

## Menu

*Arugula Salad with orange/maple vinaigrette dressing*

*Butternut Soup*

*Sweet Potato Ravioli*

*Wine/Soft drinks/Water*

### Vinaigrette

2 cps	Oil – light flavored about		Raw egg
1 TB	Dijon mustard about	1 TB	Maple syrup
1 TB	Orange zest and the squeezed juice		Salt, pepper, and any herb
1 cp	White vinegar (can be flavored)		
	Shallot, diced		

Quantities vary depending on how much dressing you need. Can keep in a covered jar in the refrigerator up to 2 months.

1. Combine mustard, egg and oil in a bowl and whisk until it becomes emulsified (bonds & becomes creamy). Or mix in a blender/food processor for a thicker dressing. Add other ingredients and continue blending.
2. Serve over endive leaves, arugula (or any greens). Top with dried cranberries, sunflower kernels

### Soup

Butternut or other meaty winter squash	Celery
2 Whole dried chillies	2 cps Chicken/Veg broth or Apple Cider
Diced onion and shallot	chopped scallions for garnish
Carrots	1 tsp Nutmeg, Cumin, Curry powder
Heavy cream (or substitute w/1/2 & 1/2)	salt, pepper

1. Bake squash in oven and then scoop out of the skin. Mash/puree
2. Combine all ingredients in a large stockpot and bring to a boil
3. Simmer for about 20 min. Using an immersion blender, puree soup in the pot. (can also do it in the blender using smaller amounts at a time)
4. Serve in bowls. Garnish with drizzle of cream (or yogurt/sour cream), chopped scallions

### Ravioli

Yams/sweet potato	Diced shallot
Ricotta cheese	1/3 cp Parmesan cheese
Butter	Raw egg (whisked with a bit of water)
Wonton wrappers (can be found in produce section in the supermarket)	toasted walnuts
Fresh flat parsley	Fresh sage leaves
	Salt/pepper

1. Rub yams with oil/salt/pepper & cook in their skin in the oven. When soft, scoop flesh and put into mixing bowl
2. Sauté parsley & shallot in butter until soft
3. Mix together yam, parsley and shallot
4. Spread wonton wrappers on a cooking sheet and drop a dollop of the mixture in the middle of each
5. Wet the edges around the dollop with egg mixture and lay a 2<sup>nd</sup> wrapper on top.
6. Press to remove any air bubbles Use a fork to crimp around the edges so the two pieces are adhered. Make sure wrappers are sealed together
7. Drop into boiling water until cooked (when they float to the top)
8. Remove with a slotted utensil and drop into the sauté pan with browning butter. Add sage leaves. When nicely browned serve
9. Serve with sprinkle of parmesan cheese and walnuts

