

Fall has arrived . . . savory flavors and warm colors!

The **DASH** *effortless*
ENTERTAINING®

OCTOBER 2018

“Ask any Italian where they go to find their favorite dish, and they’ll say their mother’s house or their grandmother’s house. Food is essential to the culture there. Italian cooking is about memories, about returning to a place that was enjoyable with family and friends.”

DARREN ATKINS



Dear Friends,

Fall has finally arrived, and with the cooler temperatures, we turn to fall recipes with their warm savory flavors and deep colors. In this *Dash*, I want to share one of my new favorites from the very talented Darren Atkins, executive chef and proprietor of the Burlington, North Carolina-based [il Centro Kitchen](#). Part neighborhood specialty shop — where you can find fresh, seasonal “daily provisions” of prepared foods — and part upscale catering business, stepping into il Centro feels like a visit to an authentic Italian town.

Darren and his wife, Jan, are dear friends who joined us in Charlotte recently for a dinner party that Darren catered. Members will enjoy the full menu, including Darren’s divine Porchetta with Salsa Verde, in the fall newsletter, but we want to share his Roasted Fall Vegetables with all of our followers here. It takes my standard mix of butternut squash, parsnips, and carrots to new heights with more flavor and color.

Enjoy this Dash of *Effortless Entertaining* goodness!

Dee Dee

If you gave *Effortless Entertaining* as a gift, you may want to forward this email to your gift recipients to make sure they are on our mailing list for *The Dash* and to remind them of their two-month complimentary membership to our community.

Roasted Fall Vegetables

Serves 8

INGREDIENTS

- 5 heirloom carrots (yellow, gold, orange) peeled and halved lengthwise
- 1 lb Brussels sprouts, trimmed and halved or quartered
- 3 beets, peeled and quartered
- 1 fennel bulb, trimmed and quartered lengthwise
- 5 parsnips, peeled and halved lengthwise
- 1 turnip, peeled and quartered
- 1 red onion, peeled and quartered



¼–½ cup olive oil
Kosher salt and pepper

[Read Instructions Here](#)

[Printer-Friendly Recipe](#)

SOURCES & RESOURCES

il Centro Kitchen and Catering

As much as I love to cook, it was inspiring to open my kitchen to Darren Atkins. Our guests raved and went back for seconds, leaving very few leftovers for Mr. EE and me to enjoy the next day! Darren caters for private and corporate clients throughout North Carolina. You can also visit his shop and carry out from his case and freezer selections. If you're in the Burlington area, stop by . . . you'll be glad you did!

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ilcentrokitchen.com



WE LOVE TO HEAR FROM YOU!

[Send us your feedback and photos](#)

*“We thoroughly enjoyed hosting you!
And, I love your book . . .
the uncomplicated recipes and entertaining tips.
It’s a great little toolbox!
Thank YOU!”*

— GINNY

Members, look for your next *My Effortless Entertaining* newsletter mailed to your door soon . . .

Fall Porchetta Dinner

- Salumi
- Tuscan Bean Dip
- Porchetta with Salsa Verde
- Roasted Fall Vegetables
- Broccoli
- Mixed Lettuces with Sherry Vinaigrette
- Rosemary Bread
- Gelato with Berries and Chocolate Sauce



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DeeDee Dalrymple

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