

Butternut Squash Bisque

Yellow Onion 1 medium dice
Carrots 1 carrot medium dice
Celery 1 stalk medium dice
Idaho Potato 2 potatoes
Butternut Squash 3 Whole
Chicken Stock 4 cups
Heavy Cream 1 cup
Salt to taste
Pepper to taste
Nutmeg to taste
All Spice to taste
Cinnamon to taste

Sweat the onion, carrots, and celery for three minutes add peeled and diced potatoes. Split Butternut Squash in half and remove the seeds bake in oven for 1 hour at 375 degrees or until fork tender. Remove Squash from the skin with a spoon. Add chicken stock, squash, heavy cream and all seasonings. Puree in a robot coupe and serve

Cinnamon Walnuts

Place walnuts in mixing bowl pour melted butter over the nuts only enough to lightly coat them, and cinnamon and sugar again until lightly coated. Mix with a spoon and place on a sheet tray and put into a 350 degree oven for 10 minutes. Pull out and let cool and garnish soup as desired.

Sautéed breast of chicken with a grape tomato-onion relish

Chicken Breast 4 oz

Flour 1 cup

Salt to taste

Pepper to taste

Dredge chicken into seasoned flour mixture and lightly dust off excess flour. Heat sauté pan over medium heat and add 2 table spoons canola oil to pan brown chicken in pan on both sides until gold brown and cooked thoroughly.

Grape tomato-Onion Relish

Dice grape tomatoes and yellow onions. Add lemon juice, minced garlic, fresh basil, salt and black pepper to taste, olive oil and 1 tsp spoon sugar mix all together and let sit for two hours. Then Serve.