



April 9, 2011 – December 17, 2011
 April 9 – September: Saturdays, 8:30 am to 12:00 pm
 October – December 17: Saturdays, 9:00 am to 12:00 pm

www.peachtreeroadfarmersmarket.com

Cathedral of St. Philip | 2744 Peachtree Road NW | Atlanta, GA 30305

October 1st Chef Demo

Lance Gummere of The Shed at Glenwood Butternut Squash Three Ways!

Pan Roasted Butternut Squash

- | | |
|--|-----------------------------|
| 2 cups, peeled, diced, and seeded butternut squash | BURGE ORGANIC FARM |
| 1 Tablespoon honey | HIDDEN SPRINGS HONEY |
| 1 Tablespoon butter | |
| 1 cup chicken or vegetable stock | |
| 1 teaspoon chopped parsley | HEIRLOOM GARDENS |
| 1 tsp. chopped, roasted pecans | MCMULLAN FAMILY FARM |
| salt to taste | |

Heat butter in skillet until it starts to brown. Add diced Squash, and brown on one side. Add chicken stock, and with burner set on high heat, cook until all stock has evaporated. Add honey, and nuts and toss until squash looks shiny and glazed. Add salt to taste. Garnish with chopped parsley.

Butternut Squash Soup

- 1 3# Butternut Squash
- 2 Tablespoons Extra Virgin Olive Oil
- 2 Shallots, peeled and diced
- 1 Quart Chicken or Vegetable Stock
- 4 Tablespoons Honey
- ½ Cup Heavy Cream



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Salt to taste

Peel the squash and remove the seeds. Cut the squash into 1 inch sized pieces. Sweat shallots in olive oil in saucepot. Add cut-up pieces of squash. Add squash and bring to a boil. Reduce heat to a simmer and cook squash until it is very tender (about 20 minutes.) Puree in blender until smooth. After soup is pureed, add honey, cream, and salt and mix until well blended.

Butternut Squash Puree

1 #3 butternut squash

4 Tablespoons butter

4 Tablespoons honey

½ cup heavy cream

salt to taste

Split butternut squash in half, removing the seeds. Place butternut squash on cookie sheet and drizzle 2 tablespoons honey. Put two tablespoons of butter into each hollowed out squash cavity. Sprinkle with salt. Cover each squash half with aluminum foil and roast in 350 degree oven for 90 minutes. Remove squash from oven and scrape out roasted flesh from skin into a bowl. Pour the honey, butter, and any liquid which may have gathered in cavity into bowl also. Add ½ cup of heavy cream, and mash using a fork into a fluffy, mashed potato-like consistency. Salt to taste.

YUM!