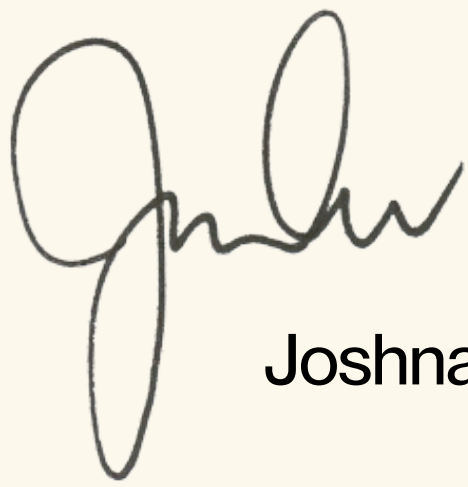


# Residence Cook Along Kitchen Notes



See you on the call!



Joshna

## Hi Everyone!!

Welcome to our second Residence Cook Along! The first session was a blast, and we really felt like we were on to something good. But we also got lots of feedback about things moving too fast and being hard to follow along. We hear you!

This week we have a much bigger crowd, which is wonderful news! So we've decided to slow it right down and do one recipe together. With what's coming in your produce boxes, we've got the ingredients for a really delicious **Eggplant Lentil Bolognese**.

This is a vegan version of an Italian classic, usually eaten with pasta or polenta, but it's very versatile and I'll tell you about how you can repurpose the leftovers of this yummy sauce.

If you've never eaten lentils before, or you're unsure about eggplant, I invite you to give this a try. You've got beautiful ingredients that were harvested from the field to order for you, and they're bursting with flavour!

## What You'll Need

### Ingredients

Beefsteak Tomatoes  
Multicolour Carrots  
Red Onions  
Baby Eggplant  
Brown Lentils  
**olive oil (or veg oil, butter)**  
**garlic**  
**broth (or red wine, or juice)**  
**dried herbs (Italian seasoning)**  
**tomato paste (or ketchup)**  
**pasta or polenta**

### Equipment: Team Stovetop

cutting board  
good sharp knife  
mixing bowls x 2  
box grater  
heavy large pot  
tablespoons  
second pot for pasta  
colander

### Equipment: Team Microwave

mixing bowls x 2  
micro-safe bowl x 2  
plastic wrap  
cutting board  
good sharp knife  
box grater  
tablespoons  
oven mitts or kitchen towel  
fine mesh sieve

*Something I'm hoping to do here is help you grow your intuition as a cook, so you can eventually be inspired by ingredients and create dishes based on what you've got instead of being tied to the requests of a recipe. This week we'll learn about braising on a stovetop and in a microwave, and these are skills that you'll be able to apply to other dishes and ingredients quite easily.*

*I'm including a recipe below, with instructions for prep on a stovetop and in the microwave. In the call on Thursday, we'll have one PA supporting the microwave team, and another PA supporting the stovetop team. We'll walk you all through the logistics at the start of the call.*

## **Prep Before the Call**

With so many participants, we need to make this as simple as possible. Having you all do a bit of prep ahead of time will make this process move nice and smoothly. Here's what I'd like you to do:

- **Cook your lentils**
- **Roast your eggplant**
- **Chop your vegetables**

**1. Cook your lentils.** Here's a nice video from the fine folks at [lentils.org](http://lentils.org).

### **Stovetop:**

1. Rinse your lentils with fresh water before boiling to remove any dust or debris.
  2. Cook on a stovetop, using 3 cups of liquid (water, stock, etc) to 1 cup of dry lentils. Be sure to use a large enough saucepan as the lentils will double or triple in size. Do not salt lentils now, if you cook them with salt, they'll become tough. You'll season them after they're cooked.
  3. Bring to a boil, cover tightly, reduce heat and simmer until they are tender.
- For whole lentils, cook time is typically 15-20 minutes. For split red lentils, cook time is typically only about 5-7 minutes.

### **Microwave:**

1. Combine the lentils with 1½ cups of water in a large glass microwave-safe bowl (a 2.5 QT/2.4 L bowl is a good size). Cook on high, uncovered, for about 14 minutes, stopping to stir every 5 minutes until lentils are tender enough to squish with your finger, but not mushy. This should be enough time under a standard setting, but you may need to adjust the recipe by a minute or two, depending on your microwave. Carefully remove the hot bowl from the microwave, drain lentils in a colander, stir and set aside.

**2. Roast your eggplant.** Ideally, this needs to be done in an oven or toaster oven. You're going to slice the two eggplants in your boxes in half, drizzle with olive oil, season with salt and pepper, and roast on a tray at 350F for about 30 minutes, until the eggplant is very tender and mushy. Remove from heat and set aside to cool.

For those of you without an oven, if it's possible, perhaps you could make friends with someone with an oven or toaster oven to do this roasting ahead of time. If all else fails, here's an easy way to roast that eggplant in the microwave. You won't have the browned char of the oven, but it'll soften it well enough for our purposes.

### **Microwaved Eggplant**

1. Take a fork or toothpick and pierce the eggplant all over, several times in order to release the steam from the eggplant in the microwave.
2. Place the whole eggplant (do not cut it) on a plate and put it in the microwave for 7 minutes on full power. After 7 minutes in the microwave, the eggplant will begin to collapse. Turn the eggplant over on the plate and put it back in the microwave for an additional 3 minutes.
3. When the eggplant is done, remove it from the microwave and let it cool a bit. Once cooled, cut it in half, lengthwise. Open up the eggplant, skin side down and scoop out the softened flesh onto a cutting board. Chop roughly, then place in a bowl and set aside.

**3. Chop your vegetables.** We need a small-ish dice of onion, carrot, and celery, if you're using it. Getting this done ahead of time will help a lot. Here's a video from our friends at [Tasty](http://Tasty) about knife skills and chopping. We'll also need you to mince garlic, which is in this video too.



# Eggplant Lentil Bolognese

## Serves 6

### Ingredients

2 baby eggplant  
2 tablespoons olive oil  
1 red onion, finely chopped  
3 stalks celery, finely chopped (optional)  
3 carrots, finely chopped  
1 teaspoon kosher salt  
2 cups dry red wine (or broth, juice)  
4 cloves garlic, chopped  
1/2 teaspoon dried oregano  
1/2 teaspoon dried thyme  
1/4 cup tomato paste (ketchup will work in a pinch!)  
1 (28 ounce) can crushed tomatoes or 1 beefsteak tomato, grated or chopped  
2 cups cooked brown or green lentils  
Cooked pasta or polenta, for serving

### Method (Oven & Stovetop)

1. Preheat the oven to 350F. Slice eggplant in half and rub the eggplant with some of the olive oil and place on a baking sheet. Roast until very tender, about 30 min. The skin should easily peel off and the insides should be creamy.
2. Heat the remaining olive oil in a large heavy pot over medium heat. Add the onion, celery (if using), carrots, and salt. Add in garlic, oregano and thyme and cook until vegetables are very soft, about 15 minutes.
3. Deglaze with wine or juice until the liquid is reduced by at least half and sauce has thickened. Stir occasionally to prevent sticking.
4. Add in the tomato paste and cook again until thickened.
5. Peel the eggplant and scoop out the flesh. Roughly chop, if needed, and add that to the pot along with the cooked lentils and tomatoes.
6. Reduce heat to low and simmer until thickened and cooked together, about 1 hour. Taste and adjust seasoning as necessary.

### Method (Microwave)

1. Put the chopped celery (if using), onion and carrot into a large microwave safe bowl. Add 2 tsp olive oil and season with salt and pepper. Cover the bowl with a microwaveable lid or plastic wrap, leaving a small area uncovered, and microwave on full power for 3 minutes. Remove the bowl, carefully peel back plastic wrap and stir mixture. Re-cover and return to the microwave for another 3 minutes. Take care when removing the bowl as it will be very hot.
2. Add the crushed or grated tomatoes to the bowl together with 50ml/2fl oz of warmed red wine, broth, or boiling water and the garlic, thyme and oregano. Cover again and cook in the microwave on full power for 7 minutes.
3. Remove the bowl, add cooked eggplant, cooked lentils and tomato paste, season lightly with salt and pepper and stir well. Cover and return to the microwave for another 10 minutes on full power, stirring halfway through. Remove the bowl and leave to stand.
4. Break the spaghetti into thirds and put into a separate microwave safe bowl. Add the oil and mix well to coat the spaghetti with oil. Pour over boiling water until just covered and stir well. Put into the microwave and cook on full power for 4 minutes. Remove the bowl and stir the spaghetti. Cover and return to the microwave and cook on full power for another 4 minutes.
5. Take the bowl out of the microwave and leave to stand for 2 minutes. Check that the spaghetti is cooked and is al dente (still has a little bite). Cook for another couple of minutes if it's not soft enough. Drain the cooked spaghetti and serve with the bolognese sauce.