



WINTER SEASONAL COOKING



The winter offers a surprising supply of colorful, fresh fruits and vegetables. Here are some of the many flavors you can enjoy this season.

Blood Oranges

Beets

Pomegranates

Kumquats

Turnips

Leeks

Parsnips

Kale

Cranberries

Lemons

Oranges

Sweet potatoes

Radishes

Grapefruit

Clementines

Winter squash



Orange-Cranberry Pork Stew

Ingredients

- 1 medium orange
- 1 1/2 teaspoons dark sesame oil
- 1 pound boneless pork shoulder trimmed and cut into 1 inch pieces
- 1/4 teaspoon salt
- 1/2 cup coarsely chopped onion
- 5 chopped garlic cloves
- 1 cup unsalted chicken stock
- 1 tablespoon dark brown sugar
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon rice vinegar
- 2 teaspoons ground chile paste
- 1 cup fresh cranberries
- 4 cups cooked white rice
- 2 tablespoons diagonally sliced green onions

Directions

1. Preheat oven to 325°F.
2. Peel and section orange over a bowl. Then squeeze to extract juice into a separate bowl.
3. Heat a Dutch oven over medium-high heat. Add oil to pan and swirl to coat.
4. Sprinkle pork evenly with salt then add pork to pan. Sauté for 5 minutes until to brown on all sides.
5. Add 1/2 cup chopped onion and sauté 2 minutes, stirring occasionally
6. Add garlic and sauté 1 minute, stirring constantly.
7. Stir in orange sections, orange juice, stock, brown sugar, soy sauce, rice vinegar, and chile paste.
8. Cover and bake at 325°F for 1 hour.
9. After 1 hour, stir in cranberries. Then bake again, covered, at 325°F for an additional 30 minutes or until pork is fork-tender.
10. To serve, place approximately 1 cup rice in each bowl and top each with about 3/4 cup pork mixture. Sprinkle each serving with 1 1/2 teaspoons green onions.



Recipes adapted from www.foodnetwork.com & www.myrecipes.com

Pasta with Kale, Onions, and Parsnips

Ingredients

- 2 tablespoons olive oil
- 3 cups diagonally cut parsnip
- 2 1/2 cups sliced onion
- 1 tablespoons chopped fresh thyme
- 4 garlic chopped cloves
- 1/2 cup dry white wine
- 8 cups trimmed chopped kale
- 1/2 cup vegetable broth
- 8 ounces uncooked penne pasta
- 1/2 cup shaved Parmesan cheese
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

Directions

1. Heat 1 tablespoon oil in a large skillet over medium heat. Add parsnip and cook approx. 12 minutes, stirring occasionally. Place in a large bowl and set aside.
2. Heat remaining 1 tablespoon of the oil in pan. Add onion to pan. Cook approximately 20 minutes, stirring occasionally.
3. Add thyme, garlic, & wine then cook until liquid almost evaporates. Stir in kale and broth and cook covered for 5 minutes and then uncovered for 4 minutes.
4. Cook pasta according to package directions, reserving 3/4 cup cooking liquid. Add pasta, parsnips, 1/4 cup cheese, salt, black pepper, and reserved cooking liquid to skillet and cook 1 minute.
5. Top with remaining 1/4 cup cheese and serve.

Curried Winter Squash

Slice any squash in half, discard the seeds and cut into wedges. Brush all over with butter or oil and season the flesh with curry powder. Roast on a baking sheet at 400°F until softened, about 30 minutes. Season with salt.