

Mistletoe Market

at the Lynchburg Community Market

COOKING DEMONSTRATION

with Personal Chef
Whitney Palombo



Savory Butternut Squash Soup

3lbs butternut squash peeled & cubed
2 cups chopped yellow onion
1 bunches of fresh sage leaves
4 cups vegetables stock
2 cloves of minced garlic
2 tablespoons olive oil
1/4 tsp Black pepper
1/8 tsp allspice
1/3 cup heavy cream (use one can of regular coconut milk to make vegan)

Heat a large over medium heat and add 4tbsps of olive oil. Add chopped onion and butternut squash. Cook down for 10 minutes or until the onions are soft.

Add the rest of the ingredients minus the sage and bring to a boil. Reduce to a simmer and cook until the butternut squash is fully tender.

Blend the ingredients either use an immersion blender directly in the pot or work in small batches using a blender to blend all ingredients until smooth. Add salt and pepper to taste.

Wash and pat dry the fresh sage leaves. Heat a nonstick skillet over medium with 2 tablespoons of butter or olive oil. Add the sage leaves to the pan and fry them until they begin to slightly brown. Transfer them to a paper towel to let them cool then add them as a garnish along with 2tsp more cream/coconut milk and enjoy!



MORE RECIPES ON BACK!

Pan Fried Apples & Cranberries

2 cup sliced apples
1 1/2 cup fresh cranberries
1/3 cup brown sugar
1 tbsp agave or honey (optional- add more to taste)
1 tsp cinnamon
1/4 tsp nutmeg
1/2 stick melted butter (or 4 tbsp melted earth balance vegan butter to make vegan)

Slice apples with skins on into wedges. Combine with all ingredients except butter in a large bowl.

Heat nonstick skillet on medium heat then add the butter to the pan and let cook until it bubbles.

Add combined ingredients into the pan and cook down until apples are soft and the cranberries have begun to burst.

Add additional sugar or honey to taste if it is too tart.

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