

Matthew May's

TEACHING KITCHEN

BETTER LIVING THROUGH FOOD AND SCIENCE

“Seasonal Favorites!”

October 26, 2024

BUTTERNUT SQUASH & CHICKPEA TAGINE

1 TBSP. yellow curry oil

1 small medium-size butternut squash, peeled, cored, and cut into 1” cubes

1 small red onion, chopped

3-ounces dry apricots, rough chopped

1½-cups chickpeas (canned, drained) or (fresh, rinsed, cooked until tender, drained)

1-cup vegetable broth

½-tsp. ground cinnamon

½-tsp. Spicy Curry Sea Salt (eastcoastsaltcompany.com)

½-ounce fresh Italian flatleaf parsley (chopped)

optional: add ¼-tsp. ground ginger or a pinch of chili pepper flakes for an extra kick!

In a large sauté pan or skillet, heat oil over medium high heat until the oil begins to shimmer and travels quickly along the bottom of the pan when tilted. Add onion, cinnamon, and Spicy Curry Sea Salt; stir. Sauté until onion begin to become translucent and the cinnamon is very fragrant. Add butternut squash and broth. Cover, reduce heat to medium low and simmer for about 7 minutes, or until the squash is fork tender. Uncover. Add chickpeas, apricots, and parsley. Stir to combine and continue cooking for another 5 minutes. By this time, the broth should be almost all evaporated and the apricots should be soft and tender. Taste and adjust salt, if needed. This is one my absolute favorite vegan and gluten free dishes!

GREEN BEAN CASSEROLE

½-pound butter

12-ounces button mushrooms, cleaned and sliced

3-TBSP. flour

2-3-cups chicken or vegetable broth

pinch of salt and pepper

1 medium onion, thinly sliced

2-cups flour

1-tsp. salt

1-tsp. ground black pepper

1-quart vegetable oil

2-pound fresh green beans, cleaned and trimmed stem-end

Heat oven to 350°F.

In a large soup/stock pot, bring 1-gallon of water to a boil. Add green beans to boiling water and cook until beans are fork-tender. Remove beans from boiling water and transfer to a large mixing bowl.

While beans are cooking, add butter to a large skillet or Dutch oven and heat over medium heat. When butter becomes frothy, add the mushrooms; stir. Continue to stir and cook mushrooms until they begin to brown. This may take 5-10 minutes depending on how much moisture there is in your mushrooms. Once the mushrooms begin to brown, add flour and continue to stir until you see no more streaks of white flour. Very slowly, begin to whisk in the chicken or vegetable broth. Add a little broth at a time while continuing to whisk the entire time. Going slowly will ensure that your sauce does not have lumps. Continue adding stock and cook for another 2-3 minutes while stirring the entire time. If sauce is too thick, simply add a little more broth. Keep in mind that you want a thick sauce that will cling to the green beans. Add salt and pepper to taste. This step is very important as the green beans will have no seasoning on them. Remove pan from heat and transfer sauce to the bowl with the green beans. Stir to combine and transfer mixture to your casserole/baking/serving dish.

(This step can be done ahead of time.) Using the same pan in which you cooked the green beans (be sure to wipe the interior of the pan with a paper towel to remove water), add the vegetable oil and heat to 350°F. Combine salt and pepper with the flour; stir to combine. With a damp finger, taste the seasoned flour to be sure there is enough salt and pepper. Adjust if needed. Dredge half of the sliced onions in the flour. Once the oil has reached 350°F, remove the onions from the flour and shake off any excess flour before carefully adding the onions to the hot oil. Move onions around with tongs or slotted spoon, and fry until golden brown. Once golden brown, remove onions from oil and transfer to a paper towel-lined baking sheet pan to remove excess oil. Repeat this step with the remaining sliced onions. Once the onions have drained its excess oil, transfer the fried onions to the top of the green bean casserole and bake for 20-30 minutes, or until onions have darkened and casserole is bubbling around the outside of the pan. Remove from oven and serve.

CINNAMON-CRUSTED PORK TENDERLOIN **W/ MAPLE BOURON BROWN BUTTER**

¼-pound unsalted butter

¼-cup pure all-natural maple syrup (not inexpensive pancake syrup)

¼-cup your favorite bourbon

1-tsp. vegetable oil

1 pork tenderloin, whole, cleaned, silver skin removed

1-tsp. ground cinnamon

1/8-tsp. cracked black pepper

1/8-tsp. salt

Preheat oven to 350°F. Preheat frying pan or skillet (large enough to hold the whole pork tenderloin) on medium heat. In a small saucepan, melt butter. Allow butter to come to a very low simmer and watch carefully as butter can burn. Butter will begin to turn brown in about 5-7 minutes. Once butter has become a golden-brown color, remove from heat. Add maple syrup and bourbon. Allow to cool slightly. Meanwhile, season the pork tenderloin with salt and pepper, and cinnamon. Be sure to rub the cinnamon around the entire tenderloin. Add oil to hot skillet and swirl the pan to distribute the oil. Carefully, add the pork tenderloin to the pan. Allow the pork to sear for about 2-3 minutes, then rotate the tenderloin to brown on all sides.

Once tenderloin is evenly seared on the outside, transfer it to a cookie sheet tray or baking sheet pan. Place sheet pan in the preheated oven and roast the tenderloin until the internal temperature reaches 145°F. Remove tenderloin from oven and allow to rest for 5-10 minutes. After the pork has rested, slice the pork on an angle and transfer to a serving plate. Spoon some of the maple brown butter over the sliced pork.

PUMPKIN & SPICE CRÈME BRÛLÉE

4 egg yolks

1 TBSP. pure vanilla extract

¾-cup heavy whipping cream

3 TBSP. canned pumpkin

¼-tsp, ground cinnamon

pinch of ground nutmeg

2 TBSP. white sugar (divided)

2 6-ounce glass baking cups or ramekins

(Makes two desserts)

Preheat oven to 300°F. Separate egg yolks from the whites. Discard or save the egg whites for a later use. Whisk together sugar, egg yolks and 1-TBSP. sugar in a medium sized bowl; set aside. Bring cream, pumpkin, cinnamon, nutmeg, and vanilla to a low boil over medium heat. Pour the hot cream into the egg yolk mixture (a little at a time), while stirring constantly. Pouring too fast will result in scrambled eggs. Place your 2 ramekins into a 9"x9"-inch pan. Divide the custard mixture into the ramekins. Pour water into the pan (around the outside of the ramekins) until it's about halfway up the side of the ramekins. Be careful not to pour water into the custard. Bake 40-45 minutes or until centers are just set. The internal temperature should be between 170-175°F and the bruleè should wiggle slightly when jiggled back and forth. Cool to room temperature then refrigerate for a minimum of three hours. When ready to serve: Cover each Brulée with 1-tsp. of white sugar and tilt Brulée around to evenly coat with sugar. Pour off any excess sugar. Bruleè the tops with a kitchen torch or under the broiler until sugar browns. Wait a few minutes before eating, as the sugar is very hot.