

Squash the Urge This Year: **January 2021**

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### Shopping List

*Please buy organic when and if you can.*

4 oz prosciutto di Parma  
3 lbs New York steaks – (4-6 steaks)  
4 oz pancetta, chopped  
5 eggs

### Dairy

2/3 cup Parmesan, grated  
1 ½ sticks butter  
¾ cup half-n-half, optional for soup

### Herbs: *Always check the fridge first*

1 bunch thyme, for 1 teaspoon chopped  
1 bunch Italian parsley – 3-4 tablespoons chopped  
1 bunch chives – for ½ cup chopped

### Produce

3 onions  
1 hard squash – kabocha, acorn or butternut for pasta  
1 larger acorn squash  
1 butternut squash for 4 cups chopped, fresh or frozen  
1 larger acorn squash  
10 oz Brussels sprouts, about 18  
2 carrots  
2 ribs of celery  
1 red bell pepper  
12 small potatoes

### Dry

14.5 oz diced tomatoes  
1 lb dried pasta, orrechiette, gemelli, or cavatelli  
¼ cup balsamic vinegar  
32 oz vegetable stock  
2 cups AP Flour

### From Your Pantry

\*\*\*ALWAYS CHECK THIS LIST – IT CHANGES\*\*\*

Olive oil, 1 cup  
Baking soda, 1 tablespoon  
Kosher Salt  
Pepper

Pasta with Autumn Squash & Prosciutto: **January 2021**

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**Monday:**

# Pasta with Autumn Squash & Prosciutto

Squash and prosciutto are a great pairing. Choose a new squash to try out!

Serves: 4   Prep: 10-20   Cooking: 35

## Ingredients

2 tablespoons unsalted butter  
2 tablespoons olive oil  
1 onion, chopped  
4 ounces prosciutto di Parma, minced  
1 lb hard squash (kabocha, butternut, acorn), peeled and chopped 1/3" dice  
14.5 oz diced tomatoes 1/2 teaspoon Kosher salt  
1/4 teaspoon pepper  
1/4 cup coarsely chopped pale green celery leaves, from the inner ribs  
2 tablespoons Italian parsley, chopped  
1 lb dried pasta- orecchiette, gemelli or cavatelli  
1 tablespoon Kosher salt  
2/3 cup freshly grated Parmesan cheese

## Cooking Instructions

### Prep Opportunity

Peel and dice the squash.

1

Set a large pot of salted water to a boil.

2

Melt butter in oil in skillet over moderate heat.

3

Add onion and sauté for 10 minutes.

4

Add prosciutto and sauté 2 minutes.

5

Add squash, tomatoes, salt and pepper.

6

Add 1/2 cup water.

7

Cover and simmer until squash is tender- about 15 minutes.

8

Stir in celery leaves and parsley.

9

Add pasta and salt to boiling water and cook to al dente.

10

Drain pasta and return it to the pot.

11

Add sauce and stir in cheese.

12

Serve in deep bowls.

New York Steaks with Balsamic Brussels Sprouts and Mashed Acorn Squash: **January 2021**

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**Tuesday:**

## **New York Steaks with Balsamic Brussels Sprouts and Mashed Acorn Squash**

This the way to my heart. A yummy steak, sweet, salty sprouts and my favorite squash mash. Happy girl!

Serves: 4   Prep: 15   Cooking: 35

### **Ingredients**

#### **For the Steaks**

3 lbs New York Steaks (4-6 steaks)

1 ½ teaspoons Kosher salt

1 teaspoon ground pepper

1 tablespoon olive oil

#### **For the Squash**

1 larger acorn squash

1 tablespoon olive oil

1 teaspoon kosher or sea salt

#### **For the Sprouts**

4 oz. pancetta, cut into 1/4-inch dice (about 1/2 cup)

1 tablespoons olive oil

10 oz. Brussels sprouts (about 18 medium sprouts), cut in half through the core

¼ cup balsamic vinegar

¼ teaspoon pepper

2 tablespoons unsalted butter

### **Cooking Instructions**

## Prep Opportunity

The squash can be made at any time during the day and simply reheated.

1

Preheat oven to 350°.

2

Cut squash in half lengthwise and remove seeds.

3

Place in a baking dish and brush with olive oil. Season with salt and roast, cut side up, for 25 minutes or until tender.

4

Season both sides of steaks with salt and pepper. Set aside.

5

In a heavy pan, slowly cook the pancetta in the olive oil over medium- low heat for 10 minutes.

6

Using a slotted spoon, transfer the pancetta to a plate lined with paper towels, leaving the fat in the pan.

7

Return the pan to medium-high heat and arrange the sprouts cut side down in a single layer. Cook - without moving them - until browned, 2 to 3 minutes.

8

Add ½ cup water to the pan, cover immediately, and simmer until the sprouts are tender - about 3 minutes. Add more water if necessary.

9

Transfer the sprouts to a plate.

10

Add the balsamic vinegar, butter and a few grinds of pepper to the pan. Boil for 2 minutes - be careful not to burn it.

11

Return the sprouts and pancetta to the pan and swirl and shake the pan to evenly coat the sprouts with the sauce.

12

To cook the steaks, heat a large pan or cast iron skillet over medium high heat.

13

Add 1 tablespoon olive oil and then the steaks. Cook for 4 minutes without moving.

14

Turn steaks over and place skillet in the oven for 4 more minutes.

15

Once squash is tender, remove from the oven and, using a mitt to handle, scoop the flesh to a bowl.

16

Add 1 tablespoon butter and mash.

17

Transfer steaks to a cutting board and rest 5 minutes.

18

Serve steaks, sliced, with squash and sprouts.

Butternut Squash Soup and Chive Biscuits: **January 2021**

**Wednesday:**

# Butternut Squash Soup and Chive Biscuits

You better just go ahead and double this one. It freezes beautifully and is a wonderful soup course for your next dinner party. You can chef-it-up with a little chopped apple, toasted almonds or maybe warm fresh thyme croutons. We like it just as is with chive biscuits – or a loaf of French bread if I'm short on time.

Serves: 4    Prep: 15    Cooking 45

## Ingredients

### For the Soup

2 tablespoons extra-virgin olive oil  
1 carrot, diced  
1 celery stalk, diced  
1 onion, diced  
4 cups cubed butternut squash, fresh or frozen  
1 teaspoon chopped fresh thyme  
4 cups low-sodium vegetable broth  
1/2 teaspoon fine sea salt  
1/2 teaspoon ground black pepper

### For the Biscuits

2 cups all purpose flour  
1 tablespoon baking powder  
1 teaspoon kosher salt  
1/4 pound ( 1 stick) cold unsalted butter, diced  
3/4 cup half and half, optional  
1/2 cup chopped fresh chives or fresh parsley  
1 egg mixed with 1 tablespoon water, for egg wash

## Cooking Instructions

### Prep Opportunity

Chop all soup veggies. The soup can be made and reheated very easily if you have more time during the day than tonight.

1

Heat oil in a large soup pot.

2

Add carrots, celery and onion and cook just 3-4 minutes.

3

Stir in butternut squash, thyme, chicken broth, salt and pepper.

4

Bring to a boil, reduce heat and simmer until squash is fork-tender, about 30 minutes.

5

Meanwhile, preheat the oven to 400°.

6

Combine the flour, baking powder, salt, and sugar in the bowl of an electric mixer fitted with the paddle attachment.

7

Add the butter and mix on low speed until the butter is the size of peas.

8

With the mixer on low, add the half and half and beat until just mixed.

9

Add the chives and mix until just combined.

10

Dump the dough out on a well floured surface and form lightly into a rectangle  $\frac{3}{4}$ " thick.

11

Cut out rounds with a 2 1/2 " round cutter or drinking glass and place on a sheet pan lined with parchment paper.

12

Brush with the egg wash.

13

Bake for 20-22 minutes, until the tops are browned and the insides are firm.

14

Working in batches, puree the soup in a blender. Or, you can use a hand-held immersion blender.

15

Return puree to the pot, taste for seasoning and adjust.

16

Serve soup in deep, warmed bowls and biscuits alongside.

Steak & Eggs Hash: **January 2021**

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**Thursday:**

## Steak & Eggs Hash

It's breakfast for dinner! I must confess that I will be breaking one of my hard and fast rules - *no shortorder cooking*. But, tonight, I will be making 1 poached, 1 over easy and 2 scrambled eggs. It's all good.

Serves: 4   Prep: 10   Cooking: 25

## Ingredients

1 tablespoon olive oil

1 carrot, diced

1 rib of celery, diced  
½ onion, diced  
1 red bell pepper, diced  
1 teaspoon salt  
12 roasted small potatoes, quartered or diced  
1-2 tablespoons Italian parsley, chopped  
2 New York steaks, sliced  
4 eggs

## Cooking Instructions

### Prep Opportunity

Roast the potatoes in 1 tablespoon olive oil, salt and pepper at 350° for 25 minutes.  
Chop the onion, carrot, celery and bell pepper.

- 1  
In a large skillet, heat olive oil over medium high heat.
- 2  
Add carrot, celery, onion, bell pepper and salt. Sauté for 8-10 minutes.
- 3  
Meanwhile, make your eggs however your crew likes them. Keep warm.
- 4  
Add potatoes to skillet and cook until heated through – about 3-4 minutes.
- 5  
Add parsley, toss and divide among 4 plates.
- 6  
To the skillet, add the sliced steak and heat through – 2-3 minutes
- 7  
Finish up your eggs.
- 8  
Layer steak over hash and top with your eggs.