



COOK ALONG KITCHEN NOTES: WEEK 2

NOVEMBER 17, 2021



EATING WITH THE SEASONS

WELCOME FROM JOSHNA

NOVEMBER 14, 2021

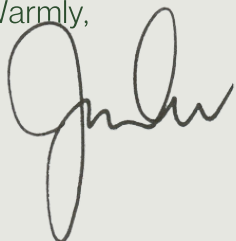
Hello Everyone!

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

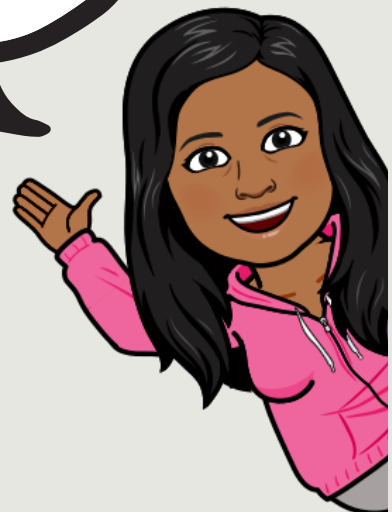
Warmly,



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.

NOW IS THE TIME FOR
WARMER FOODS LIKE SOUPS,
STEWES, AND ROASTS. TAKE THE
CUE FROM NATURE AND GET
READY TO SNUGGLE IN FOR
THE WINTER.



This week's box from Olde Furrow Farm:

Brussels Sprouts
Leeks
Jerusalem Artichokes
Mung Bean Sprouts
Carrots
Turnip



The Menu:

SMASHED SUNCHOKES WITH THYME BUTTER

AASH-E MASH/PERSIAN MUNG BEAN SOUP WITH TURNIP

CREAMY BRUSSELS SPROUT & LEEK PASTA

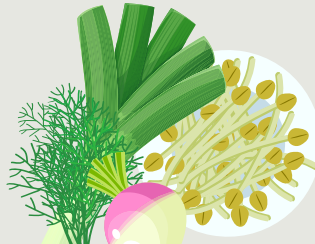


**eat
with
the
rhythm
of the
seasons.**





SMASHED SUNCHOKES WITH THYME BUTTER



AASH-E-MASH (PERSIAN MUNG BEAN SOUP)



CREAMY BRUSSELS SPROUT & LEEK PASTA



SMASHED SUNCHOKES WITH THYME BUTTER

FROM SERIOUSEATS.COM

1 POUND (450G) SUNCHOKES, RINSED & TRIMMED OF ANY DARK SPOTS
KOSHER SALT
1 1/2 TBSP (20ML) CANOLA OR OTHER NEUTRAL OIL
2 TABLESPOONS (1 OUNCE; 30G) UNSALTED BUTTER
LARGE PINCH FRESHLY PICKED THYME LEAVES
FLAKY SEA SALT (OPTIONAL)

1. IN A MEDIUM SAUCEPAN, COVER SUNCHOKES WITH 1 INCH COLD WATER. SEASON GENEROUSLY WITH SALT. SET OVER HIGH HEAT AND BRING TO A BOIL, THEN REDUCE HEAT TO MAINTAIN A GENTLE SIMMER. COOK UNTIL PARING KNIFE INSERTED INTO A SUNCHOKE MEETS LITTLE RESISTANCE, ABOUT 10 MINUTES; BE CAREFUL NOT TO OVERCOOK.

2. DRAIN SUNCHOKES USING FINE-MESH STRAINER OR COLANDER. WHEN COOL ENOUGH TO HANDLE, PLACE SUNCHOKES ON WORK SURFACE OR CUTTING BOARD. WORKING 1 SUNCHOKE AT A TIME, USE THE BOTTOM OF A HEAVY SKILLET TO PRESS FIRMLY ON EACH SUNCHOKE UNTIL IT IS FLATTENED BUT NOT STILL IN ONE PIECE; TAKE CARE NOT TO PRESS SO HARD THAT THE SUNCHOKES BREAK APART.

3. IN A LARGE CAST IRON SKILLET, HEAT OIL OVER MEDIUM HEAT UNTIL SHIMMERING. ADD SUNCHOKES IN A SINGLE LAYER AND COOK WITHOUT MOVING UNTIL WELL BROWNED, ABOUT 3 MINUTES. FLIP SUNCHOKES, THEN ADD BUTTER TO THE PAN AND ALLOW TO MELT. ADD HALF OF THYME TO THE MELTED BUTTER AND CONTINUE TO COOK, SPOONING BUTTER OVER SUNCHOKES, UNTIL BROWNED ON THE SECOND SIDE, ABOUT 3 MINUTES LONGER.

4. TRANSFER SUNCHOKES TO A SERVING PLATE AND SPOON THE THYME BUTTER ON TOP. GARNISH WITH REMAINING FRESHLY PICKED THYME LEAVES AND SPRINKLE WITH FLAKY SALT. SERVE IMMEDIATELY.



@oldefurrow

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 BBCGOODFOOD.COM

CREAMY BRUSSELS SPROUT & LEEK PASTA

- 2 TSP OLIVE OIL
- 3 LEEKS , WHITE AND LIGHT GREEN PARTS ONLY, HALVED AND SLICED
- 200G BRUSSELS SPROUTS , ½ FINELY SLICED AND ½ QUARTERED
- 2 GARLIC CLOVES , MINCED
- 50ML VEGETABLE BROTH
- 3 TBSP SOUR CREAM OR COCONUT CREAM
- 1 PKG (ABOUT 1LB/454G) SHORT PASTA (PENNE RIGATE OR FUSILLI WORK WELL)
- 1 TBSP GRATED PARMESAN OR VEGAN ALTERNATIVE
- 1 LEMON , ZESTED
- ½ SMALL BUNCH OF PARSLEY , FINELY CHOPPED
- 1 TBSP CHOPPED HAZELNUTS (OR ANY OTHER NUT OR SEED), TOASTED

1.HEAT THE OIL IN A LARGE FRYING PAN OVER A LOW HEAT. ADD THE LEEKS AND SPROUTS AND COOK FOR 10-15 MINS OR UNTIL SOFTENED. ADD THE GARLIC AND COOK FOR 1 MIN. STIR THROUGH THE HOT STOCK AND SOUR CREAM.

2.COOK THE PASTA FOLLOWING PACK INSTRUCTIONS. DRAIN AND TOSS WITH THE LEEKS AND SPROUTS, PARMESAN, LEMON, PARSLEY AND HAZELNUTS, ADDING A LADLEFUL OF THE PASTA COOKING WATER IF NEEDED TO LOOSEN. SEASON TO TASTE AND SPOON INTO FOUR BOWLS.



FROM THECASPIANCHEF.COM

AASH-E-MASH (PERSIAN MUNG BEAN SOUP)

- 1 LARGE ONION, DICED
- 4 TABLESPOONS OLIVE OIL
- 1 TEASPOON TURMERIC, GROUND
- 2 MEDIUM TURNIPS, DICED INTO 1/2 INCH CUBES
- 1 CUP MUNG BEANS, DRIED
- 9 CUPS WATER OR BROTH
- 1/2 CUP WHITE RICE
- 1 1/2 TEASPOONS SALT, ADJUST AS NECESSARY
- 1/2 TEASPOON BLACK PEPPER, GROUND
- 1 BUNCH FRESH DILL, LEAVES ONLY, ROUGHLY CHOPPED
- 1 MEDIUM LEEK, FINELY CHOPPED.
- 1/2 CUP FRESH PARSLEY, ROUGHLY CHOPPED.
- 2 TBSP FRESH THYME LEAVES, ROUGHLY CHOPPED.

1.IN A LARGE POT SAUTE THE ONION WITH THE OLIVE OIL FOR ABOUT 10 MINUTES OR UNTIL LIGHTLY GOLDEN.

2.ADD TURMERIC AND TURNIPS AND TOSS AROUND FOR A COUPLE OF MINUTES FOR THE TURNIP TO BECOME GOLDEN.

3.ADD THE MUNG BEANS AND THE WATER OR STOCK AND BRING TO A GENTLE BOIL. LOWER THE FLAME, COVER AND COOK FOR 10 MINUTES.

4.ADD THE REMAINING INGREDIENTS, BRING BACK TO A BOIL. COVER AND SIMMER ON LOW HEAT FOR 45 MINUTES OR UNTIL THE MUNG BEANS HAVE SOFTENED. THE SOUP TEXTURE SHOULD BE DENSE WITH INGREDIENTS WITH JUST A LITTLE BROTH. ADJUST CONSISTENCY AS NECESSARY BY ADDING WATER OR COOKING MORE WITHOUT A LID.

EQUIPMENT | INGREDIENTS

CHEF'S KNIFE
CHOPPING BOARD
LARGE SAUCEPAN
COLANDER/STRAINER
MED-LARGE SOUP POT WITH LID
SMALL SAUCEPAN
SAUTE PAN
ZESTER/GRATER

XV OLIVE OIL OR VEGETABLE OIL
BUTTER X 4-6 TBSP
FRESH THYME X 1 BUNCH
FLAKY SEA SALT (OPTIONAL)
ONION, LARGE X 1
GARLIC X 1 HEAD
VEGETABLE BROTH X 2.5 L (OPTIONAL)
WHITE RICE X 1/2 CUP
FRESH DILL X 1 BUNCH
FRESH PARSLEY X 1 BUNCH
LEMON X 1

TURMERIC
BLACK PEPPER, GROUND
1LB PASTA (FUSILLI IF POSSIBLE)
DRIED CHILI FLAKES
1 TBSP NUTS/SEEDS (OPTIONAL)
PARMESAN CHEESE X 1 TBSP
SOUR CREAM OR COCONUT CREAM
X 3 TBSP