

The Foodist: Puff Pastry Steak Pie

This puff pastry steak pie is a rich, meaty, and delicious meal. It is filled with slow cooked beef and potatoes!

Foodist: Toasted Pearl Couscous, Butternut Squash and Cranberries

**Toasted Pearl Couscous with
Butternut Squash and Cranberries**



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[This is another great fall recipe!](#) This toasted Pearl Couscous with Butternut Squash and Cranberries has so many ingredients right from the garden! Toasting pearl couscous before cooking

it with liquid brings out the pasta's wheat nutty notes and an enticing aroma.

The unique thing about this recipe is that it pairs the couscous with butternut squash for creamy texture and subtle sweetness, then adds pops of flavor with caraway seeds, dried fruits (including sun-dried tomatoes) and toasted nuts. Serve as [vegetarian main](#) or as a side to roasts or kebabs.

Ingredients

- 1/4 cup extra-virgin olive oil
- 1 cup pearl couscous
- 1 tablespoon caraway seeds
- 1 pound butternut squash, peeled, seeded and cut into 1-inch cubes (about 3 cups)
- 1/2 cup dried cranberries or dried cherries
- 1/4 cup drained oil-packed sun-dried tomatoes, patted dry and chopped
- Kosher salt and ground black pepper
- 1/4 cup pistachios or pumpkin seeds, toasted and chopped

Directions

1. In a large Dutch oven over medium, combine the oil, couscous and caraway.
2. Cook, stirring, until the couscous is golden brown.
3. Add the squash, cranberries, tomatoes, 1 teaspoon salt and 1/2 teaspoon pepper, then add 3 cups water.
4. Simmer, then cover and cook, stirring only once or twice, until the couscous and squash are tender but not mushy, 10 to 14 minutes.
5. Off heat, stir in pistachios, then season with salt and pepper.
6. Optional garnish: chopped parsley.

Note: It's best to not mix sun-dried tomatoes AND dried fruit. Do either/or. Always use stock instead of water. Also, be

certain to use Caraway Seeds and not powder. This is really better every day it rests and gets reheated (Jim's note).

Start to finish 40 minutes

Serves 4

The Foodist: Toasted Pearl Couscous, Butternut Squash and Cranberries

A delightful, warm and filling fall recipe that will fuel your belly and your love for life!

The Foodist: Autumn Savory Harvest Bread Pudding

The Foodist: Savory Bread Pudding or Harvest Bread Pudding

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Savory Harvest Bread Pudding, Photo by Katie Brown

This is the perfect fall meal, Autumn Savory Harvest Bread Pudding. Rick makes it every fall and it is a winner. He usually makes it with as many fresh ingredients straight from the garden or root pantry. Hot and gooey, sweet and savory it hits the spot on a cold autumn or winter day.

It is so easy to reheat and store in the [refrigerator or freeze a batch for later](#). Also, because this dish is so flexible, a little goes a long way. In case you were wondering, yes, this dish can be a solid vegetarian meal.

Ingredients

- 2 tablespoons olive oil
- 1 zucchini
- sliced 1/4-inch thick
- 1 yellow squash
- sliced, 1/4-inch thick
- 1/2 cup frozen corn
- 1 tablespoon minced garlic
- 1 tablespoon, chopped fresh basil
- 1 tablespoon chopped fresh parsley
- 1 tablespoon chopped fresh sage
- 5 cups cubed sourdough bread
- 1 cup, shredded Swiss cheese
- 3 tablespoons chopped pecans
- 2 cups half-and-half
- 5 eggs, slightly beaten
- Salt and pepper

Directions

1. Preheat oven to 350 degrees.
2. Grease a 2-quart baking dish and set aside.
3. In a skillet, heat olive oil and cook zucchini, squash, and corn over medium heat for 3 minutes. Stir in garlic and herbs. Cook until zucchini and squash are tender, about 3 more minutes.
4. Remove from heat and stir in bread cubes.
5. Place half the mixture in the prepared baking dish. Sprinkle half the Swiss cheese on top. Cover that with the rest of the mixture and sprinkle the remainder of the cheese and nuts.
6. In a bowl, whisk together the half and half, eggs, and

salt and pepper to taste. Pour over the bread mixture.

7. Bake uncovered for 35 minutes, or until a knife inserted in the middle comes out clean. Let stand and cool for 10 minutes.

We borrowed this recipe from Katie Brown and her fantastic cookbook. We can't find it online anymore, so we took it straight from her cookbook, "[Katie Brown's Weekends](#)" She is a favorite cookbook author here at Mezzacello.

Foodist: Butter Bean and Broccoli Salad

Butter Bean and Broccoli Salad



Delicious and super fresh Butter Bean and Broccolini Salad
Recipe:

- Kosher salt and freshly ground black pepper
- 1 lb. Broccolini, cooked and trimmed
- 3 tbsp. olive oil
- 1 tsp. lemon zest
- 2 tablespoons juice
- 2 tbsp. capers, drained and chopped
- 2 tbsp. honey mustard
- 1/2 red pepper flakes
- 1 (15.5-ounce) can small white beans, rinsed

In a steel bowl, mix the bean and vegetable ingredients. Let ingredients rest. In a glass bowl, mix the lemon, pepper flakes, juice, mustard. Pour on top of beans, capers, broccolini and stir in thoroughly. Season with salt and pepper. Cool and serve. Freezes great!

Adding a Bloom of Flavor

This year an herb garden was added to the “rooms” that were already installed. It was a compromise between Jim and I. The property and gardens are divided between ornamental for me, and practical/productive or food for him. Actually it created practical and productive results for me as well. It resulted in adding a “bloom” of flavor for the kitchen as well as the garden. Not only did it add to the plentifulness of Jim’s garden, but it inspired new activity in the kitchen. It’s amazing how significant the change was to have fresh herbs just outside the door that could be grabbed in a moment. Recipes that would have been put on hold to try later, when I could get the herbs, were executed immediately. I keep a pair of scissors in the utensil jar to grab as inspiration required.

Not only did the new section of the garden add immediate satisfaction and impulse, but it’s providing a continual burst of flavor in foods this winter. Jim bought bottles and plain virgin olive oil to infuse with the taste of our summer garden. I can now chum and tantalize diners as I saute and cook with these potent oils all winter. English Thyme, Rosemary, Sage, Oregano, French Shallot, Tarragon, Garlic, or any combination, are all just a reach away in the winter kitchen. All inspired by flavored oils that I used to buy at a high price point with less potency.

These, plus the bay leaf wreath that Jim bought me for Christmas, are wonderful gifts from nature, the garden, and a little effort in the spring. I don't think that I could do without them now that I have them. It only takes a few weeks of waiting, some occasional shaking, and a little imagination. The joy of strolling through the garden, tasting the herbs, and talking about the possibilities of them was an additional treat. Several types of mints were available. Watching visiting children choose their favorite herbs to bruise and infuse their water or ice teas, was a treat in itself to the adults watching them interact with the garden. My inner child was enthused with them. If you're considering adding herbs to your garden, I highly recommend it.