

A Very Local Winter Dinner

eva bee



Menu

This beautiful winter meal was inspired by seasonal winter veggies and grass-fed beef from my farmers here in Ottawa, ON.



- 5 porcini black garlic butter
- 7 spiralized vegetable salad
- 9 spicy pecan acorn squash
- 11 bone-in beef roast
- 12 gluten free gravy
- 14 maple brussel sprouts

Appendix A: hack this menu

Appendix B: grocery list



Getting Started

Don't let multi course dinners worry you!

Working as a chef for many years has taught me all the skills necessary to get a full multicourse meal out for the table at its peak freshness. The recipes in this ebook each have their own tips for extra tasty successful cooking.

General Tips!

- * Read all of the recipes before you start.
- * Use sharp knives! I suggest Japanese or German steel that you sharpen with a diamond steel once per month. Treat yo' self, you'll enjoy cooking so much more! And **don't** wash your knives in the dishwasher. They'll dull.
- * Get a buddy, some good music or a killer podcast and rock and roll while you cook!
- * Don't let dessert and drinks overwhelm you. Guests are always happy to bring wine, coffee, tea, cheese or little sweet treats. Have a platter ready and delegate people to bring particular things. People are usually too full for anything too rich anyway!
- * Check out the 'Hack this Menu' page to find out how to organize yourself and maximize time by cooking multiple recipes at the same time.





porcini black garlic butter

aka umami bomb

Black garlic is a rich, intensely flavourful fermented garlic sold in the pantry section of most large grocers. If you don't want to purchase this, just use regular garlic but I encourage you to try it! Don't forget to soften your butter before making this.

makes 1 stick
of butter

ingredients

- 1 1/2 cup salted butter, room temperature
- 2 4 grams dried porcini mushrooms, reconstituted in water for 15 min, drained and chopped
- 3 2 black garlic loves
- 4 1/2 tsp lemon pepper

here's how

- 1 Cut a 6" x 8" piece of parchment paper. Set aside.
- 2 Beat all of the ingredients together in a bowl with a small wooden spatula or in an electric mixer with a paddle attachment for 3 min until thoroughly combined.
- 3 Scrape butter into the middle of the piece of parchment paper. Carefully shape into a log along the length of the parchment paper with the spatula leaving at least 1" away from the left and right of the butter. Roll parchment paper into a log shape twisting the ends tightly to shape the butter into a uniform log.
- 4 Refrigerate for 10 min. If made ahead of time, remove from the refrigerator 30 min before serving.

Note: this is **mindblowing** on steak, roasted veggies, toast, popcorn, scrambled eggs, you name it! It's a fat bomb to the extreme for your keto folks, too.



spiralized vegetable salad

a new way to use your winter veg.

Spiralized veggies are kept submerged in water for up to 5 days. Dressing can be made ahead of time, just make sure to shake the container you store it in before pouring on. If dressing is refrigerated, leave it at room temperature to melt the oil if solidified.

serves 8 as a side dish

vegan without honey

ingredients

- 1, 1 lb butternut squash
- 2 zucchini, tips removed
- 2 beets, peeled, tips removed

dressing

- 1 clove garlic, peeled and crushed
- 1 tbsp grainy mustard
- 1/4 cup apple cider vinegar
- 1 tbsp honey or maple syrup
- 1/3 cup olive oil
- Salt and pepper to taste
- 1/2 cup chives or parsley, chopped

here's how

- 1 Cut the neck part of the butternut squash off and put the bulb aside to use for another dish. Peel the skin off of the neck of the butternut squash. Peel the skin off of the beets.
- 2 Using a spiralizer, spiralize all of the vegetables and place into a large bowl. Toss with dressing and serve immediately.

Note: I use a Paderno spiralzier. I use the second thickest spiralizer attachment for the butternut squash and zucchini and the thinnest spiralizer attachment for the beets.



spicy pecan acorn squash

spiced nuts are a winter staple

but omit them if there is a nut allergy at your table!

This reheats well for 10 min at 350F or keep it warm in a 200F oven right after it is done baking.

serves 8 as a
side dish

vegan

ingredients

- 1, 1.5lb acorn squash, cut in half, de-seeded and cut into 1" wedges
- ½ cup chopped pecans
- 2 tbsp olive oil
- 1 tbsp maple syrup
- 1 sprig fresh thyme or ½ tsp dried thyme
- ¼ tsp cayenne pepper
- ½ tsp crack blacked pepper
- 1 tsp salt

here's how

- Preheat oven to 350F.
- Toss acorn squash wedges with the remaining ingredients. Place in a greased dish or onto a tray lined with parchment paper. Roast in the oven for 30-45 min.
- Test for doneness by removing the squash dish from the oven and by piercing a piece of squash with a small sharp knife. It is done when the knife can pierce the flesh easily.
- Toss to redistribute oil and maple syrup from the pan before serving.



bone in beef roast

bones mean more flavour

Bones also add support for your roast as you rest it in the pan. If there is a fat cap on your cut, don't fret! Leave it on, score it 1/2cm deep every inch and roast it fat side up. A rib roast cut is delicious here.

serves 6-8

dairy free

ingredients

- 1 2 ½ lbs bone in beef roast
- 2 salt and pepper to rub

here's how

- 1 Preheat oven to 475F
- 2 Rub beef with salt and pepper. Place in a stovetop and oven safe dish like a cast iron skillet.
- 3 Bake for 15 min and then reduce heat to 350F and cook for an additional 30 min or until desired doneness. (see note)
- 4 When you remove the roast from the oven, transfer it to a carving cutting board, allow to rest for at least 15-30min tented with foil.
- 5 To make gravy (see recipe) keep the skillet or dish used to cook the roast with any liquid (drippings) from the roasting inside the skillet.

Note: Use a meat thermometer and measure for 130F for rare, 145F for medium, 165F for well done. For the most accurate reading, place thermometer in the center of the thickest part of the roast and so it is at least 1 inch away from a bone.

gluten free gravy

Hope for leftovers!

and make yourself a darn poutine the next day with any extra veggies and beef.

makes 2 cups
grain-free if
you use
arrowroot flour

ingredients

- 1 1 1/2 tbsp rice or arrowroot flour
- 2 2 tbsp water
- 3 1 tbsp butter
- 4 salt and pepper to taste

here's how

- 1 In a small bowl, whisk rice or arrowroot flour with water with a fork and set aside.
- 2 Place skillet with drippings onto the stove and heat on medium.
- 3 Whisk in stock and butter, scraping up anything that's been baked on the bottom of the skillet during roasting. Bring to a simmer
- 4 Whisk flour and water mixture again and stream into the simmering liquid while whisking the gravy. Simmer for 3 min while whisking.
- 5 Taste and season with a pinch of salt and pepper if desired.



maple brussel sprouts

the best damn brussel sprouts ever

The key to this is to make sure you get a wide enough skillet and a hot enough pan so the brussel sprouts sear, caramelize and don't steam. Don't cover to rewarm them, just toss them in a skillet or bake them on a sheet pan at 350F for 10 min.

serves 8 as a side dish

vegan without bacon

ingredients

- 1 1 lb brussel sprouts (approx. 20 golf ball sized), sliced in half and cutting an 'x' in the stem
- 2 200 g thick-sliced smoked bacon, cut into a 1 cm cubes
- 3 3 tbsp maple syrup
- 4 1 tsp fresh rosemary, finely chopped or 1/2 tsp dried
- 5 1 tbsp shallots, finely chopped
- 6 1 tsp salt
- 7 ground black pepper, to taste

here's how

- 1 Heat a large heavy-bottomed skillet on medium heat. Add bacon and fry until golden in colour. Remove from pan and set aside, keeping the bacon fat in the skillet.
- 2 Have your maple syrup, rosemary and shallots near the stove ready to go.
- 3 Place sprouts into the skillet and add salt and pepper. Toss quickly and leave in the pan without tossing for at least 2 min on medium heat. It's important not to move them too much so that it develops a delicious caramelized flavour.
- 4 After one side is golden in colour around the edges, sautee for another 3-5 min until cooked through. You can tell since the remaining colour will become a bright green.
- 4 Add the maple syrup, rosemary, shallots and cooked bacon to the pan and sautee for another minute. Serve warm

Final Thoughts

Thanks so much for checking out my first e-book! I always update my blog with new recipes, personal food stories and travel ideas. Please reach out to collaborate or for chef services.

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Hack this menu

Survival skills for making this menu in less time.

Recipes combined serves 6-8 guests

1 Day before: Remove butter from fridge, soak porcini mushrooms.
While butter softens, spiralize vegetables and store in water in a container. Make spiralized vegetable salad dressing.
Make porcini butter.

Day of dinner:

3 hours before—Wash and/or chop all of the ingredients needed for the brussel sprouts and spicy pecan acorn squash.

2 hours before—Prepare and start baking roast, when temperature is lowered, prepare acorn squash and bake at the same time as the roast.

1 hour before—Remove porcini butter from fridge. Make gravy as directed, set aside and keep covered on the stove. Cook brussel sprouts and leave in the skillet. Cover squash and beef and keep in a 200F warming oven, covered with tin foil.

Welcome your guests—As they settle in, drain spiralized vegetables, toss with its dressing, Reheat gravy and brussel sprouts for 5 min and serve all of your beautiful dishes family style!

Grocery List

Pantry

- ◊ 4 grams dried porcini mushrooms
- ◊ 2 cloves black garlic
- ◊ 1 clove garlic
- ◊ 1 tbsp grainy mustard
- ◊ 1/4 cup apple cider vinegars
- ◊ 1 tbsp honey
- ◊ 1/2 cup maple syrup
- ◊ 1/2 cup olive oil
- ◊ 1/2 cup pecans
- ◊ 1/2 tsp lemon pepper
- ◊ 1/4 tsp cayenne pepper
- ◊ 1 1/2 tbsp rice or arrowroot flour
- ◊ Salt
- ◊ Pepper

Dairy / Protein

- ◊ 2 sticks (or 1 cup) butter
- ◊ 2 1/2 lbs bone in beef roast (shoulder or rib)
- ◊ 200 g thick sliced bacon

Produce

- ◊ 1 lb whole butternut squash
- ◊ 1.5 lb whole acorn squash
- ◊ 2 zucchini
- ◊ 2 beets
- ◊ 1 lb brussel sprouts (about 20)
- ◊ 1 small shallot
- ◊ 1 sprig fresh thyme
- ◊ 1 sprig fresh rosemary
- ◊ 1/2 cup chives or parsley (about 1/4 or half a bunch depending on where you are purchasing it)