RUSTIC ROASTED WINTER VEGETABLE CHOWDER

Yield: 6 servings

INGREDIENTS:

1/2 small butternut squash, peeled, seeded, and cut into 1-inch dice (about 2 cups)

3 medium parsnips, peeled, cut into 1-inch dice (about 1 cup)

1 medium sweet potato, peeled, cut into 1-inch dice (about 1 cup)

2 medium carrots, peeled, cut into 1-inch dice (about 1 cup)

1/2 fennel bulb, quartered & sliced thin (about 1 cup)

1/2 teaspoon + 1/2 teaspoon kosher salt or coarse sea salt

2 tablespoons + 3 tablespoons olive oil, divided

1 medium onion, diced (about 2 cups)

2 tablespoons all-purpose flour

4 cups vegetable broth

2 medium russet potatoes, peeled, cut into 3/4-inch dice (about 2 cups)

4-5 fresh thyme sprigs

1 cup milk (you can use 2%, but anything from non-fat to whole should work just fine) or unsweetened plain almond milk

Method:

- Heat oven to 400°F. In a large bowl, toss the butternut squash, parsnips, sweet potatoes, carrots, and fennel with 2 tablespoons olive oil and 1/2 teaspoon coarse salt. Spread in a single layer on a large baking sheet and roast until tender and browned in places, about 40 minutes, turning a couple of times while roasting.
- 2. While the veggies are roasting, prepare the base of the soup. To a large saucepan over low heat, add 3 tablespoons olive oil. Add the onion along with a pinch of salt and a bit of pepper, then cook, stirring occasionally, until soft, about 10 minutes.
- 3. Stir in the flour and cook for 3 minutes, stirring constantly.
- 4. Stir in the vegetable broth. Add the potatoes and thyme. Bring to a boil over medium heat then reduce heat to low. Simmer uncovered for 15 minutes or until potatoes are soft. Remove from heat. Pick out the thyme stems and discard.
- 5. Stir in the roasted vegetables. Carefully transfer about 3 cups of the chowder to the pitcher of a blender. Puree until smooth. Return the pureed mixture to the pot and stir to combine. The soup should be thick, rich, and creamy.
- 6. Stir in the milk. Place the pot back on the burner, and, with the heat on mediumlow, return to a simmer, stirring often to prevent burning.
- 7. Taste and add additional salt and pepper if desired.
- 8. Serve garnished with an additional turn of cracked pepper and thyme leaves. Sometimes, I'll reserve a few of the roasted veggies for garnish too.

Honeybutter Oat Bread

Bake 350°F /175°C conventional oven	approx. 30 – 45 mins.
Makes 1 8'x4' inch loaf pan	
Ingredients:	
1 tspn. (3.5 gr.) active dry yeast 🔵 bloom yeast	
¼ c. (60 ml.) warm water 110F 🛛 🗐	
2 ½ c. (375 gr.) whole wheat bread flour	
1/3 c. (26.5 gr.) rolled oats	
1 ¼ tspn. (7 gr.) fine sea salt	
¾ c. (180ml.) whole milk – scalded ├── cooled to luk	ewarm
¼ c. (60 ml.) yougurt	
3 Tbspn. (45 ml.) honey	

1 ½ Tbspn. (21 gr.) cool unsalted butter

Method:

- 1. Combine the dry ingredients in one bowl, make a well.
- 2. Mix wet liquids, plus yeast and mix together. Pour into the flour well
- 3. Mix dough and knead well, until smooth and elastic
- 4. Toward the end of the kneading incorporate butter and knead until all the dough is smooth and supple.
- 5. Shape dough onto a ball, cover and ferment for 30 45 minutes
- 6. Knock back dough to release gases and even out temperature reshape into a ball and ferment for a second time for 15 20 minutes.
- 7. Prep greased loaf pan by sprinkling rolled oats
- 8. Knock back dough and shape into loaf, place in loaf pan and proof for 20 minutes
- 9. Bake the bread for 35 to 40 minutes, tenting with foil after about 15 minutes to prevent over-browning. The interior of the fully baked loaf should read 190°F on an instant-read thermometer.