

Meet Me In The Kitchen

with Connie Spiros

Aired weekly on Milton Comcast Channel 8

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SHOW TEN

Chris Douglass

Owner, Chef - Ashmont Grill

Ashmont Grill's Squash Soup with Sage Croutons

INGREDIENTS

- 1 Red Kuri Squash (or medium size hubbard)
- 1 large leek
- 4 Tbsp butter
- 1 can low sodium chicken broth
- 1 cup water
- 3-4 fresh sage leaves
- 1 clove garlic
- 1/3 of French Baguette

THE METHOD

Preheat oven to 400 degrees. Cut squash in half lengthwise, add a Tbsp of butter to each half and salt and pepper them. Place cut side down on a baking sheet. Add a bit of water to the baking pan. Bake for 40 minutes or until very soft. Meanwhile, slice leek lengthwise and clean well to remove any dirt in between the leaves. Cut off some of the green part at the end, then rough chop the leek. Heat 2 Tbsp butter in a large stockpot over medium heat, add chopped leek. Cook for about 10 minutes until soft. Remove squash from oven and scoop out the inside. Add this to the pot with the leek and break apart while cooking it. Add chicken broth and water to cover the squash and leek. Cook for about 20 minutes until all vegetables are very soft. If it gets too thick, add more water. Separately, cut baguette into long thin slices, cut the crust off, and carefully cut the slices into cubes, making sure not to tear the bread. In a sauté pan with 1 Tbsp butter, add bread cubes and quickly sauté while turning to be sure they evenly "toast". Finely chop up sage leaves and garlic and add to the toasted cubes. Cook for just a few minutes more to bring flavors together. Set croutons aside to garnish soup. Remove soup from stockpot in portions to fill about halfway up a blender. Carefully cover the blender top with a towel and, starting slowly, pulse to blend. Blend for about 15 30 seconds. Repeat with the rest of the soup. Pour into a bowl and taste for seasonings. Serve soup and sprinkle croutons on top.

Store hours: Monday – Saturday, 8am to 8pm; Sunday, 8am to 6pm

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Ashmont Grill's Mixed Bitter Greens with Apples, Blue Cheese and a Cider Vinaigrette

INGREDIENTS

1 bunch of frisee, chopped coarsely
1 endive, sliced thin lengthwise
small bunch of watercress, some stems removed
½ cup walnuts
1 Macoun Apple, or other good eating apple
¼ cup very good Blue Cheese
1 cup apple cider
1 shallot, chopped
1-2 Tbsp sherry vinegar
½ cup grapeseed oil

THE METHOD

Preheat oven to 400 degrees. Toast walnuts in oven for about 7-8 minutes. Be careful to watch that they don't burn. Set aside.

Reduce cider in a saucepot for about 10-15 minutes until quite syrupy and you are left with about ¼ cup. Quarter apple, slice the core off each quarter, and thinly slice the apple. In a bowl, add shallot and sherry vinegar. Add the reduced cider vinegar and whisk all together. While whisking, add grapeseed oil very slowly to incorporate it well. You may not need ½ cup oil, so taste first. Add vinaigrette to the greens and toss well to coat all the greens.

Plate the salad and place crumbled blue cheese and apple slices on top.

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