



# COOK ALONG KITCHEN NOTES: WEEK 2

NOVEMBER 4, 2021



## EATING WITH THE SEASONS

## WELCOME FROM JOSHNA

OCTOBER 31, 2021

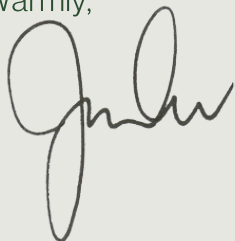
Hello Everyone!

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. I'm also going to show you some French skills that are real building blocks of technique and flavour building.

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. If you've got any questions, please reach out to Bronwyn 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!

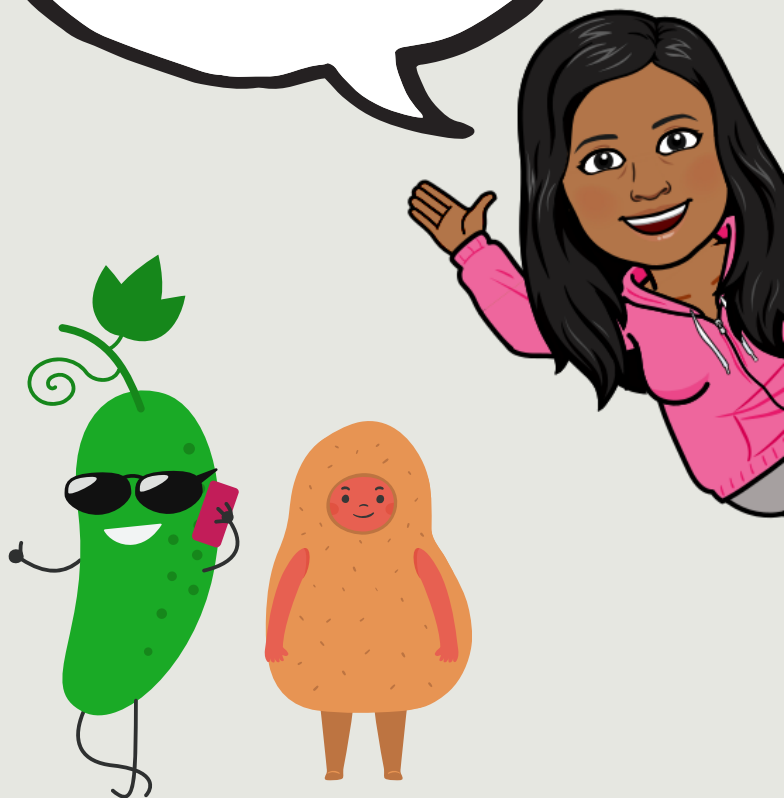
Warmly,



### 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 REACH Regina:

Apples  
Mandarins  
Bananas  
Pears  
Potatoes  
Roma tomatoes  
Celery  
Onions  
Carrots



## The Menu:

CHICKEN/MUSHROOM  
FRICCASSEE  
CREAMY MASHED POTATOES  
CELERY APPLE SALAD



## Equipment

chef's knife  
cutting board  
medium bowls x 2  
medium soup pot with lid  
saute pan with lid  
measuring cups & spoons

## Other Ingredients

- 4 pcs chicken or 2 cups mushrooms, about 600g total
- butter, 1 stick plus 2 tbsp
- mushrooms x 4oz (for chicken only)
- all-purpose flour
- white wine
- chicken or veg broth x 2 cups
- fresh flat-leaf parsley x 2 sprigs
- fresh thyme x 2 sprigs
- egg yolk (optional)
- whipping cream x 6 tbsp
- 3/4 cup whole milk
- lemon x 1
- garlic clove x 1
- dijon mustard x 2 tbsp
- honey or maple syrup x 2 tsp
- walnuts (optional)
- coconut cream/milk (for mushroom option)



## CHICKEN/MUSHROOM FRICASSEE



## CREAMY MASHED POTATOES



## CELERY APPLE SALAD



## CREAMY MASHED POTATOES

ADAPTED FROM  
BONAPPETIT.COM

2LB MEDIUM YELLOW POTATOES, SCRUBBED  
2 TSP KOSHER SALT, PLUS MORE  
¾ CUP WHOLE MILK  
¼ CUP CREAM  
1 CLOVE GARLIC, SMASHED LIGHTLY  
1 STICK BUTTER, ROOM TEMPERATURE  
FRESHLY GROUND PEPPER

1. PLACE POTATOES IN A LARGE POT AND POUR IN COLD WATER TO COVER BY 1". ADD A LARGE HANDFUL OF SALT (WATER SHOULD TASTE BRINY, LIKE THE OCEAN) AND BRING TO A BOIL. REDUCE HEAT AND SIMMER UNTIL POTATOES ARE VERY TENDER BUT NOT CRUMBLY, 30-35 MINUTES. DRAIN, BRIEFLY RINSE WITH COOL WATER TO REMOVE ANY EXCESS STARCH, AND RETURN POTATOES TO WARM POT (OFF HEAT) TO DRY WHILE YOU HEAT THE MILK MIXTURE.
2. WARM MILK, CREAM, GARLIC, IN A SMALL SAUCEPAN ON LOW HEAT UNTIL FRAGRANT, ABOUT 5 MINUTES. REMOVE PAN FROM HEAT.
3. PASS HOT POTATOES THROUGH RICER OR FOOD MILL INTO A LARGE BOWL, OR MASH WELL WITH A MASHER (COLD POTATOES WILL BECOME GUMMY). ADD BUTTER AND 4 TSP. SALT AND STIR UNTIL BUTTER IS COMPLETELY INCORPORATED. STRAIN WARM MILK MIXTURE THROUGH A FINE-MESH SIEVE INTO A LARGE MEASURING GLASS.
4. POUR INTO POTATOES ½-CUPFUL AT A TIME, STIRRING AFTER EACH ADDITION UNTIL LIQUID IS FULLY INCORPORATED AND MIXTURE IS SMOOTH BEFORE ADDING MORE. SERVE MASHED POTATOES TOPPED WITH A FEW GRINDS OF FRESH PEPPER.



## CELERY APPLE SALAD

ADAPTED FROM  
EPICURIOUS.COM

2 TBSP FRESH LEMON JUICE OR CIDER VINEGAR  
2 TBSP DIJON MUSTARD  
2 1/2 TSP HONEY  
1/3 CUP EXTRA-VIRGIN OLIVE OIL  
1/2 LARGE BUNCH CELERY WITH LEAVES  
1 LARGE CRISP APPLE, PEELED, QUARTERED, CORED; EACH QUARTER CUT INTO 2 WEDGES, THEN THINLY SLICED CROSSWISE INTO TRIANGLE SHAPES  
1/4 CUP WALNUTS, TOASTED, CHOPPED (OPTIONAL)

1. WHISK FIRST 3 INGREDIENTS IN SMALL BOWL TO BLEND. GRADUALLY WHISK IN OIL. SEASON VINAIGRETTE WITH SALT AND PEPPER.
2. TRIM CELERY LEAVES AND CHOP ENOUGH TO MEASURE 1 CUP. THINLY SLICE STALKS ON DEEP DIAGONAL. PLACE CELERY PIECES IN BOWL OF COLD WATER. (VINAIGRETTE, CELERY LEAVES, AND CELERY PIECES CAN BE PREPARED 1 DAY AHEAD. COVER SEPARATELY AND REFRIGERATE.)
3. DRAIN CELERY; PAT DRY WITH PAPER TOWELS. COMBINE CELERY, CELERY LEAVES, APPLES, AND WALNUTS IN LARGE BOWL. ADD VINAIGRETTE AND TOSS TO COAT. SEASON SALAD TO TASTE WITH SALT AND PEPPER.



**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.



## CHICKEN/MUSHROOM FRICASSEE



## CREAMY MASHED POTATOES



## CELERY APPLE SALAD



### CHICKEN FRICASSEE

ADAPTED FROM  
MARTHASTEWART.COM

- 4 PCS CHICKEN (ABOUT 600G TOTAL)
- 2 TABLESPOONS UNSALTED BUTTER, SOFTENED, DIVIDED
- 1 TABLESPOON EXTRA-VIRGIN OLIVE OIL
- 1 SMALL YELLOW ONION, CUT INTO 1/4-INCH DICE (1 CUP)
- 1 CARROT, CUT INTO 1/4-INCH DICE (1/2 CUP)
- 1 CELERY STALK, CUT INTO 1/4-INCH DICE (1/3 CUP)
- 4 OZ CREMINI MUSHROOMS, TRIMMED AND QUARTERED
- 1 TBSP ALL-PURPOSE FLOUR
- 1/3 CUP DRY WHITE WINE
- 2 CUPS CHICKEN BROTH
- 2 SPRIGS FRESH FLAT-LEAF PARSLEY
- 2 SPRIGS FRESH THYME
- 1 BAY LEAF
- 1 LARGE EGG YOLK, ROOM TEMPERATURE (OPTIONAL)
- 2 TBSP CUP HEAVY CREAM
- 1 TBSP FRESH LEMON JUICE
- KOSHER SALT AND FRESHLY GROUND PEPPER



Sometimes you just want to infuse herb flavour! Tying herbs into a bundle with a bit of (uncoloured) string makes it easy to pull out before serving.

SEASON CHICKEN ON BOTH SIDES WITH SALT AND PEPPER. PREHEAT A DUTCH OVEN OR OTHER LARGE HEAVY POT OVER MEDIUM-HIGH HEAT. ADD 1 TBSP BUTTER AND THE OIL TO POT. WHEN BUTTER MELTS AND FOAM SUBSIDES, ADD THE CHICKEN, SKIN SIDE DOWN, IN A SINGLE LAYER; DO NOT CROWD POT. (IF BUTTER BEGINS TO BLACKEN, LOWER HEAT.) FRY CHICKEN, TURNING ONCE, UNTIL GOLDEN BROWN ON BOTH SIDES, ABOUT 10 MINUTES TOTAL, AND TRANSFER TO A PLATE.

REDUCE HEAT TO MEDIUM, AND ADD MIREPOIX (ONION, CARROT, AND CELERY) TO POT, SCRAPING UP ANY BROWNED BITS WITH A WOODEN SPOON. SAUTE MIREPOIX, STIRRING OCCASIONALLY, UNTIL SOFT AND GOLDEN BROWN IN PLACES, 8 TO 10 MINUTES.

ADD MUSHROOMS, AND COOK, STIRRING OCCASIONALLY, UNTIL MUSHROOMS DARKEN, BECOME GLOSSY, AND BEGIN TO RELEASE LIQUID, 4 TO 5 MINUTES. STIR IN FLOUR AND COOK UNTIL FLOUR IS ABSORBED BY VEGETABLES AND IS NO LONGER VISIBLE, ABOUT 1 MINUTE.

ADD WINE TO POT, AND BRING TO A BOIL, STIRRING UNTIL LIQUID JUST THICKENS, ABOUT 45 SECONDS. ADD BROTH, AND STIR.

PLACE CHICKEN, SKIN SIDE UP, IN A SINGLE LAYER ON VEGETABLES; POUR JUICES THAT HAVE ACCUMULATED ON PLATE INTO POT. TIE PARSLEY SPRIGS, THYME SPRIGS, AND BAY LEAF TOGETHER WITH KITCHEN TWINE; ADD TO POT. BRING TO A BOIL, THEN REDUCE TO A SIMMER. COVER PARTIALLY. COOK UNTIL INTERNAL TEMPERATURE OF THICKEST PART OF CHICKEN REGISTERS 165 DEGREES, 25 TO 30 MINUTES. TRANSFER CHICKEN TO A CLEAN PLATE. SIMMER LIQUID, UNCOVERED, UNTIL REDUCED SLIGHTLY, ABOUT 5 MINUTES. DISCARD HERBS.



## CHICKEN/MUSHROOM FRICASSEE



## CREAMY MASHED POTATOES



## CELERY APPLE SALAD



## MUSHROOM FRICASSEE

ADAPTED FROM  
RABBITANDWOLVES.COM

3 TBSP OLIVE OIL  
 ½ ONION, PEELED AND DICED  
 4 CLOVES GARLIC, PEELED AND CHOPPED  
 1 STALK CELERY, DICED  
 3 LARGE CARROTS, PEELED AND DICED  
 200Z MUSHROOMS, CHOPPED  
 ½ TSP DRIED THYME  
 ¼ CUP VEGAN BUTTER  
 ¼ CUP ALL PURPOSE FLOUR, OR GLUTEN FREE ALL PURPOSE FLOUR  
 ½ CUP WHITE WINE OR 2 TBSP APPLE CIDER OR WHITE WINE VINEGAR DILUTED IN BROTH  
 2 CUPS VEGETABLE BROTH, PLUS MORE FOR WINE SUBSTITUTE IF USING  
 1 CUP COCONUT CREAM OR FULL FAT COCONUT MILK  
 KOSHER SALT AND FRESHLY GROUND BLACK PEPPER

HEAT OLIVE OIL IN A LARGE SKILLET ON MEDIUM HIGH HEAT. ADD ONION, GARLIC, AND CELERY AND SAUTE FOR 3-5 MINUTES OR UNTIL THE ONION IS TRANSLUCENT.

2. ADD CARROTS AND MUSHROOMS, DRIED THYME, SEASON WITH SALT AND PEPPER AND SAUTE FOR 7-8 MINUTES UNTIL MUSHROOMS HAVE BROWNED.

3. ADD BUTTER AND MELT IT OVER THE VEGETABLES. SPRINKLE THE FLOUR OVER THE VEGETABLES AND TOSS TO COAT ALL OF THE VEGGIES IN THE FLOUR. ADD WHITE WINE, REDUCE HEAT TO MEDIUM LOW AND SIMMER FOR 2-3 MINUTES.

4. ADD THE VEGETABLE BROTH AND COCONUT CREAM AND STIR WELL TO COMBINE, MAKING SURE THERE ARE NO LUMPS OF FLOUR LEFT. SEASON WITH SALT AND PEPPER, REDUCE HEAT TO LOW AND AND SIMMER FOR 10-15 MINUTES, STIRRING OCCASIONALLY. THE SAUCE WILL THICKEN UP AND SHOULD BE SOMEWHERE BETWEEN GRAVY AND STEW. TASTE AND ADJUST SEASONING AS NECESSARY.

## 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  
 chicken broth  
 heavy cream  
 white wine  
 all-purpose flour

**vegan butter**  
**vegetable broth**  
**coconut cream**  
**white wine vinegar, diluted with broth**  
**gluten-free all-purpose flour blend**

