



COOK ALONG KITCHEN NOTES: WEEK 2

OCTOBER 14, 2021



EATING WITH THE SEASONS

WELCOME FROM JOSHNA

OCTOBER 11, 2021

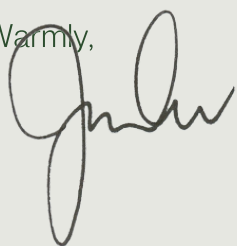
Hello Everyone!

Welcome to week two of our campus cook along sessions! This week we're going to get you connected to local seasonal eating so that you can eat well and make the most out of your food box.

In these notes, we're sending you details about the equipment that you'll need, and any extra ingredients that are required, plus possible substitutions. We want this to be easy and comfortable. **If you've got any questions, please reach out to Aasreen at communallunch@gmail.com**

Remember, we'll meet you where you are with food skills, and want to help you have a great time. We're so glad to have you along for this good food journey, see you on Thursday!

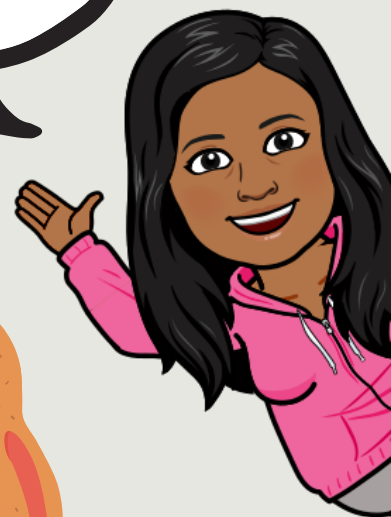
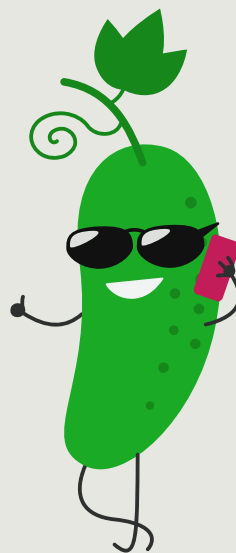
Warmly,



Local, Seasonal Eating:

Eating food that is grown within a day's drive from where you live. Allowing the passing seasons to dictate your menus..

NATURE IS WISE! WATERY CUCUMBERS COOL US DOWN IN THE HOT SUMMER, AND WARMING SPICES & ROOT VEGETABLES KEEP THE COLD OUT IN WINTER.



This week's box:

Acorn Squash
Apples Macintosh
Cucumber English
Lettuce Romaine
Tomato Grape Red
Celery Root
Kale Green
Onions Red
Broccoli



The Menu:

SAUTEED CELERY ROOT
WITH KALE
ROASTED ACORN SQUASH
BROCCOLI CAESAR SALAD



**eat
with
the
rhythm
of the
seasons.**





ADAPTED FROM
DORIE GREENSPAN

ROASTED ACORN SQUASH

- 1 ACORN SQUASH
- 2 TBSP EXTRA-VIRGIN OLIVE OIL
- 1 TBSP POMEGRANATE MOLASSES*
- 1 TSP ZA'ATAR*
- 1 TSP FRESHLY SQUEEZED LEMON JUICE
- 1/2 TSP SALT
- PINCH OF CAYENNE PEPPER
- FANCY SALT (OPTIONAL, ANY KIND)



*POMEGRANATE MOLASSES IS A GORGEOUS SWEET TART SYRUP USED WIDELY IN MIDDLE EASTERN COOKING. IF YOU DON'T HAVE ANY, BOOST THE LEMON AND ADD HONEY, OR SOME BALSAMIC VINEGAR INSTEAD...YOU NEED A BIT OF SWEET AND A BIT OF SOUR



*ZA'ATAR IS A FANTASTIC SPICE MIXTURE USUALLY CONTAINING SESAME, SUMAC, THYME, OREGANO & CUMIN. USE WHATEVER SPICES YOU HAVE ON HAND INSTEAD

1. CENTER A RACK IN THE OVEN AND THEN PREHEAT TO 425°F. LINE A BAKING SHEET WITH PARCHMENT PAPER OR FOIL.
2. SCRUB THE SQUASH WELL—YOU'RE GOING TO WANT TO EAT THE SKIN. CUT EACH SQUASH IN HALF FROM TOP TO BOTTOM, SCOOP OUT THE SEEDS AND STRINGS (YOU CAN KEEP THE SEEDS FOR ROASTING) AND CUT EACH HALF INTO 4 WEDGES. STAND THE WEDGES ON THE BAKING SHEET, SKIN SIDE DOWN.
3. IN A SMALL BOWL, WHISK TOGETHER THE OLIVE OIL, POMEGRANATE MOLASSES, ZA'ATAR, LEMON JUICE, SALT, AND CAYENNE. TASTE AND ADJUST THE SEASONING AS YOU LIKE. BRUSH SOME OF THE FLAVORED OIL ONTO THE WEDGES, MOISTENING THE FLESH AND LEAVING THE SKIN AS IS.
4. ROAST THE WEDGES UNTIL THEY CAN BE EASILY PIERCED WITH THE TIP OF A PARING KNIFE, 25 TO 35 MINUTES.
5. SPRINKLE THE SQUASH WITH FANCY SALT (IF USING), AND GIVE EACH WEDGE A SPLASH OF LEMON JUICE RIGHT BEFORE SERVING.



FROM BONAPPETIT.COM

BROCCOLI CAESAR SALAD

2 OIL-PACKED ANCHOVY FILLETS (OPTIONAL)
1 GARLIC CLOVE, THINLY SLICED
LEMON ZEST
¼ CUP FRESH LEMON JUICE
2 TSP DIJON MUSTARD
SALT & PEPPER
1 LARGE EGG YOLK OR 2 TBSP VEGAN MAYO
½ CUP EXTRA-VIRGIN OLIVE OIL
3 TBSP GRATED PARMESAN, PLUS MORE FOR SERVING (OPTIONAL)
1 MEDIUM HEADS OF BROCCOLI (ABOUT 3/4 LB)
1/2 BUNCH KALE, STEMS REMOVED

HERE ARE SOME PLANT-BASED
SUBSTITUTES FOR ANCHOVIES:

- SEAWEED.
- MISO PASTE.
- UMEBOSHI PASTE.
- CAPERS OR CAPER BRINE.
- OLIVES OR OLIVE TAPENADE.
- VEGAN WORCHESTERSHIRE SAUCE.
- MUSHROOMS.

1. MASH ANCHOVIES (IF USING) AND GARLIC ON A CUTTING BOARD UNTIL A SMOOTH PASTE FORMS. TRANSFER PASTE TO A LARGE BOWL AND WHISK IN LEMON JUICE, MUSTARD, AND A BIG PINCH OF SALT. ADD YOLK OR MAYO AND WHISK UNTIL SMOOTH. GRADUALLY ADD OIL, WHISKING CONSTANTLY UNTIL EMULSIFIED. WHISK IN 3 TBSP GRATED PARMESAN.
2. TRIM BROCCOLI STEMS, PRESERVING AS MUCH STEM AS POSSIBLE. PEEL ANY THICK STEMS TO EXPOSE TENDER INNER CORES. SLICE AS THINLY AS POSSIBLE. CUT OFF FLORETS AS CLOSE TO THE DARK GREEN FLOWERS AS POSSIBLE AND BREAK INTO BITE-SIZE PIECES. STARTING AT THE FLORET ENDS, SLICE VERY THINLY CROSSWISE AND ADD TO BOWL WITH DRESSING.
3. THINLY SLICE KALE LEAVES (YOU SHOULD HAVE ABOUT 2 CUPS) AND ADD TO BOWL WITH BROCCOLI. TOSS UNTIL BROCCOLI AND KALE ARE COMBINED AND EVENLY COATED WITH DRESSING; SEASON WITH SALT. LET SIT 15 MINUTES. TOP SALAD WITH SHAVED PARMESAN, SOME LEMON ZEST, AND A FEW HEALTHY GRINDS OF PEPPER.



CELERY ROOT WITH KALE

- 3 TBSP OLIVE OIL
- 1 MEDIUM ONION, COARSELY CHOPPED
- 2 GARLIC CLOVES, FINELY CHOPPED
- 12 OUNCES CELERY ROOT (CELERIAC), PEELED, CUT INTO MATCHSTICK-SIZE STRIPS
- 1/2 BUNCH KALE, STEMS TRIMMED & FINELY CHOPPED, LEAVES CUT INTO 1/2-INCH-WIDE STRIPS
- JUICE OF 1/2 LEMON
- SALT & PEPPER

1. HEAT OIL IN HEAVY LARGE POT OVER MEDIUM HEAT. ADD ONION, GARLIC AND KALE STEMS; SEASON WITH SALT AND PEPPER AND SAUTÉ 3 MINUTES.
2. ADD CELERY ROOT AND SAUTÉ UNTIL CRISP-TENDER, ABOUT 8 MINUTES.
3. ADD CHARD; COVER AND COOK UNTIL WILTED AND TENDER, ABOUT 5 MINUTES. STIR IN LEMON JUICE.



EQUIPMENT FOR THIS WEEK:

- SHARP CHEF'S KNIFE
- CUTTING BOARD
- MEDIUM BOWLS
- BAKING SHEET
- PARCHMENT OR FOIL
- SAUTE PAN

EXTRA INGREDIENTS FOR THIS WEEK:

- ANCHOVIES (SEE RECIPE FOR SUBSTITUTIONS)
- GARLIC, 3 CLOVES
- 1 EGG YOLK OR 1 TBSP VEGAN MAYO
- 2 LEMONS
- 1/4 CUP GRATED PARMESAN CHEESE, OR VEGAN OPTION
- DIJON MUSTARD
- OLIVE OIL
- SALT & PEPPER

Your food boxes have come from 100km Foods, a local distributor who works with 90+ small family farms in Southern Ontario. This week you've got vegetables from **Hillside Gardens, Zephyr Organics, Green Acres, Top Tomato & Norfolk Fruit Growers.** @100kmfoods

