

# Butternut Squash Soup with Sage Pesto

Yield 4-6 servings

3 TBSP	Olive oil separated
1 whole	Butternut squash
½ each	medium onion, small dice
2 each	carrot, small dice
3 cups	stock- vegetable, or chicken
½ tsp	Kosher salt plus more to taste
¼ tsp	Ground black pepper plus more to taste
1/8 tsp	Ground nutmeg plus more for garnish
½ cup	Heavy cream optional, can substitute almond milk for a non-dairy option

1. Heat over to 350 degrees
2. Cut the squash in half and remove the seeds using a spoon
3. Line a baking sheet with tin foil and place the squash, cut-side down, on the sheet. Lightly drizzle the squash with 1 tbsp. olive oil. Place in the oven and roast for 45 minutes to 1 hour or until you can easily insert a fork or knife into the softened flesh of the squash. Remove from the oven and allow to cool.
4. Once cool, scoop out the flesh of the squash using a spoon and discard the skin.
5. In a medium-sized pot, add the remaining 2 tbsp. olive oil and heat over medium-high heat. Add the onion, carrots, salt, pepper, and nutmeg and saute until the onions are tender about 8-10 minutes. Then, add the squash and cook for an additional 5 minutes.
6. Add the vegetable stock and bring the mixture to a boil. Once boiling, reduce heat to a low-medium and simmer until the carrots are tender about 8-10 minutes.
7. Using a blender, food processor, or immersion blender, puree the mixture until completely smooth. Once smooth, return to the pot and medium-high heat and add the heavy cream. Heat mixture until hot, but not to a boil.
8. For garnish, drizzle 1-2 tbsp. sage pesto.

Nutrition Facts	
servings per container	
Serving size	(247g)
Amount per serving	
<b>Calories</b>	<b>210</b>
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 350mg	15%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	7%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 46mg	4%
Iron 1mg	6%
Potassium 470mg	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a diet of diet. 2,000 calories a day is used for general nutrition advice.	

## Chicken Stock by Judi Bodner

I like to make my chicken stock as a byproduct of a braised chicken. This way I get an incredible meal and I'm set up for making the start the following day.

For the chicken and the stock base, I use the following ingredients that by the way may change according to what needs to be utilized in the refrigerator vegetable drawer.

I start with one chicken preferably fresh and organic. I like carrots, celery, leeks, and the juice of one lemon, onions, parsley, shallots, garlic, Bayleaf's, sage, roommate rosemary, thyme, salt, pepper, and white wine.

Rinse and pat dry the chicken. Slice the onion and place most of that in the bottom of a Dutch oven with some leeks, shallots, some parsley, sage, rosemary, thyme, a bay leaf, the juice of one lemon, a clove of garlic, and a cup of dry white wine - save some for the cook!

Into the cavity of the chicken- add salt, pepper, celery, leek, some of the p/s/r/thyme, and some of the onion. Coat chicken with olive oil. Cover Dutch oven and cook at 450 for one hour.

I like to take the chicken out of the pot and put it in a roasting pound for another 20 minutes at 350° to get a very crisp skin. Keep your Dutch oven and juices aside - this becomes the stock.

Now we get down to the stock. I like to collect the bones from the chicken after the meal and throw them back in the Dutch oven with more of the same type of vegetable more of the same type of seasoning also a dash of umami. Options for that would include shiitake mushroom with or without some tomato paste both in very modest quantities so that they become a background flavor in the stock and not pronounced in the flavor of the palate. I add enough water to cover the bones and vegetables and simmer at a low temp for about an hour minimum.

Strain the broth through a fine sieve, refrigerate overnight and harvest the fat that will have solidified (save in refrigerator for other uses) what is left is the most incredible stock/ broth that will be the backbone of almost every soup

A quick and delicious soup can be made immediately by bringing the broth to a simmer, stirring in an egg, and pouring that into a bowl containing spinach or other greens - Simple awesome, and delicious!

## Cream of Broccoli Soup with Cheddar Croutons

Yield: 4-6 servings

2 TBSP	butter
1 each	onion, chopped
3 cups	broccoli florets and stems, chopped
¼ cup	flour
6 cups	chicken stock
1 each	sachet (bay leaf, thyme sprig, parsley stems tied in cheesecloth)
½ cup	cream, heavy, light or half-n-half
1 loaf	French bread, cut into rounds
1 cup	cheddar, finely shredded

1. Reserve 1 cup broccoli florets for garnish. Peel the stems from the broccoli and chop the stems and remaining florets
2. Heat the butter and add the broccoli stems and onions. Sweat, stirring frequently until the onions are tender and translucent with no color, about 3-4 minutes.
3. Add the flour and slowly add the stock stirring to combine, add sachets, bring the soup to a full boil, then reduce the heat and simmer until the vegetables are soft, about 10 minutes.
4. Cut the reserved florets into bite-sized pieces, keeping their shape, small enough to fit on a spoon.
5. Remove sachet, using an immersion blender or food processor puree until smooth.
6. Return the soup to a simmer. Add cream and broccoli florets, taste, and adjust seasoning with salt and pepper.
7. Top croutons with cheddar cheese, bake at 350 degrees for 8 minutes or until toasty and melted.

Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>(399g)</b>
Amount per serving	
<b>Calories</b>	<b>460</b>
% Daily Value*	
Total Fat 21g	27%
Saturated Fat 11g	55%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 870mg	38%
Total Carbohydrate 49g	18%
Dietary Fiber 2g	7%
Total Sugars 7g	
Includes 1g Added Sugars	2%
Protein 18g	
Vitamin D 0mcg	0%
Calcium 226mg	15%
Iron 2mg	10%
Potassium 480mg	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## **Shrimp Bisque with Shery Cream**

Yield: 4 to 6 servings

4 TBSP (½ stick) Unsalted butter, divided

1 ½ pound Medium shrimp (about 45) peeled, deveined, shells reserved

2 each Bay leaves, divided

2 each carrot, peeled, chopped

2 stalks Celery, chopped

1 medium Onion, chopped

½ cup Brandy

2 TBSP Tomato paste

4 TBSP Flour

3 sprigs Fresh Flat-leaf parsley

2 sprigs fresh thyme

¼ tsp Cayenne pepper

Kosher salt and ground black pepper

½ cup Heavy whipping cream

3 TBSP Fresh lemon juice

¼ cup Finely chopped fresh chives

½ cup Heavy cream

1TBSP Sherry

1. Melt 1 tablespoon butter in a large heavy pot over medium heat. Add shrimp shells and cook, stirring frequently, until they begin to brown, about 5 minutes. Add 1 bay leaf and 8 cups water. Simmer uncovered for 25 minutes. Set a fine-mesh strainer over a large bowl. Strain, discard solids.
2. Melt 3 tablespoons butter in a large heavy pot over medium heat, add carrots, celery, and onion and cook over medium heat, stirring frequently until very soft, about 10 minutes
3. Remove pot from heat; add brandy. Return pot to heat and stir until almost evaporated 2-3 minutes. Add flour and tomato paste stir for 1 minute.
4. Add shrimp stock, remaining bay leaf, parsley, thyme, and ¼ tsp cayenne. Simmer uncovered until flavors meld, about 10 minutes. Season with salt and pepper.
5. Remove parsley, thyme, and bay leaf, working in batches, puree bisque in a blender until smooth. Pour through a fine-mesh strainer set over a clean pot. Discard solids in strainer.
6. Stir in cream and reheat bisque over medium heat. Add lemon juice and chopped shrimp, cook for additional 5 minutes. Season to taste with salt, pepper, and more cayenne, if desired.
7. In a small saucepan combine heavy cream and sherry, bring to a boil and reduce by half. Garnish with sherry cream and chives.

## **Sage Pesto**

### Ingredients

1 cup	fresh sage leaves
1 cup	fresh parsley
3-4 cloves	garlic
½ cup	toasted walnuts
2 tablespoon	fresh lemon juice
Zest	of one lemon
½ teaspoon	sea salt or kosher salt
½ teaspoon	freshly ground pepper
1/3 cup	extra virgin olive oil
½ cup	freshly grated Parmesan cheese

### Instructions:

1. In a food processor, pulse sage and parsley leaves, garlic, walnuts, lemon juice and zest, salt, and pepper until smooth.
2. With the motor running, slowly pour in olive oil.
3. Turn off the motor and stir in Parmesan cheese.
4. Store in the fridge for up to a week.

### Notes

Toast walnuts in a skillet over medium-low heat until fragrant, about 5 minutes, shaking the pan every couple of minutes. Remove from heat and allow to cool before using in the recipe

### Nutrition

Serving: 2 g | Calories: 82kcal | Carbohydrates: 2g | Protein: 1g | Fat: 7g | Saturated Fat: 1g | Cholesterol: 2 mg | Sodium: 97mg | Potassium: 63mg | Fiber: 1g | Vitamin A: 460IU | Vitamin C: 5.8mg | Calcium: 60mg | Iron: 0.9mg

## **Turkey & Dumplings (Thanksgiving Leftover Delight)**

Yield: 4-6 servings

*For the stock:*

Carcass from one 12 to 14 pound roasted turkey, picked clean

1 large	onions, quartered
2 each	carrot, 2 coarsely chopped
2 stalks	celery, 2 coarsely chopped
3 cloves	garlic, smashed
1 each	bay leaf
10 whole	black peppercorns

*For the Dumplings:*

2 large	eggs
6 TBSP	All-purpose flour, plus more as needed
2 cups	leftover stuffing

*For the Soup:*

2 TBSP	butter
1 large	onion, diced
2 stalks	celery, diced
3 cloves	garlic, chopped
½ cup	flour
8 cups	turkey stock- reserve 2 cups
1 each	bay leaf
2 cups	shredded leftover turkey meat
1 cup	leftover corn kernels
1 cup	frozen peas and carrots
¼ cup	heavy cream
1 TBSP	Fresh thyme, chopped

1. Put the turkey carcass, quartered onions, coarsely chopped carrots, and celery smashed garlic, bay leaf, and peppercorns in a large stockpot and add enough cold water to just cover about 2 quarts. Bring the water to a boil and then reduce the heat to maintain a gentle simmer and cook for 1 hour. Remove from the heat and strain the solids from the broth. Pour the liquid through a fine-mesh strainer and reserve; you should have about 10 to 12 cups broth.
2. Meanwhile, in a small bowl, whisk the eggs, flour, ½ teaspoon salt, and some back pepper together until smooth. Add the stuffing and mix until well combined; cover and reserve.
3. Melt the butter in a stockpot over medium heat. Add the onion, celery, and garlic cook until soft and translucent, about 4-6 minutes. Add the flour.
4. Slowly add the stock and stir until combined. Add bay leaf and bring to a boil, reduce to a simmer and cook until the vegetable is softened about 10-15 minutes.
5. Add the shredded turkey, corn, peas and carrots, heavy cream, and fresh chopped thyme, return to a simmer. Adjust the thickness with reserved stock if necessary.
6. Roll level tablespoons of the dumpling mixture into balls with wet hands (see note) and drop into the simmering soup; cook until dumplings float, 3-4 minutes. Gently stir in the turkey meat, corn, and season with salt and pepper, and simmer until heated through.

Cooks Note: Moistness of stuffing can vary; if the dumpling dough is too soft to roll, add flour a teaspoon at a time until it is firm enough to hold its shape while rolling.

Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>(602g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>560</b>
% Daily Value*	
<b>Total Fat</b> 21g	<b>27%</b>
Saturated Fat 8g	<b>40%</b>
Trans Fat 0g	
<b>Cholesterol</b> 150mg	<b>50%</b>
<b>Sodium</b> 1150mg	<b>50%</b>
<b>Total Carbohydrate</b> 51g	<b>19%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 11g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 39g	
Vitamin D 1mcg	6%
Calcium 135mg	10%
Iron 4mg	20%
Potassium 732mg	15%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## Resources

<https://www.facebook.com/stcroixfarm>

<http://stcroixfarm.net/>

Article on Umami:

<https://www.healthline.com/nutrition/umami-foods>