

Well, I'm depressed. For the past few weeks, every time I've gone down to Mt. Sinai Harbor there are fewer and fewer boats, signaling the end of our boating season. As beautiful as fall is and how much better the weather feels (as opposed to the oppressive heat), it's sad to see them all under wraps for another long winter.

I don't want to wallow in that train of thought, so let's get to the food.

The other day I was remembering an October weekend jaunt to Vermont when I was young and living in the city. What town I was in I cannot recall, but it was a crisp fall day, the leaves gorgeous shades of gold and red, and for whatever reason I began getting obsessed with making a carrot and tomato soup. Mind you I had never made such a thing in my life, but it sounded good in my head, so my friends and I stopped at a farm stand and I loaded up with all the ingredients I felt I needed. I hit the kitchen with the single focus of creating my soup. I'm pleased to say that the final product was a hit with everyone. Well, what was in it you ask? Alas, with great regret, I have to inform you, that try as I might, I cannot find it among my stash of recipes. BUT, no need to frown (or wonder why I even mentioned the darn soup if I can't remember how I made it), I found a similar recipe, played with it a little, and the result was very good.

Soups are as nice to have in the fall as they are in the cold of winter. There are many more vegetables and fruits to enjoy in this late season and just as many wonderful concoctions that can be made from them. So along with this notorious carrot tomato soup, I am giving you a delicious recipe for Curried Apple and Squash Bisque and a salad that is a nice complement for either soup. Add some fresh olive bread or sun-dried tomato foccacia and you have a great meal for a crisp fall evening.

Tomato and Carrot Soup (not completely mine L)

- 1 can of chopped tomatoes
- 2 large carrots, minced
- 1 small onion, minced

The Sailaway Gourmet



by Cathy Smith

- 1 cup of chicken stock
- 1 tsp. dried dill (or 1/2 tsp. fresh)
- Pinch of fresh ground nutmeg
- 1 tsp. of brown sugar
- Salt to taste
- Heavy cream or half and half
- Fresh dill for garnish, if desired

In a medium saucepan, place all the ingredients except the dill garnish. Bring to a boil, stirring constantly. Reduce the heat, cover and simmer until vegetables are soft (about 10-15 minutes).

In batches, puree the soup in a blender. Pour back into the pan and add a little cream or half and half – just enough to give it a little velvety smoothness. Pour into bowls and serve garnished with fresh dill if desired. Makes 4 servings.

Curried Apple and Squash Bisque

- 1 Tb. unsalted butter
- 1 medium onion, chopped
- 1 Tb. curry powder
- 2 Granny Smith apples
- 1 butternut squash, cubed (peeled and seeded)*
- 5 cups of vegetable stock
- 1 tsp. salt (I like to use sea salt)
- 1 Tb. lemon juice

In a large pot, heat the butter and sauté the onion

and the curry powder until onion is soft and translucent. Peel and cube one of the apples. Add the cubed apple, squash and the stock to the pot. Bring to a boil, cover and reduce the heat. Simmer for 20-30 minutes or until the squash is tender. Add salt to taste.

In batches, purée the soup in a blender. Peel and grate the remaining apple and toss into a bowl with the lemon juice. This soup can be served hot or cold. Garnish with the grated apple. Makes 8 servings.

*To save time and labor you can purchase fresh squash already prepared in the produce department of your grocery store.

Endive, Pear and Chèvre Salad

- Chèvre Cream:
- 6 oz. Chèvre, divided
 - 2 Tb. Half and Half
 - 2 Tb. water
 - Salt and fresh ground pepper to taste
- Salad:

- 4 heads of endive, sliced thin
- 1 cup frisé greens
- 1 cup watercress
- 1 cup red leaf lettuce
- Balsamic vinegar
- Toasted Hazelnuts
- 1 Japanese pear (or any good ripe pear), sliced thin

Place 2 ounces of the Chèvre, the half and half and the water in a blender and process until smooth. Season with salt and pepper to taste. Set aside.

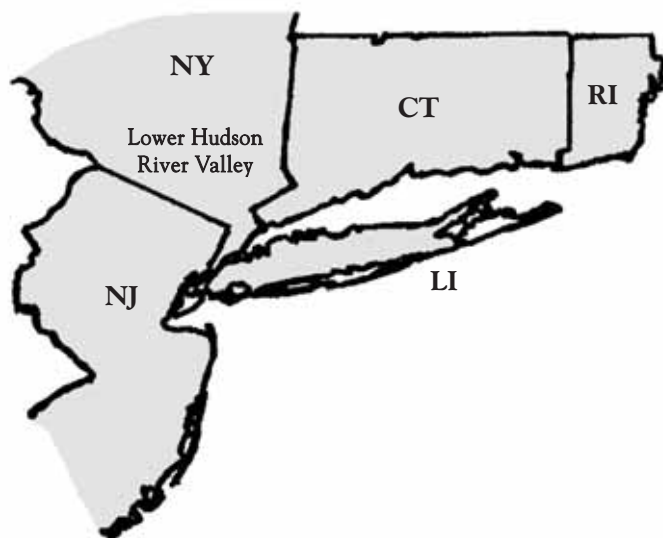
Cut or shred all the greens into bite size pieces and place in a salad bowl. Dress with a few dashes of the Balsamic vinegar. Add the Chèvre cream and lightly toss the salad. Crumble the remaining Chèvre. Garnish the salad with the toasted hazelnuts, sliced pears and crumbled Chèvre. Makes 4 servings.

Enjoy your month! Happy Halloween too!

(I guarantee you that a few days after submitting this column I will find my carrot and tomato soup recipe)

Sell Your Boat *Fast* With Our Classified "BEST BUY" Package

Cover the waterfront in four states when you advertise in all three editions of Boating World. Only \$39 including a color photo of your boat!



For details see the ad form in our Classified section

Boating World

Your Local Boating Paper

Long Island Edition • Sound Edition (Westchester, NY, CT, RI) • NJ/Hudson River Edition