

Charlotte

OCTOBER/NOVEMBER 2016

# HOME

DESIGN & DECOR



Contributing Editor

FOODIE



BRUCE  
MOFFETT



## FALLING FOR FALL COOKING

### Butternut Squash Soup

Serves 6

2 cups butternut squash peeled, seeded and sliced

1.5 cups sour apple (honey crisp), peeled, cored and sliced

1/2 of a small waxawalla onion, peeled and sliced

4 tbsp white wine

1 tbsp maple syrup

4 cups water

2/3 cup heavy cream

Sweat sliced vegetables with the white wine, 1 cup of water and the maple syrup over low heat, in a covered pot. When the vegetables start to become soft, add the rest of the water and simmer for 40 minutes. Turn off the heat, add the cream and blend until smooth. Feel free to season with salt, pepper, nutmeg and a dash of vanilla.

One of the most frequent questions I get asked is, “Where do you get inspiration to create a dish?” Well, here it is... an ingredient-by-ingredient breakdown of a dish you’ll likely see in Barrington’s this fall: Warm butternut squash soup, apple chutney, toasted sage and toasted pecans.

### Butternut squash

Last winter, I met with a local farmer and he gave me a growing chart. On it was a month-to-month breakdown of what he planned to grow during the season. Last week he reminded me that the tomatoes were winding down and brought me a sample of the butternut squash that was taking over his farm. We roasted some off and tasted it. I was immediately transported to shorter days and cooler temperatures.

### Sour apple (preferably Honey Crisp)

Let’s face it, it’s been a hot summer. Recently, I couldn’t take it anymore and headed for the mountains. As the elevation climbed, I felt the temperature dip. Soon, I was on winding roads with the window down enjoying the mountain air. As I negotiated a tight turn, I noticed a sign that read “local apples: 1,000 feet.” I slowed down and pulled into the stand. They had a dozen varieties of apples, with samples of each. I finally settled on some Honey Crisps that were wonderfully firm and had a great sweet/sour balance.

### Waxawalla onion

A recent trip to the Waxhaw farmer’s market revealed a market in transition. The tomatoes, peaches and melons are dwindling, and more hearty vegetables are showing up: Root vegetables, winter squashes and hearty greens. I made my way to the stand in the far right corner and find the exact onions I’m looking for.

### White wine

For this soup, I like a buttery chardonnay.

### Maple syrup

Because I am from New England, and that’s what we do (although, my wife is from Canada and some of our bitterest arguments have centered around which is better, Vermont or Quebec).



### Water

I always want my soups to be about the main ingredient. I find that using a stock muddles the flavor, so I opt for water instead. That way, you will immediately recognize the flavors of butternut and apple.

### Heavy cream

This spring, I attended the Piedmont Culinary Guild symposium. After being enthralled by one of the world’s leading experts on seeds, I wandered to the lobby where they had some local vendors sampling their products. One of the vendors represented local dairies, and after trying one sample I was convinced I needed to use it in all of my restaurants.

As you see, this particular dish came together through trips to the mountains, the farmer’s market and a culinary gathering. I am continually traveling and tasting and talking and listening, all to help me bring the best possible food into my restaurants. I’m always inspired by what’s around me... so now you know. ♦

Chef Bruce Moffett is the executive chef and owner of Moffett Restaurant Group, consisting of Barrington’s Restaurant, Good Food on Montford and Stagioni. He’s been in the restaurant business 35 years, and cooking even longer. You’ll find him in the kitchen mostly at the flagship, Barrington’s. To make reservations, call 704-364-5755. For more information, visit [www.moffettrestaurantgroup.com](http://www.moffettrestaurantgroup.com).