

SUNDAYS IN RESIDENCE

Kitchen Notes: Sunday November 13, 2022



**SQUASH & APPLE SOUP WITH CHEDDAR BISCUITS
POACHED PEARS WITH HONEY YOGURT & PEPITA BRITTLE
MAPLE GRANOLA WITH NUTS, SEEDS & DRIED FRUIT**

WELCOME FROM JOSHNA

NOVEMBER 14, 2022

Hello Everyone!

It was great to have you all in the kitchen yesterday! The cooking was lots of fun, and the food was delicious! I hope you're enjoying your little stash of granola, and learned how easy it is to make for yourself.

We're sending you the recipes from our cooking session, and a few little tips to use in your kitchen. Just remember, there IS something satisfying about cooking good, delicious things and sharing them with your people.

Happy cooking!



Chef Joshna



SQUASH & APPLE SOUP

Serves 6

Ingredients

2 tbsp vegetable oil
1 large onion, chopped
2 cloves garlic, finely chopped
1 tsp garam masala (or 1/2 tsp ground cumin, 1/2 tsp ground coriander)
1 large butternut squash, peeled, seeded and cut into 1-inch cubes
4 cups (or more) vegetable broth
2 tart Ontario apples, peeled, cored and diced
1 can coconut milk
kosher salt and freshly ground pepper

Method

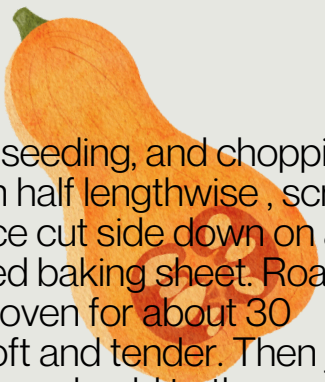
1. Heat oil in large pot over medium-high heat. Add onion, garlic and nutmeg; sauté until onion begins to brown, about 5 minutes.
2. Add squash, 4 cups broth, apples, and coconut milk. Bring to boil; reduce heat and simmer uncovered until squash and apple are tender, about 30 minutes.
3. Using an immersion blender, puree soup really well, making sure there are no lumps (go for longer than you think you should!). Season to taste with salt and pepper. Bring soup to simmer, thinning with more broth if desired. Enjoy!



This soup freezes beautifully. Pack up a litre of cooled soup and pop it in the freezer for one of those days when you need a quick, nourishing meal.

SQUASH SHORT CUT:

Instead of peeling, seeding, and chopping the squash, slice in half lengthwise, scrape out seeds and place cut side down on a parchment/foil-lined baking sheet. Roast in a preheated 375F oven for about 30 minutes, until it's soft and tender. Then just scoop out the flesh and add to the soup.



GARAM MASALA

is an Indian spice mixture. "Garam" means hot in Hindi, but not chili hot, it's a more warm, earthy heat that comes from spices like cardamom, cumin, clove, pepper, nutmeg, and cinnamon.

CHEDDAR BAY BISCUITS WITH GARLIC PARSLEY BUTTER

Makes 6-8 biscuits

Ingredients

376 g bread flour
7 g salt
3 g garlic powder
22 g baking powder
128 g butter, cold and cubed
165 g cheddar cheese, shredded
213 g milk
Garlic and parsley butter (recipe below)



CELEBRITY RECIPE?!

This recipe is close (they say) to the cheddar biscuits served at Red Lobster, a chain of seafood restaurants. They're best eaten warm!

Method

1. Preheat oven to 375 degrees.
2. In a bowl, add in the flour, salt, garlic powder, baking powder and butter. Mix with your fingertips, making sure the butter stays about the size of hazelnuts.
3. Add in the cheese and milk and mix until combined, making sure not to overwork.
4. Form the dough into a rectangle or square and using a circular cutter, push it down but don't twist {this helps the biscuits to rise evenly when baked}.
5. Bake for 15-17 minutes, until golden brown. Remove from heat and brush with the garlic and parsley butter.

Garlic and Parsley Butter

3 tbsp butter, melted
1/2 tsp garlic powder
3/4 tsp dried parsley flakes, or 1 tbsp fresh parsley, very finely chopped

1. In a small bowl, combine all the ingredients.



CIDER POACHED PEARS WITH GREEK YOGURT

Serves 1

Ingredients

1 pear
1 cup apple cider
 $\frac{2}{3}$ cup orange juice
2 star anises
1 cinnamon stick
1 teaspoon vanilla extract
2 tablespoons greek yogurt
 $\frac{1}{3}$ cup pumpkin seeds, a handful



COOK FOR YOURSELF

This is a simple and totally delicious dessert that you can make for yourself with one small pot on the stove.

Method

1. Peel the pear, cut in half and core. Set aside.
2. In a small saucepan, combine the cider, orange juice, star anise, cinnamon stick and vanilla extract. Bring to boil, then reduce to a simmer.
3. Add the pear halves and poach at a low-medium heat for 10-20 minutes (until you can stick a knife through with no resistance). Remove the pear halves with a slotted spoon and place them in a bowl.
4. Reduce the rest of the mixture over a medium heat until it is a thicker glaze.
5. Serve the pears with a dollop of greek yogurt, a handful of toasted pumpkin seeds and the glaze.

JOSHNA'S GRANOLA

Makes about 12 cups

Ingredients

- 6 cups quick-cooking oats
- 1 cup wheat germ
- 2 cups bran buds
- ½ cup flaxseeds
- ¼ cup sesame seeds
- 2 tbsp ground cinnamon
- 1 large pinch salt
- 3 cups shredded coconut
- 3 cups sliced almonds, or any other nut of your choice
- ¾ cup liquid honey
- ½ cup vegetable oil
- ½ cup maple syrup
- ½ cup warm water
- 4 cups (total) dried fruit (raisins, cranberries, apricots etc.)

Method

1. Preheat oven to 375F. In a large mixing bowl, combine oats, wheat germ, bran buds, flaxseeds, sesame seeds, cinnamon, salt and coconut. In a small bowl, whisk together honey, veg oil, maple syrup and water. Add wet mixture to dry mixture and mix well. Your mixture should be sticky and crumbly.
2. Lay granola in a single layer on a parchment-lined baking sheet, using 2 sheets if necessary. Toast for about 30 minutes, stirring every few minutes so that the mixture has a nice golden colour, and your kitchen smells wonderful. You may need to do this for longer, keep toasting and stirring until you like it.
3. Remove from heat and allow to cool completely. Crumble with your hands to create bite sized pieces.
4. Add dried fruit to toasted granola and toss lightly to combine. Store in a airtight container for up to 1 week. Serve with yogurt and fresh fruit and enjoy!

MAKE IT YOUR OWN!



This is just one way to do this! You can substitute the grains, nuts, and seeds you like, and use what you've got kicking around.

With some Greek yogurt, fresh fruit, and maple syrup, it makes a perfect quick breakfast.