

Fall Food Fest

- *Cornbread and Sausage Stuffing*
- *Pumpkin and Pancetta Risotto with Manchego*
- *Honey Roasted Brussels Sprouts with Almond Gremolata*

Cornbread Stuffing (serves 8 to 10)

4 tablespoons unsalted butter
2 onions, finely chopped
4 garlic cloves, minced
4 stalks celery, finely chopped
1 8x8 loaf of buttermilk cornbread (make your own or buy ahead)
2 links of your favorite sausage, squished out of the casing
1/2 cup finely chopped fresh flat-leaf parsley
2 tablespoons finely chopped fresh thyme leaves
2 tablespoons finely chopped fresh sage
2 tablespoons finely chopped fresh rosemary
2 cups homemade or low-sodium canned chicken stock
4 large eggs
1 1/2 teaspoons coarse salt
1/2 teaspoon freshly ground pepper

Preheat oven to 355. In a large saute pan add the sausage and cook through, breaking it up a bit as you go. Once sausage is cooked, remove from pan and set aside. Without straining the rendered sausage fat add to the pan the butter and melt. Add onions, garlic, and celery; cook over medium heat until just tender, about 8 minutes.

Crumble the cornbread into a large bowl, and add the sausage, onion mixture, parsley, thyme, sage, eggs, chicken stock, salt, and pepper. Stir until well combined.

Transfer mixture to a buttered 2-quart casserole or large ovenproof skillet, and bake until golden on top and cooked through, about 45 minutes. Remove from oven, and serve hot.



Pumpkin and Pancetta Risotto with Manchego (serves 4)

2 tbsp (25 mL) olive oil
4 slices pancetta, diced
1 cup (250 mL) chopped onion
2 cloves garlic, chopped
1½ cups (375 mL) arborio rice
5 cups (1.375 L) hot chicken stock
½ cup dry white wine
1 cup roasted pie pumpkin, pureed
2 tbsp (25 mL) butter
½ cup (125 mL) manchego cheese, grated
Small pinch of cinnamon
Salt and freshly ground pepper

Heat olive oil in a pot over medium heat. Add pancetta and fry for 2 minutes or until fat has rendered. Add onion, garlic and sauté for 3 minutes or until onion is softened. Stir in rice and cook until rice is coated with onion and oil, about 1 minute.

Pour in about 2 cups (500 mL) stock and cook, stirring frequently until most of the liquid is absorbed. Add another 2 cups (500 mL) stock and stir again and cook until liquid is absorbed. Add last cup (250 mL) of stock and pumpkin. Cook until stock is absorbed. The rice should be al dente. If not, add up to ½ cup (125 mL) more stock. This whole process should take between 20 and 25 minutes.

Beat in butter, manchego and cinnamon. Season with salt and pepper.



Honey Roasted Brussels Sprouts with Almond Gremolata (serves 4)

3 pints of brussels sprouts, washed and trimmed

1 red onion sliced into ¼ inch wedges

3 tablespoons olive oil

2 tablespoons of honey

Coarse salt and freshly ground black pepper

5 tablespoons fresh parsley, chopped

5 tablespoons of toasted almonds, roughly chopped

2 tablespoons lemon zest

1 tablespoon garlic, finely minced

Preheat oven to 425. In a large bowl toss together halved brussels, onion and olive oil. Spread out onto a rimmed baking sheet and season well. Roast sprouts, tossing occasionally until vegetables are tender and caramelized. About 35 minutes. When you feel your sprouts are almost finished, removed from oven and drizzle with honey. Return to oven to finish cooking. In a large saucepan combine parsley, almonds, lemon zest and garlic. Gently toast until fragrant. Transfer sprouts into a serving bowl and sprinkle with the gremolata mixture

Order your turkey for Thanksgiving from the market!

Order in person or call

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