

Autumnal Flavours

Autumn is an exciting time in the kitchen. As the season changes from the hot Summer to the slightly cooler months, we see an influx of different vegetables and fruits.

This change gives us inspiration to creatively utilise 'new' Autumn ingredients in our menus and dishes. The following GF pasta dish uses late season summer zucchini and new season autumn pumpkin.

Some of my key cooking principals are used in this recipe:

1. Go Seasonal – the food in season will always taste better as freshness and nutrient density can be guaranteed.
2. Keep It Simple – simple dishes work best. A hand full of key ingredients cooked creatively always works.
3. Find a Balance – aim to hit all the major flavour receptors while using a range of texture and temperature to create a winning dish.
4. Always have fun – Dishes cooked with happiness, love and a smile are always the most nourishing for body and soul!

Enjoy!

Dan Trewartha – Head Chef