



September 11, 2022.

SUNDAYS IN RESIDENCE:

Movie Snacks



LOADED NACHOS, VEGGIE CAKE & A MOVIE

WELCOME FROM JOSHNA

September 15, 2022.

Hello Everyone!

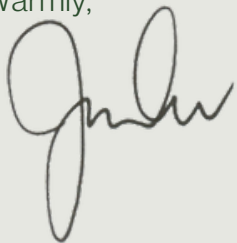
It was so great to have you all join us for our second Sundays in Residence event at The George this past weekend! We had a full house, and both the cake and the nachos were delicious!

Many of you asked us to share the recipes, so I've put this little package together for you. There are straightforward recipes for the cake and frosting, because baking really requires some measuring and precision. But for the nachos, it's a bit more free-form. The best way to cook is to keep tasting and adjusting, that's how you get to know what you like! These are two different approaches to preparing food, and both have their merits. Let go of the recipe and just have a bit of fun experimenting!

Also, we're hosting a **virtual cook-along on October 6**, and would love to have you join us! Check out our website and follow us on Instagram (@communallunch) for more details!

If you've got any questions, please reach out to us at communallunch@gmail.com.

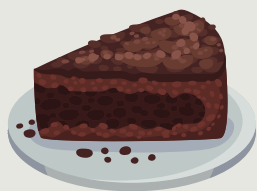
Warmly,



Joshna

THAT WAS A FUN
SESSION WITH SO MUCH
DELICIOUS FOOD!





THE BEST CHOCOLATE VEGETABLE CAKE

MAKES 1 9X13 CAKE, OR 2 8-INCH CAKES

This is a tall, fluffy cake that is bursting with flavour. The espresso or coffee powder helps to bring out the flavour of the chocolate, and you can easily use a wholegrain flour, just remember that some flours (like rye) are super absorbent, and you may need to add more liquid to the batter. You could also add chocolate chips but honestly, I don't think it needs it. And I love a chocolate chip.

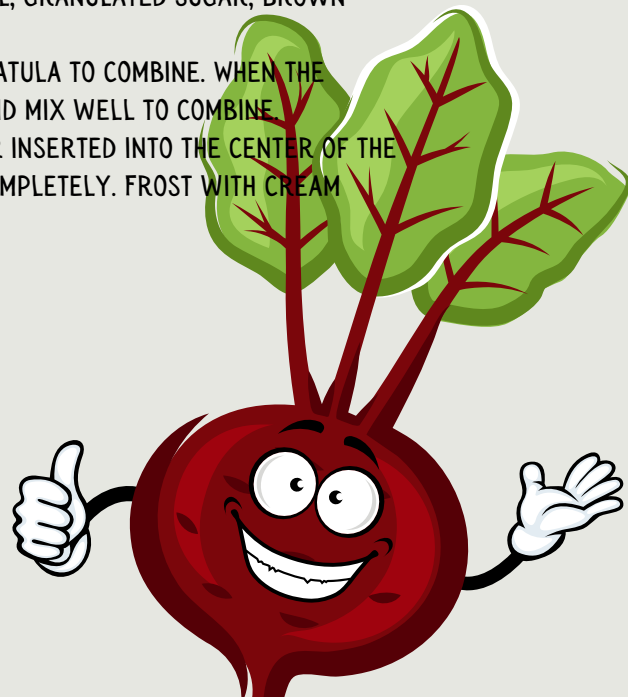
INGREDIENTS

- 2 CUPS SPELT, WHOLEWHEAT OR ALL-PURPOSE FLOUR
- 3/4 CUP COCOA POWDER
- 2 TSP BAKING SODA
- 1/2 TSP BAKING POWDER
- 1 TSP INSTANT ESPRESSO (OR COFFEE) POWDER
- 2 TSP CINNAMON
- 1/2 TSP SALT
- 1 CUP CANOLA OR VEGETABLE OIL
- 1/2 CUP GRANULATED SUGAR
- 3/4 CUP PACKED LIGHT OR DARK BROWN SUGAR
- 4 LARGE EGGS, AT ROOM TEMPERATURE
- 1/3 CUP SOUR CREAM OR PLAIN YOGURT, AT ROOM TEMPERATURE
- 2 TSP PURE VANILLA EXTRACT
- 3 CUPS SMALL GRATED VEGETABLES (ZUCCHINI, CARROT, PARSNIP, SWEET POTATO, BEET)



METHOD

1. PREHEAT OVEN TO 350°F (177°C). GREASE TWO 9×2 INCH HIGH-SIDED CAKE PANS, OR LINE A 9X13 PAN WITH PARCHMENT AND SET ASIDE.
2. WHISK THE FLOUR, COCOA POWDER, BAKING SODA, BAKING POWDER, ESPRESSO POWDER, CINNAMON, AND SALT TOGETHER IN A LARGE BOWL. IN ANOTHER LARGE BOWL WHISK TOGETHER OIL, GRANULATED SUGAR, BROWN SUGAR, EGGS, SOUR CREAM, AND VANILLA TOGETHER UNTIL SMOOTH.
3. POUR THE WET INGREDIENTS INTO THE DRY INGREDIENTS AND MIX WITH A SPATULA TO COMBINE. WHEN THE MIXTURE JUST STARTS TO COME TOGETHER, ADD THE GRATED VEGETABLES AND MIX WELL TO COMBINE.
4. POUR BATTER EVENLY INTO CAKE PANS. BAKE FOR 25 MIN OR UNTIL A TESTER INSERTED INTO THE CENTER OF THE CAKE COMES OUT CLEAN. REMOVE FROM HEAT AND ALLOW CAKES TO COOL COMPLETELY. FROST WITH CREAM CHEESE FROSTING OR EVEN JUST A LOVELY PILE OF MAPLE WHIPPED CREAM.





CHOCOLATE FUDGE FROSTING

FOR 1 9X13 CAKE

INGREDIENTS

4 OZ UNSWEETENED CHOCOLATE COARSELY CHOPPED
1/3 CUP UNSALTED BUTTER (75G)
1/2 CUP WHOLE MILK (118ML)
1/4 HEAPING TEASPOON SALT
4 1/2 CUPS POWDERED SUGAR (565G)
1 1/2 TEASPOONS VANILLA EXTRACT

METHOD

- 1.COMBINE CHOPPED CHOCOLATE, BUTTER, MILK, AND SALT IN A SAUCEPAN OVER LOW HEAT.
- 2.STIR FREQUENTLY UNTIL CHOCOLATE AND BUTTER ARE COMPLETELY MELTED AND MIXTURE IS SMOOTH.
- 3.REMOVE CHOCOLATE MIXTURE FROM THE HEAT AND POUR INTO A LARGE BOWL. ADD POWDERED SUGAR AND VANILLA EXTRACT AND WHISK UNTIL ICING IS GLOSSY AND SMOOTH.
- 4.ALLOW THE FROSTING TO COOL, STIRRING OCCASIONALLY, UNTIL IT IS THICK ENOUGH TO SPREAD OR PIPE OVER CAKE/CUPCAKES (HOW LONG THIS TAKES WILL VARY GREATLY DEPENDING ON MANY FACTORS INCLUDING HOW HOT THE CHOCOLATE MIXTURE BECAME, THE TEMPERATURE OF YOUR KITCHEN, ETC.). THE MORE YOU WHISK THE MIXTURE THE FASTER IT WILL COOL.



Here's a killer shot of the great Shimona pouring that rich fudge frosting over that zucchini beet cake!

I know some of you were skeptical about all of those vegetables in a cake, but hopefully you saw that they just blended in, adding body, texture and a bit of sweetness!

THE BEST LOADED NACHOS

Great nachos have lots of delicious components, and they're dressed generously and shared with friends. You can make them your own way, with the ingredients you love. Work together, have fun, and experiment!

HERE'S A SIMPLE WAY TO MAKE GUACAMOLE:

:Slice **ripe avocado** all the way around the pit. Twist to open, scoop flesh out into a bowl and save the pit. Add minced **garlic**, fresh **lime** juice and **salt**, and mash with a fork until smooth with some small chunks.

Slice open a **tomato**, scoop out seeds & water, and finely dice. Finely dice some **red onion** and **fresh coriander** and fold into guacamole. Taste and adjust seasoning with salt and lime. Submerge 1-2 pits into guac and cover with plastic wrap directly on the surface of the guacamole to prevent oxidation.



HERE'S HOW TO SAUTE THE GROUND BEEF:

Heat **vegetable oil** on medium high heat in a high-sided saute pan. Add diced **onion** and finely chopped **garlic**. Add **taco seasoning** and stir to combine. Add **ground beef** and break up in little bits to cook. Saute until cooked, 8-10 min. Season with salt and adjust seasoning as necessary.



HERE'S HOW TO DRESS UP CANNED REFRIED BEANS:

Heat **vegetable oil** on medium high heat in a medium saucepot. Add diced **onion** and **garlic** and saute until lightly browned. Add **canned refried beans** and some **water or broth**. Stir to mix thoroughly. Continue to warm on low until fully heated and mixture starts to boil. Be careful, those are dangerous bubbles! This should be a mostly smooth, spreadable texture, so add more liquid if it's pasty. Season with **salt** and **lime** and **hot sauce**.



HERE'S HOW TO MAKE A QUICK FRESH SALSA:

Combine roughly chopped fresh **tomatoes** with peeled, roughly chopped **onion**, **garlic**, and fresh **coriander** in the bowl of a food processor. Pulse to chop, scraping down the sides of the inside occasionally. The mixture should be mostly smooth, with chunks. Season with fresh **lime** juice and **salt**.