







Savor the Season: Autumn 2026

Favorite Seasonal Recipes from The Olive Oil Hunter









A Message from T. J.

Apples, pears, pumpkin spice—autumn is in the air! It's a wonderful time of year to experiment in the kitchen by making rich and hearty dishes that turn seasonal bounty into memorable meals. Many farmers' markets are able to stay open deep into the fall, providing fresh ingredients to elevate both everyday dinners and festive celebrations from now through the end of the year.

In this, the second of my four quarterly recipe collections, you'll find 45 sensational selections, from breakfast to dessert, with new, sometimes surprising, and always delicious ways to use your fresh-pressed olive oil and get all its health benefits.

I've taken the mystery out of making many dishes you thought you had to go to a restaurant to enjoy, like rack of lamb and duck breast, and I've updated favorite classics, including French onion soup and scalloped potatoes, to streamline the process. Of course, I've also included tips and techniques from my days as a chef in New York City and Asheville, North Carolina, to make cooking as much fun as eating.

I hope you'll prepare and share these dishes with friends and family. One of the aspects of the Mediterranean lifestyle that resonates most with me is sitting down with loved ones and enjoying meals together—a wonderful way to reap the benefits of an olive oil-centric diet.

Happy drizzling!



T. J. Robinson
The Olive Oil Hunter ®

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T. J. Robinson, aka **"The Olive Oil Hunter®,"** is one of the world's most respected authorities on all matters of olive oil. He is one of the few Americans invited to serve as a judge in prestigious Italian olive oil tasting competitions. When it comes to evaluating olive oils, he has been described as having a "platinum palate."



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Smoked Salmon Eggs Benedict

A classic reinvented

Eggs Benedict seems like a tricky maneuver, but all it takes is following the right order of ingredients. I'm using avocado and smoked salmon in place of the traditional Canadian bacon for their healthy fats and delicious taste.



For the hollandaise sauce:

2 egg yolks

2 tablespoons water

Pinch of cayenne pepper

Pinch of fine sea salt

1 tablespoon freshly squeezed lemon juice

3 tablespoons extra virgin olive oil

3 tablespoons melted butter

For the assembly:

2 best-quality English muffins or crusty bread rounds

4 slices smoked salmon

4 slices avocado

4 large or extra-large eggs

1/2 teaspoon salt

• **Make the hollandaise:** In a saucepan over low heat, whisk the egg yolks, water, cayenne, salt, and lemon juice. When warm, whisk in the olive oil and melted butter, then simmer, whisking constantly, until thick, about 3 to 5 minutes. Turn off the heat and cover.

• **Fill a large** frying pan 3/4 of the way with water, add the salt, and bring to a boil. While waiting for it to boil, toast the English muffins and place 2 halves on each of 2 plates; top with equal amounts of avocado and smoked salmon. Set the plates near the stovetop.

• **Lower the heat** under the frying pan to a simmer. One by one, crack an egg directly into a quadrant of the pan. Set a timer for 2-1/2 minutes. When the timer goes off, use a slotted spoon to transfer each egg to one of the muffin halves.

• **Use a whisk** to loosen the hollandaise and spoon equal amounts over each egg.

Yields 2 servings

Best-of-Fall Smoothie

Frosty and fruit-filled goodness

This mix of fruits is as healthful to drink as it is pretty to look at. Vary the ingredients to create your own taste sensations as the season progresses.

1 large banana, cut into chunks
1 ripe pear, stemmed and cored
1/2 cup fresh or frozen blueberries
1/2 cup blackberries
1 tablespoon freshly ground flaxseed
1 ounce shelled walnut halves
1 cup skyr or thick Greek yogurt
1/2 teaspoon cinnamon
1/4 teaspoon freshly ground nutmeg
2 tablespoons extra virgin olive oil
6 ice cubes

- **Place all the** ingredients in a high-speed blender and process until thick.

Yields 2 servings





Morning Glory Muffins

A perfect blend of fruits and seasonal spices

Reminiscent of carrot cake, these muffins have a tender crumb and wonderful flavor.

1/2 cup golden or Thompson raisins

1-1/2 cups all-purpose or pastry flour

1/2 cup whole wheat pastry flour

1/2 cup rolled oats, plus more for topping

2 ounces almonds, ground

1 tablespoon baking powder

1 teaspoon baking soda

1/2 teaspoon salt

2 teaspoons cinnamon

1/2 teaspoon freshly grated nutmeg

1/4 teaspoon allspice

1/4 teaspoon powdered ginger

2 cups finely grated carrots

1 Granny Smith apple, grated

1/2 cup extra virgin olive oil

1/2 cup pineapple juice

1/2 cup unsweetened coconut flakes

1 cup brown sugar

2 teaspoons vanilla

• **Preheat your oven** to 350°F. Place the raisins in a mug and cover with hot water to plump them; set aside. Line a 12-muffin tin with cupcake liners. Sift together the flours, rolled oats, ground almonds, baking powder and soda, salt, cinnamon, nutmeg, allspice, and ginger.

• **Drain the raisins** and place them in a large bowl with the carrots, apple, olive oil, pineapple juice, coconut, sugar, and vanilla; mix well. Fold in the flour mixture in two batches.

• **Use a large** ice cream scoop to fill the liners, top with a sprinkle of rolled oats, and bake for 35 to 45

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Morning Glory Muffins

A perfect blend of fruits and seasonal spices

minutes or until the tip of a knife placed in the center of a few muffins comes out clean. *Yields 12 muffins*



Technique: Using Paper Liners

Instead of greasing your muffin tin cups, try tall paper liners, often called tulip liners for their shape. Besides conserving your olive oil for recipes themselves, you'll also avoid spillovers. Plus, they allow you to mound your batter above the cups' natural rim, so you can bake taller muffins and cupcakes in a regular-size tin. I like them better than the traditional short, fluted ones for that reason…and because they're more festive. Look for those made of unbleached parchment paper.

Ingredient Spotlight: Apples

While California, Michigan, New York, Pennsylvania, Virginia, and Washington lead the pack, apples grow in nearly every state. What's more, there are well over 2,000 varieties of apples, with more still being developed at leading agricultural universities, such as Washington State University, Cornell, and the University of Minnesota, as well as at state agricultural departments. Depending on where you live, you may see some of the newest cultivars with names like Cosmic Crisp, Envy, Smitten, Rave, Jazz, and Ruby Frost.

Some apples hold up well to the heat of baking or making applesauce, while others are best eaten fresh, on their own or in salads. Talk to growers at your local orchards or farmers' markets about their varieties and the best uses for each. Then do your own taste test to see what suits your fancy. Here are some of the most widely available varieties.

Empire: a sweet-tart cross between Red Delicious and McIntosh, ideal for eating raw or baking

Fuji: crispy, sweet, and juicy, ideal for all uses

Gala: crisp, juicy, and very sweet, ideal for eating raw

Golden Delicious: mild, sweet flavor, ideal for eating raw or baking

Granny Smith: tart and crisp, ideal for salads or cooking

Honeycrisp: sweet and crispy, ideal for eating raw or making applesauce

Jonagold: a sweet-tart mix developed from Golden Delicious and Jonathan apples, ideal for baking

Macoun: very sweet, juicy, and aromatic, ideal for eating raw or making applesauce

McIntosh: tangy and tart, ideal for eating raw or making applesauce

Pink Lady: a highly flavorful cross of Golden Delicious and Lady Williams apples, ideal for all uses

Red Delicious: sweet, crispy, and juicy, ideal for eating raw



Roasted Pears with Skyr

Breakfast with a Nordic twist

Skyr is a thick and rich Icelandic-style yogurt readily available at grocery stores. A bit less tart than Greek yogurt, it pairs wonderfully with fruit.

2 large, ripe pears, halved

2 tablespoons extra virgin olive oil

2 tablespoons maple syrup or agave

8 ounces skyr

Optional garnish: lemon zest or dried lavender

- **Preheat your oven** to 350°F. Line a rimmed sheet pan with parchment paper. Use a melon baller or small spoon to scoop out the pear seeds and a sharp paring knife to cut out the stems.

- **Place the pear** halves, cut side up, on the parchment paper. Drizzle with equal amounts of olive oil and

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Roasted Pears with Skyr

Breakfast with a Nordic twist

maple syrup or agave. Roast for 15 minutes or until the edges of the pears start to brown.

• **Place a large** dollop of skyr on each of four plates and top with a pear half; use a spoon to drizzle on the juices from the pan. Sprinkle with the zest or dried lavender if desired. *Yields 4 servings*



Not a member of the Fresh-Pressed Olive Oil Club?

Please see page 3 for your special invitation.

Ingredient Spotlight: Pears

It's time for pears to get the attention of their seasonal cousins, apples. Pears are a wonderful ingredient in many dishes, adding sweetness to soups and salads or being the star of a dessert like a tart, but only the firmer varieties can stand up to cooking, whether poaching, baking, grilling, roasting, or sautéing.

Nearly all the pears grown in the US come from the three West Coast states, but Michigan, New York, and Pennsylvania are also producers, along with small farms around the country. Here are some of the most widely available varieties.

Anjou, green or red: sweet and juicy, even more so for the red variety, ideal for eating raw or cooking

Bartlett, red or yellow: rich, sweet flavor, ideal for eating raw when fully ripe and great for making preserves

Bosc: sweeter and more flavorful earlier in the ripening process, ideal for eating raw or cooking, from poaching to baking

Comice, green or red: delicious and delicate flavor, ideal for eating raw or poaching

Concorde: a mildly sweet cross between Comice and French Conference, with vanilla notes, ideal for eating raw or cooking

Forelle: firm and somewhat tart, ideal for eating raw

Seckel: sweet, intense flavor in a tiny package, ideal for eating raw or roasting

Starkrimson: highly aromatic, floral, and sweet, ideal for baking or poaching

Unlike many other fruits, pears need to be picked well before they ripen. Left on the tree to soften, they'll taste grainy. At home, keep them at room temperature (refrigerate only to slow the ripening process). For pears that don't typically change color as a sign of ripeness, test by gently pressing your thumb near the stem end at the neck, not the body. The surface should just barely give when ripe. When the wider bottom half becomes soft to the touch, the inside will actually be overripe.



Foolproof Scrambled Eggs

Perfection in under three minutes

A properly preheated frying pan makes fast work of scrambled eggs that stay tender.

4 large or extra-large eggs

2 tablespoons extra virgin olive oil, plus more for drizzling

Sea salt and freshly ground black pepper, to taste

Optional: chopped fresh herbs, such as dill, flat-leaf parsley, or chives

• **Whisk the eggs** in a bowl. Heat a frying pan over medium-high heat. When hot, add the olive oil and then the beaten eggs. Let the edges firm for a few seconds, then lower the heat and use a spatula to scramble the eggs, drawing the outer edges in and keeping them moving to prevent browning.

• **Take off the** heat just before fully set and let sit for two minutes to finish cooking. Season to taste, drizzle with olive oil, and sprinkle with herbs, if desired. *Yields 2 servings*

Technique: Starting with a Hot Pan

I'm not a fan of adding olive oil to a cold pan—that has the effect of cooking the oil while the pan itself gets to the right temperature. Instead, heat your pan or pot over medium-high heat for a couple of minutes; when a few drops of water sprinkled on the surface sizzle, it's time to add your EVOO and then the food to be cooked.

Whipped Ricotta and Cherry Toasts

A healthy breakfast "sandwich"

So easy to make, whipped ricotta cheese is a delicious swap for cream cheese and great on any type of bread you like, from a crusty boule to a soft Japanese milk bread.

8 ounces ricotta cheese

8 slices of toast

8 ounces cherries, pitted

Extra virgin olive oil to drizzle

Honey to drizzle

- **Place the cheese** in a food processor and blend until whipped and creamy, about two minutes. Spread on the toast slices and top with equal amounts of cherries. Drizzle on olive oil and honey. *Yields 4 servings*



Technique: Pitting Cherries

If you love gadgets, a cherry pitter makes short work of prepping whole cherries. But you can also push out the pits by hand, using a metal straw or a wooden chopstick to pierce through the fruit—do this over a bowl to catch the juices. When cherry halves are called for, you can use a sharp paring knife to score the diameter of each cherry, twist to separate it into halves, and then use the tip of the knife to cut out the pit.



Beet, Mozzarella, and Walnut Salad

Vibrant lettuces provide a taste contrast to a sweet root vegetable

Roasting beets intensifies their natural sweetness. They can be made a day or two in advance.

8 small red beets

2 tablespoons extra virgin olive oil, plus more for drizzling

1 tablespoon balsamic vinegar of Modena, plus more for drizzling

2 cups arugula

2 cups radicchio

4 ounces mozzarella, cut into cubes

2 ounces shelled walnut halves

Coarse sea salt and freshly ground black pepper, to taste

• **Preheat your oven** to 400°F. Trim the beets and place on a rimmed sheet pan lined with heat-safe parchment paper. Toss with the 1 tablespoon olive oil. Roast until tender or until the tip of a sharp knife easily pierces the beets, up to an hour.

• **Out of the** oven, roll up the beets in the parchment and allow them to sit for 10 minutes, then peel them. Quarter the beets and toss with another tablespoon of olive oil and the vinegar. (If making them in advance, allow to cool to room temperature and then refrigerate until you're ready to plate.)

• **Rinse and pat** dry the arugula and radicchio. Cut the radicchio into bite-sized pieces. Divide among four plates, then top with equal amounts of beets, mozzarella, and walnuts. Drizzle with more oil and vinegar and season with salt and pepper to taste. *Yields 4 servings*



Baked Spinach and Bacon Dip

Cheesy goodness makes this appy a fall favorite

Get creative with the cheeses you include. I love a mix of cheeses to add layers of flavor as a counterpoint to the rich bacon. Serve with toasted baguette rounds or lavash crackers. This recipe also doubles as a veggie side dish—increase the spinach to 12 ounces to serve four people.

3 tablespoons extra virgin olive oil, divided use, plus more for the baking dish

3 slices thick-cut bacon

1 large onion, finely diced

3 garlic cloves, minced

8 ounces fresh baby spinach leaves, rinsed, patted dry, and finely chopped

Sea salt, to taste

Freshly ground pepper, to taste

2 cups grated cheeses, such as Gruyère, Fontina, and Monterey jack

1⁄8 teaspoon freshly grated nutmeg

- **Preheat your oven** to 350°F. Lightly coat a 1-quart baking dish with olive oil; set aside. Heat a sauté pan over medium heat. When hot, add 1 tablespoon olive oil and the bacon. Cook until crisp, then use a slotted spoon to transfer the bacon to paper towels.

- **Add the remaining** olive oil to the pan with the bacon fat and sauté the onions and garlic until soft. Add the spinach, a large handful at a time, and sauté until completely wilted and all the liquid has evaporated—the mixture should look dry. Taste, then add salt and pepper if desired.

- **Off the heat,** quickly fold in the cheeses and then transfer contents to the baking dish. Top with nutmeg and bake for 15 minutes or until the cheese is bubbly. Just before serving, crumble the bacon over the top. *Yields 4 servings*



Olive Oil-Marinated Feta

A do-ahead cheese board centerpiece

This recipe is simplicity itself, plus you can make it your own by swapping your favorite fresh or dried peppers and herbs for the jalapeño and thyme. It will keep in the fridge for up to two weeks—just bring it to room temperature before serving. The marinated cheese cubes are delicious on their own, served over a bed of greens, or spread on crusty bread.

8-ounce block feta

1 jalapeño pepper, cut into rings

1/2 lemon, sliced into rings

1 sprig fresh thyme or 1/2 teaspoon dried thyme

1/3 cup extra virgin olive oil, more as needed

- **Cube the feta** and place the cubes in a 3- or 4-cup mason jar or shallow glass bowl with a lid. Tuck the pepper rings, lemon rings, and thyme in the spaces between the cheese cubes. Cover with olive oil and let sit at room temperature for 30 minutes. Refrigerate if not serving right away. The flavors will infuse the cheese over time. *Yields 4 to 8 servings*



Technique: Using Dried Herbs

No fresh herbs? No problem! Dried herbs are a convenient substitute, and it makes sense to stock your pantry with your favorites. As a general rule, when using dried herbs in place of fresh, cut down the amount by two-thirds—you'll need just 1 teaspoon of dried for 1 tablespoon of fresh. Start your dried herb collection by acquiring small quantities of a few varieties, like oregano, thyme, and rosemary, and note how much you use over a few months. Freshly dried herbs are potent, but they will start to lose their strength over time. Regularly check with a sniff test—if you can't smell any aroma, they're past their prime.

Ingredient Spotlight: Feta

I love indulging in feta when I'm in Greece to select the very best fresh-pressed olive oil for Club members. Traditional feta is made from sheep's milk, though sometimes it's a blend that also includes goat's milk. Many stores in the US sell authentic Greek feta—it will say so right on the package. American-made feta is milder in taste, as it's made from cow's milk. I suggest a home tasting to see which one you like better.

Either way, feta is a fresh cheese that's lower in fat than many other types of cheese and has great appeal and versatility; for example, it will soften when baked, so it's great on focaccia or pizza. If salt is a concern, read the nutrition panel to stay within your limits. Because packaged feta crumbles have a tendency to dry out quickly and lose their taste, always buy feta in block form, submerged in brine—it will keep for weeks.



Ultimate Guac

Rich and extra creamy, thanks to extra virgin olive oil

Guacamole is a perennial crowd pleaser, perfect for fall get-togethers. I love serving it with bell pepper spears and other veggies as well as chips. You can use a traditional molcajete—a Mexican mortar and pestle—for prepping and serving, but a food processor makes quick work of blending the hard ingredients.

1/2 medium red onion, cut into chunks

1/2 cup cilantro, leaves and some stems

1 garlic clove, peeled

Juice of 1/2 lime, plus more to taste

1 jalapeño, stemmed and seeded

2 ripe avocados

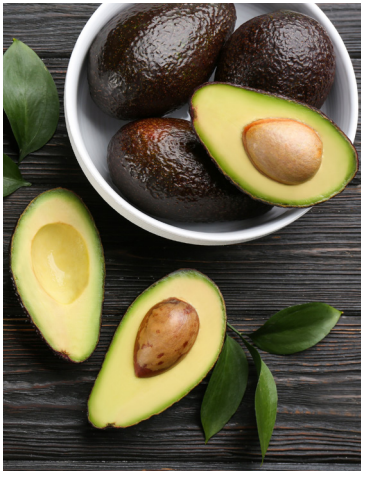
2 tablespoons extra virgin olive oil, plus more for drizzling

Sea salt

Freshly ground black pepper

- **Place the onion** in a food processor and pulse until roughly chopped. Add the cilantro, garlic, lime juice, and jalapeño, and process until finely chopped; set aside.

- **Mash together the** avocados and olive oil in a large bowl or molcajete, leaving some chunks if you like. Fold in the chopped onion mixture. Season to taste with salt and pepper and, if desired, more lime juice. Drizzle with olive oil before serving. *Yields 4 to 6 servings*



Buffalo-Style Cauliflower with Blue Cheese Dip

A veggie version of the classic wings dish



Chicken wings and cauliflower have one thing in common: They take on the flavor of whatever delicious ingredients you lavish on them. Now, here's what they don't have in common: nutritional benefits—cauliflower wins that hands down. But nowhere is it written that good for you can't taste good to you as well. This refresh of Buffalo wings will convince you. Serve with celery sticks, if desired.

For the cauliflower and sauce:

1 large head of cauliflower

2 tablespoons cornstarch

1-1/2 teaspoons garlic powder

1-1/2 teaspoons ancho chile powder

1/2 teaspoon freshly ground black pepper

6 tablespoons extra virgin olive oil, divided use

1/4 cup hot sauce, such as Cholula or Frank's RedHot

3 tablespoons lemon juice

4 cloves garlic, minced

For the blue cheese dip:

1/2 cup crumbled Cabrales or another artisanal blue cheese

3/4 cup sour cream

1/4 cup mayonnaise

1 teaspoon Worcestershire sauce

1 to 2 tablespoons milk if needed

1 tablespoon extra virgin olive oil

• **Place an oven** rack in the bottom third of your oven and preheat to 425°F. Line a large rimmed sheet pan with parchment paper.

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Buffalo-Style Cauliflower with Blue Cheese Dip

A veggie version of the classic wings dish

• **Cut the cauliflower** into large florets, leaving as much of the stem as possible intact to give them the look of wings. Transfer to the sheet pan, along with any cauliflower bits, without crowding them. In a small bowl, whisk together the cornstarch, garlic and ancho chile powders, and black pepper, then whisk in two tablespoons of olive oil. Brush about half the mixture on the cauliflower. Bake for 10 minutes. Take the sheet pan out of the oven, flip the cauliflower pieces, and brush with the remaining olive oil mixture. Bake for another 10 minutes while you make the Buffalo sauce.

• **In a small** bowl, whisk together the remaining olive oil, hot sauce, lemon juice, and minced garlic. Take the cauliflower out of the oven, flip each piece again, and brush with the Buffalo sauce. Return to the oven for a final 10 minutes or until browned and crispy.

• **To make the** blue cheese dip, mash the blue cheese with a fork in a small serving bowl. Whisk in the sour cream, mayonnaise, and Worcestershire sauce. If needed, thin with the milk. Drizzle with the olive oil. *Yields 4 servings*



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Please see why on page 64.

Ingredient Spotlight: Cauliflower

Cauliflower is just one of the superfood vegetables in the cruciferous family, which also includes broccoli, Brussels sprouts, bok choy, and cabbage, as well as watercress, kale, mustard greens, and even horseradish. What sets them apart from other veggies are compounds called glucosinolates, which are thought to prompt an anti-inflammatory and antioxidant response in the body when they're digested, according to the Linus Pauling Institute at Oregon State University. This response may be why cruciferous veggies have been linked to helping fight off illnesses ranging from heart disease to certain types of cancer.

If you took chemistry in high school, you probably remember the smell of sulfur in experiments. The reason that cruciferous veggies like cauliflower can emit a similar aroma is because of the very same glucosinolates that give them their health benefits…these compounds contain sulfur. The key to minimizing their pungency is the cooking method you use—coat lightly with olive oil and roast at high heat or sauté rather than boil. These methods also preserve more of their nutrients.

Upside-Down Puff Pastry Tartlets

A versatile hors d'oeuvre that's infinitely customizable

No more soggy bottoms when you use puff pastry as the topper for other ingredients. Variations can be savory, such as brie and prosciutto, or sweet, like mascarpone and pears (drizzle honey instead of the balsamic over the pools of olive oil).

8 tablespoons extra virgin olive oil

Balsamic vinegar of Modena

1/2 cup pine nuts or pistachios

1 medium red onion, very thinly sliced

8-ounce goat cheese log, sliced into rounds

2 tablespoons fresh thyme, chopped

All-purpose flour for rolling out the dough

One 14-ounce package frozen puff pastry dough, defrosted as directed

1 egg



- **Preheat your oven** to 400°F. Line a rimmed sheet pan with parchment paper. Make 8 equal pools of olive oil across the pan and drizzle a small amount of balsamic vinegar over each one. Top each with a tablespoon of nuts, a slice of onion, and equal amounts of goat cheese and thyme.

- **Lightly flour a** separate piece of parchment paper, unfold the puff pastry, and use a floured rolling pin to gently roll out the seams. Use a sharp knife or pizza cutter to cut it into 8 equal rectangles. Place a rectangle of dough over each mound of filling, stretching it gently if needed, to cover the ingredients, then press the edges into the parchment to create a seal. Beat the egg with a teaspoon of water and brush it on the pastry.

- **Bake for 20** minutes or until the pastry puffs and turns golden brown. Let cool briefly and then use a wide spatula to flip the tartlets onto a large platter or individual dishes.

Yields 8 servings

Crab and Shrimp Chowder

A rich soup to warm up chilly autumn nights



Canned crabmeat is readily available at many markets, and this recipe is delicious whether you use claw meat or the more expensive lump crabmeat.

3 tablespoons extra virgin olive oil

1 pound shrimp, shelled

1/2 cup grated yellow onions

2 tablespoons sherry vinegar

2 tablespoons all-purpose flour

2 cups milk

1 cup half-and-half

8 ounces cooked crabmeat

2 cups cooked red potatoes, cut into cubes

1/4 teaspoon dried thyme

1 teaspoon sea salt, plus more to taste

1 teaspoon freshly ground black pepper, plus more to taste

- **Heat a medium-sized** Dutch oven. When hot, add the olive oil and the shrimp and cook until the shrimp turns pink, about 2 minutes on each side. Use a slotted spoon to transfer the shrimp to a bowl. Add the onions to the pan (add more olive oil if needed) and sauté until soft, about 5 minutes. Deglaze the pan with the vinegar. Add the flour and whisk vigorously until you get a thick paste, about 3 minutes. Whisk in the milk, 1/2 cup at a time, letting the mixture thicken before adding the next 1/2 cup. Whisk in the half-and-half in the same way. Lower the heat to a simmer and fold in the cooked shrimp, crabmeat, potatoes, thyme, salt, and pepper. Heat through, about 3 minutes. Adjust the seasonings to taste and serve.

Yields 4 to 6 servings



French Onion Soup with Cheesy Croutons

An updated classic that's a meal in itself

This simple adaptation of classic French onion soup is perfect for lunch or dinner and makes enough for a few meals or a large crowd. If you've got a free afternoon, making your own rich beef stock is a slow-food pleasure, but a store-bought brand will still deliver rich taste. Take the time to fully caramelize the onions at the start of this recipe—that's where most of the active cooking time is needed and when the deep flavor develops. The melted cheese-and-crouton topping is a fun twist on bread rounds and easier to eat with a spoon!

For the soup:

5 tablespoons extra virgin olive oil, plus more as needed

5 pounds yellow onions, peeled and sliced into roughly 1/2"-thick rounds, and then separated into rings

Coarse salt

Sugar

1/2 cup cognac

8 cups homemade or low-sodium store-bought beef stock, plus more as needed

1 cup dry vermouth

Freshly ground black pepper, to taste

For the croutons:

10 baguette slices, about 1/2" thick, cut into cubes

2 tablespoons extra virgin olive oil

1/2 cup grated Gruyère cheese

- **Heat a large,** heavy-bottomed skillet over medium-high heat (depending on the size of your skillet, you may need to work in batches or use two skillets). When hot, add one tablespoon of the oil for every pound of onions that will fit in the pan. Add the onions and toss them in the oil. Cover the pan to sweat them for about 10 minutes over low-medium heat, taking care not to burn them.

(continued on next page)

French Onion Soup with Cheesy Croutons

An updated classic that's a meal in itself

• **Take off the** cover, sprinkle the onions with large pinches of salt and sugar, and continue cooking until they become soft and browned, up to 50 minutes (the liquid in the pan will evaporate; add water, a tablespoon at a time, if needed to prevent burning). At the end of the cooking time, add the cognac to deglaze the pan, then transfer the onions and any liquid to a large stockpot.

• **Add the beef** stock and vermouth to the stockpot with the onions and bring to a boil. Lower the heat to a simmer and continue cooking for another hour. Taste, then add black pepper, if desired.

• **For the croutons:** Just before serving the soup, set your oven to broil. Spread out the bread cubes on a rimmed sheet pan and toast under the broiler, watching closely as it should take only a few seconds. Very carefully take the sheet out of the oven and use tongs to push the toasted croutons close together. Sprinkle with olive oil, top with the cheese, and put the sheet pan back under the broiler until the cheese melts, again for only a few seconds.

• **To serve, ladle** soup into bowls or wide mugs and, using tongs, top each with some cheesy croutons.

Yields 10 to 12 servings



Not a Club member?

For maximum flavor in all these recipes, be sure to use fresh-pressed olive oil.

To join the Club, see page 3.

Ingredient Spotlight: Onions

Onions are wonderful flavor enhancers and can impart different degrees of sweetness based on the variety:

The most popular and easy-to-find onion is the **yellow onion,** a great option when the onions will be cooked. You might also see Spanish yellow onions, which are a bit sweeter.

Even sweeter are varieties such as **Vidalia, Walla Walla,** and **Maui,** though they're not usually available year round. When caramelized, they add exceptional flavor to dishes like French onion soup.

Occasionally, you'll see **white onions,** milder in flavor than yellow onions and with a great crunch that makes them perfect for eating raw.

Red onions add bright color to dishes and a more noted, spicy flavor to go with it. They're more on the sweet side right at harvest and can turn sharp as they age, so you might find that they taste different depending on the time of year (they will always be milder when cooked). They're a great choice for pickling and for boldly flavored recipes, but they can overpower a mild dish.



The Creamiest Cream of Cauliflower Soup

A satisfying starter for cool days and nights

Roasting the cauliflower first adds great depth of flavor to this velvety soup, further enhanced with cheddar cheese and a hint of heat from the cayenne. Broccoli lovers can adapt this recipe by using 1-1/2 pounds of florets instead of the cauliflower.

1 large head of cauliflower, about 1-1/2 pounds

4 tablespoons extra virgin olive oil, divided use, plus more for serving

2 tablespoons whole wheat flour

2 cups milk

4 ounces sharp white cheddar cheese, coarsely shredded

1/4 teaspoon cayenne pepper powder

1/4 teaspoon freshly ground black pepper

1 cup homemade or low-sodium store-bought chicken or vegetable stock, plus more as needed

- **Preheat your oven** to 375°F. Core the cauliflower and break it into florets. Transfer them to a rimmed sheet pan and toss with 2 tablespoons of olive oil. Roast for between 45 and 60 minutes, until tender and slightly browned. Remove from the oven and set aside, reserving a few small florets to use as garnish.

- **Start the soup** by making a roux: Heat a large Dutch oven or stockpot over medium heat. When hot, add the remaining 2 tablespoons of olive oil. Sprinkle on the flour and whisk vigorously, letting the mixture cook for 3 minutes until bubbling. Slowly whisk in the milk in batches, bringing the mixture to a low boil after each addition. Next, whisk in the shredded cheese and stir until melted and fully incorporated—it should be thick. Add the cayenne and black peppers and remove from the heat.

- **In a blender,** process the cauliflower, the cheese mixture, and the broth until smooth (you may need to do this in batches). Transfer back to your pan and slowly reheat before serving. If the soup is too thick, whisk in more broth (or water) as needed. To serve, ladle into bowls and top with the reserved roasted florets.

Yields 4 servings

Yellow Split Pea Soup

A hearty twist to the traditional legume-based dish



Yellow split peas are often under-appreciated compared to the green ones, but they make a bright, savory soup that truly satisfies.

6 tablespoons extra virgin olive oil, divided use, plus more for drizzling

2 small onions, diced

1 yellow or red bell pepper, seeded and diced

2 cloves garlic, coarsely chopped

1 bay leaf

1 cup dry yellow split peas

3-4 cups homemade or low-sodium store-bought chicken or vegetable stock, plus more as needed

Sea salt, to taste

Freshly ground pepper, to taste

Paprika, preferably pimentón (smoked Spanish paprika), to taste

1 tablespoon fresh flat-leaf parsley, finely chopped

• **Heat a large** Dutch oven or stockpot over medium heat. When hot, add 3 tablespoons of the oil, the onions, bell pepper, and garlic, and sauté just until the vegetables start to soften, about 3 minutes. Add the bay leaf, split peas, and 2 cups of stock, and mix well. Bring to a boil and then lower

(continued on next page)

Yellow Split Pea Soup

A hearty twist to the traditional legume-based dish

the heat to a simmer. Cook, uncovered, until the split peas are tender, about 45 minutes, stirring in additional broth, 1/3 cup at a time, as needed so that they don't dry out or scorch the bottom of the pan before they're done.

- **Remove from heat** and allow to cool slightly. Discard the bay leaf. Use a slotted spoon to remove about 1 cup of the split peas and reserve. Transfer the rest to a food processor along with the remaining 3 tablespoons of olive oil. Pulse until you achieve a smooth consistency, adding more broth if needed. Add in the reserved split peas and season to taste with salt and pepper. To serve, sprinkle with paprika and parsley and drizzle with olive oil. *Yields 4 servings*



Ingredient Spotlight: Yellow Split Peas and Other Legumes

Legumes are superstars among plant-based foods because of their fiber, protein, and wealth of vitamins and minerals. They're often referred to as functional foods because they do more than supply nutrients—they help with blood sugar, blood pressure, and cholesterol control. Also, their fiber goes beyond keeping you regular: It also feeds the all-important good bacteria in your digestive tract, improving your gut biome, a key player in metabolism, the immune system, and more. Technically, the term legume refers to the entire plant, while the edible seed is called a pulse. Dry peas, lentils, beans, and chickpeas all fall under the pulse umbrella (so do soybeans and peanuts).

Dry peas and lentils don't need to be soaked overnight before they're cooked. Simply rinse them, removing any tiny pebbles you might find. For cooking, a good rule of thumb is to start with 2 cups of liquid for 1 cup of dried peas or 2.5 cups of liquid for every cup of lentils, adding more as needed during cooking. They're often tender enough to toss in salads after a 30- to 40-minute simmer, and for soups and purées, they're usually ideal after 45 minutes.

For chickpeas, soak 1 cup in 3 cups water for 8 to 24 hours. For beans, use enough water to cover and soak overnight in a bowl that will accommodate them as they double or triple in size; drain, rinse with cool water, and simmer 1-1/2 to 2 hours, depending on your recipe.

Colorful Choices

Here are some of the varieties you're most likely to find in stores:

Whole or split yellow and green peas

Green, French green, red, black, and brown lentils

Black, red, Great Northern beans, lima, black-eyed peas (a bean, not actually a pea!), adzuki, cranberry, and fava beans



Autumn Dinner Salad

A sweet and savory meal

Salad is almost a misnomer for this hearty dish. Nutritious and filling, serve it for dinner on a cool night. The flavorful mix of roasted veggies doesn't need a full vinaigrette, just drizzles of olive oil and true balsamic vinegar.

1 acorn squash
Extra virgin olive oil
1 pound Brussels sprouts
1/2 teaspoon fine sea salt
6 cups baby spinach
1 ripe Hass avocado, cubed
1/2 cup pomegranate arils
4 figs, quartered
Balsamic vinegar of Modena

- **Heat your oven** to 400°F. Line two rimmed sheet pans with parchment paper.

- **Cut the acorn** squash in half, drizzle the cut sides with olive oil, and place cut side down on a sheet pan. Roast on the bottom rack for 45 minutes or until the tip of a sharp knife easily pierces the flesh. Remove from the oven and let rest until cool enough to handle, then cut the flesh away from the rind (a grapefruit spoon works well) and into large chunks.

- **About 15 minutes** into the squash cooking time, trim the Brussels sprouts, rinse, and pat dry, then halve them. Toss them in a bowl with about 1 tablespoon olive oil and 1/2 teaspoon salt. Transfer to the other sheet pan and roast on the top rack until tender and lightly browned, about 25 minutes.

- **To assemble the** salad, rinse the spinach and pat dry, then divide among 4 plates. Top each with equal amounts of squash, Brussels sprouts, and avocado. Garnish each plate with pomegranate arils and figs. Drizzle with olive oil and vinegar.

Yields 4 servings

Crispy Roasted Turkey & Gravy

A holiday favorite to enjoy year-round



A delectable centerpiece for autumn celebrations, the best roasted turkey has crisp skin and tender meat. The trick is to baste often and use an instant-read thermometer to avoid overcooking.

For the turkey:

One 12-to-16-pound turkey, fresh if possible

Extra virgin olive oil

2 teaspoons coarse sea salt, more as needed

2 teaspoons freshly ground black pepper, more as needed

2 teaspoons sweet paprika, more as needed

1 quart homemade or best-quality, low-sodium canned chicken stock

1 large onion, trimmed

2 carrots, peeled

2 celery stalks, trimmed

5 cloves garlic, smashed

4 fresh thyme sprigs or 1 tablespoon dried thyme

4 sage leaves

1 bay leaf



For the gravy:

Turkey neck and giblets

1 carrot, peeled and cut into chunks

1 stalk celery, trimmed

1 small onion, peeled and quartered

Pan drippings

3 tablespoons flour

3 tablespoons extra virgin olive oil

Coarse sea salt, to taste

Freshly ground black pepper, to taste

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Crispy Roasted Turkey & Gravy

A holiday favorite to enjoy year-round

• **Preheat your oven** to 400°F and set the rack in the lowest position. Place the turkey on a rack inside a roasting pan and brush liberally with olive oil all over. Sprinkle on the salt, pepper, and paprika, being sure to get it on the underside, into the cavities, and under the skin that covers the breast. Tuck the tips of the wings under the wing joint so they don't burn. Place 2 cups of stock in the bottom of the pan and roast for 30 minutes. Turn down the heat to 350°F, baste with the pan juices, and rotate the pan in the oven. Roast for another hour, basting every 15 minutes.

• **In a food** processor, coarsely chop the onion, carrots, celery, garlic, thyme, sage, and bay leaf, then add them to the roasting pan with the remaining 2 cups of stock. Continue roasting, basting every 15 minutes, for another 75 minutes for a 12-pound turkey, and an additional 12 minutes for each pound over 12. If the skin gets too brown, cover loosely with a large piece of foil. Check the internal temperature: the turkey is done when an instant-read thermometer inserted into the thickest part of the thigh, avoiding the bone, reads 160°F. Note that the turkey will keep cooking after it's out of the oven and will reach 165°F.

Not a Club member?
You'll love ❤ the Fresh-Pressed Olive Oil Club!

Please see why on page 64.

• **To make the** gravy, while the turkey is roasting, make a turkey broth by adding the neck, giblets, vegetables, and 3 cups water to a saucepan. Bring to a boil, then simmer until the turkey is done.

• **Strain the pan** drippings into a large measuring cup; transfer 2 cups to a smaller measuring cup and save the rest for another batch of gravy. (If you don't have 2 cups, just use more of the turkey broth.)

• **Heat a saucepan** over medium-high heat. When hot, make a roux by adding the flour and olive oil, whisking until smooth and thick. Add 1/2 cup of pan drippings at a time to the roux, constantly whisking. When the gravy gets thick, add more pan drippings. Repeat until you've added the 2 cups. Then whisk in 1 or more cups of the turkey broth, as needed for a pourable gravy. Taste and season with salt and pepper if desired.

Yields 12 or more servings





Shepherd's Pie

Dinner in a skillet

This spin on the British pub favorite has a decidedly American appeal, courtesy of barbecue sauce ingredients for the meat and the cheese-enhanced mashed potatoes.

For the mashed potatoes:

2 pounds Yukon Gold potatoes, skin on

2 teaspoons coarse sea salt, plus more to taste

1/2 cup coarsely grated Manchego cheese

3 tablespoons extra virgin olive oil

1/4 cup half-and-half

Freshly ground black pepper, to taste

For the meat filling:

2 tablespoons extra virgin olive oil

1 large onion, grated

3 cloves garlic, minced

2 pounds ground beef

3/4 cup ketchup

1/4 cup apple cider vinegar

3 tablespoons dark brown sugar

1/4 teaspoon cayenne pepper powder

1/2 cup homemade or store-bought low-sodium beef stock or 1/2 cup red wine

1/2 cup panko breadcrumbs

1/2 cup finely chopped fresh parsley

2 large carrots, about 8 ounces, diced and steamed

1 cup green peas, fresh or defrosted if frozen

- **Make the mashed** potatoes: Quarter the potatoes. Bring a large pot of water to a boil, then add the potatoes and the salt. Cook for 18 minutes or until tender. Drain and return to the pot. Add the cheese, olive oil, and half-and-half, and whisk until creamy. Taste, then season with salt and pepper, as desired. Cover the pot and set aside.

- **Make the meat** filling: Heat a deep 10-inch cast iron skillet on the stovetop. When hot, add the olive oil, onion, and garlic, and sauté well. When the onions have released most of their liquid, add the ground beef and brown it thoroughly. Add the ketchup, vinegar, brown sugar, and cayenne, and stir to combine. Add the stock or wine and cook down for 10 minutes.

- **Meanwhile, preheat your** oven to 350°F. Add the panko and parsley to the skillet and stir; the filling should be very thick with no liquid left. Off the heat, fold in the carrots and peas.

- **Use a large** ice cream scoop to place rounds of mashed potatoes over the filling, then smooth them out with a large, offset spatula. (For a more festive presentation, place the mashed potatoes in a pastry bag fitted with a large star tip and pipe stars over the filling.) Bake until heated through and the top of the potatoes has browned slightly, about 15 to 20 minutes.

Yields 6 to 8 servings

Duck Breasts with Orange Sauce

A romantic dinner for two (or more)

You don't need to go to a French restaurant to enjoy succulent duck breast in a sweet-and-citrusy sauce. This modern take on the classic requires only a few ingredients and well under an hour to make.



2 duck breasts, about 12-14 ounces each

3 tablespoons of olive oil, divided use, plus more for the duck breasts

Sea salt

Freshly ground black pepper

1/4 cup cognac or Sauternes

2 large oranges

2 tablespoons sugar

3 tablespoons apple cider vinegar or apple balsamic vinegar

• **Remove the thin** tenderloin strips from the underside of the duck breasts and reserve. Score the fat side of the breasts, drizzle with a small amount of olive oil, and rub salt and pepper on both sides; let rest at room temperature while you make the sauce.

• **Cut the tenderloin** strips into small pieces. Heat a large skillet over medium-high heat. When hot, add 2 tablespoons of the olive oil and sauté the tenderloin pieces until browned and cooked through. Deglaze the skillet with the cognac or Sauternes; set aside.

• **Zest the peel** of both oranges. Juice one orange. Peel the other orange and, working over a bowl to catch the juices, cut out and separately reserve the segments; discard the segment skins. In a small saucepan, boil down the sugar and vinegar by half, then add in the tenderloin pieces and their deglazing juices (reserve the skillet), the orange zest, and all the juice. Reduce again until syrupy, about 20 minutes, stirring occasionally.

• **While the sauce** is reducing, cook the duck. Use a paper towel to wipe out the skillet and reheat it. When hot, put in the breasts, skin side down (the fat will start to render immediately).

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Duck Breasts with Orange Sauce

A romantic dinner for two (or more)

Sear for 8 minutes over medium-high heat, checking that the skin browns but doesn't burn (lower the heat if needed). Flip the breasts and cook 5 minutes more for medium doneness. Place the breasts on a cutting board and rest for 10 minutes.

• **Right before serving,** whisk the final tablespoon of olive oil into the sauce and add the orange segments; reheat briefly if needed. Use a sharp chef's knife to carve each breast into slices and fan out on dinner plates. Spoon on the sauce. *Yields 2 generous (or 3 to 4 small) servings*



Ingredient Spotlight: Duck Breasts

I love the convenience of duck breasts: They're so easy to cook and quite meaty, plus you don't have to worry about the breast meat drying out as you wait for the legs to cook through when roasting a whole duck. There are many wonderful purveyors of antibiotic-free duck breasts, and you can often find them sold in the meat section at the supermarket. D'Artagnan is perhaps the best-known brand, but you can find other companies online, such as Duckchar.

When shopping for breasts, you're likely to find one of three types: Moulard, Pekin, and Muscovy. They differ by both taste and size—figure on one 7- or 8-ounce variety per person or one 12-14 ounce variety for two people (true fans will want a breast all to themselves—no sharing!).

Moulard duck breast, which comes from breeding a male Muscovy duck and a female Pekin duck, is the largest of the choices, typically weighing in between 12 and 16 ounces each. It has a thick layer of fat and red meat.

Pekin duck breast has the mildest flavor and is the most common type of duck available. Sold whole as Long Island duckling, its flesh is more on the pink side, with breasts between 7 and 8 ounces.

Muscovy duck breast has a deep duck flavor and deep red, extremely lean flesh with a thinner fatty layer. Typically these weigh about 8 ounces.

Special Occasion Rack of Lamb

These meaty "lollipops" are a succulent indulgence

This tender and garlicky dish was inspired by Julia Child's classic recipe, which uses a two-step roasting method. The recipe can be multiplied as needed.



1 rack of lamb, about 8 ribs, trimmed French-style

Sea salt

Freshly ground black pepper

2 garlic cloves

4 tablespoons extra virgin olive oil, divided use, plus more for the sheet pan

2 tablespoons Dijon mustard

1/2 teaspoon rosemary, crumbled

1/2 cup panko breadcrumbs

• **Place one of** the oven racks in the top third of your oven and preheat to 500°F. Score the thin fat layer on the lamb and season with salt and pepper. In a small food processor, pulse the garlic, 2 tablespoons olive oil, mustard, and rosemary into a paste. Spread it over the top and sides of the lamb. Place the lamb, fat side up, on a lightly oiled rimmed sheet pan, then into your oven.

• **After 15 minutes,** turn the heat down to 400°F and carefully remove the sheet pan with the lamb from the oven. Pat the panko over the top, then drizzle on the rest of the olive oil and return the lamb to the oven for another 15 minutes or until an instant-read thermometer reaches 125°F for rare or 135°F for medium.

• **Let rest for** 10 minutes before slicing into chops and serving with the pan juices. *Yields 2 servings*

Ingredient Spotlight: Rack of Lamb

A fully trimmed rack of lamb—backbone and cap of meat and fat removed—is one of the costliest meat cuts, but it's almost all meat, quite succulent, and completely regal. French-trimming goes the additional step of removing all meat and fat between and on the exposed lower ribs, giving them a very clean look—each one serves as a handle for holding onto the chop. When you see lamb lollipops on a menu, they come from a rack of lamb that's been prepped this way, and they make festive appetizers. While it's possible to trim a rack yourself, this is something the butcher at your market can do for you.

Pork Chops Provençal

A dish that will transport you to the south of France



This Mediterranean-style dish, made stovetop in a single pan, creates a rich, tomato sauce as it cooks. In place of chops, you can use 1-inch medallions cut from a boneless pork tenderloin. Roasted new potatoes make a delicious accompaniment.

1/4 cup white whole-wheat or all-purpose flour

1 teaspoon each sea salt and freshly ground black pepper

4 tablespoons extra virgin olive oil

6 pork chops, each about ½-inch thick

4 garlic cloves, finely minced

2 bell peppers, red and green, cut into strips

2 cups cherry tomatoes, halved

1 small red onion, slivered

1/3 cup balsamic vinegar

1/3 cup homemade or low-sodium store-bought chicken stock

One 28-ounce can crushed tomatoes

1/2 cup Castelvetrano olives, pitted

1 teaspoon herbs de Provence or dried thyme

• **Combine the flour,** salt, and pepper in a pie plate. Heat a frying pan large enough to hold the chops (if necessary, you can cook them in batches). When hot, add the olive oil and quickly coat both sides of each chop in the flour mixture, shake off any excess, and add to the pan. Sauté 5 minutes on each side or until browned. Transfer the chops to a dish. Add the garlic, peppers, tomatoes, and red onion to the pan and sauté until tender, 5 to 10 minutes.

• **Deglaze the pan** with the vinegar, then add the chicken stock and crushed tomatoes. Bring to a boil and add back the chops, arranging them in a single layer under the vegetables; top with the olives and herbs. Reduce the heat and simmer until the pork is cooked through and registers 145°F on an instant-read thermometer, about 10 minutes more.

Yields 6 servings



Citrus-Marinated Roasted Pork Shoulder

Cuban-style flavor enhances this bone-in cut

Though this recipe calls for 24 hours of marination, the delicious results don't require much active prep work.

4 garlic cloves, roughly chopped

3 small sprigs fresh oregano or 2 teaspoons dried

1/4 cup cilantro, leaves and some stems, rinsed

1/2 Vidalia or other sweet onion, peeled and quartered

1 tablespoon ground cumin

1/2 cup extra virgin olive oil, plus 2 tablespoons

1 lemon, zested and juiced

2 oranges, zested and juiced

1 small grapefruit, zested and juiced

3/4 teaspoon coarse sea salt

1/4 teaspoon coarsely ground fresh black pepper

One bone-in pork shoulder, about 5-6 pounds

• **In the work** bowl of a food processor, combine the garlic, oregano, cilantro, and onion. Chop well, then add the cumin and the 1/2 cup olive oil, and pulse to combine. Add the juices and zests, salt, and pepper, and pulse again. Reserve 1/2 cup of the marinade in the fridge to use as a baste during cooking. Transfer the rest to a glass bowl large enough to hold the roast. Add the pork to the bowl, turn to coat, and submerge as much as possible in the marinade. Cover the bowl and refrigerate for 24 hours, turning periodically to redistribute the marinade.

• **When ready to** cook, preheat your oven to 350°F. Prepare a large roasting pan by lining it with foil (for an easy cleanup) and place a roasting rack in the bottom. Take the roast out of the marinade and transfer it to the roasting rack. Drizzle on the 2 tablespoons olive oil. Let it come to room temperature, along with the container of reserved marinade, about 30 minutes.

• **Pour 2 cups** of water into the bottom of the pan, tent the pan with foil, and roast the pork in the lower third of your oven. After an hour, take off and discard the foil. Baste the pork with some of the reserved marinade and continue cooking. Baste every 20 minutes until an instant-read thermometer reaches 145°F in the thickest part (cooking time is about 20 minutes per pound, so between 1 hour and 40 minutes and 2 hours in total). Let the roast rest for 10 minutes before slicing. Serve with the juices from the bottom of the roasting pan. *Yields 6 servings*

Pasta with Sausage Ragu

A meat triple-header that will delight pasta lovers

This is a hearty comfort food you'll make time and again. The egg yolks add richness, no cream needed; see **"Technique: Separating Eggs"** *on page 59 for a simple hack.*

4 ounces bacon, cut into small pieces

3 tablespoons extra virgin olive oil, plus more for drizzling

1 large onion, slivered

1 pound sweet Italian sausage meat

8 ounces ground beef

3 tablespoons tomato paste

One 28-ounce can diced tomatoes

1 cup red wine

1 pound penne or another tube-shaped pasta

2 eggs plus 2 egg yolks

1/2 cup grated Parmigiano-Reggiano

Sea salt, to taste

Freshly ground black pepper, to taste



• **Heat a Dutch** oven or large skillet over medium heat. When hot, add the bacon and cook until crispy, about 5 to 10 minutes. Remove the cooked bacon bits with a slotted spoon so that the fat stays in the pan and place the bits on a dish lined with paper towels.

• **Add the olive** oil and slivered onions to the bacon fat and sauté until the onions soften, about 3 minutes. Add the sausage and ground beef, and sauté until cooked through, about 15 minutes, stirring constantly to break up any chunks of meat.

• **Push the onions** and meat to the outside of the pan, add the tomato paste in the center, and sauté it until fragrant and almost brown-burgundy in color, stirring constantly as it caramelizes. Add the diced tomatoes and the wine. Bring the sauce to a boil, then lower to a simmer for 20 minutes, stirring occasionally.

• **While the sauce** is simmering, cook the pasta according to package directions. Just before the pasta is

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Pasta with Sausage Ragu

A meat triple-header that will delight pasta lovers

done, whisk the eggs and cheese in a measuring cup. Drain the pasta and fold it into the meat sauce. Off the heat, pour on the egg mixture and toss well with tongs—the heat of the sauce will melt the cheese and set the eggs. Season to taste with salt and pepper, then crumble on the bacon and finish with a drizzle of olive oil. *Yields 6 to 8 servings*

Not a Club member?
Start enjoying harvest-fresh olive oil all year round by joining the Fresh-Pressed Olive Oil Club.

Discover the benefits of membership, page 3.

Technique: Sautéing Tomato Paste

You might be surprised that the directions in this recipe call for sautéing the tomato paste. But it's a step you should always follow, even for a very small amount of this ingredient. Doing so brings out the sweet flavor of tomatoes and gets rid of any tinny taste the paste might have when "raw" from the can.



Technique: Shopping for Sausage

I like to buy sausage meat that's been well spiced but not put into casings because it's easier to sauté for this ragu, for **The Only Thanksgiving Stuffing You'll Ever Need** recipe (see page 49), and for making patties for breakfast sandwiches. Ask the butcher at your market for it if you don't see it in the meat section. If links are the only option, squeeze the meat out of each sausage, working from the middle out to the two sides, and then discard the casings.

Pan-Roasted Cod with Tomatoes

A stovetop dinner that really satisfies



Cod tenderloin is a thick cut of fish that takes a few more minutes to cook than a thin fillet but stays wonderfully moist. The fresh tomatoes make a tasty pan sauce that's delicious with any mild fish as well as shellfish.

4 tablespoons extra virgin olive oil, divided use

4 garlic cloves, coarsely chopped

1 small yellow onion, coarsely chopped

1 small bell pepper, coarsely chopped

1/2 teaspoon crushed red pepper flakes, more to taste

1 pound cod tenderloin or fillets

2 cups cherry tomatoes

1/2 cup white wine or fish stock

6 large basil or flat-leaf parsley leaves, roughly chopped

- **Heat a large** wok or sauté pan over medium heat. When hot, add 3 tablespoons olive oil, the garlic, onions, and bell peppers, and cook until the vegetables are tender, about 5 minutes. Add the red pepper flakes and cook for 1 more minute. Push the vegetables to the sides, pour the last tablespoon of olive oil in the center of the pan, and add the cod. Cook undisturbed for 5 minutes.

- **Place the cherry** tomatoes in a ring around the cod and continue cooking until they burst, about 5 minutes, then mash them with a large fork or potato masher to release their juices. Add the wine or stock and herbs to the pan and reduce the heat to a low simmer. Cover and cook for about 5 to 8 more minutes until the fish is cooked through. Use a fish spatula to transfer the cod to a platter. Turn the heat up under the pan and bring the pan sauce to a low boil; cook for another 5 minutes to reduce it. To serve, divide the cod among 4 dinner plates and spoon on the tomatoes with their sauce.

Yields 4 servings



Seafood Fra Diavolo

A devilishly good red sauce to elevate fish and shellfish

So delicious, plus you can make it your own with the seafood you like best—go simple with shrimp, lavish with lobster tail meat and scallops, or easy with chunks of your favorite fish! Note: If using any precooked seafood, such as packaged crabmeat, skip the searing step and add it when you add back the other proteins at the end of the directions.

3 tablespoons extra virgin olive oil, plus more as needed

2 pounds assorted seafood, such as peeled shrimp, scallops, and calamari rings

1/2 cup finely chopped onions

1 serrano pepper, seeded and chopped

4 large garlic cloves, peeled and chopped

1 6-ounce can tomato paste

1/2 cup red wine

1 28-ounce can crushed tomatoes

1/2 teaspoon dried oregano

Pinch of sea salt

• **Heat a large** skillet over medium heat. When hot, add the olive oil and then the seafood, gently searing it on all sides. With a slotted spoon, transfer the seafood to a bowl next to your cooktop. Add more oil to the pan if needed, then add the onions and sauté until soft and

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Seafood Fra Diavolo

A devilishly good red sauce to elevate fish and shellfish

translucent, but not browned. Add the serrano pepper and garlic, and cook until soft.

- **Push the vegetables** to the outside of the pan, add the tomato paste in the center, and sauté it until fragrant and almost brown-burgundy in color, whisking constantly as it caramelizes. Slowly whisk in the wine, then add the crushed tomatoes, oregano, and salt, and reduce for 10 minutes.

- **Return the seafood** to the pan and cook for 3 to 4 minutes until cooked through. Serve over your choice of pasta.

Yields 4 servings

Ingredient Spotlight: Chile Peppers

A small, fresh chile pepper, such as a **jalapeño** or a **serrano**, adds spicy flavor to a sauce like fra diavolo (which, loosely translated, means brother devil). Remove the ribs and seeds for less heat; include them for more heat.

When fresh chile peppers aren't available, dried varieties are great alternatives. From mild **guajillos** and **cascabels** to spicy **chiles de arbol** to smokey **ancho chiles,** there are many to choose from.

You also can't go wrong having cayenne pepper powder and red pepper flakes in your spice collection; they will come in handy if you need a fast shake of extra heat. What's the difference? As its name implies, cayenne is made purely from **cayenne peppers,** which are some of the hottest chiles. As cayenne is usually sold as a powder, it will infuse your entire dish with heat.

Red pepper flakes are more generic in nature. They're typically made from a combination of three or four different chile varieties, cayenne included, and will deliver milder heat—you can always add more at the table if you want to make a dish spicier.



Spinach-and-Cheese Stuffed Shells

A great buffet dish as well as a one-pan supper

You can make my savory tomato sauce up to three days in advance, or use 3 cups of your favorite high-quality store-bought sauce for a fast prep.



For the tomato sauce:

3 tablespoons extra virgin olive oil

4 large garlic cloves, minced

1 cup grated yellow or Vidalia onions

One 6-ounce can tomato paste

1/2 cup red wine

One 28-ounce can crushed tomatoes

1 teaspoon sugar

1/2 teaspoon dried oregano

Pinch of sea salt

For the shells:

1 pound jumbo pasta shells

2 teaspoons sea salt

1 pound mozzarella, divided use

1 pound ricotta cheese

2 cups freshly grated Parmigiano-Reggiano cheese, divided use

1 cup cooked spinach, well chopped

2 tablespoons extra virgin olive oil, plus more for baking

1 egg, beaten

1/2 teaspoon dried oregano

1/4 teaspoon freshly grated nutmeg

1/4 teaspoon freshly ground black pepper

- **Make the sauce:** Heat a large saucepan. When hot, add the olive oil, garlic, and onions, and sauté until soft but not browned. Push the vegetables to the outside of the pan and add the tomato paste in the center. Sauté the paste until it browns to release its flavors.

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Spinach-and-Cheese Stuffed Shells

A great buffet dish as well as a one-pan supper

Deglaze the pan with the red wine, then add the crushed tomatoes, sugar, oregano, and salt. Simmer for 20 minutes (or more) while you prepare the shells.

- **Make the stuffed** shells: Bring a large pot of water to a rapid boil and add the shells and the salt. Cook according to package directions for al dente (don't overcook as the shells will soften more in the oven).

- **While they're boiling,** line a rimmed sheet pan with parchment paper and set aside. Preheat your oven to 375°F. Cut the mozzarella into small cubes. Place the cubes in a large bowl along with the ricotta, 1 cup grated Parmigiano-Reggiano, the spinach, olive oil, egg, oregano, nutmeg, and black pepper; mix thoroughly.

- **Drain the shells,** place them on the prepared sheet pan, and use a small spoon to stuff them with the spinach-cheese mixture. Lightly coat a large round or rectangular baking dish with olive oil and add three-quarters of the sauce; use an offset spatula to spread it out evenly.

- **Place the filled** shells in the baking dish in a festive pattern, brush the tops of the shells lightly with olive oil, and cover with the rest of the Parmigiano-Reggiano. Bake for 30 minutes or until the cheese topping is thoroughly melted and slightly browned. Serve with the rest of the tomato sauce on the side.

Yields 4 to 6 servings



Fried Polenta with Mushrooms

This Northern Italian favorite makes a terrific meatless meal



Making polenta involves the slow and steady addition of simmering water from a second pot on your stovetop—that water must be the same temperature as the cooking cornmeal. This prevents the cooking polenta from losing any heat each time more liquid is added. It takes time to make a tender polenta—upwards of 30 minutes of nearly nonstop stirring, but that part of this dish can be done a day or two ahead. Being well chilled makes it easy to cut the polenta into squares. Two or three types of mushrooms make a very flavorful topping, but let availability at your local market dictate the varieties you'll use.

For the polenta:

1 tablespoon extra virgin olive oil, plus more for the baking dish

8 cups of water, divided

1 tablespoon sea salt, more to taste

2 cups 100% whole-grain medium or coarse grind cornmeal

For the mushrooms:

3 tablespoons extra virgin olive oil, divided use

2 shallots, minced

2 garlic cloves, minced

1 pound assorted mushrooms, cleaned and sliced

1/4 cup homemade or low-sodium store-bought chicken or vegetable stock

1/4 cup vermouth or white wine

1 tablespoon unsalted butter

4-6 fresh sage leaves cut into thin ribbons

Sea salt, to taste

Freshly ground black pepper, to taste

For the finish:

Extra virgin olive oil for the griddle, plus more for drizzling

4 tablespoons of finely chopped fresh flat-leaf parsley

- **Make the polenta:** Lightly oil a large glass or ceramic baking dish with olive oil and set it aside. Fill a saucepan with 4 cups of water and bring it to simmer; maintain the simmer for the entire cooking time. Fill a Dutch oven or large saucepan with the remaining 4 cups of water and bring to a boil. Add the salt, olive oil, and then the cornmeal in a slow, steady stream. Stir constantly with a flat-edge silicone spatula to get all around the base of your pot.

- **When the cornmeal** mixture gets extremely thick and starts to bubble, add one cup of the hot water, stirring constantly until the mixture thickens again. Repeat this process with the second, third, and fourth cups of water. Taste the cornmeal: By now it should be quite smooth, but if it feels gritty, keep cooking it. Once it reaches the

(continued on next page)

Fried Polenta with Mushrooms

This Northern Italian favorite makes a terrific meatless meal

desired consistency, taste again and add a few pinches of salt as desired.

• **Pour the finished** polenta into the prepared baking dish. Smooth the surface with an offset spatula and let it cool slightly. Cover with a sheet of parchment paper and then with foil or plastic wrap and refrigerate from 4 to 24 hours. It will firm as it chills.

• **Prepare the mushrooms** close to serving time. Heat a large skillet over medium heat. When hot, add 2 tablespoons olive oil, the shallots, and garlic, and cook for 2 minutes. Raise the heat and sauté the mushrooms until they brown (do this in batches if necessary to avoid crowding). Lower the heat to medium and add the broth and wine, and cook until most of the liquid has evaporated and the mushrooms are tender.

• **Add the butter,** sage, and the last tablespoon of olive oil; season with salt and pepper to taste. Keep warm over very low heat while you finish the dish.

• **Use a sharp** knife to cut the chilled polenta into 8 rectangles. Heat a griddle and brush it with the olive oil. With a long spatula, transfer the polenta rectangles to the griddle and sauté on both sides until browned.

• **To plate, place** two pieces of fried polenta on each of four dinner plates and top with equal amounts of mushrooms, a sprinkle of parsley, and a drizzle of olive oil.

Yields 4 servings, 8 if a side dish

Ingredient Spotlight: Cornmeal

Cornmeal is the basis for many delicious foods, from polenta to cornbread (see page 52 for my **Chile Cheddar Cornbread** recipe). There are various brands and various grinds—usually fine, medium, and coarse. Many chefs prefer the more flavorful medium or coarse cornmeal for slow-cooked polenta and the somewhat less flavorful fine cornmeal for baked goods with a finer crumb. For cornbread, medium grind is best for getting a toothsome finish.

Equally important is choosing 100% whole-grain cornmeal to get the benefits of the corn germ and endosperm layers, including their fiber. Avoid degerminated cornmeal, which is processed and has far less nutritional value. Though cornmeal comes in white, yellow, and even blue varieties, there isn't a very noticeable difference in taste between them, so color is more of a personal preference. If you don't use it up quickly, store your cornmeal in the fridge or freezer to keep the natural oils from going rancid.



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Fried Polenta with Mushrooms

This Northern Italian favorite makes a terrific meatless meal



Ingredient Spotlight: Mushrooms

White mushrooms, whether button or jumbo size (perfect for filling and baking), are versatile and delicious, but there are other varieties that can enhance many dishes through their earthy flavors.

Portobello mushrooms are large, dense, and highly flavorful—they can be the star of many meatless meals. They're great grilled, thanks to their toothsome, steak-like texture, and wonderful when sliced and sautéed for pasta dishes.

Cremini mushrooms are young portobellos—you might see them labeled "baby bellos." Use them to elevate most any recipe that calls for white button mushrooms. These are great for **The Only Thanksgiving Stuffing You'll Ever Need** recipe on page 49.

Shiitake, oyster, and enoki mushrooms are uniquely shaped varieties, popular in many Asian dishes. You can often find dried shiitakes and can easily rehydrate them by soaking them in water; they are an essential in stir-fries. Enokis are more delicate than other varieties and are often used as a garnish for broths.

Native to the US, **hen-of-the-wood mushrooms** grow in wide clusters with overlapping light brown and somewhat frilly-looking caps.

Many French and Italian recipes feature wild mushrooms, such as **golden chanterelles** and **brown-toned porcinis** and **morels,** all prized as delicacies. Because they are often foraged, they can be quite expensive, but some are available dried, which makes them more affordable and gives them a longer shelf life. Always soak dried mushrooms in warm water and then squeeze out excess water before using—the soaking liquid can often replace some of the water or stock in your recipe.



Celebration Potato Pancakes

Latkes get festive with assorted toppings

This twist on traditional potato pancakes get sweetness from parsnips and a hint of tartness from the apple, plus garnishes that add more levels of flavor. Eggs replace flour as the binder, making this version gluten-free as well.

12 ounces red potatoes, scrubbed but not peeled

1 medium yellow onion, about 8 ounces

1 large Granny Smith apple, washed

6 ounces parsnips, peeled

3 large eggs

4 tablespoons extra virgin olive oil, divided use, plus more as needed

2 teaspoons coarse sea salt

1 teaspoon freshly ground black pepper

1 cup skyr, sour cream, or mascarpone

4 ounces thinly sliced smoked salmon, cut into 32 pieces

A few springs of fresh dill

Optional: capers, salmon roe, or another American caviar

• **Using the grating** blade of a food processor or a large box grater, finely grate the potatoes, onion, apple, and parsnips. Transfer to a very large bowl and mix well. Add the eggs, the 2 tablespoons olive oil, salt, and pepper, and toss thoroughly. Preheat your oven to 250°F and line a rimmed sheet pan with paper towels.

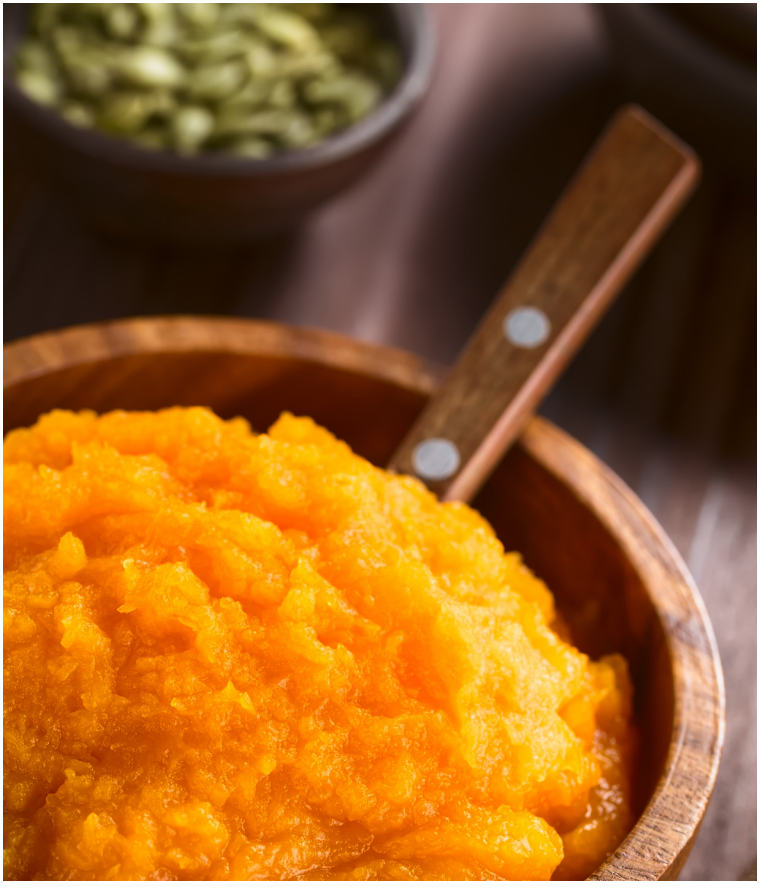
• **Heat a large** frying pan over medium heat. When hot, add 2 tablespoons of olive oil. Using a 1/4 cup measure as a scoop, make a layer of pancakes, flattening them slightly with the back of the measure. Cook over medium heat until they brown on the bottom, flip, and continue cooking until the underside browns and crisps. Transfer to the sheet pan and place in the oven to keep warm. Repeat with the rest of the mixture, adding more oil to the pan as needed.

• **To serve, top** each pancake with a dollop of skyr, sour cream, or mascarpone; a piece of smoked salmon; a snippet of dill; and a few capers, roe, or other caviar, if desired. *Yields 8 servings*

Mashed Squash

A sweet dish that's sure to delight

This side is rich and creamy, yet lighter than potatoes. It has great depth of flavor because the squash is roasted rather than boiled before mashing. My preference is for either kabocha or a section of a Hubbard squash (which is usually sold in cut pieces because it is so large), but any variety (other than spaghetti squash) will make a delicious dish.



Extra virgin olive oil

4 pounds squash

2 tablespoons real maple syrup, more to taste

1 tablespoon unsalted butter

1/2 teaspoon coarse sea salt

1/4 teaspoon freshly cracked black pepper

1/2 teaspoon ground cinnamon, more to taste

1/2 teaspoon nutmeg

- **Preheat your oven** to 400°F. Line a rimmed sheet pan with parchment paper and brush with olive oil.

- **If using a** whole squash, halve and seed it. Drizzle with olive oil, then place cut side down on the sheet pan. Roast for 40 minutes or until the tip of a sharp knife easily pierces the flesh. Remove from the oven and rest until cool enough to handle.

- **Use a grapefruit** spoon to scoop all the flesh from the rind and transfer to a large bowl. Use a potato masher to purée the squash, adding in the rest of the ingredients as you go. Taste and season with more maple syrup and/or cinnamon as desired. *Yields 4 to 6 servings*

Bean and Chickpea Sauté

A sweet and savory medley

This rich side dish can also be served as a meatless main course over rice.



4 tablespoons extra virgin olive oil, divided use

1 medium red bell pepper, diced

1 small yellow onion, chopped

2 garlic cloves, smashed and sliced

1 15-ounce can garbanzo beans, rinsed and drained

1 15-ounce can black or Northern beans, rinsed and drained

1/2 cup white wine

1/2 cup pitted green olives, like Castelvetrano, roughly chopped, plus 2 tablespoons brine

6 artichoke hearts, drained if jarred and roughly chopped

1 tablespoon chopped fresh flat-leaf parsley

1/2 teaspoon sea salt

1/2 teaspoon freshly ground black pepper

1/2 teaspoon ground cumin

1/2 teaspoon ancho chile powder

Optional garnish: sour cream or skyr

• **Heat a large** skillet over medium-high heat. When hot, add 2 tablespoons olive oil, the bell pepper, onions, and garlic; sauté until soft, about 10 minutes. Push the vegetables to one side of the pan and add the rest of the olive oil and the beans. Sauté until slightly crispy, about 5 minutes. Add the wine to deglaze the pan, then add the rest of the ingredients, folding them into the beans. Reduce the liquid until it makes a glaze on the beans, about 5 minutes. Transfer to a serving bowl and garnish with the sour cream or skyr, if desired. *Yields 4 servings*



Curried Rice

Indian influences elevate classic pilaf

Richly spiced and brilliantly hued rice makes a wonderful side dish that you can also turn into a meal by adding cooked chunks of your favorite protein.

2 tablespoons extra virgin olive oil

1 tablespoon unsalted butter

1/4 cup minced yellow onion

1 cup basmati rice

1/2 teaspoon turmeric

1-1/2 cups homemade or low-sodium store-bought chicken stock or water

4 strands saffron, optional

1/4 cup golden raisins

1 cup fresh or frozen green peas

1 cup diced cooked carrots

1 tablespoon fresh cilantro, chopped

• **Heat a 3-quart** saucepan over medium heat. When hot, add the olive oil and butter, then the onions. Cook, stirring frequently until softened but not browned, about 3 minutes. Add the rice and turmeric, stirring to coat the grains. Add the broth or water and saffron, if using, and bring to a low boil. Reduce heat to a simmer, cover, and cook for 20 minutes, checking after 15 minutes to see if all the liquid has been absorbed.

• **While the rice** is cooking, plump the raisins by soaking them in a cup of boiling water for 10 minutes, then drain. When the rice is done, turn off the heat, fluff with a fork, fold in the peas, carrots, and raisins, and cover the pan for 2 minutes before serving. Sprinkle with chopped cilantro, if desired.

Yields 4 servings



Cheesy Scalloped Potatoes

A decadent side dish everyone will love

Parboiling the potatoes slashes the baking time of this perennial favorite, and arranging the slices in rows in the baking dish gives them a more festive look.

3 tablespoons extra virgin olive oil, plus more for the baking dish

2 pounds Yukon potatoes, cut into 1/4-inch rounds

2 teaspoons fine sea salt

3 tablespoons all-purpose flour

2 cups whole milk

5 ounces each Gruyère and white cheddar, grated, divided use

2 garlic cloves, minced

Coarse sea salt, to taste

Freshly ground black pepper, to taste



- **Preheat your oven** to 400°F. Lightly coat a deep 8-inch square or 10-inch round or oval baking dish with olive oil; set aside. Bring a large pot of water to boil. Add the 2 teaspoons salt and the potatoes and cook for 10 minutes. Drain and set aside to cool slightly.

- **Heat a saucepan** over medium high heat. When hot, add the 3 tablespoons olive oil and the flour, and whisk until very thick, letting the flour cook without burning. Whisk in the milk, 1/3 cup at a time, always bringing it back to a low boil (it will become progressively thinner as the milk is added). Set aside 3/4 cup of the grated cheeses; add the rest to the saucepan along with the garlic and stir until the cheeses are melted. Season to taste with salt and pepper.

- **Make stacks of** potato slices and place them, on their sides, in three long rows in the baking dish. Top the potatoes with the cheese mixture and lightly cover with foil.

- **Bake for 20** minutes, then take off the foil and bake for another 20 minutes to brown the top.

- **Take the potatoes** out of the oven and set it to broil. Sprinkle the remaining cheese on top of the potatoes and put the baking dish under the broiler for 2 or 3 minutes to melt and brown the cheese topping. *Yields 8 servings*

The Only Thanksgiving Stuffing You'll Ever Need

A holiday must-have with layers of flavor

The blend of sweet and hot sausage means a taste explosion in every bite. Of course, if you prefer your stuffing to be on the milder side, you can use 2 pounds of sweet sausage only (see **"Technique: Shopping for Sausage"** *on page 35.) Though we still call it "stuffing," the safest and tastiest way to bake it is in its own dish—you'll get the crispy top that everyone loves over the greatest surface area, too.*

6 tablespoons extra virgin olive oil, divided use, plus more for the baking pan

2 large onions, peeled and diced

3 stalks celery, trimmed and sliced thin (some leaves are OK)

1 pound mushrooms, cleaned and thickly sliced

1 pound each sweet and hot Italian sausage meat

1/2 cup pine nuts

1/2 teaspoon dried thyme

1/2 cup sweet vermouth

1 French baguette or crusty Italian bread, cut into small cubes

3 to 4 cups homemade or store-bought low-sodium chicken stock

3 large eggs, beaten

8 tablespoons salted butter, cut into half-inch cubes

• **Heat a large** skillet over medium-high heat. When hot, add 4 tablespoons of the olive oil, the onions, and celery, and sauté the vegetables



until soft. Push them to the outside of the pan and sauté the mushrooms in batches to avoid crowding them. Next add the sausage, breaking it up into small pieces as it cooks. Continue cooking the meat until no pink is visible. Add the pine nuts and thyme, and cook for another minute. Pour in the vermouth, stir, and cook for another minute or two, loosening any bits on the bottom of the pan.

• **Place the bread** cubes in a very large mixing bowl and fold in the sausage and vegetable mixture. Moisten with the stock, adding one cup at a time—the mixture should be very wet but not runny. Fold in the beaten eggs.

• **Lightly coat a** deep 13-inch by 9-inch baking dish with olive oil. Transfer the stuffing to the pan, leaving about 1" clearance from the top—it will bubble up as it bakes. (Use a second baking dish if necessary.) Dot the surface of the stuffing with the butter cubes and drizzle on the remaining 2 tablespoons olive oil. Cover with foil, making a fairly tight seal.

• **Bake at 350°F** for 75 minutes, then take off the foil and bake for another 15 minutes to brown the top. The stuffing will keep warm out of the oven with the foil back in place for up to an hour. *Yields 8 or more servings*



Easy Glazed Carrots

A favorite that needs very little prep work

This simple technique intensifies the sweetness of the carrots. Be sure to watch very closely in the final minutes to avoid scorching them as the liquid fully evaporates.

2 pounds carrots, peeled and cut on the diagonal

2 tablespoons extra virgin olive oil

2 tablespoons unsalted butter

2 tablespoons sugar

1 teaspoon sea salt

2 tablespoons fresh flat-leaf parsley, chopped

• **Place the carrots** in a single layer (overlap slightly if necessary) in a large frying pan. Top with enough cold water to fully cover them. Bring the water to a boil, then add the olive oil, butter, sugar, and salt. Cover the pan and simmer for 20 minutes.

• **Remove the lid** and raise the heat to a low boil. Continue cooking until the water evaporates and the carrots are glazed. Sprinkle on the parsley just before serving. *Yields 8 servings*



Not a Club member? Please see page 3 for your special invitation to join the Fresh-Pressed Olive Oil Club.



Whole Cranberry Sauce

A Thanksgiving essential made simple

Once you see how fast it is to make fresh cranberry sauce, you'll never go back to canned. This recipe can be made up to 5 days in advance—longer if frozen.

1-1/2 cups sugar

1-1/2 cups cold water

1 pound cranberries, fresh or frozen

2 tablespoons extra virgin olive oil

1 tablespoon orange zest

• **Bring the sugar** and water to a boil in a 6-quart saucepan. Rinse the cranberries and add to the pan. Bring the liquid back to a boil, reduce the heat, and cook until the berries pop, between 5 and 10 minutes. Cook for 5 more minutes, then turn off the heat and use a potato masher to break up any remaining berries. Let cool to room temperature (the sauce will thicken as it cools), then fold in the olive oil and orange zest. Refrigerate until ready to serve.

Yields 12 servings

Chile Cheddar Cornbread

This bread basket favorite gets a flavor upgrade

My zesty take on cornbread makes a great accompaniment to so many meals—an egg-based breakfast, a lunch of hearty chili, or a gumbo dinner. Reheat any leftovers and top with red pepper jelly for a great snack. Along with the peppers, the cornmeal and white whole-wheat flour bring some always-needed fiber. For more on cornmeal, see the **"Ingredient Spotlight"** *on page 42.*



1/3 cup extra virgin olive oil, plus more for the pan

2 eggs

1-1/4 cups milk

1/2 cup sugar

1-1/2 cups 100% whole-grain medium grind cornmeal

1-1/2 cups white whole-wheat flour

1 tablespoon baking powder

1 teaspoon fine sea salt

1/2 teaspoon cayenne pepper powder

2–3 chile peppers, such as serranos or jalapeños, seeded and finely chopped

1 bell pepper, seeded and diced

3 ounces sharp cheddar cheese, grated

- **Preheat your oven** to 400°F. Lightly coat a 9-inch round cake pan with olive oil. In a small bowl, whisk together the 1/3 cup olive oil, eggs, milk, and sugar.

- **In a large** bowl, whisk the cornmeal, flour, baking powder, salt, and cayenne until well blended. Add the peppers and cheese, toss to coat, then add the liquid mixture. Fold gently until combined and pour into the pan.

- **Bake until a** tester comes out clean, about 20 minutes. Let cool for 5 to 10 minutes in the pan before turning out onto a plate and slicing. Serve warm. *Yields 8 generous wedges*





Old-Fashioned Chocolate Pudding

Sweet and satisfying

Those of us who grew up with homemade chocolate pudding as a treat know how satisfying it can be—store-bought brands can't hold a candle to it (and contain all sorts of unwanted ingredients). It takes just a few minutes to whip up your own. This pudding is doubly rich with the addition of chocolate—the pieces should melt right into the hot base.

1/4 cup best-quality natural cocoa powder

1/2 cup sugar

2 tablespoons cornstarch

1/2 teaspoon espresso powder

1/4 teaspoon salt

2 whole eggs

2 cups whole milk

2 ounces dark chocolate pieces

1 tablespoon unsalted butter

1 tablespoon extra virgin olive oil

1 teaspoon vanilla extract

- **Sift the cocoa,** sugar, cornstarch, espresso powder, and salt right into a 2-quart saucepan. In a large measuring cup, whisk together the eggs and milk; slowly pour into the saucepan, whisking to blend (a silicone whisk is great for getting around the edges of the pan).

- **Over medium heat,** slowly bring the mixture to a boil, then turn the heat down to a simmer. Cook until thick, whisking constantly, about 3 to 5 minutes.

- **Off the heat,** whisk in the chocolate pieces, butter, olive oil, and vanilla until smooth. Transfer the pudding to a serving bowl and let cool (place a round of parchment over the top if you don't want a skin to form). Refrigerate until cold and very thick, up to 4 hours.

Yields 4 servings

Chocolate Cream Cake

Dense and dreamy, this is the ultimate loaf cake

This cake travels well (keep it in the pan for the trip!), making it perfect for holiday or hostess gifting. It's rich and luscious, with a creamy center, and divine served with softened vanilla ice cream or whipped cream. It also happens to be gluten-free. Use your favorite dark chocolate; if it comes in bar form, chop it coarsely for easier melting.

12 ounces dark chocolate, preferably between 60% and 70% cacao

8 ounces unsalted butter

4 tablespoons extra virgin olive oil

1/2 teaspoon instant espresso powder

6 large eggs, at room temperature

1/3 cup sugar

1 teaspoon vanilla extract

Pinch of fine sea salt

Optional garnish: confectioners' sugar and cocoa



• **Preheat your oven** to 350°F. Line a loaf pan on all sides with parchment paper (you may find it easier with two sheets that overlap—one for the long side and the other for the short one).

• **Melt the chocolate** and butter in a large glass bowl in the microwave at 40 percent power in 1-minute spurts, stirring between each one, until just about melted. Use a whisk to thoroughly blend the melted chocolate and butter, then whisk in the olive oil and espresso powder.

• **In a separate** bowl, whisk the eggs until light in color, then whisk in the sugar, vanilla, and salt. When fully blended, fold into the melted chocolate.

• **Pour the batter** into the loaf pan and shake the pan lightly to level it. Bake for 25 minutes; it will be slightly wobbly in the center. Let cool in the pan for at least two hours.

• **When ready to** serve, lift the loaf out of the pan using the paper and invert onto a serving platter. Peel off the paper. If desired, dust the top with confectioners' sugar and/or cocoa. To serve, cut into thin slices.

Yields 12 servings



Pear and Cream Tartlets

Baked shells get the perfect fillings

Both the pastry cream and the pears can be made up to 2 days in advance. The pastry cream can be used in other desserts that call for it; the yield is 2 cups.

For the pastry cream:

3 tablespoons cornstarch

1/2 cup sugar

Pinch of fine sea salt

2 large eggs

3 egg yolks

1-1/2 cups whole or 2% milk

2 tablespoons extra virgin olive oil

2 teaspoons pure vanilla extract or paste

For the poached pears:

4 ripe but firm pears, such as Bosc or Concorde

Juice of 1/2 lemon

3 cups fruity white wine

1 cup water, more as needed

1 vanilla bean or 2 teaspoons vanilla paste or extract

For the tartlets:

1 package frozen puff pastry, about 14 ounces, thawed according to label directions

All-purpose or whole wheat pastry flour

1 medium egg

Local honey, to taste

Extra virgin olive oil, to taste

- **For the pastry** cream: In a heat-safe bowl, whisk together the cornstarch, sugar, and salt. Add the eggs and egg yolks and whisk until the mixture is light yellow. Place the milk in a saucepan and scald—you should see a light skin start to form, but don't let the mixture come to a fast boil. Vigorously whisk 1/4 cup of the liquid into the egg mixture, and then slowly whisk in the rest.

- **Transfer the mixture** back to the saucepan and bring to a low boil over

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Pear and Cream Tartlets

Baked shells get the perfect fillings

medium heat, whisking constantly to avoid curdling the mixture. Let it boil for 2 minutes as you continue to whisk; it should become quite thick. Remove from the heat. Whisk in the olive oil and vanilla and transfer to a glass serving bowl. Let it cool slightly, then press a round of parchment paper over the surface to prevent a skin from forming. Once the cream cools to room temperature, refrigerate until cold. Chill for up to 2 days.

• **For the pears:** Halve each pear, keeping the skins on. Use a melon ball scoop to remove the cores and a sharp paring knife to cut out the stems. Place the pears in a saucepan that will hold them snugly without crowding them and is deep enough to submerge them. Add the lemon juice, wine, water, and vanilla. If there isn't enough liquid to cover the tops of the pears, add more water. Bring the liquid to a simmer and cook for about 20 minutes, until a knife easily goes into the flesh. Let cool. If not using right away, refrigerate the pears in their liquid for up to 2 days.

• **When you're ready** to create the tartlets, preheat your oven to 425°F. Scatter a handful of flour on a 17-inch by 13-inch piece of parchment paper and unfold the thawed dough on top of it. Flour your rolling pin and roll out the seams in the dough; trim as needed to make a neat rectangle—it should be roughly 13 inches by 10 inches. With a sharp knife or pizza cutter, cut the dough into 8 equal rectangles. Score a 1/2-inch border around each rectangle and prick the inner part lightly with a fork, making an even pattern across the surface. Slide the parchment paper with the dough onto a rimmed sheet pan. Refrigerate for 15 minutes.

• **Whisk the egg** in a small bowl and lightly brush it over the dough. Place the sheet pan in the oven and bake until they puff and turn golden, about 20 minutes. Make a few slits with the tip of a sharp paring knife to release steam, then let cool to room temperature, about 15 minutes. (They should deflate a bit—if they don't, use a fork to press down on the center of each puff.)

• **To assemble, cut** each pear half horizontally into 1/2-inch slices. Spread about 1/4 cup of pastry cream inside each tartlet and use an offset spatula to smooth the surface. Top with even rows of pear slices, then drizzle with the honey and olive oil. *Yields 8 servings*



Pistachio-Lemon Bars

This perfect pairing makes a great do-ahead dessert

The sweet and tangy filling is complemented by a pistachio nut crust.



For the crust:

1/2 cup extra virgin olive oil, plus more for the baking dish

1-1/3 cup unsalted shelled pistachios, finely ground

2 cups all-purpose flour

2/3 cup whole-wheat pastry flour

1/3 cup sugar

Pinch of salt

1-1/2 teaspoons vanilla

2 sticks cold, unsalted butter, cut into small cubes

For the lemon filling:

8 eggs

1 cup sugar

Zest of 5 large lemons

2 cups fresh lemon juice

3 tablespoons cornstarch

4 tablespoons extra virgin olive oil

3 tablespoons butter

Optional: Confectioners' sugar, for garnish

- **Make the crust:** Preheat your oven to 350°F. Line a 10-inch by13-inch baking dish with parchment paper and lightly brush the bottom with olive oil. Place the ground pistachios, flours, sugar, and salt in a food processor and pulse a few times to combine. Add the 1/2 cup olive oil and vanilla and pulse 5 times. Add the butter and pulse about 10 times until the mix looks crumbly but holds together when pressed between your thumb and index finger. Transfer the dough to the baking dish and use your fingers or the bottom of a glass or metal measuring cup to press it into the bottom of the dish. Bake until lightly browned, about 25 to 30 minutes.

- **Make the filling:** While the crust is baking, add the eggs to a medium saucepan and beat lightly, then whisk in the rest of the ingredients. Place the pan over medium heat and bring to low boil, whisking well. Pour over the prebaked crust and return the baking dish to the oven until set, about 20 minutes.

- **Let cool completely.** Sprinkle with confectioners' sugar, if desired, and cut into 2- or 3-inch squares.

Yields 12 servings



Cannoli Cream Layer Cake

A classic treat reimagined as a light and luscious gâteau

Three layers of golden sponge and three layers of creamy filling add up to one delicious dessert.

For the cake layers:

1-1/4 cups cake flour

1/2 + 1/8 teaspoons baking powder

5 large eggs, separated

1 cup sugar, divided

10 tablespoons extra virgin olive oil

1-1/2 teaspoons vanilla

1/3 cup room-temperature water

1/2 teaspoon sea salt

1/2 + 1/8 teaspoons cream of tartar

For the filling/frosting:

32 ounces whole milk ricotta, drained in the fridge overnight in a cheesecloth-lined strainer over a bowl

8 ounces mascarpone, at room temperature

3/4 cup confectioners' sugar, more as needed

1 tablespoon vanilla

1/2 teaspoon cinnamon

Optional: 4 ounces dark chocolate, coarsely chopped

- **Line three 9-inch** cake pans with parchment paper rounds (do not grease them). If they'll all fit on one rack in your oven, place the rack in the center position; if not, place one rack in the top third and another in the bottom third. Preheat your oven to 325°F.

- **Whisk the flour** and baking powder in a bowl; set aside. In a large bowl or a stand mixer, beat the egg yolks and

(continued on next page)

Cannoli Cream Layer Cake

A classic treat reimagined as a light and luscious gâteau

half the sugar until pale, about 2 minutes. Whisk in the olive oil, vanilla, and water, then fold in the flour.

- **In a separate** bowl, beat the egg whites, salt, cream of tartar, and the rest of the sugar on low speed until foamy. Increase the speed to high and whip until the whites are stiff, between 8 and 10 minutes.

- **Gently fold the** whites into the yolk-flour mixture in three or four batches; you should barely see any of the whites. Divide the batter between the baking pans and use an offset spatula to level the tops. Bake for 20 to 25 minutes, until lightly browned and spongy (if using two racks, rotate the pans halfway through). Let cool completely in the pans.

- **Prepare the cannoli** filling: Place the cheeses, sugar, vanilla, and cinnamon in a food processor fitted with the steel blade. Process until completely smooth and thick, 3 to 5 minutes. If not thick enough, add more sugar ¼ cup at a time. Refrigerate for 1 hour.

- **To assemble the** cake, invert one cake layer onto a cake plate, peel off the parchment, and spread on 1/4 of the ricotta cream. Sprinkle on 1/2 the chopped chocolate, if desired. Repeat with the rest of the layers. Place the remaining ricotta cream in a pastry bag fitted with a star tube and pipe swirls over the top of the cake or simply use a large offset spatula to cover the top and sides.

Yields 10 servings



Technique: Separating Eggs

It's easier to separate yolks from whites when eggs are cold—right out of the fridge. Because whites whip up better at room temperature, separate your eggs about 30 minutes before you plan to start cooking. When you have a recipe that calls for yolks only, save your whites to add to scrambled eggs or to replace a whole egg in a recipe—two whites have the volume of one whole egg. Also, whites can be frozen; use a marker to note how many are in your container before they go into the deep freeze. When you have a recipe that calls for whites only, use the yolks to whip up a rich lemon curd or a sauce like béarnaise. Find recipes for both at freshpressedoliveoil.com.

Concord Grape and Pistachio Cake

A boldly flavored dessert perfect for breakfast the next day

When I was growing up, my grandparents had several Concord grapevines. I loved to pick the deep-purple clusters and wished I could have them year-round. But since early fall is the only time they're available, I'm always excited for this season. Note: Using cake flour rather than all-purpose flour makes a more tender cake.

1/2 cup extra virgin olive oil, plus more for the pan

3/4 cup cake flour

1-1/2 teaspoons baking powder

Pinch of salt

1 cup Concord grapes

1/2 cup unsalted, shelled pistachios

4 tablespoons confectioners' sugar

2 large eggs

1 cup sugar, divided use

1 teaspoon vanilla

4 large egg whites

1 tablespoon sanding sugar



- **Preheat your oven** to 350°F. Lightly coat a 9-inch springform pan with olive oil and line the bottom with parchment paper. Whisk the flour, baking powder, and salt in a large bowl. Working over a small bowl to catch the juices, slice the grapes in half and remove and discard the seeds, placing the grapes in a separate dish; set both bowls aside.

(continued on next page)

Concord Grape and Pistachio Cake

A boldly flavored dessert perfect for breakfast the next day

• **In a food** processor, pulse the pistachios with the confectioners' sugar until powdery. Add the whole eggs, 3/4 cup sugar, and vanilla, and pulse a few times to incorporate. Add half the flour mixture, then the 1/2 cup olive oil, and finally the remaining flour mixture, pulsing between each addition to incorporate. Transfer the batter to the bowl that held the flour and fold in the reserved grape juice.

• **In another large** bowl or a stand mixer, whisk the egg whites at a low speed until foamy, add the remaining 1/4 cup sugar, and beat at high speed until stiff peaks form. Fold a large spoonful of the egg whites into the batter to lighten it. Then gently fold in the remaining whites, being sure to reach the batter at the bottom of the bowl. Transfer the batter to the prepared pan and use an offset spatula to level the top.

• **Scatter on the** grape halves and sprinkle with the sanding sugar. Bake for 50 to 60 minutes, until there's no wobble in the center and the tip of a knife comes out clean. Cool on a rack for 10 minutes and then release the sides of the pan. Serve at room temperature. *Yields 10 to 12 servings*



Ingredient Spotlight: Concord Grapes

Just as berries deep in color have amazing and healthful antioxidants, so do dark Concord grapes. In fact, of all the grapes, Concords have the most antioxidants in their pulp as well as their skins. This and their wonderful intense flavor make having to deal with those little seeds worth the trouble. (You might be able to find a seedless variety.)

Look for bunches with dark blue-purple grapes and a dusty "bloom" (or light whitish finish)—this is a natural protectant. It's common to find a few grapes on any given bunch that are still green. Just discard them because they'll be sour. Store Concord grapes, unwashed, in the crisper drawer of your fridge for up to two weeks; rinse before eating or prepping them. They also freeze well and make an icy treat if you eat them without thawing.



Chocolate Truffles

Melt-in-your-mouth perfection

Truffles are surprisingly simple to make. If you're a chocolate aficionado, use a chocolate with your preferred cacao concentration and country of origin. For more on working with chocolate, see the **"Olive Oil Ice Cream Tartufo"** *recipe in Savor the Season: Summer.*

16 ounces dark chocolate

8 ounces heavy cream

2 tablespoons extra virgin olive oil

2 tablespoons unsweetened cocoa

- **Line the bottom** and two sides of an 8-inch square dish or cake pan with a piece of waxed paper; set aside. If using chocolate bars, cut them into roughly 2-inch pieces. Place the chocolate in a glass bowl and add the heavy cream. Microwave at 50% for 3 minutes. Let the bowl sit on a counter for 5 minutes, then use a whisk to stir until smooth. Whisk in the olive oil. Pour the mixture into the prepared dish and place in the fridge to firm up, about 30 minutes.

- **Sprinkle the top** with half the cocoa, then flip it over onto a cutting board. Peel off the wax paper and sprinkle on the rest of the cocoa. Warm a sharp knife under hot water, dry it thoroughly, and cut the chocolate into 1-inch squares. Store at room temperature for up to a week. *Yields 64 truffles*

Pour on the farm-fresh flavor with fresh-pressed olive oil!

Try the Club risk-free, see page 3.



Sautéed Apple and Cranberry Sundaes

Fall flavors meld in a fruity compote

Here's a delicious way to enjoy the tart and tangy taste of cranberries and the sweetness of apples. To make the ice cream, see the **"Olive Oil Ice Cream Tartufo"** *recipe in Savor the Season: Summer.*

1 cup fresh or frozen cranberries

1/2 cup white sugar

1 cup water

3 tablespoons extra virgin olive oil

3 apples, mixed varieties, cored and sliced

1/4 cup brown sugar

1/4 cup chopped walnuts

1/4 teaspoon cinnamon

1/4 teaspoon allspice

Olive oil ice cream (see note above)

- **In a saucepan,** bring the cranberries, white sugar, and water to a boil. Cook for 10 minutes or until the cranberries pop. Let the mixture cool and thicken off the heat for 15 minutes or longer.

- **Heat a sauté** or frying pan over medium heat. When hot, add the olive oil and apple slices, and sauté, browning the apples on both sides. Sprinkle on the brown sugar, walnuts, cinnamon, and allspice, then toss well (tongs are great for this). Cook for 3 more minutes to caramelize the sugar, watching carefully so that it doesn't burn. Fold in the cooled cranberries. Ladle over scoops of ice cream.

Yields 4 to 6 servingss



Rave Reviews for Fresh-Pressed Olive Oil

Here's what Club members are saying…

"I have died and gone to Italy!!! I love the olive oils. Drizzled over freshly steamed vegetables, blended with fresh parsley and lemon served atop a grilled veal chop or steak, it's amazing and I want more…I've used it on salad, my homemade grill 'Lahvish' pizza, fresh figs stuffed with gorgonzola, my white bean and rosemary/garlic dip, served on a garlic rubbed baguette, and more. Can you feel the love? What else can I say, the love goes on ... and on ... thank you!!!!!!!!!!!" *—Jennifer L. Gower, Newport, RI*

"Yes, yes, yes, it was that mind-blowing and more! We usually just use the oil for dipping, and I pour it over feta cheese. As soon as you open the bottle the aroma is fantastic. It reminds me of when I was a little girl and my grandfather came back from Greece and he brought back olive oil just like that. It had that dark green color and smell. Please if I can buy more please let me know."

—Diane Vourderis, Staten Island, NY

"Had a little gathering on Super Bowl Sunday. Lined up the three bottles you sent and put a little of each in dipping dishes. Served with sour dough bread chunks. It was the most loved munchie we had. Many different opinions on which oil was the best, but a unanimous 'best olive oils ever' for the set of three. Makes a plain old ordinary salad sing. I had bought two additional sets of bottles for gifts, and both of the recipients would like to know how to get more of this liquid gold. It is so nice to have you scouring the earth for me. Thanks."*—Annie Osteen, Copperopolis, CA*

"Wow. I gave two sets as gifts. The folks loved it. Drizzled on tomatoes, mozzarella & basil, a hit. I've made the best salad dressing ever. Nice to have 3 choices. It's now my surprise ingredient."

—Cynthia Cable, Rochester, NY

"As a professional cook, caterer, and recipe developer in NYC, I am always on the hunt for the freshest and best-quality ingredients. There is simply nothing available for purchase online, or in any specialty market anywhere, that comes close to the quality of your olive oils. Every season I eagerly await my next shipment of your olive oils, and each time I am surprised and delighted. Your oils are my go-to condiment of choice and my 'secret weapon'—I use them to finish almost every dish I make. Their vibrancy and freshness make everything I cook come alive. I can't wait to see what's coming next." *—Jill P., New York, NY*

"The oil arrived yesterday and I opened it and used it on my salad. Words cannot describe. I am delighted and look forward to receiving more oil in the future. Thank you for sourcing this out and making it available. Pssst—since no one else was around, I even licked my plate clean—yummy!" *—Joy C., Salem, OR*



Connect with the Fresh-Pressed Olive Oil Club!

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At Our Website You Can Easily Update Information Regarding Your Membership in Our Unique Club.



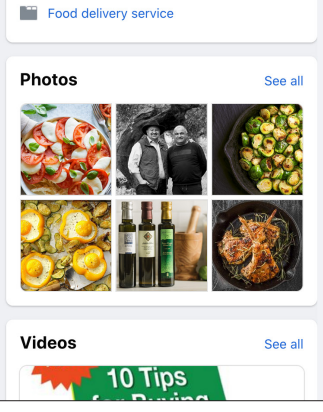
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