



## RECIPES FOR OCTOBER 2008

### Fall Squash Soup:

2# butternut squash  
 2# Acorn Squash  
 1# Pumpkin  
 1 Clove Garlic  
 1 Medium Onion  
 1 tbsp Ground Clove  
 1 tbsp Ground Nutmeg  
 1 Gallon low sodium Chicken stock  
 1 Cup light - cream  
 Salt and pepper to taste.



Preheat **Steam`N`Hold™** to 212 degrees in fast cook mode. Remove skin and seeds from squash. Cut squash into 2 – 3 inch pieces. Place cut squash, pumpkin, onion, garlic and chicken stock into a clean 4 inch solid full size pan. Cook in **Steam`N`Hold™** for 50 minutes. Remove from Steamer. Careful very hot. Add mixture to blender and blend. Only use small amounts in blender at a time. Be careful about hot liquids splashing out of blender. You can also adjust consistency of soup to your preference by amount of time you blend liquids. Add spices and cream and blend well. Garnish with a tbsp of sour cream.

### Cloud Cakes: Griddle Recipe

Preheat **Accu-SteAM™** Griddle to 350 degrees.  
 2 cups 2% cottage cheese  
 1 ¼ cup sour cream  
 4 eggs  
 ¼ cup melted butter  
 1 ½ cups all -purpose flour  
 1/3 cup sugar  
 Pinch Kosher salt



Beat the eggs, then mix all the wet ingredients together. Mix the dry together, then add to the wet. Drop spoonfuls of batter onto the **Accu-SteAM™** hot griddle coated with pam and grill oil. Wait until you see some bubbles form on the top of the

batter; turn gently with a spatula.

Serve with a generous amount of butter and blueberry sauce, maple syrup or whatever you like.

### **Andouille and Sweet Potato soup**

3 ½ # Yams  
 1# Andouille sausage  
 ¾ cup celery  
 ¾ cup onion  
 ½ gallon chicken stock  
 1/3 cup molasses  
 salt and white pepper to taste



Preheat **Steam`N`Hold™** steamer to 212 degrees in fast cook mode. Dice the yams, sausage, onion and celery. Place vegetables and sausage into a 4 inch solid half hotel pan. Add chicken stock to pan and cook in **Steam`N`Hold™** for 25 minutes. Add molasses and salt and pepper. Cook for another 25 minutes. Puree the soup in the blender. Adjust seasonings and serve.

### **Eggs Sardou**

½ cup thinly sliced country ham, finely chopped  
 ¾ cup heavy cream  
 1 tbsp finely chopped onion  
 1 tbsp unsalted butter, divided  
 ¾ tsp finely chopped garlic  
 10 ounces fresh spinach, coarsely chopped  
 8 large eggs.  
 8 6 ounce ramekins



Preheat **Steam`N`Hold™** steamer to 212 degrees in fast cook mode.

In a 2½ inch solid half hotel pan add cream, ham, onion and garlic. Cook for 10 minutes. Remove from steamer and add spinach. Strain spinach and ham and reserve the cream mixture. Push excess liquid off of spinach.

In 8 ramekins divide equal portions of spinach and ham into each ramekin. Crack eggs into each ramekins and season lightly with salt and pepper. Spoon 1 teaspoon cream over each egg. Cut butter into 8 small pieces and dot each egg with butter.

Place ramekins into a 2 ½ inch perforated hotel pan and steam for 10-12 minutes. Whites should be firm and yolk runny....

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