



# Kensington Cooks! Live with Chef Morissa

## *OCTOBER LUNCH*

### **FARRO SALAD WITH GLAZED SWEET POTATOES AND RED APPLES**

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| <b>¼ cup plus 4 tbsp. EVOO</b>            | <b>¼ cup sherry vinegar</b>                           |
| <b>1 small fennel bulb, finely sliced</b> | <b>2 red apples, peeled and diced medium</b>          |
| <b>1 small onion, finely chopped</b>      | <b>¾ cup dried cherries or raisins</b>                |
| <b>5 garlic cloves, minced</b>            | <b>1 cup roasted cashews, chopped</b>                 |
| <b>Kosher salt, to taste</b>              | <b>¾ cup fresh parsley, chopped</b>                   |
| <b>Pepper, to taste</b>                   | <b>Shaved Parmesan or Pecorino cheese for garnish</b> |
| <b>4 cups chicken or vegetable stock</b>  |   |
| <b>2 cups uncooked farro</b>              |   |
| <b>1 lb. sweet potato, diced medium</b>   |   |

Heat ¼ cup of EVOO in large saucepan. Add fennel, onion, garlic and salt. Cook over medium heat, stirring occasionally until fennel is soft. Add the stock and raw farro and bring to boil. Reduce heat and simmer until farro is cooked (about 30 min.).

Meanwhile, preheat oven to 425. On a baking sheet, toss sweet potatoes, apples and remaining 4 tbsp. of EVOO. Season with salt and pepper and roast in oven for about 35 min., until tender. Let cool slightly.

Toss farro with sweet potatoes, apples, raisins, cashews and parsley. Add salt and pepper and top with Pecorino or Parmesan cheese. Serve warm and enjoy!



**KENSINGTON PARK**

*A Senior Living Community*

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### **CHEESY POLENTA**

- 1 cup polenta**
- 5 cups whole milk**
- ¼ cup grated Parmesan cheese**
- 1 tsp. of salt**
- Chopped hazelnuts for garnish**

Add milk, 1 tsp. of salt and polenta to heavy saucepan, cooking until thickened. Stir in cheese and taste. Add more salt and milk if needed. Transfer polenta to large serving bowl. Top with mushroom ragout, Parmesan cheese and roasted hazelnuts. Serve beef on the side and enjoy!

### **BEEF TENDERLOIN**

Let beef sit out at room temp. for about 30 min., pat dry and season heavily. Heat cast iron skillet on high. Heat oil in pan and place room temp. meat in pan and let sear on all sides until meat has browned all over. Put in 400-degree oven and cook until thermometer reaches 120-130, medium rare. Let cool and slice thin.

### **WILD MUSHROOM AND PARSNIP RAGOUT**

- 12 tbsp. olive oil, separated**
- 1 small onion**
- 2 garlic cloves, finely chopped**
- 1 lb. wild mushrooms (shiitake, porcini, cremini, maitake), cut in half**
- ½ cup Marsala wine**
- 1 tbsp. kosher salt**
- 2 cups chicken broth**
- 1 sprig thyme, chopped**
- ¼ cup flat parsley**
- 1/3 cup heavy cream**
- ½ cup Parmesan cheese**

Heat 1 tbsp. oil in large Dutch oven. Add onion, garlic and thyme; stir until onion softens. Add mushrooms and season with salt and pepper. Raise heat and sauté until mushrooms are tender and all liquid evaporates. Remove pan from heat and pour in Marsala. Return pan to stove and allow wine to cook, about 3 min. Add chicken broth and simmer for 30 min., until sauce has reduced by half. Add heavy cream and stir, then garnish with herbs and cheese.