

Recipe Card			
Recipe Name:		Butternut Squash Bisque	Yield: 6 portions
Ingredients Details			
Ingredient	Unit	Amount	
Butternut Squash	lb	2	
Yellow onion (Julienne)	Ea	1	
Vegetable stock	fl oz	16	
Bay Leaves	Ea	2	
Butter	oz	4	
Cream or Coconut milk	fl oz	8	
Paprika	tsp	1	
Cayenne	tsp	0.25	
Salt	Tbs	1	
White pepper	tsp	1	
Preparation Instructions			
Step	Description		
1	Roast Squash whole in oven at 350 degrees with pan underneath		
2	In Saucepan lightly Caramelize onions. Deglaze with Stock, add cream or coconut milk, bay leaves and spices. Simmer on low until reduced by 1/4th		
3	Once Squash is tender throughout, remove from oven and split.		
4	Remove seeds and scrape the squash from the skin.		
5	Place Squash in blender and add half the cream mixture, blend.		
6	Continue adding mixture until desired consistency. Add Butter. Salt and white pepper to taste.		

Recipe Card				
Recipe Name: SOUBISE		Yield: 4 PORTIONS		
<u>Ingredients Details</u>				
Ingredient	Unit	Amount		
BUTTER	TBSP	2		
SPANISH ONIONS	LBS	1.5		
THYME LEAVES	TBSP	1		
SALT				
BLACK PEPPER				
PARSNIPS	C.	quarter		
VEGETABLE STOCK	FL OZ	8		
HEAVY CREAM	FL OZ	4		
PARSLEY				
<u>Preparation Instructions</u>				
Step	Description			
1	COOK ONIONS & PARSNIPS WITH THYME IN A PAN WITH BUTTER UNTIL FULLY COOKED THROUGHOUT.			
2	ADD MIXTURE TO FOOD PROCESSOR. SEASON.			
3	WARM MIXTURE WITH CREAM, SEASON.			
4	FINISH WITH PARSLEY			
5				

Recipe Card				
Recipe Name:		PARSNIP CRISP	Yield: 4 PORTIONS	
<u>Ingredients Details</u>				
Ingredient	Unit	Amount		
PARSNIPS	EA	1		
OLIVE OIL	TBSP	1		
SALT				
PEPPER				
<u>Preparation Instructions</u>				
Step	Description			
1	THINLY PEEL PARSNIPS INTO STRIPS			
2	TOSS WITH OIL, SALT, AND PEPPER.			
3	BAKE AT 300 FOR 10-15 MINUTES.			
4	COOL ON A WIRE RACK.			
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