



As the evenings grow shorter and the leaves begin to fall, the time is right for wonderful, warming comfort food.

AUTUMN
IS IN
THE AIR
+ IT'S
delicious

butternut squash soup

INGREDIENTS

- 2 tbsp olive oil
- $\frac{2}{3}$ cup carrot, diced
- $\frac{1}{2}$ cup celery, diced
- $\frac{2}{3}$ cup onion, diced
- 4 cups butternut squash, cubed
- $\frac{1}{2}$ tsp thyme
- 6 cups chicken broth

DIRECTIONS

Heat the olive oil in a stockpot over medium heat. Once hot, add the carrot, celery and onion. Cook until the veggies have begun to soften and the onions are translucent.

Add butternut squash and thyme. Stir to combine with the veggies. Pour in the chicken broth and season with salt & pepper.

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

Let the soup cool slightly & carefully purée in batches in the blender. Enjoy with warm locally baked bread!

cinnamon apple pork loin roast

INGREDIENTS

- 2 lb BC raised boneless pork loin roast
- 3 medium apples, sliced
- $\frac{1}{4}$ cup local honey
- 1 red onion, halved & sliced
- 1 tbsp ground cinnamon
- 1 cup chicken stock
- salt & pepper

DIRECTIONS

Season the pork with sea salt & freshly ground black pepper. Place a large skillet over high heat and brown the roast on all sides.

Using a sharp knife, cut 3" deep slits into the pork and insert apple slices. Place half of the apple slices in the bottom of the slow cooker and place roast on top.

Drizzle the honey on top of the roast, add the onion and remaining apples to the slow cooker. Add the chicken stock and sprinkle everything with cinnamon.

Cover and turn your slow cooker to low for 6-8 hours.

pear frangipane tart with pistachios

INGREDIENTS

- 1 frozen 9" tart shell

filling

- $\frac{1}{3}$ cup almond paste
- 3 tbsp sugar
- 6 tbsp unsalted butter, softened
- 2 large eggs

toppings

- 3 ripe pears, sliced
- $\frac{1}{4}$ cup pistachios, chopped

DIRECTIONS

Preheat oven to 375°F. Line a frozen tart shell with parchment paper, add pie weights and bake for 8 minutes. Remove parchment paper & weights. Bake for another 6 minutes. Remove from oven and allow to cool while you prepare the filling.

Reduce oven temp to 350°F. Combine almond paste, sugar and butter in a food processor fitted with a blade attachment. Pulse until well blended, scrape bowl as needed. Add eggs one a time, pulsing until incorporated. Add vanilla, salt, baking powder and flour. Process until mixture is smooth. Pour filling into cooled tart shell.

Slightly fan sliced pears and place on top of tart. Bake for approx. 40 mins until the centre of the filling no longer jiggles.

Allow the tart to cool for at least 20 mins, garnish with chopped pistachios & a dusting of powdered sugar before serving.

autumn apple butter

INGREDIENTS

- 6 Spartan apples, peeled & cored
- 4 Granny Smith apples, peeled & cored
- 1 cup apple cider
- 2 cups granulated sugar
- 2 tbsp lemon juice
- 2 tsp ground cinnamon
- $\frac{1}{2}$ tsp ground cloves
- $\frac{1}{2}$ tsp ground allspice

DIRECTIONS

Dice all the apples; combine with the apple cider in a saucepan and bring to a boil over med-high heat, stirring occasionally.

Reduce heat and boil for 20 mins, until mixture is reduced by half. Stir in sugar, cinnamon, cloves, allspice and lemon juice. Return to a boil, reduce heat, and simmer for about 25 mins until mixture is very thick, with some tender apple pieces remaining.

Remove from heat. Ladle into sterilized jars. Cool for approx. 10 mins & seal tightly with lids. Yields 7 cups. Spread on toast or dollop on yogurt or ice cream.