



# FARM-TO-TABLE RECIPES FALL

(courtesy of Midwest Culinary Institute)

## Creamy Butternut Squash Soup

Butternut Squash, peeled & cut into chunks	2 lbs.
Chicken Stock	1 qt.
Heavy Cream	1 cup
Salt and Pepper	TT (to taste)
Cayenne	¼ tsp.
Sugar	1 Tbsp.
Chives	

1. Combine squash and stock in a saucepan and bring to a boil. Reduce heat and simmer until squash is very tender (about 20 min.).
2. Cool a bit for safety's sake and then puree.
3. Stir in cream, s&p, and cayenne.
4. Taste and add the sugar.
5. Garnish with chives.

### Roasted Butternut Squash & Apples

Butternut Squash, peeled & cut into chunks	1 squash
Apples, firm & tart, peeled, cored, cut into chunks	3-4 apples
Canola oil	2 oz.
Curry powder (or seasoning of your choice)	3 Tbsp.
Salt	2 tsp.
Pepper	½ tsp.
Sugar	1 Tbsp.

1. Preheat oven to 400 degrees. Place butternut squash chunks in a bowl.
2. Add oil and all the seasonings to the squash and toss to coat.
3. Heat an oven-proof skillet over medium high heat.
4. When skillet is hot, carefully add squash and immediately toss to prevent sticking.
5. Reduce heat to medium and continue to cook, tossing occasionally.
6. As soon as the squash begins to color, add the chunks of apple, toss to mix, and place in the oven.
7. Bake in the oven until squash and apples are tender, about 15 minutes.
8. Correct the seasoning and serve.

### Other seasonings for Roasted Butternut Squash

1. Salt- Onion, garlic, seasoned
2. Pepper- Black, white, cayenne, lemon
3. Blends- Cajun, Greek, Mexican
4. Paprika, chili powder
5. Cinnamon, pumpkin pie spice
6. Dried herbs (thyme, rosemary, parsley)
7. Fresh herbs (dill, chives, cilantro) after cooking
8. Minced garlic



### **Pork Tenderloin with Sauce Normandy**

Pork Tenderloin, trimmed and tied	1
Canola oil	1 oz.
Salt & Pepper	TT (to taste)
Apple, peeled, cored and sliced	1 apple
Applejack	3 oz.
Whipping Cream	4 oz.
Butter	1 Tbsp.

1. Preheat oven to 325 degrees.
2. Season the pork all over with salt and pepper.
3. Heat an oven-proof skillet over medium high heat.
4. When skillet is hot, add the oil and carefully place the pork into the skillet.
5. Brown the pork on all sides and then place the skillet in the oven.
6. Roast until the pork reaches an internal temperature of 145 degrees (about 30-40 min.).
7. Remove pork to platter and allow to rest.
8. Place skillet on the stovetop over medium heat and add apple slices.
9. Cook apple slices in residual oil and meat drippings for 2 minutes.
10. Carefully add applejack to skillet (it will flame). When flames subside, add cream and allow it to cook until it reduces and thickens.
11. Meanwhile remove the string from the pork and slice.
12. Swirl the butter into the sauce and serve immediately.