

FLAVORS THAT BLEND

Here are some combinations of autumn through winter ingredients.

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Purpose

To provide you with various types of ingredients that goes well with each other. There are different forms of cooking and I'll show you how to achieve the best flavors, as well as, foods not usually thought of in the typical combinations.

My hope is that you have fun with these ingredients and allow them to open and expand your creativity and imagination. Share your tasteful, delicious, tantalizing, and eye-pleasing possibilities with your family and friends.

In my next eBook I'll share with you spring to summer ingredients. Also, on my web-site check out the side bar for equipment essentials, links, culinary/cooking terms, procedures, and some translations for various dishes.

Above all, enjoy.

Charlene

Autumn to Winter Ingredients

Here you will find seasonal ingredients that combine well with each other.

Almonds peak season is October and goes well with amaretto, apples, apricots, beans, brandy, unsalted butter, butterscotch, sour cherries, chicken, cinnamon, cranberries, cream cheese, figs, fish, pastries, garlic, Greek cuisine, honey, ice cream, Moroccan cuisine, Indian cuisine, olive, oil, passion fruit, raisins, rosemary, sherry, strawberries, walnuts, chocolate.

Allspice is an autumn to winter spice that can enhance many dishes. It's not only for use in baked goods; it can also be used with vegetables and your main entrees. Allspice is Jamaica's pepper. Allspice has a fruitier taste and it goes well braised or roasted beef or goat, eggplant and even pineapple.

Apples are best when they are in season you could pair (no pun intended) them with the usual ingredients of allspice, cinnamon, nutmeg or cloves. Try and drizzle some bourbon on the apples or combine with cabbage, oatmeal or cranberries.

Looking for something different? You can use apples with duck, eggplant, horseradish, lavender or a verjus that is made from semi-ripe and unfermented wine grapes.

When making apple pie use a variety of different apples. Take a sweet apple for the middle of the pie, a soft one that can soften into the others, and for the bottom use a firmer apple. Apples also go well with beef cheeks and cardamom that has a sweet, pungent taste just add in the early cooking process.

Acorn squash, allspice, bay leaf, brown butter, garlic, nutmeg, nuts, olive oil, pork, sage, brown sugar, vanilla, sherry vinegar.

Artichokes and Jerusalem artichokes have an autumn through spring season. Flavor them with garlic and olive oil or dill, lemon or onions.

Suggestion: You can use a sweet apple and sauté together along with the bacon. You'll have the sweetness from the apples, the slightly bitter from the vegetable and the saltiness from the bacon. You could also add some crunchy water chestnuts that's also an autumn-winter vegetable for an additional crunch.

Thought: Saltiness stimulates appetite.

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Here is a recipe using winter ingredients of almonds, pecans, and bananas.

Recipe: ½ lb. butter (2 sticks), ¼ cup granulated sugar, ¼ brown sugar, ¼ cup honey, 2 eggs, 1 cup ripe bananas, 1 ¾ cup flour, ½ teaspoon salt, 2/3 baking soda 5 tablespoons buttermilk, 1 teaspoon vanilla extract or almond extract, chopped walnuts or pecans.

Preheat oven to 350 degrees and spray mini muffin tin with non stick spray. Cream butter, sugars, honey, and eggs together until fluffy. Mix in flour, salt, baking soda and extract. Alternate with buttermilk, end with flour mixture. Blend in bananas and nuts. Bake for 15-20 minutes or until when toothpick comes out clean. Cool on wire rack.

Bananas in season are sweet and have a cooling flavor. Try mixing it up with Tabasco sauce, yes Tabasco sauce. You can also try them with sesame seeds and use them in smoothies, shakes, or brown butter. Bananas mixed with sweet potatoes? Why not? Try it.

Bell peppers goes well with arugula, basil, bay leaf, beef, butter, capers, carrots, chives, French cuisine, garlic, fresh ginger, honey, Indian and Italian cuisines, mint, mirepoix, (onions, celery, and carrots) mustard, olive oil, onions, oregano, parsley, pasta, potatoes, pork, quail rice, salads, sausages, scallions, sesame oil, stews, stir fry, tomatoes, dry white wine, zucchini.

Black Truffles, bacon, beef, cauliflower, chicken, eggs, French cuisine, langoustines, (Norwegian lobster), morels (mushroom) olive oil, potatoes, rabbit, shellfish, stock, balsamic vinegar.

Blood Oranges, pair well with caramel, Champagne, white chocolate, grapefruit, honey, kumquats, pomegranates, salads, brown sugar, tarts, vanilla.

Broccoli's relatives are Brussels sprouts, cabbage, cauliflower, collard greens, and kale. You can serve cheddar cheese over steamed florets, use it in a stir fry with curry and curry leaf, toss with tarragon, or drizzle steamed broccoli with wine.

Broccoli Rabe is a vegetable that appears in the late fall and early spring, it's taste is bitter. Serve with white beans, sprinkle with Parmesan cheese. You could combine it with sausage, or poultry and add some red pepper flakes to it.

Brussels sprouts are in season November through February; use them with sweet potatoes, salsify (a type of mushroom.) Brussels sprouts have a slightly bitter flavor if you don't cut the ends off and the fibrous membrane in the center. www.cooking-creatively.com/brisket.html

Butternut Squash, allspice, green apples, bacon, basil, bay leaf, basil, bourbon, unsalted butter, carrots, parmesan cheese, ricotta cheese, chestnuts, chickpeas, chili sauce, cinnamon cloves, coconut milk, crème fraiche, (thinner form of sour cream) cumin, duck, garlic, fresh ginger, maple syrup, mint, Moroccan cuisine, red onions, red pepper flakes, sage, stock, thyme, yams.

Tip: There should be balance in all your dishes. Acidity+bitterness, sour+salty, hot+cold, creamy+crunchy.

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Cabbage botanical relatives are broccoli, kale, Brussels sprouts, and collard greens. Try it with bacon and apples, game birds, corned beef, Taleggio is an Italian cows' milk soft cheese with a fruity flavor, jicama, (a root vegetable, actually a legume) and juniper berries. To crisp **Napa** or

Chinese cabbage soak in ice water. It is also good with rice vinegar. Pair it with cilantro, seafood, Thai basil or Tofu. **Red** cabbage and go with rabbit, venison, game birds, pheasant, honey, duck or goose fat. **Savoy** Cabbage goes well with a crème fraiche, garlic, leeks, lemon juice, parsnips or golden raisins.

Carrots botanical relatives are celery, parsley, dill, fennel, and parsnips. Combine them brandy, brown butter, chervil, chicken, chile peppers, dried or fresh jalapeno. They blend well with ginger and juca, is a mix of almonds, pistachios, hazelnuts, and spices. They also pair well with allspice, cinnamon, and cloves. You can even make carrot ice cream not only carrot cake. Serve it along with raita, that is yogurt, produce, and spices.

How to make a vegan soup go to www.cooking-creatively.com/vegan.html

Cauliflower is a botanical relative to the Brussels sprouts and likes to hang out with apples. When cooking cauliflower add some dried chile peppers. You could cook this vegetable and make a cauliflower puree. Cook with milk, and add butter, Himalayan salt, and freshly ground black pepper.

Celery root is available autumn through spring it likes to hang out with game birds or black truffles.

Chicory is delicious when you grill it or serve raw. It goes well with smoked fish, meats, or poultry. It's good with bacon, capers, or nuts.

Chub, is a European fresh water game fish

Cinnamon is not only for baked dishes when used in cooking add it early on in the cooking process. Bell peppers, blueberries, quail, stocks and broths, rice, quatre epices four spices that consist of ground pepper, cloves, nutmeg, and ginger. It's used in French and Middle Eastern cuisine. Or a ras el hanout that consist of cardamom, clove, cinnamon, ground chili pepper, coriander, cumin, nutmeg, peppercorns, and turmeric. It's used in North African cuisine.

Informative: These ingredients have a cooling effect melons, salads, watermelon, and yogurt.

Cobia, is a large dark striped tropical game fish also known as black kingfish, black salmon, ling, Lemonfish. (Cobia)

Collard Greens botanical relatives are broccoli, Brussels sprouts, cabbage, cauliflower, and kale. It likes to be with bacon, black-eyed peas, brown butter, garlic, ham hocks, oregano, red pepper flakes, salt pork tomatoes, or cider vinegar. For more vegetable dishes check out www.cooking-creatively.com/vegetable.html

Cranberries as you know are usually in season during the autumn and mid-winter and sometimes they can be found in your freezer section at your supermarket during other times of the year. Its sour taste goes well with sweet potatoes, poultry, apples, goat cheese, cream cheese, quince that is similar to a pear, walnuts or wine.

Daikon is a long, sweet, white, radish and is used in Asian cuisines. It tastes good with duck, beef, or pork. It's more porous than turnips and its flavor is milder in stews.

Dulse, is edible red seaweed that grows on rocks in the North Atlantic. It has high levels of iodine, iron, calcium, copper, manganese, vitamin A, C, E, and B vitamins. It can be sprinkled on salads, used in soups, stews, stir fry, and pesto.

Duck stuffed with a bread stuffing including apples and cranberries or dried mix fruit. You can use lavender, peaches, pears, pomegranates. Serve alongside a risotto and an arugula salad. Drizzle duck breast with a dark chocolate sauce www.cooking-creatively.com/duck.html

Endive goes well with apples, honey, olive oil, black olives, pecans, red pepper flakes, seafood, smoked fish, mustard, balsamic, raspberry vinaigrette or red wine.

Escolar (misspelled Escalar) is also known as butter fish or white tuna and is found in tropical waters. It's served best as sushi or sashimi. It goes well with brown butter.

Fenugreek has a bitter, yet sweet flavor. It's used in curries and curry powders and Ethiopian cuisine. It combines well with lamb, chicken, vegetables, rice, tomato-based stews, and yogurt.

Figs blend well with almond, apples, arugula, lavender, provolone cheese, dark chocolate, cinnamon, cognac, ice cream, five-spice powder, Italian cuisine, lamb, mango, mascarpone, Middle Eastern cuisine, prosciutto, rice, rosemary, walnuts, dry red wine, balsamic vinegar, pears, pecans, honey.

Foie Gras is a food product made of the liver of a duck or goose that has been fattened by force feeding. It goes well with allspice, apples, cabbage, grapes, cherries, chocolate, cognac, figs, nutmeg, black pepper, chicken stock, tomatoes, cider vinegar. The flavor is buttery, delicate, and very rich.

Information: When measuring something sticky like peanut butter, rinse hot water into the measuring cup and do not dry. The sticky stuff will come out easily.

Garam Masala is used mostly in northern Indian cuisine. It's made by blending dry-roasted, and ground spices, like black pepper, cumin, cloves and cardamom.

Garlic, bacon, bay leaf, beef, bread, broccoli, cabbage, chicken, Cajun, Chinese, Creole, French, Italian, Vietnamese, Moroccan, African (south), Caribbean, Cuban, Eastern European, Turkish, Southern French, Russian, Greek, Indonesian, Hungarian, Indian, Iranian, Jamaican, Japanese, Korean, Latin American, Middle Eastern, Moroccan, Spanish, Mexican, Portuguese, Szechuan, Thai cuisines.

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Ginger, Arabic, Asian, Chinese, European, Japanese, Indian, Indonesian Thai, Vietnamese cuisines, allspice, almonds, apples, bananas, basil, bay leaf, beverages, chocolate, citrus, cranberries, curries, fish, five-spice powder, guava, shellfish, stews, stocks, sushi, tomatoes, turmeric, vegetables.

Grapefruit, in season in Florida is between Octobers through June. Combine with arugula or Champagne, chicken grilled fish, fromage blanc is a creamy soft cheese. Combine with mint, orange or papaya or seaweed. Pair it with Tequila, vodka or yogurt.

Haggis is the sheep's heart, liver, and lungs minced with onions, oatmeal, suet, spices, salt, mixed with stock simmered in the animals' stomach or casing like sausage. It can be used as a stuffing. Try it with chicken breast.

Jicama (root vegetable) likes to be with chili powder, chile peppers, chicken, carrots, cucumbers, cumin, fish, and melon. It can also be used in Mexican cuisine, shrimp, soy sauce, spinach, avocado, and grapefruit.

Kale its botanical relatives are broccoli, Brussels sprouts, cabbage, cauliflower, collard greens, and kohlrabi that is a German turnip. Kale goes well with garlic, ginger, parmesan cheese, nutmeg, Grapeseed oil, onions, oregano, pancetta, red pepper flakes, soy sauce, sweet potatoes and red wine vinegar.

Kiwi fruit goes well with bananas, berries, cherries, dark or white chocolate, grapefruit, honey macadamia nuts, salads with chicken or fruit, or Champagne.

Kumquats are used in Asian cuisines and can be paired with berries, brandy, dates, duck, East Asian cuisine, nutmeg, persimmons, pomegranates, rum, quince, walnuts and white wine

Leeks blend well with anchovies, bacon, capers, chervil, eggs, Greek cuisine, corn, grapeseed, hazelnut, peanut, or vegetable oils, black or white pepper, romesco sauce that is a sauce typically made from almonds, pine nuts and/or hazelnuts, roasted garlic, olive oil, nyores that is a small, sweet, dried red bell pepper. Sometimes other ingredients are included like roasted tomatoes, red wine vinegar, and onion.

Lentils go well with bacon, red bell peppers, cardamom, carrots, celery, goat cheese, cloves, coconut, ham hock, sherry vinegar just before serving, games birds, lamb, leeks, pineapple, prosciutto, salmon, soy sauce, turmeric, and zucchini.

Matsutake (edible Japanese dark brown mushroom) has a cinnamon and pine flavor to them it blends well with butter, Savoy cabbage, chicken, fish, chervil, chives, flat-leaf parsley, tarragon, olive oil, Japanese cuisine, sake, shallots, shrimp, tempura, tofu, rice wine vinegar.

Monkfish and apples, Jerusalem artichokes, arugula, bacon, brandy, cilantro, coriander, couscous, cream, curry powder, garlic, leeks, Mediterranean cuisine, mussels, new potatoes, sausage, squid, Pernod that is a liqueur that has a licorice flavor, or a full bodied red wine or dry sherry.

Mostarda, Italian condiment made from candied fruit mustard flavored syrup. It can be served with boiled meats.

Mussels fare well with bacon, basil, capers, Chinese cuisine, clams, cod, cognac, curry powder, garlic, cream, Italian cuisine, lovage (herb) Mediterranean cuisine, onions, olive oil, oysters, pesto, rice, risotto, saffron, shrimp, snapper, tomatoes, vermouth, red wine, vinegar, sherry vinegar, wild rice, or dry white wines.

Nutmeg is used in baked dishes, biscuits, cake, pies, beef, chocolate, eggnog, Caribbean cuisine, chicken, coriander, cumin, desserts, Greek cuisine, honey, Indian cuisine, Italian cuisine, Latin American cuisine, mace, Middle Eastern cuisine, oranges, pates, potatoes, puddings, pumpkin, quatre epices with white and black pepper, cloves, and ginger, rice, béchamel sauce that is white sauce, sausages, Scandinavian cuisine, seafood, soufflés, soups, Southeast Asian cuisine, brown sugar, sweet potatoes, vanilla, veal, yogurt.

Papadum, is an Indian crispy food, like a cracker or flatbread.

Parsnips likes allspice, anise, apples, bacon, basil, brown butter, chervil, chicken, cinnamon, ground ginger, garlic, dill, curry, fennel leaves, fennel seeds, game birds, bitter greens, honey, lemon juice, lentils, mirepoix consist of onions, carrots, and celery, mace, maple syrup, mirin a rice wine vinegar, porcini mushrooms, potatoes, carrots, black pepper, dry white wine, or yogurt.

Pears like allspice, almonds, almond paste, apples, apricots, basil, blackberries, blueberries, borage that is vegetable, bourbon, unsalted butter, butterscotch, Calvados, caramel, blue cheese, feta, goat, cheese, dark chocolate, dill, duck, French cuisine, game, hazelnuts, honey, vanilla ice cream, Italian cuisine, mascarpone, roasted meats, orange, passion fruit, port, prosciutto, prunes, raisins, rum, salads, sour cream or whiskey.

Pepper, Black, Green, Red, Pink, White, a group of herbs add to the last part of the cooking process.

Persimmons blend well with almonds, apples, bourbon, brandy, caramel, cinnamon, cognac, frisee a leaf vegetable from the daisy family, red grapes, maple syrup, pecans, pomegranates, pork, poultry, prosciutto, champagne vinegar, red or white wine, or a sweet wine, or yogurt.

Pheasant with apples, bacon, basil, Calvados, chestnuts, cinnamon, garlic southern Italian cuisine, wild mushrooms, olive oil, onions, orange potatoes, raisins, sauerkraut, southern Spain cuisine, winter squash, thyme, truffles, or wine.

Piloncia, is an unrefined food product from Central and South America. It's a solid piece of sucrose and fructose by boiling and evaporation of sugarcane juice.

Pineapple is available winter through summer try it with allspice, avocado, baked goods, bananas, brandy, basil, cashews, cayenne, chicken, chocolate, cilantro, cinnamon, coconut milk, cognac, cream, curry, ginger, passion fruit, oranges, mangoes, maple syrup, marinades, meat, mint, olive oil, red onion, rum, saffron, shallots, shrimp, salads, star anise, strawberries, brown sugar, sweet potatoes, tamarind, vanilla, ice cream, yogurt, or wine.

Pinto Beans are great in chili, don't forget to add a little cocoa or chocolate to your chili, white, cannellini, or Navy beans are excellent for soups, and stews, They also go well with dried apricots, bourbon, broccoli rabe, ham or lamb, or rosemary oil.

Pomegranates, use allspice, almonds, arugula, bananas, beets, cardamom, chicken, cinnamon, cloves, coconut, coriander, couscous, cream fish, garlic, fresh ginger, grapefruit, roasted meats, Middle Eastern cuisine, pork, turkey, stewed dishes, sorbet, balsamic vinegar, or tequila.

How to make a delicious barbeque sauce using pomegranates. Check this recipe out.
www.cooking-creatively.com/cooking-recipe.html

Pomelos also known as shaddocks and is similar to grapefruit, goes well with avocado, chicken, chili powder, coconut, fish, pickled ginger, lemongrass, maple, onions, peanuts pomegranate, salads, salt, or spinach.

Pork, aioli, almonds, anchovies, anise, apricots, asparagus, bourbon, brandy, unsalted butter, red and green cabbage, carrots, chile peppers, Chinese cuisine, chives, coconut milk, cornichons, (small, tart, pickled cucumbers or gherkins), cranberries, cumin, fennel, figs, southern French cuisine, northern Korean cuisine, lentils, Mexican cuisine, spearmint, mirepoix, Dijon mustard, sesame oil, olive oil, pears, black-eyed peas, pineapple, pine nuts, port, potatoes, prunes, radicchio, red pepper flakes, rosemary, sauerkraut, soy sauce southern Spanish cuisine, butternut or acorn squash, sweet potatoes, tomato sauce, dry vermouth, Vietnamese cuisine, walnuts dry red or white wine, yogurt. For pork recipe go to www.cooking-creatively.com/pork.html

Pumpkin, allspice, apples, bay leaf, unsalted butter, feta cheese, cinnamon, cloves, cognac, cranberries, cream cheese, crème anglaise is a dessert cream, or crème fraiche that is a soured cream, cumin, curry, duck, honey, Italian cuisine, maple syrup, nutmeg, oatmeal, onions, orange juice, pork, potatoes, rosemary, dark rum, sage, stews, dry white wine, yogurt.

Quince, a cross between an apple and a pear, Armagnac, unsalted butter, cardamom, goat cheese, ricotta, cherries, chicken, cinnamon, cranberries, ice cream, dried figs, jams, jellies, honey, hazelnuts, mascarpone, meats, nutmeg, pears, apples, pies, black pepper, Spanish cuisine, vanilla, brown and white sugar, whiskey, dry white wine, or yogurt.

Rabbit, almonds, apples, artichokes, beer, bell peppers, brandy, carrots, red cabbage, celery root, cherries, dark chocolate, coconut milk, bacon, corn, cumin, Thai yellow curry paste, Thai fish sauce, garlic, ginger, Mediterranean cuisine, olives, onions, oregano, parsley, egg noodles, pine nuts, potatoes, prunes, rosemary sage, shallots, Tabasco sauce, thyme, tomatoes, dry red wine, Champagne.

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Rutabagas, allspice, apples, beets, broccoli, clarified butter, carrots, celery, parmesan cheese, chives, cream duck, garlic, ginger, honey, lamb, leeks, potatoes, black pepper, pork, rabbit, saffron, sage, scallions soups, tuna.

Salsify, a root vegetable also called goatsbeard, chives, halibut, lemon juice, mascarpone, mayonnaise, mushrooms, black pepper, polenta, rice, sage, smoked salmon, sorrel, soups, chicken stock, black truffles.

Sea Bass can be prepared with bacon, hazelnuts, taramind or Yuzu juice; they both have a citrusy flavor.

Spaghetti squash, bacon, Gorgonzola cheese, chives, chicken, ginger, olive oil, oregano, fish, vinaigrette.

Sriracha, is made from sun-ripened chili peppers, garlic, vinegar, sugar and salt. It's not as hot as Louisiana style hot sauces.

Sweet Potatoes, allspice, apples, bacon, bananas, red bell peppers, bourbon, brandy, brown sugar, cinnamon, chestnuts, cloves, cranberries, cumin, cream, curry powder, dates, dill, duck, garlic, ginger, ham, honey, kale, leeks, orange liqueurs, maple syrup, nutmeg, smoked paprika, pears, pecans, walnuts, molasses, pears, pineapple, pork, poultry, rosemary, rum, sage, thyme, balsamic vinegar, chile peppers, yogurt. www.cooking-creatively.com/sweetpotato.html

Venison, American cuisine, apples, bacon, bourbon, Brussels sprouts, unsalted butter, red cabbage, chestnuts, cinnamon, cloves, cognac, cranberries, curries, garlic, gin, honey, Marsala, mirepoix, mustard, nutmeg, grape seed oil, onions, orange juice, pancetta, flat-leaf parsley, parsnips, pomegranate, rosemary, raisins, sage, shallots soy sauce, thyme, sweet potatoes, tomatoes, sherry, watercress, wine.

Walnuts, almonds, apples, bananas, caramel, carrots, raisins, bourbon, chicken, all chocolate, cognac, cookies, honey, Cheddar, goat cheese, orange liqueurs, mascarpone, Mediterranean cuisine, oatmeal, pears, pecans, prunes, pumpkin, rum, salads, sauces, stuffing, yogurt, dry and sweet wines.

Water Chestnuts, bacon, chicken, Chinese cuisines, garlic, ginger, sesame oil and seeds, soy sauce, rice wine vinegar, scallions.

Water Cress, almonds, apples, bacon, roasted beef, beets, red bell peppers, unsalted butter, roasted chicken, Chinese cuisine, cream, cucumbers, duck, endive, Fresh cuisine, sesame oil, olive oil, onions, oysters, pepper, potatoes, salads, salmon, scallions, seafood sorrel, soy sauce, stocks, tomatoes, veal, walnuts, white wine, yogurt.

Winter Squash, allspice, apples, bacon, butter cayenne, Romano cheese, chili powder, cumin, curry, honey, ginger, lemongrass, nutmeg, orange juice, rosemary, red pepper flakes, brown sugar, sherry vinegar, wild rice.

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Yuzu Fruit, apricots beef, beverages, chicken, Chinese cuisine fish, garlic, greens, grapefruit, Japanese cuisine, vodka, green onions, black pepper, rice, sesame seeds, green tea, tofu, rice wine vinegar.

I sincerely hope that you found this eBook filled with information that you can use. Please visit www.cooking-creatively.com for other resources, ideas, and tips.

Look for the “*Spring Through Summer Ingredients*” coming out soon.

Enjoy!

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