



In The Kitchen

March 2020

with Barb Agee,

Something from Nothing

Roasted Butternut Squash, Spinach and Sausage Bake with Roasted Tomato Sauce

6 cups butternut squash, 1-inch cubes	3 cloves garlic, thinly sliced
Olive oil	1 teaspoon dried marjoram
Kosher salt and freshly ground pepper	or 2 teaspoons fresh marjoram, chopped
¼ pound pasta,	1 can (28-ounces) crushed fire roasted tomatoes
cooked according to package directions	½ of a 5 ounce container of baby spinach
1 small onion, finely diced	1 cup shredded mozzarella cheese
4 ounces white mushrooms, thinly sliced	1 tablespoon chopped fresh parsley, optional
6 ounces mild Italian sausage, casings removed (3 links)	

Preheat oven to 400°F. In a bowl toss squash with enough oil to lightly coat the squash. Place squash on a baking pan. Sprinkle with salt. Bake 15 to 20 minutes or until the squash is fork tender.

Heat 2 tablespoons of olive oil in a large skillet over medium-high heat. Add the onions and mushrooms, ¼ teaspoon salt and a few grinds of pepper. Cook until vegetables are beginning to brown, about 5 minutes. Add the sausage and cook, breaking up the sausage until no longer pink, about 4 minutes. Add the sliced garlic and marjoram and cook 1 minute longer. Add the tomatoes and ¼ cup water or red wine, bring to a simmer and cook until the sauce has thickened, about 6 minutes.

Cook the pasta according to package directions. Reserve ¼ cup pasta water, then drain. Add the pasta and the reserved water to the meat mixture; stir to coat. Add in the spinach; stir to combine.

Transfer the mixture to a 9-inch x 13-inch casserole dish. Sprinkle the mozzarella over the top. Bake at 350°F for 20 minutes or until heated through. When ready to serve, top with the parsley. Serves 12 main course meals. Leftovers freeze well.

Chunky Potato-Leek Soup

3 tablespoons unsalted butter	Kosher salt
1 large leek, white and light green part only, thinly sliced	4 cups chicken broth or stock
1 medium onion, finely chopped	1¼ pounds Yukon Gold potatoes,
1 small fennel bulb - halved, cored and finely chopped	cut into ½-inch pieces
1 medium celery rib - cut lengthwise, then thinly sliced	3 tablespoons finely chopped parsley
1 medium shallot, finely chopped	1 cup heavy whipping cream
3 sprigs thyme or ½ teaspoon dried thyme	White pepper
2 large garlic cloves, minced	

In a large stock pot, melt the butter. Add the leek, onion, fennel, celery, shallot, thyme, garlic and a generous pinch of salt; cook over medium heat, stirring occasionally, until the vegetables are softened and just starting to turn light brown, about 10 minutes. Add the stock, potatoes and 2 tablespoons of the parsley. Bring to a boil, then simmer over medium-low heat for 30 minutes or until vegetables are tender.

Place 2 cups of the mixture in a food processor and blend until smooth. Return to the pot. Add the cream and simmer until mixture is heated through. Stir in the remaining parsley. Season with salt and pepper; discard thyme stems. Serves 8.



This spring BSC is featuring wines from Benson Vineyards Estate Winery.
Learn more at bensonvineyards.com

Spinach Sauté with Raisins and Pine Nuts

¼ cup raisins
¼ cup pine nuts, toasted
2 tablespoons extra-virgin olive oil
1 small yellow onion, finely chopped (about 1 cup)
1 large garlic clove, finely chopped
15 ounces baby spinach, tough stems removed and well rinsed
Kosher salt and freshly ground black pepper

Put raisins in a small heatproof bowl and add boiling water to cover. Cover the bowl and let stand 10 minutes.

In large skillet, heat the olive over medium heat. Add the onion and sauté until golden brown. Add the garlic and sauté 1 minute longer. Set pan aside.

Put the spinach with the rinsing water clinging to the leaves in another large skillet over medium-high heat until spinach is bright green and wilted. Drain spinach well in a sieve, pressing gently to remove excess moisture.

Add the spinach, drained raisins and pine nuts to the onions and garlic in the skillet; return to medium heat, stir until heated through 1 to 2 minutes. Season, to taste, with salt and pepper.
Makes 4 to 6 servings.

Mushroom Bourguignon

6 tablespoons butter	1½ cups red wine
2 pounds mushrooms, cut into 1-inch chunks (about 10 cups)	1½ cups beef stock
8 ounces pearl onions (2 cups)	1 tablespoon tamari or soy sauce
Kosher salt and freshly ground black pepper	3 large thyme branches
1 large leek, white and green parts, diced (1½ cups)	1 bay leaf
2 carrots, thinly sliced	3 to 4 ounces chanterelle or oyster mushrooms, thinly sliced (1 cup)
3 garlic cloves (2 minced, 1 grated to a paste)	Smoked paprika, for serving
1 tablespoon tomato paste	Chopped flat-leaf parsley, for serving
2½ tablespoons all-purpose flour	

Add 2 tablespoons butter to a large Dutch oven over medium heat. Stir in half the mushrooms and half the pearl onions. Cook the mushrooms until brown on one side. Stir and brown the other side. Transfer to a large bowl. Repeat with another 2 tablespoons butter, mushrooms and pearl onions. Season mushrooms with salt.

Reduce heat to medium-low; add 1 tablespoon butter. Add leeks and carrots; sauté until leeks turn lightly brown. Add the 2 minced garlic; sauté 1 minute. Stir in tomato paste and cook 1 minute. Stir in flour and cook, stirring for 1 minute; then add wine, broth, 1 tablespoon tamari, thyme and bay leaf. Add reserved cooked mushrooms and pearl onions; bring to a simmer and simmer on low heat until carrots and onions are tender and sauce is thick, 30 to 40 minutes. Stir in grated garlic.

Just before serving, heat a small skillet over high heat; add ½ tablespoon chanterelles and let cook until crisp and brown. Repeat with remaining chanterelles. Sprinkle crispy chanterelles with salt and smoked paprika.

Serve Mushroom Bourguignon over polenta, noodles or mashed potatoes; top with crispy mushrooms and parsley. Yields 6 servings.

BayviewSchool of Cooking
www.BayviewSchoolOfCooking.com
<http://BayviewSchoolOfCookingBlog.wordpress.com>