**September 2022**

**“Fall” for Autumn Dishes**

**Apple Strudel**

Adapted from InspiredByCharm.com

4 cups Granny Smith apples cored, peeled, and diced

1 cup sugar

2 tablespoon unsalted butter

2 tablespoon cornstarch

1 teaspoon cinnamon

1/4 teaspoon nutmeg (I used Pumpkin Pie Spice)

1/2 teaspoon kosher salt

1 package (2 sheets) frozen puff pastry thawed

1 egg beaten

* In a medium saucepan, combine the apples, sugar, butter, cornstarch, cinnamon, nutmeg, and salt. Stir to combine. Cook at medium heat for about 7 minutes or until the sauce starts to thicken. Set aside and allow the apple mixture to cool.
* After mixture has cooled, preheat oven to 375 degrees F. Unfold your puff pastry onto a parchment lined baking sheet and lightly flour the surface. Using a rolling pin increase the puff pastry sheet by about 15% in size.
* Place half of the cooled apple mixture down the middle one-third of one puff pastry sheet.
* Use a sharp knife to cut horizontal strips along both the left and the right outer thirds of the puff pastry. (Make about 8 - 9 strips on each side.)
* Fold the strips over the top of the apple mixture. To create a braided look, first fold over a strip from the left, then a strip from the right. Continue left, right, left, right until all of the strips are in place.
* Seal both ends with a little water. Brush with beaten egg.
* Repeat this process with the second puff pastry sheet and the remaining apple filling.
* Baked for 35-40 minutes or until golden brown. Allow the strudel to cool slightly.

**Slow Cooker Butternut Squash Soup**

* 1 large butternut squash, peeled and cut into cubes (approx. 7–8 cups or 1200 g once cubed)

(I bought mine at Trader Joes already peeled and cut up)

* 1 white onion, diced (approx. 2 cups, 300 g)
* 4 cloves garlic, minced
* 1 cup chopped carrot (approx. 150 g)
* 1/2 tsp [**black pepper**](https://amzn.to/2E5hRkA)
* 1/2 tsp [**cinnamon**](https://amzn.to/2MYOkeY)
* 1/8 tsp ground nutmeg
* 1/4 tsp chili flakes, optional
* 4–5 cups vegetable stock (or just enough to barely cover the squash)
* 1/2 cup[**coconut milk**](https://amzn.to/2TERS8U) or cashew cream, optional
* salt and pepper, to taste

**INSTRUCTIONS**

1. Add all the ingredients (except for the coconut milk, if using) to a [**slow cooker**](https://amzn.to/2RVrzJV) and cook on high for 3-4 hours or low for 4-5 hours until the squash is soft and tender.
2. Once it’s cooked, either blend directly in the [**slow cooker**](https://amzn.to/3zSZZDa) using an immersion [**blender**](http://www.jdoqocy.com/click-7686099-13079131) or carefully transfer to a [**blender**](http://www.jdoqocy.com/click-7686099-13079131) and mix until smooth and creamy. Blend in the coconut milk now, if using.
3. Season with salt and pepper if needed and serve.

**Creamy Roasted Cauliflower Soup**

**Ingredients:**

* 1 medium head cauliflower, cut into florets
* 1/2 medium yellow onion, sliced (~3/4 cup as original recipe is written)
* 5 cloves garlic, **peeled and left whole**
* 1 Tbsp avocado oil
* 1 healthy pinch each sea salt & black pepper, plus more to taste
* 3/4 cup raw cashews
* 1 (15-oz) can white beans (such as Cannellini), rinsed and drained
* 4 cups [**vegetable broth**](https://minimalistbaker.com/easy-1-pot-vegetable-broth/) (or store-bought)
* 1 cup water
* 1/4 tsp ground nutmeg
* 1 Tbsp lemon juice

#### FOR SERVING optional

* Parsley
* Red pepper flakes
* Pine nuts
* Olive oil

### Instructions

* Preheat oven to 400 F (204 C) and line a baking sheet with parchment paper.
* Place the cauliflower, onions, and (whole, peeled) garlic on the baking sheet. Drizzle with avocado oil and season with salt and pepper. Toss to fully coat the vegetables.
* Place baking sheet in your preheated oven for 30 minutes, stirring halfway through.
* While your veggies are roasting, place cashews in a bowl or measuring cup and pour over enough boiling water to cover them, then set aside. Then rinse and drain your can of white beans.
* Remove your roasted veggies from the oven and immediately transfer them to a large stock pot or [**Dutch oven**](https://www.amazon.com/Marquette-Castings-Cast-Iron-Dutch/dp/B01N7OU4JK/?tag=minimalistbaker-20). **Reserve a few pieces of cauliflower for garnishing**, if desired. Add your rinsed beans, vegetable broth, water, and nutmeg to the pot and stir.
* Heat over medium-high heat until it comes to a strong simmer, then reduce slightly and simmer on medium-low for 15-20 minutes, or until the cauliflower is very soft and falls apart easily when pierced with a fork.
* Turn off heat. Carefully transfer mixture to a [**high-speed blender**](https://www.amazon.com/gp/product/B008H4SLV6/?tag=minimalistbaker-20) (that’s safe for hot foods), and add lemon juice and a pinch of salt. Blend soup until creamy and smooth. Pour half of the blended soup back into your pot, drain the cashews, and add them to the soup that’s remaining in the blender. Blend the cashews and soup until pale and creamy, about 1 minute. Pour the remaining soup into the pot and stir to swirl the two soup mixtures together.
* Taste and adjust flavor as needed, adding salt and pepper to taste or more nutmeg for nuttiness. Serve and enjoy with a garnish of your reserved cauliflower, a sprinkling of parsley and red pepper flakes, pine nuts, and/or a swirl of olive oil (all optional).
* Store leftovers covered in the refrigerator for up to 1 week, or in the freezer for up to 1 month. Reheat on the stovetop, adding dairy-free milk or broth as needed to thin.

**Squacho Nachos (Butternut Cheese Sauce)**

**Ingredients:**

One 4-ounce block pepper jack cheese

One 4-ounce block sharp Cheddar

1 tablespoon cornstarch

2 tablespoons butter

4 cups diced butternut squash (about 1 medium butternut squash; 1-inch dice)

1 teaspoon chipotle powder

1 teaspoon kosher salt, plus more as needed

1 cup whole milk

Tortilla chips, for serving,   Scallions and banana peppers, for garnish

**Instructions:**

1. Grate both the pepper jack and Cheddar cheese and toss with the cornstarch in a bowl. Set aside.

2. Heat a large saucepan over medium heat and add the butter. When melted, add the squash, chipotle powder and salt and saute until the squash caramelizes a bit, about 5 minutes.

3. Add 1 cup water, cover, bring to a simmer and simmer until very tender, another 10 minutes.

4. Remove from the heat, add the milk and use an immersion blender to blend until silky and smooth.

5. Add the cheese mixture, return to the heat and cook, whisking, until the cheese melts. Season with additional salt as needed.

Serve with tortilla chips and garnish with scallions and banana peppers

**Dutch Apple Pie**

**Ingredients for Crust:**

* 2 cups all-purpose flour
* 1 cup packed brown suger
* ¾ cup butter (melted)
* ½ cup quick oats

**Ingredients for Filling:**

* 2/3 cup sugar
* 3 Tbs. cornstarch
* 1 ¼ cup of water
* 3 cups diced apples
* 1tsp vanilla

**Instructions:**

Preheat oven to 350 degrees.

Combine crust ingredients; set aside 1 cup for topping. Press remaining mixture into ungreased 9” pie pan or you can use a 9\*13 pan to make bars.

For filling, in a pot combine sugar, cornstarch and water. Bring to a boil. Cook 6-8 minutes – mixture should be very thick. Stir in apples and vanilla. Pour into the crust, top with reserve crumb mixture. Bake for 40 -45 minutes, until crust is golden brown.

**Slow Cooker German Bratwurst**

## **Ingredients**

* 4 pounds uncooked bratwurst links
* 3 bottles (12 ounces each) German-style beer or 4-1/2 cups reduced-sodium chicken broth
* 1 jar (32 ounces) sauerkraut, rinsed and well drained
* 4 medium Granny Smith apples (about 1-1/4 pounds), cut into wedges
* 1 medium onion, halved and thinly sliced
* 1-1/2 teaspoons caraway seeds
* 1/4 teaspoon pepper

## **Directions**

* **1.** In a large nonstick skillet, brown bratwursts over medium-high heat in batches. Transfer to a 7-qt. slow cooker. Add remaining ingredients.
* **2.** Cook, covered, on low 6-8 hours or until a thermometer inserted in sausage reads at least 160°.

**Pumpkin Coffee Cake**

### INGREDIENTS

* 2 1/2 cups all-purpose flour
* 3/4 cup brown sugar
* 2 tsp baking powder
* 1/2 tsp baking soda
* 1/4 tsp salt
* 2 tsp cinnamon
* 1/4 tsp nutmeg
* pinch cloves
* 1/2 cup vegetable oil
* 1 1/2 cup pumpkin puree not pumpkin pie filling
* 1/3 cup buttermilk\*
* 2 eggs
* 2 tsp vanilla

#### Crumble Topping

* 1/3 cup granulated sugar
* 1/3 cup brown sugar
* 1 1/2 cup all-purpose flour
* pinch salt
* 1/2 cup + 2 tbs unsalted butter melted
* 1/4 tsp cinnamon
* pinch nutmeg

#### Vanilla Glaze

* 1 cup confectioner's sugar
* 1 tbs maple syrup
* 3-5 tbs heavy cream

INSTRUCTIONS

* Preheat oven to 350 degrees and arrange rack to the center of the oven. Line a 9x9 pan with parchment paper and set aside.
* In a large bowl, whisk flour, sugar, baking powder, baking soda, salt and spices together very well.
* In a separate bowl, whisk vegetable oil, pumpkin puree, buttermilk, eggs and vanilla until combined. Make a well in the center of the dry ingredients, and pour in the wet ingredients. Mix until just incorporated as you do not want to over-mix the batter. Pour batter into prepared pan and set aside.
* For the crumble, toss sugar, flour, salt, cinnamon and nutmeg together in a large bowl. Stir in melted butter until crumbly. It will still be wet but you will be able to break it up into smaller pieces. If for some reason it won't crumble, add another tablespoon of flour to the mixture. Crumble the topping over the batter in the pan into an even layer. Bake for 35-40 minutes OR until a toothpick inserted in the center comes out clean.
* While cake is cooling, prepare glaze. In a small bowl, combine confectioner's sugar, maple syrup and cream until smooth. Add more or less cream for your desired thickness - I like mine on the thicker side so it doesn't melt into the cake.

**NOTES**

1. \*Make your own "buttermilk" by adding 1 tbs of white vinegar to 1/3 cup of milk.

**Pumpkin Pastry Cream**

### Ingredients

* ⅔ cup milk (I used whole milk)
* ⅔ cup cream (whole/heavy/whipping)
* 2 large egg yolks (room temperature)
* ½ cup granulated sugar (or caster/fine sugar)
* 1¾ tablespoons all purpose flour/cornstarch
* ½ teaspoon vanilla
* ½ cup pumpkin puree (homemade or store bought)\*
* ½ teaspoon cinnamon
* ½ teaspoon pumpkin pie spice

### Instructions

* In a medium pot heat the milk and cream until very hot, but not boiling, remove from heat and let cool to warm.
* In a medium pot whisk together the yolks and sugar until well combined. Add the flour and vanilla and combine well.
* Place the pot with the yolks, over low/medium heat and slowly add the milk, whisking continuously.
* Once all the milk has been added, add the puree, cinnamon and pumpkin pie spice, continue whisking on medium heat, until the mixture has thickened, approximately 15 minutes.
* Remove from the heat and place in a heat proof bowl, cover the top of the cream with plastic wrap, make sure the plastic is touching the cream, let the pastry cream, cool to room temperature, then either use or refrigerate until ready to use. Pastry cream tastes even better if you make it ahead of time and let it chill in fridge for approximately 3 hours before using. Enjoy!

### Notes

For room temperature, remove from the fridge 45-60 minutes before using.

Be sure to store the cream in clean bowl, covered in plastic and the plastic is covering all the pastry cream on top, it must be stored in the refrigerator, it will keep for 3-4 days in the fridge.

**Pumpkin Pie**

**Ingredients for the pie:**

* 1 can pumpkin
* 3 eggs
* ½ cup brown sugar
* ½ cup white sugar
* 1 tsp of cinnamon
* ½ tsp ginger
* ½ tsp nutmeg
* ½ tsp salt
* 1/8 tsp cloves
* ¾ cup mlik
* ½ cup sour cream

**Ingredients for the pie crust:**

* 2 cups flour
* ¾ cup Crisco
* 1 tsp salt
* 5 Tbs water and mix.

Instructions:

Preheat the oven to 400 degrees.

For the crust: Blend flour and salt together. Blend in Crisco until like oatmeal. Add 5Tbs water and mix. Roll out into 9” pie pan.

For the filling: Mix together and pour into crust. Bake at 400 degrees for 15 minutes, then at 350 degrees for 20-30 minutes or until done.

**Zucchini Bread**

**Ingredients:**

* 3 eggs
* 2 cups of sugar
* 1 cup of veg. oil
* 3 ½ cup grated and unpeeled zucchini
* 2 ½ cup flour
* 2 tsp baking soda
* 1 tsp baking powder
* ½ tsp salt
* 3 tsp cinnamon
* 2 tsp vanilla
* 1 c walnuts

**Instructions:**

* Preheat oven to 350 degrees.
* Beat eggs and sugar- add oil- mix well.
* Sift next 5 ingredients.
* Add to egg mixture using mixer.
* Add zucchini, stir in vanilla and nuts.
* Spray 2 9\*5\*4 loaf pans.
* Bake at 350 degrees for 45 minutes or lower rack.
* Let rest in pan 5minutes and cool on rack.
* Muffins: 350 degrees 22 -28 minutes.
* Squares: 350 degrees 30 -32 minutes.

**Zucchini or Summer Squash Casserole**

**Ingredients:**

* 3 plus cups squash
* 2 carrots, shredded
* 1 small onion
* 1 small jar pimentos (optional)
* 1 cup cream of chicken soup-undiluted.
* ½ cup sour cream
* ½ pkg. Pepperidge Farm Stuffing
* 1/3 cup melted butter

**Instructions:**

* Cut unpared (not peeled) squash into bite sized pieces.
* Lightly cook and drain.
* Mix stuffing with butter.
* Mix all ingredients with ½ of the stuffing mixture.
* Put in casserole and top with the balance of the stuffing.
* Bake 25 minutes or until brown and bubble at 350.

Can make ahead and bake later. Can freeze as well!