

What's Cookin'

A versatile soup recipe

Happy Thanksgiving weekend!

Around our house this is a popular side dish, not just at holidays. It does make a lovely presentation though for those occasions when you are trying to make the table look great!

I've given you some ideas for veggies you can roast, but use your imagination and be sure to include the fresh herbs on top— that really makes the dish. If you don't have a BBQ or the weather isn't cooperating, you can roast all these veggies in the oven, just be sure to really spread them out on baking sheets (lined with parchment). Don't mound them up or they will just steam. Set the oven at 400 degrees F. and don't roast too many pans at once or the oven becomes like a



Lori Gysel & Gerry Kentner

steam oven and it gets difficult to caramelize them.

If you've got some vegetarians in the crowd at your meal this weekend, you could do up a separate plate for them with a nice selection of the veggies and top it off with some crumbled feta cheese and sliced sundried tomatoes, maybe even a few good olives and suddenly you've created an entrée!

Have fun and keep cooking!

Roasted Vegetables

Serves 8

Ingredients

- zucchini
- eggplant
- mushrooms
- coloured peppers
- sweet potatoes
- Spanish onions
- whole heads garlic
- assorted fresh herbs (scallions, chives, parsley, thyme, oregano)
- olive oil
- coarse salt and freshly ground black pepper



until well caramelized. This may take as long as 40 minutes, depending on the quantity of onions, size of pan and heat. If onions start to blacken, turn heat down immediately.

3. Cut whole heads of garlic in half to expose the cloves. Brush with olive oil. Sprinkle with salt and pepper. Wrap in foil and bake in a 375 F degree oven until cloves are soft and golden brown, approx 30 minutes.

4. Arrange all vegetables on the platter and top with a generous amount of chopped fresh herbs.

5. Can be served hot or at room temperature.

Method

1. Slice zucchini, eggplant, mushrooms, coloured peppers and sweet potatoes. Toss with olive oil. Sprinkle with coarse salt and freshly ground black pepper. Grill on the BBQ until nicely browned.

2. Clean and slice onions. In a large fry pan, heat some olive oil (and butter if you like). Cook the onions in the oil over medium low heat, stirring often

THANKSGIVING WEEKEND OCTOBER 9-13

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