

FOOD

Autumn is also garden harvest time which makes for a lot of garden recipes to share with your family. If you didn't plant a garden this year consider doing one next year and reap the benefits of fresh organic produce.

Roasted Autumn Vegetables

Roasted autumn vegetables with Lancashire cheese A colourful and hearty vegetarian supper dish for autumn - made in one roasting tin. Serves 4 as a side dish or 2 as a main dish.



Ingredients

- 1 large butternut squash (about 600-700g/1lb 5oz - 1lb 9oz in weight)
- 1 medium red onion
- 6 tbsp olive oil

- 1 large sprig fresh sage
- 1 large courgette
- 1 tbsp balsamic or sherry vinegar
- 100g Lancashire cheese

Preparation

1. Preheat the oven to fan180C/conventional 200C/ gas 6. Using a sharp knife, cut the squash in half and scoop out the seeds. Cut the halves into smaller pieces so you can peel them more easily. Chop the flesh into big bite-sized pieces - they don't have to be neat.
2. Halve the onion and trim the root end leaving a little on to hold the segments together. Peel and then cut each half into four wedges. Scatter the squash and onion in a large roasting tin so they have plenty of room to roast, drizzle over 5 tbsp of the oil and toss together. Strip the sage leaves from the stem and roughly chop - you should have about 2 tbsps. Scatter over the vegetables and season. Roast for 20 minutes, stirring once

halfway through.
3. Meanwhile, slice the courgette thickly and toss with the remaining oil. Remove the roasting tin from the oven and push the partly cooked squash and onion to the side. Put the courgette slices flat on the base and season. Roast for a further 10 minutes, until all the vegetables are tender.
4. Remove tin from the oven, sprinkle the vinegar over the vegetables and toss. Crumble over the Lancashire cheese. Toss lightly so the cheese melts a little and serve.

Nutritional Information

306 calories, protein 8g, carbohydrate 14g, fat 25 g, saturated fat 7g, fibre 3g, salt 0.39 g



Harvest Wild Rice with Cashews

No need to cook the rice and beans from scratch, instead use a 12oz cryo-pak precooked wild rice and a can of cannellini beans. Much faster, and still outstanding flavor. You may also use packaged chopped hazelnuts (already skinned!) and just lightly toasted as is. Try deglazing the leeks and mushrooms with a little wine before stirring in the rice and beans and add a little chicken stock for flavor. Serves 4.

Ingredients

- 3 cups chicken broth
- 3 cups water
- 1/2 pound dried flageolet* or Great Northern beans, picked over
- 3/4 cup wild rice (about 4 ounces)
- 2 large leeks, white and pale green parts only

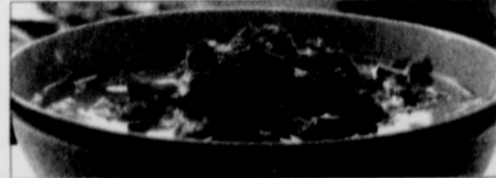
- 2 tablespoons unsalted butter
- 1/4 pound fresh shiitake mushrooms, sliced thin
- 1/4 cup hazelnuts, toasted and skinned and chopped coarse
- 1/4 cup dried cranberries
- 1/4 cup cashews

Preparation

1. In a large saucepan simmer broth, water, and beans, covered, 45 minutes. Stir in wild rice and simmer, covered, 45 minutes, or until beans and rice are tender. Drain rice mixture and return to pan.
2. Cut leeks crosswise into 1/2-inch slices and in a bowl soak in water, agitating occasionally to dislodge any sand, 5 minutes. Lift leeks out of water and drain in a colander. In a non-stick skillet sauté leeks in butter over moderately high heat, stirring occasionally, until almost tender, about 5 minutes. Add mushrooms with salt to taste and cook, stirring occasionally, 2 minutes, or until vegetables are tender. Stir leek mixture into rice mixture. Rice mixture may be made up to this point 1 day ahead and chilled, covered. Reheat mixture, adding water to prevent it from sticking to skillet, before proceeding.
3. Stir hazelnuts and cranberries into rice mixture. Sprinkle cashews on top and serve warm.

Minestrone of Late-Summer Vegetables

This is a great recipe with beautiful colors and textures. If you cannot find an ingredient substitute something else.



Vegetable Broth

- 3 tablespoons olive oil
- 3 large carrots, peeled, sliced
- 2 medium onions, sliced
- 1 medium fresh fennel bulb, sliced
- 1 medium celery root (celeriac), peeled, sliced
- 1/2 head of garlic, crushed (with peel)
- 6 large fresh Italian parsley sprigs
- 3 bay leaves
- 1 large fresh rosemary sprig
- 2 large tomatoes, chopped
- 2 tablespoons tomato paste
- 16 cups water

Garlic Croutons

- 2 tablespoons olive oil
- 3 large garlic cloves, minced
- 3 cups 1/2-inch cubes baguette or rustic country-style bread

Vegetable Soup

- 1 cup dried cranberry beans or cannellini (white kidney beans)
- 4 small carrots, peeled, sliced
- 3 large shallots, thinly sliced
- 3 garlic cloves, minced
- 2 medium white-skinned potatoes, peeled, cut into 3/4-inch cubes
- 1 cup fresh edamame beans or frozen, thawed
- 1 cup sliced trimmed Italian pole beans or green beans (about 5 ounces)
- 1 cup 1/2-inch cubes peeled celery root (celeriac)
- 1/2 cup chopped red bell pepper
- 4 lacinato (black) kale leaves, thinly sliced crosswise
- 2 1/2-pints red and/or yellow cherry tomatoes, cut in half
- 1/2 cup chopped fresh Italian parsley
- Freshly shaved Pleasant Ridge Reserve cheese, Parmesan cheese, or Asiago cheese

Preparation

1. Heat oil in very large pot over medium-high heat. Add carrots and next 7 ingredients. Sauté until vegetables are golden and begin to soften, about 15 minutes. Add tomatoes and tomato paste; stir to blend. Add 16 cups water and bring to boil. Reduce heat; cover and simmer 2 1/2 hours.
2. Strain vegetable mixture, pressing on solids to extract as much liquid as possible. Discard solids in strainer. Measure 13 cups broth and pour into large bowl (reserve remaining broth for another use). Season broth with salt. DO AHEAD: Can be made 5 days ahead. Cool slightly. Cover and refrigerate.
3. For garlic croutons, heat oil in large nonstick skillet over medium heat. Add garlic; stir 30 seconds. Add bread cubes; stir until crisp and golden, about 7 minutes. Remove from heat; cool. DO AHEAD: Can be made 1 day ahead. Store airtight at room temperature.
4. For vegetable soup, place cranberry beans in medium bowl; add enough cold water to cover beans by 2 inches. Let stand at room temperature overnight. Drain. Place beans in large saucepan; add enough cold water to cover beans by 3 inches. Bring to boil. Reduce heat and simmer until beans are tender, about 1 hour 15 minutes. Drain beans; set aside.
5. Bring 13 cups vegetable broth to simmer in large pot over medium-high heat. Add carrots and next 7 ingredients to broth; bring to boil. Reduce heat and simmer until vegetables are tender, stirring occasionally, about 45 minutes. DO AHEAD: Soup and beans can be made 1 day ahead. Cover and chill beans. Cool soup slightly, then chill until cold. Cover and keep chilled. Rewarm soup over medium heat before continuing.
6. Add cranberry beans and kale and simmer 15 minutes. Stir in cherry tomatoes and parsley; simmer just until heated through, about 5 minutes. Season soup with salt and pepper.
7. Ladle vegetable soup into bowls. Garnish with garlic croutons and shaved cheese and serve.

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