



# The Dreyer Flyer

## Week 23 Harvest

Winesap Apples, Spaghetti Squash, Cheese Pumpkin, Sage, Lettuce, Cauliflower, Broccoli Rabe, Garlic Spice, Beets, & Peach Preserves-Medium & Large Only

**Market Box:** Broccoli Rabe, Orecchietti Pasta, Cheese Pumpkin, Sage, Cauliflower, Winesap Apples, Soy Sauce, Meadow Butter, Breadsmith Bread, Your Choice: ground turkey/chicken/maple breakfast or any flavor Griggstown Chicken Sausage

### PUMPKIN STUFFED WITH EVERYTHING GOOD

[DORIE GREENSPAN](#) OCTOBER 2010 *AROUND MY FRENCH TABLE: MORE THAN 300 RECIPES FROM MY HOME TO YOURS*

Shortly after I was given this recipe, I started keeping a list of whom I'd made it for—because I loved it so much, I was sure that if I didn't keep track, I'd end up serving the dish to the same people over and over. The idea for it came from my friend H  l  ne Samuel's sister, Catherine, whose husband grows pumpkins on his farm just outside Lyon. Catherine sent me a charming outline of the recipe, and as soon as I'd baked my first pumpkin, I realized that an outline is about the best you can do with this dish. It's a hollowed-out pumpkin stuffed with bread, cheese, garlic, and cream, and since pumpkins come in unpredictable sizes, cheeses and breads differ, and baking times depend on how long it takes for the pumpkin to get soft enough to pierce

with a knife, being precise is impossible.

As Catherine said when she turned this family favorite over to me, "I hope you will put the recipe to good use, knowing that it's destined to evolve . . . and maybe even be improved."

Well, I've certainly been putting it to good use, and it has evolved, although I'm not sure that it's been improved, since every time I make it, it's different, but still wonderful. My guess is that you'll have the same feeling once you start playing around with this "outline." See *Bonne Id  e* for some hints on variations.

And speaking of playing around, you might consider serving this alongside the Thanksgiving turkey or even instead of it—omit the bacon and you've got a great vegetarian main course.

**YIELD**(depending on size of pumpkin)  
Makes 2 very generous servings or 4 more genteel servings

### Ingredients:

1 pumpkin, about 3 pounds

Salt and freshly ground pepper

1/4 pound stale bread, thinly sliced and cut into 1/2-inch chunks

1/4 pound cheese, such as Gruy  re, Emmenthal, cheddar, or a combination, cut into 1/2-inch chunks

2-4 garlic cloves (to taste), split, germ removed, and coarsely chopped

4 slices bacon, cooked until crisp, drained, and chopped (my addition)

About 1/4 cup snipped fresh chives or sliced scallions (my addition)

1 tablespoon minced fresh thyme (my addition)

About 1/3 cup heavy cream

Pinch of freshly grated nutmeg

Center a rack in the oven and preheat the oven to 350 degrees F. Line a baking sheet with a silicone baking mat or parchment, or find a Dutch oven with a diameter that's just a tiny bit larger than your pumpkin. If you bake the pumpkin in a casserole, it will keep its shape, but it might stick to the casserole, so you'll have to serve it from the pot—which is an appealingly homey way to serve it. If you bake it on a baking sheet, you can present it freestanding, but maneuvering a heavy stuffed pumpkin with a softened shell isn't so easy. However, since I love the way the unencumbered pumpkin looks in the center of the table, I've always taken my chances with the baked-on-a-sheet method, and so far, I've been lucky.

Using a very sturdy knife—and caution—cut a cap out of the top of the pumpkin (think Halloween Jack-o-Lantern). It's easiest to work your knife around the top of the pumpkin at a 45-degree angle. You want to cut off enough of the top to make it easy for you to work inside the pumpkin. Clear away the seeds and strings from the cap and from inside the pumpkin. Season the inside of the pumpkin generously with salt and pepper, and put it on the baking sheet or in the pot.

Toss the bread, cheese, garlic, bacon, and herbs together in a bowl. Season with pepper—you probably have enough salt from the bacon and cheese, but taste to be sure and pack the mix into the pumpkin. The pumpkin should be well filled—you might have a little too much filling, or you might need to add to it. Stir the cream with the nutmeg and some salt and pepper and pour it into the pumpkin. Again, you might have too much or too little—you don't want the ingredients to swim in

cream, but you do want them nicely moistened. (It's hard to go wrong here.)

Put the cap in place and bake the pumpkin for about 2 hours—check after 90 minutes—or until everything inside the pumpkin is bubbling and the flesh of the pumpkin is tender enough to be pierced easily with the tip of a knife. Because the pumpkin will have exuded liquid, I like to remove the cap during the last 20 minutes or so, so that the liquid can bake away and the top of the stuffing can brown a little.

When the pumpkin is ready, carefully, very carefully—it's heavy, hot, and wobbly—bring it to the table or transfer it to a platter that you'll bring to the table.

### **Serving**

You have a choice—you can either spoon out portions of the filling, making sure to get a generous amount of pumpkin into the spoonful, or you can dig into the pumpkin with a big spoon, pull the pumpkin meat into the filling, and then mix everything up. I'm a fan of the pull-and-mix option. Served in hearty portions followed by a salad, the pumpkin is a perfect cold-weather main course; served in generous spoonful's, it's just right alongside the Thanksgiving turkey.

### **Storing**

It's really best to eat this as soon as it's ready. However, if you've got leftovers, you can scoop them out of the pumpkin, mix them up, cover, and chill them; reheat them the next day.

### **Bonne Idée**

There are many ways to vary this arts-and-crafts project. Instead of bread, I've *filled the pumpkin with cooked rice*—when it's baked, it's almost risotto-like. And, with either bread or rice, on

different occasions I've added cooked spinach, kale, chard, or peas (the peas came straight from the freezer). I've made it without bacon a wonderful vegetarian dish), *and i've also made it and loved, loved, loved it with cooked sausage meat*; cubes of ham are also a good idea. Nuts are a great addition, as are chunks of apple or pear or pieces of chestnut.

### **CAULIFLOWER FRIED RICE! from pinchofyum.com**

Guys, have you ever heard of this cauliflower rice thingy? It's obnoxious at first glance (why not just make RICE? does everything have to be made from cauliflower?) but upon further investigation and much cauliflower rice consumption, I can confidently say that this is worth the weirdo factor.

Just think about how healthy this is. Seriously.

It's just straight up vegetables, with a little oil, a little sauce, and a little egg or tofu for protein. Cleanest of the clean.

Also – it's so fast and easy.

Just pulse the raw cauliflower into “rice” in the food processor and then stir fry the whole thing up. No soaking, no pressing, no strange and unusual kitchen moves other than just pulsing a few pieces of cauliflower into this magical rice substitute.

This recipe is too easy for you to even have any excuses. Get all your ingredients out (a little mise en place, maybe? #fancy) and I promise it won't take you more than 15-ish minutes. Dinner! Ready! Set! Go!

15-minute cauliflower fried rice  
serves: 4 servings

### **INGREDIENTS**

- 1 medium-sized head of cauliflower
- 2 tablespoons sesame oil
- 1 large carrot, cubed

- 2 garlic cloves, minced
- 1 cup frozen edamame
- 2 beaten eggs (use scrambled tofu for vegan)
- 3 tablespoons low sodium soy sauce (use tamari for GF)
- 6 green onions, minced

## INSTRUCTIONS

### 1. PREP

**CAULIFLOWER:** Shred cauliflower using the largest side of a grater OR by just pulsing some rough cut pieces in a food processor; the end product should resemble smallish grains of rice.

2. **STIR FRY:** Heat 1 tablespoon sesame oil in a large skillet over medium low heat. Add the carrots and garlic and stir fry until fragrant, about 5 minutes. Add the cauliflower, edamame, and remaining sesame oil to the pan; stir fry quickly to cook the cauliflower to a soft (but not mushy) texture.

### 3. FINISHING

**TOUCHES:** Make a well in the middle, turn the heat down, and add the eggs. Stir gently and continuously until the eggs are fully cooked. Stir in the soy sauce and green onions just before serving.

## NOTES

This recipe tastes best the same day, in my opinion. The cauliflower just gets so overly cauliflower-smelling when you have it as leftovers.

For the sauce on top, I just whisked equal parts soy sauce, honey, sesame oil, and oyster sauce together and drizzled it over top with sesame seeds. I like a little pretty flair like that.

## Pasta with Brown Butter Sage Sauce

### Ingredients:

- 4 tablespoons unsalted butter
- 10 small sage leaves
- Parmigiano-Reggiano cheese
- Freshly ground pepper
- With spaghetti squash or orcchetti pasta

In a medium skillet, cook the butter with the sage until the butter is fragrant and nutty, about 3 minutes. Add the cooked pasta or cooked spaghetti squash. Sprinkle the gnocchi with grated Parmigiano-Reggiano cheese and freshly ground pepper.

### Broccoli Rabe & Sausage

#### Ingredients:

- 1 bunch broccoli rabe
- 1 pounds sweet Italian sausage links, cut into 1-inch pieces-Griggstown!
- 2 tablespoons extra-virgin olive oil
- 2 garlic cloves, chopped OR package of Garlic Garlic

#### PREPARATION

Cut broccoli rabe into 3-inch-long pieces. Cook in a large pot of boiling salted water (3 tablespoons salt for 6 quarts' water), uncovered, until tender, about 5 minutes. Drain, then rinse under cold water to stop cooking. Squeeze out excess water from handfuls of broccoli rabe.

Meanwhile, preheat broiler. Broil sausage in a 4-sided sheet pan 3 to 4 inches from heat, turning occasionally, until cooked through, about 5 minutes. Keep warm, covered.

While sausage broils, heat oil in a 12-inch heavy skillet over medium-high heat until it shimmers, then cook garlic,

stirring, until fragrant but not browned, about 1 minute.

Separate broccoli rabe, then sauté in garlic oil until coated with oil and heated through, about 4 minutes. Stir in sausage.

*Cook' note:*

*Broccoli rabe can be cooked 1 day ahead and chilled.*

### Beets & Apple Salad

#### Directions

Toss 2 thinly sliced apples, 4 thinly sliced celery stalks (with leaves) and 1 minced shallot in a bowl with the juice of 1 lemon. Peel 1 beet, then slice into matchsticks and add to the bowl. Toss in 1 teaspoon sugar, 3 tablespoons chopped walnuts, 3 tablespoons olive oil, and salt and pepper. Let stand 10 minutes, then serve on a bed of sliced endive.

Recipe courtesy of Food Network Magazine

### Bottom of the Jar Jam Vinaigrette with Chopped Greens

#### Ingredients

- 1 rounded tablespoon orange marmalade, seedless raspberry, grape or strawberry jam or jelly - scrape the bottom of the jar
- 2 teaspoons Dijon or spicy mustard
- 2 tablespoons white wine vinegar or juice of 1 lemon
- 1/4 cup extra-virgin olive oil
- 8 cups chopped greens and any vegetables you have on hand
- Salt and freshly ground black pepper

#### Directions

To the bottom of a almost-empty jam or jelly jar, add the other ingredients and shake to combine. Or, whisk together all the ingredients in a salad bowl, streaming in the EVOO. Toss

with lettuce and vegetables and season with salt and pepper.

Recipe courtesy of Rachael Ray

### **Apple Pumpkin Bread Pudding**

Regarding the bread called for in bread pudding, one can simply purchase a nice loaf of crusty bread to cut up into cubes once it is a bit stale. I actually save up leftover, day-old bread on a weekly basis and toss pieces into the freezer in a large zip-top bag to use in bread puddings and dressing (a.k.a. "stuffing") down the road. Sometimes I might even save a couple of leftover yeast donuts, plain bagels or pieces of cinnamon raisin bread in the freezer, as well. When I've got a sufficient amount tucked away, there's little that I love more than making bread pudding.

NOTE: The recipe calls for 3 whole eggs and 2 yolks. Use the amount called for if you like bread pudding pretty "custardy." If you like it a little firmer and dryer, use 1 less whole egg.

Yields 6 - 8 servings.

#### **Ingredients:**

##### **FOR THE BREAD PUDDING -**

- 3/4 cup canned pumpkin puree
- You can use your cheese pumpkin!!*
- 1/2 cup whole milk
- 1 cup heavy cream
- 3 whole eggs plus 2 yolks
- 1/2 cup brown sugar
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon pumpkin pie spice
- 1/8 teaspoon ground clove
- 1/4 teaspoon salt
- 6 cups stale cubed bread
- 3/4 stick butter, melted
- 1 large apple, diced

##### **FOR THE APPLE CIDER SAUCE -**

- 1 stick butter
- 1 pound confectioner's sugar (powdered sugar)
- 1/4 cup apple cider

#### **Directions:**

Preheat oven to 350 degrees.

In a medium mixing bowl, whisk together the pumpkin, milk, heavy cream, whole eggs, egg yolks, brown sugar, spices and salt. Set aside.

Toss the cubed bread with the melted butter in a large mixing bowl. Add in the apples. Pour egg mixture over and gently stir to coat.

Pour into a 9" x 13" baking dish or 10" - 12" round baking dish that has been lightly greased. Allow to rest in the fridge for 30 minutes (or up to 3 hours). Bake for 30 - 40 minutes or until everything is set and lightly beginning to brown. I loosely cover mine with foil for the first 15 minute of baking.

To make the sauce, melt 1 stick of butter in a medium sauce pan set to medium-low heat. Add in the confectioner's sugar and apple cider. Heat - stirring continuously - until sauce is smooth and the sugar is completely dissolved. Once smooth, additional confectioner's sugar or apple cider can be added, as needed, if your sauce is too thin or thick for your preference.

While bread pudding is still warm (about 15 minutes after removing from oven), drizzle half of the sauce over the top. Reserve the remaining sauce for serving.

**NOTE:** I've found that the leftovers are best if used up by the following day. After that, the bread pudding can get quite soggy. I have reheated individual pieces on a foil-lined baking sheet in a 350 degree oven for about 10 - 15 minutes. This will crisp the pieces up a bit. Also, if you have sauce leftover, it can be stored in the

fridge. It will harden, but can be reheated until it returns to a pourable consistency.

### **CALENDAR OF EVENTS:**

#### **The Great Pumpkin Workout**

Thursday at 545pm, Wine tasting and a light bite to follow!

To sign up go to:

happyhourfitnessnj@gmail.com

**WEATHER PERMITTING!!!**

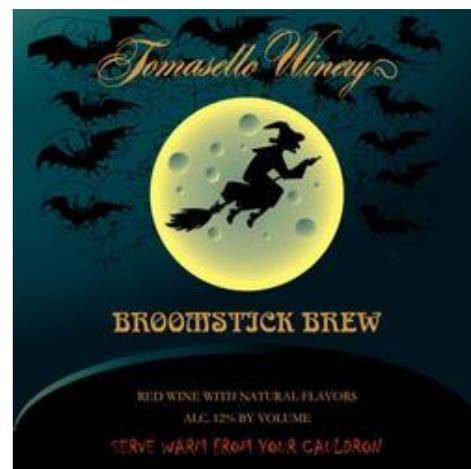
#### **Thanksgiving Dinner Demo & Dinner**

11/9-Wednesday 7pm \$15pp sign up at the farm-we are almost to capacity

This is a full Thanksgiving Dinner-you will leave stuffed! **ONLY HAVE A FEW SPOTS LEFT**

#### **Place your Pie Order:**

<http://dreyerfarms.com/thanksgiving-pie-orders/> OR sign up at the farm



*Tomasello Broomstick Brew is a delightful blend of red wine and mulling spices. Served warm from your Cauldron, this wicked concoction is perfect in front of a roaring fire with baked brie, toasted almonds and sugared apples. Delicious on Goblin nights when a howling wind chills your soul. Broomstick Brew warms your heart and embraces this special time of year. Serve best warm.*