



## ROASTED CARROT SOUP

Serves 4 to 6

The goal when making a puréed soup is to coax a vegetable's flavor to shine through. One way to accomplish that is to roast the vegetables before you purée them. Roasting adds depth and highlights natural flavors. Adding the olive oil while blending creates a velvety texture.

3 pounds carrots  
1 tbsp turmeric  
¼ cup extra-virgin olive oil  
2" piece of fresh ginger, peeled and roughly chopped  
Fine sea salt  
¼ cup toasted peptias

Preheat the oven to 425°F.

Line a baking sheet with parchment paper. Cut the carrots on the bias into 1-inch pieces. The angle increases the surface area that will brown and caramelize.

Place the carrots in a large bowl, drizzle with about 2 tablespoons of the olive oil, turmeric and season with salt. Toss the carrots until evenly coated. Spread the carrots on the prepared baking sheet, spacing them evenly. Roast until the edges start to brown, 15 to 20 minutes.

Transfer the carrots to a large stockpot. Pour in water to cover, about 5 cups. Bring to a boil over high heat, then reduce to a simmer and cook until the carrots are soft, 20 to 25 minutes. Working in batches, use a blender to purée the carrots and the cooking liquid. Fill the blender no more than halfway full and take care not to burn yourself. While blending, add the remaining 2 tablespoons olive oil and the fresh ginger. Add water as needed to reach the desired consistency and adjust seasoning with salt and serve with peptias.

## KALE AND FARRO SALAD

Serves 4-5

1 cup farro  
1 tbsp oil  
2 head Tuscan kale, ribs removed and cut into 1-2" pieces  
Salt  
Assorted shaved vegetables, held in ice water

Heat oven to 350. Spread the farro on a sheet tray and toast until lightly golden brown. Bring a large pot of salted water to a boil. Add the toasted farro and cook until al dente, about 45 minutes. Let cool slightly in water and then drain. Toss with 2-3 tbsp of olive oil to prevent sticking.

When cooled, toss with cut kale, and vegetables and season with dressing below.

## SESAME SAUCE WITH GINGER AND MISO

yields approximately 1 cups

1/2 cup tahini  
1 tablespoon miso  
2/3 cup rice wine vinegar  
3 tablespoons mirin  
2 tablespoons tamari—soy sauce is an easy substitute here  
1 tablespoon sesame oil

## GRILLED CHICKEN PAILLARD

Serves 2

Although this recipe is written for a grill pan, you can also use an outdoor grill.

Just note that the chicken will cook more quickly than on the stovetop, so keep the grill set on medium heat—not too high, or the cutlets will char too much. The serving possibilities are endless: over a bed of arugula or grains with a drizzle of olive oil and a squeeze of lemon or Chimichurri. (Use a very sharp knife to butterfly the breast.)

Two 1-pound skinless, boneless chicken breasts  
Olive oil  
Fine sea salt

Lay the breasts on a cutting board and butterfly them: Press your non-dominant hand flat on top of a chicken breast with the thinner side toward your pinky finger. Starting at the thick side, slice the breast horizontally in half, so it opens like a book. Be careful not to cut all the way through; you want about ½ inch of muscle holding it together on the thin side of the breast. Butterfly the second breast. Spread the breasts open, lay them between two pieces of parchment paper, and pound them with a meat tenderizer or a rolling pin until about ½ inch thick. Pounding chicken not only tenderizes the meat, it also speeds up the cooking time and keeps the meat juicy.

Temper the breasts for 10 to 15 minutes. While they come to room temperature, preheat a grill pan over high heat. Drizzle the olive oil over the chicken. This will keep the breasts from sticking. When the pan is hot, gently lay the breasts on it and generously shower with salt. Make sure there's enough room—about 1 inch—around each breast; this will ensure that the meat gets a proper char and does not steam.

Do not touch the chicken for 3 minutes. This allows the meat to form a crust, which will help it release from the pan. Try to flip the breast: if it sticks, the chicken hasn't seared yet. Give it another minute and try again. Flip and cook the other side for 3 to 4 minutes. When flipping the chicken, move it to a new spot on the pan (which will be hotter). Remove from the heat and rest for 5 minutes to allow the juices to redistribute.

## CHIMICHURRI

Makes about 1 cup

South American gauchos perfected this garlicky, parsley-rich sauce to dollop on asado (barbecue). But chimichurri also works well on everything from roasted potatoes to fried fish. There is no one right way to make it, though many families have their own recipe, handed down through generations. This recipe calls for a food processor. However, you can use a mortar and pestle or a blender. Keep in mind, chimichurri is meant to be chunky, so pulse the items rather than puréeing completely.

2 cups packed fresh flat-leaf parsley  
4 garlic cloves, minced  
2 tablespoons minced fresh oregano  
Juice of 2 limes, plus more as needed  
½ cup extra-virgin olive oil  
Fine sea salt

Place the parsley in the bowl of a food processor with the garlic, oregano, and lime juice and pulse until roughly chopped. Add the olive oil and a pinch of salt and pulse until chunky, about 15 seconds.

Check the seasoning and add salt and/ or lime juice if needed. While it's wonderful freshly made, chimichurri can be refrigerated in an airtight container for up to 3 days.

## ROASTED VEGETABLES

Serves 6

1 bunch asparagus  
1 red onion, quartered  
1 pound carrots, peeled  
6 cloves garlic, smashed  
3 tablespoons grape seed oil  
salt  
fresh ground black pepper

Pre-heat oven to 400°F.

Clean and dice all the vegetables into a medium dice or oblique cut. In a large mixing bowl, toss the vegetables with oil, salt, pepper, and garlic. Spread vegetables evenly on a sheet pan and roast for 20 to 25 minutes or until golden and cooked through.

## ROMESCO SAUCE

Makes about 1 cup

Romesco is a classic match to patatas bravas, a Spanish bar-food snack. The way the mild heat of the peppers combines with the tart sherry vinegar to cut through the fattiness of the almonds is a prime example of balance. Although grilled bread is traditionally used in romesco, you can leave it out. Adjust the recipe by skipping step 1 and adding an extra  $\frac{1}{4}$  cup of almonds.

$\frac{1}{4}$  Cup extra-virgin olive oil, plus more to taste  
1 slice of sourdough or country bread  
 $\frac{1}{2}$ cup skinless marcona almonds  
3 garlic cloves  
One 16-ounce can piquillo peppers, drained and roughly chopped  
 $\frac{1}{2}$  teaspoon pimentón, or smoked paprika  
Fine sea salt  
3 tablespoons sherry vinegar, plus more to taste

Cover the bottom of a large sauté pan with about a tablespoon of the olive oil and heat over medium-high heat. Add the bread and toast it until browned on both sides, 30 seconds to 1 minute per side. Set aside to cool. Cut into  $\frac{1}{2}$ -inch cubes. (You should have about 1 cup.) Wipe the pan clean with a paper towel and place back over medium-high heat. Add enough olive oil to coat the bottom of the pan again, about 2 tablespoons. When the oil begins to shimmer, add the almonds and garlic. Cook, stirring occasionally, until the garlic cloves are golden but not too brown and the almonds are aromatic, 1 to 2 minutes. Stir in the piquillo peppers and paprika. Season with salt and sauté for an additional minute or so. Transfer all ingredients—including the cooking liquid, the bread cubes, and the sherry vinegar—to a food processor. Blend until you achieve the desired consistency, 30 seconds to 1 minute. Some people like their romesco super smooth and creamy, while others like a bit more texture and bite. Add more salt, vinegar, or olive oil as desired for taste and texture. Refrigerate for 3 to 4 hours to let the flavors meld before serving. Store in an airtight container in the refrigerator for up to 1 week.

## FRUIT GALETTE

Serves 6 to 8

Galette is the French word meaning “pastry for the non-baker,” although obviously that is an inaccurate translation. This open-faced pie is purposely rustic and an amenable canvas for any fruit that likes to be baked.

For the dough  
 $2\frac{3}{4}$  cups all-purpose flour,  
Plus more for rolling  
2 tablespoons granulated sugar  
Fine sea salt  
8 tablespoons (1 stick) cold unsalted butter, cut into  $\frac{1}{2}$ -inch cubes

½ cup ice water

For the filling

4 cups plums or other stone fruits, apples, or pears, peeled and sliced

3 tablespoons granulated sugar

Grated zest and juice of 1 lemon

To complete the galette

1 large egg whisked with

1 tablespoon water

1 tablespoon raw sugar (optional)

**Make the dough:** In the bowl of a food processor, combine the flour, granulated sugar, and a pinch of salt. Pulse once or twice to mix everything. Add the butter. Pulse until the mixture has broken down to pea-sized pieces, about 5 seconds. If you find the butter is becoming soft, chill the entire bowl for 15 minutes before proceeding. Slowly add about 6 tablespoons of the ice water, continuing to pulse, until the dough comes together to form a ragged lump. Continue adding the remaining water bit-by-bit, pulsing to incorporate all the flour. Stop adding water before the dough becomes soft and sticky, and when it has come together in a firm, compact ball.

Dump the dough onto a cool surface and form it into a firm, compact disk. This will help when rolling it out into a circle. Wrap in plastic and refrigerate for at least 30 minutes, and up to 3 days. This re-chills the butter and lets the dough rest before being rolled out. Preheat the oven to 375°F. Line a baking sheet with parchment paper.

**Make the filling:** In a small bowl, gently mix the fruit, granulated sugar, and lemon zest and juice until evenly distributed. Unwrap the chilled dough and place it on a floured surface. Dust a rolling pin with flour, and use it to pound the dough disk until flattened by half its height. Lightly flour the work surface, the dough, and the rolling pin again. Begin rolling out the dough, starting from the middle and working your way out to the edges. Rotate the dough and sprinkle with a bit more flour if it sticks. Continue to roll out the dough until it is a little thinner than ¼ inch and about 14 inches in diameter. Don't worry if it's not a perfect circle; it's meant to look rustic, and you're going to be folding it. Roll the dough around the rolling pin, then gently unroll it over the prepared pan. Use a pastry brush to dust off excess flour.

Arrange the fruit in rows or concentric circles, or for a more rustic look, gently pile the fruit in the center of your dough, leaving a 2-inch border. The important thing is that it forms an even layer. Working around the circle, fold the border around the filling, partially overlapping as you go. Brush the crust with egg wash (the beaten egg and water) and sprinkle with raw sugar. Bake for 35 to 45 minutes, until the fruit is cooked and the crust is golden brown. Let cool on a wire rack for 30 minutes before serving, so the filling has set. Serve with fresh whipped cream.

## Haven's Kitchen Pantry Essentials

### Dry Goods

- black peppercorns in a grinder (not store-bought ground pepper)
- good quality olive oil for cooking, vinaigrettes, and finishing dishes
- vegetable or grapeseed oil for cooking and vinaigrettes
- a selection of good quality vinegars — balsamic, sherry, champagne and apple cider — for seasoning and vinaigrettes
- whole-grain mustard for sauces and vinaigrettes
- honey
- organic cane sugar
- red chili flakes

### Fresh Items

- lemons
- shallots
- garlic
- a selection of fresh herbs — parsley, thyme, rosemary, bay, dill, chives, cilantro, etc.
- butter

### Equipment list

- cayenne pepper
- hot sauce
- anchovies
- olives, capers and/or pickles – pickled and brined items are great for adding saltiness, while also adding flavor, texture, and color
- nuts and seeds
- dried fruits
- dried pasta
- cous cous
- whole grains — farrow, quinoa, brown rice
- polenta
- unbleached all-purpose flour
  
- parmesan
- yogurt — for dressings and sauces
- eggs
- milk
- slab bacon

- 1-quart sauce pot with lid
- 4-quart sauce pot with lid
- 8-quart stock pot with lid
- 8-inch non-stick sauté pan for eggs and fish o 6-inch stainless steel sauté pan
- 10-inch stainless steel sauté pan
- cast iron grill pan
- 2x heavy duty baking sheets
- 2x cooling racks
- Graduated mixing bowls
- Graduated measuring spoons and cups
- rubber spatula, heatproof o whisk
- metal spatula
- bottle opener
- can opener
- colander
- cutting board
- food storage containers
- ice cream scoop
- kitchen timer
- ladle
- rolling pin
- slotted spoon
- spatula
- tongs
- vegetable peeler
- baking pans (cake pans, muffin tins, pie dish, etc.)
- A great set of knives!
- knife – chef’s (8 to 10-inch)
- knife – paring
- knife – serrated
- steel for honing knife blades
- serving bowls
- serving platters
- blender and/or hand mixer
- food processor
- toaster oven
- saran wrap, aluminum foil, parchment paper, Ziploc bags