Fall Harvest Cookbook

Home & Family
Table of Contents

1. Alexandra Catalano’s Acorn Squash Taco Bowls
2. Ali Fedotowsky-Manno’s Caramel Apples
3. Ali Fedotowsky-Manno’s Gingerbread Cupcakes with Christmas Comet Cookies
4. Ashley Walter Pettit’s Creamy (& Calorie-Conscious) Pumpkin Alfredo
5. Caroline Fleming’s Cooks Roasted Root Vegetables with Four Danish Cheeses
6. Chef Adam Gertler’s Oktoberwurst
7. Chef Damiano Carrara’s Ribollita Toscana
8. Chef Rocco DiSpirito’s Espresso Meatloaf
9. Chef Stuart O’Keeffe Cooks Pork Chops with Port Fig Compote
10. Debbie’s Warm Fall Fig Cake
11. Debbie’s Sweet Potato Marshmallow Bars
12. Hash Brown Egg Bake
13. Jacqui Saidana Garlic Butter Pretzels
14. Kate Ellis’ Pumpkin-Spice Toffee Pops
15. Linda Miller Nicholson’s Fall Caramelle Pasta
16. Maria Provenzano’s Apple Cider Recipe
17. Maria Provenzano’s Apple Pie Pops
18. Phyllis Good’s Cocoa Zucchini Bread
19. Shanti Hinojos Jack-o-Lantern Pot Pie with Sweet Potatoes
20. Sweet Lady Jane’s Apricot Almond Tart
Alexandra Catalano’s Acorn Squash Taco Bowls

Ingredients:
- 3 Acorn Squash
- 1 can Black Beans
- 2 Tbsp. Cilantro
- 2 Cups of Shredded Turkey Breast
- 1 tsp of Cumin
- 1 tsp Salt
- Chopped minced garlic (2 cloves)
- 1 tsp of Oregano
- 1 dash of Cayenne Pepper

Directions:
1. For the Turkey
2. In a skillet add a tablespoon of coconut oil and heat pan low.
3. In a small separate bowl mix cumin, salt, garlic, cilantro, oregano, and cayenne together.
4. Add turkey in a large skillet over medium heat, stirring to break up clumps, until no longer pink, 3 to 5 minutes.
5. Add onions and black beans.
4. Add onions and black beans.

For the Acorn
1. Preheat oven to 400°F. Pierce acorn squash with a fork 2-3 times.
2. Slice in half, remove seeds with a spoon and place cut-side up (skin down) on a parchment-lined baking sheet. Bake for 20-25 minutes or
3. until soft. Let cool.
4. Spoon turkey mixture into the center of each acorn
5. Garnish with cilantro, if desired and serve!
Ali Fedotowsky-Manno’s Caramel Apples

Ingredients:
- Apples
- Sandpaper
- Caramel candies
- Water
- Chilled pan
- Parchment Paper
- Toppings of your choice

Directions:
1. Lightly rub light grade sandpaper over apples.
2. Wash apples under hot water and wipe with towel.
3. Microwave a bowl of caramel candies with a couple tbsp.’s of water (about 1 cup of caramel to 1 tbsp. of water) until melted.
4. Dip apples into caramel and placed on chilled pan lined with parchment paper.
5. Let sit for 1-3 mins then add toppings.
Ali Fedotowsky-Manno’s Gingerbread Cupcakes with Christmas Comet Cookies

Yield: 18 cupcakes  
Prep Time: 1 hour  
Bake Time: 10 minutes  
Total Time: 2 hours

Ingredients:
Gingerbread Cookies:
- ½ cup (1 stick) butter, softened
- ½ cup dark brown sugar, packed
- 2 teaspoons each: ground ginger and cinnamon
- ¾ teaspoon each: ground cloves and salt
- 1 egg, large
- ½ cup molasses
- 3 cups flour
- ½ teaspoon baking soda
- ¼ teaspoon baking powder

Cream Cheese Buttercream Frosting:
- 1 (8-ounce) package cream cheese, softened
- ½ cup (1 stick) unsalted butter, softened
- 4 cups powdered sugar
- 1 tablespoon vanilla extract
- 1 teaspoon grated orange zest (optional)

As needed:
- White royal icing in pastry bag
- 18 gingerbread cupcakes, prepared (from scratch or baking mix)
- Gold and white sparkling sugar sprinkles

DIRECTIONS
1. To prepare gingerbread cookies: cream butter and sugar in the bowl of a stand mixer until fluffy. Add spices, egg and molasses; mix to blend. Combine dry ingredients in a separate bowl; slowly add to mixing bowl on low speed until fully blended. Pat dough into 2 cookie dough disks. Cover and chill for 1 hour.
2. Preheat oven to 350 degrees F.
3. Roll 1 cookie dough disk out on a floured surface to ⅛-to ¼-inch thick, lifting and turning dough as you roll (reserve remaining cookie dough for another use). Cut out shapes with comet/shooting star-shaped cookie cutter. Transfer to baking sheets lined with parchment. Bake for 8 to 10 minutes, or until slightly light brown around outer edges. Cool.
4. To prepare frosting: combine cream cheese and butter in bowl of stand mixer and mix until fully blended. Slowly add powdered sugar until blended; add vanilla and orange zest and mix until smooth and creamy.
5. Pipe royal icing around outer edges of cookies, if desired.
6. Frost cupcakes with offset spatula or piping bag. Sprinkle sparkling sugar over frosting and top each cupcake with a gingerbread comet cookie.
Ashley Walter Pettit’s Creamy (& Calorie-Conscious) Pumpkin Alfredo recipe:

Base Ingredients:
- 1 cup per serving of pasta
- Spiralized Zucchini Noodles (“zoodles”) – can be store-bought so you do not need a spiralizer
- Spaghetti Squash “Noodles” – cut a spaghetti squash in half, remove the seeds, brush it with olive oil, and bake it for roughly 40-45 minutes (depending on the size - fork it to see if it’s tender.)
- Whole Wheat Penne Pasta or Quinoa Noodles – cooked according to the package
- Shirataki noodles (tofu + yam-based) – no-cook option! Simply rinse and use!

Ashley’s Creamy (& Calorie-Conscious) Pumpkin Alfredo recipe:
Sauce Ingredients:
Makes 4 servings
- 2 TB butter - I use Earth Balance avocado spread
- 3 cloves of garlic, minced
- 1 cup canned pure pumpkin puree
- 2 cups full-fat coconut milk
- 1 cup parmesan cheese, grated
- 2 TB sage leaves, chopped
- 1 ¾ tsp sea salt
- 1 tsp white pepper

Directions:
1. First prepare the noodles according to the directions.
2. In a medium size skillet over medium heat, melt the butter. Add in the garlic and cook for 30 seconds. Add in the pumpkin and milk. Whisk to combine. Add in the grated parmesan, chopped sage leaves, salt and pepper. Stir to combine. Continue to cook the sauce over low heat until the pasta is done cooking. Make sure to stir constantly so as to not burn the bottom of the sauce.
3. When the pasta is al dente, combine the pasta, sauce and preferred protein toppers. Toss to combine. Serve warm, garnish with additional fresh sage leaves.

Protein Topper Options:
- 3-4 oz. per pasta serving
- Simply grilled skinless, boneless chicken breast (cut into 1-inch slices) or rotisserie chicken without the skin if you don’t have time to cook proteins.
- Pan-sautéed shrimp
- Baked wild salmon fillet
Caroline Fleming’s Roasted Root Vegetables with Four Danish Cheeses

Ingredients:

For the root vegetables
- 4 tbsp. olive oil
- 2 red onions, thinly sliced
- 2 leeks, thinly sliced
- 2 large sweet potatoes, peeled and thinly sliced
- 1 large butternut squash, skin and pips removed, flesh thinly sliced
- 1 celeriac (celery root), peeled and thinly sliced
- 10 Jerusalem artichokes, skin scraped, thinly sliced

For the creamy cheese sauce
- 40g (1 1/2oz/3 tbsp.) butter
- 2 tbsp. plain (all-purpose) flour
- 500ml (18fl oz/2 cups) single (light) cream
- 300g (101/2oz/22/3 cups) grated Havarti cheese
- 300g (101/2oz/22/3 cups) grated Danbo cheese

Directions:
1. Preheat the oven to 200°C/400°F/gas mark 6.
2. Heat the olive oil in a frying pan (skillet) and fry the onions and leeks until softened.
3. Layer half the sweet potatoes, butternut squash, celeriac (celery root) and Jerusalem artichokes in a medium-sized ovenproof dish, then add half the fried onions and leeks.
4. Next make the creamy cheese sauce.
5. Melt the butter in a saucepan, then add the flour and stir well, cooking for a few minutes.
6. Slowly add the cream, whisking consistently so there are no lumps.
7. Finally add the cheeses and continue to cook, stirring, until the cheese has melted and the sauce is smooth.
8. Pour half the cheese sauce over the layered vegetables, then layer the remaining prepared vegetables and add the rest of the onions and leeks on top.
9. To finish, add the rest of the cheese sauce.
10. Put into the oven and bake for 1 hour, then serve hot.
Chef Adam Gertler’s Oktoberwurst & Sauerkraut

Dog Haus Oktoberwurst

Instructions:
1. Grill your favorite bratwurst
2. Place it in a bun (we love Kings Hawaiian rolls, buttered and split).
3. Top with aioli (mix together some mayo and whole grain mustard).
4. Top with caramelized onions.
5. Top with chopped scallions.

German Sauerkraut with Bacon
For 4 servings:

Ingredients:
- 4 strips Smoked Bacon, coarsely chopped
- 1 Large White Onion, sliced (about 2 cups)
- 2 teaspoons Toasted Caraway Seeds
- 2 tablespoons Flour
- 1 cup Chicken Stock
- 1 cup Weissbier
- ¼ cup Whole Grain Mustard
- 2 cup Sauerkraut, drained
- 2 tablespoons Fresh Parsley, chopped

**Directions:**
1. In a medium saucepan over medium heat, cook chopped bacon until dark brown and crisp. Use a slotted spoon to remove bacon to a paper towel to drain.
2. Add onions to pan and raise heat to high. Stir onions after 1 minute and add caraway seeds. Continue to cook onions for 2 minutes stirring occasionally.
3. Lower heat to medium-high and sprinkle flour over onions and stir to dissolve flour.
4. Add stock and beer, slowly add first and stirring constantly to avoid lumps. Add mustard and sauerkraut. Bring to a simmer. Mixture will thicken. Simmer mixture for 15 minutes or until thickened up to an hour.
5. Top with crumbled bacon and fresh parsley.
Chef Damiano Carrara’s Ribollita Toscana (Tuscan Bread Soup)
from “A Taste of Italy: 100 Traditional Homestyle Recipes” by Damiano Carrara

Ribollita is a perfect example of Tuscan cuisine. It came into being when farmers had no money to buy food and could only use their own vegetables to feed their families - to make sure they had enough energy to continue working in the fields. During the wintertime, my mom loves to make all sorts of soups with mixed vegetables and old bread. As it happens, ingredients like vegetables and bread are always on the table of every good Italian, and, as a culture, it is traditional for us to have bread with every meal!

Prep time: 24 hours, 15 minutes
Cooking time: approximately 40 minutes
Serves: 4

Ingredients:
- Four 15-ounce (400g) cans cannellini beans
- 2 tablespoons (30g) salt, plus salt and pepper to taste
- 7 tablespoons (105ml) extra virgin olive oil, plus more for serving
- 4 sprigs fresh thyme
- 2 carrots, chopped
- 1 onion, chopped
- 2 garlic cloves, minced
- 2 celery stalks, chopped
• 2 medium-sized potatoes, thinly sliced
• 1 tablespoon (15ml) tomato paste
• 35 leaves Tuscan kale, chopped
• ½ Savoy cabbage, chopped
• 28 Swiss chard leaves, chopped
• 2 loaves stale bread, such as ciabatta or rustic baguettes, sliced

Instructions:
1. Put the beans in a large bowl or stockpot. Cover them with water and let them soak overnight at room temperature.
2. Drain the beans and fill a large stockpot with water. Put the beans in the large stockpot and fill it with 2 quarts (2L) of water and 2 tablespoons (30g) of salt. Cook the beans for 1 hour.
3. When they are cooked, remove ¾ of the beans from the stockpot, without discarding the water, and set them aside. Blend the water and the remaining beans in the stockpot with an immersion blender. Then put the reserved beans back into the stockpot.
4. In a pan over medium to high heat, heat 5 tablespoons (75ml) of the olive oil and add the fresh thyme, carrots, onion, garlic, and celery and cook them for about 6-8 minutes, until they turn golden. Then add the potatoes and the tomato paste with 1 cup (240ml) of water to the pan and let the mixture simmer for a few more minutes. Add salt to taste, along with the kale, cabbage, and Swiss chard. Let them wilt in the pan. Add the beans and let them simmer for another hour on low heat, adding a little water, if the mixture becomes too thick.
5. Now add the sliced bread to the soup and give it a stir. Let it cook for a few minutes over medium to low heat. Take it off the heat and let the soup rest as long as possible, preferably overnight, for the best result. Ribollita means “reboiled,” so the day after you’ve made the soup, bring it to a boil for a few minutes and serve it with a touch of extra virgin olive oil and some freshly cracked pepper.
Chef Rocco DiSpirito's Espresso Meatloaf

Espresso in meatloaf? Yes, just 2 teaspoons of espresso powder in the topping to amplify the beefy flavor of meatloaf. This recipe is gluten-free, too, since it uses puffed rice (instead of bread) as a binder.

Makes 4 servings
Prep time: 10 minutes
Cook time: 30 minutes

Per serving
205 calories / 8g fat / 25g protein
7g carbohydrates / <1g fiber

Ingredients:
- 1 cup puffed rice cereal
- ½ cup reduced-sodium beef broth
- 1 pound lean ground beef
- Salt and pepper
- 2 tablespoons unsweetened ketchup
- 2 tablespoons tomato paste
- 1 teaspoon Worcestershire sauce
- 2 teaspoons instant espresso powder (such as Medaglia d'Oro)

Method:
1. Preheat the oven to 375°F.
1. Place puffed rice in a large bowl. Pour the beef broth on top of it and mix well to break apart the puffs.
2. Add the ground beef and mix well. Season. Form into a 7 x 4-inch loaf shape and place on a baking sheet. Transfer to the oven and bake for 25 minutes. Remove from the oven and turn the broiler to high.
3. In a small bowl, mix together the ketchup, tomato paste, Worcestershire sauce, and espresso powder. Brush this over the meatloaf and return to the broiler. Check after 5 minutes. The crust of the meatloaf should be brown and sticky to the touch.

**Spiced Carrots**
Makes 4 servings
Prep time: 10 minutes
Cook time: 25 minutes

Per serving
74 calories / 4g fat / <1g protein
10g carbohydrates / 2g fiber

**Ingredients:**
- 1 tablespoon extra-virgin olive oil
- 1 pound baby carrots, halved
- ¼ teaspoon ground cumin
- ½ teaspoon ground coriander
- 2 tablespoons lemon juice
- ½ cup water
- ¼ cup chopped mint
- Salt and pepper

**Method:**
1. Preheat the oven to 400°F.
2. Heat the olive oil in a large sauté pan over high heat. When the oil begins to smoke, add the carrots and cook, stirring frequently, until the carrots begin to brown, about 5 minutes. Sprinkle with the cumin and coriander and stir.
3. Deglaze the pan with the lemon juice. Scrape the carrots into an 8-inch square baking dish and cover with foil. Transfer to the oven and cook until tender, about 20 minutes.
4. Remove from the oven. Drain any water that remains. Sprinkle on the mint, season with salt and pepper to taste, and serve.
Chef Stuart O’Keeffe Cooks Pork Chops with Port Fig Compote

Recipe courtesy Chef Stuart O’Keeffe, from his cookbook “The Quick Six Fix”

Serves 4
Prep: 6 minutes
Cook: 25 minutes
Clean: 6 minutes

Ingredients:
- 4 tablespoons canola oil
- 1 tablespoon fresh THYME leaves
- 1 tablespoon chopped fresh ROSEMARY leaves
- 4 8-ounce PORK CHOPS, bone in, about 1 inch thick
- 1½ cups DRIED FIGS, halved
- ½ cup red port wine
- Juice of 1 ORANGE (about ½ cup)

Directions:
1. Divide the canola oil, thyme, and rosemary between two Ziploc bags. Put 2 pork chops in each bag and marinate them in the fridge for at least an hour. Remove from the fridge at least 30 minutes before cooking.
2. Place figs, port, and orange juice in a small saucepan, bring to a simmer, and cook until liquid has reduced by half, about 10 minutes. Set aside.
3. Light a grill or heat a large cast-iron pan until hot, and cook two pork chops at a time until meat registers 145 degrees on a thermometer, about 5 to 7 minutes per side. Set aside to keep warm and repeat with the remaining two. Rest on a plate under tented foil for 5 minutes.
1. Transfer to plates and spoon warm compote on top.

**Spicy Sausage Cornbread Stuffing**
Recipe courtesy Chef Stuart O’Keeffe, from his cookbook “The Quick Six Fix”

**Serves 4**
**Prep:** 3 minutes
**Cook:** 10 minutes
**Clean:** 3 minutes

**Ingredients:**
- 1 tablespoon extra-virgin olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 1 teaspoon dried chili flakes
- 2 spicy ITALIAN SAUSAGES, casings removed
- 3 cups crumbled CORNBREAD (store-bought)
- ½ cup chicken stock
- 1 teaspoon chopped CHIVES

**Directions:**
1. Heat oil in a large skillet over medium heat. Add onion and garlic and cook for 2 minutes to soften up onion.
2. Add chili flakes and sausage and cook for 4 to 6 more minutes, breaking up the sausage with a wooden spoon to ensure it cooks all the way through. Add the cornbread to the pan and stir to combine all ingredients. Add chicken stock and stir. Sprinkle with chives. Serve.”
Debbie Cooks - Warm Fall Fig Cake

Ingredients:
- 3 ½ cups AP Flour
- ½ cup Granulated Sugar
- 2 sachets Instant Yeast (~4.5 teaspoons)
- 1 ¼ teaspoons Salt
- 1 ½ cups Milk, room temperature
- 4 Eggs, room temperature
- 8 tablespoons Unsalted Butter, softened
- 1 pint Figs, sliced into quarters

1. Combine the flour, sugar, yeast, and salt in a large bowl Stir to combine. Make a well in the center and add the milk, eggs, and butter. Stir the batter together until it is well combined and cohesive. The batter will look somewhere between a loose bread dough and a thick cake batter. Cover the bowl with plastic wrap and let it rise in a draft-free spot for an hour. The mixture will not quite double in size.
2. Butter a 9x13-inch baking dish and line it with parchment paper. Stir the batter a few times to deflate it slightly, then scrape it into the prepared pan and spread it
until it more or less fills the bottom of the pan. Cover again with plastic wrap and set aside for another 30 minutes. While the cake is rising again preheat the oven to 350°F.

3. Once the cake has risen, gently place the fig quarters into the top of the batter.
4. Bake the cake for 25-30 minutes, until top is golden and a toothpick inserted into the center comes out clean. Transfer to a cooling rack and let it sit in the pan for 10 minutes. After 10 minutes, run a knife along the outside of the cake and invert it onto a cooling rack. Invert it back onto another rack to cool completely.
5. Serve sliced into squares, plain or with whipped cream.
Debbie’s Sweet Potato Marshmallow Bars

For the Crust

Ingredients:
- 2 cups crushed ginger snaps, crushed almonds
- ¾ cup sugar
- 1 teaspoon salt
- 10 tablespoons unsalted butter, melted

For the Filling

Ingredients:
- 2 cups sweet potatoes, pureed
- 3 tablespoons sugar
- 3 large eggs
- 1 teaspoons pure vanilla extract
- 1 teaspoons ground cinnamon
- 1 teaspoons ground ginger
- 4 ounces cream cheese
- 1 cup heavy cream
For Topping
- Mini marshmallows and crushed ginger snaps

Directions:
1. For the crust, preheat oven to 350°. Line baking pan with parchment paper. In a food processor, pulse ginger snaps and almonds, sugar, and salt until fine crumbs. Add in melted butter. Pulse again. Press into pan, bake 10 minutes.
2. Mix Filling ingredients until well combined.
3. Add filling to crust, bake 48 to 50 minutes. Cool for a few minutes.
4. Top with mini marshmallows, broil for 1-2 minutes to brown.
5. Sprinkle the top with crushed ginger snaps.
6. Cool completely before serving.
Hash Brown Egg Bake

Ingredients:
- 2 cups shredded Cheddar Cheese
- 2 cups shredded mozzarella cheese
- 2 tablespoons butter
- ½ cup chopped fresh mushrooms
- ½ cup chopped red bell pepper
- 1 lb. Italian Sausage (bulk, not links or patties)
- 1 pkg. (1 b.) frozen shredded hash browns
- 8 eggs
- 1 ¾ cups milk
- ½ cup all-purpose flour
- 2 tablespoons minced parsley
- ½ teaspoon dried basil
- ¼ teaspoon salt
- ¼ teaspoon black pepper

Directions:
1. Preheat oven to 350° degrees.
2. Combine Cheddar and mozzarella cheese in a small bowl; place 3 cups cheese mixture into a 9x13 pan.
3. Add the sausage to a large skillet and place over medium heat. Break the sausage apart with a wooden spoon. Cook until the sausage is completely brown, about 7 minutes, stirring occasionally. Drain off the fat.
4. Melt butter in a separate large skillet over medium heat; cook and stir mushrooms and red peppers until vegetables are tender, about 5 minutes, drain.
5. Combine the frozen potatoes, cooked and drained sausage, and vegetables to a large bowl. Stir to combine.
6. Spread hashbrown, veggie, and sausage mixture over cheese.
7. Beat eggs in a bowl; mix in milk, flour, parsley, basil, salt, and pepper. Slowly pour egg mixture into baking dish.
8. Sprinkle 1 cup remaining cheese over the eggs
9. Bake in preheated oven until a knife inserted near the center comes out clean, 35 to 40 minutes.
10. Let stand 10 minutes before cutting.
Jacqui Saldana Garlic Butter Pretzels

Total time: 4 hours, 25 mins
Prep: 4 hours
Cook: 25 mins
Serves: 8-12 rolls

As fall approaches, I always feel a need for something warm and savory, and nothing hits the spot quite like a warm pretzel. This recipe is pretty tasty, and quenches my thirst for that iconic pretzel snack. Try baking these for a game day treat at home, or take them with you to a family gathering. Your child will be proud to have had a hand in creating these special rolls. They do take some time to make, so clear your day, and get to work with your little ones! Take photos along the way, and capture the day you tackled pretzel rolls!

What You Need:
- 1 cup milk
- 1 ¼ ounce package active dry yeast
- 1 tablespoon brown sugar
- 2 ½ cups flour (plus ½ cup extra for rolling dough)
- Pinch of fine salt
- 2 tablespoons unsalted butter (softened)
- Cooking spray
• ½ cup baking soda
• ⅔ cup coarse sea salt or pretzel salt (plus extra to sprinkle on top)
• 1 large egg
• 2 cloves garlic
• ½ stick butter

Let’s Get Cooking
As you may have guessed, this recipe is a bit time consuming. However, you and your little one will create bread from scratch, and that is pretty admirable - and tasty! Get organized, and take your time. Be sure to have fun snacks and games prepared to enjoy during the down time while your dough rises. Pretzel baking is a science, and taking the time to do it correctly will reward you deliciously!

1. In a microwavable bowl, warm up milk for 45 seconds. Once warm, sprinkle in yeast and let sit for about 2 minutes. Sprinkle in brown sugar, and set aside until foamy - about 5 minutes. (Tip: You may take this time to explain to your child that the yeast is essentially “eating” the sugar and transforming it into energy, as seen in the appearing bubbles. This tiny process ensures the pretzel rolls will rise and be fluffy!)
2. Mix the pretzel dough in a stand mixer fitted with a dough hook. Combine 2 ½ cups flour and fine salt, mixing on low. Add in yeast mixture and softened butter. Mix until smooth, slightly sticky dough forms.
3. Add dough to a large bowl coated with cooking spray, and cover with plastic wrap. Set aside for an hour at room temperature. Once risen, place dough on floured surface. (Tip: Take a photo of your dough before it sits. When you compare this “before” photo to the risen dough an hour later, it should have doubled in size!)
4. Roll dough into a log and cut into two-inch pieces. (Tip: Use butter knife to cut dough into two inch pieces. Use first pieces to measure the rest)
5. Roll dough pieces into ropes.
6. Twist ropes into your best pretzel twist shape. (Tip: Get your little ones involved, and let them create their own perfectly imperfect pretzel rolls. Be sure to take photos of them hard at work).
7. Place rolls onto baking sheet, and cover with plastic wrap. Refrigerate two hours, until puffy.
8. Preheat oven to 400°. In a large pot, whisk together baking soda, ⅔ cup coarse sea salt, and 3 cups water. Bring to a slight boil. Add rolls to cook for 1 minute, flipping halfway through so mixture coats entire roll.
9. Recoat baking sheet with cooking spray. Beat egg, and brush a light layer on top of each roll. Sprinkle with remaining coarse sea salt or pretzel salt, and bake 20 minutes, or until golden brown.
10. When pretzels are done and cooling, roll out two cloves garlic with garlic peeler. Mince. Place garlic and ½ stick of butter in a small sauce pan. Melt butter and cook until garlic is fragrant. Enjoy cooled pretzels with garlic butter!

Cheesy Dipping Sauce
1. In a small sauce pan, warm 2 cups whole milk
2. In another saucepan, melt ¼ cup unsalted butter. Sprinkle in ¼ cup flour, and stir with a wooden spoon until paste forms. Slowly whisk in warm milk, creating a thick sauce. Continue whisking, while adding 2 cups grated sharp cheddar cheese, 1 teaspoon black pepper, and pinch of salt. Whisk to achieve a smooth, cheesy texture.

3. Enjoy warm!
Kate Ellis’ Pumpkin-Spice Toffee Pops

**Ingredients:**
- 1lb Butter
- 1 ¾ cup Sugar
- 1 tablespoons Agave
- 10 oz White Chocolate
- 2 ½ tablespoons Air-Dried Pumpkin
- 1 teaspoon Pumpkin Spice Seasoning

**Recipe:**
1. Lay out hard candy lollipop molds on a baking sheet, fill with lollipop sticks
2. Melt 1lb butter.
3. Add 1.25 C sugar.
4. Add 2 T agave.
5. Bring to boil and stir a few times until it reaches 300 degrees.
6. Remove from stove and pour into prepared pop molds.
7. Cool in fridge
8. Prepare chocolate: Melt 10oz white chocolate
9. Add 2.5 T air dried pumpkin
10. And 1 t pumpkin spice seasoning and mix!
11. Meanwhile, line a baking sheet with parchment paper, pulling the edges up to the rim.
12. When the chocolate reaches 86 degrees, dip pops in
13. Sprinkle chopped walnuts, pecans or almonds (if desired)
Linda Miller Nicholson’s Fall Caramelle Pasta

Beet-Blueberry Dough (Perfect Purple)

*NOTE:* This is the dough to make if you’re aiming for classic purple. It’s colorfast and extra smooth, although keep in mind the blueberry seeds give it tiny, charming flecks of purple.

**Ingredients:**
- 1 small beet, peeled and roughly chopped (about 2oz)
- ¾ cup fresh or frozen blueberries
- 2 large eggs
- 2-⅛ cups “00” pasta flour

**Directions:**
1. Place the chopped beet in a small, non-metal bowl and cover with plastic wrap. Microwave for 50 seconds. Let sit for two minutes.
2. Uncover and add to a blender along with the blueberries and eggs, and blend on low speed, slowly increasing speed until a smooth puree forms.
3. Combine the flour and puree in the bowl of a standing mixer fitted with a paddle attachment and mix on low speed until a ball of dough forms. Continue to knead, either by hand or in the mixer for 3 minutes, so that the dough develops elasticity and silkiness.
4. Seal the ball of dough in plastic wrap and let it rest at room temperature for 30 minutes before sheeting. Alternatively, you can let the dough rest for up to 24 hours in the refrigerator. The color will turn grayish-brown after.

Lattice-Patterned Caramelle Pasta

NOTE: You can use any color or pasta pattern to make your caramelle, but I’m going to show you how to make a lattice pattern here, both because it looks awesome and it’s not too hard so you can focus your energy on mastering the caramelle-wrapping technique. If you have another pattern in mind or want to make single-colored caramelle, skip down to the filling and shaping section after you’ve got your pasta sheet rolled and ready to fill.

Yield: Serves 4 (factor 3-4 per person)

Ingredients:
- 1 batch filling in a zip top bag
- 2/3 batch dough (your choice of flavor/color)
- ½ batch dough (your choice of flavor/color)

Directions:
1. Place the filling in a gallon-sized zip top bag and snip a bottom corner to make a hole approximately 1” in diameter. Reserve filling in refrigerator until you are ready to shape the caramelle.
2. Roll the 2/3 batch of dough to the fourth-thinnest setting on a pasta machine in a rectangular shape, approximately 5” wide.
3. Lightly dust a surface with flour and rest the base sheet along it, covered with a kitchen towel. I will refer to this as the base sheet hereto forth.
4. Roll the half batch of dough to the third-thinnest setting on a pasta machine. Cut it into thirds and work with 1/3 at a time, covering the remaining 2/3 with a kitchen towel. This is to ensure that your dough does not prematurely dry out and become unusable.
5. Lightly flour the first third of the half batch dough so it doesn’t clump. Using the spaghetti (thinnest) cutter attachment on a pasta machine, cut the sheet into strands.
6. Place the base sheet in front of you on a lightly floured surface. Place the spaghetti strands directly behind that, so they are easy to access, as you will be laying them on the base sheet.
7. Wipe the entirety of the base sheet with a barely-damp paper towel or culinary brush, so that the strands stick to it.
8. Begin laying strands diagonally across the base sheet, approximately ½” apart (or as far apart as you want your pattern, keeping in mind that it will stretch when you re-roll it through the pasta machine). You may have to continue to moisten the base sheet if you notice the strands are not sticking properly to it, though you don’t want it too wet or you risk the pattern bleeding.
9. Once you have laid strands across the entirety of the base sheet in 1 direction,
add the pasta to the water, as if you do it sooner, your water will boil over if you’re not attentive.

Ingredients:
- 6 tablespoons butter
- ½ cup roughly chopped walnuts
- 2 tablespoons poppy seeds
- ¼ teaspoon garam masala
- 1-teaspoon honey
- 1-teaspoon apple cider vinegar
- 1-cup hot, starchy pasta water

Directions:
1. Melt the butter over medium heat in a large sauté pan. Continue cooking, and keep a vigilant eye on the butter until it turns light golden brown.
2. Add the walnuts and cook for 1 minute.
3. Add the poppy seeds and garam masala, and cook for one minute.
4. Stir honey and vinegar into the nuts and seeds.
5. Increase the heat to medium-high and whisk the pasta water into the butter for about 2 minutes, or until the sauce begins to thicken. Toss with pasta and serve immediately.

Rustic Squash Filling
Yield: Enough filling for one batch of dough

NOTE: I recommend using a medium-sweet fleshy winter squash such as butternut or delicata for this recipe. Butternut will be much easier to peel, but delicata does have an undeniably lovely flavor that makes it worth it to either peel or scoop out the flesh.

Ingredients:
- 3 cups (approx.) peels, chopped winter squash, such as butternut or delicata (no seeds)
- ½ cup whole milk ricotta, drained
- 1 egg yolk
- 1-tablespoon sugar
- 1-teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon nutmeg

Directions:
1. Place the chopped squash in a heatproof bowl and cover tightly with plastic wrap.
2. Microwave on high for 4 minutes.
3. Put the steamed squash in a food processor and let cool for 5 minutes.
4. Add the remaining ingredients and process until smooth. You may have to scrape down the sides of the processor a few times to incorporate all the ingredients.
add the pasta to the water, as if you do it sooner, your water will boil over if you're not attentive.

**Ingredients:**
- 6 tablespoons butter
- ½ cup roughly chopped walnuts
- 2 tablespoons poppy seeds
- ¼ teaspoon garam masala
- 1-teaspoon honey
- 1-teaspoon apple cider vinegar
- 1-cup hot, starchy pasta water

**Directions:**
1. Melt the butter over medium heat in a large sauté pan. Continue cooking, and keep a vigilant eye on the butter until it turns light golden brown.
2. Add the walnuts and cook for 1 minute.
3. Add the poppy seeds and garam masala, and cook for one minute.
4. Stir honey and vinegar into the nuts and seeds.
5. Increase the heat to medium-high and whisk the pasta water into the butter for about 2 minutes, or until the sauce begins to thicken. Toss with pasta and serve immediately.

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**Directions:**
1. Place the chopped squash in a heatproof bowl and cover tightly with plastic wrap.
2. Microwave on high for 4 minutes.
3. Put the steamed squash in a food processor and let cool for 5 minutes.
4. Add the remaining ingredients and process until smooth. You may have to scrape down the sides of the processor a few times to incorporate all the ingredients.
5. Using a silicon spatula, scrape the filling into a gallon-sized zip top bag. Seal the bag and reserve in the refrigerator for at least 30 minutes, or until needed.
6. Keeps for 3 days.

**Kale or Leafy Green Dough (Dark Green)**
**Yield:** Makes approximately 18 ounces of dough, or four 4.5 ounce portions
**NOTE:** This is rich dough with wonderfully deep color. The vibrancy will remain after it boils or bakes, making it a prime candidate for many pasta shapes, including lasagna noodles that get cooked in the oven.

**Ingredients:**
- 1-tablespoon salt
- 1-teaspoon baking soda
- ½ bunch of lacinato kale or other dark leafy green such as chard, nettles, or spinach
- 2 large eggs
- 2-⅛ cups “00” pasta flour (AP flour will work too, just look for low that is low protein)

**Directions:**
1. In medium saucepan over high heat, bring the salt, baking soda, and 8 cups water to a boil. Add the kale and blanch it for 15 seconds. Strain and press out the water. Add kale to a blender and wait a minute or two for it to cool. Add the eggs. Blend the kale and eggs on low speed at first to combine them, then increase the speed and puree until smooth.
2. Strain the puree to remove any grainy threads of kale. This should yield about 1 cup puree.
3. In the bowl of a standing mixer fitted with a paddle attachment, combine the flour and green puree. Mix on low speed until a ball of dough forms. Continue to knead, either by hand or in the mixer, for 3 minutes, so that the dough develops elasticity and silkiness.
4. Seal the ball of dough in plastic wrap and let it rest at room temperature for 30 minutes before sheeting. Alternatively, you can let the dough rest for up to 24 hours in the refrigerator. The color sometimes intensifies after that, although the dough is still usable for up to 3 days.

**Harissa Dough (Orange)**
**Yield:** Make 4 servings
**NOTE:** Harissa is a delicious and versatile pepper spice paste with a smoke, elegant flavor that complements just about everything and is especially beloved in meat stews.

**Ingredients:**
- 3-tablespoons harissa (Trader Joe’s has a great one)
- 3 large eggs
- 2-⅛ cups “00” pasta flour (AP flour will work too, just look for one that is low protein)
Directions:
1. In a blender, mix the harissa and eggs on low speed, slowly increasing speed until a smooth puree forms.
2. Combine the flour and puree in the bowl of a standing mixer fitted with a paddle attachment and mix on low speed until a ball of dough forms. Continue to knead, either by hand or in the mixer for 3 minutes, so that the dough develops elasticity and silkiness.
3. Seal the ball of dough in plastic wrap and let it rest at room temperature for 30 minutes before sheeting. Alternatively, you can let the dough rest for up to 24 hours in the refrigerator. The color sometimes intensifies after that, although the dough is still useable for up to 3 days.
Maria Provenzano’s Apple Cider Recipe

Ingredients:
- 10-12 apples; half sweet, half tart
- 1 orange; optional
- 1 tablespoon homemade pumpkin pie spice
- 2 cinnamon sticks; optional
- water
- ½-1 cup brown sugar, or honey
- cheese cloth

Instructions:
1. Cut the apples and orange into quarters and place in a large pot
2. Sprinkle in 1 heaping tablespoon of pumpkin pie spice (for a homemade recipe search "homemade pumpkin pie spice on fromscratchwithmaria.com")
3. Add in the cinnamon sticks
4. Fill the pot with water until the apples are covered by an inch or two
5. Bring to a boil and reduce to a simmer
6. Allow to cook for an hour with the top on
7. After an hour, remove the top and smash the apples to release their juices using a potato masher, or something similar
8. Add in ½ cup brown sugar; taste, and add a little more if needed
9. Simmer for another hour with the lid on
10. After an hour taste the cider to see if you need to add more sugar or honey, and add as much as you like
11. Pour the cider over a strainer lined with cheese cloth into another large pot
12. Allow to drain until the apples are cool enough to touch
13. Bring the ends of the cheese cloth together and tie so that you can squeeze more of the juice out of the apples
14. This will leave you with a luscious, and smooth cider
15. Adjust spices and sweetness as needed; if the flavor is too strong you can add more water
16. Serve warm
17. If there is some left over, let it cool, and store in the fridge for about 5 days
Maria Provenzano’s Apple Pie Pops

Apple Pie Filling:

**Ingredients**
- 6 cups apples; sliced and cut into small pieces; preferably a sturdy tart apple like a granny smith or something similar
- 2 teaspoons pumpkin pie spice
- ½ teaspoon salt
- ¾ cup brown sugar
- 1 teaspoon lemon zest
- 2-3 tablespoons fresh lemon juice
- 2 tablespoons cornstarch
- 4 tablespoons water

**Directions:**
1. Place the apples in a large bowl and mix with the spice, salt, sugar, zest, and lemon juice.
2. Toss together until well combined.
3. Place in a pot over medium heat and cook for about 5 minutes until bubbly.
4. In a small bowl, mix together the 2 tablespoons of cornstarch with 4 tablespoons of water.
5. Pour into the apple mixture and cook for a few minutes until thickened and remove from heat to cool.

**Pie dough recipe:**

**Ingredients:**
- 3 cups flour
- 1 cup cold unsalted butter cut into small cubes (organic is best)
- 1 tablespoon white vinegar
- 1 whole egg (cold)
- 4 tablespoons cold water
- 2 tablespoons sugar

**Directions:**
1. Measure out the flour into a food processor.
2. Add in the cold cubes of butter.
3. Process until crumbly. About pea size pieces are good. If you are using your hands make sure to work extra fast because your hands are warm and they will melt the butter.
4. Combine vinegar, egg, and cold water.
5. Add the wet ingredients to flour mixture whole food processor is running. If you are using your hands you can pour with one hand and stir with the other.
6. Process only until dough forms a ball.
7. Separate dough in half. Using plastic wrap, flatten into two disks.
8. Refrigerate for at least 20 minutes. I recommend about an hour.

**Pie Pops:**

**Ingredients:**
- pie dough
- pie filling
- 1 egg
- coarse sugar for sprinkling over the top; regular sugar can also be used
- lollipop sticks

**Directions for Pie Pops Pops:**
1. Heat the oven to 375° degrees.
2. Roll out the cold pie dough to about ¼ inch thick, and use a 3-inch round cutter to cut out as many circles as you can; this should make about 12-14 pie pies.
3. Whisk the egg with a bit of water.
4. Use a pastry brush to brush the egg wash around the side of the pie circle.
5. Scoop a small amount of filling to the center of the circle.
6. Place the lollipop stick in the center of the circle, and then top with another 3-inch pie crust round.
7. Use a fork to press the edges together making sure the stick is securely in the center of the mini pie.
8. Brush more of the egg wash on the top of the mini pie and top with some sugar; repeat with the rest of the dough.
9. Bake at 375° for about 20 minutes or until lightly golden.
Phyllis Good’s Cocoa Zucchini Bread

Recipe Courtesy Phyllis Good, from her cookbook: “Stock the Crock”

No, you don’t taste the zucchini in this bread. Yes, it does give the bread a soft and tender texture! The Dutch-process cocoa powder adds a serious chocolate flavor. The sugar and butter bring the taste into perfect balance!

6 or 7 qt. slow cooker  Makes 1 (9- x 5-inch) loaf  Prep: 15 minutes  Cook: 3 to 4 hours, Standing: 20 minutes

**Ingredients:**
1 cup sugar
2 large eggs
½ cup vegetable oil or 1 stick (1/2 cup) unsalted butter, softened
1 cup unpeeled grated zucchini
¼ cup milk
½ teaspoon vanilla extract
1½ cups all-purpose flour
½ teaspoon ground cinnamon
½ 2 teaspoon baking soda
½ teaspoon baking powder
¼ teaspoon salt
2 tablespoons unsweetened Dutch-process cocoa powder
¼ cup mini-chocolate chips
¼ cup chopped walnuts or pecans

**Directions:**
1. Check that a 9- x 5-inch loaf pan fits into your slow cooker crock. It should either sit on the floor of the crock or be suspended from its top edge while still allowing the lid of the crock to fit. Or use an 8- x 4-inch pan. It will just be fuller.
2. Grease the inside of the loaf pan with butter or nonstick cooking spray. Then toss 1 tablespoon of flour around in the greased interior until the bottom and sides are lightly floured.
3. Mix the sugar, eggs, and oil in a large bowl, stirring until well combined.
4. Stir in the grated zucchini.
5. Stir in the milk and vanilla, blending well.
6. In a separate smaller bowl, combine the flour, cinnamon, baking soda, baking powder, salt, and cocoa powder.
7. Add the dry ingredients to the zucchini mixture. Stir together thoroughly.
8. Stir in the chocolate chips and nuts.
9. Pour into the prepared loaf pan. Place the pan into the crock.
10. Cover the crock, but vent the lid with a wooden spoon handle or a chopstick at one end. This allows steam to escape and will help to keep the moisture that gathers on the inside of the lid from dripping onto the bread.
11. Cook on High for 3 to 4 hours, or until the edges of the bread begin to pull away from the sides of the pan. Stick a tester into the center of the bread. If it comes out clean, the bread is done. If it doesn’t, continue cooking for another 20 to 30 minutes. Test again. Continue cooking in 20-minute increments until done.
12. Lift the bread pan from the cooker and onto a cooling rack or trivet.
13. Allow the bread to cool for 10 minutes. Run a knife around the interior of the pan to loosen the bread. Turn the loaf out onto a cooling rack and let it stand at least another 10 minutes before you slice it. Serve warm.

**Make It Gluten-Free:** Use gluten-free flour.

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Shanti Hinojos Jack-O-Lantern Pot Pie with Sweet Potatoes
by Shanti Hinojos
Serves 4

- 5T unsalted butter
- 5T AP flour
- 1 large onion, small dice
- 3 medium carrots peeled, small dice
- 3 medium stalks of celery, small dice
- 2 medium red potatoes, small dice
- 1-2 small sweet potatoes, peeled, small dice
- 1/3c peas
- 1lb chicken breasts, cut into 2x2" cubes
- 3 c chicken stock or broth
- 1 tsp chopped oregano
- 1 tsp kosher salt (to taste)
- ½ tsp fresh black pepper
- 1x box of premade pie dough, cut to fit bowl you are using (2 per package, two per dough)
- 1 egg + 1 Tb water (egg wash)
Directions:
1. Make a roux with the butter and flour. Add the mirepoix and caramelize.
2. Add the two types of potatoes and sauté.
3. Add chicken stock, chicken, peas, and the seasonings. Simmer until potatoes are soft and chicken is cooked through. Make a cornstarch slurry if not thick enough.
4. Let cool slightly. Ladle into oven safe bowls and top with decorated pie dough. Seal edges with a crimp or a fork and brush with the egg wash.
5. Bake in a 450 oven until golden brown, about 25-30 minutes. Let cool for about 10-15 before eating.
Sweet Lady Jane’s Apricot Almond Tart
Makes 1 - 10" tart or 3-6" tarts

Ingredients:
Pastry:
- ½ c. Sugar
- 6 oz. butter
- 2 c. Pastry flour
- ¼ c. Ice water or more until pastry comes together

Filling:
- 12 oz. dried apricots
- ½ cup water
- ½ cup sugar
- ½ cup slices almonds
- ½ cup whipping cream

Directions:
For the Pastry:
1. Cream all ingredients in food processor.
2. Use a tart pan with a removable bottom.
¼ teaspoon salt
2 tablespoons unsweetened Dutch-process cocoa powder
¼ cup mini-chocolate chips
¼ cup chopped walnuts or pecans

**Directions:**
1. Check that a 9- x 5-inch loaf pan fits into your slow cooker crock. It should either sit on the floor of the crock or be suspended from its top edge while still allowing the lid of the crock to fit. Or use an 8- x 4-inch pan. It will just be fuller.
2. Grease the inside of the loaf pan with butter or nonstick cooking spray. Then toss 1 tablespoon of flour around in the greased interior until the bottom and sides are lightly floured.
3. Mix the sugar, eggs, and oil in a large bowl, stirring until well combined.
4. Stir in the grated zucchini.
5. Stir in the milk and vanilla, blending well.
6. In a separate smaller bowl, combine the flour, cinnamon, baking soda, baking powder, salt, and cocoa powder.
7. Add the dry ingredients to the zucchini mixture. Stir together thoroughly.
8. Stir in the chocolate chips and nuts.
9. Pour into the prepared loaf pan. Place the pan into the crock.
10. Cover the crock, but vent the lid with a wooden spoon handle or a chopstick at one end. This allows steam to escape and will help to keep the moisture that gathers on the inside of the lid from dripping onto the bread.
11. Cook on High for 3 to 4 hours, or until the edges of the bread begin to pull away from the sides of the pan. Stick a tester into the center of the bread. If it comes out clean, the bread is done. If it doesn’t, continue cooking for another 20 to 30 minutes. Test again. Continue cooking in 20-minute increments until done.
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