

WINTER COOK ALONG KITCHEN NOTES

FEBRUARY 3, 2022.



EATING WITH THE SEASONS

WELCOME FROM JOSHNA

JANUARY 31, 2022.

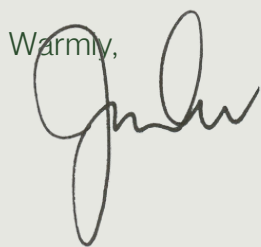
Hello Everyone!

Welcome to our first U of R cook along of 2022! We're deep into winter vibes now, and cooking is all about stews and slow roasting in the oven. We're going to get down with root vegetables, finding delicious ways to enjoy old favourites.

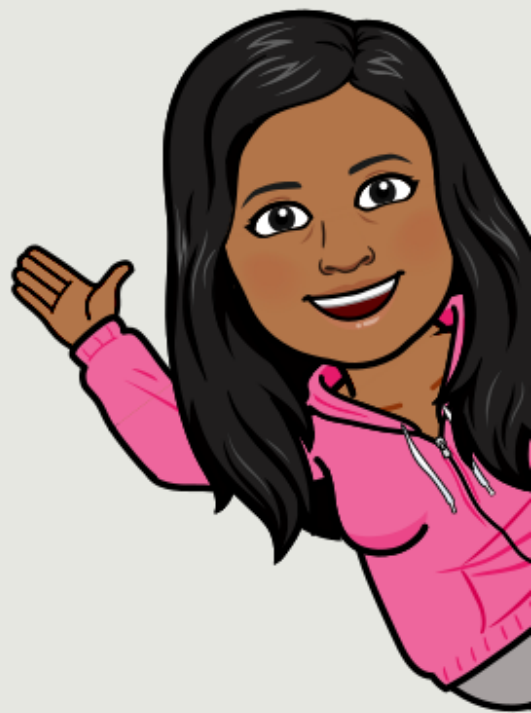
As always, we're here to make sure this is as enjoyable and useful as possible for you. You don't need any special skills, just a bit of basic equipment, your food box plus a few other bits, and your enthusiasm!

I look forward to seeing you all on Thursday!

Warmly,

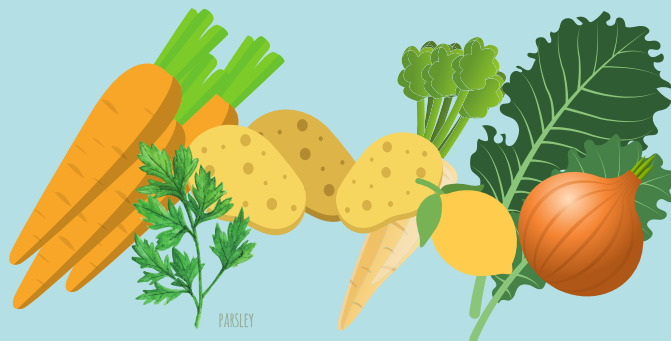


JUST LIKE WE SNUGGLE UP ON THE COUCH DURING COLDER MONTHS, WINTER FOODS GET WRAPPED UP IN GOOD FLAVOUR TO SIMMER AND MAKE FRIENDS.



This week's box courtesy of URSU:

Garlic
Carrots
Parsnips
Kale
Parsley
Onion
Lemon



The Menu:

ROASTED ROOTS & GREENS
SPICED LENTILS





ROASTED ROOTS & GREENS

1 TABLESPOON EXTRA-VIRGIN OLIVE OIL
 1 CLOVE GARLIC, SMASHED
 1 1/2 CUPS ROASTED ROOT VEGETABLES
 2 CUPS CHOPPED KALE OR BEET GREENS
 1 TEASPOON GROUND CORIANDER
 1/8 TEASPOON GROUND PEPPER
 PINCH OF KOSHER SALT
 2 TABLESPOONS TAHINI OR LOW-FAT PLAIN YOGURT
 FRESH PARSLEY FOR GARNISH

- TO PREPARE VEGETABLES: HEAT OIL IN A LARGE SKILLET OVER MEDIUM HEAT. ADD GARLIC AND COOK UNTIL FRAGRANT, 1 TO 2 MINUTES. ADD ROASTED ROOT VEGETABLES AND COOK, STIRRING OFTEN, UNTIL HEATED THROUGH, 2 TO 4 MINUTES. STIR IN KALE (OR BEET GREENS) AND COOK UNTIL JUST WILTED, 2 TO 3 MINUTES. STIR IN CORIANDER, PEPPER AND SALT.
- SERVE THE VEGETABLES OVER THE LENTILS, TOPPED WITH TAHINI (OR YOGURT). GARNISH WITH PARSLEY, IF DESIRED.



SPICED LENTILS

2 TBSP OLIVE OIL
 1 ONION, PEELED AND FINELY DICED
 2 CLOVES GARLIC, MINCED
 1/2 TEASPOON GROUND CORIANDER
 1/2 TEASPOON GROUND CUMIN
 1/4 TEASPOON GROUND TURMERIC
 1/4 TEASPOON CAYENNE, OR TO TASTE
 1/4 TEASPOON KOSHER SALT
 1 CUP SMALL BROWN, RED, OR GREEN LENTILS
 1 1/2 CUPS WATER OR BROTH
 2 TABLESPOONS LEMON JUICE
 1 TEASPOON OLIVE OIL

- TO PREPARE LENTILS: COMBINE WATER, LENTILS, SPICES, AND 1/2 TEASPOON SALT IN A MEDIUM POT. BRING TO A BOIL. REDUCE HEAT TO MAINTAIN A SIMMER, COVER AND COOK UNTIL TENDER, 25 TO 30 MINUTES.
- UNCOVER AND CONTINUE SIMMERING UNTIL THE LIQUID REDUCES SLIGHTLY, ABOUT 5 MINUTES MORE. DRAIN. STIR IN LEMON JUICE AND 1 TEASPOON OIL.

EQUIPMENT & INGREDIENTS

CHEF'S KNIFE
CHOPPING BOARD
LARGE SAUTE PAN
MED SOUP POT
BAKING SHEET
PARCHMENT OR FOIL
MEASURING CUPS & SPOONS

PRODUCE:
GARLIC X 3 CLOVES
CARROTS X 1LB
PARSNIPS X 1LB
KALE X 1 BUNCH
PARSLEY, FLAT LEAF X 1
BUNCH
YELLOW COOKING ONION X 1
LEMON X 1

PANTRY:
OLIVE OIL
TAHINI (OR YOGURT)
LENTILS X 1 CUP

SPICES:
GROUND CORIANDER
GROUND CUMIN
GROUND BLACK PEPPER
GROUND TURMERIC
CAYENNE
KOSHER SALT



Tips for successful roasting:

1. Cut pieces of vegetables into the same size for even cooking
2. Toss vegetables well with oil and season with salt and pepper for a nice brownness
3. Arrange vegetables in one layer, with some space between them for cooking.

