

Recipes for Class One:

Roasted Chicken

Sautéed Carrots

Baked Squash

Honey Roasted Potatoes

Cranberry Sauce

Apple Crumble Pie

Recipe: Roasted Chicken (Serves 4-6)

Preheat oven to 350 degrees Celsius.

Ingredients:

Medium sized chicken

½ cup canola oil

½ cup chopped fresh sage or 2 tbsp. dried sage (can substitute poultry seasoning)

2 tbsp. salt

1 tbsp. ground black pepper

¼ cup either honey or 100% maple syrup

- 1) Cut chicken into breasts and legs, reserve the back, neck and wings for stock use. If chicken is meant for more than 4 adults, cut legs into thighs and drumettes, and breasts into portions.
- 2) Mix up all other ingredients in a small bowl until combined
- 3) Rub chicken pieces (breasts and legs) with the oil, honey and spice mixture
- 4) Arrange pieces with skin side up on a parchment-lined roasting pan or baking sheet
- 5) Bake @ 350 until done (170 Celsius on an instant-read thermometer, 180 for a whole chicken)
- 6) Enjoy!

Recipe: Baked Squash

Squash should be peeled and seeded, then cut into large-bite sized chunks. Toss pieces lightly in vegetable oil, salt and pepper to taste, and any extra dried herbs that you have around. A spoonful of honey into this mixture will also help the browning process and counteract any bitter taste that might be present in the squash. Bake at 350 degrees for approximately 20 minutes or until done.

Recipe: Sautéed Carrots

The carrots should be sliced relatively thinly for use with the sauté method of cooking. Cook in a large pan over high heat, with a small amount of fat (butter, oil, mixture of the two) and seasonings until lightly browned. Add a splash of wine, water or stock to the pan to lightly steam the carrots and continue cooking until pan is dry again and your carrots are done.

Recipe: Honey Roasted Potatoes (Serves 4)

Preheat oven to 350-400 degrees Celsius

Ingredients:

1.5 pounds of potatoes (1 good sized potato or 3-4 baby potatoes per person)
½ cup canola oil
2.5 tbsp. salt
½ tbsp. ground black pepper
2 tbsp. chopped fresh rosemary or thyme (can substitute dried in equal measure or leave out entirely)
2 tbsp. smashed garlic
½ cup honey

- 1) Cut potatoes into large-bite chunks or baby potatoes in half lengthwise
- 2) Cover potatoes in cold water in a large pot with 1 tbsp. salt and bring to a boil
- 3) Smash garlic well so that there aren't any pieces that will burn, chop herbs
- 4) Once potatoes have boiled for 2-4 minutes, check with a fork or small knife to see that they are just starting to soften enough to let you pierce them
- 5) Drain well and let steam off while you mix the rest of the ingredients in a bowl
- 6) Toss the dry potatoes with the oil, honey and herb mixture until they are well coated (but not smashing up the potatoes, best to do this in a wide bowl)
- 7) Lay flat in one layer on a parchment lined baking sheet or pan
- 8) Bake, stirring/flipping once or twice to check them, until they are well browned and smelling like heaven
- 9) Enjoy!

Recipe: Cranberry Sauce

Cranberry sauce can be made with an infinite array of recipes. The one that we used in class was as follows: 1 cup sugar heated to boiling with 1 cup water, then add 4 cups of frozen cranberries. Simmer for 20 minutes or more. Serve warm or chilled.

Recipe: Apple Crumble Pie (one full 9 inch pie or flat 10 inch)

Preheat Oven to 350 degrees Celsius

Ingredients:

10 Baking Apples (depending on size, use your best judgment)

1.2 cups of chilled unsalted butter

pinch of salt

2 cups flour

4-5 tbsp. of very cold water

1.5 cups quick oats

2 tbsp. ground cinnamon

1 tsp. cloves

1 tsp. allspice

¾ cup white sugar

¼ cup brown sugar

To make pastry for bottom crust:

- 1) Cut just over ½ cup of butter into 1 cup of flour until the mixture is in pea-sized clumps, sprinkle salt onto mixture
- 2) Make a well in the center of the flour mixture and pour in 4 tbsp. cold water, mixing with a spoon just until ingredients come together

- 3) Press mixture into a flattened ball and cover with saran wrap, put in the fridge to chill for at least 10 minutes
- 4) Lightly butter your pie pan while you wait. Dust buttered pan with flour, tapping it lightly to release excess flour onto your rolling surface
- 5) Roll out chilled dough on floured surface until it will cover your pie pan with a small overhang
- 6) Transfer dough to pie pan and trim so that there is only a very small overhang, prick dough with a fork to lessen shrinkage

To make apple filling:

- 1) Core and peel apples, cut into ½ inch wedges or chunks
- 2) Toss apples with spices, white sugar and 2 tbsp flour
- 3) Arrange into bottom pie crust

To make crumble topping:

- 1) Melt remaining butter (about ½ cup) and stir together with oats, ½ cup flour and brown sugar
- 2) Sprinkle small clumps of crumble over the top of the apples in the pie crust

Bake pie in 350 degree oven until apples are bubbly and topping is browning. If the crumble appears to be browning too early, cover with a piece of tin foil for remaining baking time, removing the foil immediately once the pie is out of the oven to prevent steaming the crumble and leaving it soggy.

Serve with caramel ice cream, vanilla yogurt or cheddar cheese.

Enjoy!