

Wishing you a peaceful & magical Christmas!

## Garden to Doorstep Organics

### Carrots & Mushrooms Sauté

\*6 carrots, peeled & cut into 1/8 rounds \*2 Tbsp. olive oil \*1 clove garlic, peeled & smashed \*1 ½ cups mushrooms, sliced \*1 tsp. sugar \*1/2 tsp. dried thyme \*1/2 tsp. salt \*1/4 tsp. pepper

Place carrots in a medium saucepan. Add water to cover by one inch. Bring to a boil. Partially cover & boil until tender crisp, about 5-8 minutes. Drain. Heat olive oil in a large skillet over medium low heat. Add garlic & mushrooms & sauté, stirring occasionally, until mushroom liquid evaporates, about 6 minutes.

Add carrots, sugar, thyme, salt & pepper, cover & cook over low heat 15 minutes. Uncover, remove garlic; discard. Increase heat to medium-high; cook, stirring often, until carrots & mushrooms are very lightly browned, 2-5 minutes.

### Chocolate Pomegranate Seeds

\*2 pomegranates \*1 (12 oz.) bag semi-chocolate chips \*wax paper  
Refrigerate the pomegranates (not required, but it helps).

Remove all the seeds & place them in a colander. Gently rinse the seeds, then lay them out on paper towels to let them dry. Lay out a large sheet of wax paper on a cookie sheet which will fit inside your refrigerator. To melt the chocolate the easy way, put the chocolate chips in a glass & microwave them until they're melted, stirring occasionally. Don't overdo it, though- you don't want the chocolate to burn or get tough. Add the pomegranate seeds to the melted chocolate (making sure the seeds are not wet on the surface) & fold gently with rubber spatula until the seeds are thoroughly covered, then spoon out globs of the mixture, whatever size you like, on to the wax paper. Place the wax papered cookie sheet in the refrigerator & let the chocolate-covered seeds cool overnight (or for as long as you can stand before tasting them). Keep refrigerated- they should keep for 3-4 days, at least.



### Pomegranate Sweet Potato Salad

\*3-4 large sweet potatoes, peeled & cut into 1 inch cubes \*1 Tbsp. olive oil \*salt & pepper \*1 cup pomegranate arils \*1/2 cup pumpkin seeds \*1/2 cup feta cheese For the Dressing: \*2 Tbsp. pomegranate juice \*2 Tbsp. red wine vinegar \*1 Tbsp. honey \*2 Tbsp. olive oil \*salt & pepper  
Preheat the oven to 400 degrees F. Place the sweet potatoes on a large baking sheet. Drizzle with olive oil & toss until sweet potatoes are well coated. Season with salt and pepper, to taste. Roast for 20-30 minutes, stirring occasionally, or until sweet potatoes are tender. Remove from oven. Place the sweet potatoes in a large bowl. Add pomegranate arils, pumpkin seeds & feta cheese. In a small bowl, whisk together pomegranate juice, red wine vinegar, honey, olive oil, salt & pepper. Drizzle dressing over sweet potato salad. Gently toss. Serve immediately.

### Mushroom Dish

\*1/4 cup olive oil \*1 large onion, chopped \*2 cloves garlic, minced \*mushrooms, chopped \*salt & pepper \*1/2 cup Marsala \*2 cups veggie broth \*1 tsp. dried basil \*2 Tbsp. dried parsley \*1/2 to 3/4 cup Parmesan  
In a large skillet heat the oil. When almost smoking, add the onions & garlic over medium-low heat until the onions have wilted, about 8 minutes. Add the mushrooms & season with salt & pepper. Raise heat to high & sauté until mushrooms are tender & all the liquid has evaporated. Remove pan from heat & pour in Marsala. Return pan to stove & allow wine to evaporate, about 3 minutes. Add veggie broth & simmer for 1/2 hour until the sauce has reduced by half. Add heavy cream & mix well. Take the pan off the heat & add the herbs & Parmesan & mix thoroughly.

### Sweet Potato & Carrot Soup

\*4 Tbsp. unsalted butter \*2 medium onions, chopped \*1 Tbsp. curry powder \*3/4 # carrots, chopped into 1 inch pieces \*8 cups veggie broth \*1 ¼ tsp. salt \*1 apple, peeled & chopped (optional) \*2 Tbsp. honey \*pepper  
In a large pot, melt the butter over medium heat. Add the onions & cook, stirring frequently, until soft & translucent, about 10 minutes. Do not brown. Add the curry powder & cook a minute more. Add the carrots, sweet potatoes, veggie broth & salt & bring to a boil. Cover & simmer over low heat until vegetables are very tender, about 25 minutes. Stir in the apples & honey. Using a stick blender, puree the soup until smooth & creamy. (Alternatively, cool the soup slightly, then puree in a blender in batches. Be sure to leave the hole in the lid open & cover with a kitchen towel, to allow the steam to escape.) Season to taste with salt, pepper & more honey if necessary. Ladle soup into bowls & sprinkle with more curry powder if desired. (Note: As the soup sits, it will thicken up so you may need to add a bit of water to thin it out).

## Storage Tips:

Pomegranates: Store whole pomegranates in plastic bags in the refrigerator. You can also store just the seeds in a plastic bag in the refrigerator for up to 3 days. To freeze, place seeds in a single layer on trays & freeze. Transfer to airtight container & freeze.

Kiwi: Store in the crisper drawer of the refrigerator.

Carrots with greens – Remove the greens from the carrots & store them separately. Make sure the roots are dry & unwashed. Place them in a separate zip lock bags & store in the fridge (do not store with any part of greens attached as they will pull moisture from the root). Pat the greens dry with a paper towel. Wrap the greens in a paper towel & store in an airtight plastic container (you can use a plastic bag too). Store in the refrigerator.

Tomatoes - Do NOT refrigerate. Keep them at room temperature on the counter away from direct sunlight.

Onions - Store in a dark, cool, well-ventilated area. Punch holes in a paper bag (if you have a hole punch, that works great). Place onions in the bags and paperclip them closed. Store in a basement or any other darker, cooler place. Do not refrigerate them.

Sweet Potatoes – Store in the crisper drawer of the refrigerator.

Mushrooms - Prepackaged mushrooms should stay in the package, but loose mushrooms or those in an open package should be stored in a paper bag or in a damp cloth bag in the refrigerator. Do not place in plastic bag.