



November 5th Cooking Class Chef Jason Lynch

Ingredient and Utensil List

Roasted Butternut Squash Soup

Ingredients and Prep List:

2 pounds of peeled butternut squash
1 liter of chicken stock
1 can of coconut milk
1 teaspoon of mild curry
1 bunch of cilantro

Utensil List:

Sharp knife
Cutting board
Baking sheet
Stock/medium soup pot
Food processor/hand blender/
blender and whisk

Citrus Crusted Nova Scotia Scallops

Ingredients and Prep List:

12 large Nova Scotia scallops
Zest of one lime
Zest of one orange
Zest of one lemon
1 cup of risotto rice ground fine in a coffee grinder
250ml squash puree
1 teaspoon of mild curry
Salt and pepper to taste
3 tablespoon canola oil

Utensil List:

Sharp Knife
Cutting board
Baking sheet
Deep Frying Pan
Food processor/blender/coffee
grinder
Whisk
Mixing bowl

Gnocchi a la Parisienne with Candy Roaster Squash

Ingredients and Prep List:

1 1/2 cup milk
12 tablespoons (6 ounces) unsalted butter
1 tablespoon plus 1 teaspoon kosher salt
2 cups all-purpose flour, sifted
5 to 6 large eggs

Sauce:

1 lbs candy roaster or butternut squash
1 cup heavy cream
Olive oil
Salt and pepper

Utensil List:

Stand mixer OR hand beater
Baking sheet
Wooden spoon
Rubber spatula
Pastry bag OR Plastic bag with tip
cut out
Small mixing bowl
Strainer
Medium non-stick pan
Large pot
Medium Saucepan