



COOK ALONG KITCHEN NOTES

NOVEMBER 25, 2021



EATING WITH THE SEASONS

WELCOME FROM JOSHNA

NOVEMBER 22, 2021.

Welcome to week two of our campus cook along sessions! This week we're going deep on root vegetables and winter eating. There's more oven time involved now for more roasted things,

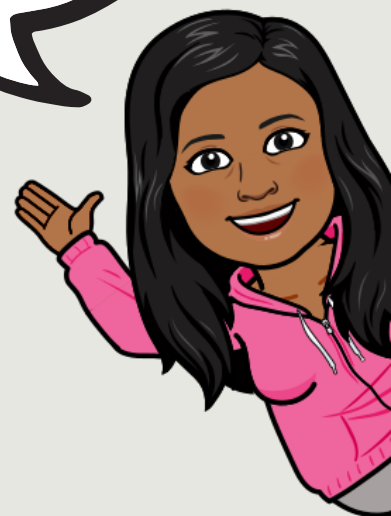
We're sending you details about the equipment that you'll need, and a few extra ingredients that could be helpful, plus possible substitutions. We want this to be easy and comfortable. If you've got any questions, please reach out to **Amber** at **communallunch@gmail.com**.

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,



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



Apples, empire & gala x 2L
Beets, red x 2L
Onions, yellow x 1
Radish, watermelon x 1 bag
Rutabaga x 1-2
Microgreens x 85g
Spaghetti Squash x 1-2

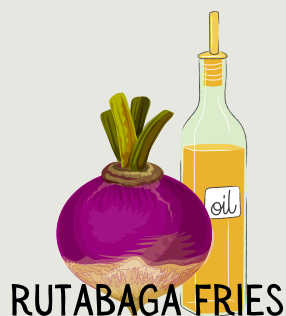


The Menu:

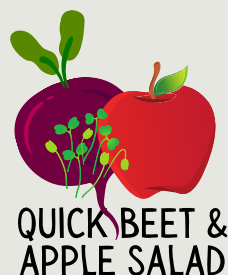
- RUTABAGA OVEN FRIES
- SPAGHETTI SQUASH CHEESY BREAD
- QUICK BEET & APPLE SALAD

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





RUTABAGA FRIES

QUICK BEET &
APPLE SALADSPAGHETTI
SQUASH
CHEESY BREAD

@superiorseasons



@belluzfarms



@pitchcreekfarm

Our friends at **Superior Seasons** have curated your student food boxes with produce from **Belluz Farms**, **Warner's Farm**, and **Pitch Creek Farm**. It's a collection of fresh local produce, and these farmers are delighted that their food is getting to students!



FROM MARTHASTEWART.COM

RUTABAGA FRIES

2 POUNDS RUTABAGA, PEELED AND CUT INTO
1/2-INCH STRIPS
1 TABLESPOON EXTRA-VIRGIN OLIVE OIL
1/4 TEASPOON SMOKED PAPRIKA (OPTIONAL)
KOSHER SALT

1. PREHEAT OVEN TO 425F. LINE A BAKING SHEET WITH PARCHMENT OR FOIL AND SET ASIDE.
2. TRIM RUTABAGA TIPS AND PEEL, THEN SLICE INTO 1/2-INCH THICK ROUNDS. SLICE EACH ROUND INTO 1/2-INCH STICKS.
3. TOSS RUTABAGA WITH OIL. SEASON WITH SMOKED PAPRIKA AND 1/2 TEASPOON SALT. ARRANGE ON BAKING SHEET WITH SPACE BETWEEN EACH PIECE. ROAST FOR 20 MINUTES, THEN FLIP PIECES OVER AND ROAST FOR ANOTHER 20 MINUTES, UNTIL CRISPY OUTSIDE AND SOFT INSIDE.



QUICK BEET & APPLE SALAD

2 APPLES, THINLY SLICED
1/2 YELLOW ONION, PEELED AND THINLY SLICED
1 LEMON, JUICED
1 BEET
1 TSP HONEY OR SUGAR
3 TBSP WALNUTS, CHOPPED (OPTIONAL)
3 TBSP OLIVE OIL
KOSHER SALT AND FRESHLY GROUND BLACK PEPPER
MICROGREENS TO GARNISH

1. TOSS THE APPLE AND ONION SLICES IN A BOWL WITH THE LEMON JUICE, SEASON LIGHTLY WITH SALT AND PEPPER AND SET ASIDE.
2. PEEL THE BEET, THEN SLICE INTO MATCHSTICKS AND ADD TO THE BOWL. TOSS IN THE HONEY, WALNUTS AND OLIVE OIL. SEASON WITH THE SALT AND PEPPER. LET STAND 10 MINUTES, THEN SERVE GARNISHED WITH MICROGREENS.

EQUIPMENT

CHEF'S KNIFE
CHOPPING BOARD
BAKING SHEETS X 2
PARCHMENT PAPER OR FOIL
MEDIUM MIXING BOWL
SMALL MIXING BOWL
GRATER
FORK
MEASURING SPOONS

INGREDIENTS

- XV OLIVE OIL OR VEGETABLE OIL
- 2 EGGS (OR FLAX EGGS, SEE NOTE)
- 2 CLOVES GARLIC
- DRIED OREGANO OR BASIL
- RED PEPPER FLAKES (OPTIONAL)
- SMOKED PAPRIKA (OPTIONAL)
- 3 CUPS MOZZARELLA CHEESE (OR ANY OTHER MELTING CHEESE OR VEGAN ALTERNATIVE)
- 1/2 CUP PARMESAN CHEESE OR 1/4 CUP NUTRITIONAL YEAST
- 1/4 CUP CORNSTARCH
- 1 LEMON
- 3 TBSP WALNUTS OR SEEDS (OPTIONAL)



FROM DELISH.COM

- 1 MEDIUM SPAGHETTI SQUASH, HALVED AND SEEDS REMOVED
- 1 TBSP EXTRA-VIRGIN OLIVE OIL
- KOSHER SALT
- FRESHLY GROUND BLACK PEPPER
- 2 LARGE EGGS (OR FLAX EGGS, SEE SIDE NOTE)
- 2 CLOVES GARLIC, MINCED
- 1/2 TSP DRIED OREGANO OR BASIL
- 3 CUPS SHREDDED MOZZARELLA, OR VEGAN CHEESE, DIVIDED
- 1/2 CUP FRESHLY GRATED PARMESAN OR 1/4 CUP NUTRITIONAL YEAST
- 1/4 CUP CORNSTARCH
- PINCH RED PEPPER FLAKES (OPTIONAL)

1. PREHEAT OVEN TO 400°F. DRIZZLE CUT SIDES OF SPAGHETTI SQUASH WITH OIL AND SEASON WITH SALT AND PEPPER. PLACE CUT SIDE-DOWN ON A LARGE RIMMED BAKING SHEET. ROAST UNTIL TENDER, 30 TO 35 MINUTES. LET COOL SLIGHTLY.
2. USING A FORK, BREAK UP SQUASH STRANDS. USING CHEESECLOTH OR A DISH TOWEL, WRING EXCESS MOISTURE OUT OF SPAGHETTI SQUASH. INCREASE OVEN TEMPERATURE TO 425°.
3. TRANSFER SPAGHETTI SQUASH TO A LARGE BOWL WITH EGGS, GARLIC, OREGANO, 1 CUP MOZZARELLA, PARMESAN, AND CORNSTARCH AND SEASON WITH SALT AND PEPPER. STIR UNTIL COMPLETELY COMBINED.
4. LINE A BAKING SHEET WITH FOIL AND GREASE WITH COOKING SPRAY. TRANSFER "DOUGH" TO BAKING SHEET AND PAT INTO A CRUST. BAKE UNTIL GOLDEN AND DRIED OUT, 25 MINUTES.
5. SPRINKLE WITH REMAINING 2 CUPS MOZZARELLA, CRUSHED RED PEPPER FLAKES, AND PARSLEY AND BAKE UNTIL CHEESE IS MELTED, 8 TO 10 MINUTES MORE.



What are flax eggs?

Flax eggs are a plant-based alternative to chicken eggs, and help bind things together. **To replace 1 chicken egg**, you'll need **1 tbsp of ground flax seeds** mixed with **2.5 tbsp of water**. Allow the mixture to sit for 5 minutes, then add to your dish.

For the spaghetti squash cheesy bread, you'll need 2 tbsp of ground flax seeds with 5 tbsp of water to replace 2 large eggs.

You can buy flax seeds already ground, or grind them in a coffee/spice grinder.