

Green Bean and Acorn Squash Ragout

1 lb blue lake green beans cleaned and cut into 2 inch lengths
1 ½ cups acorn squash, peeled and cubed into 1" pieces
2Tbsp olive oil
2 large shallots, finely minced
Herbs of your choice, chopped
Salt and pepper to taste

Heat the oil in a deep sauté pan, Add the shallots and sauté over medium low heat until translucent. Then add the chopped tomato along with some salt. Cook the tomatoes until they collapse and become sauce-like. Then add about ½ cup of water. Then add the green beans, reduce the heat to low, and cover the pan. Cook about 2 minutes, then add the cubed squash, mixing everything together. Cover again and continue to cook until the squash is tender, another 5-7 minutes. Adjust seasonings with salt and pepper, remove from the heat and add the chopped herb . Serve either hot or at room temperature.

Wild Rice and Lentil Pilaf

For the rice:

1 cup wild rice, rinsed 1 tsp salt 3 cups of water

Bring the water to a boil in a large pot and add the rice and salt. Cover, reduce heat to simmer, and cook about 45 minutes until rice has popped and is barely tender. Drain the excess liquid and set aside.

For the lentils:

1 carrot, finely chopped 1 small onion, finely chopped
1 rib of celery, finely chopped 1 cup of brown lentils or lentils du puy
1 bay leaf, large sprig thyme and sage 2 Tbsp olive oil
Salt and pepper Chopped parsley

Heat the oil over medium heat in a saucepot and add the vegetables. Saute the vegetables over medium heat for 5 minutes or so to soften them. Then add the lentils and stir to coat. Cover by about 1 inch with water, add the herbs, bring to a boil, reduce heat to simmer and partially cover the pot. Cook about 20 minutes To ½ hour until barely tender, Add salt and pepper and then add the reserved liquid from the rice. Let sit 5 minutes, then strain off the liquid. Measure about 1 to 1 ½ cups of the liquid. Combine the lentils and the rice in a large pot add the reserved liquid, salt and pepper, turn on heat to medium, cover the pan, turn the heat down and allow to steam 15 minutes. Turn off heat and allow the pilaf to rest, ½ hour or so. Sprinkle with parsley if desired and serve.

Fall Greens

3 bunches lacinato, red Russian or regular kale, woody stems trimmed, cut into strips
3 Tbsp olive oil
2 salt packed anchovies, or 5 oil packed anchovy filets
1 small onion, sliced
Crushed red pepper, or black pepper
Salt to taste

Put a large pot of water on to boil. Add salt, and then add the cut greens. Cook the greens until underdone, barely tender. Drain and rinse under cold water, then drain well. Heat the olive oil in a large sauté pan with high sides. Add the onion and some salt, and cook over medium heat until the onion starts go become golden. Add the anchovy to the pan, stir and continue cooking until the anchovy dissolves. Add the crushed chili or black pepper a bit of salt, then the greens and continue cooking until the greens are heated through and are tender. Adjust the seasonings and serve.

Pumpkin or Winter Squash Caponata

Adopted from [Many Beautiful Things](#) by Vincent Schiavelli

2 lb cleaned pumpkin or winter squash (peeled, seeds removed) cut into small cubes.
1/3 cup extra virgin olive oil
20 kalamata olives, seeded and cut in half
¼ cup red wine vinegar
About 2 Tbsp sugar
Sea salt and black pepper

Heat the oil in a large sauté pan, and add the squash when it is hot. Cook the squash, stirring frequently, until it is just tender. Remove from the pan with a slotted spoon. Mix the vinegar and sugar together in a bowl. If necessary, add a bit more oil, and add the olives, and sauté a minute. Then add the sugar and vinegar mixture and return the pumpkin to the pan. Cook another minute, coating the pumpkin with the mixture. Season with salt and pepper and remove to a serving platter.

Persimmon Red Wine Compote

1 cup ripe Hachiya or Fuyu persimmon pulp, pureed
2 cups Fuyu persimmons, cut into small chunks (not ripe)
½ cup sugar
1 cup red wine
10 cardamom pods
Juice of ½ lemon

For the persimmon pulp, simply scoop out the flesh of a ripe persimmon and puree in a food processor, set aside. Put the hard persimmon chunks into a bowl. Crack the cardamom pods and put into a tea strainer. In a saucepan bring the wine, and sugar to a boil, add the tea strainer of cardamom and simmer until reduced by about half. You should have a moderately thick syrup. Pour this over the hard persimmon chunks. Then fold in the ripe persimmon puree. Add the lemon juice.

Gremolata Topping for Squash

About ¼ cup Italian parsley leaves
1 plump garlic clove
Zest from 1 lemon

Chop all of the ingredients together, and toss with hot just cooked squash.

Wild Rice Stuffing

For the rice:

1 cup wild rice	2 cups water
2 cups vegetable, chicken or turkey broth	
1 sprig each thyme, and sage	1 bay leaf
1 tsp salt	Ground pepper

For the stuffing:

2 T grapeseed oil	1 large onion, diced medium
1 green bell pepper cut into chunks (optional)	2 ribs celery, sliced
8 oz mushrooms (portobellos or criminis) sliced	2 cloves garlic chopped
2 tart apples, like granny smiths, peeled, cored, quartered and sliced	
1 cup toasted pecan halves	½ bunch parsley finely chopped
5 sage leaves and several sprigs thyme leaves, chopped	
2 eggs	Salt and pepper, paprika if desired

Method: Bring the stock and water to a boil in a saucepan, add the herbs and rice. Season, turn to simmer, cover the pan and cook 45 minutes to 1 hour until the rice is completely open and cooked. Set aside, draining off the excess cooking liquid. Heat the oil in a large sauté pan with high sides. When the oil is hot, but not smoking, start cooking the vegetables, starting with the onions. When they are starting to turn translucent add the bell peppers, then the celery. When these have softened, add the garlic and then the apples. After another minute add the mushrooms. Once the mushrooms have lost moisture, season with salt and pepper and the herbs. Add the wild rice and remove from heat. Stir in the pecans. Cool the mixture slightly and then add the eggs. Turn this mixture into a oiled baking dish. Bake at 350 degrees for about one hour or until eggs have set through.