LETTER FROM THE EDITOR

Welcome to Edible Communities!

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ABOUT EDIBLE COMMUNITIES: Edible Communities is a network of more than 80 individually owned publications across the US and Canada united by a single mission: to connect people to their local food, how it’s produced, and who makes it. We believe that locally sourced, sustainably produced food matters to our health, to our communities, and to the future of the world around us.

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fall Recipes
2019

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Sweet figs, tangy vinegar, and pungent cheese make an easy appetizer.

Figs have a second season in the fall, and we never miss it. Their summer season is grand, of course, but there are so many sweet fruits flooding markets then, that dark and delicate figs and get lost in the crowd. A bit less competition and cooler weather that calls for deeper, more complex flavors allow figs to come into their own. These crostini are super quick and like any great dish, delivers way more than the sum of its ingredients.

**FIG CROSTINI**

Serves: 6  
Prep time: 20 minutes  
Cook time: 7 minutes

**INGREDIENTS**

8 figs  
1/2 baguette (enough for 12 slices)  
1 teaspoon balsamic vinegar  
1/2 teaspoon freshly ground black pepper  
1/4 teaspoon salt  
1 tablespoon olive oil  
12 tablespoons creamy blue cheese or fresh goat cheese

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INSTRUCTIONS

1. Preheat an oven to 350°F. Trim off and discard any stem ends from the figs. Chop the figs and put them in a medium bowl with the vinegar, pepper, and salt. Let sit for at least 20 minutes and up to 1 hour to let the flavors blend.

2. Meanwhile, slice the baguette on the diagonal into 12 long slices about 1/2-inch thick. Lay them on a baking sheet, brush them with the olive oil, and toast, turning once, until lightly golden on both sides, about 7 minutes.

3. Taste the fig mixture and adjust the seasoning. Spread each toasted baguette slice with an equal portion of cheese, top with figs, and serve immediately.
GHEE-POPPED POPCORN

Ghee, or clarified butter, has a higher smoking point than regular butter.

It also has a slightly nutty flavor, which means it brings more than a simple buttery edge when used to pop corn. You can buy ghee, but it tends to be on the pricier side, and it’s beyond easy to make. Melt a few sticks of butter in a saucepan over medium-low heat. Skim off and discard the white foam that forms on the butter. Let it bubble and more little bits of white will appear on the surface—skim it off as it shows up. Keep going, adjusting the heat so it only bubbles gently, until it stops producing any more foam. That foam is the milk solids, and getting rid of them yields a “pure” fat. It will keep, covered and chilled, for months.

Serves: 4
Prep time: 5 minutes
Cook time: 5 minutes

INGREDIENTS
2 tablespoons ghee
1/2 cup popcorn
Salt to taste

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Melt the ghee in a large, heavy pot over medium-high heat. Once it’s melted, add the popcorn and cover with a splatter screen or a tight lid slightly ajar so the steam can escape. Shake the pan once in a while. When you hear the popcorn start popping, reduce the heat to medium-low and shake the pan more or less constantly to keep the popped corn from scorching on the bottom of the pan. Continue until the popping slows down. Remove from the heat, remove the lid, and transfer the popped corn to a large serving bowl. Season to taste with salt. (Consider grinding some salt in a spice or coffee grinder; once it’s more of a powder, it sticks to the popcorn much better.)

**Flavor variations:**

**Hot “Cheesy” Popcorn:** Double the amount of ghee to 1/4 cup. Add 1 tablespoon New Mexico chile powder or another mild ground chile, as well as 1/4 teaspoon cayenne along with the popcorn. Shake the pan more frequently than usual to keep the spices from burning. Sprinkle popped corn with 1/4 to 1/2 cup nutritional yeast for a surprisingly cheesy flavor.

**Sweet Curry Popcorn:** Double the amount of ghee to 1/4 cup. Add 1 tablespoon each curry powder and sugar along with the popcorn. Shake the pan more frequently than usual to keep the spices from burning. Sprinkle with salt to taste.
BRUSSELS SPROUTS SALAD

Shaved sprouts are delicious raw and make an elegant salad.

The key to this salad is big on flavor and even bigger on texture with firm sprouts, crunchy almonds, and creamy cheese. Fresh chiles can vary greatly in heat. If you want to play it safe, use 1/8 to 1/4 teaspoon dried chili flakes instead for a dressing with a predictable bit of a kick.

Serves: 6
Prep time: 15 minutes

INGREDIENTS
1 pound Brussels sprouts
1 garlic clove
1 tablespoon champagne or white wine vinegar
1 serrano or jalapeno chile
1/2 teaspoon salt
3 tablespoons olive oil
20 roasted and salted almonds
1 ounce pecorino cheese

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BRUSSELS SPROUTS SALAD

INSTRUCTIONS

1. Trim off the stem ends from the Brussels sprouts. Remove the darker external leaves. Use a kitchen mandoline or a sharp knife and a steady hand to cut the Brussels sprouts lengthwise as thinly as you can. Set them aside.

2. Peel and mince the garlic. Put it in a large salad or serving bowl. Add the vinegar. Set aside.

3. Seed and mince the chile. Add it to the garlic. Stir in the salt and olive oil. Add the Brussels sprouts and toss to combine.

4. Chop the almonds and sprinkle them over the top. Use a microplane to grate the cheese over the salad.
POMEGRANATE ARUGULA SALAD

Sweet pomegranate seeds and salty feta are excellent foils for one another.

If you can find the more delicate, wispy wild arugula, it does make this salad all the prettier. Here, we’ve really chopped the walnuts and crumbled the feta so they meet the pomegranate seeds on their size level, but you can keep them chunkier for a more rustic version.

Serves 6
Prep time: 20 minutes

INGREDIENTS
1 pomegranate
1/2 small red onion
1/2 cup walnuts or pecans
1 tablespoon red wine vinegar
1/4 teaspoon salt
1/4 teaspoon ground mustard
3 tablespoons olive oil
10 ounces arugula
6 ounces sheep milk feta cheese
Freshly ground black pepper (optional)

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INSTRUCTIONS

1. Preheat an oven to 375°F. Seed the pomegranate; set seeds aside. Peel and halve the onion; cut into thin slices; put them in a small bowl and cover with cold water.

2. Spread the nuts on a baking sheet and toast until they just start to turn color, about 10 minutes. Watch them like a hawk—nuts burn easily. Set aside to let cool, then chop.

3. Drain the onion slices and pat them dry. Put them in a large salad or serving bowl with the vinegar and the salt, tossing to combine. Let sit 10 minutes before sprinkling in the mustard and then stirring in the olive oil.

4. Add the arugula to the bowl and toss to coat evenly with the dressing. Sprinkle the pomegranate seeds, chopped nuts, and crumbled feta cheese on top. Grind black pepper over the top, if you like. Serve immediately.
ROASTED DELICATA SQUASH

A little sweet and a little spicy and all easy as pie.

Delicata squash has such tender skins that you can eat them, which makes this dish all the easier since there’s no peeling involved. If you can’t find delicata, slices of other winter squash work just as well, although the slicing is more work. You can use chunks of squash, just reduce the heat to 375°F and increase the cooking time to about 45 minutes.

INGREDIENTS

2 medium delicata squash
2 tablespoons butter
2 tablespoons miso
1 tablespoon honey
1 teaspoon red chili flakes
1/2 teaspoon salt
1 tablespoon toasted sesame seeds (optional)

Serves: 6
Prep time: 5 minutes
Cook time: 30 minutes

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ROASTED DELICATA SQUASH
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INSTRUCTIONS

1. Preheat an oven to 400°F. Cut the squash in half lengthwise, scoop out and discard the seeds and guts. Cut into 1/4- to 1/2-inch-thick crosswise slices.

2. In a large bowl, mash the butter, miso, honey, and chili flakes together to make a paste. Add the squash to the bowl and use your fingers to rub the paste all over the squash slices.

3. Line 2 baking sheets with parchment paper for easier cleanup, lay the squash on the sheets in a single layer, and sprinkle with the salt. Roast until tender and browned, about 30 minutes. Note: cook them a little longer and they’ll become a bit chip-like in their crispy texture.

4. Sprinkle with the sesame seeds to serve, if you like.
CHEESY ROASTED BROCCOLI

Think of this as a casual gratin—all the creamy, cheesy goodness with half the already minimal fuss.

This is one of those dishes that has a lot of bang for the effort. It’s also wonderfully flexible. Use ground nuts—walnuts are particularly good—instead of bread crumbs. Use olive oil over butter, if that’s how you roll. Substitute in parmesan or any hard grating cheese for the aged gouda.

Serves: 6
Prep time: 10 minutes
Cook time: 30 minutes

INGREDIENTS
1 1/2 pounds broccoli
2 tablespoons butter
1/2 teaspoon salt
1/3 cup fresh bread crumbs
1/2 cup cream
1/3 cup grated aged gouda

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INSTRUCTIONS

1. Preheat an oven to 425°F. Trim the broccoli—the dish looks prettier if you cut long pieces down into the stem, but for an easier to eat version, consider cutting into 2-inch florets. Put the trimmed broccoli on a large rimmed baking sheet or shallow roasting pan.

2. Melt the butter in a small saucepan. Drizzle a little less than half of it over the broccoli. Toss the broccoli to coat it evenly. Spread the broccoli into a single layer and sprinkle with the salt.

3. Roast until wilted and starting to brown, about 15 minutes.

4. While the broccoli roasts, add the bread crumbs to the pan with the remaining melted butter. Toss to coat the crumbs with the butter. Set aside.

5. Pour the cream over the broccoli and sprinkle with the cheese and bread crumbs. Continue roasting until the cream is bubbling, the cheese is melted, the bread crumbs are toasted, and the broccoli is tender, about 15 more minutes.
CARAWAY BACON ROOT VEGETABLES

Bacon adds a note of a late-fall campfire to these potatoes and celery root.

As always, you’ll want to be aggressive about peeling the celery root— that rough and hairy exterior is not at all pleasing. Whether you peel the potatoes is, however, entirely up to you.

INGREDIENTS

1 pound Yukon Gold potatoes
2 celery root bulbs
1 tablespoon olive oil
1/2 teaspoon salt
4 ounces smoked bacon
1 teaspoon caraway seeds
4 green onions

Serves: 6
Prep time: 10 minutes
Cook time: 45 minutes

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1. Preheat an oven to 400°F. Cut the potatoes into large chunks. Peel the celery root and cut it into chunks the same size as the potatoes. Put both vegetables in a roasting pan big enough so they can be in a single layer.

2. Drizzle the vegetables with the olive oil and toss to coat. Spread everything into a single layer. Sprinkle with the salt. Cut the bacon into ½-inch pieces and scatter them over the vegetables. Sprinkle evenly with the caraway seeds. Roast until the vegetables are tender and starting to brown, about 30 minutes.

3. Cut the green onions into long pieces—you can cut them in half lengthwise if you want an elegant touch. Scatter them on top of the vegetables and roast until the green onions are soft and everything has started to brown, about 15 minutes.
Designed to use fresh shelling beans, this recipe also works with soaked dried beans.

Here, a classic recipe from Marcella Hazan gets topped with a crisp salad of bitter greens. If you’re lucky enough to have any leftover beans, they are particularly good mixed with a bit more olive oil, high-quality canned tuna, and some diced red onion. In fact, that combination is so good, you might consider making a double batch of the beans.

**Serves 6-8**

**Prep time:** 20 minutes  
**Cooktime:** 60 minutes

**INGREDIENTS**

**For the beans:**
- 2 pounds fresh cranberry beans
- 4 cloves garlic
- ¼ cup olive oil
- 4 large fresh sage leaves
- ½ teaspoon salt
- Freshly ground black pepper to taste

**For the salad:**
- 4 cups frisée or radicchio
- 1 small shallot
- 1 tablespoon sherry vinegar
- 1/4 teaspoon salt
- 3 tablespoons olive oil
- 1/4 teaspoon ground mustard

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BRAISED CRANBERRY BEANS

INSTRUCTIONS

1. Shell the cranberry beans. Peel and crush the garlic cloves.
2. Heat a medium pot or large saute pan over medium-high heat. Add the olive oil, cranberry beans, garlic, sage leaves, and salt along with 1/2 cup of water. Bring to a simmer, cover, reduce heat to low, and cook—stirring every 10 to 15 minutes or so and adding additional water, 2 or 3 tablespoons at a time if the pot seems dry—until the beans are tender and the flavors are fully blended, about 60 minutes (up to 90 if starting with soaked dried beans instead of fresh).

3. While the beans cook, wash and dry the greens. Peel and mince the shallot. Put the shallot in a large salad bowl with the vinegar and salt; let sit 10 minutes. Whisk in the oil and mustard. Plop the greens on top and set aside; toss to coat the greens evenly with the dressing just before serving.

4. Season the beans to taste with plenty of black pepper. Serve the beans warm or at room temperature, drizzled with a generous dose of fruity extra-virgin olive oil and topped with the salad.
Barley does a shockingly convincing imitation of arborio rice.

The key to getting that texture is using pearled barley, which is hulled and polished. Regular hulled barley won’t yield and give up enough starch to create the creamy texture the word “risotto” implies. Wild mushrooms are great here, but the dish is just as good with humble button or cremini mushrooms.

Serves: 6
Prep time: 15 minutes
Cook time: 40 minutes

INGREDIENTS
1 pound mushrooms, divided
1 small onion
4 tablespoons butter, divided
1 teaspoon salt, divided
2 cups pearled barley, rinsed
1 cup dry white wine
6 cups chicken, vegetable, or mushroom broth
6 ounces taleggio cheese
1 clove garlic
1 tablespoon vegetable or canola oil
1 teaspoon fresh thyme leaves

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1. Clean and trim the mushrooms. Mince half of them and slice the other half; keep the two groups separate. Peel and finely chop the onion.

2. Melt 2 tablespoons of the butter in a large saucepan or small pot over medium-high heat. Add the onion and 1/2 teaspoon of the salt. Cook, stirring frequently, until the onions are soft, about 3 minutes. Increase the heat to high and add the minced mushrooms. Cook, stirring frequently until the mushrooms release their liquid, about 5 minutes.

3. Add the barley and stir to combine everything. Pour in the wine and cook, stirring, until the liquid is absorbed or evaporated, about 5 minutes.

4. Add the broth and stir to combine. Bring to a boil, then reduce the heat to maintain a steady simmer, partially cover, and cook, stirring every few minutes, until the liquid is absorbed and the barley is tender, about 30 minutes. Chop the taleggio and stir it into the barley to melt.

5. While the barley cooks, peel and mince the garlic. Melt 1 tablespoon of the butter with the oil in a medium frying pan over medium-high heat. Add the sliced mushrooms and the remaining ½ teaspoon salt. Cook, stirring frequently until the mushrooms give off their liquid, about 5 minutes. Add the garlic and stir to combine. Add the remaining 1 tablespoon butter and stir to melt. Stir in the thyme and take off the heat. Set aside.

6. Serve the barley hot, garnished with the sautéed mushrooms.
CABBAGE POSOLE

A hearty vegan version of a usually ultra-meaty dish.

Cabbage, usually a garnish served on top of posole, becomes the star here. Both dried chiles and ground dried chiles provide a lot of the flavor in this dish. As with all posole, much of the appeal is in the toppings—offer a big range for people to make their cozy bowl their own. If you’re not concerned about the vegetarian/vegan angle of this dish, go ahead and use chicken broth.

Serves: 8
Prep time: 15 minutes
Cook time: 25 minutes

INGREDIENTS
4 ancho or New Mexico chiles
1 yellow onion
3 garlic cloves
1 head savoy cabbage
1 teaspoon cumin seeds
2 tablespoons vegetable, canola, or olive oil
1 teaspoon salt
2 tablespoons New Mexico chile powder
8 cups vegetable broth
1 can hominy (23 ounces)
2 bay leaves
1 teaspoon Mexican oregano
Salt to taste

Optional toppings:
1 bunch radishes
6 green onions
1 avocado
1 bunch cilantro
2 limes
Hatch Chiles: roasted, peeled, and chopped
Tortilla chips or tortilla strips

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INSTRUCTIONS

1. Seed the chiles and tear them into pieces; put them in a bowl, cover with boiling water, and set aside. Peel and halve the onion; cut it into thin slices. Peel and mince the garlic. Core and halve the cabbage; cut into thin slices (it will fall apart into shreds).

2. Heat a large pot over high heat; add the cumin seeds and cook, shaking the pan, until toasted, about 2 minutes. Add the oil, onion, and salt. Cook, stirring frequently, until the onion softens, about 3 minutes. Add the garlic and cabbage and cook, stirring frequently, until the cabbage wilts a bit, about 5 minutes. Add the chile powder and stir to combine. Drain the chiles, reserving the soaking liquid, and add the soaked chiles to the pot along with the broth. Bring to a boil.

3. Drain and rinse the hominy and add it to the pot along with the bay leaves. Reduce the heat to maintain a steady simmer and cook until the vegetables are very tender and the flavors blend, about 15 minutes. Add the oregano and add salt to taste.

4. While the posole cooks, prepare the toppings you want to use: trim and slice or dice the radishes; trim and slice the green onions; peel and chop the avocado; chop the cilantro; cut the limes into wedges.

5. Serve the posole in big bowls with the toppings for diners to add as they like.
GREEN APPLE SORBET

Refreshing and bright, this simple dessert is easy to “improve” with a shot of apple brandy.

Nothing beats this sorbet after a heavy fall feast, especially if it is a rich and meaty one. Any bright, tart apple works well—everyday Granny Smiths are a great choice. For other varieties, you may want to increase or decrease how much sugar syrup you add. If you’re working with sweeter apples, puree them with about half the syrup, and add more the taste.

Serves 4-6
Prep time: 10 minutes
Freezing time: 1 hour

INGREDIENTS

5 green apples (about 3 ½ pounds)
2/3 cup sugar
3 tablespoons fresh lemon juice
Calvados or applejack (optional)
INSTRUCTIONS

1. In a medium saucepan, bring the sugar and 1/3 cup water to a boil. Reduce the heat to maintain a steady simmer and cook until the syrup has thickened slightly, about 5 minutes.

2. Meanwhile, core and peel the apples. In a large bowl, toss the apple pieces with the lemon juice. Add to the sugar syrup and remove from the heat—you want the hot syrup to slightly soften some of the apple pieces, but you don’t want to cook the apples.

3. Transfer the mixture to a blender or food processor, and whirl until smooth. Transfer to a medium metal bowl. Set the bowl in a larger bowl full of ice water and stir the mixture to cool it off (if you want to cover and chill it instead, you can, just be sure to lay plastic wrap directly on the surface and prepare yourself for the mixture to brown anyway).

4. Transfer to an ice cream maker and freeze according to the manufacturer’s instructions. If you don’t have an ice cream maker, you can get a quite decent facsimile by transferring the metal bowl to the freezer, and whisking the mixture—be sure to get the frozen bits on the edges—every 15 minutes or so. As it thickens, you’ll need to move to a fork to mix it up. Or, go full granita style: pour the mixture into a metal pan, cover, and freeze, scraping it with a fork every hour or so.

5. Serve with a shot of Calvados or applejack on the side, if you like. People can sip with the sorbet or pour it over the sorbet for a boozy dessert.
PEAR CARDAMON DUTCH BABY

A sophisticated take on a very homey dessert that is also a real treat for breakfast.

Sweet pears get a warm, earthy edge from ground cardamom. If you’re grinding your own, you may want to start with about half of what’s called for here, since it’s so much stronger. If you want to make more than one, know that you can pour the batter into a heavily greased cake pan and then add the pears—without the frying pan handles, you can fit two or three in an oven at once.

Serves: 6
Prep time: 10 minutes
Cook time: 45 minutes

INGREDIENTS
1 large pear
1 tablespoon fresh lemon juice
3 tablespoons butter, divided
1 teaspoon ground cardamom
2 tablespoons brown sugar
1 tablespoon bourbon (optional)
3 eggs
3/4 cup whole milk
3/4 cup flour
1 teaspoon vanilla
1/4 teaspoon salt
Lemon wedges (optional)
Powdered sugar (optional)

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PEAR CARDAMON DUTCH BABY
continued

INSTRUCTIONS

1. Preheat an oven to 425°F. Core and peel the pear, cutting it into about 16 wedges and then cutting those wedges in half crosswise. Toss them with the lemon juice.

2. Heat a 10-inch frying pan over medium-high heat. Melt 2 tablespoons of the butter. Add the pear wedges and cook, shaking the pan frequently and reducing the heat to medium-low, until the pears are cooked through, about 5 minutes. Add the cardamom and brown sugar and stir to combine, cooking until the sugar melts. Add the bourbon, if using, and cook until it doesn’t smell boozy, about 3 minutes, shaking the pan frequently.

3. While the pears cook, whirl the eggs, milk, flour, vanilla, and salt in a blender (or whisk until very smooth).

4. Transfer the pears to a plate or bowl. Add the remaining tablespoon of butter to the pan. Stir so it melts. Pour in the batter and then arrange the pears over the top (note: you can leave the pears in the pan and just pour the batter over them, but then they will all be on the bottom of the pancake). Bake until puffy and browned, about 20 minutes. At this stage, the pancake will be quite soft, for a more cooked version, reduce the heat to 375°F and bake 10 to 15 more minutes.

5. Serve hot, with lemon wedges for spritzing and powdered sugar for dusting, if you like.
A NOTE ON FALL COOKING

How to Carry and Store Precious Figs

If you’re lucky enough to live somewhere with local figs, you know the second crop in the fall seems extra sweet. These luscious fruits, however, are one of the most delicate foods there is—exploding and cracking and getting crushed and going bad at the slightest mishandling.

So do with them what we do with that other famously delicate food: eggs. Save an egg carton and use it to transport figs to maximize the chance they’ll get home safely. You can store them in the carton, too. Old-fashioned cardboard works best since it can absorb any excess moisture that shows up, keeping the figs’ peel dry and extending the time you have to eat them.