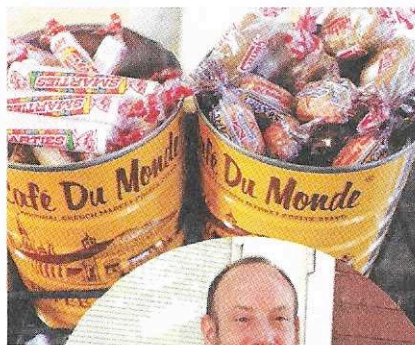


CHEF'S TABLE

A TASTE OF FALL WITH... IAN BODEN CHEF/OWNER THE SHACK IN STAUNTON



Culinary background: Started working in restaurants in Northern Virginia at 13. Graduated from New England Culinary Institute. Worked at buzzy Manhattan eateries Judson Grill and Home before following his retired parents to Staunton in 2007 and opening farm-to-table Staunton Grocery. In 2014, opened smaller, funkier The Shack, where the menu is influenced by both Appalachian and Eastern European Jewish cuisines, to national acclaim. Was a semifinalist in the James Beard Foundation's Best Chef Mid-Atlantic category in 2017; that same year he released sorghum-based Shack sauces (available locally and on Amazon).

Earliest food memory: "Peanut soup and strawberry pie at a place called the Stagecoach in Middleburg. We went there when strawberries were in season. My parents insisted that we eat something else, too, so we'd order grilled cheese and peanut soup. It's funny I remember that, because my family had relocated from New York and didn't eat that much Southern food."

Favorite fall ingredients: "Heirloom apples like Black Twigs and Hewes Crab. We get most of our apples from a small orchard right here in town. And I love root vegetables that don't get any respect, like turnips. We roast and puree them, or cook them sous vide to get a creamy center. I like cooking in the fall, because it forces us to be more creative."

Three things always in fridge at home: Hot sauces made by friends and customers. Rendered poultry fat, a.k.a. schmaltz. "And there are always pickles,

even though I'm the only one in the family eating them."

Expression of heritage in cooking style:

"Eastern-European Jewish food has gotten a bad rap for being bland and brown. Personally, I grew up a little ashamed of who I was, so this is me taking ownership and making people aware that this cuisine does have a great heritage. A big parallel between Southern and Jewish foodways is making use of what you have—in Appalachia they save pork fat, and Jews make sauerkraut, pickle melon rinds, preserve everything they can."

Dream food destination: Japan. "There's something about the purity of the culture of how they approach food. I don't want to cook Japanese food, but I do want the experience."

Guilty pleasure: "Nasty processed cheese. I'll eat cheese dip of any shape. Fake nacho cheese, I love all of that. But let me be clear—I feel no guilt about it whatsoever."

Secret kitchen hack: "The issue that home cooks have is getting enough flavor. That's because they're afraid of salt, which opens up the tongue to taste. So use more salt, damnit! Kosher salt, not that iodized crap."

Favorite time of daily cycle: "At one point it would have been coming in early and prepping ingredients. Now that I'm older, the best feeling is when the dining room is full and everything is running smoothly." 🍷

THE SHACK'S FALL SQUASH PIEROGI WITH CRISPY HORSERADISH

Makes about 20 pierogis

For pierogi dough

4 cups all-purpose flour
1½ Tbsp. kosher salt
2 eggs
1½ cups full-fat sour cream
1 Tbsp. cold water

For filling

8 cups seeded and cubed
fall squash such as candy
roaster or butternut
2 Tbsp. canola oil
Zest of 1 lemon
Salt and pepper to taste

For crispy horseradish

1 cup fresh grated horseradish
2 cups canola oil

To finish

Sour cream
Chopped fresh dill

1. Place all dough ingredients in large bowl. Mix with stand or hand mixer until dough forms. (Should be slightly sticky and moist.) Wrap in plastic and let rest for at least 20 minutes.

2. Preheat oven to 350°F. Toss squash with oil and pinch salt, and roast on a cookie sheet until caramelized outside and tender inside. Let cool, transfer to food processor, add zest and pepper, and blend until smooth.
3. Bring large pot of salted water to a boil. Roll out dough on a floured surface to ¼-inch thick. Use a 2-inch round cookie cutter to cut circles of dough. Discard excess. Spoon a Tbsp. of filling onto center of each circle. Moisten halfway around edges with wet pastry brush, then fold into plump half-moons. Lower into boiling water, about 5 at a time. When they float, remove to oiled cookie sheet.
4. For horseradish, heat oil in frying pan until shimmering. Add grated horseradish and stir with fork. When horseradish turns light brown, strain through fine hand strainer, drain on paper towels, and sprinkle with salt. Reserve oil.
5. Fry pierogi in reserve oil until browned on both sides. Drain on paper towels. Arrange pierogi on plates, spoon on sour cream, sprinkle liberally with horseradish, and top with dill sprigs.