



## CHEF KAT WEATHERS™

### **Warm Roasted Sweet Potato and Tuscan Kale Salad with Pomegranate**

Yield: 4 servings

#### *Sweet Potatoes*

8-ounces sweet potatoes cut into 1/2 inch cubes

2 tablespoons olive oil

Kosher salt and freshly ground black pepper

#### *Vinaigrette*

1-1/2 teaspoon whole grain Dijon mustard

2 tablespoons apple cider vinegar

2 tablespoons olive oil

2 teaspoons pure maple syrup

1 pound Tuscan kale, stems discarded and leaves cut into 1/2-inch ribbons

1/2 cup pomegranate seeds

Preheat an oven to 400 degrees and position an oven rack in the center.

*To roast sweet potatoes:* Place the squash in a large bowl and toss with 2 tablespoons of the olive oil until all pieces are well coated. Season with salt and pepper. Spread the squash in an even layer on a silpat-lined baking sheet. Avoid using parchment paper as cooked squash has a tendency to stick to the paper. Transfer the baking sheet to the oven and roast for until golden-brown and tender, about 30 minutes.

*To make vinaigrette:* In a medium bowl, use a whisk to combine the mustard, lemon juice and maple syrup. While vigorously whisking, drizzle in 2 tablespoons the oil until well combined. Taste and adjust seasoning with salt and pepper.

*To cook kale:* In a large bowl, toss the kale with the remaining 1 tablespoon olive oil until well coated. Place a nonstick skillet on the stove over a medium-high heat. When the skillet is warm, place enough kale into the skillet to cover the bottom of the pan without overcrowding and cook, stirring frequently, until lightly browned on both sides and tender yet still a touch al dente, about 4 minutes.

Transfer the cooked kale to medium bowl, using a silicone spatula, add the vinaigrette and sweet potatoes, and carefully incorporate to avoid mashing the squash. Taste and adjust seasoning with salt and pepper.

*To serve:* On a large platter or salad bowl, arrange salad. Sprinkle with pomegranate seeds and serve immediately.



## CHEF KAT WEATHERS™

### **Apple Cider-Braised Chicken**

Yield: 4 servings

2 tablespoon vegetable oil  
8 (4 ounce) boneless, skinless chicken thighs, trimmed  
3 ounces thick-cut bacon, cut crosswise into 1/4-inch slices  
1 medium yellow onion, cut into 1/2-inch dice  
1 medium clove garlic, minced  
1/2 cup apple brandy  
2 cups apple cider  
2 tablespoons whole grain mustard  
1/4 cup heavy whipping cream  
1 tablespoon finely chopped sage  
Kosher salt and freshly ground black pepper

Place a large Dutch oven on the stove over medium-high heat and add the oil. Pat chicken dry with paper towel and season generously with salt and pepper. When the oil is shimmering, add the chicken, working in batches if necessary and cook until well browned. Transfer the chicken to a plate.

Add the bacon and onion to the pot and cook, stirring occasionally, until the onion is tender and the bacon fat has rendered, but the bacon is not crisp, about 5 minutes. Add the garlic and cook until fragrant, about 1 minute.

Add the brandy and cook, stirring with a wooden spoon, until it has reduced by half. Pour in the apple cider and stir with a wooden spoon to incorporate any browned bits from the bottom of the pot. Bring to a boil and reduce the liquid by half. Add the chicken back into the pot, cover and simmer until cooked through, about 5 to 7 minutes. Stir in the mustard, cream, and sage. Simmer, uncovered, for about 10 minutes to allow the sauce to thicken. Taste and adjust seasoning with salt and pepper.

*To serve:* Divide the braised chicken with among 4 warmed dinner plates and serve immediately.



## CHEF KAT WEATHERS™

### **Apple Rose Pastries**

Yeild: 12 serving

3 apples  
2 sheets of puffed pastries, thawed  
6 Tablespoons of apricot preserves  
4 Tablespoons of water  
Juice of half of a lemon

Preheat oven to 375 degrees.

Remove puffed pastry from freezer and thaw according to package.

Slice the apples in half from top to bottom. Remove the core ends and then scoop out the core in the center. Using a mandoline, slice the apples into thin slices. Fill a medium sized bowl half full with water and squeeze the lemon juice into the water. Place the sliced apples in the water and microwave for 5 minutes until slightly tender, or boil the apples on the stove for about 6-8 minutes until apples are tender and bendable. Drain the apples into a colander.

Using a rolling pin, lightly flour your work surface and roll the puff pastry into a 12 x 12 rectangle. Cut each into 6 equal strips. In a small bowl, mix apricot preserves with water. One at a time, spoon apricot preserve mixture onto a slice of pastry. Place 7-9 apple slices along one half of the pastry slice with the peel side facing out. Fold the pastry in half to cover the apples. Starting on one end, roll the pastry and apples to the other end of the pastry. Place in a muffin tin. Continue with the other pieces of pastries until you have 12 apple roses. Refrigerate for about 30-45 minutes before baking to chill the puff pastries. Sprinkle with a little cinnamon sugar, if desired.

Bake for 40 - 45 minutes. If the apples start to brown too much on top, cover the top with aluminum foil to prevent from over browning.

To serve, remove pastries from muffin tin. Serve with a scoop of vanilla ice cream or a drizzle of caramel sauce.