

## **Culinary Comforts Class**

**November: Pantry Clean-Up**

### **Menu**

**Farro and Blueberry Salad**

**Salmon with Lemon-Tarragon Broccolini**

**Roasted Garlic-Parmesan Mashed Potatoes**

**Everything Bagel Cauliflower with herbed cream cheese**

**Apple Cranberry Galette**

**Cranberry Sparkling Beverage**

## Farro & Blueberry Salad

### Ingredients:

1 cup chopped onion  
4 cups low sodium vegetable broth  
1 tsp. Lemon zest  
¼ cup Lemon juice  
1 Tbsp. Pure maple syrup  
1 Tbsp. Oregano, chopped  
4 cups fresh baby spinach  
2 cups fresh blueberries  
1 fennel bulb, trimmed, halved, cored & very thinly sliced  
½ cup sliced scallions  
Sea salt & pepper to taste  
¼ cup sliced almonds, toasted

### Directions:

In a large saucepan, cook red onion over medium heat for 2-3 minutes or until tender, stir occasionally & adding water 1-2 Tbsp. At a time as needed to prevent sticking. Add broth & Farro. Bring to boiling, reduce heat. Cover & simmer 10-15 minutes or until Farro is soft & still chewy in the center. Reserve remaining liquid. Rinse Farro with cold water; drain. Let cool.

Meanwhile, in a small bowl combine reserved cooking liquid & the rest of the ingredients through oregano. Toss half of the dressing with the Farro.

In a n extra-large bowl, combine Farro mixture, spinach, blueberries, fennel & scallions. Pour remaining dressing over salad & toss to coat. Season with salt & pepper (optional). Sprinkle with almonds.

## Salmon with lemon tarragon Broccolini Sheet Pan Dinner

### Ingredients:

1 lemon, zest end & juiced  
½ cup olive oil  
2 Tbsp. Chopped fresh tarragon  
4 cloves garlic, minced  
1 tsp. Kosher salt  
¼ tsp ground black pepper  
½ # Broccolini or broccoli, trimmed & halved lengthwise  
1 medium leek, quartered & cut into 3-inch sections

1 lemon, thinly sliced  
4 (6 oz.) salmon fillets, skin removed  
Garnish chopped fresh tarragon

### Directions:

Preheat oven to 450 degrees. Line a 17 x 12" rimmed baking sheet with parchment paper.  
In a large bowl, whisk together lemon zest & juice, oil, tarragon, garlic, salt & pepper. Add Broccolini & leek, stirring to coat. Place in an even layer on one half of prepared pan, add lemon slices.

Sprinkle salmon with pinch of salt & pepper and place on other half of pan.  
Bake until salmon is firm to touch & vegetables are tender, about 15 minutes.

Garnish with tarragon, if desired.

## Roasted Garlic-Parmesan Mashed Potatoes

### Ingredients:

1 head garlic  
¼ cup olive oil  
1 ¼ cup Parmesan cheese (about 4 ounces)  
1 sprig rosemary plus 1 tsp. Chopped leaves  
2 ½ # russet potatoes (4 or 5 medium) peeled & cut into large chunks  
Kosher salt  
½ cup milk  
1 stick salted butter, cut into pieces at room temperature  
½ cup mascarpone cheese

### Directions:

Preheat oven to 375 degrees. Slice off about ½ inch from the top of the garlic. Place on a sheet of foil & drizzle with olive oil. Wrap in the foil, place on baking sheet & roast until the garlic is soft. 50 to 60 minutes. Meanwhile spread 1 cup Parmesan in a thin layer on a baking sheet (use a silicone mat). Let cool on the baking sheet.

Meanwhile, rinse the potatoes well with cold water to get rid of any excess starch. Transfer the potatoes to a saucepan, cover with cold water by 1 inch, season generously with salt and bring to a boil. Reduce the heat to medium low and simmer uncovered, until the potatoes are very tender but not falling apart, about 30 minutes.

Let the garlic cool slightly then unwrap and squeeze the cloves out of the skins into a small saucepan. Add the milk and rosemary sprig. Heat over medium heat, stirring occasionally, until hot but not boiling. Reduce the heat to low and keep warm.

Drain the potatoes and return to the pot over low heat; cook until any excess water evaporates about 2 minutes. Stain the milk mixture into the pot with the potatoes pressing on the solids. Add the butter, olive oil & 2 tsp. Salt. Mash well. With a potato masher. Fold in the mascarpone and the remaining ¼ cup Parmesan.

Transfer the potatoes to a bowl; crumble the crispy Parmesan on top before serving. Serves 6 to 8

## Everything Bagel Cauliflower

### Ingredients:

For the spice blend, combine:

2 Tbsp. Each: dried & minced garlic & dried onion flakes

1 Tbsp. Each poppy seeds & toasted sesame seeds

1 tsp. Kosher salt

Whisk:

½ cup plain full-fat Greek yogurt

1 Tbsp. Olive oil

1 Tbsp. Fresh lemon juice

1 tsp. Kosher salt

½ tsp. Minced fresh garlic

Black pepper to taste

1 large head cauliflower (2-2 ½#)

For the sauce: puree:

4 oz. plain cream cheese, softened

2 oz. goat cheese, softened

3 Tbsp. Buttermilk

1 Tbsp. Fresh lemon juice

½ tsp. Minced fresh garlic

1 Tbsp. Each, minced fresh parsley & chives

1 tsp. Minced fresh dill

Salt & pepper to taste

### Directions:

Preheat oven to 400 degrees. Line a baking sheet with foil.

For the spice blend, combine: dried garlic, dried onion, poppy seeds, sesame seeds & 1 tsp. Salt

Whisk together 2 Tbsp. Spice blend, yogurt, oil, 1 Tbsp. Lemon juice, 1 tsp. Salt & ½ tsp. Fresh garlic in a large bowl; season with pepper.

Add cauliflower to yogurt mixture and coat completely. Transfer cauliflower to a prepared baking sheet & sprinkle with 1 Tbsp. Spice blend. Roast cauliflower until golden brown & fork tender, about 1 hour. Let rest 10 minutes. Puree cream cheese, goat cheese, buttermilk, 1 Tbsp. Lemon juice & ½ tsp fresh garlic in a food processor. Add remaining ingredients. Serve cauliflower with sauce.

Calories: 101, Fat: 7 g, Sodium: 350 mg, CHO: 6 g, Fiber: 2 g, Protein: 4 g

## **Apple-Cranberry Galette**

### **Ingredients:**

Crust: Ready-made (no trans fat) pastry/pie crust

### Filling:

5 Granny Smith apples, peeled & sliced

1 cup cranberries, thawed if frozen or fresh

¼ cup firmly packed brown sugar

1 Tbsp. Honey, or more to taste

2 Tbsp. All-purpose flour

¼ tsp. Salt

Juice of 1 lemon

6 Tbsp. Unsalted butter, cut into chunks

1 large egg beaten with 1 Tbsp. Water

### **Directions:**

Make the filling in a large bowl, toss the apples, cranberries, brown sugar, honey, flour, salt & lemon. Set aside.

Line 2 baking sheets with parchment paper. With a rolling pin, begin rolling out the dough into 12-inch rounds on a lightly floured surface. Roll from the center outward.

Preheat the oven to 375 degrees. Place half of the apple-cranberry mixture on 1 dough round and the other half of the mixture on the other dough round.

Fold in the edges so that the dough covers 2-3 inches of the Apple-cranberry mixture. Freeze the pies for 30 minutes.

Dot the tops of the pies with the butter chunks. Brush the crust edges with the egg wash.

Bake the pies until the filling is golden & bubbly, 35-45 minutes.

Let the pies cool slightly and then cut into wedges & serve.