WHISK & WINE

A FREE DOWNLOAD

The Cozy Fall Starter Kit

I cannot wait for fall

This has to be the time of year I love being in the kitchen most. I am completely in my element on a cold Sunday, windows open to the brisk fall air and something warm and comforting simmering on the stove.

I love comfort food, but my favorite thing about this time of year has to be soup. I am obsessed with making stock from scratch and building that deep, cozy flavor that makes a bowl of soup feel like a hug.

Once fall is here, I am ready for all of it — creamy pastas, roasted squash, warm spices, and desserts that make the whole house smell incredible.

I love the kind of dinners that smell so good, everyone starts asking what we are having before it is even ready.

These are a few of the recipes I make and look forward to every year. I hope you find a few you want to make on repeat too.

♡ — *Jess*

WHAT'S INSIDE

2 Best Homemade Chicken Stock

3 Butternut Squash Sage Soup

4 Butternut Squash Soup with Sausage and Spiced Apple Relish

5 Healthy Roasted Tomato Soup

6 Soup with Pear and Shallot Meatballs over Tortellini

7 Butternut Squash Pasta with Cinnamon Pancetta and Sage Butter

8 Creamy Pasta with Sausage and Peppers

9 Spiced Pecans

10 Spiced Pumpkin Chocolate Chip Cookies

BEST HOMEMADE CHICKEN STOCK

One slow Sunday simmer, and you've got the base for better soups all fall.

Slow-simmered with whole chickens, fresh herbs, and vegetables, this deeply flavorful stock is pure kitchen gold - rich, nourishing, and effortless to make with soup socks.

Serves: 12-14 cups broth + 3.5 lbs chicken
Prep time: 15 min
Cook time: 4 hours

INGREDIENTS

3 whole chickens (in soup socks)
10 carrots, halved, unpeeled
1 head celery (with greens and base)
4 onions, halved, skin-on
1 head garlic, halved crosswise
1 bunch parsley
1 bunch thyme
1 bunch dill
1 tbsp whole peppercorns
1.5 tbsp salt
Water to cover (about 6 gallons)

INSTRUCTIONS

1. Bundle the chicken and veggies: Place each chicken in its own soup sock and tie closed. Make one more soup-sock bag for the vegetables - everything usually fits into one, but use two if needed.
2. Load, season and simmer: Add all soup socks to a large 16-20 qt pot, sprinkle in the salt, fill with enough water to cover, bring to a boil, then reduce to a gentle simmer for 4-6 hours uncovered (or longer for a deeper flavor).
3. Cool and strain: Using a sturdy fork or tongs, lift each soup-sock bag from the pot, letting any excess stock drip back in before transferring to the sink. Move the chicken bags to a colander to cool, and discard the vegetable bag - compost the contents if possible.
4. Refine and store stock: Once strained, you'll see fat on the surface of the stock - that's normal. Ladle the stock in batches into a fat separator, let the fat rise, and pour the clean broth from the bottom into a new pot. Repeat once more, then transfer the clarified stock to jars or containers for storage.
5. Shred the chicken: Shred cooled chicken; store or freeze for later.

BUTTERNUT SQUASH SAGE SOUP

The secret is roasting the squash first — it brings out a sweetness and depth you just don't get from simmering it.

Creamy roasted squash soup with caramelized garlic, sage, and a touch of cinnamon.

Serves: 6 to 8 servings
Prep time: 15 min
Cook time: 60 min

INGREDIENTS

1 large butternut squash, halved and seeded
1 shallot, peeled
5 garlic cloves, peeled
8 fresh sage leaves
3 tbsp olive oil
Salt and pepper to taste
4-5 cups chicken stock
1/4 tsp ground cinnamon

INSTRUCTIONS

1. Preheat oven to 400°F. Arrange squash cut-side up on parchment-lined sheet, brush with olive oil, season with salt and pepper.
2. Add shallot, garlic, and sage to foil, drizzle with oil, seal, and place alongside squash.
3. Roast 45-75 minutes, removing foil packet after 45 minutes.
4. Scoop squash into Dutch oven. Add roasted aromatics, 4 cups stock, and cinnamon. Blend until smooth, thinning with extra stock, 1/2 cup at a time, as needed. The sweet spot for me has been 5 cups.
5. Warm gently, adjust seasoning, and serve.

BUTTERNUT SQUASH SOUP WITH SAUSAGE AND SPICED APPLE RELISH

Roasted squash, savory sausage and a sweet-spiced apple relish — cozy with something extra in every spoonful.

Creamy roasted butternut squash meets savory sausage and spiced apple relish for a cozy, satisfying fall soup.

Serves: 4 to 6 servings
Prep time: 20 min
Cook time: 1 hr 15 min

INGREDIENTS

1 medium butternut squash, halved and seeded
1 whole shallot, peeled
3-4 garlic cloves, peeled
Olive oil
Salt and pepper
1-2 sprigs fresh rosemary, leaves only
4-5 cups chicken stock
1/4 tsp ground cinnamon, plus more to taste
1 lb ground Italian sausage
1 apple, finely minced
1/4 tsp ground ginger
1/8 tsp ground nutmeg
Toasted pepitas, for garnish

INSTRUCTIONS

1. Roast squash, shallot, and garlic at 400°F until tender, 45-75 minutes.
2. Add cooked vegetables to Dutch oven with stock, cinnamon, and rosemary and blend until smooth.
3. Place Dutch oven on stove and heat through on medium-low heat.
4. Add more chicken stock 1/2 cup at a time until the soup reaches desired consistency. It should be slightly thick.
5. Taste soup and adjust cinnamon and salt to your preference.
6. Cook sausage in a skillet until browned and crisp.
7. Meanwhile, mix chopped apples, cinnamon, ginger, nutmeg and salt in a small bowl and set aside.
8. Ladle soup into bowls. Top with sausage, then apple relish. Sprinkle with pepitas and a drizzle of olive oil, if desired.

HEALTHY ROASTED TOMATO SOUP

This is tomato soup worth making from scratch — roasted, silky, and so much better with a grilled cheese.

A silky, cozy, healthy roasted tomato soup made with caramelized tomatoes, aromatics, and chicken stock. Strained for a velvety finish.

Serves: 4 servings
Prep time: 10 min
Cook time: 45 min

INGREDIENTS

3 1/2 pounds ripe tomatoes, halved
2 tablespoons olive oil
1 1/2 tablespoons butter
1 shallot, diced
1-2 celery stalks, diced
1 tablespoon fresh thyme (or 1 teaspoon dried)
1 teaspoon kosher salt
1/4 teaspoon black pepper
1 1/2 cups chicken stock, divided

INSTRUCTIONS

1. Preheat oven to 400°F. Line a baking sheet with parchment paper.
2. Arrange tomatoes cut-side up, drizzle with olive oil, and season with salt and pepper. Roast 35-45 minutes until soft and caramelized.
3. Transfer roasted tomatoes and their juices to a blender. Blend until completely smooth.
4. Melt butter in a Dutch oven over medium heat. Add shallot and celery; sauté 5-7 minutes until softened.
5. Add blended tomatoes, 1/2 cup chicken stock, thyme, salt, and pepper. Stir and bring to a gentle simmer.
6. Simmer 10 minutes, stirring occasionally.
7. Blend again using an immersion blender or standard blender until ultra-smooth.
8. Pour through a fine mesh strainer, pressing with a wooden spoon to remove skins and pulp.
9. Return strained soup to pot. Add additional chicken stock, 1/2 cup at a time, until desired consistency is reached.
10. Serve warm with olive oil and fresh thyme. And of course, use it to dip your grilled cheese.

SOUP WITH PEAR AND SHALLOT MEATBALLS OVER TORTELLINI

The pear is unexpected. The way it balances the savory meatballs, Parmesan and broth is absolutely unreal.

Tender chicken meatballs with caramelized pear and shallot simmered in a rich chicken broth, served over cheese tortellini for the coziest fall soup imaginable.

Serves: 8 to 10 servings
Prep time: 20 min
Cook time: 45 min

INGREDIENTS

FOR THE MEATBALLS

2 pounds ground chicken
1 cup grated Parmesan cheese
1 cup homemade breadcrumbs
1/2 of one large ripe pear, diced very small
1 shallot, diced very small
1 tablespoon butter
1 tablespoon olive oil
2 tablespoons minced fresh parsley
1/2 cup milk
1/2 teaspoon salt
1 egg
Additional olive oil, for brushing

FOR THE SOUP BASE

2 tablespoons olive oil
3 large carrots, peeled and sliced 1/8-inch thick
2 celery stalks, sliced 1/8-inch thick
~10 cups homemade chicken stock
Fresh parsley or cracked black pepper for garnish

FOR SERVING

1 (9-ounce) package cheese tortellini, cooked separately

INSTRUCTIONS

1. Preheat the oven to 375°F. Line a baking sheet with parchment paper.
2. Caramelize the pear and shallot: Melt the butter and olive oil in a small skillet over medium-low heat. Add the diced shallot and pear and cook slowly for about 15 minutes, stirring occasionally, until deeply golden. Let cool slightly.
3. Make the meatball mixture: Combine ground chicken, breadcrumbs, Parmesan, parsley, milk, salt, and egg. Add the cooled pear-shallot mixture and stir just until incorporated.
4. Form and bake: Scoop tablespoon-sized portions, roll into small meatballs, and place on the sheet. Brush lightly with olive oil. Bake 22-25 minutes, until golden and cooked through.
5. Build the soup base: Heat olive oil in a large soup pot over medium heat. Add carrots and celery and sauté 5-7 minutes until softened.
6. Simmer: Add the baked meatballs and pour in the chicken stock. Bring to a gentle simmer and cook at least 30 minutes - longer is better.
7. Cook the tortellini separately in salted water, drain, and keep separate. Spoon tortellini into each bowl, ladle the soup over top, and finish with Parmesan, parsley, or cracked pepper.

BUTTERNUT SQUASH PASTA WITH CINNAMON PANCETTA AND SAGE BUTTER

A little cinnamon on the pancetta changes the whole dish.

Roasted squash layered with crispy cinnamon pancetta, sage brown butter, and garlicky breadcrumbs - the cozy, aromatic fall pasta you'll crave all season.

Serves: 4 servings
Prep time: 10 min
Cook time: 60 min

INGREDIENTS

1 butternut squash, halved and seeded (you need 1 cup roasted)
2 cloves garlic, peeled
4-6 sprigs thyme
1 small onion, halved
Olive oil, salt, and pepper
1/4 cup chicken stock
4 oz pancetta, diced
1/4 tsp cinnamon
2 Tbsp butter
A few leaves fresh sage, chopped
8 oz pasta (rigatoni or spaghetti)
For garlic breadcrumbs: 1/2 cup breadcrumbs, 1 Tbsp olive oil, 1 Tbsp butter, 1-2 cloves garlic, minced

INSTRUCTIONS

1. Roast the squash: Nestle garlic, thyme, and onion in the cavity of your squash. Brush with olive oil and season well. Wrap tightly in foil and roast at 400°F until tender and caramelized, about 45 minutes.
2. Crisp the pancetta: In a skillet over medium heat, cook diced pancetta until fat is rendered, 6-8 minutes. Transfer to a paper towel-lined plate, then return to the warm pan and sprinkle with cinnamon, mixing to combine.
3. Infuse the sage butter: In a separate pan, melt butter, add chopped sage, and cook gently until fragrant and the butter slightly browns. Pour over the cinnamon pancetta.
4. Blend the sauce: Scoop 1 cup of roasted squash into a blender with the garlic, onion, thyme leaves, and chicken stock. Blend until smooth; season with salt and pepper.
5. Cook the pasta: Boil in salted water until al dente. Reserve a small cup of pasta water before draining.
6. Toast the breadcrumbs: Heat olive oil and butter in a small pan, add breadcrumbs and cook until golden. Stir in minced garlic near the end.
7. Assemble: Toss pasta with sauce, starting with about a cup and a half and loosening with pasta water as needed. Top with the cinnamon-sage pancetta butter and garlic breadcrumbs.

CREAMY PASTA WITH SAUSAGE AND PEPPERS

This is what I want from a weeknight pasta: creamy, comforting and ridiculously easy.

A cozy, 30-minute pasta with Italian sausage, sweet bell peppers, and feta cheese - creamy, flavorful, and endlessly comforting.

Serves: 4-6 servings
Prep time: 10 min
Cook time: 20 min

INGREDIENTS

1.5 pounds ground Italian sausage (mild or spicy)

3 bell peppers, chopped

1 tbsp olive oil

2 large garlic cloves, minced

1 tsp dried oregano

1 lb orecchiette pasta

6 oz feta cheese, crumbled (double for extra creaminess)

1 cup reserved pasta water (divided)

INSTRUCTIONS

1. Bring a large pot of salted water to a boil.
2. In a Dutch oven over medium-high heat, add the sausage directly to the pan. Break it up until browned and cooked through. Remove to a bowl with a slotted spoon - hang on to the drippings.
3. Add a drizzle of olive oil to the same pan with the drippings. Add bell peppers and sauté until soft, 8-10 minutes. Stir in garlic and cook for 30 seconds.
4. Return sausage to the pan, sprinkle in oregano, and stir well. Set aside.
5. Cook orecchiette until al dente. Reserve 1 cup pasta water and drain.
6. Add pasta, feta, and 1/2 cup pasta water to the sausage mixture. Cover and cook over medium heat for 10 minutes, stirring halfway. Add more water if needed - it's done when the feta has melted into a sauce that coats the pasta.
7. Serve warm, topped with grated parmesan if desired.

SPICED PECANS

Sweet, smoky, salty — and nearly impossible to stop eating.

Sweet, smoky, and perfectly crunchy - these maple Spiced Pecans make the best snack, salad topper, or homemade gift.

Serves: About 2 cups
Prep time: 5 min
Cook time: 8 min

INGREDIENTS

8 oz pecan halves and pieces
1/3 cup maple syrup
1 tbsp ground cumin
1/2 tsp salt
1/4 tsp cayenne pepper

INSTRUCTIONS

1. Preheat oven to 400°F.
2. Combine all ingredients in a mixing bowl; toss until coated.
3. Spread on parchment-lined baking sheet.
4. Bake for 8 minutes, stirring halfway.
5. Cool completely before serving.

SPICED PUMPKIN CHOCOLATE CHIP COOKIES

Soft, chewy and loaded with fall spice — exactly how I want a pumpkin cookie.

Soft, chewy cookies made with real pumpkin, warm spices, and chocolate chips - the perfect cozy fall treat.

Serves: 20 cookies
Prep time: 15 min
Cook time: 12 min

INGREDIENTS

2 sticks (1 cup) unsalted butter, softened
3/4 cup brown sugar
3/4 cup white sugar
2 large eggs, room temperature
1/2 (15-oz) can pumpkin purée (1/2 cup strained)
1 tsp vanilla extract
2 tsps pumpkin pie spice
3/4 tsp ground cinnamon
1/4 tsp ground nutmeg
1/2 tsp salt
1 tsp baking soda
3 cups all-purpose flour
1 (10-12 oz) bag semi-sweet chocolate chips

INSTRUCTIONS

1. Strain pumpkin purée in a fine mesh sieve lined with a coffee filter.
2. Preheat oven to 375°F (190°C).
3. In a large stand mixer, cream butter and sugars until fluffy.
4. Add eggs, pumpkin, and vanilla; mix.
5. Add spices, baking soda, and salt.
6. Mix in flour gradually.
7. Stir in chocolate chips.
8. Scoop dough onto parchment-lined baking sheets and press down with two fingers to flatten slightly.
9. Bake 10-12 minutes. Cool and enjoy.

whisk and wine

whiskandwine.com

jesswine@whiskandwine.com