

 cooking local with
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SERVES
8

PREP
50
min

Pumpkin Cheesecake



with Salted Caramel Sauce

Ingredients

Crust:

1½ C crushed ginger
spice cookies
8oz melted
unsalted butter

Filling:

24oz cream cheese,
room temp
16oz pureed pumpkin
4 eggs
1¾ C white sugar
1 tsp ground cinnamon
½ tsp ground allspice
½ tsp ground nutmeg
1 tbsp vanilla extract

Sauce:

4oz unsalted butter
1 C brown sugar
1 tsp vanilla extract
½ C crushed pecans
1 tsp Kosher salt

Directions



CRUST: Combine crumbs and butter in a bowl. The consistency should be like wet sand. Press into a 9-inch spring form pan. Set aside.

FILLING: Preheat the oven to 325 degrees. Beat cream cheese and sugar until smooth. Add the pumpkin, eggs, spices, and vanilla extract. Mix until combined evenly. Pour into the crust and bake for 40 minutes in a water bath. Remove from the oven and let cool for 1 hour. Cover and refrigerate for 4 hours minimum.

SAUCE: In a saucepan over medium heat, melt the butter. Add the sugar and salt. Stir until bubbly. Add the pecans and vanilla extract.

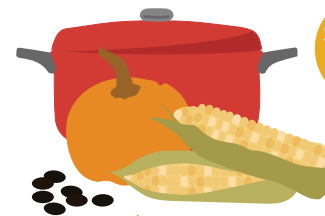
PRESENTATION: On a plate, place a slice of the cheesecake in the center. Top with salted caramel sauce and ice cream, as desired.

Recipe courtesy of Ari Spiewak, St. Supéry Culinary Team

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SERVES
8

TIME
30
min



Black Bean, Corn & Pumpkin Stew

1 Heat a large pan. Add olive oil and heat until smoke appears. Add red peppers and sauté for 3-5 minutes until soft.

2 Stir in cumin, garlic, chili powder, cinnamon, and allspice and sauté for a minute. Mix in the chipotle and jalapeno. Add corn, pumpkin, tomatoes with their juices, the stock and bring to a boil.

3 Cover and simmer for 15 minutes. Add beans, cover and simmer another 5 to 10 minutes or until squash is completely tender. If liquid seems to be evaporating too much, add water ¼ C at a time. Season to taste with salt & pepper.

Garnish

Sprinkle toasted pumpkin seeds and drizzle lime juice for garnish.

Recipe courtesy of Claudia Sansone, Simple to Sophisticated

Ingredients

¼ C olive oil
2 red peppers, diced
1 tsp cumin seeds
2 cloves minced garlic
1 tbsp chili powder
¼ tsp ground cinnamon
¼ tsp ground allspice
¼ C chipotle, diced
2 jalapenos, finely diced
2 C thawed frozen
corn kernels
2 C pumpkin, diced
1 can (16oz)/2 C plum
tomatoes, chopped
2 C vegetable stock
2 cans (16oz) black
beans drained & rinsed
Juice of one lime
Salt & pepper
¼ C toasted pumpkin
seeds for garnish

TOASTING PUMPKIN SEEDS:

Drizzle of olive oil in a small sauté pan. Add pumpkin seeds and stir constantly to prevent burning. When they begin to get golden & pop open they are done!
Toss with desired seasonings.

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Celery Root Soup & Apple Chutney

SERVES
4-8

TIME
60 min

CELERY SOUP

Combine the celery root, parsnip, and leeks in a sauce pot and sweat on low heat until the leeks are opaque.

Add the broth and a pinch of salt. Bring to a boil and then reduce to a simmer, cook for 1 hour on low heat, until the vegetables are tender.

Blend the soup until smooth.

Return the blended soup to the heat and add the cream. Taste for seasoning and add salt as needed.

APPLE CHUTNEY

Peel, core and chop the apples. Combine all ingredients in a sauce pot and bring to a boil. Reduce to a simmer and cook for 30 minutes. Using a stick blender, blend the sauce while hot, until uniform in texture. Cool and reserve.

Recipe courtesy of
Scott Tracy, Nick Pacewicz, St. Supéry Culinary Team

Ingredients

Celery Root Soup:

2 C celery root, roughly chopped
½ C parsnip, roughly chopped
1 C leek, roughly chopped (white portion only)
2 qt vegetable broth
1 qt heavy cream
Salt to taste

Apple Chutney:

2 C apple juice
1 C sugar
1½ lbs granny smith apples
½ C lemon juice
10 garlic cloves
1" section of ginger, peeled
2 tsp salt
1 tsp crushed red pepper flakes
1 C golden raisins
2 tbsp yellow mustard seed

garnish

celery root soup with apple chutney.
The chutney also makes an excellent condiment for roasted meats.

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SERVES
6

TIME
3 hours

Pot Roast with Root Vegetables & Merlot

Ingredients

Preheat a Dutch oven over a medium-high burner for about 3 minutes, or until very hot to the upper rim.

Season the meat with 2 tsp salt & pepper. Add the vegetable oil to the hot Dutch oven and allow it to heat just until it begins to smoke. Add the meat and sear on all sides until deep golden.

Pour off excess fat. Deglaze with the Merlot and cook for 3 minutes. Stir in the diced tomatoes and garlic, then arrange the vegetables and potatoes around the meat. Season with salt & pepper and sprinkle the herbs over the meat and vegetables. Cover the pot and reduce the heat to low. Cook for about three hours or until fork tender. Turn the meat and stir the vegetables once after about one hour.

Slice the pot roast against the grain, and transfer to a deep serving platter. Surround the sliced meat with the vegetables and juices and serve.

Recipe courtesy of Mirassou Winery



ask your butcher to trim the fat!



1 tri-ti or bottom round roast, 3 lbs
Salt & Pepper to taste
2 tbsp vegetable oil
1 C Merlot
1 C canned diced tomatoes in juice
6 whole cloves garlic, peeled
8 small boiling onions, peeled
2 medium carrots, chopped
2 parsnips, chopped
1 small turnip, chopped
1 small celery root, chopped
12 small white button mushrooms
12 small Yukon Gold potatoes
1 bay leaf
2 tsp fresh thyme leaves, stripped from the stem
2 tbsp fresh sage, chopped

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SERVES
10-12

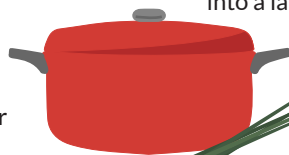
TIME
2
hours

Ingredients

- 2 butternut squash, 7-8 lbs
- 3 firm ripe Bartlett pears, chopped
- 2 medium onions, diced
- 1 lb + 4 tbsp unsalted butter
- 2 tbsp olive oil
- 4 C vegetable or chicken stock
- ½ bunch chives, snipped
- Ground nutmeg
- Salt & pepper, to taste

Roasted Butternut Squash & Pear Soup

1 Cut squash in half and remove seeds. Place cut side up in rimmed baking pan. Sprinkle with salt, pepper and nutmeg. Dot each squash half with 2 Tbsp. butter cut into small pieces. Add a small amount of water to cover bottom of pan. Cover tightly with foil and roast in 375 degree oven for 1 1/2 hours until tender. Scoop out flesh into a large bowl.



2 In a large, heavy pot over medium heat, melt 2 tbsp butter and 2 tbsp olive oil. Cook the onions, stirring occasionally, until tender but not brown, about 5 minutes. Add pears and continue cooking, stirring occasionally, for about 3 minutes. Add the roasted squash, stock and 1 lb of butter. Return to medium heat until butter is melted. Season with salt and pepper to taste.

3 Using a hand-held immersion blender, purée the mixture in the pot. (Or purée in batches in a blender). Ladle into bowls and garnish with snipped chives.

Recipe courtesy of Chef Marco Uribe, Celadon

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SERVES
6

TIME
3
hours

Short Ribs Braised with Stout



1 Preheat oven to 350°F and place the rack in the lower third of the oven.

2 Coat the ribs all over with the marinade mix. Marinate at room temp for 1 hour.

3 Heat the oil in a large dutch oven over high heat until hot but not smoking and brown the ribs on all sides. Do in batches as not to overcrowd the pan. When brown remove the ribs and set in a bowl.

4 Add the onions, carrots, celery and bay leaves. Cook over med-high heat, stirring regularly, until the vegetables begin to soften and caramelize. Add garlic and cook one more minute. Add the broth, stout, and tomatoes with their juice, and short ribs along with any juices left in the bowl, bring to a boil. Then cover and place in the oven. Cook for 2-2½ hours until the meat is fork tender.

5 Remove excess fat and bay leaves. Cool to room temp covered. Remove any fat that has risen to the top. Reheat before serving.

Ingredients

Marinade mix:

- ¼ cup dark brown sugar
- 1½ tbsp sweet paprika
- 1 tbsp curry powder
- 1 tsp cumin
- 1 tsp black pepper
- 2½ tsp salt
- 2 tbsp Dijon mustard

- 3-4 lbs short ribs, cut into 4" lengths
- 2 C onions, chopped
- 2 tbsp olive oil
- 1½ C carrots, chopped (about 4)
- 1 C celery, chopped (about 3)
- 2 bay leaves
- ¼ C garlic, chopped
- 2 C beef broth
- 2 bottles (12oz) Stout
- 1 box (750g) Pomi chopped tomatoes

if you have time refrigerate overnight

Recipe courtesy of Julie Logue-Riordan, Cooking with Julie

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Warm
Winter
Vegetable
Salad

SERVES
4

TIME
75
min



1 Preheat the oven to 425°. In a medium roasting pan, toss the onion, sweet potato, carrot, parsnip, celery root and beet with 2 tbsp of the olive oil. Season the vegetables with salt and pepper and roast for about 45 minutes, stirring once or twice, until tender and lightly browned in spots.

3 In a large bowl, whisk the vinegar with the lemon juice, mustard and the remaining 1 tbsp of olive oil and fold in the parsley. Season with salt and pepper. Add the vegetables and walnuts to the dressing and toss. Top the salad with the feta and serve warm or at room temperature.

Ingredients

- 1 small red onion, cut into ½" wedges
- 1 small sweet potato, chopped
- 1 carrot, chopped
- 1 parsnip, chopped
- 1 small celery root, chopped
- 1 small beet, chopped
- 3 tbsp extra-virgin olive oil
- Salt & Pepper
- ¼ C walnuts
- 1½ tsp balsamic vinegar
- 1½ tsp fresh lemon juice
- ½ tsp Dijon mustard
- 2 tbsp chopped parsley
- 1oz feta, crumbled

2 Meanwhile, spread the walnuts in a pie plate and toast until golden, about 6 minutes. Transfer the walnuts to a work surface and coarsely chop.

make ahead

The roasted winter vegetables and dressing can be refrigerated separately overnight. Rewarm the roasted vegetables before serving.

Recipe courtesy of Sophie Dahl, Food & Wine

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make ahead

The vegetables can be cooked early in the day and kept at room temperature before rewarming.

SERVES
12

PREP
90
min



Ingredients

- 1¼ lb parsnips, sliced ½" thick
- 1¼ lb carrots, sliced ½" thick
- 1¼ lb celery root, quartered & sliced ½" thick
- 1¼ lb golden beets, sliced ½" thick
- ½ C extra-virgin olive oil
- ½ C honey
- 6 thyme sprigs
- Salt & Pepper
- 2 tbsp sherry vinegar

Honey-Glazed
Roasted
Root
Vegetables

1 Preheat the oven to 425°.



2 In a large bowl, toss the vegetables with the oil, honey and thyme and season with salt and pepper.



3 Divide between 2 large, sturdy rimmed baking sheets. Cover with foil and roast for 40 minutes, shifting the pans once, until the vegetables are tender. Remove the foil and roast for 10 minutes longer, until glazed.




4 Return them to the bowl and stir in the vinegar then season with salt and pepper. Serve right away.

Recipe courtesy of Grace Parisi, Food & Wine

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Gluten-Free Buttery Apple Crumble



- 1 Preheat oven to 375 F/190 C.
- 2 Butter or coat a 9x13-inch baking pan with cooking spray.
- 3 Prepare apples. Place in a large bowl and add 1 teaspoon of the vanilla extract, juice, granulated sugar, and arrowroot powder or cornstarch. Stir to thoroughly coat apples.
- 4 In a separate bowl, combine the gluten-free all-purpose baking mix, gluten-free oats, brown cane sugar, cinnamon, and salt to make the crumble mixture.
- 5  Add melted butter and remaining teaspoon vanilla extract. Stir to blend mixture.
- 6 Spoon apples into prepared baking pan. Sprinkle the crumble mixture evening over the apples. Cover with foil and bake for 30 minutes.
- 7 Remove foil and bake additional 30 minutes, or until the top is golden and bubbling.
- 8 Remove crumble from oven and let cool for at least 15 minutes.

Recipe courtesy of Teri Gruss, the Spruce Eats

SERVES
8

TIME
30 min

Ingredients

- Filling:**
- 10 C apples (peeled, cored, and sliced)
 - 2 tsp gluten-free vanilla extract (divided)
 - 1/2 C orange juice or apple cider
 - 1/4 C granulated cane sugar
 - 1 1/2 tsp arrowroot powder or cornstarch
- Topping:**
- 1 1/4 C certified gluten-free oats
 - 3/4 C gluten-free all-purpose baking mix, preferably without added xanthan or guar gum
 - 1/2 C packed brown cane sugar
 - 1 tsp ground cinnamon
 - 1/2 tsp salt
 - 1/2 C butter (melted)
- 9 Serve warm with a scoop of vanilla ice cream or dairy-free ice cream over top.

GF

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White Bean Pumpkin Hummus



SERVES
7

PREP
10 min

Ingredients

- Dip:**
- 1 15-oz can white beans
 - 2/3 C pureed (unsweetend) pumpkin
 - 2 tbsp lemon juice
 - 2 tbsp tahini
 - 1/2 tsp sea salt
 - 1/2 tsp ground cumin
 - 1/2 tsp smoked paprika
 - 1 pinch of paprika, nutmeg, cinnamon, and cayenne pepper (optional)
- Sage & Garlic:**
- 1-2 tbsp olive oil
 - 2 cloves garlic, minced
 - 2 tbsp chopped fresh sage
- 1 Rinse and drain white beans in a fine mesh strainer. Then add to a food processor or blender along with pumpkin, lemon juice, tahini, sea salt, cumin, smoked paprika, nutmeg, cinnamon, and cayenne (optional). Purée until creamy and smooth, scraping down sides as needed.
 - 2 Heat oil in a small skillet or saucepan over medium heat. Add garlic and sage and sauté for a few minutes to brown slightly (this allows the flavor to deepen). Then add both to food processor and pulse to incorporate (you can reserve some for garnish if desired).
 - 3 Taste and adjust seasonings as needed, adding more salt for saltiness, lemon for acidity, cinnamon for warmth, cumin or paprika for smokiness, tahini for nuttiness, olive oil (or water) for creaminess, or cayenne for heat.
 - 4 Serve immediately with pita chips and vegetables of choice. Alternatively, refrigerate until chilled - about 3-4 hours - for a thicker, creamier dip.

Recipe courtesy of Minimalist Baker

V GF