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FALL-INSPIRED COOKBOOK



HERB & SAUSAGE STUFFING

INGREDIENTS:

300 grams sourdough bread, cut into ½" cubes
2 [pork sausages](#), casings removed
2 tablespoons butter + more for greasing
1 leek, thinly sliced
2 ribs celery, thinly sliced
2 cloves garlic, minced
1 apple, cored and diced
2 tablespoons fresh sage, thinly sliced
1 teaspoon thyme, dried
½ teaspoon sea salt
¼ teaspoon black pepper
1 cup turkey or chicken broth
1 egg, whisked
Parsley, to serve



DIRECTIONS:

1. Preheat the oven to 350°F and grease a 9 x 12 baking dish.
2. Place bread on rimmed baking sheet and toast until golden brown, about 15 to 20 minutes. Once complete, transfer to large bowl. (You can also skip this step by cutting the bread and leaving it to dry overnight.)
3. In a large pan, heat the butter on medium heat. Add the leeks, celery, and garlic and cook, stirring occasionally, until very soft, about 10 minutes.
4. Add apple, sage, thyme, salt and pepper and cook for an additional 2-3 minutes until fragrant. Once cooked, transfer to the bowl with the bread.
5. In the same pan, add sausage, casings removed, and cook over medium heat for about 10 minutes, until browned and cooked through, breaking up the sausage with a fork while cooking. Once cooked, transfer sausage to the bowl.
6. Add the whisked egg and chicken broth to the bread and sausage mixture, stirring to ensure that everything is well combined.
7. Transfer the stuffing mixture to the greased baking dish and transfer to the oven. (If you prefer to cook it directly in the turkey, add it to the cavity at this point.)
8. Bake covered for 20 minutes, and then uncovered for an additional 10 minutes until brown on top and warm in the middle.
9. Allow to cool slightly and sprinkle with parsley to serve.

SPINACH & GOAT CHEESE STUFFED CHICKEN

INGREDIENTS:

- 4 [chicken breasts, boneless, skinless](#)
- 4oz soft goat cheese
- 3-4 leaves fresh basil, finely chopped
- 2 cups spinach, roughly chopped
- 1 cup orzo
- 2 cups chicken broth or water
- 1 onion, diced
- 2 cloves garlic, minced
- 1 tablespoon olive oil, plus more as needed
- Sea salt
- Black pepper



DIRECTIONS:

1. Preheat oven to 425°F.
2. In a small bowl, combine goat cheese and chopped basil and mash gently until well combined.
3. Place the chicken breasts on a cutting board and slice each chicken breast horizontally, at it's thickest point, about 1.5" to 2" long, keeping the ends attached, to form a pocket. Once a pocket has been formed, stuff each chicken breast with 1/4 of the goat cheese mixture. Once stuffed, season the chicken breasts generously on all sides with salt and pepper.
4. Heat the olive oil in a large skillet or heavy bottom pan on medium-high heat. Once warm, transfer the stuffed chicken breasts to the pan and cook for 3-4 minutes per side until golden. Once cooked, gently remove the chicken breasts from the pan and set aside.
5. In the same pan, add onion and garlic, season with a pinch of salt and pepper, and cook for 2-3 minutes until tender. (You may need to add an extra drizzle of olive oil to help them cook.)
6. Add orzo and spinach, stir to coat with the onion mixture, and allow to cook for about 1 minute until the spinach has wilted slightly. Cover with broth, stir until everything is well combined, and bring to boil.
7. Once boiling, reduce to a simmer, and return the chicken breasts to the pan, gently submerging them half-way in the broth .
8. Transfer the pan to the oven and allow to bake for a 20-25 minutes until all of the broth has been absorbed.
9. Remove from the oven, fluff orzo with a fork and allow to cool slightly before serving.

BEEF & MUSHROOM RISOTTO

INGREDIENTS:

4 cups mixed mushrooms, sliced
2 shallots, minced
1 clove garlic, minced
2 tablespoons butter
2 tablespoons olive oil
1 cup arborio rice
4 [cups beef broth](#)
½ cup fresh parmesan cheese, grated
Sea salt
Black pepper
Fresh parsley, roughly chopped, to serve



DIRECTIONS:

1. In a large saucepan on medium, heat half of the butter and olive oil, add mushrooms, season with a pinch of salt, and cook for 4-5 minutes until tender and have reduced in size. Remove the mushrooms from the pan and set aside.
2. In the same pan, add the remaining butter and olive oil, add shallots and garlic, and cook on medium heat for 3-4 minutes until shallots are translucent.
3. Add rice, stir to combine, and cook for an additional 1 minute.
4. Reduce heat to medium-low and add ½ cup of broth. Cook, stirring gently until all of the liquid is absorbed. Add remaining broth in ½ cup batches at a time, stirring until all of the liquid is absorbed, before adding more, until all of the broth has been absorbed and the rice is tender, approximately 30-35 minutes. (Depending on your rice, you may need to add more broth or water. Just continue to add liquid until the rice is well cooked with a rich and creamy texture.)
5. Once all of the liquid has been absorbed, return mushrooms to the pan, along with parmesan cheese, and stir to combine.
6. Season with salt and pepper to taste. Serve immediately with more parmesan cheese and freshly chopped parsley on top as desired.

CHICKEN & RICE SOUP

INGREDIENTS:

- 1 tablespoon olive oil
- 1 onion, diced
- 3 carrots, peeled and diced
- 3 stalks celery, sliced
- 2 cloves garlic, minced
- 1 teaspoon dried thyme
- 1 bay leaf
- 2 [chicken breasts](#) or 4 [chicken thighs, boneless and skinless](#)
- 1 cup long-grain white rice (basmati or jasmine)
- 4 cups chicken or vegetable broth
- 4 cups water
- 1/2 teaspoon sea salt
- 1/4 teaspoon black pepper
- Fresh parsley, to serve



DIRECTIONS:

1. In a large pot on medium heat, warm olive oil. Add onion, carrots, celery, and garlic and cook for 4-5 minutes until onions are translucent and vegetables are tender.
2. Add salt, pepper, and thyme, and stir to coat the vegetables. Pour in broth and water, add rice and bay leaf, and stir to combine.
3. Submerge raw chicken breasts/thighs in the broth, reduce the heat to a simmer, and allow to cook for 30 minutes. Skim off any excess foam that produces on the top of the soup once cooked.
4. After 30 minutes, remove the chicken from the pot and place it on a cutting board. Using two forks, shred the chicken into small bite-size pieces.
5. Return the shredded chicken to the pot and simmer the soup for an additional 10 minutes. If you find the soup too thick, simply add some extra broth or water until it reaches the consistency of your choice.
6. Once cooked, season the chicken and rice soup with additional salt and pepper to taste, and serve with a sprinkle of fresh parsley.

CHILI CON CARNE

INGREDIENTS:

- 2 tablespoons olive oil or butter
- 1 onion, diced
- 1 red bell pepper, diced
- 1 jalapeño, seeded and minced
- 1 tablespoon chili powder
- 2 teaspoons cumin
- 1 teaspoon oregano
- ½ teaspoon cayenne (optional, for extra heat)
- ½ teaspoon sea salt
- 4 cloves garlic, minced
- 1 lb. [ground beef](#)
- 2 tablespoons tomato paste
- 1 tablespoon balsamic vinegar
- 14oz can kidney beans, strained and rinsed
- 1 cup beef stock/broth
- 14oz can crushed tomatoes
- Sea salt and pepper, to taste



DIRECTIONS:

1. In a large Dutch oven or oven-proof pot on medium-high, heat the butter or olive oil.
2. Add onion, bell pepper and jalapeño to the pot and cook, stirring often, for 5-7 minutes until vegetables soften.
3. Add chili powder, cumin, oregano, cayenne (optional), sea salt and minced garlic, and cook for another 1 minute until fragrant.
4. Add ground beef and cook, breaking up the meat with a spoon until no longer pink, approximately 5 to 7 minutes.
5. Add in tomato paste and balsamic vinegar and mix to coat the beef. Add kidney beans and ½ cup broth, stir to combine, reduce heat and cover with lid to a low simmer for 20 minutes.
6. Pour in crushed tomatoes and remaining ½ cup broth, and continue to cook on a simmer for an additional 30 minutes.
7. Remove from heat and season to taste as needed

SPICE-RUBBED PORK TENDERLOIN

INGREDIENTS:

- 1lb [pork tenderloin](#)
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 1 teaspoon chilli powder
- 1 teaspoon smoked paprika
- ½ teaspoon sea salt
- 1 tablespoon olive oil
- 4 cups carrots, peeled
- 4 cups green beans, trimmed
- 2 teaspoons olive oil
- ½ teaspoon sea salt



DIRECTIONS:

1. Preheat oven to 400°F.
2. Add peeled carrots and green beans to a bowl, drizzle with olive oil, season with sea salt and toss to ensure the vegetables are well coated. Set aside.
3. In a small bowl, combine garlic powder, oregano, cumin, chilli powder, paprika and sea salt to create a rub.
4. Lay pork tenderloin on a cutting board, pat to dry, and rub spice mixture all over. Ensure that all sides and ends are coated with the dry rub.
5. On a large baking sheet, arrange carrots and green beans and transfer to the oven for 5 minutes.
6. While the vegetables are in the oven, heat olive oil in a cast-iron pan or heavy bottom skillet and sear tenderloin on all sides. This should take about 2-3 minutes per side, for a total of 5-6 minutes.
7. After 5 minutes, remove the vegetables from the oven and nestle the seared pork tenderloin among the vegetables.
8. Return pork tenderloin and vegetables to the oven for another 15 minutes, until pork reaches an internal temperature of 150°F.
9. Once cooked, remove from the oven and allow pork to rest for 5-10 minutes before slicing.
10. Cut pork tenderloin crosswise into ½ inch-thick slices, and serve with roasted vegetables.

SKILLET COTTAGE PIE

INGREDIENTS:

500g ground beef
1/2 tablespoon olive oil
1 onion, diced
2 carrots, diced
3 cloves garlic, minced
1 teaspoon dried thyme
1 teaspoon dried rosemary
1 tablespoon Worcestershire sauce
1/2 cup beef or chicken broth
2 tablespoon tomato paste
1/2 cup frozen peas, thawed
4-5 large russet potatoes (750g), peeled and diced
1/4 cup chicken stock
2 tablespoons butter
Salt & pepper



DIRECTIONS:

1. Preheat oven to 350°F.
2. Begin by cooking the potatoes. In a large pot, bring water to a boil, add potatoes, and cook for 15-20 minutes until potatoes can easily be pierced with fork.
3. While the potatoes are boiling, begin on filling. In a skillet on medium heat, add oil and then add diced carrot and onion and cook for 3-4 minutes until vegetables are tender.
4. Add ground beef to the pan, and cook for 5 minutes until no longer red/pink, using a spoon to gently break up the meat as it cooks. Add in minced garlic, dried thyme and rosemary and cook for another minute until fragrant.
5. Season meat mixture with salt and pepper and then add in Worcestershire sauce, tomato paste, peas and broth. Stir into meat mixture to ensure everything is well combined. Turn up the heat to bring mixture to a gentle simmer and allow to cook 10-15 minutes until liquid is reduced and filling has thickened.

SKILLET COTTAGE PIE

DIRECTIONS: continued

6. While the filling is reducing, finish the mash potatoes. Strain boiled potatoes and return them to the pot with butter and chicken stock. (You can also use milk/cream but using chicken stock is a lighter way to make a really rich and creamy mashed potato.) Using a potato masher or fork, mash the potatoes together for a creamy consistency, and season with salt and pepper to taste.
7. Once the filling has reduced and thickened, remove it from the heat and cover it with the mash potatoes. Using a spoon or spatula add dollops of mashed potatoes to the top of the filling and then evenly spread it out across the mixture. (I like to use a fork to create a fun design in the mash potatoes, but this is totally optional.)
8. Transfer the skillet to the oven and cook for 15-20 minutes until golden on top and bubbling on the sides.

SIMPLE BEEF STEW

INGREDIENTS:

2 lbs [stewing beef](#)
2 tablespoons butter or olive oil
¼ cup flour
1 onion, diced
4 cloves garlic, minced
4 medium potatoes, peeled and cubed
4 carrots, peeled and chopped
2 ribs celery, thinly sliced
4 cups beef broth
2 tablespoons tomato paste
2 bay leaves
Salt
Pepper



DIRECTIONS:

1. Preheat the oven to 325°F.
2. In a large Dutch oven or oven-proof pot on medium-high, heat the butter or olive oil.
3. Season the beef with a generous pinch of salt and pepper on all sides.
4. In batches, transfer the beef to the pot and brown the meat on all sides. Once browned, remove from the pot, transfer to a plate and set aside.
5. Lower heat to medium, add onion, celery and carrots and cook until tender, about 5 minutes. If dry, add another small knob of butter or drizzle of olive oil to the pan. Add garlic and cook for 1 additional minute.
6. Add a small splash of stock to help deglaze the pot, and use the back of a spoon or spatula to help scrape up anything stuck to the bottom.
7. Return beef to the pot and stir well to combine with the onion mixture. Add flour and stir well to coat the beef. Add tomato paste and stir again.
8. Cover beef mixture with broth (add more as needed), add bay leaves and stir well to combine. Add in cubed potatoes and bring to a gentle boil.
9. Cover with a lid and transfer to the oven for 2.5 to 3 hours until beef is tender.
10. Remove from the oven, remove bay leaves, and allow to sit for 15-20 minutes before serving. This will help to thicken the sauce and bring the flavours together. Season with additional salt and pepper to taste.

PERFECT ROASTED CHICKEN

INGREDIENTS:

- 1 [whole chicken](#)
- 4 tablespoons butter, melted
- 2 teaspoons dried thyme
- 1 lemon, halved
- 6 cloves garlic, whole, skin on
- 1 onion, cut into wedges
- Sea salt
- Black pepper



DIRECTIONS:

1. Take the chicken out of the fridge 30 minutes before cooking to let it come up to room temperature.
2. Preheat the oven to 425°F.
3. Pat chicken dry with paper towel and place it in a large roasting pan. Season the chicken generously all over with sea salt and black pepper.
4. Stuff the cavity of the chicken with the lemon halves and garlic cloves. Tie the legs together with kitchen string and tuck the wing tips under the body of the chicken.
5. In a bowl, mix melted butter with dried thyme and stir to combine.
6. Using the back of a spoon, loosen skin from the chicken breast and drizzle a ½ tablespoon of the butter mixture between the skin and the breast.
7. Drizzle the remaining butter mixture all over the chicken and rub it in with your hands to ensure the chicken is well coated.
8. Scatter the diced onion around the chicken and transfer the roasting pan to the oven.
9. Roast the chicken for approximately 1 hour and 15-20 minutes, until the juices run clear when you cut between a leg and thigh.
10. Once cooked, remove chicken from the oven and transfer to a plate or dish to rest for 10 minutes before slicing.

STEAK WITH CHIMICHURRI SAUCE & PARSNIP FRIES

INGREDIENTS:

2 [Striploin steaks](#)

Olive oil

Sea salt

Fresh pepper

4 parsnips

1 tbsp olive oil

1 tsp sea salt

2 cloves garlic

1 shallot

1 cups parsley or cilantro, thick stems removed

2 tbsp fresh oregano

1 tsp crushed red chillies

1 cup red wine vinegar

1 cup olive oil

1 tsp sea salt



DIRECTIONS:

1. About 20 minutes before grilling the steaks, remove them from the fridge and let them sit covered at room temperature.
2. Preheat the oven to 425° F.
3. Scrub your parsnips clean and lightly peel them. Slice the parsnips length wise into about 3 inch strips.
4. Toss parsnips strips in olive oil and season generously with sea salt. Line them on a baking sheet and transfer them to the oven for about 25-30 minutes until golden brown. (Flip them once during cooking.)
5. While the parsnip fries are cooking, cook the steak. Heat a grill to high, and lightly season each side of the steaks with a tiny drizzle of oil and a sprinkle of salt and pepper.
6. Place the steaks on the grill and cook until golden brown and slightly charred, about 4-5 minutes.
7. Turn the steaks and cook for another 3-5 minutes for medium rare, 5-7 minutes for medium or 8-10 minutes for medium well.
8. Once the steaks are done cooking, transfer them to a cutting board or plate, cover loosely with foil and allow to rest for 5 minutes.
9. While the steaks are resting, prepare the chimichurri. Combine all ingredients in a small food processor or blender and puree until smooth, adding the olive oil in batches.
10. Serve steaks with a side of parsnip fries and a dollop of chimichurri sauce.

ROAST BEEF SIRLOIN TIP AND GRAVY

INGREDIENTS:

- 1 [Sirloin tip roast](#)
- 2 tbsp olive oil
- Sea salt
- Fresh pepper
- 2 sprigs rosemary
- 1 onion
- 2 carrots
- 2 stalks celery
- 1 bulb garlic
- 2 tbsp all-purpose flour
- 2 cups [beef bone broth](#)



DIRECTIONS:

1. Preheat oven to 450°F.
2. Wash and roughly chop the carrots, onion and celery, there is no need to peel them. Break the garlic bulb into cloves, leaving them unpeeled.
3. Add the vegetables to a large roasting pan, drizzle with ¼ tablespoon olive oil and toss to coat.
4. Add the sirloin tip roast to the roasting pan and drizzle with remaining olive oil. Season generously with sea salt and black pepper on all side, rubbing it in with your hands.
5. Break rosemary sprigs into quarters and add to the roasting pan, scattering over vegetables.
6. Transfer to the oven for to cook for 20 minutes, then reduce the heat to 400°F. Roast for an additional 8-10 minutes per 500 grams for medium-rare, 12-15 minutes per 500 grams for medium. (See packaging for exact weight.) Turn the beef halfway through for even cooking.
7. Once cooked, remove beef from the oven and transfer to a plate, cover loosely with foil, and allow to rest for 15 minutes.
8. While beef is resting, prepare the gravy. Put the same baking tray with all of the meat juices and vegetables on the stovetop.
9. Stir in the flour, scraping all the stuck bits off the bottom of the pan. Stir in ½ cup of broth, scraping up browned bits with wooden spoon until everything has been removed from the bottom of the pan.
10. Whisk in remaining broth, and then liquid strain through fine-mesh sieve into a saucepan. Discard of vegetables and rosemary.
11. Place saucepan on the stovetop and bring to boil over medium heat. Allow to cook, whisking occasionally, until gravy has thickened, about 10 minutes.
12. Once beef is rested, slice and serve with gravy and sides of your choice and enjoy!

TOMATO, SPINACH, & BACON PASTA

INGREDIENTS:

4 Rashes [bacon, sliced](#)
170 g spaghetti, dry
1 shallot, minced
2 cloves garlic, minced
1 cup cherry tomatoes, halved
2 cups spinach, roughly chopped
1/4 tsp crushed chillies (optional)
Sea salt
Black pepper
Parmesan, to serve (optional)
Parsley, chopped, to serve (optional)



DIRECTIONS:

1. Bring a large pot of well-salted water to a boil. Add pasta and cook according to package directions. Once cooked, drain pasta, reserve a ¼ cup of the pasta water, and set aside.
2. In a pan on medium-high heat, add the sliced bacon and cook, stirring occasionally, until browned and crisp. Once cooked, remove bacon from the pan, transfer to a plate with paper towel, and set aside.
3. In the same pan, leaving the remaining bacon fat, add the shallot, garlic and cherry tomatoes and cook for 3-4 minutes until the tomatoes start to break down.
4. Add the chopped spinach, a pinch of salt and pepper, and stir to incorporate it with the tomato mixture.
5. Add the ¼ cup of pasta cooking water to the pan, scraping the bottom to pick up all of the tasty bits, and cook for another 30 seconds to 1 minute until the liquid has slightly reduced.
6. Add cooked spaghetti and bacon, toss to combine until everything is mixed and the spaghetti is well coated.
7. To serve, add spaghetti to bowls and sprinkle with fresh parmesan and parsley.

WHITE BEAN TURKEY CHILI

INGREDIENTS:

- 1 lb [ground turkey](#)
- 1 tbsp olive oil
- 1 onion, diced
- 3 cloves garlic, minced
- 1 green bell pepper, diced
- 1 jalapeno, seeded and diced
- 1 tbsp ground cumin
- 1 tsp ground coriander
- 1 tsp chilli powder
- 1 Bay leaf
- 15 oz can crushed tomatillos
- 15 oz can white kidney beans, strained and rinsed
- 15 oz can white pinto beans, strained and rinsed
- 1 cup chicken broth
- 1 cup cilantro, roughly chopped
- Sea salt
- Black pepper



DIRECTIONS:

1. In a large pot on medium-high, heat the olive oil.
2. Add onion, bell pepper and jalapeño to the pot and cook, stirring often, for 4-5 minutes until the vegetables soften.
3. Add garlic, cumin, coriander, chilli powder and a pinch of salt and cook for another 1 minute until fragrant.
4. Add ground turkey and cook, breaking up the meat with a spoon until no longer pink, approximately 5 to 7 minutes.
5. Add crushed tomatillos, broth and bay leaf, reduce heat, cover with lid and simmer for 20 minutes.
6. Add beans, stir to combine and simmer for an additional 20 minutes.
7. Once cooked, remove from the heat, add cilantro, season with salt and pepper to taste, and stir to combine.
8. To serve, spoon into bowls and top with sour cream, avocado, and cilantro as desired.



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