

RATATOUILLE

Prepared by Chefs Ardyce Piehl, Taste of Home Field Editor and Becky Gutzman, Wisconsin Nutrition Education Program Coordinator

1 medium eggplant (1 ½ lb.)
2 small zucchini (½ lb.)
1 medium green pepper, chopped
2 medium tomatoes, cut into fourths
2 cloves garlic, finely chopped
¼ cup vegetable oil
1 ½ teaspoons salt
¼ teaspoon pepper

Peel eggplant if desired. Cube eggplant and zucchini. Add all ingredients and cook over medium heat 10-15 minutes until zucchini is tender. Can be served hot, over rice or pasta, or cold as a side dish.

Savor and Sample 2009

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UNCOOKED PASTA SAUCE

Prepared by Chefs Ardyce Piehl, Taste of Home Field Editor and Becky Gutzman, Wisconsin Nutrition Education Program Coordinator

2 lbs. fresh tomatoes, preferably Roma, ripe but firm
6 Tablespoons olive oil
1 teaspoon dried oregano
2 Tablespoons Italian parsley, chopped
1 Tablespoon fresh basil, chopped
1 large garlic clove, chopped
3 Tablespoons freshly grated Parmesan cheese
Salt and freshly ground pepper
1 lb. favorite pasta

Cut tomatoes in half and remove seeds and excess liquid. Cut tomatoes into small cubes. Place in medium bowl with all ingredients except pasta. Let stand at room temperature about an hour to blend flavors.

Cook pasta according to package directions. Drain thoroughly and transfer to warm pasta bowl. Add sauce and toss. Adjust seasonings to taste. Serve immediately.

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CURRIED SQUASH SOUP

Prepared by Chef Julie Schultz Hornbacher, Julie's Java House

3 Tablespoons extra virgin olive oil (EVOO)
1 Tablespoon curry powder
1 Tablespoon ginger powder (or ½ Tablespoon freshly grated)
1 Butternut or Hubbard squash or a small pumpkin (about 5 cups)
1 cup chicken or vegetable stock
2 cups Sassy Cow whole milk
2 large apples, peeled and cored
½ cup onion, cut into chunks
1 whole garlic with stem end removed
2 cups apple cider

Preheat oven to 350 degrees. Place whole squash on baking sheet and bake 1 hour or until flesh is soft.

While squash is baking, take a small baking dish and place onion and apple in it. Toss with 1 tablespoon EVOO, then place garlic cut side up in the center of baking dish. Spoon 1 tablespoon EVOO onto garlic and drizzle remaining EVOO over everything. Cover and bake with squash for 30 minutes or until soft. Remove from oven and let cool slightly. Remove garlic from skin by facing cut side down and squeeze into apple/onion mixture.

In a blender, place chicken stock, apples, onion and garlic. Blend until smooth and pour into a stock pot.

When squash is baked, cut in half, remove seeds, and place half the squash along with 1 cup of apple cider in blender and puree. Repeat with the other half. Add puree to chicken stock mixture in stock pot. Heat through.

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Savor and Sample 2009

Roasted Beet Salad with Montrechevre Goat Cheese and Summer Tomatoes

Prepared by Chef Steven Buccholz, Crema Cafe

1/2 lb. Spring greens mix
1 bunch golden beets, roasted and julienned
1-2 ripe tomatoes, coarse chop
4 ounces goat cheese (optional)

Dressing:

8 oz. Driftless Organics sunflower oil	1/2 teaspoon sugar
2 tablespoons white wine vinegar	Salt and pepper
1 teaspoon Dijon mustard	

Preheat oven to 350 degrees. Trim ends of beets, toss with sunflower oil, season with salt and pepper. Place in oven and roast for 1 hour until fork tender. Combine dressing ingredients and set aside.

Place salad in large mixing bowl. Add small amount of dressing, just enough to toss and season with salt and pepper and place mixed salad on plates or platter.

Toss tomatoes and beets with a small amount of dressing, season with salt and pepper and place on top of salad. Top salad with crumbled goat cheese and serve.

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Savor and Sample 2009

Delicious Marinade for Southdown Lamb

Prepared by Chef Amy Jones of Circle J Southdowns, the Jones Family

½ cup locally produced honey
¼ cup brown sugar
¼ cup brown mustard
3 tablespoons garlic
2 tablespoons fresh rosemary
1 tablespoons olive oil
1 tablespoon black pepper
1 teaspoon fresh thyme

Combine ingredients in a saucepan and heat over medium until well blended. Put meat cuts in a large zip lock bag and pour all of the marinade into the bag; gently rubbing the mixture into the meat. Refrigerate 4-6 hours or overnight.

Put leg, roast or rack in a 450 degree oven for 20 minutes, then finish cooking at 350 degrees until meat reaches 120 degrees or desired temperature.

If cooking chops, grill over hot coals 3-4 minutes per side.

Delicious with a side of garlic mashed potatoes or polenta. Enjoy!

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