Try these seasonal favorites, and you just might change the way you pick your menus year-round.

**Eagle Tavern**

**Chicken & Noodles (Serves 8)**

- 8 chicken breasts (4 ounces each)
- Salt and pepper
- Olive oil
- 4 cups chicken broth
- ¼ pound butter
- 2 pounds home-style noodles

Preheat oven to 350 F.

Generously season the chicken with salt and pepper.

Preheat large sauté pan. Brown the chicken in the pan with small amount of olive oil. Keep turning until evenly browned. Place in the oven and cook until 165 F, 5-10 minutes (varies with the size of the chicken).

**For the noodles:** In a saucepot, bring chicken broth and butter to boil. Put noodles in stock and cook until done. Remove from pot, place directly onto plate.

**To serve:** Place chicken next to the noodles with some of the broth.

_Hannah Glasse, The Art of Cookery Made Plain & Easy, 1796, p. 330_

**Honey Ginger Cake (1 cake)**

- ½ pound margarine
- 1 cup sugar
- 4 eggs
- 1 cup molasses
- 2 ½ cups flour
- 1 teaspoon cinnamon
- 1 teaspoon ginger
- 2 teaspoons baking soda
- 1 cup buttermilk

Cream together margarine and sugar.

Add eggs to creamed mixture and mix.

Add molasses and stir.

Combine and sift dry ingredients.

Add this alternately with the buttermilk.

Pour into a greased 9- by 12-inch pan or large Bundt pan.

Bake at 350 F for 25-30 minutes.
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**Pork and Apples** *(Serves 8)*

3-4 pound pork loin roast  
Salt and pepper  
Olive oil  
4-5 apples, peeled and diced  
¼ pound butter  
1 cup fresh apple cider

Preheat oven to 350 F.  
Generously season the pork roast with salt and pepper.  
Preheat large sauté pan. Brown the pork in the pan with small amount of olive oil. Keep turning until evenly browned. Place in the oven and cook until 145 F, 30-45 minutes (varies with size of the roast).  
**For the apples:** In a saucepot, add diced apples, butter and cider. Simmer for 15-20 minutes until tender. **To serve:** After the pork has rested for 15 minutes out of the oven, slice thin and lay onto plate. Top with apples.

**Potatoes and Vegetables** *(Serves 8)*

Olive oil  
4-6 pounds Yukon Gold potatoes, washed and quartered  
1 pound carrots, peeled and cut  
1 pound parsnips, peeled and cut  
Salt and pepper

Preheat oven to 375 F.  
Generously oil potatoes, carrots and parsnips and season with salt and pepper. Place in the oven and cook until tender, 45-60 minutes (varies with the size of the vegetables).
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Roast Beef and Brown Gravy  (Serves 8)

1 onion, chopped
2 carrots, chopped
4 stalks celery, chopped
1 teaspoon garlic, chopped
4-6 pound sirloin of beef roast
Olive oil
Salt and pepper

For the gravy:
1 cup red wine (cabernet works best)
4 ounces tomato paste
4 cups beef stock, homemade or canned
Cornstarch
Cold water
Salt and pepper

Preheat oven to 350 F.
Place the onion, carrots, celery and garlic in the bottom of a roasting pan.
Coat the roast with olive oil and liberally season with salt and pepper; place on top of the vegetables.
Put in oven, top rack, and gently roast until desired temperature (see chart).
Remove from pan, cover with foil and let rest 15 minutes.

For the gravy:
Place the vegetables from the roast in a stainless-steel saucepot.
Add the red wine and tomato paste; cook on high until nearly dry.
Add the beef stock and simmer. Reduce to desired taste; this will vary based on the beef stock.
Strain the vegetables out, pour liquid back into the saucepot, return to heat and thicken with a mixture of cornstarch and cold water until desired consistency. Add salt and pepper as needed.

To serve:
Slice beef thinly and lay onto plate.
Pour gravy over top.

Temperature Chart
Rare - dark red  115
Medium rare - red  125
Medium - pink  135
Medium well - a little pink  145
Well - cooked through  155+
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Sally Lunn Rolls (Serves 8)

4 tablespoons milk
½ cup butter
¾ ounce yeast
3 ¼ cups bread flour
¾ cup sugar
½ teaspoon salt
1 egg

Heat milk and butter. Mix in yeast. Combine in mixing bowl flour, sugar, salt and egg. Add yeast mixture to flour. Place dough on floured work surface. Allow to double in size. Cut into desired size for rolls. Arrange on baking tray, cover and let rest 1 hour. Bake at 350 F until golden brown, 15-20 minutes. Bake longer if rolls are larger.

Butternut Squash Soup (Serves 8-10)

1 cup Spanish onion, medium dice
3 tablespoons butter
2 ½ pounds diced winter squash (butternut or acorn)
5 cups vegetable broth
1 tablespoon brown sugar
¼ teaspoon nutmeg
¼ teaspoon cinnamon
½ cup cream or milk (optional)

Cook onions in the butter in a heavy-gauge pot until soft. Add diced squash and broth and bring to a simmer. Cook until squash is tender and add brown sugar and spices. Simmer for 20 minutes and add cream if desired. Puree mixture with immersion blender if available or in a blender or food processor.
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Smoked Gouda Mac and Cheese  (Serves 8-10)

For Onion Jam:
1 pound peeled cippolini onions; can substitute any sweet onion
4 ounces butter
3 teaspoons peeled garlic

For Macaroni:
8 ounces butter
1 cup flour
7 cups whole milk
1 pound cooked elbow macaroni
8 ounces smoked Gouda
Salt and pepper to taste

Onion Jam preparation:
Add onions, 4 ounces butter and garlic to baking dish with lid.
Bake at 325 F for 2-3 hours, stirring often.
Once tender, golden brown and caramelized, mash the onions to a paste.
Reserve to garnish mac and cheese. Note: This is very tasty on almost anything.

Macaroni preparation:
Melt 8 ounces butter in cast-iron pan, then slowly whisk in flour and cook gently until light brown.
Slowly add milk while whisking and bring to a simmer.
Add macaroni and bring back to simmer.
Mix in smoked Gouda and some onion jam.
Bake at 350 F until golden brown.
Garnish with onion jam. Note: Adding chopped bacon is always a great option too.