



HOME COOKING

with Cathy

Fall has arrived! It's time for comfort food. I have included a Carrot Ginger Soup which we tried last week and enjoyed very much. The Apple Caramel Cake is a borrowed recipe from a great friend Nancy. Enjoy!!!

by Cathy Abernethy

HOME PROMOTER
CONTRIBUTOR

Carrot and Ginger Soup

Ingredients:

- 2 tsps. olive oil
- 4 medium carrots, peeled and roughly chopped (about 2 cups)
- 1 small white onion, peeled and roughly chopped
- 1 clove garlic, peeled and chopped finely
- 2-3 Tbsp. peeled, minced fresh ginger (see note)
- 1 cup peeled, cubed butternut squash
- 1 apple, peeled, cored and diced
- 4 ½ cups vegetable stock
- 1 ½ tsps. sea salt or to taste
- 1 12- oz. can coconut milk
- 1 pear, peeled, cored and cut into ½ inch dice
- Sliced chives

Preparation:

- In a 2-quart stockpot, heat the olive oil over medium heat. Saute the carrots and onions, and cook for several minutes, stirring often, until softened. Add the garlic, ginger, squash, and apple. Saute until the garlic and ginger are fragrant.
- Add the vegetable stock and salt. Reduce the heat to medium low and simmer, covered for 45 minutes, or until the vegetables are very tender.
- Let the soup cool slightly. In a blender or food processor, puree the soup until smooth. Add the coconut milk and taste, then adding salt to taste. Reheat before serving.
- Serve the soup with a small amt. of diced pear and a sprinkling of chives for garnish.
- Note: to peel the ginger, scrape off the skin with a spoon.
- Serves 6.



Apple Caramel Cake

Ingredients:

- 2 large apples, peeled, cored and thinly sliced
- 2 Tbsp. sugar
- 2 tsp. cinnamon
- 1/2 cups vegetable oil
- 2 eggs
- 1 tsp. freshly grated orange rind
- 1/4 cup orange juice
- 1 1/2 tsp. vanilla
- 1 1/2 cups all-purpose flour
- 1 cup sugar
- 1 1/2 tsp. baking powder
- 1/2 tsp. salt



Glaze:

- 1/2 cup butter
- 1/2 cup brown sugar
- 1/4 cup whipping cream

Preparation:

1. In small bowl, combine apples wedges, sugar and cinnamon. Set aside.
 2. In large bowl, using electric mixer, beat together oil, eggs, orange rind, orange juice and vanilla until smooth and frothy.
 3. In separate bowl, stir together flour, sugar, baking powder and salt; add to egg mixture, stirring just until well combined.
 4. Fold in apples, mixing only slightly. Pour into well-greased 10" springform pan.
 5. Bake in preheated 350' oven about 1 hour (check after about 45 minutes) or until cake tester inserted in centre comes out clean.
 6. Cool in pan 10 minutes; remove from springform pan and place on large plate.
 7. In small saucepan over medium-high heat, combine butter, brown sugar and whipping cream. Bring to a boil, stirring constantly, just until smooth. Remove from heat; cool slightly.
 8. While cake is still warm, make small holes all over surface with toothpick or small skewer; pour warm glaze over cake.
- Makes 12 servings.