

RPW-----

yogurt-braised chicken with cashews and raisins

Main-dish, Chicken

6

1, 3pound, best-of-fryer chicken (8 pieces)
1 ½, tablespoons, plus 2 teaspoons coarse kosher salt
4, teaspoons, ground cumin, divided
1 ½, teaspoons, ground cardamom, divided
1, teaspoon, cayenne pepper
2 ½,cups,raisins (about 12 ounces), divided
1 ½, cups, hot water
4, cups, plain yogurt
2, teaspoons ,freshly ground black pepper
2, teaspoons, ground cinnamon
5, tablespoons, Clarified Butter
1, cup, raw cashews (about 5 ounces)
10, whole, cloves
1/3, cup, lemon juice fresh

1. Place chicken, skin side up, on rimmed baking sheet.
2. Mix 1 1/2 tablespoons salt, 3 teaspoons cumin, 1 teaspoon cardamom, and cayenne in small bowl.
3. Sprinkle chicken generously on all sides with spice mix.
4. Let stand 2 hours.
5. Combine 1 cup raisins and 1 1/2 cups hot water in medium bowl.
6. Cover; soak until raisins are soft, at least 30 minutes and up to 1 hour.
7. Drain, reserving soaking liquid.
8. Blend raisins and 3 tablespoons reserved soaking liquid in mini processor, adding more soaking liquid, if needed, to make smooth paste.
9. Place yogurt in medium bowl; whisk 1 minute to lighten.
10. Add black pepper, cinnamon, remaining 2 teaspoons salt, 1 teaspoon cumin, and 1/2 teaspoon cardamom and whisk to blend.
11. Heat butter in large nonstick skillet over high heat.
12. Add chicken, skin side down, and sauté until brown, about 6 minutes per side.
13. Add remaining 1 1/2 cups raisins, cashews, and cloves.
14. Slowly stir in yogurt mixture.
15. Reduce heat, cover, and simmer until chicken is cooked through, about 12 minutes.
16. Transfer chicken to platter.
17. Whisk raisin paste and 1/3 cup lemon juice into sauce.
18. Simmer to blend, whisking constantly, about 4 minutes.
19. Season with salt, pepper, and more lemon juice, if desired.
20. Spoon over chicken.

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RPW-----

curried chicken and wild rice strudel

Main-dish, Chicken

½, cup, wild rice, rinsed
 ¼, stick, (6 tablespoons) unsalted butter
 3, teaspoons, curry powder
 1, whole, chicken breast skinless boneless, halved and pounded between sheets of plastic wrap to a 1/2-inch thickness
 2, tablespoons, dry white wine, dry vermouth, or water
 1/3, cup, mayonnaise
 2, tablespoons, chutney Major Grey's, the solids chopped, plus additional chutney as an accompaniment
 1, teaspoon, fresh lemon juice, or to taste
 ¼, cup, dry-roasted cashews, chopped
 ¼, cup, golden raisins, plumped in hot water to cover for 10 minutes and drained
 6, sheets, 18-by 14-inch of phyllo, stacked between 2 sheets of wax paper and covered with a dampened kitchen towel
 10, teaspoons, fine dry bread crumbs

1. In a large saucepan cook the wild rice in 8 cups boiling salted water for 5 minutes, remove the pan from the heat, and let the rice stand for 1 hour.
2. Drain the rice in a large sieve and in the pan cook it in 6 cups boiling salted water for 25 to 30 minutes, or until it is tender.
3. Drain the rice in the sieve and let it cool in a large bowl.
4. In a small skillet melt 1 tablespoon of the butter with 1 teaspoon of the curry powder over moderately high heat until the foam subsides and in it sauté the chicken, patted dry and seasoned with salt and pepper, for 30 seconds on each side.
5. Add the wine, vermouth, or water and cook the chicken, covered with a round of buttered wax paper and the lid, over moderately low heat for 5 minutes, or until it is just cooked through.
6. Remove the skillet from the heat and let the chicken cool.
7. In a small bowl whisk together the mayonnaise, 2 tablespoons of the chutney, 1 teaspoon of the remaining curry powder, the lemon juice, and the pan juices from the chicken.
8. Cut the chicken into 1/2-inch dice, stir it well into the rice with the cashews, the raisins, the sauce, and salt and pepper to taste, and let the filling cool.
9. The filling may be made 1 day in advance and kept covered and chilled.
10. Preheat the oven to 425°F. In a small saucepan melt the remaining 5 tablespoons butter with the remaining 1 teaspoon curry powder.
11. On a work surface arrange two 20-inch-long sheets of wax paper with the long sides overlapping slightly and facing you.
12. Put 1 sheet of the phyllo on the wax paper, brush it with some of the curry butter, and sprinkle it with 2 teaspoons of the bread crumbs.
13. On this, layer, brush, and sprinkle 4 more sheets of the phyllo in the same manner and lay the sixth sheet of phyllo on top.
14. Spread the filling in a 3-inch wide strip, mounding it on the phyllo 4 inches above the near long side, leaving a 2-inch border at each end.
15. Using the wax paper as a guide, lift the bottom 4 inches of the pastry over the filling, fold in the ends, and roll up the strudel tightly.
16. Transfer the strudel carefully, seam side down, to a lightly buttered baking sheet, brush it with the remaining curry butter, and bake it in the lower third of

the oven for 25 minutes, or until it is golden.

17. Let the strudel cool to warm on the baking sheet on a rack.

18. The strudel may be made 1 day in advance and kept covered loosely and chilled.

19. Reheat the strudel in a preheated 400°F. oven for 15 minutes.

Serve the strudel warm, cut into 1-inch slices with a serrated knife, with the additional chutney.

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RPW-----

moroccan chicken

Main-dish, Chicken

4

½, cup, dried currants or raisins

¼, cup, dry Sherry

,,Butter

3, tablespoons, butter

2, tablespoons, onion finely chopped

3, tablespoons ,all purpose flour

1 ½, teaspoons, curry powder

1, cup, milk

1, medium ,apple, peeled, diced

6,,boneless chicken breast halves, skinned, patted dry

¼, cup, slivered almonds, toasted

1. Place currants in small bowl.

2. Add Sherry and let soak 2 hours.

3. Preheat oven to 350°F.

4. Lightly butter 8-inch square baking pan.

5. Melt 3 tablespoons butter in heavy medium skillet over low heat.

6. Add onion and cook until translucent, stirring occasionally, about 4 minutes.

7. Add flour and curry powder and stir 3 minutes.

8. Gradually whisk in milk.

9. Bring to boil, stirring constantly.

10. Mix in currants with Sherry and apple.

11. Season to taste with salt.

12. Arrange chicken in prepared pan in single layer.

13. Cover with sauce.

14. Top with almonds.

15. Bake until chicken is cooked through, about 30 minutes.

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RPW-----

simple chicken curry

Main-dish, Chicken

4

1, tablespoon, butter

2, tablespoons, peanut oil
4,, boneless chicken breast halves, skinned
1,, onion, chopped
3 , cloves,garlic, minced
3, tablespoons ,curry powder
½, cup, diced apple
½, cup, chopped dried apricots
½, cup, golden raisins
1, 14 1/2-ounce, can chicken broth
,,Salt
,,Freshly cooked rice

1. Diced apple, dried apricots and golden raisins accent this 30-minute entrée
2. Melt butter with oil in heavy large skillet over medium heat.
3. Add chicken and brown on both sides, about 5 minutes.
4. Transfer to plate.
5. Add onion and garlic to skillet and sauté until translucent, about 6 minutes.
6. Stir in curry powder. Return chicken to skillet.
7. Add apple, apricots and raisins.
8. Add enough broth to just cover mixture.
9. Season with salt.
10. Cover and simmer until chicken is just cooked through, about 10 minutes.
11. Transfer chicken to platter. Keep warm.
12. Continue simmering fruit mixture until fruit is tender and sauce thickens, about 5 minutes.
13. Spoon over chicken and serve with rice.

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RPW-----

grilled chicken with roasted tomato and oregano salsa

Main-Dish, chicken

4

,,Chicken
2, tablespoons, olive oil
2, tablespoons, basil chopped fresh
2, cloves, garlic, chopped
½, teaspoon, chopped fresh rosemary
½, teaspoon, chopped fresh oregano
½, teaspoon, salt
¼, teaspoon, chopped fresh thyme
¼, teaspoon, freshly ground black pepper
4,, chicken breasts boneless, skinless (about 6 ounces each)
,,Salsa
1, pound, fresh tomatoes, diced
1, tablespoon, olive oil
½, teaspoon, salt
¼, teaspoon, freshly ground black pepper

1, medium, shallot, diced
½, cup, diced onion
½, small, jalapeño, cored, seeded and minced
1, teaspoon, minced garlic
1, tablespoon, chopped fresh oregano
,,Vegetable oil cooking spray

Directions

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RPW-----

leek, potato, and tarragon soup
soup, Leek
4

3, tablespoons, butter
2,, leeks (white and pale green parts only), sliced (about 2 cups)
1, small, onion, chopped
4, cloves, garlic, sliced
2, tablespoons, water
½, pound, red-skinned potatoes, unpeeled, cut into 1/2-inch pieces
4, cups, low-salt chicken broth or vegetable broth
2, teaspoons, chopped fresh tarragon
½, cup,whipping cream
½, cup, plain whole yogurt

1. Melt butter in heavy large pot over medium heat.
2. Add leeks, onion, garlic, and 2 tablespoons water.
3. Cook until leeks are just golden, about 10 minutes.
4. Add potatoes and broth; bring to boil.
5. Reduce heat to low and simmer until potatoes are tender, about 10 minutes.
6. Mix in tarragon. (Can be made 1 day ahead. Cool slightly.
7. Cover and refrigerate. Rewarm before continuing.)
8. Stir in cream and yogurt.
9. Season soup to taste with salt and pepper.

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RPW-----

chicken soup with asparagus, peas, and dill
soup, Chicken
6

14,cups, chicken stock
8,stalks, dill fresh (stripped of leaves) plus 3 tablespoons chopped dill leaves
1½,lb, asparagus, trimmed and thinly sliced diagonally, leaving tips intact
3, cups,frozen baby green peas (1 lb; not thawed)

1. Simmer stock with dill stems in a 4- to 5-quart saucepan, uncovered, until reduced to about 8 cups, 25 to 30 minutes.
2. Discard dill stems.
3. Add asparagus and peas, then bring to a boil, partially covered.
4. Reduce heat and simmer, uncovered, until asparagus is crisp-tender, about 3 minutes.
5. Stir in dill leaves and season with salt and pepper.

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RPW-----

celery root and apple soup

Soup, Celery root

6

¼,cup,butter (1/2 stick)

4,cups,celery root 1/2-inch cubes peeled (from one 1 1/4-pound celery root)

3,cups,Granny Smith 1/2-inch cubes peeled cored apples (from about 2 medium)

1,large, onion chopped

4,cups,low-salt chicken broth

½,cup, chives chopped

½,cup, grapeseed oil

,Pinch,salt

3,ounces,pancetta thinly sliced (Italian bacon)

1. Crispy pancetta sprinkled on top adds a salty, savory flavor to this sweet soup.
2. Melt butter in heavy large pot over medium heat.
3. Add celery root, apples, and onion.
4. Cook until apples and some of celery root are translucent (do not brown), stirring often, about 15 minutes.
5. Add 4 cups broth.
6. Cover and bring to simmer.
7. Reduce heat to medium-low; simmer covered until celery root and apples are soft, stirring occasionally, about 25 minutes.
8. Remove from heat; cool slightly.
9. Working in batches, puree soup in blender until smooth, adding more broth by 1/4 cupfuls to thin to desired consistency.
10. Return soup to pot.
11. Season to taste with salt and pepper.
12. DO AHEAD: Can be made 1 day ahead. Refrigerate uncovered until cold, then cover and keep refrigerated.
13. Puree chives, grapeseed oil, and pinch of salt in blender until smooth.
14. Preheat oven to 375°F.
15. Arrange pancetta slices in single layer on rimmed baking sheet.
16. Roast until pancetta is browned and crispy, about 18 minutes.
17. Transfer to paper towels to drain. Crumble pancetta.
18. DO AHEAD: Chive oil and pancetta can be made 2 hours ahead. Let stand at room temperature.
19. Rewarm soup over medium heat.
20. Divide soup among bowls.

21. Sprinkle pancetta crumbles over each serving.
22. Drizzle each bowl with chive oil.

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RPW-----

mom's hearty chicken and rice soup

Soup, Chicken

6

8,cups ,water

2,,chicken breast halves; skin and fat removed

2,whole, chicken legs with thighs; skin and fat removed

3,,carrots, peeled, halved crosswise

3,stalks, celery, quartered crosswise

1,,onion, sliced

2,teaspoons, salt

2,cloves, garlic chopped

1,,bay leaf

3/4,cup ,uncooked long-grain white rice

,, parsley Chopped fresh

1. Combine first 9 ingredients in large pot.
2. Bring to boil.
3. Reduce heat, cover and simmer until chicken is cooked through, about 35 minutes.
4. Using slotted spoon, transfer chicken and carrots to platter; cool slightly.
5. Pull chicken meat off bones in bite-size pieces; set aside. Discard bones.
6. Thinly slice carrots and reserve.
7. Strain broth; discard solids in strainer.
8. Pour 1 1/2 cups broth into heavy medium saucepan.
9. Bring to boil.
10. Add rice and bring to boil.
11. Reduce heat to low; cover and cook until broth is absorbed and rice is tender, about 20 minutes.
12. Return remaining broth, chicken pieces and sliced carrots to same large pot.
13. Bring to simmer.
14. Stir in cooked rice.
15. Season soup with salt and pepper.
16. Ladle soup into bowls.
17. Sprinkle with parsley and serve.

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RPW-----

silky-coconut pumpkin soup (keg bouad mak fak kham)

Soup, Pumpkin

4

3,, shallots, unpeeled

1 ½, pounds, pumpkin (untrimmed), or butternut squash or 1 1/4 pounds peeled pumpkin

2, cups , coconut milk canned or fresh
2, cups, chicken broth
1, cup, coriander leaves loosely packed
½, teaspoon, salt
2, tablespoons, Thai fish sauce, or to taste
,, black pepper Generous grindings of
¼, cup, scallion greens minced (optional)

1. In a heavy skillet or on a charcoal or gas grill, dry-roast or grill the shallots, turning occasionally until softened and blackened.
2. Peel, cut the shallots lengthwise in half, and set aside.
3. Peel the pumpkin and clean off any seeds. Cut into small 1/2-inch cubes. You should have 4 1/2 to 5 cups cubed pumpkin.
4. Place the coconut milk, broth, pumpkin cubes, shallots, and coriander leaves in a large pot and bring to a boil.
5. Add the salt and simmer over medium heat until the pumpkin is tender, about 10 minutes.
6. Stir in the fish sauce and cook for another 2 to 3 minutes.
7. Taste for salt and add a little more fish sauce if you wish. (The soup can be served immediately, but has even more flavor if left to stand for up to an hour.
8. Reheat just before serving.)
9. Serve from a large soup bowl or in individual bowls.
10. Grind black pepper over generously, and, if you wish, garnish with a sprinkling of minced scallion greens.
11. Leftovers freeze very well.

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RPW-----

White Chicken Chili Recipe

Chili, Chicken

6

1, Tbsp, canola or olive oil
1, medium, onion, diced
4, cloves, garlic, minced--or about 2 Tablespoons minced-in-a-jar
1, 4 oz can, green chilies, diced
1/2, small, jalapeno pepper, SEEDED and chopped finely
1/4, cup, red pepper diced (can be green or yellow)
3, cups, chicken broth, low-sodium
2, 15 oz. can, Cannelloni beans, drained and rinsed
1, 15 oz. can, Butter Beans, drained and rinsed
1, 15 oz. can, Shelled Beans, drained and rinsed
3, cups, cooked, Rotisserie chicken meat, diced
1/4, tsp, cayenne pepper
2, tsp, cumin
1, tsp, oregano
,, salt and pepper to taste
1, cup, shredded Monterey Jack cheese

1. Heat the oil over medium heat in a saucepan. Add onion, garlic, red pepper, chilies and jalapeno.
2. Cook and stir 2-3 minutes.
3. Process one cup chicken broth and 1 can cannelloni beans in a blender or food processor until a smooth paste.
4. Now toss everything into a the crock pot and cook on high for about 4 hours.
5. At the end, toss in the cheese and serve with cornbread.

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RPW-----

pork rib chops with sauteed apple and star anise

Main-dish,Pork Chops

2

- 1, tablespoon, vegetable oil
- 2,12-ounce, pork rib chops
- 3,tablespoons, butter, divided
- 1,tablespoon, brown sugar
- 4, whole, star anise
- 2, ,Fuji apples (about 1 pound), cored, sliced 1/2-inch thick
- ½, cup, apple juice
- 2,teaspoons, apple cider vinegar

1. Heat oil in heavy large skillet over medium heat.
2. Sprinkle pork with salt and pepper.
3. Add pork to skillet; cook until brown on both sides and thermometer inserted horizontally into pork registers 140°F, about 7 minutes per side.
4. Transfer to plates; tent with foil.
5. Pour off drippings from skillet.
6. Add 2 tablespoons butter, brown sugar, and star anise to same skillet and stir over high heat until melted.
7. Add apples; cook until brown and caramelized, stirring frequently, about 8 minutes.
8. Spoon apples over pork.
9. Add apple juice and vinegar to skillet; boil sauce until reduced to 2 tablespoons, about 3 minutes.
10. Whisk in remaining 1 tablespoon butter; season to taste with salt and pepper.
11. Drizzle sauce over apples and pork.

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RPW-----

couscous with pine nuts and currants

Side,Couscous

4

- 1/8, cup, sesame seeds
- 1/8, cup, pine nuts

1, tbsp, butter
¼, tsp, salt
1, cup, dry whole-wheat couscous (made from semolina, which is used to make pasta)
1, can, (15.5 oz) chickpeas, drained
1, cup, peeled, seeded and finely diced cucumber
1/8, cup, dried currants plumped in water
¼, cup, fines herbes (or minced mint, cilantro and parsley)
,,Lemon juice
,,Red pepper flakes

1. Heat oven to 400°F.
2. Spread sesame seeds and pine nuts on a cookie sheet and bake until golden, about 5 minutes.
3. Remove from sheet and set aside.
4. In a large saucepan, boil 1 cup water with butter and salt.
5. Remove from heat and add couscous. Stir, cover and let stand 5 minutes. Fluff with a fork.
6. Toss couscous with sesame seeds, pine nuts, chickpeas, cucumber, currants, and fines herbes. Season to taste with remaining ingredients and salt and pepper.

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RPW-----

Pumpkin Soup w/ Gruyere cheese
soup,Pumpkin
4

The Stock
8, cups,cold water
,,Seeds and scrapings from the pumpkin or squash
2,,carrots, peeled and diced
1, stock ,celery, plus some leaves, chopped into small pieces
1,, turnip, peeled and diced
2,, bay leaves
5, tsp, dried sage leaves or 5-6 fresh sage leaves
4, branche, parsley s
3, branches, thyme
5, tsp, salt

The Soup

1,, pumpkin or squash, weighing about 2.5 pounds, halved and scooped out
3, Tbs, butter
1, medium,yellow onion, cut into 1/4-inch dice
..5, tsp, salt
6, cups, stock
1, cup ,light cream
,,white pepper
3, oz, Gruyere cheese, finely grated
,,Thyme leaves, finely chopped, for garnish

Directions

Stock

1. Cut pumpkin or squash in half and scrape out all the seeds and stringy
2. material with a large metal spoon. Put them in a pot with remaining
3. ingredients, bring to a boil, simmer for 25 minutes, and then strain.

Soup

4. Preheat oven to 400 F.
5. Bake the pumpkin halves, skin up, on a lightly oiled baking sheet until the skin is wrinkled and the flesh is soft, about an hour.
6. Remove them from the oven, and when cool enough to handle, peel off the skin.
7. Reserve and caramelize juices that may collect in the pan.
8. Melt butter in a soup pot, add the onion, and cook over medium heat for about 5 minutes.
9. Add the cooked pumpkin, the juices, if any, the salt, and about 6 cups of the stock.
10. Bring to a boil; then simmer, covered, for 25 minutes.
11. Pass the soup through a food mill, which will smooth it out while leaving some texture.
12. Return the soup to the pot and add the cream and more stock, if necessary to thin it.
13. Taste for salt and seasoning. Add Freshly ground white pepper.
14. Stir in the grated cheese and serve the soup with some thyme leaves scattered over it.

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RPW-----

PUMPKIN SOUP

Soup, Pumpkin

4

4 Cup, chicken broth
1, onion, chopped
2, Cup, pumpkin
 $\frac{3}{4}$, Cup, green onions, white part, chopped
,, bay leaf
 $\frac{1}{8}$, ts, nutmeg
 $\frac{1}{2}$, ts, curry powder
2, C, milk
 $\frac{1}{2}$, ts, sugar
,, salt and pepper to taste

1. Sauté onions.
2. Add other ingredients and cook uncovered 15 minutes.
3. Puree.
4. Add milk and cook another 5 minutes.
5. Do not boil.

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RPW-----

Pumpkin Soup

Soup,Pumpkin

4

1, med, onion, chopped
¼, c, butter
2, c, cooked mashed pumpkin
4, c, pumpkin cooking water
2, tsp,chicken soup base
1,, bay leaf
½, tsp, sugar
½, tsp, curry powder
1/8, tsp, nutmeg
1, T, dry parsley
1, c, milk
1, c, half and half
2, tsp, salt
,,Fresh ground pepper to taste

1. Saute onion in butter till golden.
2. Stir in pumpkin, water, chicken base, bay leaf, sugar, curry, nutmeg and parsley.
3. Bring to simmer and simmer uncovered 15 min., stirring occasionally.
4. The recipe called for pureeing in batches in a blender or processor
5. Add half and half in a thin stream, stirring while adding.
6. Add milk in the same manner.
7. Add salt and pepper.
8. Simmer 5-10 min.

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RPW-----

Pumpkin Soup

Soup,Pumpkin

4

1¼, c, butter
¼, c, minced shallots
½, c,onions
3 ,c, chicken stock
2, c, cooked pumpkin puree
1, t, paprika
½, t, sugar
1/8,t, crushed dried chilies
,,salt and pepper to taste
1, c,cream

1. Saute shallots and onions in butter until golden.

2. Add stock everything else but the cream and simmer 15 minutes.
3. Cool slightly and puree in batches in blender.
4. Return to saucepan add cream taste and adjust salt and pepper.
5. Simmer 5 min. but do not boil.
6. Serve with a dollop of whipped cream and sprinkle with paprika.

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RPW-----

Curried Pumpkin Soup Recipe

Soup,Pumpkin

4

- 2, cloves, garlic, peeled
- 1, med, onion, peeled and quartered
- 1, lg,. jalapeno pepper, seeded and -coarsely chopped
- 2,Stalks,celery, cut into -2-inch lengths
- 3, lg, Carrots, peeled and sliced -1/4 inch thick
- 2, tbsp, Olive oil
- 1 ½, lb, pumpkin, peeled, -seeded, and cut -into 1-inch dice
- 3, c, Low-salt chicken stock
- 1,, Bay leaf
- 2, tsp, curry powder
- 1, tsp, Turmeric
- ,pinch, cayenne pepper
- 1 ½, tsp, salt
- ,,freshly ground pepper
- ¾, c ,shelled raw pumpkin seeds
- 2 ,tbsp., parsley chopped flat-leaf
- 1,tbsp., sour cream (optional)

1. Place garlic in a food processor and pulse until finely chopped.
2. Add onion and pulse until finely chopped. Set aside.
3. Place jalapeno in food processor and pulse until finely chopped.
4. Add celery and pulse until finely chopped. Set aside. Place carrots in food processor and pulse until finely chopped.
5. Heat 1 tbsp. of the olive oil in a medium stockpot over medium heat.
6. Add the garlic and onion and sauté, stirring occasionally, until onion is translucent, about 6 minutes.
7. Add jalapeno, celery, and carrots and sauté for 5 minutes.
8. Add the pumpkin, chicken stock, bay leaf, curry, turmeric, cayenne, 1 tsp. of the salt, and pepper to taste, and bring to a boil.
9. Reduce heat and cook until the vegetables are tender, about 8 minutes.
10. Meanwhile, in a small sauté pan, heat remaining tbsp. of olive oil over medium-high heat.
11. Add pumpkin seeds and remaining 1/2 t salt and cook for about 30 seconds, shaking pan constantly to prevent burning, until all the seeds have popped.
12. Remove from heat and add parsley.
13. Place 2 cups of the cooked vegetables and about 1/2 cups of the liquid in the bowl of a food processor and puree until smooth.

14. Stir puree back into the soup.
15. Adjust seasonings, and stir in the sour cream, if desired.
16. Garnish with roasted pumpkin seeds.

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RPW-----

Honey Mustard Pumpkin Soup

Soup,Pumpkin

5

- 1, small, pumpkin (about 10 cups diced)
- 3,, carrots
- $\frac{3}{4}$,tsp. ,black mustard seed
- $\frac{1}{4}$, cup, vegetable broth (chicken broth is OK too)
- $\frac{1}{2}$,, onion, chopped
- $\frac{1}{2}$, tsp. ,turmeric
- $\frac{1}{2}$, tsp., cumin
- $\frac{1}{2}$, tsp. ,cinnamon
- $\frac{1}{4}$, tsp,. ginger
- $\frac{3}{4}$, c., powdered skim milk
- 2, tsp., honey
- 1, tsp. ,salt

1. Peel and chop pumpkin and carrots, and simmer in water to cover until tender.
2. Toward the end of cooking time, heat nonstick skillet over medium heat.
3. When hot, add mustard seeds.
4. Cover pan and keep over medium-high heat until popping sound of mustard seeds begins to die down a bit, then immediately add broth (starting with $\frac{1}{4}$ c. and adding more as needed) and onion and reduce heat.
5. Cook and stir until onion is translucent.
6. Measure spices while the onion is cooking; then stir them into the mixture and allow to cook on low heat for a minute or so until fragrant.
7. Turn into the pumpkin pot, using a cup or so of the cooking water to rinse the spice pan into the soup pot.
8. Puree seasoned pumpkin and carrots in their cooking liquid, adding milk, honey and salt to mixture in the processor.
9. Add salt to taste.
10. Makes 10 cups.

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RPW-----

Spicy Pumpkin Corn Soup

Soup,Pumpkin

4

- 1, Small, Pumpkin - seeded, unpeeled
- 2 ,Tablespoons ,Oil
- $\frac{1}{2}$, Teaspoon, Cumin Seed

1,, Cardamom Pod
 ½, Teaspoon, Cumin Powder
 ½, Teaspoon, Coriander - ground
 ¼, Teaspoon, Ginger - ground
 1/4 ,Teaspoon ,Chili Powder
 1, Teaspoon, Garlic - minced
 2 ,Cups, Onion - chopped
 1, Cup, Cauliflower Flowerets
 1/2 ,Cup ,Carrot - sliced
 11, Ounces ,Corn - canned, undrained
 ,,Salt And Pepper to taste
 ½, Teaspoon ,Turmeric

1. Put oil in large pot or kettle.
2. Heat until quite warm.
3. Add cardamom, and cumin seeds.
4. Cook until seeds crackle.
5. Add Onions, garlic and powders.
6. Sauté until onions are browned.
7. Add cut up pumpkin and water until not quite covered.
8. Cover and simmer until pumpkin is tender.
9. Mash or puree.
10. Return to pot and add vegetables.
11. Cook until desired tenderness.

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RPW-----

Pumpkin Coconut Bisque

Soup,Pumpkin

4

2, tbsp., butter
 1, cup ,chopped onion
 3,, chopped garlic cloves
 3 ,cups ,canned solid pack pumpkin
 2, cups ,chicken broth
 2 ,tsp.,sugar
 ½, tsp. ,allspice
 ½, tsp., crushed red pepper
 1 ½, cups, canned, unsweetened coconut milk

1. Melt butter in a heavy, large stockpot over medium heat.
2. Add onion and garlic and sauté until golden, about 8 minutes.
3. Add pumpkin, broth, sugar, allspice and crushed pepper.
4. Bring to a boil. Reduce heat, cover and simmer for 30 minutes.
5. Working in batches puree soup in blender until smooth and return to pot.
6. Bring soup to a simmer, thinning with coconut milk until it is the desired thickness and taste.
7. Season to taste with salt and pepper.

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RPW-----

fennel mashed potatoes

Side,Potato

6

2, tablespoons, butter (1/4 stick)

1, bulb ,fennel, trimmed, quartered, cored, thinly sliced crosswise

½, teaspoon, fennel seeds, crushed

2 ½, pounds, russet potatoes or Yukon Gold potatoes, peeled, cut into 2-inch pieces

1, cup, half and half (or more)

1. Melt butter in heavy large skillet over medium heat.
2. Add sliced fennel bulb and crushed fennel seeds and stir to coat.
3. Sprinkle with salt and pepper.
4. Reduce heat to low, cover, and cook until fennel is tender but not brown, stirring often, about 20 minutes. (Can be made 2 hours ahead. Let stand at room temperature.)
5. Place potatoes in large saucepan.
6. Cover with cold water and bring to boil.
7. Reduce heat to medium and boil until potatoes are tender, about 15 minutes.
8. Drain.
9. Return potatoes to pan; cook over medium heat until no liquid remains.
10. \Mash potatoes.
11. Add 1 cup half and half to fennel mixture and bring to simmer.
12. Working in 2 batches, add fennel mixture to potatoes; stir to combine.
13. Season with salt and pepper. (Can be made 2 hours ahead.
14. Let stand at room temperature.
15. Rewarm over medium heat, adding more half and half as needed if dry.)

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RPW-----

Pumpkin Spice Cake

Dessert,Cake

4

1, box, spice cake mix

1, (15 ounce), canned pumpkin

4, ounces, unsweetened applesauce

½, cup,water For the Cream Cheese frosting

6, ounces, vanilla yogurt

3, tablespoons, fat free sugar-free instant cheesecake pudding mix

8, ounces, Cool Whip Free

1. Preheat oven to 350°.
2. Mix all the ingredients together until well combined.
3. Place in a 9 x 13 pan coated with nonstick spray.

4. Bake for 35 minutes or until tests done.

5. Cool in pan.

For the Frosting:.

Combine yogurt and dry pudding mix until thoroughly combined.

Fold Cool Whip free into the yogurt mixture.

Ice cooled cake with frosting.

Store cake in the fridge.

When ready to serve let cake sit on the counter for 10 minutes.

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RPW-----

gazpacho with croutons and sausage

Soup,gazpacho

6

2, cloves, garlic

1, teaspoon, salt

6, medium, tomatoes, seeded

1, green bell pepper, seeded1 cucumber, peeled, seeded

2, cups,cold water

¼, cup, distilled white vinegar

4, tablespoons, olive oil

2, tablespoons, cilantro chopped fresh

3 1/2 ,cups, 3/4-inch cubes day-old French or Italian bread

4, ounces, fully cooked smoked sausage (such as linguiça or hot links), cut into 3/4-inch pieces

1. Mash garlic and salt in mortar with pestle until paste forms.

2. Transfer to large bowl.

3. Finely chop tomatoes, bell pepper and cucumber and add to bowl.

4. Add 2 cups cold water, vinegar and 2 tablespoons oil.

5. Stir in chopped cilantro.

6. Season with pepper.

7. Cover soup and refrigerate until cold, about 3 hours.

8. Heat 2 tablespoons oil in heavy large skillet over medium-high heat.

9. Add bread; sauté until golden, about 12 minutes.

10. Season croutons with salt. Cool.

11. Serve soup with croutons and sausage.

+++

RPW-----

mexican meatball soup with rice and cilantro

Soup,Meatball

6

2, tablespoons, olive oil

2 ¾, cups,chopped onions

4, cloves,garlic minced
2, small, bay leaves
5, 14 1/2-ounce, cans beef broth
1, 28-ounce, can diced tomatoes in juice
½, cup, chunky tomato salsa (medium-hot)
½, cup, chopped fresh cilantro
1, pound, lean ground beef1/4 pound bulk pork sausage
6, tablespoons, yellow cornmeal
¾, cup, whole milk
1, large, egg
1/2 ,teaspoon, salt
½, teaspoon, ground black pepper
1/2 ,teaspoon, ground cumin
½, cup ,long-grain white rice

1. Heat oil in heavy large pot over medium-high heat.
2. Add 1 3/4 cups onions, 2 garlic cloves and bay leaves; sauté 5 minutes.
3. Add broth, tomatoes with juices, salsa and 1/4 cup cilantro; bring to boil.
4. Cover and simmer 15 minutes.
5. Meanwhile, combine ground beef, pork sausage, cornmeal, whole milk, egg, salt, pepper, cumin, then remaining 1 cup onions, 2 garlic cloves and 1/4 cup cilantro in medium bowl.
6. Mix well. Shape meat mixture by generous tablespoonfuls into 1- to 1 1/4-inch balls.
7. Add rice and meatballs to soup and bring to boil, stirring occasionally.
8. Reduce heat, cover and simmer until rice and meatballs are tender, stirring occasionally, about 20 minutes.
9. Season to taste with salt and pepper.
10. Ladle soup into bowls and serve.

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RPW-----

watercress, pear and pomegranate salad

Category,sub-cat

4

¾, cup, olive oil
3, tablespoons, pure pomegranate juice
3, tablespoons ,white wine vinegar
2, tablespoons ,walnut oil
½, teaspoon ,Dijon mustard
2, large bunches, watercress, thick stems trimmed
1, head ,butter lettuce, torn into bite-size pieces
2 , , pears, firm but ripe halved, cored, each half cut into 6 wedges
¾, cup, ricotta salata cheese crumbled or feta cheese
¾, cup, fresh pomegranate kernels

1. Whisk first 5 ingredients in small bowl.
2. Season with salt and pepper.

3. Combine watercress and lettuce in bowl.
4. Pour all but 2 tablespoons dressing over; toss to coat.
5. Divide greens among 6 plates.
6. Arrange 4 pear wedges in spoke pattern on each plate.
7. Drizzle 2 tablespoons dressing over pears.
8. Sprinkle with cheese and pomegranate kernels.

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RPW-----

caramelized spiced carrots

Veg,carrots

16

- 1, cup ,pomegranate molasses* A thick syrup; available at Middle Eastern markets
- ¼, cup, olive oil
- ¼, cup, butter (1/2 stick), melted
- ¼, cup, ginger finely grated peeled fresh
- 1, teaspoon ,ground cumin
- ½, teaspoon, ground cardamom
- ¼, teaspoon, ground nutmeg
- ¼, teaspoon, cayenne pepper
- 4 ½, pounds, medium carrots, peeled, stems trimmed to 1/2 inch
- ¼, cup ,pomegranate seeds
- ¼, cup, pine nuts, toasted
- ¼, cup, thinly sliced fresh basil leaves
- ¼, cup, thinly sliced fresh mint leaves

1. Preheat oven to 375°F.
2. Whisk 1/4 cup water, pomegranate molasses, and next 7 ingredients in large bowl to blend.
3. Add carrots to pomegranate mixture and toss to coat.
4. Divide carrots between 2 large rimmed baking sheets.
5. Roast until carrots are tender and liquids are reduced to glaze, stirring twice and mixing in water by tablespoonfuls if needed to prevent burning, about 55 minutes.
6. Season with salt and pepper. (Can be made 4 hours ahead. Let stand at room temperature. Rewarm in 375°F oven 10 minutes before serving.)
7. Transfer carrots to platter.
8. Sprinkle pomegranate seeds, pine nuts, basil, and mint over carrots and serve.

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RPW-----

braised bacon, pomegranate, and pine nut relish

relish,pomegranate

4

- 8. whole. green cardamom pods
- 1. pound. slab bacon, cut into 1/2-inch cubes

- 2. cups. low-salt chicken broth
- 3. tablespoons .pomegranate molasses
- ½. Cup. pine nuts, toasted
- 1/3. cup .fresh pomegranate seeds

1. Stir cardamom in small skillet over medium heat until pods are lightly browned, about 4 minutes.
2. Cool slightly.
3. Crack pods; remove seeds.
4. Crush seeds in mortar with pestle or in spice mill; reserve.
5. Bring medium saucepan of water to boil.
6. Add bacon and cook 30 seconds.
7. Drain.
8. Combine bacon and broth in same saucepan.
9. Bring to boil; reduce heat to medium-low and simmer gently until almost all liquid is absorbed, about 35 minutes.
10. Wipe away any grease from pan.
11. Add pomegranate molasses, then pine nuts, pomegranate seeds, and crushed cardamom seeds to pan.
12. Bring to simmer; cook until heated through, about 3 minutes.
13. Season with pepper.

We have a renewed appreciation for the beauty, taste, and health-giving properties of the pomegranate lately, and its molasses (made by cooking the juice down to a sweet-tart syrup) delivers just what we are looking for in an ingredient these days: bold, clear, complex flavor. Used in this go-with for the chops, it brings new meaning to "sweet-and-sour pork." Pomegranate molasses is available at some supermarkets and Middle Eastern markets and by mail from Adriana's Caravan (800-316-0820; adrianascaravan.com).

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RPW-----

warm pumpkin salad with polenta and candied pumpkin seeds

Salad,Pumpkin

6

- 1 ½, cups, yellow cornmeal (not coarse)
- 7 ½, cups, water
- 2 ½, teaspoons, salt
- 2 ½, tablespoons, unsalted butter
- 1, tablespoon, sugar
- ½, teaspoon, ground cumin
- 1/4 ,teaspoon, cinnamon
- ¼, teaspoon, paprika
- ¼, teaspoon ,cayenne
- 1/2 ,cup , pumpkin seeds raw green (hulled) (pepitas)
- 1, tablespoon fresh pomegranate juice (see cooks' note, below) or cranberry juice cocktail

- 2, teaspoons, Sherry vinegar
- 1, tablespoon ,minced shallot
- 6, tablespoons, extra-virgin olive oil
- 1, small, cheese pumpkin or butternut squash (2 lb), peeled, quartered lengthwise, and seeded
- 1, (6-oz) piece, Parmigiano-Reggiano
- 8, oz, arugula, trimmed

Active time: 1 3/4 hr Start to finish: 5 hr

Prepare polenta:

1. Bring cornmeal, water, and 2 1/4 teaspoons salt to a boil in a 4-quart heavy saucepan, stirring constantly.
2. Reduce heat and simmer, stirring frequently, until polenta is creamy and tender, about 50 minutes.
3. Remove from heat, then stir in 11/2 tablespoons butter and cool slightly.
4. Spoon polenta onto center of a lightly buttered large baking sheet, then spread evenly into a 10- by 7-inch rectangle (about 1/2 inch thick).
5. Cover with plastic wrap, then poke several holes in wrap with a small sharp knife and chill 2 hours.

Candy pumpkin seeds:

1. Melt remaining tablespoon butter in a heavy saucepan over moderate heat.
2. Stir in sugar, cumin, cinnamon, paprika, cayenne, and 1/4 teaspoon salt, then cook, without stirring, until caramelized.
3. Add pumpkin seeds and cook, stirring occasionally, until seeds are puffed and golden.
4. Transfer to a plate to cool.
5. When seeds have hardened, break up any clumps with your fingers.

Make vinaigrette:

1. Whisk together pomegranate juice, vinegar, and shallot and let stand 5 minutes.
2. Whisk in 3 tablespoons oil, remaining 1/4 teaspoon salt, and pepper to taste.

3. Roast pumpkin:

4. Preheat oven to 450°F.
5. Cut pumpkin quarters crosswise into 1/2-inch-thick slices.
6. Toss with 1 tablespoon oil and salt and pepper to taste in a shallow baking pan and arrange slices in 1 layer.
7. Roast in middle of oven until just tender, about 20 minutes.
8. Remove from oven, then cover with foil to keep warm.

9. Fry polenta while pumpkin roasts:

10. Trim polenta into a 9- by 6-inch rectangle.
11. Cut polenta into 6 (3-inch) squares, then halve each square diagonally.
12. Heat 1 tablespoon oil in a large nonstick skillet until hot but not smoking, then cook polenta in 2 batches, turning once, until golden brown, about 8 minutes (if necessary, use remaining tablespoon oil for second batch).
13. Transfer as cooked to a plate and keep warm, covered.

Assemble salad:

1. Shave 12 strips from cheese with a vegetable peeler.
2. Whisk vinaigrette, then toss arugula in a large bowl with enough vinaigrette to lightly coat.
3. Place several pieces of pumpkin and 1 piece of polenta on each of 6 plates.

4. Top with arugula, more pumpkin, and remaining polenta.
5. Sprinkle with candied pumpkin seeds and top with parmesan shavings, then drizzle with remaining vinaigrette.

Cooks' notes:

1. Polenta, spread on baking sheet and not yet fried, can be chilled up to 1 day.
2. Candied pumpkin seeds can be prepared 3 days ahead and kept in an airtight container at room temperature.
3. To juice a pomegranate, firmly roll it on a work surface until it feels softer, then cut a small hole in skin and squeeze.

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RPW-----

salad of pomegranates, haricots verts, jicama and walnuts

Salad,pomegranates

6

1 ½,, pomegranates

1 ½,pound, piece jícama

¾, pound,haricot verts (thin French green beans)

¾, cup, walnuts

1, tablespoon, chopped fresh flat-leafed parsley leaves

1, tablespoon, extra-virgin olive oil

1, tablespoon,fresh lemon juice

Can be prepared in 45 minutes or less.

1. With a manual citrus juicer squeeze enough juice from pomegranate half, pressing sides against center of juicer and pressing on any whole seeds in juicer with thumbs, to measure 1/4 cup.
2. Peel and cut jícama into 1/4-inch-thick slices.
3. On a cutting board stack slices, 2 or 3 at a time, and cut into 1/4-inch-thick sticks.
4. In a bowl toss jícama with pomegranate juice.
5. Chill mixture, covered, tossing occasionally, 30 minutes to allow jícama to absorb some of juice.
6. Have ready a bowl of ice and cold water.
7. Trim haricots verts and in a saucepan of boiling salted water blanch 3 minutes, or until crisp-tender.
8. Transfer beans with a slotted spoon to ice water to stop cooking and drain in a colander.
9. Cut remaining pomegranate in half and with hands gently break in two.
10. Bend back rinds and dislodge seeds from membranes.
11. Coarsely chop walnuts.
12. To jícama mixture add beans, pomegranate seeds, parsley, oil, lemon juice, and salt and pepper to taste and toss to combine.
13. Serve salad sprinkled with walnuts.

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RPW-----

carrot soup with orange and tarragon

Soup, Carrot

4

- 1, tablespoon, butter
- 1, 1-pound, bag classic-cut peeled carrots
- 3/4 ,cup ,chopped onion
- 3, cups, low-salt chicken broth
- 1/2, cup, orange juice
- 1, tablespoon, brandy
- 2 ,teaspoons, chopped fresh tarragon
- ,, tarragon Fresh sprigs

This creamy, low-fat soup is packed with vitamins A and C.

Prep: 20 minutes; Total: 35 minutes

1. Melt butter in heavy large pot over medium heat.
2. Add carrots and onion; sauté until onion is soft, about 8 minutes.
3. Add broth; cover and bring to boil.
4. Reduce heat, uncover, and simmer until carrots are tender, about 10 minutes.
5. Working in batches, puree soup in blender until very smooth.
6. Return soup to pot.
7. Stir in orange juice, brandy, and chopped tarragon.
8. Simmer 5 minutes for flavors to blend.
9. Season to taste with salt and pepper.
10. Garnish soup with tarragon sprigs and serve.

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RPW-----

quinoa with moroccan winter squash and carrot stew

Stew, quinoa

4

Stew

- 2, tablespoons, olive oil
- 1, cup, chopped onion
- 3, cloves, garlic, chopped
- 2, teaspoons, Hungarian sweet paprika
- 1, teaspoon ,salt
- 1/2 ,teaspoon ,ground black pepper
- 1/2, teaspoon, ground coriander
- 1/2, teaspoon, ground cumin
- 1/2, teaspoon, turmeric
- 1/2, teaspoon, ground ginger
- 1/2, teaspoon, cayenne pepper
- ,Pinch ,of saffron
- 1, cup, water
- 1, 14 1/2-ounce, can diced tomatoes, drained

2, tablespoons, fresh lemon juice
3, cups ,1-inch cubes peeled butternut squash (from 1 1/2-pound squash)
2, cups, carrots 3/4-inch cubes peeled

,,Quinoa

1, cup, quinoa*
1, tablespoon, butter
1, tablespoon, olive oil
1/2 ,cup, onion finely chopped
1/4, cup, carrot finely chopped peeled
2, cloves, garlic, minced
1/2, teaspoon, salt
1/2, teaspoon, turmeric
2, cups, water
1/2, cup, chopped fresh cilantro, divided
2, teaspoons, mint chopped fresh, divided

A gorgeous, satisfying vegetarian main course that's easy to make. Quinoa requires no pre-soaking, so it's as simple to do as rice.

For stew:

1. Heat oil in large saucepan over medium heat.
2. Add onion; sauté until soft, stirring often, about 5 minutes.
3. Add garlic; stir 1 minute.
4. Mix in paprika and next 8 ingredients.
5. Add 1 cup water, tomatoes, and lemon juice.
6. Bring to boil.
7. Add squash and carrots.
8. Cover and simmer over medium-low heat until vegetables are tender, stirring occasionally, about 20 minutes.
9. Season with salt and pepper. (Can be prepared 1 day ahead. Cover and chill.)

For quinoa:

1. Rinse quinoa; drain.
2. Melt butter with oil in large saucepan over medium heat.
3. Add onion and carrot.
4. Cover; cook until vegetables begin to brown, stirring often, about 10 minutes.
5. Add garlic, salt, and turmeric; sauté 1 minute.
6. Add quinoa; stir 1 minute.
7. Add 2 cups water.
8. Bring to boil; reduce heat to medium-low.
9. Cover; simmer until liquid is absorbed and quinoa is tender, about 15 minutes.

Rewarm stew.

1. Stir in half of cilantro and half of mint.
2. Spoon quinoa onto platter, forming well in center.
3. Spoon stew into well.
4. Sprinkle remaining herbs over.

*A grain with a delicate flavor and a texture similar to couscous; available at natural foods stores.

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RPW-----

parsnip soup

Category,sub-cat

2

½, cup, finely chopped onion

1, clove, garlic, minced

1, teaspoon, minced peeled gingerroot

½, cup, carrot thinly sliced

½, cup, celery thinly sliced

1/8, teaspoon, dried thyme, crumbled

2, tablespoons, unsalted butter

¾, pound, parsnips (about 3), peeled and cut into 1/8- inch slices (about 2 cups)

2, cups, chicken broth

,,freshly grated nutmeg to taste

Can be prepared in 45 minutes or less.

1. In a heavy saucepan cook the onion, the garlic, the gingerroot, the carrot, the celery, and the thyme in the butter over moderately low heat, stirring, until the onion is softened.

2. Add the parsnips and the broth, bring the liquid to a boil, and simmer the mixture, covered, for 15 minutes, or until the vegetables are very tender.

3. Purée the soup in a blender and return to the pan.

4. Stir in the nutmeg, enough water to thin the soup to the desired consistency if necessary, and salt and pepper to taste.

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RPW-----

sake-steamed halibut with dilled carrots

Main,Halibut

4

,,Nonstick vegetable oil spray

2, 10 ounce, halibut fillets (each about 1 1/2 inches thick)

4, teaspoons, chopped fresh dill

1, 750-ml, bottle sake

,, onion slices 3 ½,-inch-thick

2, cups, carrots thinly sliced peeled

2, cloves, garlic, peeled, halved

1, teaspoon, butter

1. Spray steamer rack with nonstick spray.

2. Sprinkle both sides of halibut with salt and pepper, then sprinkle top of fillets with 2 teaspoons dill; place fish on prepared steamer rack.

3. Combine sake and onion in large pot; bring to boil.

4. Continue to boil 2 minutes.

5. Add carrots and garlic to pot; return to boil.
6. Place steamer rack with fish over liquid in pot.
7. Cover pot tightly and steam fish until just opaque in center, about 8 minutes.
8. Transfer fish to platter.
9. Cut each fillet crosswise in half; cover with foil.
10. Discard onion.
11. Using slotted spoon, transfer carrots and garlic to small bowl; mix in butter and remaining 2 teaspoons dill.
12. Season with salt and pepper.
13. Spoon carrots alongside fish on platter.
14. Boil liquid in pot until reduced to 6 tablespoons, about 3 minutes.
15. Pour over fish and carrots.

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RPW-----

carrot salad with lime and cilantro

Category,sub-cat

4

4, medium, carrots

1, tablespoon, fresh lime juice

1/8, teaspoon, finely grated fresh lime zest

2, tablespoons, finely chopped fresh cilantro leaves

1, teaspoon, vegetable oil

,,Garnish: fresh cilantro sprigs

1. Finely shred carrots and in a bowl toss together with remaining ingredients and salt and pepper to taste. Serve salad garnished with cilantro.

2. Nutritional Information

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RPW-----

carrot salad with lime and cilantro

Salad,carrot

4

4, medium, carrots

1, tablespoon, lime juice fresh

1/8, teaspoon, lime zest finely grated fresh

2, tablespoons, cilantro leaves finely chopped fresh

1, teaspoon, vegetable oil

,,Garnish: fresh cilantro sprigs

This recipe can be prepared in 45 minutes or less.

1. Finely shred carrots and in a bowl toss together with remaining ingredients and salt and pepper to taste. Serve salad garnished with cilantro.

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RPW-----

spiced carrots

Veg, Carrots

6

¼, teaspoon, ground cumin

¼, teaspoon, paprika

1, Pinch, of cayenne

1, teaspoon, olive oil

2, teaspoons, honey

¼, teaspoon, salt

1 ¼, lb, carrots, cut into 1/4-inch-thick matchsticks

1 1/2, teaspoons, lemon juice fresh

1 ½, tablespoons, flat-leaf parsley coarsely chopped fresh

1. Cook spices in oil in a small nonstick skillet over low heat, stirring, until fragrant, about 2 minutes. Remove from heat and cool slightly, then stir in honey and salt.

2. Cook carrots in a 4-quart saucepan of boiling salted water until tender, 4 to 5 minutes, then drain in a colander.

3. Toss warm carrots in a bowl with spiced oil and lemon juice.

4. Just before serving, toss with parsley and salt to taste.

5. Serve warm or at room temperature.

6. Nutritional Information

7. Each serving contains about 51 calories and 1 gram fat.

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RPW-----

italian coleslaw with fennel and capers

Coleslaw, Fennel

4

4, cups, chopped red cabbage (from about 1/2 large head)

1, medium, fennel bulb, trimmed, chopped

1/2, cup, Italian parsley chopped fresh

3, tablespoons, capers drained

3, tablespoons, lemon juice fresh

2, tablespoons, extra-virgin olive oil

2, cloves, garlic minced

Wonderful as a side dish with grilled sea bass, halibut, or marinated, skewered shrimp

1. Combine cabbage, fennel, parsley, and capers in large bowl; toss to blend.

2. Mix in lemon juice, oil, and garlic.

3. Season to taste with salt and pepper.

4. Can be prepared 2 hours ahead. Cover and refrigerate. Toss before serving.

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RPW-----

asian-flavored coleslaw with rice vinegar and ginger

coleslaw,Asian

4

- 1, tablespoon, sesame seeds
- 4, cups, Napa cabbage thinly sliced (from about 1/2 large head)
- ½, cup ,green onions thinly sliced
- 3, tablespoons, rice vinegar
- 2, tablespoons, peanut oil
- 1, tablespoon, fresh ginger minced peeled
- 1, teaspoon, sesame oil oriental
- 1, teaspoon, sugar

These exciting flavors complement seared or grilled scallops, fish fillets, or chicken.

1. Stir sesame seeds in small dry skillet over medium heat until light golden, about 3 minutes. Set aside.
2. Combine cabbage and green onions in large bowl.
3. Add vinegar, peanut oil, ginger, sesame oil, and sugar and toss to blend.
4. Season to taste with salt and pepper.
5. Can be prepared 2 hours ahead. Cover and refrigerate. Toss before continuing.
6. Sprinkle with sesame seeds and serve.

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RPW-----

bulgur with leeks, cranberries, and almonds

Category,sub-cat

6

- 6, tablespoons, butter (3/4 stick)
- 3, cups, leeks chopped (white and pale green parts only)
- 5, cups,canned low-salt chicken broth
- 3, cups, bulgur
- 2/3, cup, dried cranberries
- 2/3, cup, sliced almonds, toasted

1. Melt butter in heavy large saucepan over medium-high heat.
2. Add chopped leeks and sauté until very tender, about 12 minutes.
3. Add chicken broth and bring to boil.
4. Stir in bulgur and boil 5 minutes.
5. Add dried cranberries.
6. Remove from heat, cover and let stand 15 minutes.
7. Fluff with fork.
8. Mix in sliced almonds.
9. Season to taste with salt and pepper.

10. Melt butter in heavy large skillet over medium heat.
11. Add sliced fennel bulb and crushed fennel seeds and stir to coat.
12. Sprinkle with salt and pepper.
13. Reduce heat to low, cover, and cook until fennel is tender but not brown, stirring often, about 20 minutes. (Can be made 2 hours ahead. Let stand at room temperature.)
14. Place potatoes in large saucepan.
15. Cover with cold water and bring to boil.
16. Reduce heat to medium and boil until potatoes are tender, about 15 minutes.
17. Drain.
18. Return potatoes to pan; cook over medium heat until no liquid remains.
19. Mash potatoes.
20. Add 1 cup half and half to fennel mixture and bring to simmer.
21. Working in 2 batches, add fennel mixture to potatoes; stir to combine.
22. Season with salt and pepper.
23. Can be made 2 hours ahead.
24. Let stand at room temperature.
25. Rewarm over medium heat, adding more half and half as needed if dry.

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RPW-----

celery root and apple soup

Soup, Celery root

6

- 1/2 cup, butter (1/2 stick)
- 4 cups, celery root 1/2-inch cubes peeled (from one 1 1/4-pound celery root)
- 2, medium, Granny Smith 1/2-inch cubes peeled cored apples (from about 2 medium)
- 1, large, onion chopped
- 4 cups, low-salt chicken broth
- 1/2 cup, chives chopped
- 1/2 cup, grapeseed oil
- , Pinch, salt
- 3, ounces, pancetta thinly sliced (Italian bacon)

1. Crispy pancetta sprinkled on top adds a salty, savory flavor to this sweet soup.
2. Melt butter in heavy large pot over medium heat.
3. Add celery root, apples, and onion.
4. Cook until apples and some of celery root are translucent (do not brown), stirring often, about 15 minutes.
5. Add 4 cups broth.
6. Cover and bring to simmer.
7. Reduce heat to medium-low; simmer covered until celery root and apples are soft, stirring occasionally, about 25 minutes.
8. Remove from heat; cool slightly.
9. Working in batches, puree soup in blender until smooth, adding more broth by 1/4 cupfuls to thin to desired consistency.
10. Return soup to pot.
11. Season to taste with salt and pepper.

12. DO AHEAD: Can be made 1 day ahead. Refrigerate uncovered until cold, then cover and keep refrigerated.
13. Puree chives, grapeseed oil, and pinch of salt in blender until smooth.
14. Preheat oven to 375°F.
15. Arrange pancetta slices in single layer on rimmed baking sheet.
16. Roast until pancetta is browned and crispy, about 18 minutes.
17. Transfer to paper towels to drain. Crumble pancetta.
18. DO AHEAD: Chive oil and pancetta can be made 2 hours ahead. Let stand at room temperature.
19. Rewarm soup over medium heat.
20. Divide soup among bowls.
21. Sprinkle pancetta crumbles over each serving.
22. Drizzle each bowl with chive oil.

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RPW-----

mom's hearty chicken and rice soup

Soup, Chicken

6

8,cups ,water

2,,chicken breast halves; skin and fat removed

2,whole, chicken legs with thighs; skin and fat removed

3,,carrots, peeled, halved crosswise

3,stalks, celery, quartered crosswise

1,,onion, sliced

2,teaspoons, salt

2,cloves, garlic chopped

1,,bay leaf

3/4,cup ,long-grain white rice uncooked

,, parsley Chopped fresh

1. Combine first 9 ingredients in large pot.
2. Bring to boil.
3. Reduce heat, cover and simmer until chicken is cooked through, about 35 minutes.
4. Using slotted spoon, transfer chicken and carrots to platter; cool slightly.
5. Pull chicken meat off bones in bite-size pieces; set aside. Discard bones.
6. Thinly slice carrots and reserve.
7. Strain broth; discard solids in strainer.
8. Pour 1 1/2 cups broth into heavy medium saucepan.
9. Bring to boil.
10. Add rice and bring to boil.
11. Reduce heat to low; cover and cook until broth is absorbed and rice is tender, about 20 minutes.
12. Return remaining broth, chicken pieces and sliced carrots to same large pot.
13. Bring to simmer.
14. Stir in cooked rice.
15. Season soup with salt and pepper.
16. Ladle soup into bowls.

17. Sprinkle with parsley and serve.

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RPW-----

silky-coconut pumpkin soup (keg bouad mak fak kham)

Soup, Pumpkin

4

3,, shallots, unpeeled

1 ½, pounds, pumpkin (untrimmed), or butternut squash or 1 1/4 pounds peeled pumpkin

2, cups , coconut milk canned or fresh

2, cups, chicken broth

1, cup, coriander leaves loosely packed

½, teaspoon, salt

2, tablespoons, Thai fish sauce, or to taste

,, black pepper Generous grindings of

¾, cup, scallion greens minced (optional)

1. In a heavy skillet or on a charcoal or gas grill, dry-roast or grill the shallots, turning occasionally until softened and blackened.

2. Peel, cut the shallots lengthwise in half, and set aside.

3. Peel the pumpkin and clean off any seeds. Cut into small 1/2-inch cubes. You should have 4 1/2 to 5 cups cubed pumpkin.

4. Place the coconut milk, broth, pumpkin cubes, shallots, and coriander leaves in a large pot and bring to a boil.

5. Add the salt and simmer over medium heat until the pumpkin is tender, about 10 minutes.

6. Stir in the fish sauce and cook for another 2 to 3 minutes.

7. Taste for salt and add a little more fish sauce if you wish. (The soup can be served immediately, but has even more flavor if left to stand for up to an hour.

8. Reheat just before serving.)

9. Serve from a large soup bowl or in individual bowls.

10. Grind black pepper over generously, and, if you wish, garnish with a sprinkling of minced scallion greens.

11. Leftovers freeze very well.

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RPW-----

pork rib chops with sauteed apple and star anise

Main-dish,Pork Chops

2

1, tablespoon, vegetable oil

2,12-ounce, pork rib chops

3,tablespoons, butter, divided

1,tablespoon, brown sugar

4, whole, star anise

2, ,Fuji apples (about 1 pound), cored, sliced 1/2-inch thick
1/2, cup, apple juice
2,teaspoons, apple cider vinegar

1. Heat oil in heavy large skillet over medium heat.
2. Sprinkle pork with salt and pepper.
3. Add pork to skillet; cook until brown on both sides and thermometer inserted horizontally into pork registers 140°F, about 7 minutes per side.
4. Transfer to plates; tent with foil.
5. Pour off drippings from skillet.
6. Add 2 tablespoons butter, brown sugar, and star anise to same skillet and stir over high heat until melted.
7. Add apples; cook until brown and caramelized, stirring frequently, about 8 minutes.
8. Spoon apples over pork.
9. Add apple juice and vinegar to skillet; boil sauce until reduced to 2 tablespoons, about 3 minutes.
10. Whisk in remaining 1 tablespoon butter; season to taste with salt and pepper.
11. Drizzle sauce over apples and pork.

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RPW-----

couscous with pine nuts and currants

Side,Couscous

4

1/8, cup, sesame seeds
1/8, cup, pine nuts
1, tbsp, butter
1/4, tsp, salt
1, cup, dry whole-wheat couscous (made from semolina, which is used to make pasta)
1, can, (15.5 oz) chickpeas, drained
1, cup, peeled, seeded and finely diced cucumber
1/8, cup, dried currants plumped in water
1/4, cup, fines herbes (or minced mint, cilantro and parsley)
,,Lemon juice
,,Red pepper flakes

1. Heat oven to 400°F.
2. Spread sesame seeds and pine nuts on a cookie sheet and bake until golden, about 5 minutes.
3. Remove from sheet and set aside.
4. In a large saucepan, boil 1 cup water with butter and salt.
5. Remove from heat and add couscous. Stir, cover and let stand 5 minutes. Fluff with a fork.
6. Toss couscous with sesame seeds, pine nuts, chickpeas, cucumber, currants, and fines herbes. Season to taste with remaining ingredients and salt and pepper.

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RPW-----

PUMPKIN SOUP

Soup,Pumpkin

4

4,Cup, chicken broth
1,, onion, chopped
2, Cup, pumpkin
¾, Cup, green onions, white part, chopped
,,bay leaf
1/8, ts, nutmeg
½, ts, curry powder
2,C, milk
½, ts ,sugar
,,salt and pepper to taste

1. Saute onions.
2. Add other ingredients and cook uncovered 15 minutes.
3. Puree.
4. Add milk and cook another 5 minutes.
5. Do not boil.

+++

RPW-----

Pumpkin Soup

Soup,Pumpkin

4

1, med, onion, chopped
¾, c, butter
2, c, cooked mashed pumpkin
4, c, pumpkin cooking water
2, tsp,chicken soup base
1,, bay leaf
½, tsp, sugar
½, tsp, curry powder
1/8, tsp, nutmeg
1, T, dry parsley
1, c, milk
1, c, half and half
2, tsp, salt
,,Fresh ground pepper to taste

1. Saute onion in butter till golden.
2. Stir in pumpkin, water, chicken base, bay leaf, sugar, curry, nutmeg and parsley.
3. Bring to simmer and simmer uncovered 15 min., stirring occasionally.
4. The recipe called for pureeing in batches in a blender or processor
5. Add half and half in a thin stream, stirring while adding.

6. Add milk in the same manner.
7. Add salt and pepper.
8. Simmer 5-10 min.

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RPW-----

Pumpkin Soup Soup,Pumpkin 4

1½, c, butter
¼, c, minced shallots
½, c, onions
3, c, chicken stock
2, c, cooked pumpkin puree
1, t, paprika
½, t, sugar
1/8, t, crushed dried chilies
,, salt and pepper to taste
1, c, cream

1. Saute shallots and onions in butter until golden.
2. Add stock everything else but the cream and simmer 15 minutes.
3. Cool slightly and puree in batches in blender.
4. Return to saucepan add cream taste and adjust salt and pepper.
5. Simmer 5 min. but do not boil.
6. Serve with a dollop of whipped cream and sprinkle with paprika.

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RPW-----

Curried Pumpkin Soup Recipe Soup,Pumpkin 4

2, cloves, garlic, peeled
1, med, onion, peeled and quartered
1, lg,. jalapeno pepper, seeded and -coarsely chopped
2, Stalks, celery, cut into -2-inch lengths
3, lg, Carrots, peeled and sliced -1/4 inch thick
2, tbsp, Olive oil
1 ¾, lb, pumpkin, peeled, -seeded, and cut -into 1-inch dice
3, c, Low-salt chicken stock
1,, Bay leaf
2, tsp, curry powder
1, tsp, Turmeric
, pinch, cayenne pepper
1 ½, tsp, salt
,, freshly ground pepper

¼, c ,shelled raw pumpkin seeds
2 ,tbsp., parsley chopped flat-leaf
1,tbsp., sour cream (optional)

1. Place garlic in a food processor and pulse until finely chopped.
2. Add onion and pulse until finely chopped. Set aside.
3. Place jalapeno in food processor and pulse until finely chopped.
4. Add celery and pulse until finely chopped. Set aside. Place carrots in food processor and pulse until finely chopped.
5. Heat 1 tbsp. of the olive oil in a medium stockpot over medium heat.
6. Add the garlic and onion and sauté, stirring occasionally, until onion is translucent, about 6 minutes.
7. Add jalapeno, celery, and carrots and sauté for 5 minutes.
8. Add the pumpkin, chicken stock, bay leaf, curry, turmeric, cayenne, 1 tsp. of the salt, and pepper to taste, and bring to a boil.
9. Reduce heat and cook until the vegetables are tender, about 8 minutes.
10. Meanwhile, in a small sauté pan, heat remaining tbsp. of olive oil over medium-high heat.
11. Add pumpkin seeds and remaining 1/2 t salt and cook for about 30 seconds, shaking pan constantly to prevent burning, until all the seeds have popped.
12. Remove from heat and add parsley.
13. Place 2 cups of the cooked vegetables and about 1/2 cups of the liquid in the bowl of a food processor and puree until smooth.
14. Stir puree back into the soup.
15. Adjust seasonings, and stir in the sour cream, if desired.
16. Garnish with roasted pumpkin seeds.

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RPW-----

Honey Mustard Pumpkin Soup

Soup,Pumpkin

5

1, small, pumpkin (about 10 cups diced)
3,, carrots
¼,tsp. ,black mustard seed
1/4 , cup, vegetable broth (chicken broth is OK too)
½,, onion, chopped
½, tsp. ,turmeric
½, tsp., cumin
½, tsp. ,cinnamon
¼, tsp,. ginger
¾, c., powdered skim milk
2, tsp., honey
1, tsp. ,salt

1. Peel and chop pumpkin and carrots, and simmer in water to cover until tender.
2. Toward the end of cooking time, heat nonstick skillet over medium heat.
3. When hot, add mustard seeds.

4. Cover pan and keep over medium-high heat until popping sound of mustard seeds begins to die down a bit, then immediately add broth (starting with 1/4 c. and adding more as needed) and onion and reduce heat.
5. Cook and stir until onion is translucent.
6. Measure spices while the onion is cooking; then stir them into the mixture and allow to cook on low heat for a minute or so until fragrant.
7. Turn into the pumpkin pot, using a cup or so of the cooking water to rinse the spice pan into the soup pot.
8. Puree seasoned pumpkin and carrots in their cooking liquid, adding milk, honey and salt to mixture in the processor.
9. Add salt to taste.
10. Makes 10 cups.

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RPW-----

Spicy Pumpkin Corn Soup

Soup,Pumpkin

4

- 1, Small, Pumpkin - seeded, unpeeled
- 2 ,Tablespoons ,Oil
- ½, Teaspoon, Cumin Seed
- 1,, Cardamom Pod
- ½, Teaspoon, Cumin Powder
- ½, Teaspoon, Coriander - ground
- ¼, Teaspoon, Ginger - ground
- 1/4 ,Teaspoon ,Chili Powder
- 1, Teaspoon,Garlic - minced
- 2 ,Cups, Onion - chopped
- 1, Cup, Cauliflower Flowerets
- 1/2 ,Cup ,Carrot - sliced
- 11, Ounces ,Corn - canned, undrained
- ,,Salt And Pepper to taste
- ½, Teaspoon ,Turmeric

1. Put oil in large pot or kettle.
2. Heat until quite warm.
3. Add cardamom, and cumin seeds.
4. Cook until seeds crackle.
5. Add Onions, garlic and powders.
6. Sauté until onions are browned.
7. Add cut up pumpkin and water until not quite covered.
8. Cover and simmer until pumpkin is tender.
9. Mash or puree.
10. Return to pot and add vegetables.
11. Cook until desired tenderness.

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RPW-----

Pumpkin Coconut Bisque
Soup,Pumpkin

4

2, tbsp., butter
1, cup ,chopped onion
3,, chopped garlic cloves
3 ,cups ,canned solid pack pumpkin
2, cups ,chicken broth
2 ,tsp.,sugar
½, tsp. ,allspice
½, tsp., crushed red pepper
1 ½, cups, canned, unsweetened coconut milk

1. Melt butter in a heavy, large stockpot over medium heat.
2. Add onion and garlic and sauté until golden, about 8 minutes.
3. Add pumpkin, broth, sugar, allspice and crushed pepper.
4. Bring to a boil. Reduce heat, cover and simmer for 30 minutes.
5. Working in batches puree soup in blender until smooth and return to pot.
6. Bring soup to a simmer, thinning with coconut milk until it is the desired thickness and taste.
7. Season to taste with salt and pepper.

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RPW-----

fennel mashed potatoes
Side,Potato

6

2, tablespoons, butter (1/4 stick)
1, bulb ,fennel, trimmed, quartered, cored, thinly sliced crosswise
½, teaspoon, fennel seeds, crushed
2 ½, pounds, russet potatoes or Yukon Gold potatoes, peeled, cut into 2-inch pieces
1, cup, half and half (or more)

1. Melt butter in heavy large skillet over medium heat.
2. Add sliced fennel bulb and crushed fennel seeds and stir to coat.
3. Sprinkle with salt and pepper.
4. Reduce heat to low, cover, and cook until fennel is tender but not brown, stirring often, about 20 minutes. (Can be made 2 hours ahead. Let stand at room temperature.)
5. Place potatoes in large saucepan.
6. Cover with cold water and bring to boil.
7. Reduce heat to medium and boil until potatoes are tender, about 15 minutes.
8. Drain.
9. Return potatoes to pan; cook over medium heat until no liquid remains.
10. Mash potatoes.
11. Add 1 cup half and half to fennel mixture and bring to simmer.

12. Working in 2 batches, add fennel mixture to potatoes; stir to combine.
13. Season with salt and pepper. (Can be made 2 hours ahead.
14. Let stand at room temperature.
15. Rewarm over medium heat, adding more half and half as needed if dry.)

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RPW-----

Pumpkin Spice Cake

Dessert,Cake

4

- 1, box, spice cake mix
- 1, (15 ounce), canned pumpkin
- 4, ounces, unsweetened applesauce
- ½, cup,water For the Cream Cheese frosting
- 6, ounces, vanilla yogurt
- 3, tablespoons, fat free sugar-free instant cheesecake pudding mix
- 8, ounces, Cool Whip Free

1. Preheat oven to 350°.
 2. Mix all the ingredients together until well combined.
 3. Place in a 9 x 13 pan coated with nonstick spray.
 4. Bake for 35 minutes or until tests done.
 5. Cool in pan.
- For the Frosting:.

Combine yogurt and dry pudding mix until thoroughly combined.

Fold Cool Whip free into the yogurt mixture.

Ice cooled cake with frosting.

Store cake in the fridge.

When ready to serve let cake sit on the counter for 10 minutes.

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RPW-----

gazpacho with croutons and sausage

Soup,gazpacho

6

- 2, cloves, garlic
- 1, teaspoon, salt
- 6, medium, tomatoes, seeded
- 1, green bell pepper, seeded1 cucumber, peeled, seeded
- 2, cups,cold water
- ¼, cup, distilled white vinegar
- 4, tablespoons, olive oil
- 2, tablespoons, cilantro chopped fresh
- 3 1/2 ,cups, 3/4-inch cubes day-old French or Italian bread
- 4, ounces, fully cooked smoked sausage (such as linguiça or hot links), cut into

3/4-inch pieces

1. Mash garlic and salt in mortar with pestle until paste forms.
2. Transfer to large bowl.
3. Finely chop tomatoes, bell pepper and cucumber and add to bowl.
4. Add 2 cups cold water, vinegar and 2 tablespoons oil.
5. Stir in chopped cilantro.
6. Season with pepper.
7. Cover soup and refrigerate until cold, about 3 hours.
8. Heat 2 tablespoons oil in heavy large skillet over medium-high heat.
9. Add bread; sauté until golden, about 12 minutes.
10. Season croutons with salt. Cool.
11. Serve soup with croutons and sausage.

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RPW-----

mexican meatball soup with rice and cilantro

Soup, Meatball

6

2, tablespoons, olive oil
2 ¾, cups, chopped onions
4, cloves, garlic minced
2, small, bay leaves
5, 14 1/2-ounce, cans beef broth
1, 28-ounce, can diced tomatoes in juice
½, cup, chunky tomato salsa (medium-hot)
½, cup, chopped fresh cilantro
1, pound, lean ground beef 1/4 pound bulk pork sausage
6, tablespoons, yellow cornmeal
¾, cup, whole milk
1, large, egg
1/2, teaspoon, salt
½, teaspoon, ground black pepper
1/2, teaspoon, ground cumin
½, cup, long-grain white rice

1. Heat oil in heavy large pot over medium-high heat.
2. Add 1 3/4 cups onions, 2 garlic cloves and bay leaves; sauté 5 minutes.
3. Add broth, tomatoes with juices, salsa and 1/4 cup cilantro; bring to boil.
4. Cover and simmer 15 minutes.
5. Meanwhile, combine ground beef, pork sausage, cornmeal, whole milk, egg, salt, pepper, cumin, then remaining 1 cup onions, 2 garlic cloves and 1/4 cup cilantro in medium bowl.
6. Mix well. Shape meat mixture by generous tablespoonfuls into 1- to 1 1/4-inch balls.
7. Add rice and meatballs to soup and bring to boil, stirring occasionally.
8. Reduce heat, cover and simmer until rice and meatballs are tender, stirring occasionally, about 20 minutes.

9. Season to taste with salt and pepper.
10. Ladle soup into bowls and serve.

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RPW-----

watercress, pear and pomegranate salad

Category,sub-cat

4

- ¼, cup, olive oil
- 3, tablespoons, pure pomegranate juice
- 3, tablespoons ,white wine vinegar
- 2, tablespoons ,walnut oil
- ½, teaspoon ,Dijon mustard
- 2, large bunches, watercress, thick stems trimmed
- 1, head ,butter lettuce, torn into bite-size pieces
- 2 , , pears, firm but ripe halved, cored, each half cut into 6 wedges
- ½, cup, ricotta salata cheese crumbled or feta cheese
- ½, cup, fresh pomegranate kernels

1. Whisk first 5 ingredients in small bowl.
2. Season with salt and pepper.
3. Combine watercress and lettuce in bowl.
4. Pour all but 2 tablespoons dressing over; toss to coat.
5. Divide greens among 6 plates.
6. Arrange 4 pear wedges in spoke pattern on each plate.
7. Drizzle 2 tablespoons dressing over pears.
8. Sprinkle with cheese and pomegranate kernels.

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RPW-----

caramelized spiced carrots

Veg,carrots

16

- 1, cup ,pomegranate molasses* A thick syrup; available at Middle Eastern markets
- ¼, cup, olive oil
- ¼, cup, butter (1/2 stick), melted
- ¼, cup, ginger finely grated peeled fresh
- 1, teaspoon ,ground cumin
- ½, teaspoon, ground cardamom
- ¼, teaspoon, ground nutmeg
- ¼, teaspoon, cayenne pepper
- 4 ½, pounds, medium carrots, peeled, stems trimmed to 1/2 inch
- ¼, cup ,pomegranate seeds
- ¼, cup, pine nuts, toasted
- ¼, cup, thinly sliced fresh basil leaves
- ¼, cup, thinly sliced fresh mint leaves

1. Preheat oven to 375°F.
2. Whisk 1/4 cup water, pomegranate molasses, and next 7 ingredients in large bowl to blend.
3. Add carrots to pomegranate mixture and toss to coat.
4. Divide carrots between 2 large rimmed baking sheets.
5. Roast until carrots are tender and liquids are reduced to glaze, stirring twice and mixing in water by tablespoonfuls if needed to prevent burning, about 55 minutes.
6. Season with salt and pepper. (Can be made 4 hours ahead. Let stand at room temperature. Rewarm in 375°F oven 10 minutes before serving.)
7. Transfer carrots to platter.
8. Sprinkle pomegranate seeds, pine nuts, basil, and mint over carrots and serve.

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RPW-----

braised bacon, pomegranate, and pine nut relish
 relish,pomegranate

4

- 8, whole, cardamom pods green
- 1, pound, slab bacon, cut into 1/2-inch cubes
- 2, cups, low-salt chicken broth
- 3, tablespoons, pomegranate molasses
- ½, Cup, pine nuts, toasted
- 1/3, cup ,fresh pomegranate seeds

1. Stir cardamom in small skillet over medium heat until pods are lightly browned, about 4 minutes.
2. Cool slightly.
3. Crack pods; remove seeds.
4. Crush seeds in mortar with pestle or in spice mill; reserve.
5. Bring medium saucepan of water to boil.
6. Add bacon and cook 30 seconds.
7. Drain.
8. Combine bacon and broth in same saucepan.
9. Bring to boil; reduce heat to medium-low and simmer gently until almost all liquid is absorbed, about 35 minutes.
10. Wipe away any grease from pan.
11. Add pomegranate molasses, then pine nuts, pomegranate seeds, and crushed cardamom seeds to pan.
12. Bring to simmer; cook until heated through, about 3 minutes.
13. Season with pepper.

We have a renewed appreciation for the beauty, taste, and health-giving properties of the pomegranate lately, and its molasses (made by cooking the juice down to a sweet-tart syrup) delivers just what we are looking for in an ingredient these days: bold, clear, complex flavor. Used in this go-with for the chops, it brings new meaning to "sweet-and-sour pork." Pomegranate molasses is available at some

supermarkets and Middle Eastern markets and by mail from Adriana's Caravan (800-316-0820; adrianascaravan.com).

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RPW-----

warm pumpkin salad with polenta and candied pumpkin seeds

Salad,Pumpkin

6

1 ½, cups, yellow cornmeal (not coarse)
7 ½, cups, water
2 ¾, teaspoons, salt
2 ½, tablespoons, unsalted butter
1, tablespoon, sugar
¾, teaspoon, ground cumin
1/4,teaspoon, cinnamon
¾,teaspoon, paprika
¾,teaspoon ,cayenne
1/2,cup , pumpkin seeds raw green (hulled) (pepitas)
1,tablespoon, fresh pomegranate juice (see cooks' note, below) or cranberry juice
cocktail
2,teaspoons, Sherry vinegar
1,tablespoon ,minced shallot
6,tablespoons, extra-virgin olive oil
1,small, cheese pumpkin or butternut squash (2 lb), peeled, quartered lengthwise,
and seeded
1,piece, Parmigiano-Reggiano 6-oz piece
8, oz, arugula trimmed

Active time: 1 3/4 hr Start to finish: 5 hr

Prepare polenta:

1. Bring cornmeal, water, and 2 1/4 teaspoons salt to a boil in a 4-quart heavy saucepan, stirring constantly.
2. Reduce heat and simmer, stirring frequently, until polenta is creamy and tender, about 50 minutes.
3. Remove from heat, then stir in 1 1/2 tablespoons butter and cool slightly.
4. Spoon polenta onto center of a lightly buttered large baking sheet, then spread evenly into a 10- by 7-inch rectangle (about 1/2 inch thick).
5. Cover with plastic wrap, then poke several holes in wrap with a small sharp knife and chill 2 hours.

Candy pumpkin seeds:

1. Melt remaining tablespoon butter in a heavy saucepan over moderate heat.
2. Stir in sugar, cumin, cinnamon, paprika, cayenne, and 1/4 teaspoon salt, then cook, without stirring, until caramelized.
3. Add pumpkin seeds and cook, stirring occasionally, until seeds are puffed and golden.
4. Transfer to a plate to cool.

5. When seeds have hardened, break up any clumps with your fingers.

Make vinaigrette:

1. Whisk together pomegranate juice, vinegar, and shallot and let stand 5 minutes.

2. Whisk in 3 tablespoons oil, remaining 1/4 teaspoon salt, and pepper to taste.

3. Roast pumpkin:

4. Preheat oven to 450°F.

5. Cut pumpkin quarters crosswise into 1/2-inch-thick slices.

6. Toss with 1 tablespoon oil and salt and pepper to taste in a shallow baking pan and arrange slices in 1 layer.

7. Roast in middle of oven until just tender, about 20 minutes.

8. Remove from oven, then cover with foil to keep warm.

9. Fry polenta while pumpkin roasts:

10. Trim polenta into a 9- by 6-inch rectangle.

11. Cut polenta into 6 (3-inch) squares, then halve each square diagonally.

12. Heat 1 tablespoon oil in a large nonstick skillet until hot but not smoking, then cook polenta in 2 batches, turning once, until golden brown, about 8 minutes (if necessary, use remaining tablespoon oil for second batch).

13. Transfer as cooked to a plate and keep warm, covered.

Assemble salad:

1. Shave 12 strips from cheese with a vegetable peeler.

2. Whisk vinaigrette, then toss arugula in a large bowl with enough vinaigrette to lightly coat.

3. Place several pieces of pumpkin and 1 piece of polenta on each of 6 plates.

4. Top with arugula, more pumpkin, and remaining polenta.

5. Sprinkle with candied pumpkin seeds and top with parmesan shavings, then drizzle with remaining vinaigrette.

Cooks' notes:

1. Polenta, spread on baking sheet and not yet fried, can be chilled up to 1 day.

2. Candied pumpkin seeds can be prepared 3 days ahead and kept in an airtight container at room temperature.

3. To juice a pomegranate, firmly roll it on a work surface until it feels softer, then cut a small hole in skin and squeeze.

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RPW-----

salad of pomegranates, haricots verts, jicama and walnuts

Salad, pomegranates

6

1 ½,, pomegranates

1 ½,pound, piece jicama

¾, pound,haricot verts (thin French green beans)

¾, cup, walnuts

1, tablespoon, chopped fresh flat-leafed parsley leaves

1, tablespoon, extra-virgin olive oil

1, tablespoon,fresh lemon juice

Can be prepared in 45 minutes or less.

1. With a manual citrus juicer squeeze enough juice from pomegranate half, pressing sides against center of juicer and pressing on any whole seeds in juicer with thumbs, to measure 1/4 cup.
2. Peel and cut jícama into 1/4-inch-thick slices.
3. On a cutting board stack slices, 2 or 3 at a time, and cut into 1/4-inch-thick sticks.
4. In a bowl toss jícama with pomegranate juice.
5. Chill mixture, covered, tossing occasionally, 30 minutes to allow jícama to absorb some of juice.
6. Have ready a bowl of ice and cold water.
7. Trim haricots verts and in a saucepan of boiling salted water blanch 3 minutes, or until crisp-tender.
8. Transfer beans with a slotted spoon to ice water to stop cooking and drain in a colander.
9. Cut remaining pomegranate in half and with hands gently break in two.
10. Bend back rinds and dislodge seeds from membranes.
11. Coarsely chop walnuts.
12. To jícama mixture add beans, pomegranate seeds, parsley, oil, lemon juice, and salt and pepper to taste and toss to combine.
13. Serve salad sprinkled with walnuts.

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RPW-----

carrot soup with orange and tarragon

Soup, Carrot

4

- 1, tablespoon, butter
- 1, 1-pound, bag classic-cut peeled carrots
- 3/4 ,cup ,chopped onion
- 3, cups, low-salt chicken broth
- 1/2, cup, orange juice
- 1, tablespoon, brandy
- 2 ,teaspoons, chopped fresh tarragon
- ,, tarragon Fresh sprigs

This creamy, low-fat soup is packed with vitamins A and C.

Prep: 20 minutes; Total: 35 minutes

1. Melt butter in heavy large pot over medium heat.
2. Add carrots and onion; sauté until onion is soft, about 8 minutes.
3. Add broth; cover and bring to boil.
4. Reduce heat, uncover, and simmer until carrots are tender, about 10 minutes.
5. Working in batches, puree soup in blender until very smooth.
6. Return soup to pot.
7. Stir in orange juice, brandy, and chopped tarragon.
8. Simmer 5 minutes for flavors to blend.
9. Season to taste with salt and pepper.
10. Garnish soup with tarragon sprigs and serve.

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RPW-----

quinoa with moroccan winter squash and carrot stew

Stew,quinoa

4

,,Stew

2, tablespoons, olive oil

1, cup, chopped onion

3, cloves, garlic, chopped

2, teaspoons, Hungarian sweet paprika

1, teaspoon ,salt

1/2 ,teaspoon ,ground black pepper

½, teaspoon, ground coriander

½, teaspoon, ground cumin

½, teaspoon, turmeric

½, teaspoon, ground ginger

½, teaspoon, cayenne pepper

1,Pinch ,saffron

1, cup, water

1, 14 1/2-ounce, can diced tomatoes, drained

2, tablespoons, fresh lemon juice

3, cups ,1-inch cubes peeled butternut squash (from 1 1/2-pound squash)

2, cups, carrots 3/4-inch cubes peeled

,,Quinoa

1, cup, quinoa

1, tablespoon, butter

1, tablespoon, olive oil

1/2 ,cup, onion finely chopped

¼, cup, carrot finely chopped peeled

2, cloves, garlic, minced

½, teaspoon, salt

½, teaspoon, turmeric

2, cups, water

½, cup, chopped fresh cilantro, divided

2, teaspoons, mint chopped fresh, divided

A gorgeous, satisfying vegetarian main course that's easy to make. Quinoa requires no pre-soaking, so it's as simple to do as rice.

For stew:

1. Heat oil in large saucepan over medium heat.

2. Add onion; sauté until soft, stirring often, about 5 minutes.

3. Add garlic; stir 1 minute.

4. Mix in paprika and next 8 ingredients.

5. Add 1 cup water, tomatoes, and lemon juice.

6. Bring to boil.

7. Add squash and carrots.

8. Cover and simmer over medium-low heat until vegetables are tender, stirring occasionally, about 20 minutes.
9. Season with salt and pepper. (Can be prepared 1 day ahead. Cover and chill.)

For quinoa:

1. Rinse quinoa; drain.
 2. Melt butter with oil in large saucepan over medium heat.
 3. Add onion and carrot.
 4. Cover; cook until vegetables begin to brown, stirring often, about 10 minutes.
 5. Add garlic, salt, and turmeric; sauté 1 minute.
 6. Add quinoa; stir 1 minute.
 7. Add 2 cups water.
 8. Bring to boil; reduce heat to medium-low.
 9. Cover; simmer until liquid is absorbed and quinoa is tender, about 15 minutes.
- Rewarm stew.
1. Stir in half of cilantro and half of mint.
 2. Spoon quinoa onto platter, forming well in center.
 3. Spoon stew into well.
 4. Sprinkle remaining herbs over.

*A grain with a delicate flavor and a texture similar to couscous; available at natural foods stores.

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RPW-----

parsnip soup

Category,sub-cat

2

½, cup, finely chopped onion
1, clove, garlic, minced
1, teaspoon, minced peeled gingerroot
½, cup, carrot thinly sliced
½, cup, celery thinly sliced
1/8, teaspoon, dried thyme, crumbled
2, tablespoons, unsalted butter
¾, pound, parsnips (about 3), peeled and cut into 1/8- inch slices (about 2 cups)
2, cups, chicken broth
,,freshly grated nutmeg to taste

Can be prepared in 45 minutes or less.

1. In a heavy saucepan cook the onion, the garlic, the gingerroot, the carrot, the celery, and the thyme in the butter over moderately low heat, stirring, until the onion is softened.
2. Add the parsnips and the broth, bring the liquid to a boil, and simmer the mixture, covered, for 15 minutes, or until the vegetables are very tender.
3. Purée the soup in a blender and return to the pan.
4. Stir in the nutmeg, enough water to thin the soup to the desired consistency if

necessary, and salt and pepper to taste.

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RPW-----

sake-steamed halibut with dilled carrots

Main, Halibut

4

,, Nonstick vegetable oil spray

2, 10 ounce, halibut fillets (each about 1 1/2 inches thick)

4, teaspoons, chopped fresh dill

1, 750-ml, bottle sake

,, onion slices 3 1/2, -inch-thick

2, cups, carrots thinly sliced peeled

2, cloves, garlic, peeled, halved

1, teaspoon, butter

1. Spray steamer rack with nonstick spray.
2. Sprinkle both sides of halibut with salt and pepper, then sprinkle top of fillets with 2 teaspoons dill; place fish on prepared steamer rack.
3. Combine sake and onion in large pot; bring to boil.
4. Continue to boil 2 minutes.
5. Add carrots and garlic to pot; return to boil.
6. Place steamer rack with fish over liquid in pot.
7. Cover pot tightly and steam fish until just opaque in center, about 8 minutes.
8. Transfer fish to platter.
9. Cut each fillet crosswise in half; cover with foil.
10. Discard onion.
11. Using slotted spoon, transfer carrots and garlic to small bowl; mix in butter and remaining 2 teaspoons dill.
12. Season with salt and pepper.
13. Spoon carrots alongside fish on platter.
14. Boil liquid in pot until reduced to 6 tablespoons, about 3 minutes.
15. Pour over fish and carrots.

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RPW-----

carrot salad with lime and cilantro

Category, sub-cat

4

4, medium, carrots

1, tablespoon, fresh lime juice

1/8, teaspoon, finely grated fresh lime zest

2, tablespoons, finely chopped fresh cilantro leaves

1, teaspoon, vegetable oil

,, Garnish: fresh cilantro sprigs

1. Finely shred carrots and in a bowl toss together with remaining ingredients and salt and pepper to taste. Serve salad garnished with cilantro.

2. Nutritional Information

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RPW-----

carrot salad with lime and cilantro

Salad,carrot

4

4, medium, carrots

1, tablespoon, lime juice fresh

1/8, teaspoon, lime zest finely grated fresh

2, tablespoons, cilantro leaves finely chopped fresh

1, teaspoon, vegetable oil

,,Garnish: fresh cilantro sprigs

This recipe can be prepared in 45 minutes or less.

1. Finely shred carrots and in a bowl toss together with remaining ingredients and salt and pepper to taste. Serve salad garnished with cilantro.

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RPW-----

spiced carrots

Veg,Carrots

6

¼, teaspoon, ground cumin

¼, teaspoon, paprika

1,Pinch, of cayenne

1, teaspoon, olive oil

2, teaspoons ,honey

¼, teaspoon, salt

1 ¼, lb, carrots, cut into 1/4-inch-thick matchsticks

1 1/2 ,teaspoons, lemon juice fresh

1 ½, tablespoons, flat-leaf parsley coarsely chopped fresh

1. Cook spices in oil in a small nonstick skillet over low heat, stirring, until fragrant, about 2 minutes. Remove from heat and cool slightly, then stir in honey and salt.

2. Cook carrots in a 4-quart saucepan of boiling salted water until tender, 4 to 5 minutes, then drain in a colander.

3. Toss warm carrots in a bowl with spiced oil and lemon juice.

4. Just before serving, toss with parsley and salt to taste.

5. Serve warm or at room temperature.

6. Nutritional Information

7. Each serving contains about 51 calories and 1 gram fat.

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RPW-----

italian coleslaw with fennel and capers

Coleslaw,Fennel

4

4, cups, chopped red cabbage (from about 1/2 large head)

1, medium, fennel bulb, trimmed, chopped

1/2 ,cup, Italian parsley chopped fresh

3, tablespoons, capers drained

3, tablespoons, lemon juice fresh

2, tablespoons, extra-virgin olive oil

2, cloves, garlic minced

Wonderful as a side dish with grilled sea bass, halibut, or marinated, skewered shrimp

1. Combine cabbage, fennel, parsley, and capers in large bowl; toss to blend.

2. Mix in lemon juice, oil, and garlic.

3. Season to taste with salt and pepper.

4. Can be prepared 2 hours ahead. Cover and refrigerate. Toss before serving.

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RPW-----

asian-flavored coleslaw with rice vinegar and ginger

coleslaw,Asian

4

1, tablespoon, sesame seeds

4, cups, Napa cabbage thinly sliced (from about 1/2 large head)

½, cup ,green onions thinly sliced

3, tablespoons, rice vinegar

2, tablespoons, peanut oil

1, tablespoon, fresh ginger minced peeled

1, teaspoon, sesame oil oriental

1, teaspoon, sugar

These exciting flavors complement seared or grilled scallops, fish fillets, or chicken.

1. Stir sesame seeds in small dry skillet over medium heat until light golden, about 3 minutes. Set aside.

2. Combine cabbage and green onions in large bowl.

3. Add vinegar, peanut oil, ginger, sesame oil, and sugar and toss to blend.

4. Season to taste with salt and pepper.

5. Can be prepared 2 hours ahead. Cover and refrigerate. Toss before continuing.

6. Sprinkle with sesame seeds and serve.

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RPW-----

bulgur with leeks, cranberries, and almonds

Category,sub-cat

6

6, tablespoons, butter (3/4 stick)
3, cups, leeks chopped (white and pale green parts only)
5, cups,canned low-salt chicken broth
3, cups, bulgur
2/3, cup, dried cranberries
2/3, cup, sliced almonds, toasted

1. Melt butter in heavy large saucepan over medium-high heat.
2. Add chopped leeks and sauté until very tender, about 12 minutes.
3. Add chicken broth and bring to boil.
4. Stir in bulgur and boil 5 minutes.
5. Add dried cranberries.
6. Remove from heat, cover and let stand 15 minutes.
7. Fluff with fork.
8. Mix in sliced almonds.
9. Season to taste with salt and pepper.
10. Melt butter in heavy large skillet over medium heat.
11. Add sliced fennel bulb and crushed fennel seeds and stir to coat.
12. Sprinkle with salt and pepper.
13. Reduce heat to low, cover, and cook until fennel is tender but not brown, stirring often, about 20 minutes. (Can be made 2 hours ahead. Let stand at room temperature.)
14. Place potatoes in large saucepan.
15. Cover with cold water and bring to boil.
16. Reduce heat to medium and boil until potatoes are tender, about 15 minutes.
17. Drain.
18. Return potatoes to pan; cook over medium heat until no liquid remains.
19. Mash potatoes.
20. Add 1 cup half and half to fennel mixture and bring to simmer.
21. Working in 2 batches, add fennel mixture to potatoes; stir to combine.
22. Season with salt and pepper.
23. Can be made 2 hours ahead.
24. Let stand at room temperature.
25. Rewarm over medium heat, adding more half and half as needed if dry.

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