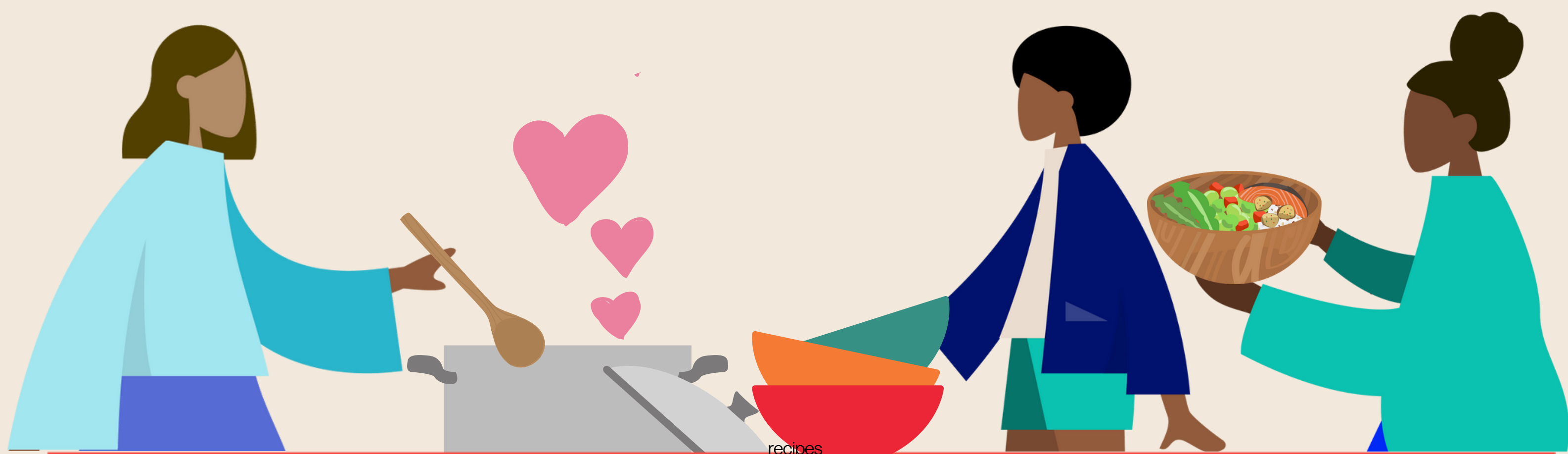




SUNDAYS IN RESIDENCE



IN-PERSON COMMUNITY COOKING

RECIPES



@communallunch



THIS WEEK: SUMMER GRAIN BOWLS!



Hosted by Chef
Joshna Maharaj!

TWO SIMPLE VINAIGRETTES: STORE BOTH IN AN AIRTIGHT JAR IN THE FRIDGE FOR A WEEK!

Tasty Japanese Vinaigrette

Makes about 1 cup

I love the flavours in the salad dressing at Japanese restaurants. This is a really interesting recipe, and it's a really curious combination of a number of elements that creates that distinct taste.

Ingredients

1/2 cup minced onion
1/2 cup vegetable oil
1/3 cup rice wine vinegar
2 tablespoons water
2 tablespoons minced fresh ginger root
2 tablespoons minced celery
1 tablespoon tomato paste
4 teaspoons soy sauce
2 teaspoons white sugar
2 teaspoons lemon juice
1/2 teaspoon minced garlic
1/2 teaspoon salt
1/4 teaspoon ground black pepper

Method

1. In a blender, combine the minced onion, peanut oil, rice vinegar, water, ginger, celery, tomato paste, soy sauce, sugar, lemon juice, garlic, salt and pepper. Blend on high speed for about 30 seconds or until smooth and incorporated.

Easy Tahini Dressing

Makes about 1 cup

Tahini is one of my favourite ingredients. The rich creamy texture, and incredible versatility make it a staple item in my kitchen. Use this dressing on grilled vegetables or as a dip for just about anything.

Ingredients

1/3 cup tahini (sesame seed paste)
1/2 cup rice vinegar
juice of 2-3 lemons
2 cloves garlic, minced
2 tbsp flat leaf parsley, finely chopped
water
1 tbsp good quality honey
kosher salt
freshly ground pepper

Method

1. Combine tahini, rice vinegar and 1/4 cup water in a mixing bowl and whisk together to loosen tahini. Add 1/3 cup lemon juice, garlic, honey, and a pinch of salt and pepper and whisk together. Continue whisking and adding lemon juice and/or water as needed to achieve a thin, well flavoured mixture.

GRAIN BOWL

The magic of a grain bowl is all of the different bits that add nutrition and flavour to this dish!

Grain: brown rice

Raw Vegetables: grated carrots, cucumber, scallions, parsley, tomatoes, celery, kale

Cooked Vegetables: edamame, shiitake mushrooms

Nuts & Seeds: toasted sesame seeds

Cheese: crumbled goat cheese

Protein: hard cooked eggs, chick peas

