



 DALHOUSIE
UNIVERSITY

COOK ALONG KITCHEN NOTES: WEEK 1

SEPTEMBER 23, 2021



EATING WELL AS A STUDENT

WELCOME FROM JOSHNA

SEPTEMBER 20, 2021

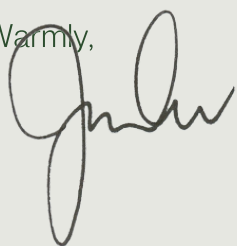
Hello Everyone!

Welcome to week one of our campus cook along sessions! This week we're going to get you organized with shopping and meal planning so that you can eat well and make the most out of your food box.

In these notes, we're sending you a viewing link for further information. There's no pressure to do this viewing, it's there if you're interested. We want this to be easy and comfortable. **If you've got any questions, please reach out to ua 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!

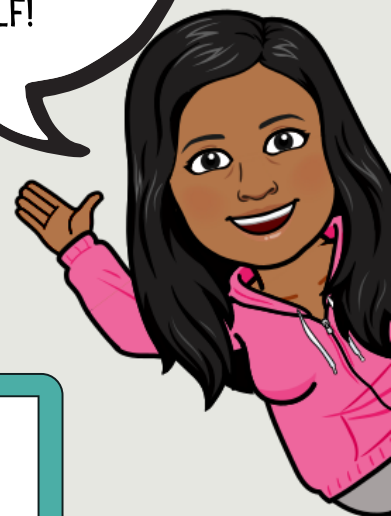
Warmly,



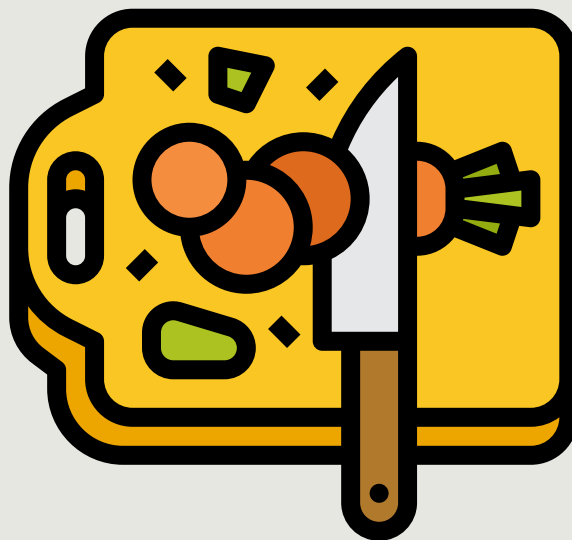
Mise en Place:

To gather and arrange all of the ingredients and tools required to cook.

MISE EN PLACE IS LIKE A
GIFT FROM YOUR
PRESENT SELF TO YOUR
FUTURE SELF!



MASTER CHEF
MISE EN PLACE
CHALLENGE



This week's box from Olde Furrow Farm:

Bunched Kale
Bunched Beets
2lb Potatoes
4 Mixed Sweet Peppers
2 Jalapeno
100g Salad Mix W/ Edible Flower
(Nasturtiums)
Medium Pac Choy
Bunched Tulsi Basil



The Menu:

1. PEPPER, POTATO & PEANUT SABZI
2. TULSI VINAIGRETTE
3. JALAPENO LIME PAC CHOY WITH QUINOA

Equipment

chef's knife
cutting board
medium bowl
large saute pan with lid
glass jar
measuring spoons



"Organizing is what you do before you do something, so that when you do it, it's not all mixed up."

-A.A. Milne

Pantry Stuff

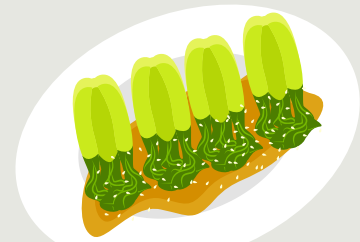
- salt & pepper
- cumin seeds
- fennel seeds
- olive oil
- lime x 2
- garlic
- onion
- quinoa
- cider or wine vinegar



PEPPER, POTATO & PEANUT SABZI



TULSI VINAIGRETTE



JALAPENO LIME PAK CHOY



TULSI VINAIGRETTE

2 TBSP FRESH LIME JUICE
1 GARLIC CLOVE, MINCED
1/2 TSP HONEY OR SUGAR
1/2 TSP KOSHER SALT
1/4 TSP GROUND BLACK PEPPER
2 TBSP EXTRA-VIRGIN OLIVE OIL
1 TBSP CHOPPED FRESH TULSI

COMBINE ALL INGREDIENTS IN A JAR.
TIGHTEN THE LID AND GIVE THE JAR A GOOD SHAKE.
TASTE AND ADJUST SEASONING.
STORE SEALED IN THE FRIDGE.



Emily & Kale



Courtney & Salad Greens

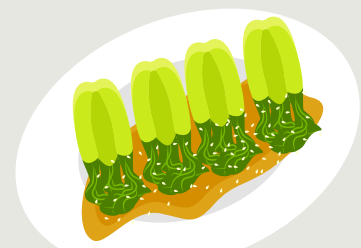
Olde Furrow Farm & Emily Tebogt have teamed up to produce your student boxes! These farms are both spray-free and run by women, and all of their produced is crammed full of their commitment to land & community.



PEPPER, POTATO & PEANUT SABZI



TULSI VINAIGRETTE



JALAPENO LIME PAK CHOY



FROM PRIYA KRISHNA
@ BONAPPETIT.COM

PEPPER, POTATO & PEANUT SABZI

- 2 TBSP EXTRA-VIRGIN OLIVE OIL
- 1 TSP CUMIN SEEDS
- 1 TSP FENNEL SEEDS
- 1 SMALL YELLOW ONION, CUT INTO ½" PIECES
- 1 LARGE RUSSET POTATO, CUT INTO ½" PIECES
- 2 MEDIUM RED BELL PEPPERS, CUT INTO ¾" PIECES
- 1 TSP KOSHER SALT
- ¼ CUP ROASTED UNSALTED PEANUTS, CRUSHED
- 1 TBSP FRESH LIME JUICE (FROM ABOUT HALF A LIME)

1. HEAT OIL IN A LARGE SKILLET OVER MEDIUM-HIGH UNTIL SHIMMERING. ADD CUMIN SEEDS AND COOK, STIRRING, UNTIL THEY TURN A MEDIUM SHADE OF BROWN, ABOUT 1 MINUTE. REDUCE HEAT TO MEDIUM AND STIR IN FENNEL SEEDS. ADD ONION AND COOK, STIRRING OCCASIONALLY, UNTIL TRANSLUCENT, 4-6 MINUTES.
2. STIR IN POTATO, THEN SPREAD MIXTURE INTO AN EVEN LAYER IN PAN. COVER AND COOK UNTIL POTATO IS TENDER AND NOT MUSHY (A LITTLE CHARRING ON THE BOTTOM IS A-OK), 7-10 MINUTES. STIR IN BELL PEPPER AND SALT. COVER AND COOK UNTIL PEPPERS ARE SLIGHTLY SOFTENED, 5-7 MINUTES. USING A LARGE SPOON OR SPATULA, SCRAPE UP THE DELICIOUS CHARRED BITS FROM BOTTOM OF PAN AND STIR INTO POTATO MIXTURE.
3. STIR IN PEANUTS AND LIME JUICE. TASTE AND ADJUST LIME JUICE AND SALT, IF NEEDED, BEFORE SERVING.

FROM FOODNETWORK.COM



JALAPENO LIME PAK CHOY

HEAT 1 TBSP OLIVE OIL IN A MEDIUM SAUCEPAN OVER MEDIUM-HIGH HEAT. ADD 1 EACH MINCED GARLIC CLOVE AND JALAPEÑO; COOK 1 MINUTE. ADD 1 1/4 CUPS WATER, 3/4 CUP TRICOLOR QUINOA AND 1/2 TSP KOSHER SALT. BRING TO A BOIL, REDUCE TO A SIMMER, COVER AND COOK UNTIL TENDER, 12-15 MINUTES. REMOVE FROM THE HEAT AND SET ASIDE, COVERED, 10 MINUTES. STIR IN 1 POUND THINLY SLICED BABY PAK CHOY AND THE ZEST AND JUICE OF 1/2 LIME.



the heat of a jalapeno is locked in the seeds. If you're into it, leave 'em in! If you don't like the heat, slice them in half lengthwise and use a paring knife to scrape the seeds out before chopping the peppers. Watch your fingers, though!