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ROASTING VEGETABLE FOR SOUPS, STEWES AND GRAIN BOWLS

Roasting vegetables for soups, stews and grain bowls ensures great flavor, makes the preparation easier and remember when you cook in Convection you can cook on multiple racks at one time so it's easy to prepare a couple of meals cooked at one time.

Roasted Butternut Squash with Curried Lentil Stew

This is such an easy delicious dish to prepare. Basically you will saute the onions, garlic, seasonings and mushrooms, stir in the lentils, add the chicken stock and simmer for about 20 minutes. Meanwhile the butternut squash roasts in the oven and is incorporated into the stew when done. For a little color and extra nourishment some greens can be sauteed and stirred in before serving.

Ingredients

1 - small butternut squash, peeled and cubed

½ - teaspoon ground cumin

2 - tablespoons olive oil

Heat the oven, Convection or Convection Roast 375. Toss the butternut squash with the oil, some salt and pepper and the

cumin. Spread onto a rimmed baking sheet and roast for 20 minutes until softened and slightly caramelized on the edges. Cool slightly before folding into the lentil stew.

Ingredients

1 - tablespoon olive oil

1 - medium onion, finely chopped

2 - cloves, garlic, minced

1 - teaspoon curry powder

1 - teaspoon cumin

2 - cups chopped crimini mushrooms

½ - cup lentils

4 - cups chicken or vegetable stock

1 - 4oz bag of baby spinach or other greens

Preparation

Heat a large saute pan over moderate heat, add the oil and when hot, saute the onion until softened. Stir in the garlic and spices and cook over moderate heat, add the mushrooms and cook until they begin to soften then add the lentils and stock.

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Bring to a gentle boil and simmer for 20 minutes. The greens can be stirred into the hot lentil stew to soften or sauteed lightly then stirred in

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CREAMY ROASTED MUSHROOM SOUP

Ingredients

2 - lbs crimini mushrooms, stems removed and cut into quarters

½ - cup assorted dried mushrooms, re-hydrated, excess moisture squeezed out

2 - tablespoons olive oil

2 - tablespoons butter

2 - shallots, thinly sliced

¼ - teaspoon herb's de Provence

3 - cup chicken stock

1 - cup cream

Preparation

Heat the oven to Convection or Convection Roast 350 degrees

Remove the stems from the mushrooms and wipe the caps clean with a wet paper towel.

Cut the mushrooms into quarters and toss with some olive oil, spread onto a rimmed baking sheet and roast for about 25 - 30 minutes till slightly caramelized.

Pour enough hot water over the dried mushrooms to cover and set aside to re-hydrate for about 20 minutes. Remove the mushrooms from the soaking liquid and squeeze out the excess moisture with paper towels. Strain the soaking liquid through a fine sieve to avoid getting any grit in the broth.

Heat a large saucepan, add the butter and a little oil. Stir in the shallots and garlic and saute for a few minutes, stir in a tablespoon or so of sherry, cook for a few minutes then add the chicken stock and bring to a gentle boil.

Add the re-hydrated mushrooms and the strained soaking liquid and all but a handful of the roasted mushrooms and carefully puree until smooth. Stir in the remaining mushrooms, cream and a little fresh lemon juice, adjust seasoning as needed.

CONVECTION OR CONVECTION ROAST

