

# Recipes

## SALLY'S CARROT SOUP

10 Small Servings

### INGREDIENTS

15 large carrots, peeled and finely chopped  
1 quart chicken broth (4 cups)  
1 yellow onion, finely chopped  
5 tablespoons of sweet butter  
2 tablespoons turmeric  
salt and pepper  
assorted herbs for garnish  
(I used tarragon, sage, mizuna, rosemary, and pomegranate seeds)



### DIRECTIONS:

1. Melt the butter in a pot. Add the onions, cover, and cook over low heat for about 30 minutes. Onions should be tender.
2. Add carrots and chicken stock. Bring to a boil.
3. Cook and simmer on low heat for 30 minutes until the carrots are tender.
4. Puree soup in a blender or food processor or immersion blender until smooth.
5. Season to taste with salt and pepper.
6. Garnish with different combinations of herbs.

## FIG AND ARUGULA SALAD WITH PECANS, BASIL, AND GOAT CHEESE

Serves 4-8 AUTHOR: Sylvia Fountaine from *Feasting at Home*

### INGREDIENTS

¼ cup red onion, thinly sliced  
½ cup toasted pecans  
5 ounces baby arugula (about 6-7 cups)  
6-8 figs, stems removed, quartered  
10-15 basil leaves, torn  
½ cup firm goat cheese, crumbled (use the kind in a log, or try gorgonzola)

### SALAD DRESSING

3 tablespoons olive oil  
2½ tablespoons balsamic vinegar  
1-2 teaspoons maple syrup  
½ teaspoon salt  
½ teaspoon pepper  
¼ teaspoon vanilla (optional)

### DIRECTIONS

1. If sensitive to red onions, thinly slice and soak in salted water for 15 minutes.
2. Toast pecans in a dry skillet over medium heat, stirring occasionally until fragrant and lightly toasted, about 5-6 minutes.
3. Place arugula, pecans, drained onions, and torn basil leaves in a large bowl. (At this point, you could refrigerate until serving, placing figs and goat cheese over top of the greens.)
4. Drizzle the dressing ingredients into the salad bowl (or feel free to mix dressing together in a small jar or bowl first), tossing the salad until all the leaves are lightly coated. Add the figs and goat cheese, and lightly toss to incorporate.
5. Taste, adjust vinegar and maple to your liking, adding more if you prefer.

## ROASTED CASITAS VALLEY PASTURES CHICKEN

### INGREDIENTS

1 whole chicken, washed and dried  
1 thinly sliced lemon (save 3 slices of lemon for garnish after roasting)  
Himalayan pink salt (Regular salt will work, too)  
olive oil  
½ stick butter  
rosemary sprigs  
sage leaves  
1 cup chicken broth



### DIRECTIONS:

1. Preheat oven to 425°F.
2. Coat the whole chicken with olive oil.
3. Heavily salt the skin.
4. Stuff the cavity with rosemary, sage, and lemon.
5. Insert rosemary and sage under the skin.
6. Place chicken in a roasting pan and put it in the oven.
7. Melt butter in chicken broth and baste the chicken every 15 minutes.
8. Cook for 1 hour.
9. Let rest for 10 minutes before carving.

## ROASTED DELICATA SQUASH WITH HAZELNUTS

Serves 6-8

AUTHOR: Sylvia Fountaine from *Feasting at Home*

### INGREDIENTS

2 delicata squash, sliced into ½-inch rings, seeds removed (leave skin on; it's edible)  
4 shallots, quartered lengthwise  
2 tablespoons olive oil  
3 tablespoons maple syrup  
1 teaspoon salt  
½ teaspoon pepper

### MAPLE APPLE CIDER GLAZE

⅓ cup apple cider vinegar  
3 tablespoons maple syrup  
½ teaspoon Aleppo chili flakes (optional)  
1 teaspoon cumin seeds (optional)  
pinch of salt  
Garnish: ⅓ cup toasted, crushed hazelnuts; fresh Italian parsley

### DIRECTIONS

1. Preheat oven to 425°F.
2. Wash squash and slice into ½-inch rings. Scrape seeds out of each piece with a spoon. (If you are in a hurry, you can slice the delicata squash in half lengthwise, scrape out seeds, then slice into half-moons ½ inch thick.)
3. Place in a medium bowl with the quartered shallots, and drizzle with oil and maple syrup. Add salt and pepper and toss to evenly coat well. Place on a parchment-lined sheet pan in a single layer (you may need two, depending on your pan size).
4. Roast in the oven 20 minutes, then check every 5 minutes, until deeply golden.
5. While this is roasting, make the glaze. Place vinegar and maple syrup in a small saucepan over medium heat. Add cumin seeds and Aleppo chili flakes. Bring to a gentle simmer, lower heat, and simmer until it becomes thick and syrupy — about 5 minutes. You should end up with about ¼ cup. Turn heat off.
6. When squash is done, place on a platter, scattering the shallots about. Top with the hazelnuts, then spoon the sauce over the top. (If sauce thickens too much while cooling, add a couple of teaspoons of water, heat, and stir. It will loosen.)
7. Scatter with Italian parsley and serve immediately.

