

Spaghetti Squash with Roasted Tomato and Shiitake Mushrooms



Instructions:

1. Preheat oven to 350. Split squash along the hemisphere with the stem on one half and the blossom end on the other, season the inside and place cut side down on a glass baking pan. Roast for 30 minutes or until slightly tender with a toothpick. Remove and cool.
2. Halve the roma tomatoes longways and toss with minced shallot and thyme, salt + pepper, 1 tablespoon olive oil. Roast in a 350 degree oven for 25-45 minutes depending on size and ripeness. (Tomatoes and squash can roast together on separate trays.)
3. Slice shiitake mushrooms into strips. Heat sauté pan on high and add in olive oil. Sauté shiitakes for 2 minutes by themselves then add fresh garlic and toss in pan for 30 seconds while seasoning with salt + pepper.
4. Use fork to loosen spaghetti squash and twirl in to remove into piles. Top with shiitake and garlic sauté and roasted tomato halves. Mix fresh herbs together with a little olive oil and salt and pepper. Garnish plate with a pile of the herb salad, then drizzle with aged balsamic.

Ingredients:

- 1 spaghetti squash
- 2 roma tomatoes
- 2 shallots or 4 scallion bottoms, minced
- 5-6 sprigs fresh thyme or 1/4 tsp. dried Black pepper + sea salt to taste
- 2 oz. extra virgin olive oil
- 1 shiitake mushrooms
- 2 cloves garlic, minced
- 2 T fresh basil
- 2 T fresh thyme
- 2 T fresh chives
- 2 T aged balsamic vinegar

Recipe provided by Ben Bebenroth, chef, farmer and founder of the Spice Companies (Spice Kitchen + Bar, Spice Catering Co., Spice Acres and Spice Field Kitchen)

Simple Brine



Instructions:

Heat water enough to completely dissolve sugar and salt. Once cooled, pour over chicken, making sure it is covered. Keep chicken in brine for 24 hours. Remove and place chicken in refrigerator to dry fully before cooking.

Ingredients:

1qt water

1/4c salt

2 T sugar

Suggested additions: lemon slices, fresh herbs, apple cider to replace some of the water

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