



Cushaw Squash Soup

Serves 6

- 1 large cushaw pumpkin, skin and seeds removed, pumpkin chopped into 1 inch cubes (butternut squash or musquee de provence pumpkins will work as substitutes)
- 4 small local apples, such as Jonagold or Johnathan, peeled (reserve skin) and diced
- 1 granny smith apple, diced
- 1 white onion, diced
- 2 large cloves garlic, minced
- ½ tsp cinnamon
- 1 tsp ground cumin
- pinch nutmeg
- ½ cup apple cider
- 1 cup water
- olive oil
- kosher salt
- black pepper for roasting
- garnishes: yogurt, diced granny smith apple (with skin on), cubes roast cushaw pumpkin, toasted pumpkin seeds, minced fresh herbs (such as mint, green onion, parsley), red pepper flakes

Instructions:

- Preheat the oven to 375°. Place the squash on a rimmed sheet tray and toss with 1 tbs olive oil, ½ tsp kosher salt and ¼ tsp black pepper. Roast for 30 minutes, tossing half way, until squash is fork tender and just beginning to brown. Remove from the oven and set aside.
- Set a heavy bottom pot on the stove over medium heat. Add 1 tbs olive oil and, once warm, add the onion, apple skins and garlic. Add a pinch of salt and saute until the onions begin to soft and become translucent, 8-10 minutes.
- Add the diced apples to the pot along with ½ cup apple cider, 1.5 cups water, the cinnamon, nutmeg and cumin. Add all but ⅓ cup of the roasted squash to the pot (set

this extra squash aside for garnish). Add $\frac{1}{4}$ tsp kosher salt and $\frac{1}{8}$ tsp black pepper. Stir everything together until well mixed and bring to a boil. Reduce heat and allow the soup to simmer for 10-15 minutes until the apples are tender.

- Working in two batches, carefully transfer half of the soup to a blender or food processor. Remove the feed tube and use a kitchen towel to loosely cover the hole of the feed tube, allowing an opening for steam to escape *this is very important when blending hot food.* Carefully hold the kitchen towel in place and puree the soup until it is smooth, adding small additions of apple cider along the way if the soup is too thick. Once all of the soup is pureed, return to the pot and stir. Taste and add additional seasonings based on your preference. Keep the soup warm over low heat on the stove until ready to serve.
- Ladle soup into bowls and garnish with a drizzle of plain whole milk yogurt, minced herbs, toasted pumpkin seeds, red pepper flakes and reserved squash and granny smith apple.

Cornmeal Crusted Asian Carp with Fresh Frisee Salad

Serves 6

Carp

- 2 lbs carp filets, patted dry, trimmed of bloodline and sliced into individual portions
- 1 cup rice flour
- 1 cup cornmeal
- $\frac{1}{2}$ tsp red pepper flakes
- 2 cups buttermilk
- 2 eggs
- kosher salt
- black pepper
- Maldon salt for finishing salt
- grapeseed or other neutral, high heat oil for frying

Frisee Salad

- 1 cup thinly sliced sweet peppers
- 1 cup apple cider vinegar
- 1 cup water
- 1 tsp local honey
- 1 tsp kosher salt
- 2 cups frisee lettuce
- 1 tbs red wine vinegar
- 2 tbs olive oil
- kosher salt
- black pepper

Directions:

Carp

- Mix together rice flour, cornmeal and red pepper flakes along with 1 tsp salt and $\frac{1}{4}$ tsp black pepper in a shallow baking dish.

- Whisk the buttermilk and eggs together in a shallow baking dish along with ½ tsp salt and ¼ tsp black pepper.
- Lightly season one side of the carp filets with salt before submerging each filet in buttermilk. Allow excess buttermilk to drip off and then transfer to cornmeal, coating carp on both sides. Place on a plate and refrigerate until ready to fry.
- Fill a skillet with tall sides with ¼-½ inch of grapeseed oil. Warm oil until very hot but not smoking. Sprinkle a bit of the extra cornmeal mixture into the oil to test. If it sizzles quickly and bubbles at the surface the oil is ready. If the cornmeal drops to the bottom and then slowly begins to sizzle then it is too cool. If the cornmeal sizzles immediately and begins to darken it is too hot.
- Working in batches, add the carp filets to the oil and cook for 3 minutes before turning, cooking for an additional 2 minutes on the opposite side. Transfer cooked carp to a warm oven (200° or less) to hold until the remainder of the carp has been fried.
- Top with frisee salad and serve immediately.

Frisee Salad

- Place the peppers in a large ball jar with a lid.
- Place the apple cider vinegar, water, honey and 1 tsp kosher salt in a small pot. Turn the heat to high and stir. As soon as the pickling liquid begins to boil and the sugar and honey have fully dissolved, carefully pour it over the peppers. Allow to sit at room temperature for at least 20 minutes before serving.
- Toss the pickles peppers with the frisee, half of the red wine vinegar, half of the olive oil, a pinch kosher salt and a pinch black pepper. Taste and add additional vinegar, olive oil, salt and pepper if preferred. Plate on top of fried carp and serve immediately.