



# COOK ALONG KITCHEN NOTES: WEEK 2

OCTOBER 21, 2021



## EATING WITH THE SEASONS

## WELCOME FROM JOSHNA

OCTOBER 17, 2021

Hello Everyone!

Welcome to week two of our campus cook along sessions! This week we're going to get you connected to local seasonal eating 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. This week we're making a curry, so there's quite a list of spices. You need very little, and hopefully pooling resources with a pal is possible here...do the best you can! If you've got any questions, please reach out to **Isabel** at **[communallunch@gmail.com](mailto:communallunch@gmail.com)**.

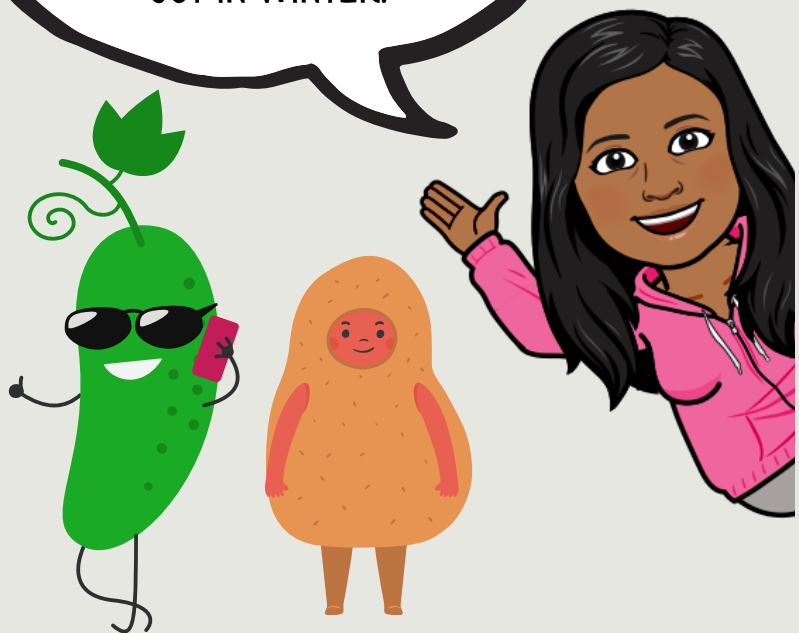
Remember, we'll meet you where you are with food skills, and want to help you have a great time. We're so glad to have you along for this good food journey, see you on Thursday!

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.

NATURE IS WISE! WATERY CUCUMBERS COOL US DOWN IN THE HOT SUMMER, AND WARMING SPICES & ROOT VEGETABLES KEEP THE COLD OUT IN WINTER.





# This week's box from Olde Furrow Farm:

Purple Mizuna  
Delicata Squash  
Purple Top Turnips  
Bunch Collards  
Sweet Potatoes  
Red Onions  
Bunch Marjoram  
Green Eggplant



## The Menu:

\*DELICATA SQUASH WITH MARJORAM BUTTER

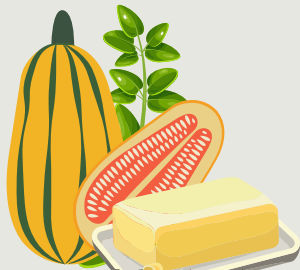
\*LEMONY COLLARD GREENS PASTA

\*GREEN EGGPLANT & CHICKPEAS IN PEANUT MASALA



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





## DELICATA SQUASH WITH MARJORAM BUTTER



## LEMONY COLLARD GREENS PASTA



## GREEN EGGPLANT & CHICKPEAS WITH PEANUT MASALA



### DELICATA SQUASH WITH MARJORAM BUTTER

1 MEDIUM DELICATA SQUASH (ABOUT 1LB; YOU CAN SUBSTITUTE ACORN OR BUTTERNUT SQUASH)  
1 TBSP EXTRA-VIRGIN OLIVE OIL  
1 FRESH BAY LEAF  
SALT, TO TASTE  
2 TSP CIDER VINEGAR  
2 TBSP UNSALTED BUTTER, SOFTENED  
1 TBSP MARJORAM LEAVES, FINELY CHOPPED  
ZEST FROM 1 LEMON  
CRUSHED RED PEPPER FLAKES, TO TASTE

PREHEAT THE OVEN TO 425°. CUT THE SQUASH INTO 1-INCH-THICK ROUNDS, LEAVING THE SKIN ON. REMOVE THE SEEDS USING A METAL SPOON. PLACE THE SQUASH ON A PARCHMENT-LINED SHEET TRAY, THEN TOSS IT WITH THE OLIVE OIL AND BAY LEAF.

SEASON THE SQUASH WITH SALT, THEN ROAST, SHAKING THE SHEET HALFWAY THROUGH, UNTIL THE ROUNDS ARE ALMOST TENDER AND GOLDEN BROWN, ABOUT 15-20 MINUTES. ADD THE VINEGAR, SHAKING THE SHEET TRAY TO COAT THE SQUASH EVENLY. FINISH ROASTING UNTIL TENDER, ANOTHER 5 MINUTES.

IN A SMALL BOWL, COMBINE SOFT BUTTER, MARJORAM LEAVES & A GENEROUS PINCH OF SALT. DOLLOP BITS OF COMPOUND BUTTER ON SLIGHTLY COOLED SQUASH, THEN SQUEEZE LEMON JUICE OVER AND DUST WITH CHILI FLAKES.



**Olde Furrow Farm** has provided the 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.





FROM @MARTHASTEWART.COM

## LEMONY COLLARD GREENS PASTA

2 TBSP EXTRA-VIRGIN OLIVE OIL  
 2 GARLIC CLOVES, SLICED  
 1/4 TSP RED-PEPPER FLAKES  
 1 BUNCH COLLARD GREENS (12 OUNCES), RIBS REMOVED AND FINELY CHOPPED, LEAVES THINLY SLICED  
 1/4 CUP SUNFLOWER SEEDS, TOASTED  
 GRATED ZEST OF 1 LEMON, PLUS MORE FOR SERVING  
 2 TBSP FRESH LEMON JUICE  
 3/4 LB SPAGHETTI  
 SALT & PEPPER

1. HEAT OIL IN A LARGE SKILLET OVER MEDIUM HEAT. ADD GARLIC AND RED-PEPPER FLAKES; COOK UNTIL TENDER, ABOUT 1 MINUTE. ADD COLLARD GREENS AND COOK, STIRRING, UNTIL TENDER, ABOUT 5 MINUTES. REMOVE FROM HEAT; STIR IN PINE NUTS AND LEMON ZEST AND JUICE. SEASON WITH SALT.
2. MEANWHILE, COOK SPAGHETTI IN A POT OF BOILING SALTED WATER UNTIL AL DENTE, ACCORDING TO PACKAGE INSTRUCTIONS. RESERVE 1 CUP PASTA WATER; DRAIN PASTA.
3. ADD PASTA AND RESERVED WATER TO SKILLET, TOSSING TO COAT. SERVE IMMEDIATELY, GARNISHED WITH LEMON ZEST AND SPRINKLED WITH CHEESE.

## EQUIPMENT | INGREDIENTS

BAKING SHEET  
 PARCHMENT OR FOIL  
 CHEF'S KNIFE  
 CHOPPING BOARD  
 SMALL BOWL  
 LARGE SKILLET  
 LARGE POT  
 BLENDER OR FOOD PROCESSOR  
 COLANDER  
 TONGS

SPICES:  
 BAY LEAF  
 RED PEPPER FLAKES  
 CORIANDER SEEDS  
 CUMIN SEEDS  
 SESAME SEEDS

XV OLIVE OIL  
 CIDER VINEGAR  
 BUTTER X 2 TBSP  
 LEMON X 2  
 GARLIC CLOVES X 3  
 SUNFLOWER SEEDS X 1/4 CUP  
 ROMA TOMATOES X 1  
 CREAMY PEANUT BUTTER (OR OTHER NUT/SOY BUTTER) X 1 TBSP

TURMERIC  
 CAYENNE  
 CINNAMON  
 GROUND CLOVES

FROM FATFREEVEGAN.COM



## GREEN EGGPLANT & CHICKPEAS WITH PEANUT MASALA

1 TSP CORIANDER SEEDS  
 1/2 TSP CUMIN SEEDS  
 1 TSP SESAME SEEDS  
 1 MEDIUM ONION, PEELED & DICED  
 1 SMALL TOMATO, DICED  
 1 TBSP NATURAL PEANUT BUTTER  
 1 CLOVE GARLIC, PEELED  
 1 TSP GINGER PASTE OR 1 TSP MINCED FRESH GINGER  
 1/4 TSP TURMERIC  
 1/2 TSP CAYENNE OR TO TASTE  
 1/8 TSP CINNAMON  
 1/8 TSP CLOVES  
 1/2 TSP TAMARIND CONCENTRATE OR SUBSTITUTE 1 TSP. LEMON JUICE AND 1/2 TSP. AGAVE NECTAR OR SUGAR  
 1 TBSP COCONUT DRIED, FRESH, OR FROZEN  
 1/4 TBSP HONEY, SUGAR, OR 1 SMALL PITTED DATE  
 5-6 SMALL GREEN EGGPLANTS OR ONE LARGE EGGPLANT  
 1/2 CUP COOKED CHICKPEAS  
 SALT TO TASTE

1. IN A DRY SKILLET, TOAST THE CORIANDER, CUMIN, AND SESAME SEEDS UNTIL THE SESAME SEEDS BEGIN TO TURN GOLDEN, ABOUT 1-2 MINUTES. BE CAREFUL NOT TO BURN THEM. REMOVE FROM PAN AND LET COOL FOR A MINUTE. THEN TRANSFER TO A BLENDER AND GRIND TO A PASTE. KEEP THE PASTE IN THE BLENDER.
2. ADD THE ONIONS TO THE PAN AND COOK UNTIL THEY BEGIN TO BROWN. TRANSFER TO THE BLENDER AND ADD ALL REMAINING INGREDIENTS EXCEPT THE EGGPLANT, CHICKPEAS, AND SALT. PUREE TO A SMOOTH PASTE.
3. REMOVE THE STEMS OF THE EGGPLANTS AND CUT THEM INTO QUARTERS. (IF YOU'RE USING SMALL PURPLE EGGPLANTS, YOU MAY CHOOSE TO LEAVE THE STEM ATTACHED AND CUT A DEEP CROSS UP THROUGH THE BOTTOM OF EACH EGGPLANT; IF YOU'RE USING A REGULAR EGGPLANT, CUT IT INTO 1-INCH CUBES.)
4. RETURN THE PAN TO THE HEAT AND ADD THE EGGPLANTS. COOK, STIRRING, UNTIL THEY BEGIN TO BROWN ON THE OUTSIDE, ADDING WATER BY THE TABLESPOON IF NEEDED TO KEEP THEM FROM STICKING.
5. ADD THE SPICE PASTE, THE CHICKPEAS, AND 1/2 CUP OF WATER. STIR WELL, ADD SALT TO TASTE, AND COVER. SIMMER, ADDING MORE WATER IF THE SAUCE SEEMS TOO THICK, UNTIL THE EGGPLANTS ARE TENDER. GARNISH WITH CHOPPED CILANTRO, IF DESIRED.