



# COOK ALONG KITCHEN NOTES: WEEK 3

DECEMBER 2, 2021



## EATING WITH THE SEASONS

## WELCOME FROM JOSHNA

OCTOBER 31, 2021

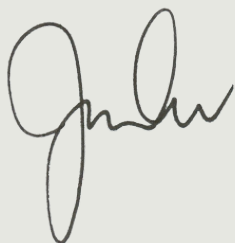
Hello Everyone!

Welcome to week three 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,

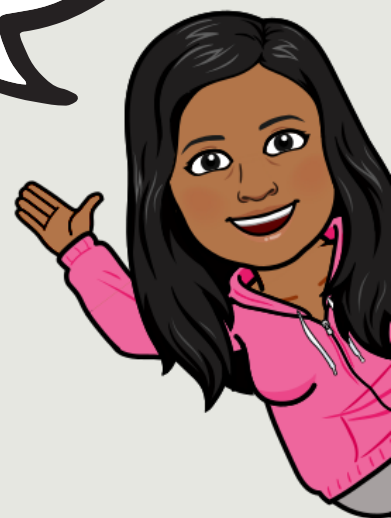
We're sending you details about the equipment that you'll need, and a few extra ingredients that could be helpful, plus possible substitutions. We want this to be easy and comfortable. If you've got any questions, please reach out to **Bronwyn** at **communallunch@gmail.com**.

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.





# This week's box from REACH Regina:

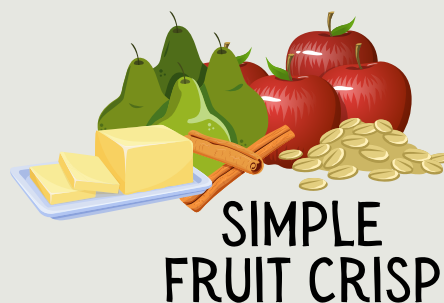
Potatoes  
Tomatoes  
Lettuce  
Celery OR Carrots  
Apples  
Bananas  
Clementines  
Pears  
Yam  
Mushrooms  
Cucumber  
Green Peppers



## The Menu:

WINTER CASSEROLE  
EASY FRUIT CRISP





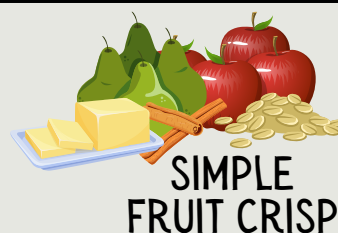
**REACH Regina** has supplied your food boxes this week! They support a number of organizations, working to ensure that everyone in Regina has enough to eat. They support meal programs and student nutrition programs to get good food to the community.

## EQUIPMENT

CHEF'S KNIFE  
CHOPPING BOARD  
LARGE SAUTE PAN  
MED SOUP POT  
COLANDER  
9X13 CASSEROLE DISH  
8 OR 9-INCH SQUARE BAKING DISH  
POTATO MASHER  
2 MIXING BOWLS  
MEASURING CUPS & SPOONS

## INGREDIENTS

- QUICK COOK OATS X 1 1/2 CUPS
- FLOUR (AP OR ANY GF MIX) X 1/4 CUP
- MAPLE SYRUP OR HONEY OR SUGAR
- CINNAMON
- BUTTER X 1 CUP (OR VEGAN ALTERNATIVE)
- GARLIC X 2 CLOVES
- FRESH OR DRIED THYME
- FROZEN CORN OR PEAS (OPTIONAL)
- FRESH CHIVES OR SCALLIONS (OPTIONAL)
- SOUR CREAM OR GREEN YOGURT X 1/4 CUP
- SALT AND PEPPER



*You can substitute virtually any flour for brown rice flours in this recipe. This is a versatile and reliably delicious crumble topping for any seasonal fruit. You can easily substitute apples or pears for the peaches. And when the fruit is ripe, the sweetness is magical all on its own.*

- 1½ CUPS ROLLED OATS
- ¼ CUP BROWN RICE FLOUR
- 3 TBSP MAPLE SYRUP
- 1 TSP CINNAMON
- ¼ TSP SALT
- ¾ CUP COLD BUTTER, CUT INTO SMALL PIECES, PLUS MORE FOR PAN
- 4 MEDIUM PEACHES, PITTED AND SLICED INTO ½-INCH SLICES
- 1½ CUPS BLUEBERRIES, FRESH OR FROZEN
- 2 TBSP BROWN RICE FLOUR
- 2 TBSP MAPLE SYRUP

1. PREHEAT OVEN TO 350°F. BUTTER AN 8X8 SQUARE BAKING PAN OR CASSEROLE DISH AND SET ASIDE.

2. IN A MEDIUM BOWL, COMBINE OATS, FLOUR, MAPLE SYRUP, CINNAMON AND SALT AND STIR. ADD BUTTER AND USING YOUR FINGERTIPS OR A PASTRY BLENDER, WORK BUTTER INTO DRY MIXTURE, UNTIL LITTLE CLUSTERS FORM AND MIXTURE IS HOMOGENOUS. SET ASIDE.

3. IN ANOTHER MEDIUM BOWL, COMBINE FRUIT, FLOUR AND MAPLE SYRUP AND TOSS TOGETHER TO COAT FRUIT WITH FLOUR. TRANSFER FRUIT TO PREPARED PAN AND PRESS DOWN TO FLATTEN OUT SLIGHTLY. COVER FRUIT WITH CRUMBLE TOPPING AND BAKE FOR 35-40 MINUTES, OR UNTIL TOPPING IS GOLDEN BROWN AND FRUIT IS BUBBLING AROUND THE PERIMETER. REMOVE FROM HEAT, COOL AND SERVE.





- 2 TBSP BUTTER
- 1 TBSP OLIVE OIL
- 2 STALKS CELERY, FINELY DICED
- 2 CLOVES GARLIC, MINCED
- 4 CUPS MUSHROOMS, FINELY CHOPPED
- 2 MEDIUM GREEN PEPPERS, DICED
- 2 CUPS FROZEN CORN (OPTIONAL)
- 3-4 SPRIGS FRESH THYME (OR 1/2 TSP DRIED)
- 1 TSP CRUSHED DRIED CHILIES (OPTIONAL)
- 1 SMALL HANDFUL FLAT LEAF PARSLEY, FINELY CHOPPED
- 1 YAM, PEELED AND CHOPPED INTO 1-INCH CHUNKS
- 3 MEDIUM POTATOES, PEELED AND CHOPPED INTO 1-INCH CHUNKS
- 2 TBSP FRESH CHIVES, FINELY CHOPPED (OPTIONAL)
- 1/4 CUP SOUR CREAM OR GREEK YOGURT
- 2 TBSP BUTTER
- SALT AND FRESHLY GROUND PEPPER

1. COMBINE YAM AND POTATOES IN A LARGE POT AND FILL WITH WATER. SEASON GENEROUSLY WITH SALT AND BRING TO A BOIL. COOK UNTIL FORK TENDER. DRAIN IN COLANDER AND SET ASIDE.
2. IN A HIGH-SIDED SAUTÉ PAN, HEAT OIL AND BUTTER ON MEDIUM HIGH. ADD CELERY/CARROT AND SAUTÉ UNTIL TRANSLUCENT. ADD GARLIC AND COOK UNTIL SLIGHTLY SOFTENED, BUT NOT BROWN. ADD MUSHROOMS, GREEN PEPPERS, THE LEAVES FROM 2 SPRIGS OF THYME AND THE CHILIES (IF USING). SEASON WITH SALT AND PEPPER AND STIR TO COMBINE. SAUTE UNTIL VEGETABLES ARE SOFTENED AND STARTING TO BROWN.
3. ADD FROZEN CORN, REMAINING THYME AND FRESH PARSLEY. STIR AND CONTINUE TO COOK UNTIL CORN IS WARMED THROUGH. REMOVE FROM HEAT AND SET ASIDE. PREHEAT OVEN TO 400°F.
4. RETURN DRAINED YAM AND POTATO TO POT AND ADD SOUR CREAM AND BUTTER. SEASON WITH SALT AND PEPPER AND MASH TO A DESIRED CONSISTENCY. ADD CHIVES AND STIR TO COMBINE. TASTE AND ADJUST SEASONING AS NECESSARY.
5. SPREAD VEGETABLE MIXTURE EVENLY IN THE BOTTOM OF AN OVENPROOF 9X13 DISH. SPREAD SQUASH MIXTURE ON TOP AND MAKE DECORATIVE SWISHES WITH YOUR SPATULA OR THE TINES OF A FORK. BAKE IN OVEN FOR 20-30 MINUTES, UNTIL TOP IS TOASTED AND FILLING STARTS TO BUBBLE. REMOVE FROM HEAT AND ALLOW TO SIT FOR 10 MINUTES. ENJOY!

## MAKE IT WORK FOR YOU!

Everyone's preferences are different, so here's a list of things to swap in and out to accommodate this:

dairy butter  
fresh thyme  
sour cream  
all-purpose flour

**vegan butter, coconut oil**  
**dried thyme (less volume)**  
**greek yogurt, coconut cream**  
**gluten-free all-purpose flour/blend**

