

Salami and Fig Crostini with Ricotta

Ingredients

- 4 slices French baguette, sliced on a diagonal
- 1/2 cup ricotta
- 4 slices salami
- 4 figs, halved or quartered
- Flaky sea salt
- Black pepper
- Extra-virgin olive oil, for drizzling

Instructions

1. Paint both sides of slices with olive oil. Season the crostini with flaky sea salt and freshly cracked black pepper. Toast the baguette slices until they're crispy on the edges and lightly golden brown, 15 minutes.
2. Lay the salami on crostini, then place ricotta and fig. Drizzle with olive oil just before serving.

Butternut Squash & Parmesan Crustless Mini Quiches

Fast and frugal finger food that isn't fancy, freezes well, and fancies most fridge food as a flavor enhancer.

Ingredients

6 eggs
3/4 cup roasted butternut squash pulp
1/2 cup half and half
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
1/2 cup grated Parmesan cheese
2 Tablespoons chopped fresh parsley

Instructions

1. Preheat the oven to 350F. Prep butternut squash, cut squash into 1 inch pieces, toss with olive and place on a cookie sheet. Roast in oven till slightly soft. Let cool, place in food processor and puree.
2. In a medium sized mixing bowl, beat the eggs with a whisk until bubbles form. Add squash pulp and whisk into the eggs. Don't worry if a few lumps remains. Add the cream and mix again.
3. Beat the salt, pepper, Parmesan and parsley into the egg mixture.
4. Spoon two tablespoons of quiche batter into each mini muffin tin. You should have just enough for 24 mini quiche.
5. Place the pan in the oven and bake for 15 minutes or until set. Remove from oven, run a butter knife around the edges of the mini quiche and place on a serving platter. Serve hot with a dollop of tomato compote.

Tomato Compote

12+ oz. sun dried tomatoes in olive oil. Read the label if any oil other than extra virgin olive oil is used then drain off oil. If tomatoes are packed in only extra virgin olive oil then it is OK to use that oil in the making of the compote.

Extra virgin olive oil

1/2 to 1 tablespoon Italian spice mix from Spice Merchant in Wichita KS

Pinch of salt.

Place all ingredients in food processor and process until finely diced or pureed. Add olive oil and process until desired consistency.

Store in glass jar. Use within 10 days or freeze for longer storage.

Buffalo chili

Makes: 6 servings

Ingredients

- 2 Buffalo Soup Bones – Indian Creek Buffalo Ranch
- 3 tablespoons extra-virgin olive oil
- 1 pound ground buffalo– Indian Creek Buffalo Ranch
- 1 large onion, diced
- 4 cloves garlic, minced
- 1 large red bell peppers, chopped
- 1 pepper, chopped
- 1 banana pepper, chopped
- 1 jalapeno pepper, chopped
- 1 tablespoon mild chili powder (chili pepper, cumin, oregano, and garlic) - Spice Merchant
- 1 teaspoon New Mexico chili pepper – Spice Merchant
- 1 teaspoon ancho chili powder – Spice Merchant
- 1 28 oz can roasted tomato diced
- 1 cup dried pinto beans
- 1 cup dried kidney beans
- 1 tablespoon “Better Than Boullion” beef stock
- Salt and black pepper to taste

Preparation:

Bones

Place bones in crock pot, cover with water. Cook on low for 24 hours.

Beans

Place beans in 2 separate containers, cover with water and let soak overnight. Next day, rinse beans, place in separate pots and cook until tender.

Chili

1. Heat oil in a [pan](#) over medium-high heat. Add ground buffalo. Cook, stirring and breaking up the meat with a wooden spoon, until the meat is no longer pink, 3 to 5 minutes. Remove buffalo.
2. Add onions, reduce heat to medium and cook until translucent.
3. Add peppers, garlic reduce the heat to medium and cook, stirring frequently, until the vegetables are starting to soften, 5 to 7 minutes.
4. Add chili powder, stirring, until aromatic, 30 seconds to 1 minute.
5. Stir in beans and tomatoes.
6. Add buffalo, buffalo broth, beef broth and bring to a boil. Reduce heat to a simmer, partially cover the pot and cook, stirring occasionally, until the liquid is reduced and thickened, about 50 minutes.

Phyllo cups with goat cheese and jalapeno jelly

Ingredients

- 15 mini phyllo cups
- 2 oz. goat cheese
- 3 tablespoon Sara Jane's Jalapeno Jelly – Wichita product – sarahjanesalsa.com

Instructions

1. Bring cheese and jelly to room temperature.
2. Pipe cheese and jelly into cups

Cups with cheese can be heated in oven.

Pumpkin Mini Muffin

Ingredients (spices – The Spice Merchant)

2 cups all-purpose flour
1 1/2 teaspoons baking soda
1 1/2 teaspoons ground cinnamon
3/4 teaspoon salt
1/2 teaspoon ground nutmeg
1/2 teaspoon ground ginger
1/2 teaspoon ground allspice
1/2 teaspoon ground cloves
1 (15-ounce) can pumpkin puree
3/4 cup firmly packed light brown sugar
3/4 cup granulated sugar
3 large eggs
3/4 extra virgin olive oil

Preparation

1. Preheat oven to 350°. Place paper baking cups into miniature muffin pans.
2. Combine flour and next 7 ingredients in a medium bowl.
3. Combine pumpkin and next 4 ingredients in a large bowl. Add flour mixture to pumpkin mixture, stirring just until moistened. Spoon batter into cups, filling two-thirds full.
4. Bake, in batches, 15 to 17 minutes. Let cool in pans on wire racks 5 minutes. Remove from pans, and let cool completely.
5. Spread Maple-Cream Cheese Frosting over tops of muffins.

Maple-Cream Cheese Frosting

Ingredients

16 ounces cream cheese, softened
1/2 cup butter, softened
1/2 cup pure maple syrup
4 cups powdered sugar

Preparation

Beat first 3 ingredients in a large bowl at medium speed with an electric mixer until light and fluffy. Gradually add powdered sugar, beating at low speed after each addition until well blended.