

NYBG

HONEY & HARVEST WEEKEND

SQUASH AND TUSCAN KALE SOUP WITH RICOTTA AND HONEY

Prepared by Jennifer Rothman and Renana Shvil

Ingredients

Soup

- 1/4 cup extra-virgin olive oil
- 1 large onion, finely chopped
- One 2 lb butternut or a couple of honeynut squash, peeled and cut into 1/2-inch cubes (2 1/2 cups)
- 2 garlic cloves, minced
- 1 teaspoon finely chopped rosemary
- 1 pound Tuscan kale, stemmed and leaves coarsely chopped
- 4 cups vegetable stock
- Salt and freshly ground pepper
- 1 cup drained canned cannellini beans
- Shaved Parmigiano Reggiano cheese for serving

Ricotta Cheese

- 8 cups whole milk (organic if possible)
- 1 1/2 cups heavy cream
- 1 teaspoon salt
- 1/4 cup lemon juice (about 1 1/2 lemons)
- Special equipment: Mesh strainer and cheesecloth.

Ricotta Cheese Crostini with Honey and Thyme

- 1 baguette sliced and slightly toasted
- 1 cup ricotta cheese
- Honey for drizzling
- About 1 tsp of chopped thyme

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Instructions

Soup

In a large pot, heat 2 tablespoons of the oil over medium heat. Add the onion cook over moderate heat, stirring, until softened, about 4 minutes. Add garlic and rosemary and cook until fragrant, 1 minute. Add stock and bring to a boil. Reduce heat to medium so that the broth is only at a simmer. Add the squash and cook until tender, about 10 minutes. Add beans and cook until warmed through. Add the kale and cook, stirring, until wilted, 5 minutes. Season with salt and pepper. Stir in the remaining 2 tablespoons of olive oil. Ladle the soup into deep bowls and garnish with shaved Parmigiano-Reggiano cheese.

Ricotta Cheese

Place mesh strainer on top of larger bowl. Line strainer with cheesecloth that has been doubled.

Combine milk, cream and salt in a heavy pot. Warm mixture slowly over medium high heat, stirring regularly, until the top becomes very frothy and the mixture is on the verge of boiling, about 15–17 minutes. Remove pot from heat and stir in the lemon juice. Let sit for 5 minutes. Pour contents of pot through cheesecloth in strainer. Let sit for about 15–20 minutes. The longer it sits, the harder the cheese will be. Gather ricotta up in cheesecloth and turn it out into a bowl. Serve immediately or keep in the refrigerator for about 4–5 days.

Note: Save the whey as a substitute for milk or buttermilk in pancakes or other recipes.

Ricotta Cheese Crostini with Honey and Thyme

Top each slice of baguette with a dollop of ricotta cheese. Drizzle cheese with honey and sprinkle a pinch of chopped thyme on top of the honey.