

MOROCCAN SWEET POTATO AND LENTIL SOUP

By: Simply Creative Chef Rob Scott

Ingredients:

Yields 4 servings

3 tablespoons olive oil
1 ½ cups yellow onion, chopped
1 large carrot, diced (about ½ cup)
3 cloves garlic, minced (1 tablespoon)
2 teaspoons peeled and minced fresh ginger
2 teaspoons ground cumin
1 teaspoon ground coriander
1 teaspoon turmeric
1 teaspoon paprika
1 teaspoon ground cinnamon
6 cups low-sodium vegetable broth, then more if desired
1 14.5 ounce can petite diced tomatoes
1 16 ounce large sweet potato, peeled and diced into ½ inch cubes (3 cups)
1 cup brown lentils, picked over and rinsed
Salt to taste
½ cup chopped fresh cilantro

Directions:

- Heat 2 tablespoons olive oil in a large pot over medium-high heat
- Add onion and carrot then sauté 4 minutes
- Add garlic and ginger then sauté 1 minute longer
- Add remaining 1 tablespoon olive oil, cumin, coriander, turmeric, paprika, and cinnamon
- Sauté 1 minute
- Stir in vegetable broth, tomatoes, sweet potatoes, and lentils
- Season with salt to taste
- Bring to a light boil then reduce heat to medium-low, cover pot and allow to simmer, stirring occasionally until sweet potatoes are soft, and lentils are tender, about 25-30 minutes
- Thin with up to 1 more cup of broth if desired
- Stir in half of the cilantro then serve with remaining cilantro

SKILLET ROSEMARY CHICKEN WITH PINK LADY APPLES

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Ingredients:

Yields 2 servings

2 boneless, skinless chicken cutlets, about 6 ounces each
¼ cup all-purpose flour, for dredging
Kosher salt and pepper to taste
1 tablespoon olive oil
2 tablespoons butter
½ of a sweet onion, thinly sliced
2 medium Pink Lady apples, sliced
1 clove garlic, minced
½ tablespoon fresh rosemary, minced
½ cup chicken broth
¼ cup heavy cream, at room temperature
1 tablespoon Dijon mustard
½ teaspoon brown sugar

Directions:

- Pat chicken dry and season on all sides with salt and pepper
- Place the flour in a shallow dish and season with salt and pepper
- Dredge each chicken cutlet in the seasoned flour, shaking off any excess flour
- In a large skillet, heat olive oil over medium-high heat
- Stir in butter
- When the butter is foamy, add the chicken cutlets to the pan
- Cook until the chicken is browned on both sides and the meat reaches an internal temperature of 165 degrees F, about 3-4 minutes per side – do not over-crowd the pan, so brown the chicken in batches if necessary
- Remove the chicken to a plate and set aside while you make the sauce
- Add the sliced onion and apples to the skillet and cook over medium-high heat until the onion is translucent, about 5 minutes
- Add the garlic and rosemary and cook, stirring constantly for 30 seconds
- Add the chicken broth to the skillet, use a wooden spoon to scrape up and browned bits from the bottom of the pan
- Simmer for 3-4 minutes so the liquid reduces by about half
- Reduce heat to low, gradually whisk in the cream, Dijon, and brown sugar (start with about ¼ cup of cream and then slowly add more if desired)

- Cook for a few more minutes to let the sauce thicken (do not boil)
- Taste and season with salt and pepper
- Return chicken to the skillet
- Garnish with additional fresh herbs
- Serve immediately

Pumpkin Pie Scones

Scones:

2 c. all-purpose flour	¼ tsp. ground cloves
7 T. sugar	¼ tsp. ground ginger
1 T. baking powder	6 T. cold butter
½ tsp. salt	½ c. canned pumpkin
½ tsp. ground cinnamon	3 T. half-and-half
½ tsp. ground nutmeg	1 lg. egg

Spiced Glaze:

1 c. powdered sugar	1/8 tsp. ground nutmeg
3 T. powdered sugar	1 pinch of ginger
2 T. whole milk	1 pinch of ground cloves
¼ tsp. ground cinnamon	

Scones: Preheat oven to 425 degrees. line a baking sheet with parchment paper. Combine flour, sugar, baking powder, salt, and spices in a large bowl. Using a pastry knife, fork, or food processor, cut butter into the dry ingredients until mixture is crumbly. Set aside. In a separate bowl, whisk together pumpkin, half-and-half and egg. Fold wet ingredients into dry ingredients. Form the dough into a ball. Pat out dough onto a lightly floured surface and form it into a 1-inch-thick rectangle (about 9 inches long and 3 inches wide). Use a large knife or a pizza cutter to slice the dough twice through the width, making three equal portions. Cut those three slices diagonally so that you have 6 triangular slices of dough. Place on prepared baking sheet. Bake for 14-16 minutes. Scones should begin to turn light brown. Place on wire rack to cool.

Combine the ingredients for the spiced icing together. Drizzle this thick icing over each scone and allow the icing to dry before serving (at least 1 hour). A squirt bottle works great for this, or you can drizzle with a whisk.

Yield: 6 scones.

The Kit Includes-

Bag 1- Flour, Sugar, Baking Powder, Salt, Cinnamon, Nutmeg, Ginger, Cloves

Bag 2 -Spice Glaze- Powdered Sugar, Cinnamon, nutmeg, Ginger, and Cloves

ALL they will need is Half and Half, Butter, Egg, Pumpkin and Milk.

Please note the Half and Half is important and Solid or pure pumpkin only-Not Pumpkin Pie Filling.