



# In The Kitchen *November 2019*

with *Christine Ciancetta*

## New Traditions



### Roasted Golden Beet, Fennel and Citrus Salad

- 2 medium red or Chioggia beets, tops trimmed
- 2 medium golden beets, tops trimmed
- 2 blood oranges (if available)
- 1 grapefruit
- 1 medium navel orange (preferably Cara Cara)
- 1 tablespoon fresh lemon juice
- 1 tablespoon fresh lime juice
- ½ small fennel bulb, very thinly sliced crosswise on a mandolin
- ¼ red onion, very thinly sliced on a mandoline (about ⅓ cup)

- Good-quality extra-virgin olive, pumpkin seed, or walnut oil (for drizzling)
- Coarse sea salt, such as fleur de sel or Maldon sea salt
- Freshly ground black pepper
- ¼ cup loosely packed fresh soft herbs of choice: cilantro, chervil, chives, basil

Preheat oven to 400°F. Wash beets, leaving some water on skins. Wrap individually in foil; place on a rimmed baking sheet and roast until beets are tender when pierced with a knife, about 1 hour. Let cool. Meanwhile, using a sharp knife, trim all peel and white pith from all citrus; discard. Working over a medium bowl, cut between membranes of 2 blood oranges to release segments into bowl; squeeze juice from membranes into bowl and discard membranes. Slice remaining citrus crosswise into thin rounds. Place sliced oranges in bowl with the segments. Add lemon juice and lime juice.

Peel cooled beets. Slice 2 beets crosswise into thin rounds. Cut remaining 2 beets into wedges. Strain citrus juices; reserve. Layer beets and oranges on plates, dividing evenly. Arrange fennel and onion over beets. Spoon reserved citrus juices over, then drizzle salad generously with oil. Season to taste with coarse sea salt and pepper. Let salad stand for 5 minutes to allow flavors to meld. Garnish salad with herbs. 4-6 servings

### Triple Mushroom Stuffing

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| 12 ounces whole-grain bread, cut into ¾ -inch cubes | ½ cup chopped celery                        |
| 3 tablespoons unsalted butter, divided              | 2 tablespoons chopped fresh thyme           |
| 2 tablespoons canola oil, divided                   | 1 tablespoon minced garlic                  |
| 8 ounces cremini mushrooms, chopped                 | ¼ cup chopped fresh flat-leaf parsley       |
| 8 ounces shiitake mushroom caps, chopped            | ¾ teaspoon freshly ground black pepper      |
| 4 ounces white mushrooms, chopped                   | ¼ teaspoon kosher salt                      |
| 1 tablespoon sherry vinegar                         | 2½ cups unsalted chicken or vegetable stock |
| 1½ cups chopped yellow onion                        | 2 large eggs                                |

Preheat oven to 400°F. Arrange bread cubes in a single layer on a rimmed baking sheet. Bake at 400°F for 20 minutes or until golden, stirring after 10 minutes. Place the bread cubes in a large bowl. Reduce the oven temperature to 350°F.

Heat a large skillet over medium-high. Add 1 tablespoon butter and 1 tablespoon oil; swirl until butter melts. Add mushrooms; cook 10 minutes or until browned and liquid evaporates. Add vinegar, scraping pan to loosen browned bits. Add mushroom mixture to bread cubes; toss to combine. Return skillet to medium-high. Add remaining 1 tablespoon oil; swirl. Add onion, celery, thyme, and garlic; sauté 10 minutes. Remove pan from heat; stir in parsley, pepper, and salt. Add onion mixture to bread mixture; toss to combine. Melt remaining 2 tablespoons butter in skillet. Combine butter, stock, and eggs in a bowl, stirring with a whisk. Drizzle stock mixture over bread mixture; toss. Let stand 10 minutes or until liquid is absorbed, stirring occasionally. Spoon bread mixture into a 2-quart glass or ceramic baking dish coated with olive oil. Bake at 350°F for 25 minutes or until browned.



**POWERS**

This fall Bayview School of Cooking is proudly featuring delicious wines from Powers Winery

## Herbed Wild Rice Stuffed Delicata Squash with toasted seeds and dried cranberries

*For the roasted squash:*

4 medium delicata squashes (about 1 pound each)  
1 tablespoon olive oil

*For the stuffing:*

2 cups wild rice mix (see recipe below)

3¼ cups vegetable or turkey stock

Salt to taste

1 tablespoon extra virgin olive oil

1 small or medium onion, finely chopped

1 cup diced celery

2 garlic cloves, minced (optional)

1 tablespoon butter

2 apples, cored and cut in ½-inch dice

⅓ cup lightly toasted pecans, coarsely chopped

⅓ cup toasted pumpkin seeds

¼ cup toasted sunflower seeds

2 tablespoons finely chopped fresh sage

⅓ cup dried cranberries

Combine the wild rice mix with 3½ cups stock or water in a heavy saucepan. Bring to a boil. Reduce the heat, cover and simmer the rice for about 45 minutes, until the rice is tender and all of the liquid has been absorbed. Turn off the heat and let sit for 10 to 15 minutes. While the rice is cooking, heat the oil over medium heat in a large, heavy skillet and add the onion. Cook, stirring often, until the onion begins to soften, about 3 minutes. Add the celery and continue to cook until the onion is completely tender, another 3 to 4 minutes. Stir in the garlic and cook, stirring, until it is fragrant. Remove from the heat and transfer to a large bowl. Add the cooked rice and stir together. Return the skillet to the stove and heat over medium heat. Add the seeds and shake the pan often to toast until browned, about 5 minutes. Add seeds to the rice mix. Return pan to the stove over medium-high heat. Add the butter, and when the foam subsides add the apples. Cook, stirring or tossing in the pan, until lightly colored, about 5 minutes. Remove from the heat and add to the bowl with the grains. Add the remaining ingredients and stir together. Season to taste with salt and pepper.

While the rice cooks, preheat the oven to 400°F. Use the microwave method from prepping the squash. Line a baking sheet with parchment paper. Using a sharp knife, trim the ends from each squash, then carefully slice them in half lengthwise. Scoop out the seeds using a spoon. Rub lightly with olive oil and place each half, cut side down, on the prepared baking sheet. Bake until tender, about 15-20 minutes.

To serve stuff the rice mixture into the squash so it mounds up over the top of the cavity. Place the stuffed squash in a baking dish and return to a 350°F oven to re-warm them, 10-15 minutes or until heated through. 6-8 servings

### Wild Rice Mix

2 cups long grain brown rice

1 cup wild rice

2 tablespoon parsley (dried flakes)

4 teaspoons Spike seasoning (or Herb Mix)

2 teaspoons thyme (dried)

1 teaspoon dried sage

¼ teaspoon white pepper

1 teaspoon salt

### Herb Mix

1 tablespoon onion powder

1 tablespoon garlic powder

1 tablespoon dried parsley flakes

1 teaspoon dried basil leaves

1 teaspoon dried thyme leaves

1 teaspoon dried marjoram leaves

1 teaspoon white pepper

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## Honey-Ginger Roasted Seasonal Vegetables

2-3 pounds carrots, parsnips and beets,  
cut into fat matchsticks

¼ cup butter

¼ cup honey

½ tablespoon ginger (crushed)

1 tablespoon lemon juice

Preheat oven to 425°F. Line a baking sheet with parchment. Melt butter in a large saucepan then stir in honey, ginger, and lemon juice. Add root vegetables to sauce and mix well. Arrange in a single layer on baking sheet (use 2 sheets, if necessary). Roast the vegetables until tender and golden brown, stirring occasionally (every 15-20 minutes to ensure equal browning). Total roasting time will be about 45 minutes to 1 hour. Salt and pepper to taste. Garnish with diced chives, scallions, or parsley.

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### WINTER SQUASH

#### **Choosing Winter Squash**

Squash should be heavy for their size and have a dull appearance. They should also be firm to the touch with no soft spots, bruises or cuts. If squash are cut, the flesh should have a moist appearance.

*Acorn Squash* - small, ribbed acorn-shaped squash with smooth, dark green skin, often with yellow or pumpkin-colored patches. The skin can also be orange or ivory. The flesh has a mild, slightly sweet flavor.

*Buttercup Squash* - flat and round with a distinctive knot at the top of their dark green and gray-streaked shell. These sweet squash have bright orange flesh with a smooth, dry texture.

*Butternut squash* - long with a slender neck and bulb-shaped end. The smooth, tan-skinned squash have moist yellow-orange flesh with a subtle nutty flavor.

*Delicata squash* - medium-size and slender with a yellow-orange skin and green stripes. Delicata have a creamy yellow flesh with a subtle corn flavor.

*Hubbard squash* - large and often sold in pieces. The tapered shell is dark green, blue-green or orange-colored with small knobs or warts covering the surface. The flesh is yellow-orange with a more coarse texture and mild flavor.

*Spaghetti Squash* - large, oblong squash with pale yellow skin. When cooked, the flesh of this unique squash can be scraped with a fork into thin, delicate strands that can be used similarly to pasta. The flavor is mild with a crunchy texture.

*Turban squash* - with a varying green and vivid orange color and a turban-shaped top. This variety is a good all-purpose squash with a mild flavor.

#### **Storing Winter Squash**

Because of their hard shells, squash may be stored up to six months in a cool, dry place, which allows them to be enjoyed well into the winter months.

#### **Preparing Winter Squash**

##### *Microwave method*

Pierce whole squash (except spaghetti squash) with a knife in several places to allow steam to escape.

Place on microwavable paper towel. Microwave uncovered five minutes or until squash feels warm to the touch. Cut in half; remove seeds and fibers. Arrange halves, cut sides down, in shallow microwavable dish.

##### *Traditional method*

Wash squash, then use a sharp, heavy knife to cut open the squash.

Use a spoon (a grapefruit spoon works well) to easily remove the seeds and fibers.

If a recipe requires peeling the squash before cooking, use a sharp paring knife or vegetable peeler.

#### **Cooking Squash**

##### *How to cook squash in the oven:*

Bake a smaller squash whole by piercing the skin with a knife in several places or by cutting it in half and removing the seeds and fibers. Place it whole, or halves with cut sides up, in an ungreased baking pan or dish.

If baking halves, add about ¼ -inch water to the pan. Dot squash halves with butter, and sprinkle with salt and pepper.

Bake at 350°F for 45 to 60 minutes, depending on the size and variety of the squash. Cool slightly.

If whole, cut open and remove seeds and fibers after baking. Remove skin.

##### *How to cook squash on the stove-top:*

Peel squash, and cut into 1-inch cubes or slices.

To boil, cover and cook in 1-inch boiling water 10 to 15 minutes or until tender.

To steam, place steamer basket in ½-inch water in saucepan or skillet; add squash. Cover tightly and heat to boiling; reduce heat to low. Steam cubes seven to 10 minutes, for slices steam 12 to 15 minutes.

##### *How to cook squash in the microwave:*

Use microwave prep method.

Microwave five to eight minutes longer or until tender. Let stand for five minutes.

To cook spaghetti squash, pierce with knife and place on paper towel as directed. Microwave 18 to 23 minutes, turning once, until tender. Let stand for 10 minutes before cutting.

Adapted from: <https://www.bettycrocker.com/how-to/tipslibrary/ingredients/how-to-cook-winter-squash>

