

COOK ALONG KITCHEN NOTES: WEEK 1

SEPTEMBER 30, 2021



INDIGENOUS FOOD CULTURE

WELCOME FROM JOSHNA

SEPTEMBER 26, 2021

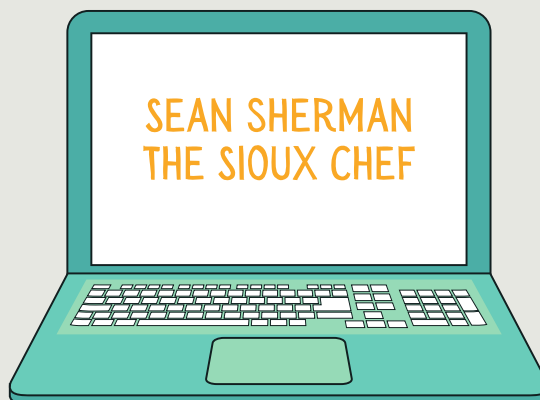
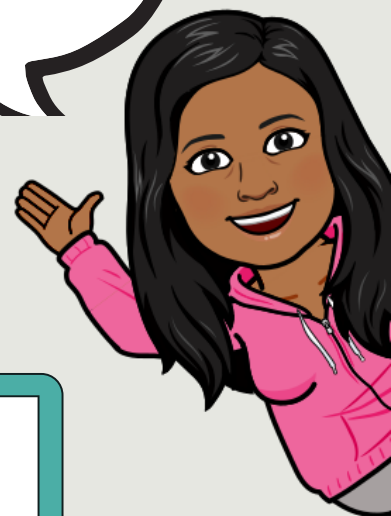
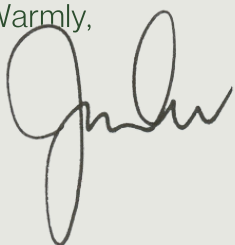
Hello Everyone!

Welcome to week one of our campus cook along sessions! This week we're going to spend some time talking about indigenous food and broadening our understanding of local eating. There are lessons about food and eating in this land, and we're going to bring them to life on the plate!

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 us at communallunch@gmail.com**

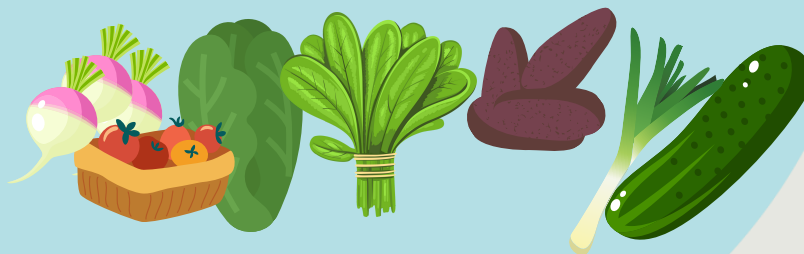
Remember, we'll meet you where you are with food skills, and want to help you have a great time. We're so glad to have you along for this good food journey, see you on Thursday!

Warmly,



This week's box from Superior Seasons:

Cucumber
Purple potatoes
Scallions
Spinach
Microgreens
Tomatoes
Hakurei Turnips



The Menu:

PAPAS A LA HUANCAINA
(POTATOES WITH CHEESE SAUCE)
ROASTED TURNIPS WITH HONEY
GLAZE
SCALLION VINAIGRETTE



Equipment

chef's knife
cutting board
medium bowl
medium saucepot
baking sheet
parchment/foil
measuring spoons
glass jar with lid
whisk



**Local food is
indigenous
food.**



Extra Stuff You'll Need:

- olive oil
- rice vinegar or lemon
- honey
- dijon mustard
- sriracha/hot sauce
- garlic
- feta (4oz)
- whole milk (125ml)
- sunflower seeds



PAPAS A LA HUANCAINA

SCALLION
VINAIGRETTEROASTED TURNIPS
WITH HONEY GLAZESCALLION
VINAIGRETTE

No grill? No problem. Toss the scallion with the oil and roast under the broiler, or toss on top of the turnips roasting!

- 1 BUNCH SCALLIONS
- 2½ TBSPS EXTRA-VIRGIN OLIVE OIL, DIVIDED
- 1 TBSP RICE VINEGAR OR LEMON JUICE
- 1 TSP HONEY
- ½ TBSP DIJON MUSTARD
- 1 TSP SRIRACHA OR HOT SAUCE OF YOUR CHOICE
- SALT & PEPPER

TOSS THE SCALLIONS WITH ½ TABLESPOON OF THE OIL AND SEASON WITH A PINCH OF SALT. ROAST UNTIL JUST CHARRED, TURNING ONCE, ABOUT 2 MINUTES. CHOP AND TRANSFER TO A FOOD PROCESSOR AND ADD THE VINEGAR, HONEY, MUSTARD, SRIRACHA, AND 3 TABLESPOONS WATER. PULSE UNTIL COMBINED. ADD THE REMAINING 2 TABLESPOONS OIL AND PULSE AGAIN.



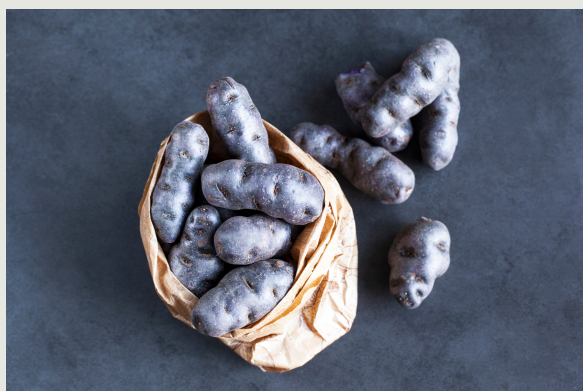
@superiorseasons



@belluzfarms



@pitchcreekfarm



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



PAPAS A LA HUANCAINA

FROM EPICURIOUS.COM

- 2 POUNDS MEDIUM POTATOES SUCH AS PURPLE PERUVIAN OR YUKON GOLD (ABOUT 8)
 1/2 TEASPOON CHOPPED GARLIC
 1/4 POUND QUESO FRESCO OR FETA, CRUMBLED (SCANT 1 CUP)
 1/2 CUP WHOLE MILK
 1 TBSP CHOPPED ONION
 1 TBSP OLIVE OIL
 1 TBSP BOTTLED AJÍ AMARILLO OR AJÍ MIRASOL PASTE (ANY GOOD HOT SAUCE WILL WORK)
 GARNISH: CHOPPED PITTED BLACK PERUVIAN OR KALAMATA OLIVES; LIME WEDGES

1. COVER POTATOES WITH WATER IN A MEDIUM POT AND SEASON WELL WITH SALT, THEN BRISKLY SIMMER, COVERED, UNTIL JUST COOKED THROUGH, ABOUT 20 MINUTES. DRAIN AND COOL, THEN PEEL.
2. MEANWHILE, MINCE AND MASH GARLIC TO A PASTE WITH A PINCH OF SALT, THEN BLEND WITH REMAINING INGREDIENTS IN A BLENDER UNTIL VERY SMOOTH AND THICKER THAN HEAVY CREAM (IF NECESSARY, THIN WITH MILK). SEASON WITH SALT.
3. CUT POTATOES CROSSWISE INTO 1/4-INCH-THICK SLICES.
4. SPOON SOME SAUCE ONTO 8 SMALL PLATES, THEN TOP WITH SLICED POTATOES. SERVE REMAINING SAUCE ON THE SIDE.



ROASTED TURNIPS WITH HONEY GLAZE

FROM SAGEGARDENPROJECT.COM

- 2 LBS TURNIPS
 1 SMALL BUTTERNUT SQUASH OR 2 DELICATA SQUASH (ABOUT 2 LBS TOTAL)
 2 TBSP FRESH SAGE
 2 TBSP COARSE SEA SALT
 2 TBSP HONEY
 1/4 CUP SUNFLOWER SEEDS
- 1
PREHEAT OVEN TO 425F.
LINE 2 BAKING SHEETS OR ROASTING PANS WITH PARCHMENT OR FOIL. TRIM AND CUT TURNIPS INTO 1-INCH CHUNKS
PEEL SQUASH, HALVE, SCRAPE SEEDS AND MEMBRANES, THEN CUT INTO 1-INCH CHUNKS
CHOP SAGE
TOAST SUNFLOWER SEEDS ON BAKING SHEET FOR 5 MINUTES
 - 2
IN A LARGE BOWL, TOSS THE TURNIPS AND SQUASH WITH THE OIL, SAGE AND SALT. DIVIDE THE MIXTURE BETWEEN THE 2 BAKING SHEETS, THEN SPREAD IN AN EVEN LAYER.
 - 3
TRANSFER TO THE OVEN ON THE MIDDLE AND LOWER SHELVES, AND ROAST FOR 20 MINUTES, STIRRING THE VEGETABLES AND ROTATING THE BAKING SHEETS HALFWAY THROUGH. REDUCE THE HEAT TO 400 DEGREES AND CONTINUE TO ROAST UNTIL TENDER AND CARAMELIZED, ANOTHER 10 TO 20 MINUTES, STIRRING AND ROTATING AGAIN HALFWAY THROUGH.
 - 4
REMOVE FROM THE OVEN AND BRUSH WITH THE HONEY. RETURN TO THE OVEN AND COOK UNTIL THE VEGETABLES APPEAR GLOSSY, 2 TO 3 MINUTES. SERVE WITH SUNFLOWER SEEDS SCATTERED ON TOP.