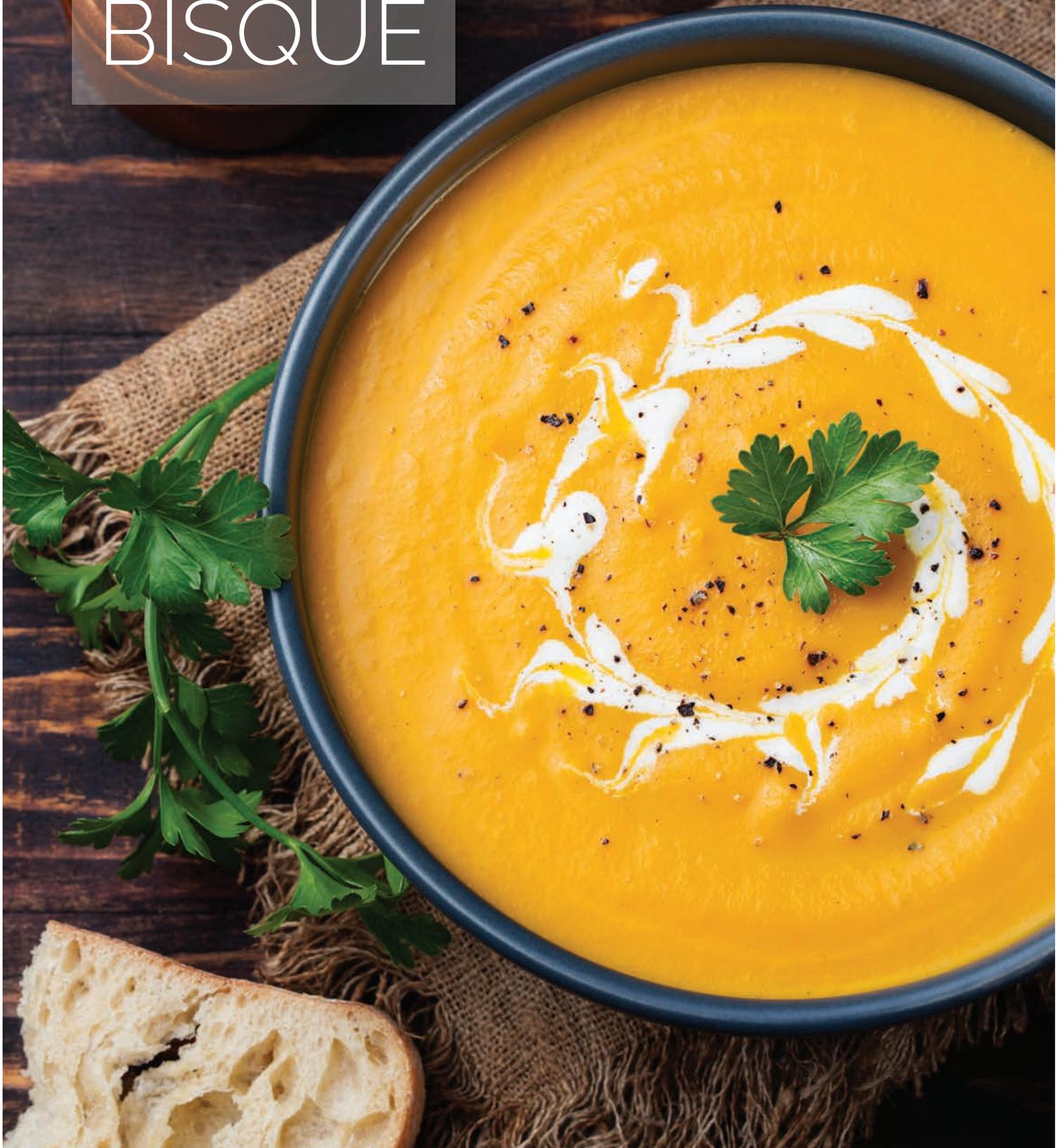


CARROT parsnip BISQUE



CARROT PARSNIP BISQUE

- 1 | In a medium saucepan, heat ghee (or oil alternative) over medium heat until melted. Add onion, garlic, cumin and coriander. Cook for 5 minutes, stirring frequently. (If utilizing a electric pressure cooker, use sauté setting and cook for 3 minutes.)
- 2 | Add carrot and parsnip. Cook for about 5 min. stirring frequently. Add broth, syrup, salt and pepper. Bring to a boil, reduce heat to medium-low and simmer for for 30 minutes. (If utilizing a electric pressure cooker cook for 12 min. on high; if utilizing a crockpot cook on high for 3 hours.)
- 3 | Remove broth mixture from heat and cool slightly. Purée in blender or with a hand-held immersion blender. Return to saucepan over medium heat. Add milk, whisking until smooth. Cook until heated through.
- 4 | Garnish with carrot curls, parsnip curls, and carrot leaves cut to about 1 inch long, and a swirl of sour cream or yogurt.

HEALTH TIPS

Parsnips' high fiber content may help maintain regularity and reduce blood cholesterol levels. They also provide potassium and vitamin C and B6/Folate and have anti-inflammatory and anti-fungal properties.

GOOD TO KNOW

Carrot Parsnip Bisque is perfect for Fall Vata and Winter Kapha seasons. A pinch of cayenne pepper can be added for Kapha and Vata (but not for you Pitta!).



Serves four

- 1/4 cup ghee, coconut oil, or other non-dairy butter
- 2 cups chopped onion
- 2 Tbsp. minced garlic
- 1 tsp. ground cumin
- 1 Tbsp. ground coriander

- 3 cups grated carrot
- 3 cups grated parsnip
- 6 cups broth of choice ("no-chicken", chicken or vegetable)
- 2 tsp. maple syrup
- 1 tsp. salt
- 1/2 tsp. ground white pepper
- 1 cup milk*

- garnishes: carrot curls, parsnip curls, fresh green carrot leaves, parsley
- 1/2 cup sour cream or yogurt

PANTRY TIPS

As always, experiment with garnishes to add texture and flavor ... croutons, fakin' or real bacon bits, fried sage, french-fried onions.

*For you vegans, use non-dairy milk, or try unsweetened coconut milk, preferably from a carton (not a can).

*Or try evaporated milk which adds richness without the extra fat.

ROASTED PEARS with Rosemary



Roasted Pears with Rosemary

(adapted from NY Times Cooking)

- 1 | Pre-heat oven to 400 degrees. Lightly butter bottom of a baking dish large enough to hold pears in one layer. Scatter star anise, cinnamon stick, fennel seeds and cloves on bottom.
- 2 | In a large mixing bowl combine coconut sugar, raisins and lemon juice. Add pears and gently toss to coat evenly with mixture. Transfer to baking dish, cut-side down, in one layer. Dot with butter.
- 3 | Bake uncovered, until pears are soft and caramelized, about 45 minutes. Remove from oven. Just before serving, drizzle with honey, and a sprinkle of rosemary leaves and chopped nuts. Serve warm with sauce from the baking pan.

HEALTH TIPS

Did you know pears are a great source of polyphenol (antioxidants) and the skin has six times more polyphenols than the flesh? So eat the whole pear and enjoy its nutrients.



Makes 6 servings

- 2 tsp. ghee or butter
- 6 slightly under-ripe pears, unpeeled, halved and cored
- 2 star anise pods
- 1 (2-inch) piece cinnamon stick
- 1/2 tsp. fennel seeds
- 2 whole cloves
- 1/2 cup coconut sugar
- 1/2 cup golden raisins
- 3 Tbsp. lemon juice
- 3 Tbsp. unsalted butter
- 2 Tbsp. honey
- 1 Tbsp. fresh rosemary leaves
- 1/2 cup toasted nuts (walnuts or pecans), roughly chopped

PANTRY TIPS

Make this with apples, or a combination of apples and pears ... but you might want to quarter instead of halving the fruit so they are closer in size and shape. It will help make the cooking time similar.

Include a Fuyu persimmon if handy ... switch out the raisins for dried figs, dates or prunes. This is all about texture and flavor and making use of what's in your pantry.

Almonds (or any nuts you have on hand) are also an option, but as we always say, toast them to bring out all their essential flavors.