

— THE —
FOUL-MOUTH
GOURMET

FOOD THAT GIVES NO F*CKS



FALL 2021

A SEASONAL GUIDE TO COOKING, BEING, AND DOING.

WELCOME.

Fall is a tricky season for some: final whisksers of summer blend into initial teasers of winter. Days darken, cravings deepen, hours twist between normalcy and impending holiday excitement.

Whether you're here for the transition or mentally wheezing over the inevitable changes, I hope this guide offers inspiration, comfort, and perhaps a bit of humor if your sense of funny is similar to mine. Mom says my calling should've been in standup. I think she's full of shit. Love you, mom.

In this seasonal guide, you'll discover a pair of recipes using produce that's in vogue for the next few months and a few tips and tricks pertaining to subjects I hold dear to myself and might be of interest to you, too. I try not to babble overmuch, but can't guarantee my mental train won't flip several times off the tracks. Either way, I hope the information I provide is useful.

Come on in, fellas. I've plenty of open seats at my table. Seriously. Plenty. I need to fill them or I'll go insane.

Autumn on a Budget.

For some of us (a lot of us), redecorating seasonally comes with monetary restriction. What does one change, then, when summer flips to autumn, autumn to winter, and so forth?

Furniture fixtures and vanity trays needn't respond to the dropping temperatures. A few key elements can bring fall life to a space without emptying the cash pocket in your wallet. Here's how I spiff up our humble townhouse at the turn of the months.

1. CANDLES. Apple, pumpkin, fireplace, woods...Wax and wick varieties are endless. I love Trader Joes' scents (if you can snag them before they vanish) or anything from Target, but local makers at weekend markets provide more than suitable options for your tabletop.

2. MINI PUMPKINS. Nearly every grocery or home store sells baby pumpkins by the barrel full this time of year. Grab a good armful for around a dollar apiece and spread them in every empty crevice.

3. SCENTED PINECONES. Or, those fun cinnamon brooms fragancing your favorite shop. You can also whack annoying housemates with said brooms.

4. NEW DINNER NAPKINS. Plus, napkin rings. A simple accessory that indicates October over June without the need to reset your entire dinnerware collection.

5. FLORAL ARRANGEMENTS. Dusky orange and deep yellow buds spring up this time of year. Buy yourself a bundle of spray roses to adorn your dinner table or nightstand. It's a simple way to invite some oxygen as well as some seasonal cheer.

Darkness, take my hand.

And if you're a bad guy, that hand contains a knife.

Running in the dark is my catnip. I love the quiet, excepting the hiss of sprinklers triggered by their invisible timers, the occasional rumbling helicopter overhead, crickets, cicadas, frogs, and my own footprints digging into the pavement. With autumn rolling in and daylight savings looming, waiting until sunup isn't always practical anyway, and I'm okay with that. Not everyone acquires the same love of the peace, however. Whether your neighborhood incites the hee-by-geebies while prancing out early (which, for many of us, dark runs are inevitable with our life schedules), or you just want to prevent a major faceplant, these are the tips I enlist for feeling safe exercising outdoors when the sun hasn't yet crested the horizon.

1. CARRY A KNIFE. Or, leastwise, some measure of self defense. I tuck a paring knife in the pocket of my waist belt. Pepper spray or a taser are good options, too.

2. CHOOSE A LOOPING ROUTE. If you can, run a loop of a certain distance in length and a certain distance away from home. You may be comforted by proximity to your base camp.

3. USE A TRACKING APP. Most fitness watches come with an app feature that sends an email tracking link to anyone you choose.

4. ACKNOWLEDGE PEOPLE YOU SEE. Saying good morning or even a simple head nod indicates you've noted them, and if they mean harm, you have their face in your mind, and that is likely to discourage them.

5. LEAVE THE EARBUDS AT HOME. Dark running requires more awareness than daytime. Drivers usually aren't awake enough to notice you, so always be on the defensive. Likewise, if anyone is sneaking up on you, having free ears lets you know, and you can react as needed.

6. IF SOMETHING FEELS WRONG, TURN AROUND. If a person or area skeeves you out, don't be afraid to redirect your run. Look out for yourself first and if you "offend" someone, that's their problem.

What's in season?

Stock up on fall produce.

FRUITS

Apples

Cranberries

Figs

Grapes

Pears

Persimmons

Pomegranates

Raspberries

HERBS

Parsley

Rosemary

Sage

Thyme

VEGETABLES

Artichokes

Arugula

Beets

Broccoli/broccoli rabe

Brussels Sprouts

Cabbage

Cauliflower

Celery

Chard

Fennel

Kale

Leeks

Mushrooms

Parsnips

Potatoes

Pumpkin

Shallots

Sweet Potatoes

Winter squashes



HARVEST PEAR AND MAPLE ROASTED CHICKPEA SALAD

Harvest Pear and Maple Roasted Chickpea Salad

with Fig Balsamic Vinaigrette

FOR THE CHICKPEAS AND SALAD

1 can chickpeas, drained and rinsed

1 tbsp maple syrup

2 tsp bourbon (optional)

1t ground cinnamon

1/2 tsp chili powder

6 cups mixed greens

1 pear, quartered

1 avocado

1/4 cup pomegranate arils

2 oz crumbled feta cheese

1/4 cup pecans

FOR THE VINAIGRETTE

1/2 cup extra virgin olive oil

2 tbsp fig preserves

3 tbsp balsamic vinegar

1 tbsp cold coffee

1 tsp dijon mustard

1/4 tsp ground cinnamon

1. Preheat oven to 425 degrees. Rinse and dry the chickpeas very well with paper towels. On a parchment-lined baking sheet, toss the chickpeas with 1 tablespoon olive oil and a pinch of salt and pepper. Roast 10-12 minutes until starting to crisp, tossing once or twice.

2. In a small bowl, whisk together the maple syrup, bourbon (if using), cinnamon, and chili powder. Pour over the chickpeas and toss. Roast an additional 3-5 minutes until the sauce caramelizes around the chickpeas. Watch closely.

3. To make the vinaigrette, measure olive oil, fig preserves, balsamic vinegar, coffee, dijon, cinnamon, and a pinch of salt and pepper into an airtight jar. Seal and shake vigorously until emulsified.

TO ASSEMBLE THE SALAD

1. Fill a large bowl with choice greens. I recommend baby kale and arugula. Arrange pear and avocado slices around the perimeter. Sprinkle with pomegranate arils, feta, and pecans. Serve with dressing on the side.

Serves 4.



ONE BOWL CHOCOLATE CHUNK BANANA PUMPKIN BREAD

One Bowl Chocolate Chunk Pumpkin Banana Bread

3 very ripe bananas, mashed (about
1 cup)

1/2 cup pumpkin puree

2 eggs, at room temperature

1/3 cup maple syrup

1/3 cup melted coconut oil

2 tsp vanilla extract

1/4 cup whole milk

1 1/2 cups all purpose flour

1 1/2 tsp baking soda

1 tbsp ground cinnamon

1 tsp ground ginger

1/2 tsp ground clove

1/4 tsp ground nutmeg

1/2 tsp salt

3/4 cup dark chocolate chunks

1. Preheat oven to 350 degrees. Grease a 9 x 5 inch loaf pan with butter or oil.

2. In a large bowl, whisk together the mashed bananas, pumpkin, eggs, maple syrup, coconut oil, vanilla, and milk, until smooth.

3. To the wet ingredients, add the flour, baking soda, cinnamon, ginger, clove, nutmeg, and salt. Whisk until just combined. Fold in the dark chocolate chunks. The batter should be very thick.

4. Pour batter into prepared loaf pan. Bake 50 - 55 minutes until a knife inserted in the center emerges with just a few moist crumbs. Let cool 5 minutes in the pan, then run a knife around the edges of the loaf and invert onto a wire cooling rack. Cool 10 minutes more. Serve with butter.

Serves 10-12.

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