



# Rustic Kitchen

BISTRO & BAR



## Fall Harvest Roast

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### Sweet Potato Soup Mélange

Olive oil to sauté

1 cup carrots, sliced

¼ cup celery, diced

½ cup onion, diced

1 granny smith apple, peeled & diced

2 sweet potatoes, baked & mashed

1 cup butternut squash-baked & mashed

½ cup pumpkin puree - fresh or canned

3 or 4 cups Vegetable stock or chicken stock

Dash of cinnamon- freshly grated nutmeg

Finish with heavy cream, reduced 2% milk, soy milk or additional stock to thin soup

In a large stock pot, sauté onions, carrots, celery in olive oil. When tender, add chopped apple, mashed sweet potatoes, butternut squash, pumpkin puree & vegetable stock. Bring to a slight boil. Cook for 15 minutes, then use hand blender to puree. Thin out the soup with heavy cream, milk, stock or water. Add freshly grated nutmeg & cinnamon and season to taste. Garnish ideas: crispy pancetta, bacon, bread crumbs, toasted pumpkin seeds or a leaf cut out of pastry dough.

### Pork Braciolo

2# Pork Shoulder loin

Sliced Capicola –sweet or spicy

Basil, spinach-handful

Butcher's twine & meat mallet

5 or 6 slices Sliced Bacon to wrap roast in to keep it moist & crispy

Rack: 2 Carrots, 2 stalks of celery, 1 onion, 3 bay leaves, 1 cinnamon stick, a few allspice berries

### Roasted Root Vegetables

Cut into ½ inch chunks the following: Rutabagas, turnips, carrots, parsnips, fennel, red onions or any other vegetables that you like. Toss them in olive oil, salt and pepper. Roast at 400F for 45 minutes until tender on a cookie sheet or ceramic oven proof dish. Add whole peeled garlic cloves 15 minutes before the end of cooking time. Sprinkle lightly with ground allspice- toss and serve as a side to the Pork Braciolo.





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## Stuffing

2-3 large eggs

2 cloves garlic, finely minced

½ cup grated parmesan cheese

Mix –thyme-oregano-parsley-finely chopped

Enough seasoned bread crumbs to make the mix spreadable

½ cup Cranberries & cherries-finely-finely chopped.

Beat eggs, add garlic, herbs & mix together. Mix in cheese & fruit. Add enough bread crumbs to make a smooth mixture.

Roll cut or butterfly cut pork loin(see butcher if needed)-pound with meat mallet until 1/2 inch or 1/4 inch thick. Place sliced capicola onto flattened pork-shingle it. Then spread stuffing over capicola. Place spinach & basil to cover stuffing, pat down with hands-then roll tightly. Wrap bacon around it-seam side down. Using butcher's twine, make a slipknot & truss(tie up) pork loin tightly. In a large sauté pan, add a little bit of butter & olive oil. Heat olive oil/butter mix & sear all sides of pork loin until brown & crispy. Remove pork from pan & place it on a rack of vegetables in a roasting pan. Make rack from: carrots-cut into 3 inch by 1 inch pieces, celery-cut into 3 inch pieces- onions-chunked, a few garlic cloves, two or three bay leaves, 1 cinnamon stick, & a few allspice berries. Place all of them in the bottom of a roasting pan. In the pan that you seared the pork roast in-pour in some white wine & apple cider. After it bubbles, pour that into the roasting pan over the pork roast on the vegetable rack. Pour additional apple cider & wine over the pork roast to add enough liquid until it's about a tad bit less than 1/2 full of liquid. Then cover it & roast it at 375F until internal temp reaches 160-165F. Remove from oven & let it rest for 15 minutes. Make gravy while it rests. After it rests-slice, plate & enjoy!

## To make gravy for pork roast

Strain pan juices from pork roast pan.

In a small sauce pan, add a handful of dried cranberries & cherries. Add 1/4 cup of apple cider.

On medium heat, cook cranberries & cherries in apple cider until plump. Add pan juices to cranberry/cherry mixture. Cook & reduce by half. In a separate pan add roux and heat it. Stir in cranberry/cherry/pan juice mixture and whisk together. Cook until it thickens. Add more if needed to thicken. Serve over sliced pork braciolo.

## \*Roux

A roux is a mixture of equal parts flour and fat; usually butter. To make a roux mix ½ cup butter and ½ cup flour to a skillet and heat and stir until well combined. While continuously stirring, cook the roux for at least 15 to 20 minutes until you smell a nutty flavor from the roux. If you want a darker roux for your sauce- cook it longer, but do not walk away or it may burn. To thicken a sauce- bring the liquid you want to thicken to a slight boil. In a separate pan add roux and heat it. Stir in liquid and whisk together. Cook until it thickens.