



## AUTUMN MENU

### SHEPHERD'S PIE

Sweet potato, butternut squash, sage, grass fed beef or meatless alternative

*Shepherd's pie is a classic British comfort food. My brother developed a taste for this after we watched Gordon Ramsey make it. It contains all things my brother loves, meat and potatoes. I decided to bring a southern/fall twist to it by using yams and butternut squash.*

### BOURBON BRAISED SHORT RIBS

Vermont maple syrup, Maker's Mark bourbon

*My love of braising and building flavor is what called me to this dish. Bourbon is something I cook with often and can add a warm soothing note on a cool fall evening.*

### MOROCCAN SWEET POTATOES (VEGETARIAN)

Apple, cilantro, Chickpeas, ras el hanout, paprika, yogurt

*Sweet potatoes are a staple in my household. The opportunity to use them with my favorite spice was too good to miss. Ras el Hanout is a Moroccan spice that is traditionally made of 40 spices. The flavor profile is rich and bold with a bit of smokey, sweet, and savory.*

### ROASTED DELICATA SQUASH PASTA (VEGETARIAN)

Kale, leeks, sage, goat cheese

*Who doesn't love pasta! Especially when things cool down a nice comforting bowl can do the trick. Delicata squash is delicate and smooth and a breeze to work with. Goat cheese adds creaminess and kale and leeks add depth and flavor.*

### BRAISED CHICKEN

Apple cider, mushrooms, caramelized onions, brussel sprouts

*Chicken is a godsend sometimes, it is really the universal protein that works well with everything. I have a fondness for apple cider vinegar and caramelized onions. Those are building blocks of flavor right there! Mushrooms and brussel sprouts finish this dish.*

### SMOTHERED TURKEY WINGS

Herbs de provence, smoked paprika, white wine, bell peppers

*Big Momma aka my grandmother cooked a lot of food from the heart and soul. Turkey wings was one of them. My dad continued the tradition all throughout my childhood. These things were a staple all my life. Collard greens.*