2 tsp. ground ginger
- 1/2 tsp. freshly grated nutmeg
- 2 whole eggs plus 2 egg yolks
- 1 cup (8 fl. oz./250 ml) heavy cream/ Silk Dairy Free whipping cream)
- 3 Tbsp. bourbon
- 2 Tbsp. fresh lemon juice
- 1 vanilla bean, split and seeds scraped, seeds reserved
- Whipped cream for serving

Instructions:

Preheat the oven temperature to 400°F (200°C).

Roll out the pie dough into a 12-inch (30-cm) round about 1/8 inch (3 mm) thick.

Transfer the dough to a 9-inch (23-cm) pie dish and fit the dough into the dish. Trim the edges, leaving a 1/2-inch (12-mm) overhang. Fold under the excess dough and, using your thumb, decoratively flute the edges. Using a fork, gently poke holes in several places on the bottom of the crust. Freeze for 15 minutes.

Line the pie crust with parchment paper or aluminum foil and fill with pie weights. Bake until the crust starts to set, about 15 minutes. Remove the parchment and weights and bake until the crust is light golden brown, about 5 minutes more. Transfer to a wire rack and let cool completely, about 30 minutes. Reduce the oven temperature to 375°F. Meanwhile, in a large bowl, whisk together the pumpkin puree, brown sugar and granulated sugar. Add the flour, salt, cinnamon, ginger and nutmeg and whisk until smooth. Add the eggs and egg yolks and whisk until combined. Add the cream, bourbon, lemon juice and vanilla bean seeds and whisk until smooth. Pour the filling into the cooled pie crust.

Place the pie dish on a baking sheet. Bake until the filling is set, about 1 hour and 15 minutes, covering the edges of the crust with aluminum foil if they brown too quickly. Transfer the pie dish to the wire rack and let the pie cool completely, about 4 hours, before serving. Spoon the whipped cream into the center of the pie. Serves 12.

Blueberry Pie

Ingredients:

- 2 rolled-out rounds Basic Pie Dough
- 4 cups blueberries
- 1 Tbs. fresh lemon juice, strained
- 3/4 cup sugar
- 3 Tbs. cornstarch
- 1/2 tsp. finely grated lemon zest
- 1/4 tsp. salt
- 1/4 tsp. ground cinnamon
- 1 Tbs. cold unsalted butter, cut into small pieces

Instructions:

Fold 1 dough round in half and carefully transfer to a 9-inch pie dish. Unfold and ease the round into the pan, without stretching it, and pat it firmly into the bottom and up the sides of the pan. Using kitchen scissors, trim the edge of the dough, leaving 3/4 inch of overhang. Set the dough-lined pan aside, along with the other dough round, in a cool place until ready to use.

Place the blueberries in a large bowl, sprinkle with the lemon juice and toss to coat evenly. In a small bowl, stir together the sugar, cornstarch, lemon zest, salt and cinnamon. Sprinkle the sugar mixture over the berries and toss to distribute evenly. Immediately transfer to the dough-lined pan. Dot with the butter.

Fold the reserved dough round in half and carefully position it over half of the filled pie. Unfold and trim the edge neatly, leaving 1 inch of overhang, then fold the edge of the top round under the edge of the bottom round and crimp the edges to seal. Using a small, sharp knife, cut an asterisk 4 to 5 inches across in the center of the top to allow steam to escape during baking.

Refrigerate the pie until the dough is firm, 20 to 30 minutes. Meanwhile, position a rack in the lower third of an oven and preheat to 375°F.

Bake the pie until the crust is golden and the filling is thick and bubbling, 50 to 60 minutes. Transfer to a wire rack and let cool completely to set, 1 to 2 hours. Serve at room temperature or rewarm in a 350°F oven for 10 to 15 minutes just before serving. Makes one 9-inch pie; serves 8.

Note: If fresh blueberries are unavailable, use frozen blueberries (without thawing them first) and increase the baking time by 10 to 15 minutes.

Banana Cream Pie

From The Joy of Baking

After seeing my family enjoying this dessert at a local restaurant, I decided to make a Dairy Free one for myself. The result is equally good, I promise.

Ingredients:

Shortbread Crust:

- 1 cup (130 grams) all purpose flour
- 1/3 cup (35 grams) confectioners (powdered or icing) sugar
- 1/8 teaspoon salt
- 1/2 cup (113 grams) cold unsalted butter, cut into pieces (or DF butter sticks)

Pastry Cream:

- 1 1/4 cups milk (whole or 2%, Lactaid or unsweetened almond milk)
- 1/2 vanilla bean, split lengthwise or 1 teaspoon pure vanilla extract
- 3 large egg yolks
- 1/4 cup (50 grams) granulated white sugar
- 2 tablespoons (20 grams) all-purpose flour
- 2 tablespoons (20 grams) cornstarch
- 1 tablespoon rum (optional)
- 2-3 large bananas, peeled sliced

Whipped Cream:

- 1 cup (240 ml) cold heavy whipping cream / Silk dairy free whipping cream alternative
- 2 tablespoons (20 grams) confectioners (powdered or icing) sugar
- 1/4 teaspoon pure vanilla extract

Instructions:

Shortbread Crust: Butter or lightly spray with a nonstick vegetable cooking spray, an 8 - 9 inch (20 - 23 cm) tart pan with a removable bottom.

In your food processor, place the flour, sugar, and salt and process to combine. Add the butter and pulse until the pastry starts to come together and form clumps. Place the pastry in the prepared tart pan and, using your fingertips, evenly press the pastry onto the bottom and up the sides of the pan. (Can use the back of a spoon to smooth the surface of the pastry.) Pierce the bottom of the crust with the tines of a fork. This will

prevent the pastry crust from puffing up while it bakes. Cover and place the pastry crust in the freezer for 15 minutes to chill. This will help prevent the crust from shrinking while it bakes.

Preheat the oven to 425 degrees F and place the rack in the center of the oven. Place the tart pan on a larger baking sheet and bake until the crust is golden brown, about 13 - 15 minutes. Remove from the oven and place on a wire rack to cool. Can be covered and stored for a few days.

Pastry Cream: In a medium-sized heatproof bowl, mix the sugar and egg yolks together. Whisk the flour and cornstarch (corn flour) together and then add to the egg mixture, mixing until you get a smooth paste.

Meanwhile, in a saucepan bring the milk and vanilla bean just to boiling, until milk starts to foam up.

Remove from heat and add slowly to egg mixture, whisking constantly to prevent curdling. If you get a few pieces of egg (curdling) in the mixture, pour through a strainer. Remove vanilla bean, scrape out seeds, and add the seeds to the egg mixture. The vanilla bean can be washed and dried and placed in your sugar bowl to give the sugar a vanilla flavor. Then pour the egg mixture into a medium saucepan and cook over medium heat until boiling, whisking constantly.

When it boils, whisk mixture constantly for another 30 - 60 seconds until it just becomes thick. Remove from heat and immediately whisk in the rum (if using). Stir in vanilla extract if using instead of a vanilla bean.

Pour into a clean bowl and immediately cover the surface with plastic wrap to prevent a crust from forming. Cool to room temperature before using. If not using right away refrigerate until needed, up to 3 days. Whisk or stir before using to get rid of any lumps that may have formed.

Whipped Cream: Put your mixing bowl and whisk in the freezer for about 15 minutes. Then beat the whipping cream, powdered sugar, and vanilla extract just until stiff peaks form.

To Assemble: Spread pastry cream evenly over cooled crust. Top with sliced bananas. Spread the whipped cream over the bananas. Can dust with cocoa powder, shaved chocolate or chopped buttercrunch toffee. Can be covered and stored in the refrigerator for several hours.

Serves 8 - 10 people. Preparation time 1 hour.

Apple Crumble

Ingredients:

For the filling:

- 1/4 cup granulated sugar
- 2 tablespoons cornstarch
- 1 teaspoon ground cinnamon
- 2 pounds tart baking apples (about 6 medium or 4 large), such as Granny Smith or Honeycrisp, peeled or unpeeled, cored, and sliced 1/4-inch thick
- 1 tablespoon freshly squeezed lemon juice

For the topping:

- 1 cup all-purpose flour
- 1/2 cup packed light or dark brown sugar
- 1/2 cup chopped pecans or walnuts, toasted (optional)
- 1 teaspoon baking powder
- 1/4 teaspoon kosher salt
- 8 tablespoons (1 stick) unsalted butter, at room temperature, plus more for the baking dish

Instructions:

Heat the oven to 375°F and prepare the baking dish. Arrange a rack in the middle of the oven and heat the oven to 375°F. Coat an 8- or 9-inch square or other 2- to 2 1/2-quart baking dish with butter; set aside.

Prepare the fruit filling. Whisk the sugar, cornstarch, and cinnamon together in a large bowl to break up any lumps. Add the apples and lemon juice and toss gently to coat. Transfer to the baking dish and spread into an even layer.

Prepare the crumble topping. Add the flour, sugar, nuts (if using), baking powder, and salt to the now-empty bowl and whisk to combine. Cut the butter into a few large pieces and toss these in the dry ingredients. Using your fingers, a fork, or a pastry cutter, work the butter into the dry ingredients until large, heavy crumbs are formed.

Scatter the crumble topping over the fruit. Scatter the crumble topping evenly over the fruit mixture, leaving large clumps intact.

Bake the crumble for 30 to 35 minutes. Bake until the fruit juices are bubbling around the edges of the baking dish and the topping is golden and firm to the touch, 30 to 35 minutes.

Cool the crumble. Let the crumble cool on a wire rack for at least 15 minutes before serving. If transporting to a picnic or party, let the crumble cool completely to give the fruit filling time to set.

Enjoy Cooking with your families!! Stay safe...Stay healthy!!

