



APPETIZER

POTATO LEEK SOUP

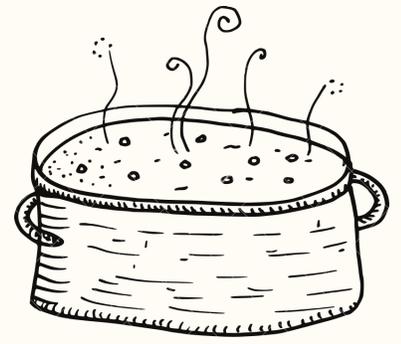
- 3 Tbsp Unsalted butter
- 4 Large Leeks (White and light parts only, roughly chopped, about 5 cups)
- 3 Cloves Garlic
- 2 lbs Yukon Gold Potatoes (Peeled & Chopped into ½ inches)
- 7 Cups vegetable broth
- 2 Bayleaf
- 3 Fresh Thyme
- 1 Cup Heavy cream
- 1 Tsp Salt
- ¼ Tsp Ground Black Pepper

PREPARATION

1. Melt butter in a pot, add leek and garlic to sweat and softened. Do not brown.
2. Add potatoes, broth, bayleaf, thyme, salt and pepper and bring to a boil. Simmer for 15 minutes or until potatoes become soft.
3. Remove bayleaf, thyme, and blend until smooth.
4. Add simmered heavy cream.
5. Salt and pepper at the end to taste.

GARNISH

- 10g Chives, finely chopped
- 30g Fried fine Julienne Leek
- 1 pc small Fried Circle thin Potato Crisp
- 30 ml Green Oil (30 ml Olive oil and 10g Fresh Parsley)
- 15 ml Heavy Cream

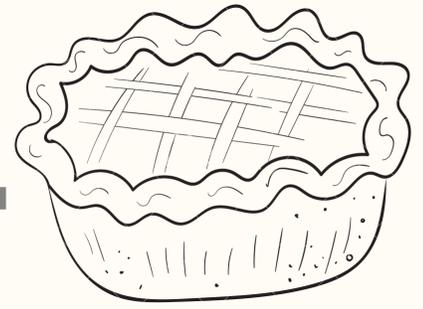


BEEF CALDERETA (Beef Stew)

- 1 Onion finely chopped
- 3 Pieces garlic cloves crushed and chopped
- 600 g Beef cubed
- 2 Pcs dried bay leaves
- 30g Liver spread processed using blender
- 250g Tomato sauce
- 400ml Beef broth
- 230g Potatoes
- 20g Carrot
- 50g Green olives
- 1 Pc Red bell pepper sliced
- 1 Pc Green bell pepper sliced
- Salt and pepper to taste
- 2 cups White Rice

PREPRATION

1. Sauté the onion and garlic in a pot, and add the beef. Cook for 5 minutes or until the color turns light brown.
2. Add the dried bay leaves and the liver spread.
3. Pour-in the tomato sauce and beef broth. Cook the beef until it becomes tender (about 30 mins if using a pressure cooker, or 1 to 2 hours if using an ordinary pot).
4. Add potato and carrots. Cook for 8 to 10 minutes.
5. Put the green olives and bell peppers in the cooking pot. Stir and continue to cook for 5 minutes more.
6. Add salt and pepper to taste.



PUMPKIN TART WITH BRANDY DATE SAUCE

Pie Crust: To be done in advance.

300g All Purpose Flour

¼ Cup Sugar

½ Tsp salt

-Sift and mix the above ingredients into in a stand mixer with the paddle or with your hand on a bowl.

226 g Cold cube Unsalted Butter

-Then add the cold butter on to the flour mixture until you see the butter in small pea size.

3-5 Tbsp Cold water

-The water is added slowly, we may not need all water but we have to watch our dough consistency.

-Shape crust into the molder and chill for at least 30 minutes in the fridge.

-Blind baked crust for 15 min

Brandy Date Sauce

¼ Cup Unsalted Butter

¼ Cup Light brown Sugar

1/8 Tsp Kosher salt

1 ½ Cups Dates - Chopped and Pitted

¼ Cup Brandy

1. Melt butter with sugar and salt in a small pot. Add dates and the water.
2. Simmer and cook till the mixture are slightly thick.
3. Cool down before serving.

Pie Filling

·1 (15 ounce) Can pumpkin puree

·3 Eggs

·¼ Cup pure maple syrup

·¼ Cup coconut sugar (or organic cane sugar)

·¼ Cup unsweetened almond milk (any milk will work)

·1 Tsp vanilla extract

·1 ½ Tsp cinnamon

·½ Tsp nutmeg

·½ Tsp ground ginger

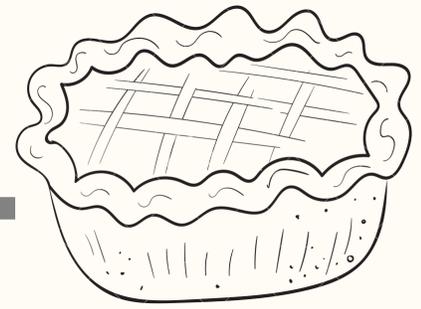
·½ Tsp allspice

·¼ Tsp salt



Cooking for Comfort

DESSERT



PUMPKIN TART WITH BRANDY SAUCE

PREPARATION

1. Preheat oven to 350 F.
2. Make the filling: Add pumpkin puree, eggs, pure maple syrup, coconut sugar, almond milk, vanilla extract, cinnamon, nutmeg, ground ginger, allspice and salt. Mix until all ingredients are well incorporated and smooth.
3. Pour mixture into the individual tart molders with the pie crust half way cooked and bake for 40-50 minutes until the filling is no longer moving.
4. Check every 20 minutes to make sure the pie is not burning or getting too dark brown on top.
5. Allow the tarts to completely cool down before serving.

GARNISH

Meringue:

4 egg whites

Pinch of Cream of Tartar

Pinch of salt

1 cup of Granulated Sugar

-Mix all ingredients except the sugar in a stand mixer till it is foamy and soft peak.

-Then add the sugar gradually until it becomes stiff and glossy.

Cranberry puree:

¼ Cup fresh/frozen Cranberries

¼ Cup water

2 Tbsp Sugar

-Place all ingredients in a pan at the same time on a low heat.

-Wait until cranberries starts separating and soften.

-Blend to a smooth consistency.