



COOK ALONG KITCHEN NOTES: WEEK 1

SEPTEMBER 16, 2021



EATING WELL AS A STUDENT

WELCOME FROM JOSHNA

SEPTEMBER 13, 2021

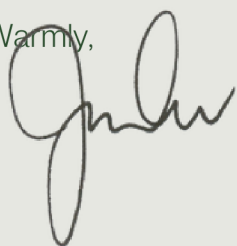
Hello Everyone!

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 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!

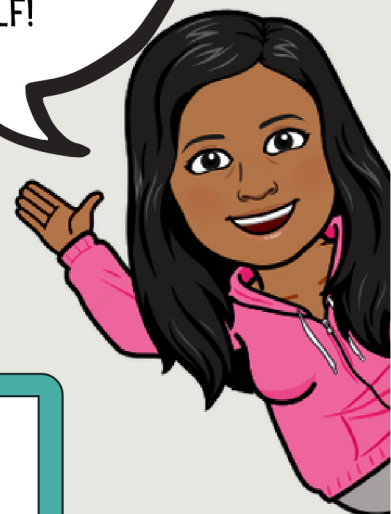
Warmly,



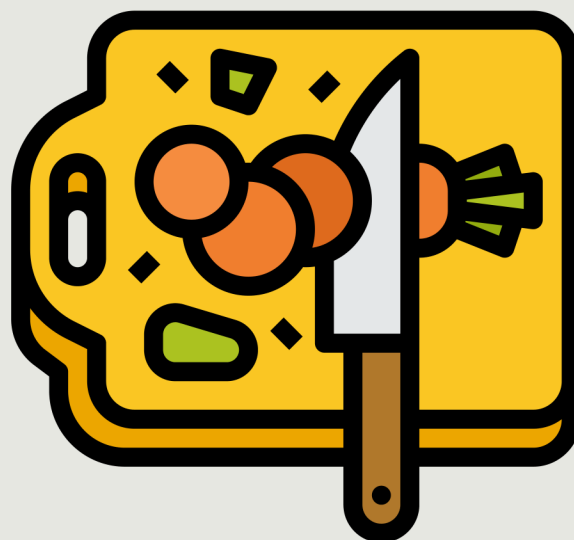
Mise en Place:

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:

Peppers Sweet Bell Mixed 3 pack
 Apples Paula Red Conventional 1ct
 Cucumber English 1ct
 Lettuce Red Leaf Organic Each
 Dried Green Lentils 225g
 Cauliflower Conventional Each
 Garlic Whole Conventional 115g
 Beets Red 1lb
 Potato Yukon Gold Large each



The Menu:

LENTIL & PEPPER SOUP
 BUFFALO CAULIFLOWER
 ROASTED BEETS
 SIMPLE VINAIGRETTE



Equipment

chef's knife
 cutting board
 medium bowl
 med soup pot
 baking sheet
 casserole dish
 foil & parchment



**"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



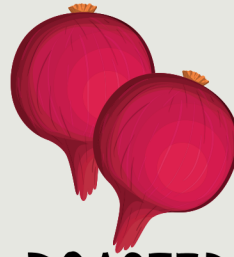
- salt & pepper
- hot sauce
- vinegar (balsamic or cider)
- vegetable oil
- mustard
- honey/maple
- butter



**BUFFALO
CAULIFLOWER**



**SIMPLE
VINAIGRETTE**



**ROASTED
BEETS**



**LENTIL
PEPPER SOUP**



SIMPLE VINAIGRETTE

1/2 CUP OIL (OLIVE, VEGETABLE)
1/2 CUP VINEGAR (RED WINE, CIDER, BALSAMIC)
1/4 TSP KOSHER SALT
1/8 TSP BLACK PEPPER
1 TSP HONEY OR MAPLE SYRUP
1 TBSP DIJON MUSTARD

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.



ROASTED BEETS

PREHEAT OVEN TO 300F.
IN A CASSEROLE DISH, ADD BEETS AND ENOUGH WATER TO
COME ABOUT 2CM UP THE SIDE OF THE DISH. COVER TIGHTLY
WITH FOIL AND ROAST FOR 1.5-2 HOURS, UNTIL A KNIFE
SLIDES EASILY THROUGH THE BIGGEST BEET.

REMOVE FROM OVEN, DRAIN AND RINSE UNDER COLD
WATER. AS SOON AS THEY'RE COOL ENOUGH TO HANDLE,
RUB OFF SKINS. STORE BEETS IN AN AIRTIGHT CONTAINER
IN THE FRIDGE.





**BUFFALO
CAULIFLOWER**



**SIMPLE
VINAIGRETTE**



**ROASTED
BEETS**



**LENTIL
PEPPER SOUP**



**LENTIL
PEPPER SOUP**

1 CLOVE GARLIC, PEELED AND MINCED
2 BELL PEPPERS, CORED AND DICED
2 TBSP (30 ML) OLIVE OIL
3 CUPS VEG OR CHICKEN BROTH
1 CUP GREEN OR BROWN LENTILS, RINSED AND DRAINED
1 MEDIUM POTATO, PEELED AND SMALL DICED

OPTIONAL:

1/2 TSP GROUND TURMERIC
1/4 TSP GROUND CUMIN
1/4 TSP GROUND CORIANDER
1 TBSP TOMATO PASTE
2 TBSP CHOPPED CILANTRO
2 GREEN ONIONS, FINELY CHOPPED

IN A LARGE SAUCEPAN, SOFTEN THE BELL PEPPERS AND ONION IN THE OIL. SEASON WITH SALT AND PEPPER. ADD THE SPICES (IF USING) AND COOK FOR 1 TO 2 MINUTES. ADD THE BROTH, LENTILS, AND TOMATO PASTE (IF USING), SEASON WITH SALT AND PEPPER.

COVER AND BRING TO A BOIL. SIMMER GENTLY FOR ABOUT 20 MINUTES OR UNTIL THE LENTILS ARE COOKED AND POTATO BREAKS DOWN TO THICKEN THE SOUP. ADD BROTH, IF NEEDED TO THIN SOUP OUT. ADD THE CILANTRO AND GREEN ONION (IF USING). TASTE AND ADJUST SEASONING.



**BUFFALO
CAULIFLOWER**

1 SMALL HEAD CAULIFLOWER, TRIMMED & CHOPPED INTO FLORETS (ABOUT 4 CUPS)
1 TBSP OLIVE OIL
2 TBSP HOT SAUCE
1 TBSP BUTTER
SALT & PEPPER

PREHEAT OVEN TO 400F.
MELT BUTTER, ADD HOT SAUCE AND STIR.

PLACE THE CAULIFLOWER IN A MEDIUM BOWL. DRIZZLE OIL OVER AND TOSS UNTIL WELL COATED. SPREAD THE CAULIFLOWER ON A RIMMED BAKING SHEET AND SEASON WITH SALT AND PEPPER.

ROAST UNTIL LIGHTLY BROWN AND JUST TENDER, 20 TO 25 MINUTES. WHISK THE HOT SAUCE MIXTURE AGAIN, DRIZZLE OVER THE CAULIFLOWER AND TOSS GENTLY TO COAT..