



Virtual cooking class
With PARO
November 18th, 2021

Presented by Rhonda Bill

Menu:

- ❖ *Cider roasted chicken with mushroom risotto and maple candied squash*
- ❖ *Vegetarian option - Stuffed acorn squashes (below)*
- ❖ *Dessert - Baked stuffed apples with caramel rum sauce*

<p>Cider Roasted Chicken:</p> <p>1 onion (2 in total w/ the Risotto)</p> <p>150 g criminy mushrooms</p> <p>1 lemon</p> <p>500 ml apple cider</p> <p>Olive oil</p> <p>6 chicken breast or leg and thigh, skin on</p> <p>Fresh or dried thyme</p> <p>Apple cider vinegar</p> <p>1 head garlic</p> <p>Dijon mustard</p> <p>Salt and pepper</p> <p>Bay leaves</p> <p>2 apples</p>	<p>Mushroom Risotto</p> <p>1 onion (2 in total w/ the chicken)</p> <p>150 g criminy mushrooms</p> <p>Arborio rice</p> <p>Olive oil</p> <p>Salt and pepper</p> <p>Dry white wine (optional)</p> <p>5 cups hot water or chicken stock</p> <p>Butter</p> <p>Fresh Parmigiano-Reggiano cheese</p>
<p>Maple Candied Squash:</p> <p>Drizzle olive oil or 2 Tbsp melted butter</p> <p>4 Tbsp maple syrup</p> <p>Cracked salt and pepper</p>	<p>Stuffed Baked Apple:</p> <p>4-6 baking apples</p> <p>½ cup brown sugar</p> <p>1 ½ teaspoon cinnamon</p> <p>1/2 cup chopped pecans</p> <p>1/2 cup currants or raisins</p> <p>2 Tbsp butter</p> <p>¾ cup boiling water</p> <p>Caramel Rum Sauce</p> <p>¾ cup sugar</p>

	<p>¼ cup cold water</p> <p>2 Tbsp. butter, room temperature</p> <p>1 cup heavy cream</p> <p>1 shot rum, or to taste</p> <p>1 tsp. pure vanilla extract</p>
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Apple cider roasted chicken

Serves 6

Ingredients:

- 1 medium onion, peeled and cut into eighths
- 1 large lemon, sliced into thin rounds
- 500 ml apple cider, homemade or store-bought
- 2 tablespoons olive oil
- 2 sprigs fresh thyme, plus more for garnish
- 2 Tbsp. apple cider vinegar
- 2 Tbsp Dijon mustard
- 6 cloves garlic, minced
- 2 bay leaves
- 1 tsp. salt
- 1 tsp. freshly ground black pepper
- 6 chicken leg and thigh, or skin on chicken breast
- 2 large apples, each sliced into eighths

Method:

In a large dish, mix marinade ingredients and toss with chicken pieces. Refrigerate and let marinate for up to 24 hours.

Preheat oven to 400 degrees F. Arrange the chicken pieces in a large roasting pan skin-side up. Pour all of the marinade, including onions and lemons over and around the pieces. Tuck the apples around the chicken. Cook for 45 minutes, or until internal temperature reaches 165 degrees. Baste with marinade a couple of times throughout the cooking process. Once chicken is done, remove from juices into another pan to allow to rest. Carryover cooking will bring your chicken up to 175 degrees.

Strain juices into a shallow pan, skim excess fat, and reduce to two thirds volume. Taste and adjust seasoning. Plate chicken with apple slices and fresh thyme, and drizzled with reduction.

Maple candied squash

Serves 6

Ingredients:

- 1 large butternut squash
- Drizzle olive oil or 2 Tbsp melted butter
- 4 Tbsp maple syrup
- Cracked salt and pepper

Method:

Wash and half each squash and scoop out the seedy stuff.

Drizzle olive oil or melted butter in the cavity and over the squash as well as the maple syrup. Crack salt and pepper over each.

Roast in 400 degree F oven for 45 minutes or until soft and caramelized. Throughout the baking process, baste the squash with extra maple syrup and butter.

Mushroom risotto

Serves 8

Ingredients:

- 2 tbsp extra-virgin olive oil
- 1 medium onion, finely chopped
- 150 g criminy mushrooms, finely chopped
- 1 1/2 cups arborio rice
- 1 cup dry white wine
- 5 cups hot water or chicken stock
- Salt and pepper to taste
- 2 tbsp butter
- 1/2 cup freshly grated Parmigiano-Reggiano cheese, plus more for garnish

Method:

Start by warming up your stock or water until very hot. Turn to low and have ready.

Heat the olive oil in a heavy saucepan or Dutch oven over medium-high heat. Add the onion and mushrooms and cook, stirring, until the water has evaporated and onion is translucent, about 5 minutes. Add the rice and stir to coat with the oil. Stir in the wine and

cook until the wine has mostly been absorbed. Stir in 1 cup of the hot stock and continue to cook and stir until this amount of liquid has been absorbed. Continue adding liquid, one cup at a time, until almost completely absorbed each time. You should be able to run a wooden spoon through the centre of the rice without the sides caving in. Alternatively, you can choose to add the remainder of your liquid at one time, bring back to a boil, cover and transfer to the oven. Bake on the bottom rack during the last 25 minutes of roasting (your apple cider chicken). After 25 minutes, check the risotto. Most of the liquid should be absorbed and the rice just cooked.

Add salt, pepper, butter and cheese. Taste test. You may want to add a bit more water or stock to adjust the texture.

Serve immediately.

Prep materials for dinner broken out by food category:

<p>Fruit and veg:</p> <p>2 onion</p> <p>150 g criminy mushrooms</p> <p>1 lemon</p> <p>Fresh or dried thyme</p> <p>1 head garlic</p> <p>2 apples</p> <p>1 large butternut squash</p>	<p>Meat and dairy:</p> <p>6 chicken breast or leg and thigh, skin on</p> <p>Butter</p> <p>Fresh Parmigiano-Reggiano cheese</p>
<p>Pantry:</p> <p>Maple syrup</p> <p>500 ml apple cider</p> <p>Olive oil</p> <p>Apple cider vinegar</p> <p>Dry white wine (optional)</p>	<p>Dried goods:</p> <p>Dijon mustard</p> <p>Bay leaves</p> <p>Salt and pepper</p> <p>Arborio rice</p>

Prep instructions and equipment needed:

- ❖ Gather ingredients and wash vegetables
 - ❖ You may want to do some initial prep, such as cutting your squash and scooping out the insides, peeling your onions and garlic, and grating the parmesan
 - ❖ If you would like, you can prepare your marinade and marinate your chicken, up to 24 hours in advance.
 - ❖ You will need a deep baking dish for the chicken, a heavy saucepan for the risotto and a shallow baking dish for the squash. You will also need a meat thermometer.
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Stuffed Baked Apples

Serves 4-6

Ingredients:

- 4-6 baking apples
- ½ cup brown sugar
- 1 ½ teaspoon cinnamon
- 1/2 cup chopped pecans
- 1/2 cup currants or raisins
- 2 Tbsp butter
- 3/4 cup boiling water

Method:

Preheat your oven to 375°F

Peel apples vertically, leaving a striped pattern. Using a sharp paring knife or an apple corer, cut out the cores, but leave the bottom 1/2 inch of the apples intact.

Mix brown sugar, cinnamon, currants and pecans and stuff apples tightly, dotting each with butter

Bake at 375°F for 30 to 45 minutes, until the apples are cooked through and tender, but not overcooked and mushy. Check occasionally as each variety of apple cooks differently.

When done, remove the apples from the oven and baste them with the juices from the pan. Serve with vanilla ice cream and caramel rum sauce.

Caramel Rum sauce

Ingredients:

- ¾ cup sugar
- ¼ cup cold water
- 2 Tbsp. butter, room temperature
- 1 cup heavy cream
- 1 shot rum, or to taste
- 1 tsp. pure vanilla extract

Method:

Mix the sugar and the cold water in a heavy-duty 3-quart saucepan. Cover and bring to a boil over medium-high heat and cook, covered, checking and swirling occasionally, until the mixture starts to color, 5 to 8 minutes. Remove the lid and swirl more frequently until it is dark amber; it will darken quickly. Do not stir.

Reduce the heat to low and carefully whisk in the butter. It will bubble up. Keep whisking until the bubbles settle down, then add the cream, whisking until the caramel is smooth, about 2 minutes. It may look curdled at first but will smooth out.

Remove from the heat and whisk in the rum and vanilla. Pour the caramel sauce into a heatproof container and cool to room temperature, stirring occasionally. Jar and store in the fridge for up to two weeks.

Notes from the chef:

Swirling the caramel as it cooks rather than stirring will help avoid crystalizing the sugars

Never walk away to do something else while the caramel is darkening. It will burn very quickly, so it must be watched carefully

Extra caramel can be stored for a couple of weeks in your fridge. Serve over ice cream, on crepes, or even on your fancy coffee!

Prep materials:

Grocery list for dessert broken out by food category:

Fruit and veg: Baking apples (tart and firm)	Meat and dairy: Butter
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	Heavy cream
Baking: Brown sugar Cinnamon Granulated sugar Pure vanilla extract	Misc: Dark rum Pecans Currants or raisins

Prep instructions:

- ❖ Wash apples and dry
- ❖ You may choose to scoop out the insides of your apples in advance. Avoid browning (oxidization) by drizzling with lemon juice
- ❖ Gather ingredients and measure out in advance if desired
- ❖ You will need a heavy, deep pot for the caramel sauce and a baking dish for the apples. If you don't have an apple corer, a paring knife will work just fine

PARO virtual cooking class - Vegetarian option - Apple stuffed acorn squashes

Apple stuffed acorn squashes

Serves 2

Ingredients:

- 1 small onion, minced
- 1 Tbsp olive oil
- 1 clove garlic, crushed
- 1 large Granny Smith or other tart apple
- ¼ tsp each sage and thyme
- 1 cup bread, small cubes (sub in ¾ cup wild rice for GF option)
- 1 medium acorn squash (sub in small butternut or
- Salt and pepper to taste
- 1 Tbsp Dijon mustard

Method:

Preheat oven to 400 degrees F. Prepare your squash by rinsing and scooping out the seedy part. In order to create a flat surface for baking, take a thin slice off the bottom of both halves. Brush with olive oil and sprinkle with salt and pepper. Bake for 20 minutes or until the flesh is just starting to soften.

While squash is roasting, you can prepare your filling. Start by sautéing the onion in olive oil at a medium heat until it just starts to brown. While the onion cooks, chop your apple into small dice and crush the garlic. Add garlic to the sauté pan, and continue to cook for one more minute. Add sage, thyme and apple, cooking until apple just starts to soften and release juices. Stir in bread cubes or cooked wild rice and season to taste with salt and pepper. Dijon mustard is optional, but does add interest to the flavour!

Stuff your prebaked squash tightly and return to the oven for a few minutes to finish cooking. This should take about 10 more minutes.

Garnish with fresh thyme and serve with mushroom risotto.

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