

This week, we have some recipes using cabbage, squash, kale, green beans, pears, parsnips, apples and more, all abundant in these cooler days. The Cabbage Detox Chicken Soup was submitted to us this week and almost all of the ingredients used were grown or raised by him. If you have a favorite recipe, send it in! Recipes, with photo (and a short story/history), if available, can be submitted to ads@thedrummer.com.

Cranberry Orange-Spiced Cider

8 c. plain apple cider
1 orange
1 c. fresh cranberries
3 cinnamon sticks
3 star anise
6 clove buds
2 whole allspice
2-3 dashes of ground nutmeg
2 tsp. vanilla
Optional: whisky or rum

Thinly slice your orange and place it in a 3-4 quart crock pot. Add all other ingredients except the vanilla. Cook on high for 3 hours, or until the cranberries split open.

Scoop out the fruits and spices. Add the vanilla extract and stir. Add in the alcohol, if you wish. Strain into a pitcher or carafe for serving.

Garnish with orange slices, apple slices or cinnamon sticks, if desired. Yields 8 cups

Tip: When planning for guests, get all your fruit and spices ready the night before and place them in a container in the fridge overnight; 3-4 hours before you want to serve your spiced cider, add everything to the crock pot and cook on high for 3 hours until the cranberries are all soft and "popped."

Chopped Apple Salad with Toasted Walnuts, Blue Cheese and Pomegranate Vinaigrette

Level: Easy

Total: 20 min

Prep: 20 min

Yield: 6 to 8 servings

4 apples such as Granny Smith, Gala or Fuji, cored & cut into 1/2" dice
2 oz. baby spinach
2 lg. heads Belgian endive, thinly sliced crosswise
1-1/2 c. walnuts, toasted & coarsely chopped
1/2 lb. blue cheese, crumbled (2 c.)
1 c. Pomegranate Vinaigrette (see below)
Kosher salt & freshly ground pepper

Pomegranate Vinaigrette:

3 T. pomegranate molasses
2 T. red wine vinegar
1 heaping tablespoon dijon mustard
1 T. honey, or more to taste
Kosher salt & freshly ground pepper
2/3 cup extra-virgin olive oil

Combine the apples, spinach, endive, walnuts and blue cheese in a large bowl. Add the vinaigrette and toss to coat. Season with salt and pepper to taste.

Pomegranate Vinaigrette: Whisk together the pomegranate molasses, vinegar, mustard and honey in a medium bowl. Season with salt and pepper. Slowly whisk in the olive oil until emulsified. The dressing can be made 2 days in advance and stored in a container with a tight-fitting lid in the refrigerator.

Cabbage Detox Chicken Soup

Yield: 5-6 servings

2 T. coconut oil, ghee, or avocado oil (high quality olive oil works too!)
1/2 of a small green cabbage, sliced very thinly
6 stalks of celery, chopped
1 small yellow onion, diced
1 c. fresh peas
2 c. fresh green beans, chopped in half if needed for bite size
3 cloves of fresh garlic, minced
2 tsp. grated fresh ginger
5 c. homemade bone broth, either chicken or turkey
2 c. chopped or shredded leftover chicken, or turkey
1 bay leaf
Sea salt and fresh ground black pepper, to taste
1/2 a fresh lemon
2 T. fresh chopped parsley, or cilantro

Heat oil/ghee in a large stockpot over medium-high heat. Add cabbage, celery, and diced yellow onion then sauté for about 4 minutes stirring often.

Stir in peas, green beans, garlic, and ginger then cook for another minute or so, until fragrant. Add broth, bay leaf, and chicken or turkey meat then simmer until veggies are cooked through about 20 minutes.

Add freshly squeezed lemon juice of 1/2 a small lemon, then give everything a gentle stir. Garnish with fresh chopped parsley/cilantro and serve warm.

This soup lasts for about 4-5 days refrigerated. You can also freeze this soup for 6-8 weeks.

Gnocchi with Squash and Kale

Level: Easy

Total: 35 min

Active: 35 min

Yield: 4 servings

2 T. unsalted butter

1/2 med. butternut squash, peeled, seeded & cut into 1/2" pieces

3 cloves garlic, thinly sliced

1 T. roughly chopped fresh sage

1/4 tsp. red pepper flakes

Kosher salt

1-1/4 c. low-sodium chicken broth or water

1 bunch kale, stemmed & roughly chopped (about 8 c.)

1 (17.5 oz.) pkg. potato gnocchi

3/4 c. grated parmesan or pecorino romano cheese

Melt 1 tablespoon butter in a large ovenproof skillet over medium heat. Add the squash and cook, stirring, until slightly soft and golden, about 8 minutes. Add the garlic, sage, red pepper flakes and 1 teaspoon salt; cook until the garlic is soft, about 2 more minutes.

Preheat the broiler. Add the chicken broth to the skillet. When it starts to simmer, stir in the kale and cook until it wilts slightly, about 2 minutes. Add the gnocchi, stirring to coat. Cover and cook until the gnocchi are just tender, about 5 minutes.

Uncover and stir in 1/4 cup parmesan and the remaining 1 tablespoon butter. Sprinkle with the remaining 1/2 cup parmesan; transfer to the broiler and cook until golden and bubbly, about 3 minutes.

Gingered Pears and Parsnips

Level: Easy

Total: 30 min

Prep: 10 min

Cook: 20 min

Combine 2 quartered Bosc pears and 3 sliced parsnips in a skillet with 1/2 cup each white wine and chicken broth, 2 tablespoons butter, the juice of 1 lemon, a few slices ginger, 1 bay leaf and a pinch each of sugar and red pepper flakes. Partially cover and boil until the liquid evaporates and the pears brown, about 20 minutes. Stir in a splash of water.

No-Bake S'mores Bars

Level: Easy

Total: 1 hr 15 min

(includes setting time)

Active: 15 min

Yield: 18 bars

Nonstick cooking spray, for the pan

4 T. salted butter

1 (10 oz.) bag mini marshmallows

1 (12 oz.) bag semisweet chocolate chips

Pinch of kosher salt

9 graham crackers, broken into pieces

1/4 c. mini chocolate-coated candies

2 T. rainbow sprinkles

Line a 9-inch square baking pan with waxed paper, overlapping all 4 sides. Spray with cooking spray.

Place a nonstick pan over low heat and add the butter. When melted, add two-thirds of the marshmallows and cook, stirring, until the marshmallows have melted and combined with the butter, about 3 minutes. Next, fold in the chocolate chips and stir until they are melted too. Add the salt and half of the broken graham crackers and stir so the cracker pieces are incorporated into the chocolate marshmallow mixture but not broken up too much.

Tip the mixture into the prepared pan and press it into the pan with a wooden spoon. Sprinkle over the remaining graham crackers and marshmallows, pressing them down with your hands so they set into the base. Next, add the coated candies and sprinkles and press them down.

Allow to set for 1 hour before removing from the pan and cutting into bars. Or you can chill for 10 minutes and slice if you're in a hurry!

Quote of the Week:

“Autumn mornings: sunshine and crisp air, birds and calmness, year’s end and day’s beginnings.”

~ Terri Guillemets