The Fabulous Flavors of FALL

(Family Features) Fall brings a whole new set of flavors to the table, and that's reason enough to celebrate with friends.

Michael Chiarello

Award-winning celebrity chef and cookbook author Michael Chiarello has created some delicious seasonal dishes that make the most of autumn's bounty and make it easy to entertain.

"If you want to create beautiful food for your friends and family, the most important thing you can do is start your recipes with the best possible ingredients," says Chiarello. "Progresso makes it easy to fill your pantry with the very finest ingredients." Using Progresso 100% natural broth and panko bread crumbs, Chiarello has created dishes with exceptional flavor and paired them with the award-winning wines of the Cavit Collection.

Find more seasonal recipes at www.progressofoods.com and www.cavitcollection.com.

ROASTED BUTTERNUT SQUASH SOUP

MAKES 4 SERVINGS | PREP TIME: 30 MINUTES | START TO FINISH: 60 MINUTES

Roasted Winter Squash

- 2 tablespoons butter
- 2 cups diced (3/4-inch) raw winter squash (butternut, hubbard, acorn)
- Salt and pepper

Soup

- 2 tablespoons extra virgin olive oil
- 1/2 cup diced onion
- 1/4 cup diced celery
- 1/4 cup diced carrot
- 1 cinnamon stick
- Sea salt and freshly ground pepper
- 1 carton (32 ounces) Progresso chicken broth (4 cups)
- 1/2 teaspoon ground toasted coriander, if desired
- 1 1/2 cups Roasted Winter Squash (above)
- 1/2 cup half-and-half, if desired
- 2 tablespoons toasted pumpkin seeds
- 1/2 cup Progresso plain panko crispy bread crumbs, toasted light brown in sautè pan over medium heat

To make roasted winter squash: Heat oven to 375 F. Heat butter over medium-high heat in an ovenproof sautè pan; add diced squash, salt and pepper. When squash begins to brown, place pan in oven. Roast for 15 minutes or until medium-brown on all sides. Remove from oven and let cool slightly. Pureè in food processor, or mash with potato masher or ricer. Measure 1 1/2 cups squash; reserve.

To make soup: Heat olive oil in large saucepan over medium heat until hot. Add onion, celery, carrot and cinnamon stick; sautè until soft but not brown, about 10 minutes.

Season with salt and pepper. Add broth and coriander; bring to a boil. Simmer for several minutes. Stir in reserved squash until smooth; simmer gently to let flavors meld, about 10 minutes. Discard cinnamon stick.

Pureè soup using an immersion blender or in a blender until smooth. (The soup can be made ahead to this point, cooled, covered, and refrigerated for several days or frozen for about 1 month. It will thicken as it cools and may need thinning with broth or water when reheating.)

Return soup to pan and reheat gently. Add half-and-half. Adjust seasoning with salt and pepper. Top each serving with pumpkin seeds and toasted bread crumbs.

Tip: Depending on how rich you want it, or how cold it is outside, you can use cream, yogurt or mascarpone instead of half-and-half.

Enjoy with Cavit Chardonnay.

TURKEY SCALLOPINI AND SQUASH RAVIOLI

MAKES 8 SERVINGS
PREP TIME: 10 MINUTES
START TO FINISH: 30 MINUTES

- 8 portions boneless turkey breast
- 1/4 cup extra virgin olive oil
- 1/4 cup all-purpose flour
- 2 eggs, beaten
- 2 cups Progresso plain panko crispy bread crumbs
- 1 stick (8 tablespoons) unsalted butter
- 1 package (18 ounces) frozen squash ravioli
- 1/4 cup finely chopped fresh sage or 2 teaspoons dried sage
- 1 1/2 cups fresh cranberries
- 3 tablespoons dark molasses
- 1/4 cup balsamic vinegar
- 1 cup Progresso chicken broth
- Salt and pepper

Bring 4 quarts lightly salted water to a boil in a large pot.

Between two sheets of plastic wrap, pound turkey breast pieces to an even 1/4-inch thickness with a meat mallet. If you don't have a meat mallet, the back of a frying pan will work fine. You can do this a day ahead and leave them stored in the plastic wrap, folded over on each other. You can also ask a good butcher to cut and pound the turkey for you.

Heat olive oil in a large sautè pan over medium-high heat. Lightly coat turkey pieces with flour, and pat off excess; dip in beaten eggs and then dredge in bread crumbs. When oil is hot and bubbling, add turkey pieces. Do not crowd the pan. Let brown about 1 minute, then turn to cook the second side, another 30 seconds. The turkey will cook very quickly and will dry out if overcooked. When done, remove to a baking sheet or platter and keep warm. Do not wash sautè pan!

To make the sauce, add butter to sautè pan and place over medium-high heat. At the same time, drop ravioli into the boiling water. When butter begins to turn light brown, add fresh sage. Stir for a few seconds; then add cranberries, and sautè until skins begin to burst. Add molasses, balsamic vinegar and broth, scraping bottom of the pan to pick up all the flavor of the turkey. Simmer until cranberries are soft and the sauce coats the back of a spoon, about 2 minutes. Season to taste with salt and pepper. Be sure to taste sauce for seasoning before you pour it over the turkey.

Test ravioli for doneness in about 3 minutes — pinch edges of dough; it should be tender. Drain. Divide ravioli among hot plates and layer a piece of turkey over the ravioli. Spoon sauce over them.

Tip: The sauce must be put together very quickly, so have all the ingredients premeasured and ready at the side of the stove.

Enjoy with Cavit Riesling or Pinot Noir.

MAMA CHIARELLO'S STUFFED EGGPLANT

MAKES 4 SERVINGS | PREP TIME: 30 MINUTES | START TO FINISH: 1 HOUR 20 MINUTES

- 1 large eggplant
- 3 tablespoons extra virgin olive oil
- 1/2 teaspoon grey sea salt
- 1/4 teaspoon black pepper
- 1/2 pound ground beef
- 1 onion, diced small (about 1 cup)
- 1 red bell pepper, diced small (about 1 cup)
- 3 cloves garlic, finely chopped
- 1/2 cup chopped fresh parsley
- 1/2 cup chopped fresh basil leaves
- 1 1/4 cups grated pecorino Romano cheese
- 1/2 cup Progresso plain panko crispy bread crumbs
- 1 whole egg
- 2 chopped tomatoes

Heat oven to 350 F.

Cut eggplant in half and scoop out center, leaving enough meat inside the skin so that it holds its shape when baked. Chop eggplant that has been scooped out of the inside; place in saucepan, cover with water and boil until very soft, 10 to 12 minutes.

Meanwhile, in medium sautè pan, heat 1 tablespoon olive oil over medium heat. Salt and pepper the beef. Add seasoned ground beef to pan, and sautè until all of its liquid is evaporated and beef begins to brown slightly. Let cool briefly, and chop cooked beef so that there are no large chunks of meat. In another medium sautè pan over medium heat, add remaining 2 tablespoons olive oil, and sautè the onion, pepper and garlic together in oil.

In bowl, mix together cooked eggplant, vegetables, beef, herbs, 1 cup cheese, 1/4 cup bread crumbs and egg. Fill scooped-out eggplant halves with this mixture, dividing it evenly between the two halves.

Top with chopped tomatoes, remaining 1/4 cup cheese, remaining 1/4 cup bread crumbs, and season with salt and pepper. Place on an oiled oven tray or baking dish, and bake for 50 minutes. Let cool briefly; slice widthwise and serve.

Enjoy with Cavit Pinot Noir, Merlot or Cabernet Sauvignon.

Wine Pairing

When it comes to pairing wine and food, there are some general guidelines that will result in great combinations. However, everyone's sense of taste is different and what tastes good to one person may not taste good to another. If you find a combination that you like, but it doesn't follow the guidelines, don't worry — just enjoy! Part of the fun is experimenting with different combinations to find the ones you like best.

For more wine pairing tips, visit www.cavitcollection.com.

	Cabernet Sauvignon	Chardonnay	Lunetta Prosecco	Merlot	Pinot Grigio	Pinot Noir	Riesling
Fish — White		●	●		●		●
Fish — Salmon/Meaty		●				●	
Shellfish		●				●	●
Chicken — Baked/Grilled		●				●	●
Chicken — Marinated		●				●	
Turkey		●	●			●	
Duck				●		●	
Ham/Pork		●		●		●	●
Steak	●			●			
Fruit			●				
Salad — Leafy/Vegetable		●			●		●
Salad — Dominant Protein			●				
Pasta — White Sauce		●				●	
Pasta — Red Sauce	●			●			

The 4th Annual Rockin RibFest would like to thank the following businesses and individuals for their support of this event. Without their financial help Rockin RibFest would not be possible. We would also like to thank the many individual volunteers, including these organizations - Boy Scout Troop 181, Dakota Warriors & the Conkling Distributing, Keep Yankton Beautiful, City of Yankton, NFAA Easton Archery Center, Yankton Optimists, List Electric & Gehl Manufacturing, Ecowater, Historic Downtown Yankton & The Rockin RibFest 2010 Committee members - who devoted their time in helping make this event a success. And to everyone who attended - we hope you had a great time at this end of summer community event.

Smokin Hot Sponsors:
Avera Sacred Heart Hospital
First Dakota National Bank
Lewis & Clark Ford

Sweet & Tangy Sponsors
Ben s Brewing Company
Classic Hits 106.3
Conkling Distributing
Fort Randall Casino
Hy-Vee
Northwestern Energy
Wal-Mart
WNAX-104.1 the Wolf

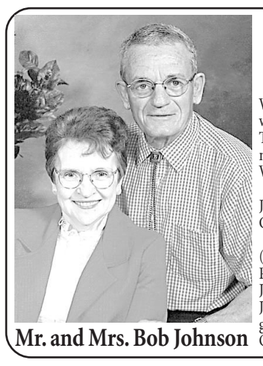
Hickory Smoked Sponsors:
Ace Hardware
Cork n Bottle
CorTrust Bank
Eisenbraun & Associates
Dayhuff Enterprises
Heine Cattle Company
JMMWH Law
Jim Schramm Architect
Opsahl Funeral Home
Riverfront Event Center
Roger s Family Pharmacy
Vishay-Dale
Yankton Rexall Drug

Fire Starter Sponsors
B-Dazzled Hair & Day Spa
Becker Body Shop
Blackburn & Steves, Prof. LLC
Boomer s
Boston Shoe Store
Brad Dykes
Edward Jones
Gerstner Oil/Rhian oil
First National Bank
Harmelink, Fox & Ravnsborg Law
Hatch Furniture
Kennedy, Pier & Knoff, LLP
KPI-JCI
Larsen Carpet
Minerva s
LilyCrest Cottage
MT & RC Smith Insurance
Riverfront Dental
The Pantry
Vision Realty
Yankton Area Arts Association
Yankton Family Dentistry

We ll see you next year for the 5th Annual Rockin Ribfest!

Rockin' Rib Fest — Historic Downtown Yankton South Dakota

SEE YOU NEXT YEAR AT THE 5th ANNUAL ROCKIN RIBFEST IN HISTORIC DOWNTOWN YANKTON! SEPTEMBER 17, 2011

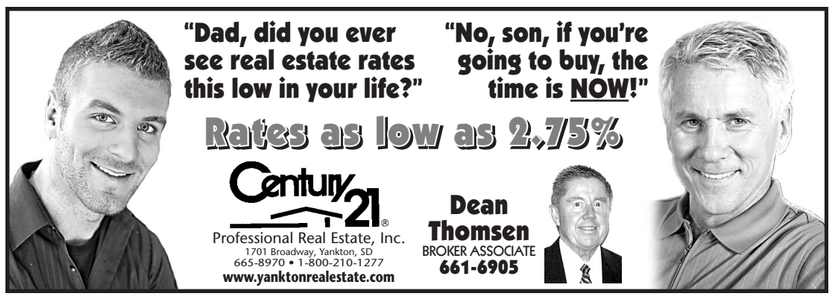


Mr. and Mrs. Bob Johnson

60th Wedding Anniversary

Mr. and Mrs. Bob and Lorna Johnson of Watertown, SD will celebrate their 60th wedding anniversary on September 23, 2010. Their family requests a card shower. Cards may be sent to: 215 S. Maple St., #316, Watertown, SD 57201.

Lorna Jean McAdaragh and Robert Darrel Johnson were married September 23, 1950 in Colorado Springs, CO.

They have 4 children: Cheryl Johnson (Jim Carlson) of Mission Hill, SD; Robert P. Johnson of Watertown, SD; Tom (Kim) Johnson of Phoenix, AZ; and Michael Johnson of Sioux Falls, SD. The couple has 2 grandchildren: Robert Martin of Portland, OR, and Ryan, currently serving in the Army.

GOT NEWS?
Call The P&D
At 665-7811