

## FALL HARVEST SALAD

from Sarah and Emily Parkinson  
of HOMEBODY TEXTILES

Serves 4

2 cloves garlic, peeled and smashed  
1/2 cup golden raisins  
2 tablespoons red wine vinegar  
1-2 winter squash such as acorn, delicata, butternut, or kabocha (about 3 cups sliced)  
1 teaspoon sesame oil  
Olive oil  
1/2 teaspoon chili flakes  
1 cup Greek yogurt  
1/4 cup tahini  
Juice and zest of 1 lemon  
1 bunch kale, washed with ribs removed  
2 tablespoons Za'atar (or a mix of sesame seeds, ground cumin, and ground thyme, and salt)  
1/2 red onion, thinly sliced  
1/3 cup roasted almonds, chopped



*Emily and Sarah Parkinson, the co-founders of Homebody Textiles are color lovers and pattern aficionados through and through.*

*Em has a degree in fashion, a closet full of mustard clothes, and a kitchen full of silver serveware. Sarah has a background in environmental sustainability, a flock of hens, and lots of mud on her hiking boots. They both learned to sew sometime in elementary school thanks to their mom's capable hands and have been working with textiles in some way or other ever since.*

*In the fall of 2019, Em and Sarah designed their first collection on the cobalt-blue porch of a little farmhouse in the Blue Ridge Mountains.*

*There's a lot they love about this collaboration, but the best part is just that—collaboration. Homebody is the two of them, their materials, their designs and processes, and all of you. It's so much more than the sum of its parts.*

Preheat the oven to 400 degrees. Combine raisins, garlic, and vinegar in a bowl and let stand.

Cut squash into pieces roughly 1/2 x 1-1/2". Leave the skin on more delicate varieties like acorn and delicata, but remove it on tougher varieties like butternut. Toss the squash with a tablespoon of olive oil and a teaspoon of sesame oil and season with salt, pepper, and chili flakes. Roast in a single layer for 25 minutes at 400 degrees.

Meanwhile, make the yogurt sauce. Combine the yogurt, tahini, half the lemon juice, and all the lemon zest into a bowl and mix well. Depending on the consistency of your yogurt, you may need to add a tablespoon or two of water to smooth out the yogurt mixture. Season with salt.

Chiffonade the kale leaves in batches by stacking the leaves in a pile about an inch high and rolling them up into a tight cigar shape. Slice the roll of leaves into thin ribbons 1/8-1/4" wide. Combine the other half of the lemon juice with a tablespoon of olive oil and toss the kale in the dressing.

In a small pan, lightly toast the za'atar until fragrant. Turn off the heat and add just enough olive oil to saturate the za'atar and bring it together into a sauce (about 1 tablespoon).

To serve, smear a generous dollop of yogurt on the surface of the plate, then cover with dressed kale. In another bowl, toss the roasted squash with the raisins, their vinegar liquid, and the sliced red onion. Pile the squash mixture over the bed of kale and top with chopped almonds. Finish the salad with a drizzle of the za'atar oil.



## **PENLAND FOG**

from the Penland Coffee House + Crystal Thomas  
Serves 1

1 Earl Grey teabag or loose tea in a tea ball  
10-12 ounces of milk of your choice  
Honey or vanilla simple syrup – optional

That's it! Earl Grey tea steeped in milk, with no water.  
This is the coffee shop's super-secret "Penland Fog"  
recipe.

There are so many varieties and blends of Earl Grey tea, so if you like Lavender Earl Grey, great! If you're more of a classic fan, that works too. In the shop we use a single tea bag/ball for each serving, but you can add an extra if you'd like it a bit stronger.

Basically any milk that heats up well will work. Heating this up on the stove top will work best if you don't have a milk steamer at home. Just heat until almost - but not boiling. You want the milk hot enough to steep the tea.

Once the milk is good and warm you need to pour it over the tea bag/ball and let it steep. I usually recommend the tea steeping for at least five minutes for maximum drinkability. If you want to sweeten this deliciousness you can add honey or some vanilla simple syrup.

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## **CHOCOLATE BARK**

from Holly Walker

8-10 ounces Belgian chocolate, 72% dark  
¾ cup roasted almonds, unsalted  
1 tablespoon butter  
1/8 teaspoon sea salt  
¼ teaspoon vanilla

Maldon flaked salt if desired for sprinkling on top

Other optional ingredients to mix in or add on top - choose one or two: toasted coconut, different nuts, dried fruit (cut in small bits), dash of peppermint oil, grated lemon peel and candied ginger, and seeds.

*Holly Walker is a studio artist from Vermont, who makes beautiful and often colorful functional wares. She is a former Penland Core Fellow and Penland instructor.  
hollywalkerceramics.com*

Melt chocolate in a double boiler. When melted, add in the butter, sea salt, and vanilla.

Pulverize the roasted almonds in a Cuisinart (or pulverize half, and save half whole for top.) Add pulverized nuts to melted chocolate.

Prepare one baking sheet with parchment paper. Pour mixture onto prepared sheet. Spread as thinly as possible with a spatula (and/or dough scraper) to cover the whole baking sheet.

Add a little Maldon salt to the top for salty bites if desired plus any additional toppings you wish.

Put baking sheet in the freezer for 20-25 minutes. Remove from freezer and break into serving size pieces.

Store in refrigerator in a lidded glass container.

## CURTIDO (El Salvadorian Slaw)

from Ronan Peterson

½ head cabbage – approximately 16 ounces  
2 medium carrots, shredded  
½ white onion, sliced in half moons  
1-2 serrano or jalapeno peppers, seeded and diced  
2 teaspoons dried oregano, preferably Mexican  
1 cup finely chopped cilantro

3-4 teaspoons coarse kosher salt  
Juice of one lime

Optional – sometimes I add one or two tablespoons of mayo for a little creaminess - because I love mayonnaise, and because I can.

*Ronan Peterson is a studio artist from North Carolina. His ceramic work is beloved for great textures, color, and more than just a dash of surface decoration.*  
[ninetoespottery.com/](http://ninetoespottery.com/)

Shred the cabbage or slice thinly either with a mandoline or by hand. Add to a bowl large enough to toss all the ingredients together. Add the carrots, onions, peppers, cilantro, and oregano to the bowl and toss. Add the salt and lime juice to taste. Don't be shy with either. Both are needed for "pickling" the cabbage!

Mix well – the salt will immediately start to draw out moisture from the cabbage in the mixing process. This quick version of Curtido slaw is great with tacos, papusas, and arepas.

Without the mayo and lime – you supposedly can pack this into sterilized lidded mason jars and let it ferment in the fridge for a few days to develop a natural sourness a la kimchi.

## SWEDISH GLÖGG

from Mia Hall

4 cinnamon sticks  
15 cardamom pods  
20 whole cloves  
1 finger of fresh ginger, sliced thinly  
Zest from one orange  
1 cup vodka

2 bottles red wine  
2 cups port wine  
2 cups sugar  
2 tablespoons Swedish vanilla sugar (available on Amazon) – or- 1 teaspoon vanilla extract

*Mia Hall is Penland School of Craft's executive director and a fine woodworker. Mia's glögg is the real deal, since she was born and raised in Sweden.*

Crush spices in a mortice with a pestle and place in a glass jar with the ginger and orange zest. Pour the vodka over the spices and let steep for two days. Strain, discarding the spices, and place the vodka in a large pot.

To the pot, add the wine, port, sugar and Swedish sugar. Let the glogg slowly heat until the sugar has dissolved. For a spicier (and even stronger) glögg, add 1 cup apple pie moonshine.

My Swedish glögg was once described to me as "liquid potpourri", and I guess I can see their point. It is rich, spicy, hot and something that most Swedes start sipping in early December when the days are short and the weather is cold. This is the recipe I have perfected over many years and I will typically make the first batch around Thanksgiving.



## CHOCOLATE CARROT CAKE

from Marsha Owen

1 1/3 cups flour  
1 1/4 cups cocoa  
1 1/2 teaspoons baking powder  
1 1/2 teaspoon baking soda  
1/2 teaspoon salt  
1 1/2 teaspoons cinnamon  
3 eggs  
2 cups sugar  
1 1/4 cups oil  
1 cup buttermilk  
2 1/2 cups grated carrots



## FROSTING

12 ounces cream cheese, room temperature  
3/4 cup (1 1/2 sticks) unsalted butter, room temperature  
1 teaspoon vanilla extract  
Generous pinch of kosher salt  
1 pound box of powdered sugar

Put mixer with whisk attachment on medium-high and beat room temperature cream cheese and butter until smooth, about a minute. Reduce to low speed and add vanilla and salt. Then add the powdered sugar.

When incorporated turn mixer to medium-high for 2 minutes to get fluffy.

*Marsha Owen is a studio artist from Raleigh NC. Her very functional and beautiful ceramics reflect her background as an amazing baker and her major kitchen skills. Marsha baked and decorated this memorable chocolate carrot cake several times for the Penland Benefit Auction luncheon many years ago, and we still talk about it.*

Preheat oven to 350 degrees. Line two 9" cake pans with parchment paper and lightly coat them with non-stick spray.

Mix carrots and buttermilk in a medium bowl. In a separate bowl, whisk together flour, cocoa, baking powder, baking soda, salt, and cinnamon.

Using an electric stand mixer with a whisk attachment, beat eggs and sugar on medium-high for about 4 minutes. Reduce mixer speed and stream in the oil.

Switch to the paddle attachment and mix in your wet and dry ingredients: add flour mixture in three additions, alternating with 2 additions of the carrot and buttermilk mixture. Mix until smooth.

Pour batter into prepared pans and bake 25 - 35 min., testing center for doneness. Cool on rack 10 min. Run knife around sides of pans before inverting onto a wire rack. Cool completely.



Assembly:

Place first layer, domed side down, on a platter.

Spread about 3/4 c. frosting over top.

Place remaining layer, domed side down, on top.

Spread top and sides with 1 1/4 c. frosting and chill at least 30 min. to let frosting set.

Spread remaining frosting over top and sides, swirling decoratively.

## A COCKTAIL COLLECTION + Small Bite

from Courtney Dodd and Nick Fruin - Shaker & Salt

### VIEUX CARRE' - Serves 2

2 ounces rye whiskey  
2 ounces cognac  
1/2 ounce Benedictine  
2 dashes Angostura bitters  
2 dashes Peychaud's bitters  
2 lemon twists

Stir liquids in a mixer with ice, strain into double rocks glasses. Garnish with a twist of lemon, serve with friends.



### GIN GIN FIZZ - Serves 2

2 ounces dry gin  
2 ounces ginger simple syrup  
2 sprigs mint  
Lime  
Seltzer

Muddle 1 sprig mint, zest of lime, and ginger simple syrup. Add ice to mixer and stir.

Pour into highball glasses with ice cubes, top with seltzer, garnish with mint, serve with friends.



### BLACK MANHATTAN - Serves 2

4 ounces bourbon  
2 ounces Averna  
4 dashes Angostura bitters  
Maraschino cherries for garnish

Combine ingredients in an ice-filled mixing glass and stir until cold. Strain into chilled cocktail glasses and garnish with a maraschino cherry.

### PIMMS CUP - Serves 2

2 ounces gin  
2 ounces Pimms No. 1  
1 ounce lime juice  
1 ounce simple syrup  
6 dashes celery bitters

sliced cucumbers  
seltzer

Combine first five ingredients in an ice filled mixer and stir until cold. Line Highball glasses with sliced cucumbers and fill with ice, then strain chilled cocktail mix into glasses. Top with seltzer.



### TOMATO CHARRED CABBAGE

1 head of green cabbage, cut into 8 wedges with core  
1 can tomato sauce or 4 fresh tomatoes  
4 tablespoons olive oil  
Salt and pepper to taste

Cook down tomatoes on the stove until you have a concentrated 1/2 cup of reduced tomato sauce.

Brush cabbage wedges with 2 tablespoons olive oil, salt, and pepper.

Start grill with one hot side and one cold side (coals or gas on one side of the grill only)

Place cabbage on the cooler side of the grill and cook for 15-25 min flipping occasionally. Once cabbage is tender, combine tomato and remaining olive oil, brush the cabbage. Grill to char on the hot side of the grill. 2-4 min. Serve hot. Enjoy with choice of main.

*Nick Fruin is the coordinator of Penland's glass studio and Courtney Dodd is the Penland Program Coordinator. Together they are the glassblowing team behind Shaker & Salt.*

## MISO RAMEN FAMILY DINNER

from Courtney Martin

Broth (dashi)

I fill my big clay soup pot (4 quart size) about 2/3 full with water. Cooking in a clay pot is a joy and luxury, but any soup pot will work. Add a couple pieces of kombu, and about a cup of bonito flakes (not packed). If you have mushrooms available, then add them too.

Bring it to a boil. I have heard that you should never let your kombu boil, but I like the flavor and usually let it boil for a minute before shutting off the heat. Let the water cool back down, and then strain out the kombu and bonito flakes.

Add Miso Paste (I like Miso Master: their Mellow White or Traditional Red Miso Pastes are my go to. But whatever miso you like will work!) I do this to taste- usually adding quite a bit of paste (3/4 cup or so). To mix the miso paste into your broth - take out about 1 cup of broth with and blend that with the paste using a fork to get out lumps. When the paste is smoothly blended, add this to your big pot of dashi. I add a splash of dark sesame oil, and tamari or soy sauce if it needs salt.

Now your base is done. We add seaweed (wakame), cubed tofu and chard. We grow chard all year in our garden, and it's fantastic in miso soup. We chop it thick and just let it cook in the broth. Often the kids make me take it out of their bowls, but I think its green leafy goodness seeps into the broth.

This is a great family favorite because you can cater to everyone's preference, and also use the things you have in the fridge/garden.

Here are the additions my family enjoys most:

Ramen noodles

Sliced shitake mushrooms fried in olive oil with garlic.

Tamari egg- soft boil and peel an egg, soak in tamari

Spicy sausage

Salmon - we like to marinate ours in soy+honey, and grill it

Kimchi

Chili oil/paste/Siracha

Steamed broccoli

Sauteed greens of all kinds

*Courtney Martin is a studio artist who lives in Bakersville, NC with her husband, glass artist John Geci, and two young children. Besides making fabulous pots and firing her wood kiln - she and John tend an amazing garden and cook up some delicious and healthy meals.*

[courtneymartinpottery.com](http://courtneymartinpottery.com)



## PERFECT SMOKED PORK PICNIC

from Andy Dohner

adapted from Smoke & Spice Cookbook

Serves 8

Picnic rub:

5 tablespoons fresh ground pepper

¼ cup turbinado sugar (brown)

3 tablespoons paprika

2 tablespoons coarse salt

1 tablespoon dry mustard

2 teaspoons onion powder

1 teaspoon cayenne pepper

6-8 pound pork picnic

Picnic mop:

Remaining rub spice mix

3 cups cider vinegar

1 medium onion, minced

¼ cup fresh ground pepper

2 tablespoons salt

1 tablespoon dry mustard

4 garlic cloves

1 teaspoon cayenne

12 hours in advance (the night before), combine the rub ingredients in a small bowl. Massage the pork well using half the rub mixture. Place the pork in a plastic bag and put in the fridge overnight.

About an hour before you are ready to bbq, take the pork from the fridge. Give the pork another light coat of the rub.

Prepare the smoker – bringing the temperature to 200-220 degrees.

Prepare the mop mixture in a saucepan, using any remaining rub mix, the mop ingredients and 1 cup of water. Warm the mixture over low heat.

Transfer the pork to the smoker and cook for about 1.5 hours per pound of meat. Cook until the internal temperature reaches 170-180 degrees. Mop the meat every hour.

Remove the pork from the smoker and let sit for 15 minutes to cool a bit. Pull off chunks of the meat and chop or shred – whichever you prefer.

Optional – serve with favorite BBQ sauce.

*Andy Dohner operates a studio practice in southern Oregon with a focus on functional and sculptural objects. Andy caters to modern and traditional aesthetics in steel and bronze with a heavy emphasis on the forging process. You can find his work in and outside the home and in public spaces. Andy has participated in exhibits and teaching opportunities across the country. He is highly, if not over qualified to fire up the smoker and monitor the perfect temperature for BBQ pork. This is bound to be good if it has Andy's seal of approval.*





## SWEET AND SPICY POPCORN

from Christopher Kerr-Ayer

Tri-color popcorn  
2-3 tablespoons oil  
Large cast iron or heavy pot (with lid)  
Large paper bag or Tupperware  
Oven mitts

1/2 teaspoon salt  
2-3 teaspoons. maple syrup  
2 teaspoon melted butter  
Pinch of ground cayenne pepper  
Pinch of ground cinnamon



## SAVORY PICKLE POPCORN

from Christopher Kerr-Ayer

Tri-color popcorn  
2-3 tablespoons oil  
Large cast iron or heavy pot (with lid)  
Large paper bag or Tupperware  
Oven mitts

3-4 tablespoons nutritional yeast  
1/4 teaspoon dill  
Salt to taste

1/2-1 teaspoon apple cider vinegar -or- sour pickle juice  
1-2 teaspoon melted butter

Instructions for both versions of popcorn:

In a large cast iron or heavy pot, heat up oil first and then add popcorn kernels: cover the bottom of your pot no deeper than one layer of kernels, and cover with lid.

Once kernels start to pop, use pot holders to move the pot/cast iron around the stovetop burner in a circular motion. This will allow the entire surface of the pot to heat evenly and make light/ perfectly popped kernels.

Once you can no longer hear popping from the pot, remove from heat, and empty your cast iron or pot of popcorn into the bag or large Tupperware container.

Add spices and other seasoning to the mixing container.

While the pot/ cast iron is still warm, melt the butter. Add the maple syrup or ACF/pickle juice to the butter, and then pour over popcorn and seasoning.

Roll down the top of your bag, or put a lid on the Tupperware, and shake somewhat vigorously for 30 seconds.

Empty into a serving bowl and enjoy!

Note: Vegans can substitute olive oil or coconut oil instead of butter.



*Christopher Kerr-Ayer is a studio glass artist. Chris has a BFA in sculpture from Johnson State College in Vermont. Chris worked his way around the country assisting glass artists and participating in residencies before moving to the Penland area. Inspired by antique, found, and everyday objects, Chris's work explores the interaction between tool and toy. He also specializes in fancy popcorn.*