

FOOD+HOME

M A G A Z I N E

DINE OUT!
FALL SELECTIONS
FROM LOCAL KITCHENS

PLUS:
THE FARMHOUSE IN OJAI
SB BEER GARDENS
LOCAL CHEFS Q & A
THE MODERN BATHROOM
RECIPES AND MORE!



Grilled garlic prawns over rice pilaf from Crocodile Restaurant.
Photo By Braulio Godínez



Santa Barbara
Slow-Cooked Beef

HOME CHEF

SANTA BARBARA SLOW-COOKED BEEF

6 servings
 Recipe by Judith & Corina Schueller
 GlamorousBite.com
 Photos: Corina Schueller

INGREDIENTS

- One 3-pound beef chuck roast or beef brisket
- 1 tsp coarse sea salt
- 1/2 tsp black pepper freshly ground
- 2 tbsp olive oil
- 2 tbsp Santa Barbara spice mix
- 1 tbsp sun-dried tomato in oil
- 1 1/2 cups wine - Syrah or other dry red wine
- 1 cup beef broth
- 1 large red onion - sliced
- 4 garlic cloves - sliced
- 1/2 cup black olives - sliced
- 8 small tomatoes - quartered
- 3 fresh thyme sprigs
- 12 fresh basil leaves

Santa Barbara Spice Mix:

- 2 tsp sea salt
- 1 tsp garlic powder
- 1 tsp black pepper
- 1/2 tsp paprika
- 1/2 tsp red pepper flakes
- 1/2 tsp ground cumin
- 1/2 tsp dried oregano

INSTRUCTIONS

- Preheat oven to 325 degrees F.
- Generously season meat with salt and pepper on both sides. Heat olive oil in a heavy casserole pan (we love to use our old Le Creuset).
- Over medium high heat sear the beef for about 3-5 minutes on each side, until the meat has a nice caramelized brown coat.
- Sprinkle the Santa Barbara spice mix over the meat and add the sun-dried tomatoes.
- Four wine and beef broth over the meat. Add onions, garlic, olives, half of the sliced tomatoes, thyme sprigs, and basil leaves.
- Cover the casserole pan with a lid and braise in oven for about 2 1/2 hours.
- Add the remaining tomatoes and braise for another 30 minutes or until beef is very tender.
- Let it rest for 10 minutes so the flavors of the pan juice can intensify before serving. You can use a slow cooker instead of cooking in the oven.

PUMPKIN CROSTINI WITH SAGE

8-12 servings
 Recipe by Judith & Corina Schueller
 GlamorousBite.com
 Photos: Corina Schueller

INGREDIENTS

- 24 Fresh Sage Leaves
- 1/3 cup extra virgin olive oil
- 1 whole wheat baguette - cut into 24 slices,



Pumpkin
Crostini
with Sage

HOME CHEF

- about 1/2 inch thick
- 1 tsp sea salt
- 1 small pumpkin or butternut squash 2-3 lbs (or purchase already cubed pumpkin)
- 1/3 cup red wine - we used Merlot
- 3 tsp balsamic vinegar
- 1 tbsp organic honey
- 1/3 cup goat cheese - smash with fork

INSTRUCTIONS

Preheat oven to 375 degrees F

Fried Sage Leaves: Heat olive oil in a medium sauce pan and fry sage leaves for a few minutes, divided into 2-3 batches, until they become crisp and dark green in color. With a slotted spoon gently transfer to a piece of parchment paper in a single layer and let them cool. Set aside the sage infused olive oil. The fried leaves are very delicate so handle them carefully.

Crostini: Brush each baguette slice with the sage-infused olive oil on both sides and sprinkle lightly with sea salt. Arrange the slices in single layer on a baking sheet and toast in the preheated oven for about 8-10 minutes or until golden in color. Set aside to cool. You can make the sage leaves and the crostini up to three days ahead and store them separately in an airtight container at room temperature.

Roasted Pumpkin Cubes: Preheat the oven to 400 degrees F. Cut pumpkin in half. With a metal spoon scoop out the pulp and seeds. You can save the seeds for roasting later. Slice into 1-inch-thick moon-shaped wedges and peel the skin off with a vegetable peeler. Cut pumpkin slices into 1-inch cubes. Spread out pumpkin cubes on a large baking sheet and drizzle with the remaining sage-infused olive oil. Sprinkle with sea salt and toss to coat evenly. Roast in oven for about 30 minutes or until tender. Let them cool.

Red Wine-Balsamic Reduction: In a small saucepan combine wine, balsamic vinegar, and honey and cook over medium heat uncovered until it reduces to about 1/4 cup and becomes syrupy.

To Assemble: Spread a thin layer of goat cheese on each crostini and spoon pumpkin cubes on top. Arrange the crostini on a serving platter and decorate each with a sage leaf. Just before serving, generously drizzle crostini with the red wine-balsamic syrup.

4 MEAL-PREP SALAD IDEAS

IN A MASON JAR

Recipe and photo by Danielle Fahrenkrug *Delightful-momfood.com*

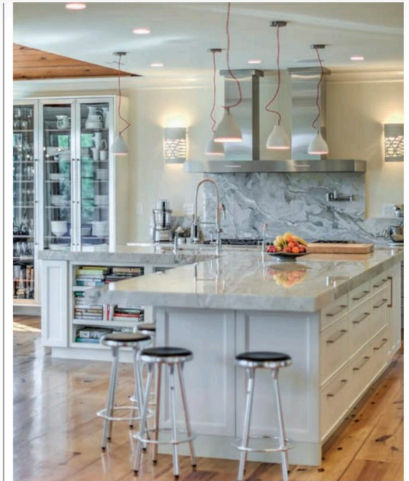
Meal-prepping salads just got easier by layering them in mason jars. It keeps all the ingredients fresh but there's a trick to how to prepare them to stay fresh. Check out these delicious meal prep ideas creating a salad in a jar.

EQUIPMENT

4 - 32 ounce Mason jars with lid

Cristina Sisti

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