

Eating Seasonally Workshop Recipes

Classic Bone Broth

Ingredients:

- Whole chicken
- Onion
- Celery
- Carrot
- Salt and peppercorns
- 2 gallons filtered water (add more as needed)

Directions:

Broth is a simple food requiring only what you have on hand and time. The base can be whole chickens, leftover bones, fish heads, chicken feet or any leftover meat, bone or marrow from earlier cooking. Most often, I just take a whole chicken and combine it with onions and other vegetables we have available. Cover with water, bring to a boil and then allow to simmer for 12-24 hours. The chicken can be removed and used in other meals (we normally shred it for a nourishing chicken salad).

Broth keeps for up to a week in the refrigerator and up to 6 months in the freezer. It's perfect to drink daily or as needed for healing. It's used in so many soups, stews and other recipes that it makes a great staple to keep on hand.



Ham Hock Broth

Ingredients:

- Ham hocks
- Onion
- 2 gallons filtered water
- Great northern beans
- Carrot
- Butternut squash
- Salt and pepper to taste

Directions:

In a pot combine ham hocks, onion and cover with 2 gallons of filtered water. Simmer for 12 hours. Cook great northern beans in broth with salt and pepper, and diced carrots or butternut squash. This dish can be topped with sautéed greens and corn relish. We often use the corn relish from Spring Valley a KY proud product.

Sautéed Mustard Greens

Ingredients:

- Mustard greens (several large handfuls)
- Bacon
- Onion
- Balsamic Vinegar
- Salt to taste

Directions:

Brown the bacon in a skillet, removing bacon once crisp. I often use bacon fat leftover from the morning's breakfast. Sauté onion in the same pan. Wilt as many greens as will fit in your skillet over the hot grease and onion. Add bacon back in as garnish and drizzle with your favorite balsamic vinegar. We love the fig balsamic from Stuarto's Olive Oil Company (locations in Bowling Green and Lexington, KY, or at www.stuartos.com).



World's Best Braised Cabbage

Ingredients:

- 1 medium green cabbage, about 2lbs
- 1 large red onion or yellow onion, peeled, and thickly sliced
- 2 large carrots, peeled, and cut in coins
- ¼ cup bone broth (or water)
- ¼ cup extra virgin olive oil
- Salt and pepper to taste
- Drizzle of balsamic vinegar to taste (when serving dish)

Directions:

1. Preheat oven to 325 °F. Coat a 13 x 9" baking dish with olive oil or melted fat.
2. Lop off tough stem end of cabbage and divide into 6 to 8 wedges. Keep the core attached so wedges stay intact after long cooking time. The core will get tender, too!
3. Place cabbage pieces in a single layer in the greased dish. Toss in onion and carrots and drizzle with broth and melted fat. Season well. Cover tightly with foil and place in oven.
4. Cook cabbage undisturbed for 1 hour. Crack open foil cover and carefully flip the wedges over. Reseal dish tightly and braise for another hour until fork tender.
5. At this point, you can remove the cabbage to cool and store in the fridge until you're ready to eat it (up to 4 days). When you're ready to serve, crank the oven up to 425°F and bake until browned (about 15 minutes).
6. Drizzle with balsamic vinegar and serve immediately.



Cheesy Scallop Potatoes

Ingredients:

- 3 pounds of Yukon gold potatoes, peeled and thinly sliced to 1/8 in thick pieces (I used a mandoline.)
- 1 cup of whole milk
- 1 tbsp. of unsalted butter
- 1 large garlic clove, minced
- 1 tbsp. fresh sage
- 1 cup shredded gouda cheese
- ½ cup grated parmesan cheese
- 1 pinch of nutmeg
- Salt and pepper to taste



Directions:

1. Preheat oven to 400 °F.
2. Grease a 9 x 13" baking dish with butter.
3. Add thinly sliced potatoes to a large bowl with water. This will keep potatoes from browning.
4. To a small saucepan add milk, garlic, nutmeg, fresh sage and bring to boil. Then add butter and stir while the butter melts. Set aside.
5. Arrange ½ of the potatoes to the prepared baking dish. Season with salt and pepper.
6. Cover with ½ of the shredded gouda cheese and half of the parmesan cheese.
7. Arrange the remaining potatoes and season with salt and pepper.
8. Pour the milk mixture over the potatoes, making sure to evenly coat.
9. Finish with the remaining gouda cheese and parmesan cheese.
10. Bake uncovered for 40 minutes or until potatoes are tender and the top is slightly browned.
11. Serve.

Yields 14 servings.

Cranberry Sauce with Raspberry Vinegar

Ingredients:

- 1 ¼ cup sugar
- ½ cup raspberry vinegar
- ¼ cup water
- 1 12-ounce package cranberries
- 1 cinnamon stick
- 1 tbsp. thin orange peel strips



Directions:

1. Combine sugar, vinegar, and water in medium saucepan over medium-high heat. Bring to boil, stirring until sugar dissolves.
2. Mix in cranberries, cinnamon stick, and orange peel. Reduce heat, cover partially, and simmer until berries burst, about 10 minutes.
3. Remove from heat and cool completely. Discard cinnamon stick.
4. Serve.

Yields about 2 1/3 cups.

Harvest Kale & Brussels Salad

Ingredients:

- 6 cups of kale, chopped
- 3 cups of brussels sprouts, chopped
- Any in season fruit or veggie, sliced or diced
- Cheese (parmesan, grated; goat cheese, crumbled; etc.)
- Crunch (roasted pumpkin seeds; toasted chickpeas; etc.)



Directions:

1. Preheat oven to 350° F.
2. In a large bowl combine kale and brussels sprouts. Drizzle with olive oil and toss to coat.
3. Spread kale and brussels sprouts on a baking sheet and roast for 8-10 minutes.
4. Cool before tossing in bowl.
5. Add dressing (see dressing recipe) and toss to coat.
6. Toss in cheese and any add-ins.
7. Serve.



Dressing for Harvest Kale & Brussels Salad:

- ¼ cup extra virgin olive oil
- 1 ½ tbsp. balsamic vinegar
- 1 ½ tsp. sea salt
- 1 tsp Dijon mustard
- ¼ tsp black pepper

In a small jar, combine all ingredients, put a lid on the jar, and shake well.

Oven Roasted Parmesan Delicata (or Acorn) Squash

Ingredients:

- delicata/acorn squash, sliced
- 2 tbsp. olive oil
- ¼ cup parmesan cheese, grated
- 1 tsp. garlic powder
- salt and pepper to taste



Directions:

1. Preheat oven to 400 °F.
2. Cut top and bottom off squash. Cut squash in half lengthwise, remove seeds and pulp with spoon. Slice squash into half moon shaped pieces.
3. In a large bowl combine squash, olive oil, garlic powder, salt and pepper, and parmesan cheese. Toss until well coated.
4. Spread slices out evenly on a baking sheet and sprinkle with any extra parmesan.
5. Bake for 30 minutes until the squash is tender and the cheese is golden brown.
6. Serve.



Butternut Mac & Cheese

*Easy to make gluten-free. See substitutes. I used chickpea noodles and cassava flour.

Ingredients:

- ½ of a medium butternut squash, seeded and roasted
- 1 tbsp. olive oil
- Salt and pepper
- ½ pound macaroni pasta (can substitute gluten-free pasta)
- 2 ½ cup milk, divided
- 2 tbsp. butter
- 3 tbsp. flour (can substitute cassava flour)
- 1/8 tsp. nutmeg
- 1 cup white cheddar cheese, shredded
- 1 cup sharp cheddar cheese



Directions:

1. Roast butternut squash. While cooking, cook macaroni pasta and drain.
2. Add butternut squash to food processor or use an immersion blender to puree squash until smooth. Add in ½ cup of milk and puree again, until well combined.
3. In a large pot over medium-high heat, add butter. When melted, whisk in flour. Add nutmeg. Cook for 2-3 minute, whisking constantly. Add remaining milk and whisk until smooth.
4. Turn heat to high and bring to a boil, while whisking. After sauce has thickened, turn heat to low and whisk in butternut squash.
5. Add the pasta/macaroni to pot, stir until noodles are well coated. Season with salt and pepper.
6. Grease a 2-quart dish. Pour half of the macaroni into the dish. Sprinkle half of the white cheddar and sharp cheddar over noodles.
7. Add remaining noodles and top with remaining cheese.
8. Place the pan in oven and bake for 25-30 minutes, or until browned. Remove from oven and let rest for 5 minutes.
9. Serve.