

COOK ALONG KITCHEN NOTES: WEEK 1

OCTOBER 7, 2021



EATING WELL AS A STUDENT

WELCOME FROM JOSHNA

OCTOBER 4, 2021

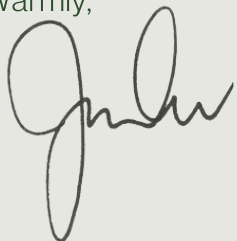
Hello Everyone!

Welcome to week one of our campus cook along sessions! This week we're going to get you organized with shopping and meal planning so that you can eat well and make the most out of your food box.

In these notes, we're sending you some details about how we'll use the food you'll be receiving this week. We've got recipes, equipment lists, and a few other food ingredients to have on hand. Do the best you can getting prepped, we'll help out with suggestions for substitutions during the cook along. We want this to be easy and comfortable. **If you've got any questions, please reach out to us 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!

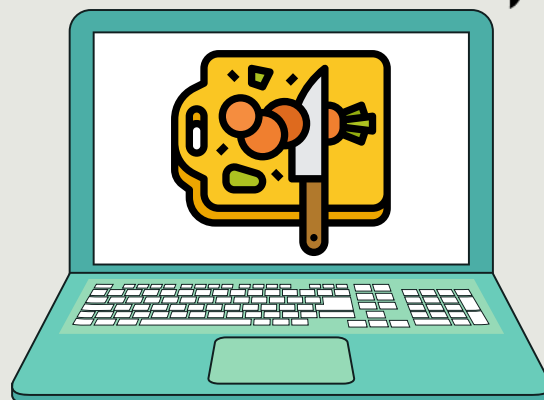
Warmly,



Mise en Place:

To gather and arrange all of the ingredients and tools required to cook.

MISE EN PLACE IS LIKE A
GIFT FROM YOUR
PRESENT SELF TO YOUR
FUTURE SELF!



**"Organizing is
what you do
before you do
something, so that
when you do it, it's
not all mixed up."**

-A.A. Milne

This week's box from REACH Regina:

Apples x 5
Bananas x 1 bunch
Mandarins x 5
Pears x 4
Grapes x 1lb
Potatoes x 5lb
Iceburg Lettuce x 1 head
Tomatoes x 2
Carrots x 2lbs
Celery x 1 bunch
Onions x 3lb



The Menu:

CARROT LENTIL SOUP
EASY POTATO CURRY
SIMPLE BREAKFAST BAKE



Equipment

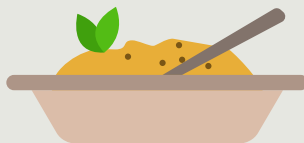
chef's knife
cutting board
medium bowl
medium soup pot with lid
saute pan with lid
8" square baking pan
parchment paper (optional)
box grater
spatula
measuring cups & spoons

Other Ingredients

salt & pepper
black mustard seeds (1/4 tsp)
cumin seeds (2 tsp)
dried chili flakes (1/4 tsp)
ground turmeric (1/4 tsp)
fresh coriander (handful)
vegetable oil
spelt flour (or whole wheat, or all purpose)
1 egg
sugar
baking soda
ground cinnamon (1 tsp)
ground nutmeg (1/4 tsp)



CARROT & LENTIL SOUP



EASY POTATO CURRY



APPLE BREAKFAST BAKE



EASY POTATO CURRY

- 3 LARGE POTATOES, BOILED, PEELED AND CUT INTO CUBES
 1/4 TSP BLACK MUSTARD SEEDS
 1/2 TSP CUMIN SEEDS
 1 ONION, SLICED
 1/2 TSP GRATED GINGER
 1/4 TSP TURMERIC POWDER
 1 TSP GROUND CORIANDER
 1 TSP LEMON JUICE (OPTIONAL)
 1 TBSP FRESH CORIANDER, FINELY CHOPPED
 2 TSP VEGETABLE OIL
 SALT
 OPTIONAL:
 4-5 CURRY LEAVES
 2 GREEN CHILLIES, FINELY CHOPPED



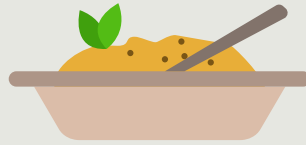
1. HEAT OIL IN A KADAI. ADD MUSTARD SEEDS; WHEN THEY BEGIN TO CRACKLE, ADD CUMIN SEEDS AND CURRY LEAVES (IF USING). SAUTÉ FOR FEW SECONDS
2. ADD SLICED ONION AND SAUTÉ UNTIL IT TURNS TRANSPARENT. ADD GINGER AND GREEN CHILLI; SAUTÉ FOR A MINUTE.
3. ADD TURMERIC POWDER, CORIANDER POWDER, SALT AND LEMON JUICE; MIX WELL.
4. ADD POTATOES AND MIX GENTLY USING SPATULA.
5. COOK FOR 3-4 MINUTES OVER LOW FLAME. TURN OFF THE FLAME.
6. TRANSFER DRY POTATO BHAJI TO A SERVING BOWL AND GARNISH WITH FRESH CORIANDER LEAVES.



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.



CARROT & LENTIL SOUP



EASY POTATO CURRY



APPLE BREAKFAST BAKE



CARROT & LENTIL SOUP

ADAPTED FROM
@BBCGOODFOOD.COM

1 TSP CUMIN SEEDS
PINCH CHILLI FLAKES
2 TBSP OLIVE OIL
600G CARROTS, WASHED AND COARSELY GRATED (NO NEED TO PEEL)
140G SPLIT RED LENTILS
1L HOT VEGETABLE STOCK (FROM A CUBE IS FINE, OR USE WATER)
125ML COCONUT MILK
FRESH CORIANDER (OPTIONAL)

HEAT A LARGE SAUCEPAN AND DRY-FRY 2 TSP CUMIN SEEDS AND A PINCH OF CHILLI FLAKES FOR 1 MIN, OR UNTIL THEY START TO JUMP AROUND THE PAN AND RELEASE THEIR AROMAS.

ADD 2 TBSP OLIVE OIL, CARROTS, LENTILS, STOCK AND COCONUT MILK TO THE PAN. COVER AND BRING TO THE BOIL. SIMMER FOR 15 MINS UNTIL THE LENTILS HAVE SWOLLEN AND SOFTENED.

WHIZZ THE SOUP WITH A STICK BLENDER OR IN A FOOD PROCESSOR UNTIL SMOOTH (OR LEAVE IT CHUNKY IF YOU PREFER).

SEASON TO TASTE AND FINISH WITH A DOLLOP OF PLAIN YOGURT AND FRESH CORIANDER.



APPLE BREAKFAST BAKE

1-2 APPLES
1-2 PEARS
1 CUP GRANULATED SUGAR
1/2 CUP PLUS 2 TBSP CANOLA OIL
1/2 CUP RAISINS (OR OTHER DRIED FRUIT)
1/2 CUP CHOPPED PECANS (OR WALNUTS)
1 LARGE EGG, ROOM TEMPERATURE, LIGHTLY BEATEN
1 TSP VANILLA EXTRACT
1 1/2 CUPS SPELT FLOUR
1 TSP BAKING SODA
1 TSP GROUND CINNAMON
1/4 TSP GROUND NUTMEG
1/2 TEASPOON SALT

1. PREHEAT OVEN TO 325°F. BUTTER AN 8X8 CAKE PAN OR LINE WITH PARCHMENT AND SET ASIDE.
2. GRATE APPLE AND PEAR ON BOX GRATER, TURNING AS YOU HIT THE CORE. GRATE ENOUGH TO GET 1 CUP EACH OF GRATED APPLE AND PEAR.
3. IN A LARGE BOWL, COMBINE THE FIRST 8 INGREDIENTS. IN ANOTHER BOWL, WHISK TOGETHER DRY INGREDIENTS; STIR INTO THE WET MIXTURE.
4. POUR INTO A PREPARED PAN AND BAKE AT 325° UNTIL A TOOTHPICK INSERTED IN THE CENTER COMES OUT CLEAN, 45-50 MIN. COOL ON A WIRE RACK.