



A Taste of Autumn

with Pamela Salzman @pamelasalzman

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FARRO SALAD WITH FENNEL AND ROASTED BUTTERNUT SQUASH

SERVES 6

1 cup uncooked farro (you can sub whole oat groats or another grain but adjust liquid and cooking time. I like to use Bob's Red Mill farro)

¾ cup apple cider or apple juice (not apple cider vinegar)

¼ cup apple cider vinegar

1 teaspoon sea salt, plus additional

2 bay leaves

2 cups cubed butternut squash (or parsnips or carrots)

7 Tablespoons unrefined, cold-pressed extra-virgin olive oil, divided

4 Tablespoons fresh lemon juice

½ cup shaved (done with a vegetable peeler) Parmesan or Manchego cheese (optional)

2 cups arugula leaves (or baby spinach leaves)

1 cup fresh flat-leaf parsley leaves, left whole or roughly chopped

1 cup fresh mint leaves, torn by hand or roughly chopped

1 small bulb fresh fennel, halved and thinly sliced crosswise

½ cup chopped toasted and salted pistachios or pumpkin seeds (whole)

Flaky salt and freshly ground black pepper to taste

1. Preheat oven to 400 degrees.
2. In a medium saucepan, bring farro, apple juice, vinegar, 1 teaspoon salt, bay leaves and 2 cups water to a boil over high heat. Lower heat to a simmer, cover, and cook until farro is tender and liquid has evaporated, about 30 minutes. (Please read cook time on the package to be sure.) Remove from heat and allow to cool. Discard bay leaves.
3. Place butternut squash on a rimmed baking sheet lined with unbleached parchment paper. Drizzle with 1 Tablespoon of olive oil (or avocado oil or melted coconut oil), sprinkle with salt and pepper. Roast in one layer until caramelized and tender, about 30 minutes. Set aside. Can be made 1 day ahead.
4. In a mixing bowl (or serving bowl), whisk together 6 Tablespoons olive oil and 4 Tablespoons lemon juice, plus a pinch of salt and a few grinds of black pepper. Add cooked farro and cheese, if using. This can be done one day ahead.
5. Bring salad to room temp and fold in arugula, herbs, fennel, butternut squash, and nuts or seeds. Taste for seasoning and add flaky salt and black pepper as needed.

Supported by:



MOROCCAN SHEET PAN CHICKEN

SERVES 4 TO 6

For the Chicken:

1 teaspoon sea salt

1/8 teaspoon freshly ground black pepper

1/4 teaspoon ground turmeric

1/4 teaspoon ground ginger

1/4 teaspoon ground cinnamon

1 teaspoon ground cumin

Small pinch of cayenne pepper

1 1/2 pounds boneless, skinless chicken breasts and/or thighs, sliced into 1-inch strips

1 1/2 teaspoons pure maple syrup

1 Tablespoon unrefined, cold-pressed extra-virgin olive oil, avocado oil, or melted virgin coconut oil

5 ounces frozen artichoke hearts, defrosted or packed in water with no added preservatives, patted dry

2 medium-size carrots, peeled if desired, cut lengthwise into 1/4-inch pieces

1/2 red onion, sliced thinly through the root

2 Tablespoons unrefined, cold-pressed extra-virgin olive oil, avocado oil, or melted virgin coconut oil

Sea salt and freshly ground black pepper, for sprinkling

Pinch of flaky salt (optional)

1. In a small bowl, whisk together the salt, pepper, turmeric, ginger, cinnamon, cumin, and cayenne. Place the chicken in a large container and drizzle with the maple syrup and the tablespoon of oil, then sprinkle with the spice mixture. Mix together until well coated. Cover and allow to sit at room temperature for 1 hour or refrigerated up to 24 hours. The further in advance you can do this, the more flavorful the chicken will be.
2. Preheat the oven to 425 degrees F and line a rimmed three-quarter sheet pan with unbleached parchment paper, unless you are using a stainless-steel pan (no need to use parchment but do oil the stainless-steel pan.) Or use two smaller half sheet pans. If you put more than one sheet pan in the oven, consider cooking on the CONVECTION setting at 400 degrees F for the same amount of time, but check it a few minutes early to be safe.
3. Arrange the vegetables on the prepared sheet pan(s) and toss with the 2 Tablespoons of the oil.
4. Arrange the chicken among the vegetables in one layer, if possible. Sprinkle everything with sea salt (try 1/2 teaspoon) and black pepper.
5. Bake for 15 to 20 minutes, or until the chicken is cooked through (do less time if you plan to cover and not serve it immediately). If you're unsure, use a thermometer to check the chicken's internal temperature (should be 165 F) or cut a piece open to check the color inside.
6. When finished, sprinkle with flaky salt, if desired. the spices, using the same cooking method as for the chicken.



MOROCCAN SHEET PAN CHICKEN (cont'd)

Notes:

Use sharp kitchen shears to easily trim fat from chicken, especially thighs.

Run hot water over the frozen artichokes in a colander to defrost them quickly. Pat very well with paper towels before adding to the sheet pan.

Green olives or lemon slices can also be added with the vegetables.

Store any leftovers in a glass container (always my preference anyway) as opposed to plastic, to avoid turmeric stains.

Make it vegan: omit the chicken; use 2 cups of cooked chickpeas, drained, rinsed, and patted dry. Toss the veggies and chickpeas with the oil and the spices, using the same cooking method as for the chicken.

WHOLE ROASTED CAULIFLOWER WITH TAHINI SAUCE, RAISINS, HAZELNUTS AND GREEN HERBS

SERVES 4 AS AN ENTRÉE OR 6 AS A SIDE DISH

1 large head of cauliflower, green leaves trimmed, and core cut so that the cauliflower can stand upright

1 Tablespoon unrefined olive oil or melted ghee

½ teaspoon paprika (this helps create a nice color)

¾ teaspoon sea salt, divided

Freshly ground black pepper to taste

1/3 cup tahini

2 Tablespoons freshly squeezed lemon juice

1 clove garlic, minced

1-2 teaspoons mild raw honey or pure maple syrup

¼ cup roasted and skinned hazelnuts, roughly chopped

¼ cup unsulphured green raisins or currants, soaked in warm water for 15 minutes and drained (this plumps them up and makes them soft and juicy)

¼ cup capers, drained from brine

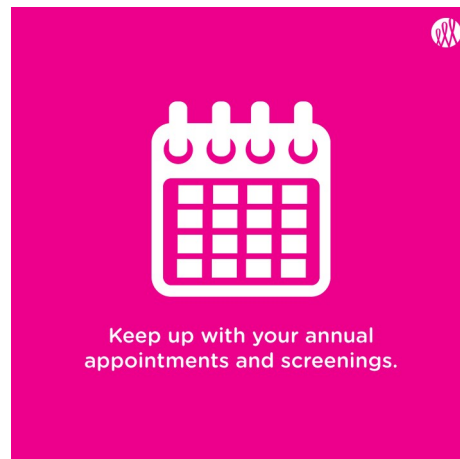
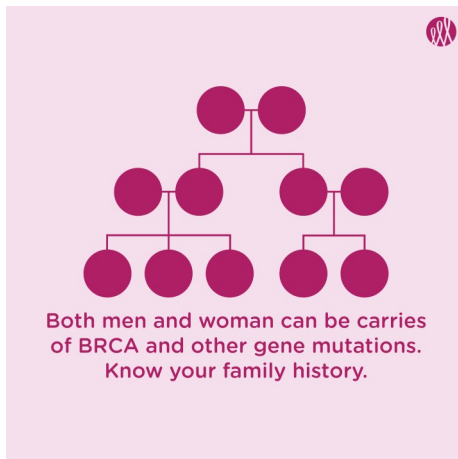
1 cup fresh dill leaves and tender stems

1 cup fresh flat-leaf parsley leaves and tender stems



WHOLE ROASTED CAULIFLOWER WITH TAHINI SAUCE, RAISINS, HAZELNUTS AND GREEN HERBS (cont'd)

1. Preheat oven to 425 degrees F (or 400 degrees F on convection.) Line a small baking sheet with unbleached parchment paper. Place a steamer basket inside a saucepan with a couple inches of water. Bring to a boil. Carefully place the cauliflower on the steamer basket, cover and simmer over medium heat for 7 minutes (do a minute or two less for a small head of cauliflower.)
2. Remove the cauliflower from the pan and place on the prepared baking sheet. This can be done up to two hours ahead and left at room temperature. In a small bowl, combine the oil, paprika, salt and pepper. Brush all over the outside of the cauliflower. Roast in the oven until super tender and golden brown, about 45 minutes. If roasting on convection, check the cauliflower at 30 minutes.
3. While the cauliflower is roasting, make the sauce: in a medium bowl, whisk tahini, enough water to make a pourable sauce (start with $\frac{1}{4}$ cup and add more as necessary), lemon juice, garlic, honey and $\frac{1}{4}$ teaspoon salt until combined.
4. Place the cauliflower on a rimmed plate or shallow bowl. Arrange the herbs around the cauliflower. Sprinkle the hazelnuts, raisins, and capers on top and around the cauliflower. Drizzle with some of the sauce and pass the remaining sauce on the side.



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This is meant to be a cooking demonstration, but if you are interested in cooking along with Pamela, here is a list of what she will have prepared in advance (before class):

- Preheat ovens
- Have ingredients out on the counter
- Cook farro, drain and allow to cool (before class)
- Wash vegetables
- Cut and roast butternut squash
- Wash and dry herbs and chop
- Squeeze lemon juice
- Measure dry spice mix for chicken
- Cut chicken into pieces
- Cut carrots and red onion
- Steam cauliflower head
- Make paprika and oil mixture for cauliflower
- Roast and skin hazelnuts, if using

