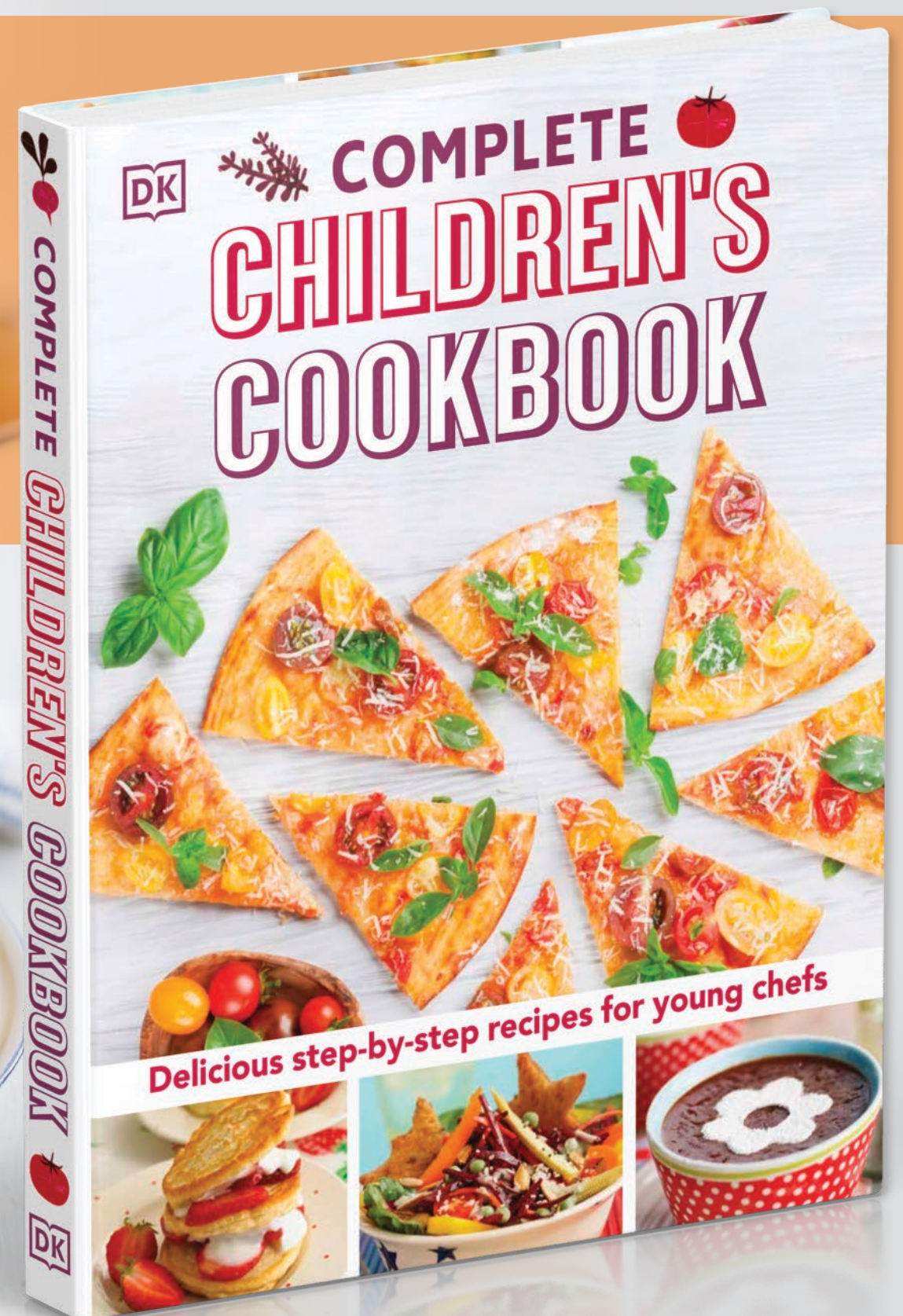


# Cozy Fall Recipes





20–30 mins 1 hr Makes 4

## Ingredients

- 1 tbsp olive oil
- 1 onion
- 1 carrot
- 2 tsp chopped rosemary leaves (optional)
- 1 garlic clove
- 1lb (450g) lean ground beef
- 4oz (125g) mushrooms (quartered)
- ½ cup beef stock
- 1 tbsp tomato paste
- 2 tsp Worcestershire sauce (optional)
- 14oz (400g) can chopped tomatoes
- salt and freshly ground black pepper

## For the topping

- 18oz (550g) potatoes
- a pinch of salt
- 2 tbsp milk
- 2 tbsp unsalted butter
- 2½oz (75g) cheese, grated

## Equipment

- cutting board
- peeler
- sharp knife
- garlic press
- oven mitts
- 2 large saucepans
- wooden spoon
- colander
- masher
- 4 ovenproof dishes or a large baking dish
- baking sheet
- metal spoon

# Mashed potato pies

This recipe is a tasty variation on the English dish of cottage pie. It is a filling and nutritious meal and can easily be made with ground beef, pork, lamb, or with vegetables only. If you don't have four small dishes, use one large dish instead.



**1** Preheat the oven to 400°F (200°C). Carefully peel and dice the onion and carrot. Crush the garlic.



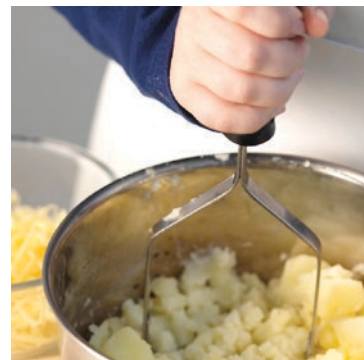
**2** Heat the oil and carefully fry the beef for 4 minutes, or until browned, stirring constantly. Add the onion, carrot, rosemary (if using), and garlic and fry for 3–5 minutes.



**3** Add the mushrooms, stock, tomato paste, Worcestershire sauce (if using), and tomatoes, stirring carefully. Bring to a boil and then reduce to simmer for 20 minutes. Season with the salt and pepper.



**4** Half-fill a pan with water and bring it to a boil. Carefully peel and chop the potatoes and add them to the pan, with the salt. Boil for 12–15 minutes, or until soft.



**5** Drain the potatoes in a colander and then put them back into the saucepan. Carefully mash the potatoes with the milk, butter, and half of the cheese.



**6** Place the dishes on a baking sheet and, using a metal spoon, divide the meat filling equally among them. Top each with a quarter of the mashed potato.



**7** Sprinkle the remaining cheese on top of the mashed potato and bake the pies for 25–30 minutes, or until they are golden and bubbling.

## Tip

Let the pies cool for a few minutes before eating them. They taste great served with vegetables, such as broccoli or peas.



For the curious

Content taken from *Complete Children's Cookbook*







15 mins



40 mins



Serves 4

## Ingredients

- 2¼lb (1kg) butternut squash
- 1 tbsp vegetable oil
- 1 onion, chopped
- salt and freshly ground black pepper
- 2 cups hot vegetable stock
- 2 tbsp honey

## To serve

- baguette
- Gruyère or Swiss cheese, grated
- freshly chopped parsley

## Equipment

- tablespoon
- peeler
- baking sheet
- wooden spoon
- food processor
- large saucepan
- soup bowls

# Butternut squash soup

This wholesome, warming soup is perfect for a cold day. It's made from roasted butternut squash, but you can also try it with pumpkin, if you prefer.



**1** Preheat the oven to 400°F (200°C). Carefully cut the butternut squash in half lengthwise, then use a spoon to scoop out the seeds and pith.



**2** Carefully cut into large chunks, then, using a peeler, remove the peel. Cut the chunks into 1 in (2.5cm) cubes.



**3** Place on a baking sheet, season with the salt and pepper, then drizzle with the oil. Roast for 20 minutes, then carefully remove from the oven.



**4** Add the onion and stir. Return to the oven and cook for another 15 minutes. Carefully remove from the oven and let cool a little.



**5** Place the butternut squash and onion in a food processor with half of the stock and blend until smooth.



**6** Place the mixture in a saucepan with the remaining stock and honey. Simmer for 3–4 minutes. Serve with slices of toasted baguette, cheese, and parsley.

Ask an adult to help you prepare the butternut squash. Be very careful when using a sharp knife. Carefully cut the vegetable into quarters before peeling. Then seed and chop the flesh into chunks.

## Variation

To change the flavor slightly and add in another vegetable to the meal, throw two peeled and chopped parsnips onto the sheet in step 3.



For the curious

Content taken from *Complete Children's Cookbook*





15 mins 40 mins Makes 18

## Ingredients

- 8 tbsp butter
- ½ cup dark brown sugar
- ⅔ cup maple syrup or honey
- ⅔ cup dark molasses
- 9oz (250g) pumpkin, grated
- 2 cups all-purpose flour
- 1 tsp baking soda
- 2 tsp ground ginger
- 2 eggs, beaten

## Equipment

- 9in (23cm) square cake pan
- parchment paper
- medium saucepan
- wooden spoon
- large mixing bowl
- oven mitts
- cutting board
- sharp knife

## Variation

If pumpkins are not in season, use grated butternut squash instead. They have a similar flavor because they are both part of the squash family of vegetables.

# Ginger and pumpkin slices

This sticky pumpkin and ginger cake is wonderfully dark and moist. It tastes even better the day after baking—if you can resist eating it for that long!



**1** Preheat the oven to 350°F (180°C). Grease the bottom of a 9in (23cm) square cake pan with a bit of butter on some parchment paper and line the pan with parchment paper.



**2** Carefully place the butter, sugar, maple syrup or honey, and molasses in a medium pan and heat gently until the sugar has dissolved and the butter has melted. Remove it from the heat and let cool.



**3** In a large mixing bowl, add the grated pumpkin or butternut squash, flour, baking soda, and ginger. Mix thoroughly with a wooden spoon.



**4** Stir in the molasses mixture and beaten eggs until combined, then pour into the greased and lined pan. Carefully place in the middle rack of the oven and bake for 35–40 minutes, or until firm.



**5** Let the cake cool in the pan. Once cool, carefully turn onto a cutting board. Peel off the paper from the back and cut the cake into rectangles with a sharp knife.



Ask an adult to help you prepare the pumpkin or butternut squash. Be very careful when using a sharp knife. Carefully cut the pumpkin into quarters before cutting the rind off. Next, seed and chop the flesh into chunks.



For the curious

Content taken from *Complete Children's Cookbook*







15 mins,  
plus chilling



30–35  
mins



Serves 4–6

## Ingredients

- 2 cups all-purpose flour
- a pinch of salt
- 2 tbsp sugar
- 8 tbsp unsalted butter, diced
- 1 egg yolk, beaten with 1 tbsp water
- 1 egg beaten, for glazing

## For the filling

- ½ cup light brown sugar
- ½ tsp ground cinnamon
- 1 tsp pure vanilla extract
- ½ orange (zest and juice)
- 2oz (60g) chopped walnuts (optional)
- 1½lb (750g) apples, peeled, cored, and cut into wedges

## Equipment

- sieve
- 2 large mixing bowls
- fork
- butter knife
- plastic wrap
- wooden spoon
- 9in (22cm) pie dish
- rolling pin
- pastry brush
- oven mitts

# Apple pie

When making a sweet or savory pie, make a hole in the top of the pie crust before you bake it. This allows the steam to escape and keeps the crust from becoming soggy! Making sweet dough is very similar to making savory dough, so read the recipe carefully to note the differences!



**1** Sift the flour and salt into a bowl and stir in the sugar. Using a fork, gently stir the diced butter into the flour until it is completely coated.



**2** Using your fingertips, rub the diced butter into the flour. When the butter is fully mixed in, the mixture will look like coarse bread crumbs.



**3** Stir the water and egg yolk (drop by drop) into the crumbs with a butter knife until they stick together in lumps. Gather the dough in your hands.



**4** Put the dough onto a lightly floured work surface and shape it into a smooth disk. Wrap the disk in plastic wrap and chill it for 1 hour, or until firm.



## Tip

Roll out the excess dough in step 6. Carefully cut 3 leaf shapes using a knife. Place the leaves on top of the pie before baking it.



**5** Preheat the oven to 425°F (220°C). Mix the sugar, cinnamon, vanilla extract, orange juice, zest, walnuts (if using), and apples together in a bowl.



**6** Pour the filling into the pie dish. Dampen the edge of the dish. Roll the dough out to about ⅛in (3mm) thick and place it over the dish. Trim the excess.



**7** Press the edges of the dough into the dish and carefully crimp with a fork. Glaze the pie with egg and make a hole in the center. Bake for 30–35 minutes, until golden.



For the curious

Content taken from *Complete Children's Cookbook*

