



COOK ALONG KITCHEN NOTES: WEEK 3

NOVEMBER 11, 2021



EATING WITH THE SEASONS

WELCOME FROM JOSHNA

NOVEMBER 8, 2021

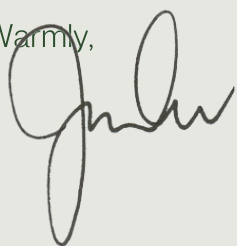
Hello Everyone!

Welcome to the third and final week of our campus cook along sessions! This week we're welcoming in winter produce, and cozy ideas 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!

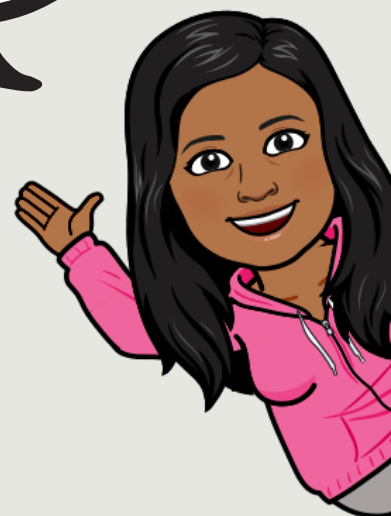
Warmly,



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..

NOW IS THE TIME FOR
WARMER FOODS LIKE SOUPS,
STEW, AND ROASTS. TAKE
THE CUE FROM NATURE AND
GET READY TO SNUGGLE IN
FOR THE WINTER.



This week's box:

Apples Gala
Fennel Organic
Jerusalem Artichokes
Tomato Grape Red
Carrots Multi-Colour
Greens Baby Arugula
Onions Yellow
Beets Candy Cane
Kale Green



The Menu:

CARMELIZED
FENNEL SALAD
J-CHOKE & KALE GRATIN
ROASTED BEETS & CARROTS



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





FROM HUGH FEARNLEY-
WHITTINGSALL

J-CHOKE & KALE GRATIN

FOR THE BASE:

100G KALE LEAVES (NO STALKS)
1 TBSP SUNFLOWER OIL
1 KNOB OF BUTTER, PLUS EXTRA FOR
GREASING
2 ONIONS, PEELED AND FINELY SLICED
3 GARLIC CLOVES, PEELED AND SLICED THIN
500G JERUSALEM ARTICHOKES, PEELED AND
CUT INTO 3MM-THICK ROUNDS
1 TSP THYME LEAVES, CHOPPED
SALT & FRESHLY GROUND BLACK PEPPER
100ML DOUBLE CREAM
200ML VEGETABLE STOCK

FOR THE TOPPING:

50G PORRIDGE OATS
3 THICK SLICES STALE BREAD, TORN INTO
SMALL PIECES OR MADE INTO
BREADCRUMBS
ABOUT 50G HAZELNUTS OR WALNUTS,
LIGHTLY TOASTED AND ROUGHLY CHOPPED
25G BUTTER, MELTED
30G CHEDDAR OR HARD GOAT'S CHEESE,
GRATED

1. HEAT THE OVEN TO 190C/375F AND LIGHTLY BUTTER A GRATIN DISH. BRING A PAN OF WATER TO A BOIL, SALT IT AND ADD THE KALE LEAVES. COOK FOR TWO TO THREE MINUTES, UNTIL JUST TENDER, THEN DRAIN IN A COLANDER.
2. HEAT THE OIL AND BUTTER IN A FRYING PAN, ADD THE ONIONS AND GARLIC, AND COOK GENTLY UNTIL SOFT AND STARTING TO TAKE ON A LITTLE COLOUR. ADD THE ARTICHOKES AND THYME, SEASON GENEROUSLY AND COOK, TOSSING OCCASIONALLY, FOR FIVE MINUTES. ADD THE CREAM AND STOCK, AND SIMMER GENTLY, STIRRING ONCE OR TWICE, UNTIL THE LIQUID HAS REDUCED A LITTLE.
3. SQUEEZE ANY EXCESS WATER FROM THE KALE AND CHOP ROUGHLY. STIR INTO THE ARTICHOKE MIXTURE, THEN TRANSFER TO THE GRATIN DISH. MIX TOGETHER ALL THE TOPPING INGREDIENTS, SPRINKLE OVER THE GRATIN AND BAKE FOR 25-30 MINUTES, UNTIL GOLDEN AND BUBBLING.



CARAMELIZED FENNEL SALAD

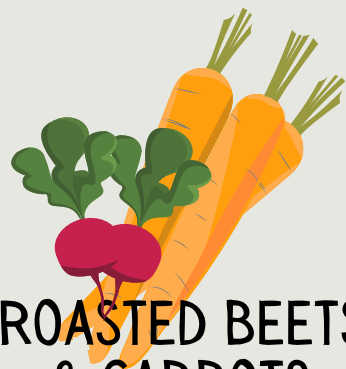
1 SMALL FENNEL BULB
1 TBSP UNSALTED BUTTER
1 TBSP OLIVE OIL, PLUS EXTRA TO FINISH
2 TSP HONEY
1/2 TSP FENNEL SEEDS (OPTIONAL)
SALT AND BLACK PEPPER
1 SMALL GARLIC CLOVE, CRUSHED
1 HANDFUL ARUGULA
5 OZ GOAT CHEESE
GRATED ZEST OF 1 LEMON

HERE ARE SOME OTHER
CHEESE OPTIONS:

- PARMESAN
- FETA
- DAIRY-FREE CHEESE
- FRESH MOZZARELLA



1. START BY PREPARING THE FENNEL BULBS. FIRST, CUT OFF THE LEAFY FRONDS, KEEPING A BIT ASIDE FOR THE GARNISH. NEXT, SLICE OFF THE END OF THE ROOT AND REMOVE THE TOUGH OUTER LAYERS, MAKING SURE THE BASE STILL HOLDS EVERYTHING TOGETHER. CUT EACH BULB LENGTHWISE INTO 1/2 IN. THICK SLICES.
2. MELT BUTTER AND OLIVE OIL IN A LARGE FRYING PAN OVER HIGH HEAT. WHEN THE BUTTER STARTS TO FOAM, ADD A LAYER OF SLICED FENNEL. DO NOT OVERCROWD THE PAN AND DON'T TURN THE FENNEL OVER OR STIR IT AROUND IN THE PAN UNTIL ONE SIDE HAS BECOME LIGHT GOLDEN, WHICH WILL TAKE A FEW MINUTES. USING TONGS, TURN THE SLICES OVER AND COOK FOR ANOTHER FEW MINUTES. REMOVE FROM THE PAN, ADD A BIT MORE OLIVE OIL AND BUTTER IF NEEDED AND REPEAT THE PROCESS WITH THE REMAINING RAW FENNEL.
3. ONCE ALL THE FENNEL IS DONE AND REMOVED FROM THE PAN, REDUCE THE HEAT, THEN ADD THE HONEY, FENNEL SEEDS, AND PLENTY OF SALT AND PEPPER TO THE PAN. (I ALSO ADDED THE GARLIC HERE) FRY FOR 30 SECONDS, ADDING A LITTLE MORE OIL OR BUTTER IF NEEDED, UNTIL THE HONEY IS DISSOLVED, THEN RETURN ALL THE FENNEL TO THE PAN AND CARAMELIZE THEM GENTLY. ONCE THE FENNEL IS CARAMELIZED, COATED WITH SAUCE AND TENDER (BUT STILL WITH A BIT OF FIRMNESS TO IT).
4. TO SERVE, TOSS THE FENNEL IN A BOWL WITH THE ARUGULA. TASTE AND ADJUST SEASONING. ARRANGE ON A SERVING PLATE WITH SPOONFULS OF GOAT CHEESE, A DRIZZLE OF OLIVE OIL IF DESIRED AND GARNISHED WITH LEMON ZEST.



ROASTED BEETS & CARROTS

6 MEDIUM BEETS (2 1/2 LB WITH GREENS),
TRIMMED, LEAVING 1 INCH OF STEMS ATTACHED
2 1/2 LB CARROTS, CUT DIAGONALLY INTO
3/4-INCH-THICK SLICES
2 TABLESPOONS OLIVE OIL

1. PREHEAT OVEN TO 425°F. WRAP BEETS TIGHTLY IN FOIL, MAKING 2 PACKAGES, AND ROAST IN MIDDLE OF OVEN UNTIL TENDER, ABOUT 1 1/4 HOURS.
2. TOSS CARROTS WITH OIL AND SALT AND PEPPER TO TASTE IN A SHALLOW BAKING PAN.
3. REMOVE BEETS FROM OVEN AND ROAST CARROTS IN MIDDLE OF OVEN UNTIL TENDER, ABOUT 20 MINUTES.
4. WHILE CARROTS ARE ROASTING, UNWRAP BEETS AND, WHEN JUST COOL ENOUGH TO HANDLE, SLIP OFF SKINS AND REMOVE STEMS. CUT EACH BEET INTO 6 WEDGES.
5. ADD BEETS TO CARROTS, TOSSING TO COMBINE, AND ROAST UNTIL BEETS ARE HOT AND CARROTS ARE VERY TENDER, ABOUT 15 MINUTES MORE.



EQUIPMENT FOR THIS WEEK:

- SHARP CHEF'S KNIFE
- CUTTING BOARD
- MEDIUM BOWLS
- BAKING SHEET
- PARCHMENT AND FOIL
- 9X13 (APPROX) OVEN-SAFE CASSEROLE
- DISH OR BAKING PAN
- MEDIUM SAUTE PAN
- MEDIUM SAUCE POT

EXTRA INGREDIENTS FOR THIS WEEK:

- SUNFLOWER OIL
- BUTTER X 1/2LB
- GARLIC X 1 HEAD
- VEGETABLE BROTH X 200ML
- HEAVY CREAM/COCONUT MILK X 100ML
- OATS X 50G (OPTIONAL)
- STALE BREAD/BREADCRUMBS X 3 CUPS
- NUTS OR SEEDS X 50G (OPTIONAL)
- CHEDDAR/VEGAN CHEESE X 50G
- HONEY OR SUGAR
- GOAT CHEESE X 125G
- LEMON X 1
- FENNEL SEEDS (OPTIONAL)

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

