



**Valley Regional
Hospital Foundation**



November 5th Cooking Class Chef Jason Lynch

Roasted Butternut Squash Soup

- 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

Pre heat oven to 350. Cut squash into 2 inch long pieces and roast in oven until they start to take on a little colour, about 20 mins. Transfer squash to a pot with the chicken stock. Simmer until the squash are soft and almost falling apart. Add the curry and puree in a food processor or with a hand blender. Whisk in the coconut milk, save a little for garnish and bring to a simmer. Serve with a drizzle of the remaining coconut milk and a good pile of cilantro on top.

Citrus Crusted Nova Scotia Scallops

- 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

Cut 1 medium acorn squash in half de seed and place on baking sheet flesh side down. Roast in 350 degree oven for 40 mins or until soft. Scoop out pulp and puree in food processor until smooth. Season to taste with sea salt and white pepper

Mix citrus zest in with ground rice and put in a medium bowl. Mix together puree and curry, season to taste with salt and pepper. Pat scallops dry with paper towel, season with salt and pepper and roll in rice mixture. Heat oil in a deep frying pan and place scallops in pan and crisp until golden brown on both sides. Remove from pan and serve on smear of squash puree.

Gnocchi a la Parisienne with Candy Roaster Squash

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

Set up a heavy-duty mixer with the paddle attachment. Have all the ingredients ready before you begin.

Combine the milk, butter, and the 1 teaspoon salt in a medium saucepan and bring to a simmer over medium-high heat. Reduce the heat to medium, add the flour all at once, and stir rapidly with a stiff heatproof or wooden spoon until the dough pulls away from the sides of the pan and the bottom of the pan is clean, with no dough sticking to it. The dough should be glossy and smooth but still moist.

Enough moisture must evaporate from the dough to allow it to absorb more fat when the eggs are added: Continue to stir for about 5 minutes, adjusting the heat as necessary to prevent the dough from coloring. A thin coating will form on the bottom and sides of the pan. When enough moisture has evaporated, steam will rise from the dough and the aroma of cooked flour will be noticeable.

Immediately transfer the dough to the mixer bowl. Add the 1 tablespoon salt. Mix for a few seconds to incorporate the ingredients and release some of the heat. With the mixer on the lowest speed, add 3 eggs, one at a time, beating until each egg is completely incorporated before adding the next one. Increase the speed to medium and add another 2 eggs, one at a time, mixing well after each one. Turn off the machine. Lift some of the dough on a rubber spatula, then turn the spatula to let it run off: It should move down the spatula very slowly; if it doesn't move at all or is very dry and just falls off in a clump, beat in the additional egg.

Place the dough in a large pastry bag fitted with a 5/8-inch plain tip and let it rest for about 30 minutes at room temperature. (If you have only a small pastry bag, fill it with half the dough two times.) Bring a large pot of lightly salted water to a simmer.

While dough is resting place squash in oven on baking sheet at 350 degrees. Bake until soft to the touch. Remove and allow to cool. Once cool enough to handle peel and dice into medium pieces.

Because this recipe makes such a large quantity of gnocchi, your arm may get tired. Twist the end of the pastry bag to push the dough into the tip. (From time to time, as the bag empties, you will need to twist the end again.) As you squeeze the back of the bag with your right hand, hold a small knife in your left hand and cut off 1-inch lengths of dough, allowing the gnocchi to drop into the pot. Pipe about 24 gnocchi per batch. First, the gnocchi will sink in the pot. Keep the water temperature hot, but do not boil. Once the gnocchi float to the top, poach them for another 4 minutes, remove from water and place in a bowl with cold water. Once cool put in a strainer for to remove access water.

When ready to serve, heat a medium non stick pan with a little olive oil add the gnocchi and sautee until golden brown. Add half the diced squash, add the cream and allow it to reduce by 1/3. Season to taste and serve. You can use remaining squash as garnish, I also like to add pine nuts and some fresh arugula, but play with it...this is fun dish that makes a great appetizer as well.