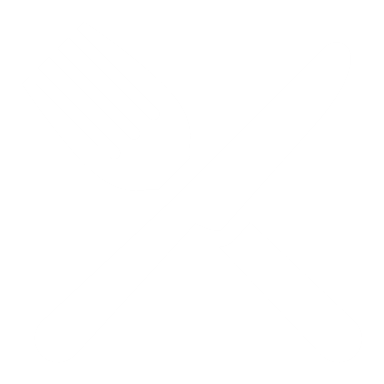
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| IN THIS ISSUE PG. 2 Homemade Classic Sauces  PG. 3 Signature Side  PG. 4 Creative Spices & Rubs |
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|  | Make it Yourself:Homemade versions of Store-Bought classics Homemade spaghetti sauce   * ¼ cup -extra--virgin olive oil * 7 garlic cloves, peeled and sliced * One -28--ounce can whole San Marzano tomatoes, crushed by hand * Pinch crushed -red--pepper flakes * 1 teaspoon kosher salt * 1 fresh basil sprig   *In a large skillet, over medium heat, heat the olive oil. When the oil is hot, add the garlic. Once the garlic is sizzling, add the tomatoes, slosh out the can with 1/2 cup water, and add that as well. Sprinkle in the -red–pepper flakes, and season with the salt. Submerge the basil sprig in the sauce. Simmer the sauce until it is slightly thickened, about 15 minutes. Discard the basil.*  Homemade enchilada sauce   * 3 Tablespoons Salted Butter * 2 Tablespoons Paprika * 2 Tablespoons Chili Powder * 1-1/2 teaspoon Cumin * 1 teaspoon Onion Powder or ½ of Diced Onion * 3/4 teaspoons Garlic Powder or 2 Garlic cloves * 1/8 teaspoon Cinnamon * 1 cup Chicken or Vegetable Broth * 1 28 oz can Tomato Sauce * Salt to Taste   *Heat a saucepan over medium heat, add the butter, onion, and garlic; sauté until golden, about 1 minute. Add the chicken broth, tomato sauce, hot chili powder, paprika, cinnamon, cumin and salt and pepper, to taste. Bring to a boil then reduce the heat to low and simmer, uncovered for 7-10 minutes. Set aside until ready to use. Makes 4 cups.* |  |
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|  | ForkAndKnifeSignature Side Roasted Butternut Squash with Goat Cheese, Pecans, and Maple  3-Pounds Butternut Squash (meaning, 1 squash that weighs around 3 pounds) 3 Tablespoons Olive Oil 1/2 Teaspoon Salt 1/2 Teaspoon Ground Black Pepper 2 Tablespoons Maple Syrup Pinch of Cayenne Pepper 2 Ounces Goat Cheese, Crumbled 1/3 Cup Pecans, Chopped Coarsely and Toasted 1 Teaspoon Dried Thyme  DIRECTIONS:  Chop Butternut squash into 2 in cubes and toss in olive oil. Place squash on a baking sheet and place in preheated oven for about 30 minutes at 400 degrees, rotating half-way  While the butternut squash is cooking, toast the pecans. To do this, either chop them or crunch them in your fist and place them in a small skillet. Drizzle a bit of olive oil over the nuts and warm the pan over medium heat. Toast for a few minutes while swirling the pan around in circles.  After you finish toasting the pecans, mix maple syrup, salt, and cayenne pepper, and pecans in a small bowl  Place squash in serving dish and drizzle the maple mixture and add crumbled goat cheese. |  |  |
|  |  | A group of people sitting at a table with a plate of food  Description automatically generatedForkAndKnife  “Cooking is a Fun bonding Experience & teambuilding opportunity” |
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 **“LOREM IPSUM DOLOR SIT AMET, CONSUADIPISCING ELIT DOLOR.”**

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|  | ForkAndKnife*Variety is the Spice of Life!*  1. **Coffee**   **Coffee Rub for meat**   * 2 tablespoons ancho chile powder * 2 tablespoons finely ground coffee beans * 5 teaspoons dark brown sugar * 1 tablespoon hot smoked Spanish paprika * 1½ teaspoons dried oregano * 1½ teaspoons freshly ground black pepper   <https://www.bonappetit.com/recipe/coffee-rubbed-steak>   1. **Maple Syrup**   **Lola’s Maple Syrup Glaze**   * **1 tablespoon chili powder** * **1 tablespoon paprika** * **2 tablespoons brown sugar** * **½ teaspoon salt** * **3 tablespoons maple syrup**   **Sample recipe:** [**https://www.foodiecrush.com/maple-crusted-salmon**](https://www.foodiecrush.com/maple-crusted-salmon) |  |
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