

Recipes for Class Two:

Roasted Beet and Crumbled Goat Cheese Salad

Bean Soup

Parsnip and Purple Potato Chips

Blueberry Grunt

Recipe – Roasted Beets and Crumbled Goat Cheese Salad

Directions:

- 1) Preheat oven to 425 degrees
- 2) Wash beets and trim any long “tails” so that they do not burn
- 3) Trim away the greens and reserve for sautéing later
- 4) If beets are larger than a tangerine, you can cut them in half to speed the cooking process
- 5) Place washed beets in a baking dish in a single layer with about ¼ inch of water (may substitute apple juice for half of the water for a pleasant change)
- 6) Add a sprinkle of salt over the beets and cover the casserole/dish tightly (if no fitting lid is available, aluminum foil works nicely)
- 7) Bake for 30-60 minutes, depending on size of beets available, beets are done when they are easily pierced with a fork
- 8) Let beets cool slightly and then skin will peel off easily
- 9) Slice beets, add crumbled goat cheese, and herbs of your choice. (We used parsley.)

Recipe: Bean Soup (4 large servings)

Ingredients:

½ pound of dry beans (pre-soaked before used in recipe)

¼ cup oil

1 large onion

2 large potatoes

1-2 large carrots

Up to one pound of turnip, parsnip or random winter vegetable that you have available (optional)

3 garlic cloves

Fresh or dried thyme, rosemary, dill, oregano or basil (to taste, at least 2 tbsp. fresh or 1 tbsp dried)

Salt

Pepper

Wine (optional, for deglazing the pot after cooking onions and garlic)

Directions:

- 1) Pre-soak dry beans in clean water overnight to soften.
- 2) Chop all vegetables roughly into pieces about 1 inch square and smash garlic
- 3) In a large pot, heat oil and heat onions until lightly browning
- 4) Add other vegetables to the pot, cooking for 3-5 minutes
- 5) Add smashed garlic, one tablespoon of salt and one teaspoon of pepper, and heat for another minute

- 6) If using wine, add approximately half a cup at this point to deglaze your pan and stir to release flavour
- 7) If not using wine, do the same thing with water
- 8) Add herbs
- 9) Add in soaked beans
- 10) Cover contents of pot with water or vegetable stock, making sure that the liquid level rises at least 2 inches above the ingredients
- 11) Cover tightly with a lid and bring to a boil, reduce heat now and cook at a simmer until beans are very soft (depending on type of bean, this may take from 1 hour to 2), watching that there is always enough water to cover vegetables and beans (add more as necessary)
- 12) When beans are soft, remove pot from heat and let cool a bit so that you don't burn yourself in the next step
- 13) Using a hand-blender, blend the soup until very smooth
- 14) Add salt and pepper as necessary after tasting
- 15) Serve with fresh bread or vegetable chips, garnish with fresh herbs, a spoon of yogurt, some cheese. Any way that your heart desires!

Directions for Parsnip and Purple Potato Chips:

With a good vegetable peeler or mandolin, thinly slice peeled parsnips and potatoes. Toss slices with oil and seasonings, and then lay them out in a single layer on a parchment-lined baking tray. Bake at 400 degrees just until chips begin to brown (they will continue cooking a bit once you remove the tray from the oven). Sprinkle with additional salt, if desired, and enjoy.

Wild Blueberry Grunt

Sauce:

3 cups wild blueberries

½ cup water

½ cup honey

Dumplings:

1 cup flour

2 tsp baking powder

1 tsp sugar

¼ tsp salt

2 tbsp butter

½ cup milk

Vanilla ice cream or whipped cream for garnish

1. Wash and drain berries, combine with honey and water and bring to a boil in a large saucepan.
2. Reduce heat and simmer until berries are soft and sauce begins to thicken, about 5 minutes.

3. Whisk together flour, baking powder, sugar and salt. Cut in butter. Stir in just enough milk to make soft dough.
4. Drop the batter by tablespoons on top of the simmering berry sauce. Immediately cover saucepan and cook over medium heat without removing cover for 15-18 minutes.

Serves 4-6

From *Eating by the Seasons*, p 26. (Adapted from a recipe on CBC's *Maritime Noon*.)