



TWO-CAMPUS COOK ALONG KITCHEN NOTES

FEBRUARY 17, 2022.



EATING WITH THE SEASONS

WELCOME FROM JOSHNA

FEBRUARY 7, 2022.

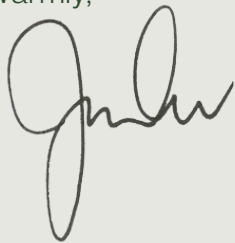
Welcome Lakehead & Dalhousie students! This is our first ever two-campus cook along, and we're really excited about it!

Here's how it's going to work: students from Lakehead and Dalhousie will get the same food packages to make the same two recipes, on the same Zoom call together. We've chosen recipes that are simple, delicious, and perfect ways to warm up in the cold of winter.

If you've got any questions, please reach out to **Amber and/or Isabel** 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 the 17th!

Warmly,



TWO CAMPUSES
TWO RECIPES
TWO SOLD-OUT COOK ALONGS
ONE LIST OF WINTER VEGETABLES
ONE MEGA ZOOM CALL
COUNTLESS CULINARY DREAMS!



LAKEHEAD | DALHOUSIE

orange carrots
yukon gold potatoes
yellow cooking onions
parsnips
garlic
green cabbage
spartan apples
rutabaga

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yukon gold potatoes
yellow cooking onions
parsnips
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green cabbage
rutabaga



The Menu:

WINTER BUBBLE & SQUEAK
ROASTED CARROT SOUP

equipment

CHEF'S KNIFE
CHOPPING BOARD
BAKING SHEET
PARCHMENT PAPER OR FOIL
LARGE FRYING PAN
MEDIUM SOUP POT
IMMERSION BLENDER
MEASURING SPOONS

ingredients

XV OLIVE OIL OR VEG OIL
BUTTER OR COCONUT OIL
FRESH GINGER OR DRIED
KOSHER SALT
GROUND BLACK PEPPER
FRESH THYME
VEGETABLE BROTH
BACON (OPTIONAL)



@superiorseasons



@dsumarket



Our friends at **Superior Seasons** & the **DSU Farmers' Market** have curated your student food boxes with produce from **farms around Thunder Bay & Halifax**. It's a collection of fresh local produce, and these farmers are delighted that their food is getting to students!



ADAPTED FROM FOOD52.COM

ROASTED CARROT SOUP

- 2 POUNDS CARROTS (ABOUT 6-8 LARGE CARROTS)
- 1/4 CUP OLIVE OIL
- 1 PINCH SALT (MORE TO TASTE)
- 6 CUPS VEGETABLE STOCK (GOOD QUALITY, NOT TOO HIGH IN SODIUM)
- 1 PIECE GINGER, AN INCH LONG, PEELED
- 1 SPRIG THYME, PLUS MORE FOR GARNISH
- 1/2 LARGE SWEET ONION, CHOPPED
- 2 LARGE GARLIC CLOVES, CHOPPED
- 1 PINCH FRESHLY GROUND BLACK PEPPER

1. PEEL AND CUT THE CARROTS INTO 1/2-INCH ROUNDS. ON A RIMMED BAKING SHEET, TOSS THE CARROTS WITH 2 TABLESPOONS OF THE OLIVE OIL AND SPRINKLE GENEROUSLY WITH SALT. SET AN OVEN RACK 6 TO 8 INCHES FROM THE HEAT SOURCE AND TURN ON THE BROILER. BROIL THE CARROTS UNTIL THEY BROWN AND SOFTEN, TURNING THEM OVER WITH A SPATULA EVERY 5 MINUTES OR SO; THIS SHOULD TAKE 15 TO 20 MINUTES.
2. MEANWHILE, BRING THE STOCK TO A BOIL, ADD THE GINGER AND THE SPRIG OF THYME AND SIMMER GENTLY FOR 15 MINUTES.
3. PUT THE ONION IN A MEDIUM STOCK POT WITH THE REMAINING OLIVE OIL. BROWN THE ONION OVER MEDIUM HEAT, STIRRING FREQUENTLY. ADD THE GARLIC, AND THEN ADD THE CARROTS.
4. REMOVE THE GINGER AND THYME FROM THE STOCK AND ADD THE STOCK TO THE POT WITH THE ONIONS AND CARROTS. BRING TO BOIL AND SIMMER FOR 5 TO 10 MINUTES, UNTIL THE CARROTS ARE SOFT ENOUGH TO PUREE.
5. USE AN IMMERSION OR A STANDARD BLENDER TO PUREE THE MIXTURE UNTIL SMOOTH. IF THE SOUP SEEMS TOO THICK, ADD MORE STOCK OR WATER AND REHEAT GENTLY. ADD SALT AND PEPPER TO TASTE. TO SERVE, GARNISH WITH CHOPPED FRESH THYME.



ADAPTED FROM BBC.COM

WINTER BUBBLE & SQUEAK

- 2 LARGE YELLOW POTATOES, PEELED AND DICED
- 3 PARSNIPS, PEELED AND DICED
- 1/2 LARGE RUTABAGA, PEELED AND DICED
- 1 TBSP UNSALTED BUTTER
- 1 TBSP EXTRA VIRGIN OLIVE OIL
- 4 SLICES BACON* CUT INTO 2 CM WIDE BATONS (OPTIONAL)
- 1/2 RED ONION PEELED AND FINELY SLICED
- 1 TSP FRESH THYME CHOPPED
- 1 CLOVE GARLIC FINELY CHOPPED
- 1/2 HEAD CABBAGE, CORED AND THICKLY SLICED
- 1 TSP SALT TO SEASON
- 1 TSP FRESHLY GROUND BLACK PEPPER TO SEASON

1. PEEL AND DICE THE POTATO, PARSNIP, AND RUTABAGA. PLACE IN A MEDIUM SIZE SAUCEPAN, COVER WITH WATER AND COOK UNTIL SOFT.
2. USING A SLOTTED SPOON, TRANSFER VEGETABLES TO A BOWL AND MASH WITH A POTATO MASHER. PUT IN THE FRIDGE TO COOL. ADD THE CHOPPED CABBAGE TO THE BOILING WATER AND COOK FOR EXACTLY ONE MINUTE. DRAIN AND SET ASIDE TO COOL.
3. HEAT THE BUTTER AND EXTRA VIRGIN OLIVE OIL IN A LARGE FRY PAN OVER A MEDIUM HEAT. AS IT BEGINS TO GET HOT ADD THE BACON. ONCE THE BACON HAS STARTED TO BROWN, ADD THE SLICED ONION, THYME, AND GARLIC AND COOK FOR 1 MINUTE.
4. ADD THE MASHED POTATO, PARSNIP AND RUTABAGA.
5. WORK EVERYTHING TOGETHER IN THE PAN AND PUSH THE MIXTURE DOWN SO THAT THE MIXTURE COVERS THE BOTTOM OF THE PAN.
6. ALLOW THE MIXTURE TO CATCH SLIGHTLY ON THE BASE OF THE PAN BEFORE TURNING IT OVER. REPEAT FOR BOTH SIDES UNTIL LIGHTLY BROWNED AND CRISP, THEN ALLOW TO COOL SLIGHTLY IN PAN.