

## studio-e's Favorite Fall Recipes

### Home Kitchen Harvest Fest Chili (Liz's pick)

From *The Gaining Ground Table: Inspirational Recipes Season by Season* ([gainingground.org](http://gainingground.org))

**Serves 8.** Adaptation of Harvest Chili recipe by Nashoba Brook Bakery in Concord, MA. Chili is a terrific way to use seasonal vegetables. Carrots, fresh tomatoes (instead of canned), and jalapeños or other hot peppers are easily added.

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| <b>2 tablespoons olive oil</b>                              | <b>one 28-ounce can diced tomatoes</b>                            |
| <b>1 onion, chopped</b>                                     | <b>one 15-ounce can black beans</b>                               |
| <b>2 garlic cloves, diced</b>                               | <b>one 15-ounce can kidney beans</b>                              |
| <b>1 red pepper, chopped</b>                                | <b>1 teaspoon each chili powder, cumin, oregano, dill, fennel</b> |
| <b>1 green pepper, chopped</b>                              | <b>dash black pepper</b>  |
| <b>1 small zucchini, chopped</b><br>(about 1 1/2 cups)      | <b>2 teaspoons lemon juice</b>                                    |
| <b>1 small summer squash, chopped</b><br>(about 1 1/2 cups) | <b>a few sprigs of parsley</b>                                    |
|   | <b>hot sauce to taste</b>   |
|   | <b>shredded cheddar cheese for serving</b>                        |

In a large pot, add olive oil, onions and garlic, and cook on low heat for 10 minutes. Add peppers, zucchini and summer squash, and cook for 5 minutes more. Add diced tomatoes, black beans and kidney beans, and cook for 20 minutes on high. Add chili powder, cumin, oregano, dill, fennel and lemon juice, and cook on low for 15 minutes. Add parsley and hot sauce to taste, and cook for 5 more minutes. Top with cheddar cheese right before serving.

### Pumpkin Bread Pudding (Julie's pick)

From [smittenkitchen.com](http://smittenkitchen.com), adapted from *Gourmet Magazine*, October 2007

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| <b>1 1/2 cups whole milk (or 1 cup heavy cream plus 1/2 cup whole milk)</b> | <b>1/2 teaspoon ground ginger</b>                             |
| <b>3/4 cup canned solid-pack pumpkin</b>                                    | <b>1/8 teaspoon ground allspice</b>                           |
| <b>1/2 cup sugar</b>  | <b>pinch of ground cloves</b>                                 |
| <b>2 large eggs plus 1 yolk</b>   | <b>2 tablespoons bourbon (optional)</b>                       |
| <b>1/2 teaspoon salt</b>  | <b>5 cups cubed (1-inch) day-old baguette or crusty bread</b> |
| <b>1 teaspoon ground cinnamon</b>   | <b>3/4 stick unsalted butter, melted*</b>                     |
|   | <b>*(don't melt if using the second set of instructions)</b>  |

Preheat oven to 350°F with rack in middle.

*Gourmet's instructions:* Whisk together pumpkin, cream, milk, sugar, eggs, yolk, salt, spices and bourbon, if using, in a bowl. Toss bread cubes with butter in another bowl, then add pumpkin mixture and toss to coat. Transfer to an ungreased 8-inch square baking dish, and bake until custard is set, 25–30 minutes.

*Alternate, Come On, Be Lazy With Me instructions:* While preheating oven to 350°F with rack in middle, melt butter in bottom of an 8-inch square baking dish. Once it is melted, take it out of the oven and toss bread cubes with butter, coating thoroughly. In a separate bowl, whisk together all the remaining ingredients. Pour them over buttered bread cubes in baking dish, stirring to make sure all pieces are evenly coated. Bake until custard is set, 25–30 minutes.

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## Pan Fried Tofu, Kale and Stir-Fried Noodles (Jess's pick)

Adapted from [veganyummy.com](http://veganyummy.com)

### Serves 2.

<b>1 package extra firm tofu</b>	<b>1 tablespoon fresh ginger, minced</b>
<b>5 ounces dried rice noodles</b>	<b>1 garlic clove, minced</b>
<b>1 head kale, cut into strips (lacinato is best)</b>	<b>black pepper, to taste</b>

#### TOFU MARINADE

<b>1/4 cup water</b>	<b>1 tablespoon seasoned rice vinegar</b>
<b>1/4 cup soy sauce or tamari</b>	<b>1 garlic clove, minced</b>
<b>1 tablespoon fresh ginger, minced</b>	<b>1/2 teaspoon mustard</b>
<b>1 tablespoon maple syrup</b>	<b>1/4 teaspoon Sriracha or other hot chili sauce</b>
<b>1 tablespoon oil</b>	<b>black pepper, to taste</b>

#### DIPPING SAUCE

<b>1/4 cup soy sauce or tamari</b>	<b>1 teaspoon mustard</b>
<b>1/4 cup water</b>	<b>1 teaspoon Sriracha or other hot chili sauce</b>
<b>1 tablespoon seasoned rice vinegar</b>	

Begin by pressing the tofu. A good method is to wrap it in a single paper towel, then in a bar towel, and place a cast iron pan or other heavy object on top for about 15 minutes. The paper towel prevents towel fuzz from getting on the tofu, while the bar towel sucks out excess water. Meanwhile, whisk together the marinade.

Cut the tofu into slices, and let it sit in the marinade for about 30 minutes, turning halfway through. Meanwhile, boil the rice noodles and cook for 6 minutes, until just tender. Rinse in cold water, drain and set aside.

Whisk together the dipping sauce, and set aside.

Heat a large cast-iron pan over medium-high heat. Lightly oil the pan, and add the tofu once the pan is very hot. If the pan is seasoned, you shouldn't have any issues with the tofu sticking. Brown on one side, flip and brown on the other side. Spoon extra marinade over the tofu, and flip every few minutes. In all, the tofu should cook for about 10 minutes, until it looks like it will be burnt if left any longer. Remove tofu from the pan and let it rest while finishing the dish.

Heat a little more oil in your pan, add the rest of the garlic and ginger. Once they are softened, add the kale. After the kale starts to wilt, add the noodles and toss. If they stick, that's okay—use a metal spatula to remove them. Add more oil if needed, just enough to coat the noodles, and season with black pepper.

Plate the noodles and kale, with tofu on top, and serve with dipping sauce.