

ROASTED DELICATA TART WITH EINKORN PASTRY makes 10-12 tarts

Prep time: 20 minutes

Bake time: 30 minutes

1 Delicata squash, cut into ¼-inch slices
¼ of a medium onion, sliced into ¼-inch strips, then those cut into 3rds
1-2 tablespoons grape seed or olive oil
Salt & Pepper

½ teaspoon sage chiffonade
¼ teaspoon finely chopped rosemary
1 recipe Einkorn Pastry, kept chilled
½ cup grated Gruyere, optional
1 egg + 1 tablespoon water, optional

Preheat oven to 400°F. Toss Delicata and onion with oil and a few pinches of salt, and pepper if desired. Scatter squash over a parchment-lined sheet pan. Return to oven and roast for 5-10 minutes. When tender, remove to a bowl & toss with fresh herbs. Set aside. Reduce oven to 375°F.

Remove a disk of dough from the refrigerator. Roll dough into a 12-inch circle. Using a biscuit cutter or freehand, cut 4-inch circles. Stack pieces of off-cut dough and re-chill. You'll need to reroll in order to get the most tarts from your dough. Place circles onto a parchment-lined baking sheet, brush with egg wash, lay pieces of squash and onion on the circle, leaving a bit of room around the edge. Sprinkle with cheese and drizzle with oil.

Bake the tarts for 10 minutes, then rotate pan if needed, and continue baking for 5-10 minutes more. The tarts are done when the crust is cooked through, looks golden around the edges, and the cheese is melted. Let cool for a few minutes then serve.

EINKORN PASTRY makes enough for 10 tarts

Prep time: 10 minutes, plus 30 minutes to 24 hours to chill

¾ cup (6 ounces/170g) butter, very cold, cut into 6 pieces (keep cold until needed)
⅓ cup plus 1 to 2 tablespoons water with ice cubes
3 cups (312g) einkorn flour (best to weigh the flour!)
1 teaspoon salt

Weigh flour and add salt. Whisk together the flour and salt; pour onto work surface. Add the cold butter pieces. Use a bench scraper to cut the butter into quarter-size pieces, tossing it constantly with the flour.

Gather the flour and butter together, then use a rolling pin to roll over the mass and flatten the pieces of butter into longer shreds. The butter will now look flakey. Return to using the bench scraper, and drizzle the very cold water onto the flour mixture, tossing all the time with the bench scraper. Continue to add water and toss until a dough forms when you smash it or grasp it into your fist.

Quickly push the dough into a mound and cut the mound in half. Wrap each half of dough in plastic, pressing the edges of the dough into the plastic to remove any cracks.

Place wrapped dough in the fridge for 30 minutes or up to 24 hours.

FALL SPICE PUMPKIN BREAD makes 1 9- x 5-inch loaf

Preparation time: 10 minutes Baking time: 30 to 50 minutes

Butter or oil for pan	¼ cup sugar
1 2/3 cup (215g) whole wheat pastry or einkorn flour*	2 tablespoons honey
1 teaspoon baking powder	¼ cup sunflower oil
¼ teaspoon baking soda	¼ cup applesauce, unsweetened
¾ teaspoon salt	2 eggs
1 teaspoon cinnamon	1 teaspoon vanilla
¼ teaspoon nutmeg	1 cup (225g) pumpkin puree**
¼ teaspoon allspice	

Preheat oven to 350° F. Generously butter the sides and bottom of a loaf pan. Set aside. In a small bowl, whisk together the flour, baking powder, baking soda, salt and spices. Set aside. In a large bowl, whisk together the sugar, honey, oil, applesauce and eggs. Add the vanilla and pumpkin. Mix well. Add the flour mixture, folding to incorporate. Pour the mixture into the prepared loaf pan. The batter should fill the pan ½ to 2/3 full. If more than 2/3 full, spoon some batter out and put into a small buttered ovenproof bowl, like a ramekin or custard cup.

Bake for 30 minutes. Check doneness with a wooden skewer. If the batter is still wet on the skewer, continue to bake for 7 to 10 minutes more. Check again. Total baking time could be as much as 45 to 50 minutes. A little under-baked is better than a dried out, over-baked loaf. Let cool for 10 minutes then remove from pan and let cool on its side completely.

*If using einkorn, you must weigh the flour.

**Any winter squash of your choosing can be roasted & pureed for this bread.

CREAMY SQUASH SOUP WITH ROASTED MUSHROOMS serves 4

Pumpkin, Butternut, Kabocha, Hubbard, Turban, Curry or Buttercup squashes can all be used for this soup. Cut the squash in half, remove seeds, place cut side down on a baking sheet and bake slowly @325°F for 45-60 minutes, or until soft. Scoop away from rind then pulse in a food processor to make a fine puree.

Preparation time: 10 minutes

Cooking time: 15 to 20 minutes

1 tablespoon olive oil

2 shallots, diced (about ¼ cup)

4 teaspoons minced garlic

2 ¼ cups (506g) squash puree

2 cups (475g) vegetable broth

Salt & pepper

Pinch of finely minced sage, or to taste

Pinch of finely minced thyme, or to taste

Roasted Mushrooms:

2 cups thinly sliced mushrooms

2 tablespoons olive oil

Pinch of: red chili flakes, finely minced sage, finely minced thyme, and salt*

In a large saucepan over medium heat combine 1 tablespoon olive oil, shallot, garlic and a good pinch of salt. Cook for 2 to 3 minutes, or until slightly browned and translucent. Turn down heat if cooking too quickly.

Add squash, broth, herbs, another pinch of salt and a grinding of pepper. Bring to a simmer and continue cooking over medium-low heat for 5 to 10 minutes and taste and adjust seasonings as needed. Blend soup with an immersion blender. For a very smooth & silky soup, push through a sieve before serving. Garnish with roasted mushrooms.

For Roasted Mushrooms: preheat oven to 400°F

Toss mushrooms with oil, herbs and salt. Spread onto a parchment-lined sheet tray and bake for 15 minutes. Remove from oven and coarsely chop. Use as garnish.

*Note: for crispier mushrooms, bake for 30-45 minutes, but don't use any salt. The longer cooking time concentrates the flavor and the finished product might be too salty for your liking.