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FAVORITES FROM THE EDGE FARMS

A GUIDE TO MAKING CRAVE-ABLE PERFECT AUTUMN RECIPES FROM SCRATCH

BY ANDY AND ALEXANDRA FERRIS

Alexandra's Goat Milk Chai Cocoa

ALEXANDRA DISCOVERED THE JOYS AND COMFORT OF MASALA CHAI, A TRADITIONAL INDIAN HOT TEA, IN COLLEGE. WHEN SHE DEVELOPED THIS COCOA RECIPE, ANDY NAMED IT AFTER THE FLAVORS AND AROMAS REMINISCENT OF CHAI. IT IS MADE WITH GOAT'S MILK, AS IT IS RICH AND EASY TO DIGEST, ALTHOUGH OTHER MILKS CAN BE SUBSTITUTED AS DESIRED.

Yields 2 generous servings for a brisk day

Ingredients:
4 cups raw goat milk*
1/2 cup heavy cream at room temperature
1/4 cup dutch cocoa powder
5-10 grates: fresh turmeric
5-10 grates: Fresh ginger
3 tablespoons maple syrup

Directions:

Warm the milk slowly on the stovetop on low heat. Heat it in a medium sized saucepan - do not boil.

As that heats - in a separate container, mix the heavy cream and cocoa powder until they form a chocolatey paste. The alkalized cocoa will at first be hydrophobic, repelling water.

Then grate into the warming milk: turmeric, ginger and maple syrup, stirring slowly.

Pour the warm milk into the chocolatey paste, and stir to incorporate.

Serve in two large cups to share with a friend.

Momsie's Baked Acorn Squash

THIS IS ADAPTED FROM THE RECIPE ALEXANDRA GREW UP ON. ANDY, ALEXANDRA'S MOM, MADE THIS FOR YEARS AND IT WAS A CROWD PLEASER EVERY TIME - ALL THE KIDS LIKED IT. IT COMBINES THE BRIGHT FLESHED SAVORY SQUASH WITH A HINT OF SALT AND SOME SWEET, STICKY, GOOEY GLAZE.

Yields 4 side dish servings

Ingredients:
2 medium sized Acorn squash - with rounded bottoms when possible
3 tablespoons butter
1/4 cup brown sugar
Sprinkle of salt
Generous sprinkle of cinnamon

Directions:

Preheat oven to 350 degrees

Wash Acorn squash and remove stems, if present*.

Cut the squash in half, horizontally and place the 4 halves onto a baking pan with sides or glass dish.

With a spoon, scoop out the seeds and stringy mass in the middle of each half and discard (or save for the chickens.)

Into the four squash shells, divide equally the butter and brown sugar, then sprinkle each of the tops with salt and cinnamon.

Place dish into middle of oven and bake for 45 minutes. Check doneness by taking a fork or knife and gently piercing the flesh near the top of a squash. If it yields easily it's done. Don't poke too hard, or it will go through the skin and drain liquid inside.

Serve hot, eaten with a spoon as side dish. Let everyone scoop out the seasoned squash flesh themselves from the skins.

*Note: The stems are tough and cannot be cut with a knife - the best way we have found is to hold/brace the squash sideways on a countertop and with a blunt side of a heavy knife, whack the stem at 90 degree angle, this should break it off cleanly.

Blake's Sweet Potato Pie

BLAKE'S FAVORITE DESERT OF ALL TIME IS A GOOD SWEET POTATO PIE. IF YOU EVER MAKE IT AND INTEND TO EAT SOME, MAKE AT LEAST ONE WHOLE PIE FOR HIM - BECAUSE IT WILL DISAPPEAR FASTER THAN YOU CAN SAY AUTUMN!

Ingredients:
2 medium sweet potatoes (about 1 & 1/2 pounds), peeled and cubed
1/3 cup butter, softened
1/2 cup sugar
2 large pastured eggs at room temperature, lightly beaten
3/4 cup evaporated milk
1 teaspoon vanilla extract
1/2 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg
1/4 teaspoon salt
1 unbaked pastry shell (9 inches)

Directions:

Preheat oven to 425 degrees.

Place sweet potatoes in a medium saucepan; add water to cover. Bring to a boil.
Reduce heat; cook, uncovered, until tender, 13-15 minutes.

Drain potatoes, and return them to the pan. Mash until very smooth; then let cool to room temperature.

In a bowl, cream butter and sugar, Then add eggs; mix well.

Add milk, two cups mashed sweet potatoes, vanilla, cinnamon, nutmeg and salt; mix well.

Pour into pie shell & bake at 425 degrees for 15 minutes. Then reduce heat to 350 degrees; bake until set or a knife inserted in the center comes out clean, about 35-40 minutes longer.

Cool. Store in refrigerator.

*Adapted from Sweet Potato Pie in Taste of Home October/November 1994 recipe.