

SLF Week Eighteen 2020

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Garlic Bok Choy with Shallots

Adapted from The Forked Spoon (www.theforkedspoon.com)

Total Time ~ 10 minutes

Serves 6

This is super simple, serve it grilled salmon for one of my favorite combinations.

Ingredients:

1 Tbs oil

5 cloves garlic, minced

2 shallots, minced

2 pounds baby bok choy, halved or quartered

2 Tbs soy sauce

1 tsp sesame oil

1 tsp crushed red pepper (optional)

Directions:

Add the oil to a large wok or skillet over medium-high heat. Swirl to coat the entire surface of the pan. Add the garlic and shallots, stirring continuously for 1-2 minutes, or until fragrant.

Add the bok choy, soy sauce, and sesame oil. Toss to coat and cover. Cook for 1-2 minutes, uncover and toss, and then cover and continue to cook until bok choy is cooked to desired doneness (approximately 3-5 minutes more).

Sprinkle with crushed red pepper and serve immediately. Enjoy!

Boy Choy Salad with Sesame Soy Sauce

Adapted from Running to the Kitchen (www.runningtothekitchen.com)

Total time ~10 minutes

Serves 3-4

Don't feel like cooking? Try this great, easy salad!

Ingredients:

4 baby bok choy, washed and thinly sliced

1 carrot, thinly sliced or peeled

2 stalks of celery, thinly sliced

1 red pepper, thinly sliced

2 ½ Tbs EVOO

1 Tbs sesame oil

1 Tbs rice wine vinegar

1 tsp soy sauce

1 tsp agave (or honey)

salt & pepper

sesame seeds

Directions:

Combine all vegetables in a large bowl.

Whisk together dressing ingredients (olive oil through salt & pepper) and pour over vegetables.

Toss well to fully dress the salad.

Garnish with sesame seeds.

Broccoli Caesar Salad

Adapted from Bon Appetit (www.bonappetit.com)

Serves 6-8

Look at this spin on this go to salad! This makes a large salad so cut back as needed.

Ingredients:

2 oil-packed anchovy fillets (optional)
1 garlic clove, thinly sliced
¼ cup fresh lemon juice
2 tsp Dijon mustard
Kosher salt
1 large egg yolk or 2 Tbs mayonnaise
½ cup EVOO
3 Tbs grated Parmesan, plus more shaved for serving
2 medium heads of broccoli, about 1½ lb
¼ head of savoy or Napa cabbage
Finely grated lemon zest (for serving)
Freshly cracked black pepper

Directions:

Using the side of a chef's knife, mash anchovies, if using, and garlic on a cutting board until a smooth paste forms. Transfer paste to a large bowl and whisk in lemon juice, mustard, and a big pinch of salt. Add egg yolk (or mayonnaise) and whisk until smooth. Gradually add oil, whisking constantly until emulsified. Whisk in 3 Tbsp. grated Parmesan.

Trim woody ends from broccoli stems, preserving as much stem as possible. Peel any thick stems to expose tender inner cores. Cut off florets as close to the dark green flowers as possible and break into bite-size pieces. Add to bowl with dressing. Starting at the floret ends of the stems, slice very thinly crosswise and add to bowl. Thinly slice cabbage crosswise (you should have about 2 cups) and add to bowl with broccoli. Toss until broccoli and cabbage are combined and evenly coated with dressing; season with salt. Let sit 10 minutes.

Top salad with shaved Parmesan, some lemon zest, and a few healthy grinds of pepper.

Marinated Onions- Magic Elixirs

Adapted from No Crumbs Left (www.nocrumbsleft.net)

Thanks to Alison for sharing this one last week! A great idea for those onions! These live on your counter and can be added to anything!

Ingredients:

1 small red onion
¾ cup EVOO
1 T dried oregano
1 T red wine vinegar

Directions:

Thinly slice the red onion and place in a low bowl.

In a separate bowl, stir the olive oil, red wine vinegar and dried oregano together to combine well. Pour the mixture over the onions, making sure they are submerged.

Let sit on counter at room temperature to marinate for at least an hour.

Keeps for two days unrefrigerated.

Roasted Butternut Squash with Cider Vinaigrette

Adapted from Country Living (www.countryliving.com)

Total time 40 minutes

Serves 6

Roasting winter squashes really bring out their creamy sweetness, I love trying different toppings on them like this.

Ingredients:

2 small butternut squash (about 1 1/2 pounds each), peeled, seeded, and cut into 1/2-inch-thick slices

1 medium red onion, cut into wedges

3 Tbs EVOO, divided

kosher salt

freshly ground black pepper

1 cup apple cider

1 1/2 Tbs whole grain mustard

1 Tbs red wine vinegar

2 Tbs fresh flat leaf parsley, chopped

Directions:

Preheat oven to 425°F. Toss squash and onion with 2 tablespoons oil on two rimmed baking sheets. Season with salt and pepper.

Roast, rotating pans once, until golden brown and tender, 20 to 25 minutes.

Meanwhile, bring cider to a boil in a small saucepan over high heat. Reduce heat to low and gently simmer until liquid has reduced to 3 tablespoons, 12 to 15 minutes.

Whisk together mustard, vinegar, reduced cider, and remaining 1tablespoon oil in a bowl. Season with salt and pepper. Stir in parsley.

Drizzle squash and onion with vinaigrette just before serving.

Sausage & Apple Honeynut Squash

Adapted from Garden in the Kitchen (www.gardeninthekitchen.com)

Total time 30 minutes

This recipe screams fall! A great Thanksgiving dish if you can save that honeynut!

Ingredients:

3 whole honeynut squash, halved
2 Tbs EVOO
1 pinch sea salt and pepper
4 Andouille sausages
1 whole honeycrisp apple, cubed
1 cup celery, chopped
½ cup dried cranberries
1 tsp each oregano, sage, garlic herb
2 sprigs fresh rosemary

Directions:

Pre-heat oven to 400F degrees.

Wash the skin of honeynut squash and towel dry. Cut in half the lengthwise. Remove the seeds and clean the cavity well. Brush the squash with olive oil and season with salt and pepper to taste. Garnish with fresh rosemary. Bake for 30 minutes uncovered.

Meanwhile, heat oil in cast iron. Add sausage, apple, celery and sauté on medium heat for 15 minutes or until apple is soft and sausage start to turn golden brown. Add dried cranberries and season with salt, pepper, oregano, sage and garlic herb.

Remove honeynut squash from oven. Fill the cavity with sausage apple mix. Top with fresh rosemary and serve.

Creamy Radish Soup

Adapted from Eating Well (www.eatingwell.com)

Total time ~30 minutes

Serves 4

Make this ahead and store in the fridge for up to 3 days! It's a great light soup!

Ingredients:

2 T EVOO

2 cups sliced radishes (from 2 bunches), divided

½ cup chopped onion

1 medium Yukon Gold potato (about 8 ounces), peeled and cut into 1-inch cubes

2 cups milk

½ tsp salt

¼- ½ tsp white or black pepper

¼ cup reduced-fat sour cream

1 T chopped fresh radish greens or parsley

Directions:

Heat oil in a large saucepan over medium-high heat. Add 1¾ cups radishes and onion and cook, stirring frequently, until the onions are beginning to brown and the radishes are translucent, about 5 minutes. Add potato, milk, salt and pepper to taste. Bring to a boil, stirring occasionally.

Reduce heat to a simmer, cover and cook, stirring occasionally, until the potato is tender, about 5 minutes more. Working in batches, puree the mixture in a blender (or in the pan with an immersion blender) until smooth. (Use caution when pureeing hot liquids.)

Slice the remaining ¼ cup radishes into matchsticks. Serve each portion of soup topped with 1 tablespoon sour cream, some radish matchsticks and a sprinkling of radish greens (or parsley).

Salmon, Avocado & Radish Salad

Adapted from Every Last Bite (www.everylastbite.com)

Serves 2-4

Don't skip out on the pickled onions, they are such a great addition and only take 30 minutes to pickle!

Ingredients:

Salad-

6 cups shredded bibb lettuce (or romaine)
1 large avocado cut into thin slices
5 radishes washed, trimmed and cut into thin slices
½ large cucumber cut into thin slices

Pickled Onions-

1 medium red onion thinly sliced
½ cup apple cider vinegar
½ cup water
¼ tsp salt
½ tsp black peppercorns

Creamy Dill Dressing-

1/3 cup mayonnaise
1 T apple cider vinegar
1 tsp lemon juice
1 clove garlic
2 T fresh dill
1 T fresh parsley
¼ tsp salt
½ tsp pepper

Salmon

300 grams salmon fillet (10-11 ounces)
1 T EVOO
pinch salt & pepper

Directions:

Pickled Onions-

In a small sauce pan on high heat combine the apple cider vinegar, water, salt and peppercorns and bring to a boil. Place the thinly sliced red onion in a bowl and once the liquid is boiling, pour it into the bowl. Let the onions marinate for at least 20 minutes.

Creamy Dill Dressing-

Combine all of the dressing ingredients in a blender and blend until smooth. Taste and adjust the flavour with more salt or lemon depending on your preferences. Store in the fridge until ready to use.

Salmon-

Heat the olive oil in a pan on medium heat. Season the salmon with the salt and pepper and then cook the salmon for 3 minutes per side until cooked through. Remove the salmon from the pan, place on a board and break into flakes using a fork.

Assembling the Salad-

Place the shredded lettuce in a bowl, top with the radishes, sliced avocado, cucumber, flaked salmon, pickled onion and toss with the dressing right before serving.

Grilled Beef with Broccoli

Adapted from Bon Appetit (www.bonappetit.com)

Serves 4

This is my go to meal when I have broccoli! We love using coconut aminos instead of soy sauce.

Ingredients:

6 garlic cloves, grated

1 3-inch piece ginger, peeled, grated

$\frac{3}{4}$ cup oyster sauce

$\frac{3}{4}$ cup Shaoxing wine (Chinese rice wine)

$\frac{3}{4}$ cup soy sauce

$\frac{1}{4}$ cup toasted sesame oil

3 Tbs mild-flavored (light) molasses

3 Tbs unseasoned rice vinegar

1 $\frac{1}{2}$ pounds flank steak

2 medium heads of broccoli (about 1 pound), stems peeled, heads halved lengthwise

Sliced scallions, toasted sesame seeds, and cooked white rice (for serving)

Directions:

Whisk garlic, ginger, oyster sauce, wine, soy sauce, oil, molasses, and vinegar in a medium bowl. Place steak in a large resealable plastic bag and pour in 2 cups marinade; set remaining marinade aside. Seal bag, turn to coat, and let steak marinate in refrigerator at least 1 hour and up to 12.

Prepare a gas grill for 2-zone heat; set one burner at medium and one or two burners at medium-high. Alternatively, prepare a charcoal grill for medium-high heat. Grill steak over medium-high heat, turning occasionally, until charred, 3–5 minutes per side for medium-rare. Transfer to a cutting board and let rest 10 minutes. Slice against the grain into $\frac{1}{2}$ "-thick strips.

Meanwhile, stir $\frac{1}{2}$ cup reserved marinade and $\frac{1}{2}$ cup water in a small bowl to combine. Brush broccoli all over (crowns and stems) with some of the thinned marinade. Grill over medium heat, turning occasionally and basting frequently with thinned marinade, until charred and tender, about 12 minutes. Transfer to a platter and let cool slightly before breaking into large pieces.

Divide steak and broccoli among plates. Top with scallions and sesame seeds. Serve with rice and remaining marinade alongside.

Fresh Pumpkin Pie

Adapted from Taste of Home (www.tasteofhome.com)

Makes 8 servings

This is real pumpkin pie!

Ingredients:

1 medium pie pumpkin

Pastry for single-crust pie (9 inches)

2 Eggs

$\frac{3}{4}$ cup packed brown sugar

1 tsp ground cinnamon

$\frac{1}{2}$ tsp salt

$\frac{1}{2}$ tsp ground ginger

$\frac{1}{4}$ tsp ground cloves

1 cup milk

Whipped cream, optional

Directions:

Cut pumpkin in half lengthwise; discard seeds. Place cut side down in a microwave-safe dish; add 1 in. of water. Cover and microwave on high for 15-18 minutes or until very tender (or roast in the oven).

Meanwhile, roll out pastry to fit a 9-in. pie plate. Transfer pastry to pie plate. Trim pastry to $\frac{1}{2}$ in. beyond edge of plate; flute edges. Set aside.

Drain pumpkin. When cool enough to handle, scoop out pulp and mash. Set aside 1- $\frac{3}{4}$ cups (save remaining pumpkin for another use).

In large bowl, combine the mashed pumpkin, eggs, brown sugar, cinnamon, salt, ginger and cloves; beat until smooth. Gradually beat in milk.

Pour into crust.

Bake at 425° for 15 minutes. Reduce heat to 350°; bake until a knife inserted in the center comes out clean, 40-50 minutes longer.

Cover edges with foil during the last 30 minutes to prevent over-browning if necessary. Cool on a wire rack.

If desired, pipe whipped cream around edge of pie using a star tip. Refrigerate leftovers.

How to Roast a Pumpkin

Total time ~60 minutes

Roast your pumpkin to enjoy now, or freeze it in a freezer safe bag for later this winter!

Ingredients:

- 1 pie pumpkin
- 1 Tbs coconut or avocado oil (if avoiding oil, sub water)
- 1 pinch sea salt

Directions:

Preheat oven to 350 degrees F and line a baking sheet with parchment paper.

Using a sharp knife, cut pumpkin in half lengthwise (removing the top and bottom is optional). Then use a sharp spoon or ice cream scoop to scrape out all of the seeds and strings.

Brush the pumpkin flesh with oil and place flesh down on the baking sheet. Pierce skin a few times with a fork or knife to let steam escape.

Bake for 45-50 minutes or until a fork easily pierces the skin. Then remove pan from the oven, let the pumpkin cool for 10 minutes, then scoop out and use for whatever dish you'd prefer! See text links above.

If turning into purée, simply scoop pumpkin into a high-speed blender or food processor and blend until creamy and smooth. if it has trouble blending, add a little water. But it shouldn't need it!

Baked pumpkin and pumpkin purée will keep covered in the refrigerator up to 1 week, or in the freezer for up to 3 months.

The ORIGINAL PUMPKIN PIE

Adapted from Souffle Bombay (www.soufflebombay.com)

Total time 1 hour 15 minutes

Serves 4-5

Yes, this is baked IN THE PUMPKIN. Great dish to serve over Thanksgiving!

Ingredients:

1 small pumpkin (4-5 inches in height and 18 inches in diameter, sugar pumpkins work great)

$\frac{3}{4}$ cup sugar

3 large eggs plus 4 egg yolks

$\frac{1}{2}$ T vanilla bean paste or vanilla extract

2 cups heavy cream

1 tsp of cornstarch

Pinch of salt

Directions:

Prepare your pumpkin by scooping out the seeds and pulp, place it on a baking sheet, do not put the top of the pumpkin (stem) on the sheet just yet.

Preheat oven to 400 degrees.

In a mixing bowl combine the sugar, eggs, and vanilla and whisk until combined.

Add the heavy cream, cornstarch, and salt and whisk until fully combined.

Pour mixture into your prepared pumpkin (allowing about $\frac{3}{4}$ of an inch space between the filling and the top of the pumpkin and begin baking it.

Bake at 400 degrees uncovered.

After 15 minutes, cover the top of the pumpkin loosely with foil (don't let it touch the top of the custard or it will stick and "ruin" the appearance) and bake another 15 minutes.

Lower oven temp to 375, place the top of the pumpkin on the tray and continue baking for 15 minutes more.

Remove the foil and bake an additional 30 minutes or until a knife inserted into the custard comes out mostly clean.

Turn off the oven, allow the pumpkin to cool for an hour, then place it in your cold garage (loosely covered with wrap or foil) or your refrigerator and allow the custard to set 6 hours or overnight. When ready to serve, scoop out custard into small dishes (you can scrape the sides a bit as you scoop it out if you choose to scrape off some of the cooked pumpkin for additional flavor, I am sure the Pilgrims wasted nothing).

Best Ever Salty Herbed Smashed Potatoes

Adapted from Domestic Super Hero (www.domesticssuperhero.com)

Total time ~45 minutes

Serves 4

I am a potato girl at heart! Smashed potatoes are one of my favorites, especially with a fried egg!

Ingredients:

12 red potatoes

kosher salt

ground black pepper

olive oil

dried basil leaves

dried thyme leaves

dried rosemary

Directions:

In a large stock pot filled halfway with water, bring to boil and liberally salt water. Add red potatoes, and boil for 15 minutes, or until they are fork tender. Strain; set aside.

Preheat oven to 450 degrees F. Using a baking sheet, drizzle some olive oil onto the sheet, and spread around using hand (or paper towel). Line your potatoes up 4 to a row, 3 across, making sure they aren't too close to each other.

Using a potato masher or strong fork, press down in the center to smash your potato; repeat for all potatoes.

Drizzle olive oil over the tops of the potatoes, then brush around the entire potato (I used a basting brush).

Sprinkle kosher salt, pepper, and all herbs over the tops of the potatoes.

Place into oven and bake for 20 minutes, or until browned on the top