



Sustainability  
Squad

# COOK ALONG KITCHEN NOTES

JANUARY 20, 2022.



## EATING WELL AS A STUDENT

## WELCOME FROM JOSHNA

JANUARY 17, 2022.

Hello Everyone!

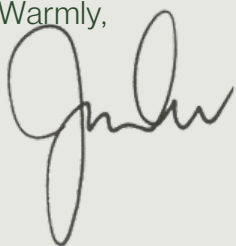
Welcome to our first cook along of 2022! We're so excited to be partnering with the GBC Sustainability Squad for this cook along, and look forward to our conversation on Thursday. This week we're combining two of my favourite things: sandwiches and local eating!

In these notes, we're sending you recipes, and equipment list, and a list of pantry bits and a few other items you'll need for the cook along. I'm also sending you a prep list for some things to be done in advance of the cook along.

**Join Kas from the Sustainability Squad (@greengbc) on IG Live on Wednesday at 3pm for a little prep session!** This will be available on their IGTV channel afterwards, in case you miss it! We want this to be easy and comfortable. **If you've got any questions, please reach out to us 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,



SUSTAINABLE EATING IS  
GOOD FOR OUR BODIES,  
OUR WALLETS AND THE  
PLANET.





# This week's box:

Norfolk Growers: **Apples Macintosh Conventional** x4  
Hillside Gardens: **Carrots Multi-Colour** 1.5lb bag  
Mike & Mike's: **Cucumber English Organic** Ontario x1  
August's Harvest: **Garlic Whole Conventional** 115g  
Hillside Gardens: **Onions Red** 1lb bag  
Round Plains Plantation: **Potato Sweet Orange** x1lb  
Warner's Farm: **Pears Bosc** x1lb  
Heritage Greenhouses: **Boston Lettuce Living** Root Ball



## The Menu:

**SPICED SWEET POTATO  
SANDWICHES**

**CUCUMBER SALAD**

## Prep Notes:

1. CHOP SWEET POTATOES
2. SLICE OR GRATE CARROT/BEET
3. SLICE ONION
4. THINLY SLICE FETA

## Equipment

- chef's knife
- cutting board
- medium bowls
- small mixing bowl
- large saute pan
- baking sheet
- tongs

## Fresh Stuff

- lemon x 1
- cilantro x 1 bunch
- feta x 5oz (or vegan cheese)
- sesame kaiser rolls, or any other sandwich roll x 2

## Pantry Stuff

- salt & pepper
- chili powder
- ground cumin
- olive oil
- rice vinegar
- mayonnaise/yogurt/vegan alternative
- tamari/soy sauce
- sesame oil
- sambal/hot sauce



## SPICED SWEET POTATO SANDWICHES

Makes 2 | From [bonappetit.com](http://bonappetit.com)

1 LARGE SWEET POTATO (ABOUT 12 OZ.), PEELED, SLICED LENGTHWISE INTO  $\frac{1}{4}$ "– $\frac{1}{2}$ "-THICK PLANKS  
 1 TSP CHILI POWDER  
 $\frac{1}{2}$  TSP GROUND CUMIN  
 3 TBSP EXTRA-VIRGIN OLIVE OIL, PLUS MORE FOR DRIZZLING  
 KOSHER SALT, FRESHLY GROUND PEPPER  
 1 MEDIUM BEET OR 1 LARGE CARROT, PEELED, AND GRATED OR CUT INTO THIN MATCHSTICKS  
 $\frac{1}{2}$  SMALL RED ONION, THINLY SLICED  
 3 TBSP SEASONED RICE VINEGAR  
 $\frac{1}{2}$  CUP MAYONNAISE  
 1 LARGE GARLIC CLOVE, FINELY GRATED  
 1 TBSP PLUS 1 TSP FRESH LEMON JUICE  
 2 SESAME KAISER ROLLS, SPLIT (OR ANY OTHER ROLL/BREAD)  
 $1\frac{1}{2}$  CUPS PARSLEY, MINT, AND/OR CILANTRO LEAVES  
 5 OZ BLOCK FETA, THINLY SLICED INTO PLANKS, DIVIDED

1. PREHEAT OVEN TO 400°F. COMBINE SWEET POTATO, CHILE POWDER, CUMIN, AND 3 TBSP. OIL IN A MEDIUM BOWL; SEASON GENEROUSLY WITH SALT AND PEPPER AND TOSS UNTIL SWEET POTATO IS EVENLY COATED. HEAT A DRY LARGE SKILLET, PREFERABLY CAST IRON, OVER MEDIUM. ARRANGE SWEET POTATO IN A SINGLE LAYER WITHOUT OVERLAPPING (YOU WILL MOST LIKELY BE ABLE TO FIT THEM ALL AT ONCE, BUT WORK IN 2 BATCHES IF NEEDED). COOK, UNDISTURBED, UNTIL BLACKENED IN SPOTS, ABOUT 4 MINUTES. TURN SLICES OVER AND TRANSFER SKILLET TO OVEN. ROAST UNTIL TENDER, 10–15 MINUTES. REMOVE FROM OVEN.
2. MEANWHILE, COMBINE BEET, ONION, AND VINEGAR IN A MEDIUM BOWL; SEASON GENEROUSLY WITH SALT AND PEPPER AND TOSS WELL. LET SIT TO ALLOW BEET TO SOFTEN. MIX MAYONNAISE, GARLIC, AND 1 TBSP. LEMON JUICE IN A SMALL BOWL; SEASON GENEROUSLY WITH SALT AND PEPPER.
3. HEAT BROILER. TOAST ROLLS, CUT SIDE UP, ON A RIMMED BAKING SHEET UNTIL GOLDEN BROWN, 30–60 SECONDS. REMOVE ROLLS FROM OVEN.
4. TOSS HERBS WITH REMAINING 1 TSP. LEMON JUICE IN A MEDIUM BOWL TO COAT. DRIZZLE WITH OIL, SEASON WITH SALT AND PEPPER, AND TOSS AGAIN TO COMBINE.
5. TO BUILD SANDWICHES, POUR OFF ANY ACCUMULATED LIQUID FROM BEET MIXTURE. SPREAD SEASONED MAYONNAISE OVER CUT SIDES OF RESERVED ROLLS, DIVIDING EVENLY (YES, IT'S A LOT, BUT YOU DON'T WANT TO SKIMP HERE). ARRANGE FETA SLICES OVER BOTTOM HALVES OF ROLLS. TOP WITH SWEET POTATO SLICES AND PILE SOME BEET MIXTURE ON TOP. MOUND HERBS OVER BEETS; CLOSE UP SANDWICHES WITH TOP HALVES OF ROLLS AND CUT IN HALF.

Can't do wheat/bread? Use the living root boston lettuce in your box as a wrap for all of those delicious sandwich ingredients! And if you keep the root submerged in water near sunlight, that lettuce will keep on growing!







## SIMPLE CUCUMBER SALAD

1 LARGE ENGLISH CUCUMBER, ENDS TRIMMED AND HALVED LENGTHWISE

1 SMALL BUNCH CORIANDER, CUT INTO 1-INCH SECTIONS (SET ASIDE SOME LEAVES FOR GARNISH)

¼ TSP SALT

1 TSP HONEY

1 TBSP TAMARI

1 TBSP SESAME OIL

1 TSP SAMBAL, OR OTHER HOT SAUCE

1 TBSP RICE VINEGAR

2 GARLIC CLOVES, MINCED

1. SLICE CUCUMBER IN HALF LENGTHWISE, THEN CHOP INTO 1-INCH CHUNKS.

2. TRANSFER TO A MEDIUM BOWL. SEASON WITH SALT, MIX WELL AND SET ASIDE FOR 10 MINUTES. STRAIN CUCUMBERS AND DISCARD THE LIQUID.

3. ADD REMAINING INGREDIENTS AND STIR WELL TO COMBINE.

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, August's Harvest, Round Plains Plantation, and Warner's Farms.** @100kmfoods

