



CHEF KAT WEATHERS™

Sweet Potato and Andouille Sausage Soup

Yield: 6 servings

2 tablespoons olive oil
1/2 pound andouille sausage, diced
1 medium yellow onion, cut into a rough dice
2 ribs celery, cut into a rough dice
2 medium garlic cloves, chopped
1/4 teaspoon cayenne pepper
1 1/4 pounds sweet potatoes, diced
3 cups chicken stock
1/2 cup heavy cream
1 tablespoon lemon juice or more as needed
3/4 teaspoon kosher salt
2 tablespoons chopped fresh chives, for garnish

Place a large Dutch oven on the stove over medium-high heat and add oil. When the oil is shimmering, add the andouille and cook, until thoroughly cooked, about 5 minutes. Using a slotted spoon, remove the sausage from the saucepan and transfer to a paper-towel-lined plate. Set aside until ready to use.

Reduce heat to medium and stir in the onions and celery and cook, stirring often until the onions are translucent, about 4 minutes. Add the garlic and cook, stirring constantly, for 30 seconds. Stir in the cayenne pepper and cook until fragrant, about 2 minutes. Add sweet potatoes and cook until just starting to soften about 5 minutes. Increase the saucepan heat to medium-high, add the broth, and bring to a boil. When boiling, reduce the heat to a simmer and cook until tender, about 20 minutes.

Using an immersion blender, or working in batches using a blender or food processor, process the mixture until smooth. Return the soup to the pot, bring to a simmer, cream, and bring to a rolling simmer, about 5 minutes. Add lemon juice, taste, and adjust seasoning with salt and pepper and lemon as needed.

To serve: Ladle soup into warmed soup bowls, and top with andouille sausage and chives. Serve immediately.



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Spiced Kabocha Squash and Lentil Stew

Yield: 4 servings

- 1 teaspoon cumin seeds
- 2 teaspoons coriander seeds
- 1/2 teaspoon ground cinnamon
- 2 tablespoons olive oil
- 1 medium yellow onion, cut into 1/4-inch dice
- 1 medium garlic clove, peeled and minced
- 1 teaspoon minced ginger
- 1 cup green lentils, rinsed
- 1 medium (1-1/2 pound) kabocha squash, peeled and cut into 1/2-inch dice
- 4 cups vegetable broth
- 1 tablespoon lemon juice, plus more to taste
- Kosher salt and freshly ground black pepper
- 2 tablespoons minced flat-leaf parsley

To prepare spice mixture: Place the cumin and coriander seeds into a small skillet and place on the stove over medium heat, stirring frequently, until lightly toasted, about 2 minutes. Transfer to a spice grinder and process until a fine powder, about 30 seconds. Transfer to a small bowl, stir in the ground cinnamon and set aside.

To prepare the soup: Place a large saucepan on the stove over medium heat and add the oil. When the oil is shimmering, add the onion and cook until tender, about 5 minutes. Stir in the garlic, ginger and spice mixture and cook until fragrant, about 1 minute. Add the lentils and squash, and stir until coated in the aromatics.

Pour in the broth and bring the liquid to a boil. Reduce the heat to a simmer and cook, stirring occasionally, until the lentils are soft and the soup has thickened, 35 to 40 minutes. Add lemon juice, taste and adjust seasoning with salt and pepper and extra lemon juice if needed.

To serve: Use a ladle to divide the stew between 4 bowls, sprinkle with parsley and serve immediately.



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Dark Chocolate Budino

Yield: 4 servings

Budino:

1 tablespoon cocoa powder
3 tablespoons corn starch
1 teaspoon espresso powder
1/2 teaspoon sea salt
1/2 cup granulated sugar
1 teaspoon vanilla bean paste
4 large yolks
2 cups whole milk
1 cup heavy whipping cream
4 ounces chopped semisweet chocolate
2 tablespoons unsalted butter

Frangelico cream:

1/2 cup heavy whipping cream
2 tablespoons Frangelico liqueur
1 tablespoon powdered sugar
1/2 teaspoon vanilla bean paste
Chocolate curls, to garnish

To prepare budino: In a medium saucepan, combine cocoa, corn starch, espresso powder, salt, sugar, vanilla, and egg yolks and whisk to combine. Slowly add milk and cream and whisk until mixture is smooth. Bring to a simmer over medium heat, whisking constantly until the custard is very thick, about 5 minutes. Remove from the heat, add the chopped chocolate and butter, and whisk until smooth. Divide custard among 4 coffee cups or ramekins. Set aside to cool to room temperature and then cover with plastic wrap and refrigerate until chilled.

To whip cream: Combine cream, Frangelico, sugar, and vanilla in a bowl and whisk until soft peaks form. Transfer cream to a piping bag with a medium tip. Garnish with whipped cream and chocolate curls. Serve immediately.