

Harvest Dandelion and Honey Crisp Apples w/ Delicata Squash and Black Walnut

Roasted Delicata Squash

Ingredients

- 1 delicata squash
- 15 ml olive oil (or preferred oil)
- 3 g kosher salt, or to taste
- 2 g black pepper, or to taste

Instructions

1. Preheat oven
 - Preheat to 200°C (400°F).
2. Prepare squash
 - Wash the squash thoroughly and cut off the ends.
 - Slice the squash in half lengthwise and scoop out the seeds.
 - Slice each half into 1–1.5 cm (½-inch) thick half-moons or rings and then cut into cubes.
3. Season
 - Toss the squash slices with olive oil, salt, and pepper until evenly coated.
4. Roast
 - Arrange the squash slices in a single layer on a baking sheet.
 - Roast for 15- 20minutes, flipping halfway through, until golden-brown and tender.
5. Serve
 - Taste and adjust seasoning if needed.

Apple Butter Vinaigrette

Ingredients

- Honeycrisp apples, peeled, cored, and chopped: 1,360 g
- Apple juice: 847 g
- Olive oil: 120 ml
- Apple cider vinegar: 60 ml
- Ground cinnamon: 6 g
- Ground nutmeg: 2 g
- Ground cardamom: 4 g
- Ground allspice: 1 g
- Whole clove: 1 each
- Salt: 2 g
- Black pepper: to taste

Instructions

1. Cook the apple butter base
 - Combine apples, apple juice, cinnamon, nutmeg, cardamom, allspice, clove, and salt in a heavy-bottomed pot.
 - Bring to a gentle simmer over medium heat.
 - Reduce heat to low and cook uncovered for 45–60 minutes, stirring occasionally, until apples are very soft and the mixture is thick and reduced.
2. Remove clove & blend
 - Remove and discard the whole clove.
 - Blend the mixture until completely smooth using a blender or immersion blender.
3. Cool slightly
 - Allow the apple butter to cool to warm or room temperature before emulsifying.
4. Emulsify vinaigrette
 - Whisk or blend in the apple cider vinegar.

- Slowly stream in the olive oil while blending to create a smooth, emulsified vinaigrette.

5. Season & adjust

- Season with additional salt and black pepper to taste.
- Adjust acidity with more vinegar if needed.

Toasted Walnuts

Ingredients

- Raw walnuts: 250 g
- Fine salt

Instructions

Oven Method (Recommended)

1. Preheat oven
 - Preheat to 175°C.
2. Prepare walnuts
 - Spread walnuts in a single layer on a baking tray.
3. Toast
 - Toast for 8–12 minutes, stirring once halfway through, until lightly golden and fragrant.
4. Season
 - Remove from oven and immediately season with salt, if using.

Assemble: Quarter one apple and remove core and slice. Chop dandelion into desired size. Toss apple butter vinaigrette, squash and walnut in bowl. Season to taste then serve.