



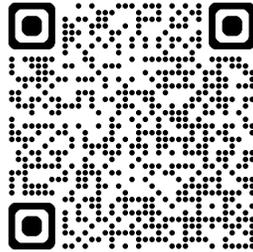
Culinary Institute
of America

**CULINARY INSTITUTE OF AMERICA &
THE TEACHING KITCHEN COLLABORATIVE
CULINARY INTENSIVE WORKSHOP**



CIA Consulting
The Culinary Institute of America

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The Culinary Institute of America

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Welcome to the CIA!

Education is a gift. And those of us in the foodservice industry have a chance to “pay it forward” by sharing our gifts with others. For over 70 years, The Culinary Institute of America has provided students with unparalleled training, setting the gold standard for culinary excellence.

Whether you are here to learn new skills and techniques, develop an appreciation for a global cuisine, or are in pursuit of ProChef Certification, our continuing education courses provide the training you need to achieve your personal and professional development goals.

While on campus, we want you to have the best experience possible. If you have any questions along the way, please ask your chef-instructor or anyone on the Continuing Education staff. Once your training is complete, please feel free to stay in touch - we always enjoy hearing your success stories.

And, because so many of our students ask how they can keep in touch with each other after class is over, we’ve made it easy to do through our Facebook page. Just log in and search for “CIA ProChef.”

Wishing you all the best,

A handwritten signature in black ink that reads "David Kamen".

David Kamen '88 MBA PC^{III}
Director CIA Consulting
845-451-1386 david.kamen@culinary.edu

P.S. Did you know that the CIA is an independent, not-for-profit college? As such, your tuition supports our core mission of providing the world’s best professional culinary education. If you’d like to further support the future of food with the gift of education, please visit www.ciagiving.org.

EXPECTATIONS FOR PARTICIPANTS

- ☑ Silence and put away phones during class.
- ☑ Actively participate.
- ☑ Return promptly from breaks.
- ☑ Remain in attendance for the class duration.
- ☑ Complete the course evaluation.
- ☑ Follow all established health and safety regulations.
 - In addition to the precautions necessary to guard against food-borne illness, care must also be taken to avoid accidents. The following safety measures should be practiced.
 - Wash hands before beginning work in the kitchen.
 - Keep all perishable items refrigerated until needed.
 - NYS law – when handling “ready-to-eat” food items, if you don’t cook it, glove it!
 - Wash hands, cutting boards, knives, etc. when switching between meats and vegetables.
- ☑ Maintain CIA uniform standards.
- ☑ Act within the guidelines of the CIA’s policy on harassment.
 - The Culinary Institute of America (CIA) is committed to providing a working and learning environment free from harassment. Members of the CIA community, guests, and visitors have the right to be free from any form of harassment (which includes sexual misconduct and sexual harassment) or discrimination; all are expected to conduct themselves in a manner that does not infringe upon the rights of others.

CIA UNIFORM POLICY

To foster a professional working environment and to maintain the highest standards of safety and sanitation, the CIA has adopted the following uniform code. Each item has been designed with a practical function in mind. These items must be worn in all production classes unless otherwise stated.

- ☑ Chef's jacket
 - Double-breasted structure creates a two-layer cloth barrier to help prevent steam burns, splashes, and spills
 - Can be re-buttoned on the opposite side to cover spills
 - Sleeves are long to cover as much arm as possible to reduce burns
- ☑ Pants
 - Hounds-tooth helps camouflage stains
 - Best without cuffs, which can trap hot liquids and debris
- ☑ Shoes and Socks
 - Shoes
 - Should be made of hard leather, with low heels, slip-resistant soles, and no open toes
 - Prevent slips and falls in the kitchen
 - Offer support
 - Protect feet from falling pots
 - Socks
 - Must be worn for hygienic purposes and to prevent burns
- ☑ Neckerchief (Optional)
 - Helps to absorb sweat
- ☑ Toque (provided in class)
 - Contains hair
 - Absorbs sweat
- ☑ Apron (provided in class)
 - Protects jacket and pants from excessive staining
- ☑ Side towel (provided in class)
 - Protects hands when working with hot pans, dishes, and equipment
- ☑ Jewelry
 - Not permitted except for one plain ring to minimize exposure to potential hazards
- ☑ Hair
 - Should be neatly maintained, clean, and under control at all times

TABLE OF CONTENTS

COURSE INFORMATION.....	7
COURSE SYLLABUS.....	9
DAY ONE: PRINCIPLES OF HEALTHY AND SUSTAINABLE COOKING: HEALTHY DIETARY PATTERNS, SUSTAINABLE FOOD SYSTEMS, KNIFE TECHNIQUES	2
DAY ONE: TEAM PRODUCTION ASSIGNMENTS.....	4
DAY TWO: FLAVOR DYNAMICS; PRINCIPLES OF MEAL PLANNING; HEALTHY CARBOHYDRATES; COOKING TECHNIQUES OF PULSES, GRAINS, LEGUMES, AND POTATOES; SALAD DRESSINGS	8
DAY TWO: TEAM PRODUCTION ASSIGNMENTS.....	10
Grain Cooking Chart	11
Suggested Soaking and Cooking Times for Legumes	14
DAY THREE: LEARNING FROM THE GLOBAL PLANT FORWARD KITCHEN, HEALTHY PROTEINS AND FATS, FIBER-RICH FOODS, NUTS, SEEDS, HERBS AND SPICES	43
DAY THREE: TEAM PRODUCTION ASSIGNMENTS.....	45
DAY FOUR: FUNCTIONAL INGREDIENTS AND THE GUT MICROBIOME; ANTI-INFLAMMATORY AND IMMUNE BOOSTING FOODS; BLUE ZONES DIET; BEVERAGES	80
DAY FOUR: TEAM PRODUCTION ASSIGNMENTS.....	82
DAY FIVE: REIMAGINING FAVORITE FOODS: PROMOTING DIETARY BEHAVIORAL CHANGES AND MINDFULNESS	115
DAY FIVE: TEAM PRODUCTION ASSIGNMENTS.....	117
Build a Better Bowl Exercise	118
Signature Flavors of the World to Inspire Your Creations.....	121
RECIPE INDEX	156

COURSE INFORMATION

There is a critical link between the quality of the food we eat and the quality of the life we lead. Studies show that a nutritious diet strengthens our defenses against diseases and reduces depression and anxiety. As a medical professional, how can you best support patients in making practical food choices that taste delicious and support physical and mental well-being?

This 5-day intensive course, designed for healthcare professionals and taught by experts in the medical, nutrition, and culinary fields, teaches how to create delicious food using ingredients as medicine for our bodies and minds. Building on the latest scientific evidence and nutritional competencies, this hands-on kitchen experience aims to promote meaningful, customizable food and nutrition guidance for patients and their families. Evidence linking food, lifestyle, and health equity serves as the foundation for the course's tactical cooking components, including how economic status and culture can affect patients' dietary choices.

During the hands-on course, participants will learn mindful cooking techniques, how to enhance the bioavailability and health benefits of food, and ways to empower patients with nutrition and cooking interventions that are delicious, culturally relevant, and health supportive. With the guidance of CIA chefs, participants will practice the skills to prepare flavorful, nutrient-dense meals and master meal prep methods that make them convenient and practical. Continuing Medical Education (CME) credits will be awarded upon completion of the course.

Participants will be encouraged to explore the traditional foods of global plant forward cuisines, including the Mediterranean, Latin America, Asia, Africa and the Blue Zones. Daily lessons will include ingredient identification, tastings, and demonstrations, plus visits to the CIA farm and other local producers to learn how sustainable, regenerative practices impact community health.

LEARNING OBJECTIVES

Throughout this course, you will...

- Describe the role food plays in health, disease prevention, self-care, and wellbeing.
- Learn how food-insecurity, social and economic status, and culture impact patient dietary choices.
- Use basic concepts of nutrition to identify ways to improve patient care.
- Identify nutrient-dense and medicinally beneficial ingredients that can be used to prepare intensely flavorful dishes.
- Learn how to “Eat the Rainbow” with Plant Forward Cooking.
- Discuss the characteristic foods and lifestyle of the Blue Zone diet.
- Apply cooking techniques and flavor profiles of the Mediterranean, African, Latin and Asian diets to re-create “better for you” versions of popular dishes.
- Rethink the role of meat as a garnish or flavoring, rather than the center of the plate.
- Spend time in flavor dynamics sessions tasting a variety of medicinal foods including herbs and spices, fermented products, and condiments.
- Visit the CIA farm and hear from guest speakers to understand sustainable, regenerative, and community impact on healthy eating.
- Take time to think about ingredients and the act of cooking mindfully.
- Demonstrate confidence in explaining and implementing food-related self-care practices to support patient wellbeing.

COURSE SYLLABUS

DAY ONE

- ☑ Lecture
 - Course Overview
 - Principles of “Food is Medicine”
 - Nutrition Basics: A Healthy Dietary Pattern
 - Food Systems, Sourcing Local and Seasonal Foods, Sustainability
 - Mise en Place
- ☑ Kitchen Production Exercise
 - Group/ Station Demonstrations
 - Set Up Workstations
 - Knife Skills
 - Hands-on Production
 - Knife Skills
 - Vegetable Stock
 - Review and Critique

DAY TWO

- ☑ Lecture
 - Flavor Dynamics
 - Healthy Carbohydrates, Pulses, Grains, and Legumes, Potatoes
 - Salads and Dressings
 - Principles of Meal Planning
- ☑ Kitchen Production Exercise
 - Group/ Station Demonstrations
 - Flavor Tasting Exercise
 - Cooking Legumes and Grains
 - Grain and Legume Salads
 - Hands-On Production
 - Soups
 - Salads and Dressings
 - Grain, Legume, and Potato Cookery
 - Cooling and Storing Ingredients for Later Use
 - Review and Critique

DAY THREE

- ☑ Lecture
 - The Global Plant Forward Kitchen
 - Meat as a Flavor and Garnish
 - Healthy Fats
 - Fiber-Rich Foods
 - Nuts, Seeds, Herbs, and Spices
- ☑ Kitchen Production Exercise
 - Group/ Station Demonstrations
 - Herb Sauces and Preparations
 - Cooking Leafy Greens
 - Vegetable Cooking Techniques
 - Hands-On Production
 - Mediterranean Vegetable, Herb and Spice Cookery
 - African Vegetable, Herb and Spice Cookery
 - Latin American Vegetable, Herb and Spice Cookery
 - Asian Vegetable, Herb and Spice Cookery
 - Review and Critique

DAY FOUR

- ☑ Lecture
 - The Gut Microbiome
 - Functional Foods
 - Fermented Foods
 - Mushrooms
 - Seaweed
 - Blue Zone Diet: Ingredients and Techniques
- ☑ Kitchen Production Exercise
 - Group/ Station Demonstrations
 - Miso
 - Stir-Fry Technique
 - Seaweed
 - Preparing Plant-Based Foods
 - Hands-On Production
 - Cooking with Blue Zone Ingredients
 - Cooking Mushrooms
 - Flavoring with Seaweed
 - Review and Critique

DAY FIVE

- ☑ Lecture
 - Reimagining Favorite Foods
 - Promoting Dietary Behavioral Changes
 - Now What?
- ☑ Kitchen Production Exercise
 - Group/ Station Demonstrations
 - Plant Forward Baking and Desserts
 - Plant Forward Meat Alternatives
 - Plant-Based Dairy
 - Hands-On Production
 - Cooking Beloved Foods
 - Baking and Desserts with Dairy Alternatives
 - Creating a Meal Prep Bowl or Dish
 - Review and Critique

DAY ONE: PRINCIPLES OF HEALTHY AND SUSTAINABLE COOKING: HEALTHY DIETARY PATTERNS, SUSTAINABLE FOOD SYSTEMS, KNIFE TECHNIQUES

LEARNING OBJECTIVES

By the end of this day, you should be able to...

- Discuss the tenets of the Food is Medicine philosophy.
- Identify key components of a healthy eating pattern.
- Define ultra-processed, processed, and whole foods.
- Learn basic nutrition as it relates to ingredients and cooking methods.
- Identify foods high in phytochemicals, vitamins, minerals and Omega 3 fatty acids.
- Identify resources for locally produced food products.
- Learn how social determinants affect patients' food choices and health.
- Understand how local food systems affect patients' diets.
- Discuss regenerative sources of food and nutrition as it applies to your local region. Use different knife techniques to cut a variety of ingredients.
- Use different knife techniques to cut a variety of ingredients.
- Differentiate between macronutrients and micronutrients.
- Explain how ultra-processed foods affect long-term health outcomes.
- Describe the relationship between dietary patterns and chronic disease prevention.
- Discuss the role of hospitals and health systems in modeling and promoting healthy food environments.

LEARNING ACTIVITIES

- Lecture and Discussion with Guest Speaker: Local Food Systems and Food Insecurity
- Kitchen Orientation
- Knife Use, Knife Skills, and Demonstrations
- Proper Selection, Cleaning, Cutting and Storage of Vegetables
- Garden Tour

KEY TERMS

Amino Acid	Mineral	Starch
Broth	Nutrient Density	Sustainable
Complex Carbohydrate	Omega Fatty Acid	Vitamin
Fiber	Phytonutrient	Whole Foods
Food Insecurity	Protein	Glycemic Index/ Load
Gluten	Plant Protein	Micronutrient
Knife Cuts	Regenerative Agriculture	Ultra Processed Foods
Macronutrient	Simple Carbohydrate	

INSTRUCTOR DEMONSTRATIONS

- Garden Tour
- Station Set Up
- Proper Selection, Cleaning, Cutting and Storage of Vegetables
- Knife Skill Techniques

DAY OVERVIEW

- Nutrition Cornerstones of Healthy Eating
- Importance of Nutrition for Health
- Food is Medicine and Culinary Medicine
- Major Nutrient Groups
- Glycemic Index
- Sourcing Local Ingredients
- Proper Selection of Vegetables and Fruits
- Knife Skills

DAY ONE: TEAM PRODUCTION ASSIGNMENTS

ALL PARTICIPANTS

Set Up Stations

Slice: Celery, Carrots, Scallions, Mushrooms, Cabbage, Onions

Small Dice: Onions, Carrots

Medium Dice: Bell Peppers, Mango

Large Dice: Melon, Pineapple

Julienne: Carrot, Bell Pepper

Segment: Orange or Grapefruit

Mince: Garlic, Ginger, Parsley

TEAM ONE

Soak 3 lb. Navy Beans

Rich Vegetable Stock

TEAM TWO

Soak 3 lb. Garbanzo Beans

Heritage Fruit Salad with Coconut and Roasted Peanuts

TEAM THREE

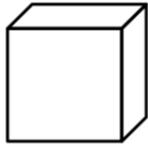
Soak 3 lb. Black Beans

Rich Vegetable Stock

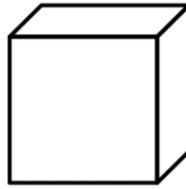
TEAM FOUR

Soak 3 lb. Cannellini Beans

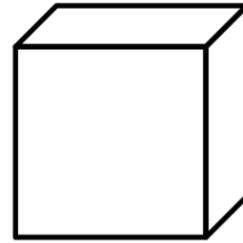
Heritage Fruit Salad with Coconut and Roasted Peanuts



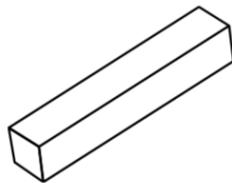
Small Dice
1/4" cube



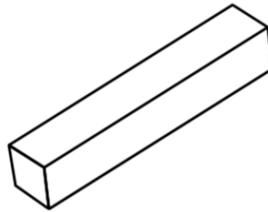
Medium Dice
1/2" cube



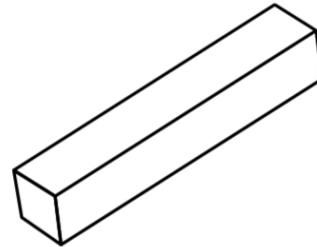
Large Dice
3/4" cube



Fine Julienne
1/16" sq x 2 inch



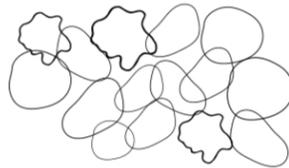
Julienne
1/8" sq x 2 inch



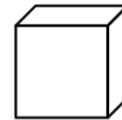
Batonnet
1/4" sq x 2 inch



Mince
<1/16" cube



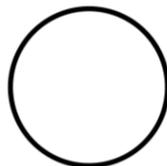
Chop
1/8"-1/4" cube



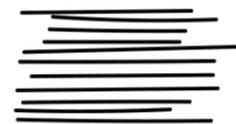
Brunoise
1/8" cube (fine dice)



Bias
diagonal cut



Rondelle
1-8"-1/2" round



Chiffonade
rolled, sliced thin

RICH VEGETABLE STOCK

Yield: 2 gallons

Ingredients	Amounts
Oil, vegetable	½ cup
Onion, yellow, sliced	8 cups
Carrot, sliced	4 cups
Celery, sliced, including tops	4 cups
Scallion (Green onion), sliced	2 cups
Cabbage, green, sliced	2 cups
Garlic, minced	¼ cup
Wine, white, dry	½ cup
Water	2 gal.
Mushroom, white, sliced	2 cups
Tomato, plum (Roma), chopped	4 cups
Peppercorns, black, whole	2 tsp.
Bay leaf, dried	2 ea.
Parsley, flat-leaf, stems, fresh, chopped	2 cups
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a large stockpot, heat the vegetable oil.
2. Add the onions, carrots, celery, scallions, cabbage, and garlic. Toss well with the oil.
3. Lightly brown the vegetables, stirring occasionally to allow the vegetables to brown rather than steam.
4. Add the wine and reduce until dry.
5. Add the remaining ingredients to the pot and bring it to a boil. Lower the heat and simmer while partially covered for 1 hour.
6. Adjust seasoning with salt and pepper.
7. Carefully strain the stock through cheesecloth and chill. The stock should be used within 7 days or frozen for later use up to 3 months.

Source: adapted from John Ash

HERITAGE FRUIT SALAD WITH COCONUT AND ROASTED PEANUTS

Yield: 10 portions

Ingredients	Amounts
Coconut, flakes, unsweetened	½ cup
Peanuts, shelled	½ cup
Coconut, milk	12 fl. oz.
Lime, juice, fresh	2 Tbsp.
Maple syrup	2 Tbsp.
Banana, cut into rounds	2 ea.
Orange, segmented	2 ea.
Mango, peeled, medium diced	2 ea.
Pineapple, peeled, cored, large diced	1 ea.
Melon, cantaloupe, peeled, large diced	1 ea.

Method

1. Preheat oven to 350°F.
2. Prepare two small sheet pans with parchment paper. Place the coconut flakes on one sheet pan and the peanuts on the other.
3. Toast the coconut and peanuts in the oven until golden brown, about 5 minutes. Allow them to cool and roughly chop the peanuts. Reserve.
4. In a large bowl, whisk together the coconut milk, lime juice, and maple syrup. Add all the fruit and stir to combine.
5. Serve the fruit salad garnished with the toasted coconut flakes and peanuts.

DAY TWO: FLAVOR DYNAMICS; PRINCIPLES OF MEAL PLANNING; HEALTHY CARBOHYDRATES; COOKING TECHNIQUES OF PULSES, GRAINS, LEGUMES, AND POTATOES; SALAD DRESSINGS

LEARNING OBJECTIVES

By the end of this day, you should be able to...

- Understand the 5 basic tastes.
- Discuss ways to maximize flavor when cooking food.
- Learning ways to create dishes with complete proteins using pulses, grains and legumes
- Understand how to properly cook and store grains and legumes for weekly meal preparations.
- Discuss the benefit of weekly meal preparation for maximum ease, convenience and creativity.
- Recognize the ways that nutrients are preserved or lost during the cooking process.
- Identify the ingredients used in basic types of salad dressings.
- Make a variety of salads using greens, vegetables, pulses and legumes.
- Cook a variety of carbohydrates including pulses, grains, pasta and potatoes.
- Select the proper potatoes suitable for various cooking techniques.
- Explain how carbohydrate quality and processing influence blood glucose response and metabolic health.
- Describe the role of resistant starch and dietary fiber in supporting gut and metabolic health.
- Identify the nutritional benefits of sweet potatoes and other root vegetables.

LEARNING ACTIVITIES

- Lecture and Demonstration
- Tasting Exercise
- Product Identification and Selection
- Hands on Production
- Meal Prepping Techniques

KEY TERMS

Aquafaba	Protein	Plant Protein
Complete Protein	Bean	Taste
Grain	Pulse	Aroma
Incomplete Protein	Vacuum Seal	Flavor
Legume	Vinaigrette	Whole Foods
Meal Planning	Emulsion	Whole Grain
Resistant Starch	Glycemic Index	Fortification

INSTRUCTOR DEMONSTRATIONS

- Flavor Dynamic Tasting
- Proper Selection, Cleaning, Cutting Vegetables
- Selecting, Cleaning, Cooking, Cooling, and Storage of Legumes, Grains, Pulses
- Freezing Portioned Grain "Cups"
- Making Dressings and Vinaigrettes

DAY TWO: TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Cook Soaked White Beans, 2 lb. Farro, and 3 lb. Brown Rice
Carrot and Caraway Soup with White Beans, Tarragon, and Feta
Grapefruit, Fennel, and Avocado Salad with Farro
White Bean Hummus with Potato and Vegetable Chips

TEAM TWO

Cook Soaked Garbanzo Beans, 3 lb. Green Lentils, and 3 lb. Bulgur
African Groundnut Stew with Fonio
Mediterranean Grain Bowl
Vegetarian Sweet Potato Shepherd's Pie

TEAM THREE

Cook Soaked Black Beans, 3 lb. Quinoa, and 2 lb. Whole Wheat Pasta
Vegetable and Bean Chili Stuffed Sweet Potatoes
Quinoa and Black Bean Taco Salad
Whole Wheat Pasta with Pea Pesto

TEAM FOUR

Cook Soaked Cannellini Beans, 3 lb. Barley, and 2 lb. Israeli Couscous
Tuscan Bread and Bean Soup
Gem Salad
Bean, Beet and Barley Burger with Potato and Vegetable Salad

*Cooked beans, legumes, grains and pastas will be used for today's production.
Reserve all extra beans, legumes, grains and pasta for Days 2-5.*

GRAIN COOKING CHART

*All grains should be covered while cooking unless otherwise noted

Grain	Description	Grain to Water Ratio	Cooking Time	Yield
Oat Groats	Sweet, chewy whole grain; used to make rolled oats	1 cup of grain to 2 ½ cups water	Simmer 40-45 minutes	3 ½ cups
Brown Rice including Basmati	Slightly sweet, nutty tasting	1 cup of grain to 2 ½ cups water	Simmer 35-45 minutes	3 ½ cups
Wild Rice	Pleasantly bitter	1 cup of grain to 2 ½ cups water	Simmer 50-60 minutes or until tender	4 cups
Pearl Barley	Very chewy, slightly sweet	1 cup of grain to 2 cups water	Simmer 50 minutes or until tender	4 cups
Quinoa	Tiny, high protein, high calcium grain; bitter, distinctive taste, combines well with other grains after cooking	1 cup of grain to 1 cup water	Simmer 15-20 minutes	2 cups
Millet	Slightly bitter, very high in protein	1 cup of grain to 1 cup water	Simmer 15-20 minutes	2 cups
Fluffy Quinoa and Millet	High- protein, rare combination that can be successfully cooked together	1 cup each of millet and quinoa to 2 cups water	Simmer 15-20 minutes, transfer to a pan, spread out, and fluff with a fork.	4 cups
Buckwheat Groats/Kasha	Pungent and nutty	1 cup of grain to 1 ½ cups water	Simmer 10 minutes	3 ½ cups
Bulgur, Cracked Wheat (Coarse)	Sweet and earthy; not a whole grain but literally cracked grains of wheat	1 cup of grain to 2 cups water	Simmer 15 minutes	2 ½ cups
Bulgur, Cracked Wheat (fine)	Sweet and earthy. Not a whole grain but literally cracked grains of wheat that are fine	1 cup grain to 3 ½ cups water	Soak grains in very hot water for 1 hour	3 cups

Amaranth	Glutinous and sweet, very nutritious	1 cup of grain to 1 ½ cups water	Simmer 2 minutes	2 cups
Wheat Berries	Slightly sweet, earthy	1 cup of grain to 2 ½ cups water	Simmer 30-45 minutes for hard (red) wheat, shorter for soft (white) wheat	3 cups
Spelt	Slightly sweet, earthy; ancient form of wheat.	1 cup of grain to 1 ½ cups water	Simmer 50-60 minutes	2 cups
Kamut	Slightly sweet, earthy; ancient form of wheat	1 cup of grain to 2 cups water	Simmer 25-35 minutes	3 cups
Rye Berries	Very bitter, intense, chewy; best used in baking or combined with other grains	1 cup of grain to cups water	Simmer 25-35 minutes	3 cups
Farro	Earthy, nutty, slightly chewy	1 cup grain rinsed in 3 cups boiling water	Simmer Pearled: 18 min Semi-pearled: 25 min Whole: 35 min	3 cups
Fonio	Earthy, bitter	1 cup grain in 2 cups boiling water	Simmer 1 minute	3 cups
Couscous, North African	Sweet and nutty; light, fluffy texture	1 cup of grain soaked in 1 ½ cups boiling water	5 minutes	2 ½ cups
Couscous, pearl	Sweet and nutty, al dente texture like pasta	1 cup of grain boiled in water like pasta	8-10 minutes (uncovered)	3 cups
Hominy	Somewhat sweet, slightly chewy but soft	1 cup of grain to 4 cups water	3 hours	3 cups
Cornmeal, grits, Polenta	Earthy like porridge with slight granularity	1 cup of grain, simmered and stirred to 3-4 cups water	20-25 minutes (uncovered)	3 cups
Rice, White, Long grain	Sweet, floral, slightly chewy texture	1 cup of grain to 2 cups water	18 minutes	3 cups

Rice, Brown, Long Grain	Earthy, sweet, slightly chewy texture	1 cup of grain to 3 cups water	40 minutes	3 cups
Rice, Brown, Short Grain	Earthy, sweet, slightly chewy texture	1 cup of grain simmered in 2.5 cups of boiling water for 35 to 40 minutes	35-40 minutes	3 cups
Rice Basmati	Floral, aromatic, light and fluffy	1 to 1 ½ cups water	15 minutes	3 cups
Rice, Jasmin	Floral, aromatic, slightly chewy	1 cup grain simmered in 1 ¾ cups water	15 minutes	3 cups
Rice, Arborio	Earthy, sweet, creamy exterior, slightly al dente interior	1 cup grain simmered in 4-5 cups boiling water, stirring, uncovered	25-30 minutes	3 cups
Teff	Gritty, grainy, porridge-like consistency	1 cup of grain simmered in 3 cups of boiling water for 15 minutes	15 minutes	3 cups
Rice, converted	Earthy, chewy	1 cup grain rinsed in 2 cups boiling water	20 minutes	4 cups
Rice, Sushi, rinsed until water runs clear	Slightly sweet, sticky, chewy	1 cup grain simmered in 1 ¼ cup water	18 minutes	3 ½ cups

SUGGESTED SOAKING AND COOKING TIMES FOR LEGUMES

Long Method: soak beans in cold water overnight, covered and refrigerated.

Quick Method: bring legumes to a boil from cold water. Remove from heat, cover and let stand required about of time before cooking.

Yield: dried legumes will yield between 2 - 2 ½ times the original measure.

Legume	Long Method (Hours)	Quick Method (Hours)	Cooking Time (Hours)
Adzuki Beans	2-3	1	1 ½
Black Beans	12	3	1 ½ - 2
Black-eyed Peas	12	2	1 - 1 ½
Fava Beans	12	4	1 ½ - 2
Butter Beans	12	4	1 ½ - 2
Chickpeas (Garbanzo Beans)	12	3	1 ½ - 2
Kidney Beans Red	12	2 to 3	1 - 1 ½
Borlotti Beans	12	2 to 3	1 - 1 ½
Cannellini Beans	12	2 to 3	1 - 1 ½
Dutch Brown Beans	12	2 to 3	1 ½ - 2
Egyptian Brown Beans	12	2 to 3	1 ½ - 2
Fagioli Beans	12	2 to 3	1 - 1 ½
Flageolets	12	2 to 3	1 - 1 ½
Great Northern Beans	12	2 to 3	1 ½ - 2
Lentils	No soaking needed	N/A	20-30 minutes
Mung Beans	12	45-60 minutes	45 minutes
Navy Beans	12	2 to 3	1 - 1 ½
Pigeon Peas	12	2	1
Pink Beans	12	2 to 3	1 - 1 ½
Pinto Beans	12	2 to 3	1 - 1 ½
Split Peas	No soaking needed	N/A	20-30 minutes
Soya Beans	24	3 to 4	1 - 1 ½
White Beans	12	2 to 3	1 - 1 ½

BASIC COOKING METHOD FOR DRIED BEANS AND LEGUMES

Yield: 6 cups

Ingredients	Amounts
Beans or legumes, dried	1 lb.
Bay leaf, dried	1 ea.
Salt, kosher	1 Tbsp.

Method

1. Pick through the beans or legumes and discard any stones or debris that may be mixed in.
2. For the beans, in a large container, place the beans or legumes. Add enough water to cover by 4-inches. Soak in the refrigerator overnight. It is not necessary to soak lentils and split peas.
3. Drain the beans or legumes and add them to a stock pot with enough fresh water to cover by 4 inches. Add the bay leaves
4. Bring the beans or legumes to a boil. Turn down the heat to low and simmer until tender with a bit of texture, 20 minutes to 2 hours, depending on type and size.
5. Add the salt and stir to combine.
6. Allow to cool in the cooking liquid.
7. Drain the legumes from excess liquid. Cool and store covered in the refrigerator for up to 7 days.
8. Beans should be kept in their cooking liquid if possible but may be drained once they have cooled. Store covered and chilled, for up to 7 days. All beans and legumes should be drained before being frozen.

Note: Alternatively, use the Quick Method for beans: Place the beans in a large stockpot and cover with 4 inches of water. Bring to a boil, then turn off the heat and let them sit for about 1-2 hours before cooking.

BASIC COOKING METHOD FOR GRAINS

Yield: 6 cups

Ingredients

Grains, dried
Water
Salt, kosher

Amounts

1 lb.
as needed
1 Tbsp.

Method

1. If directed, rinse the grains under cold running water and drain well.
2. Measure the prescribed amount of water or stock for the grain you are to cook. (as directed by grain type) Place the liquid into a medium sauce pot and bring to a boil. Season with salt.
3. Add the grains, stir, bring the mixture back to a simmer and stir once more.
4. Turn the temperature down low, cover tightly with a lid, and simmer for the directed amount of time according to the grain. Do not lift the lid until the time is finished.
5. When the cooking time is finished, remove the pot from the heat, allow it to rest, covered, for 5 minutes. Remove the lid. If any excess liquid remains, drain the grains in a sieve.
6. Fluff the grains with a fork.

Note: This method works for grains which are to be served fluffy and that can be simmered to absorb all their liquid, such as long grain rice, quinoa, barley, coarse bulgur, buckwheat, farro, and wheat berries.

BASIC COOKING METHOD FOR PASTA

Yield: 8 portions

Ingredients	Amounts
Pasta, dried	1 lb.
Water	1 gal.
Salt, kosher	1 wt. oz.
Oil, olive, pure (Optional)	as needed

Method

1. Measure the water in a large pot. Increase the amount of water and salt as well as the size of the pot based on the number of pounds of pasta to be cooked.
2. Bring water to a rolling boil and add pasta gradually. Stir to separate the pieces. When cooking filled pastas like ravioli, add to boiling water and then gently simmer so filled pasta pieces are not broken.
3. Return water to a boil and begin timing. Cook uncovered until the pasta is *al dente* (the time will vary depending on size and shape of the pasta). Do not stir the pasta while it is cooking. Be careful not to overcook. If pasta is to be used in a recipe that will be cooked again, cooking can be reduced by about 2 minutes.
4. When pasta is done, drain immediately in a colander. Do not rinse pasta that is to be served hot. A small amount of oil can be tossed with the pasta to prevent sticking.
5. Serve hot pasta immediately. To cool pasta, rinse with cold water until chilled. Drain, toss with a small amount of oil to coat, and refrigerate until needed.
6. Pre-cooked pasta can be reheated by quickly immersing in boiling water. Do not allow to cook. Drain. Add sauce or seasonings and serve immediately.

CARROT AND CARAWAY SOUP WITH WHITE BEANS, TARRAGON, AND FETA

Yield: 8 portions

Ingredients	Amounts
Beans, navy, cooked, with liquid	2 cups
Butter, unsalted	¼ cup
Onion, yellow, thinly sliced	1 cup
Carrot, peeled, thinly sliced	2 ½ lbs.
Tarragon, sprig, fresh	2 ea.
Stock, vegetable	76 cups
Orange, juice, fresh	¼ cup
Lemon, juice, fresh	3 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Butter, unsalted	¼ cup
Oil, olive, extra virgin	¼ cup
Bread, rye, crust removed, small diced	1 cup
Caraway, seeds, whole	2 Tbsp.
Cheese, feta, crumbled	½ cup
Tarragon, leaves, fresh, minced	¼ cup

Method

1. Drain the beans and reserve the cooking liquid. Rinse the beans well in a sieve under cold running water.
2. In a large saucepan over medium heat, melt the butter. Sauté the onions until translucent.
3. Add the carrots and tarragon. Lower the heat, cover, and simmer for 10 minutes.
4. Add the stock and juices. Bring it to a boil. Lower the heat to a simmer and cover. Simmer, stirring occasionally, until the carrots are tender, about 30 minutes
5. Discard the tarragon sprigs. With a blender, purée the mixture until very smooth. Add the reserved bean cooking liquid as necessary to achieve proper consistency.
6. Season the soup with salt and pepper to taste. Keep warm.
7. In a separate saucepan, heat the remaining butter and oil over medium heat.
8. Add the rye bread to the butter and oil and fry until crisped, stirring, about 1-2 minutes.
9. Remove the bread to a paper towel lined platter. Add the caraway seeds to the pan, stirring until lightly browned, about 1 minute. Add the rinsed beans and toss to coat. Season with salt and pepper to taste.
10. Serve the soup garnished with the bean mixture, feta, rye bread crumbs and tarragon.

Note: Canned beans can be substituted for fresh beans.

GRAPEFRUIT, FENNEL, AND AVOCADO SALAD WITH FARRO

Yield: 6 portions

Ingredients	Amounts
Pistachios, shelled	¼ cup
Grapefruit, ruby red	2 ea.
Fennel, bulb	1 ea.
Shallot, thinly sliced on mandolin	⅓ cup
Orange, juice, fresh	1 cup
Vinegar, wine, white	½ cup
Oil, olive, extra virgin	½ cup
Tarragon, fresh, minced	¼ cup
Arugula, baby, packed	2 cups
Farro, cooked	1 cup
Celery, thinly sliced on a bias	1 cup
Radish, thinly sliced	½ cup
Avocado, Hass, sliced	1 ea.
Cheese, Parmesan, shaved	¾ cup

Method

1. Preheat oven to 350°F.
2. On a parchment-lined baking sheet, place the pistachios in an even layer. Toast in the preheated oven, shaking the pan halfway through, until lightly browned and fragrant, 10 to 15 minutes. Cool and Reserve.
3. On a cutting board, cut both ends off the grapefruit. Place the grapefruit cut side down on the cutting board. Using a paring knife, peel the grapefruit, following the curve of the fruit removing the pith and exposing the flesh. Cut the fruit out between the membranes into a bowl. Squeeze the carcass of the fruit to release the remaining juice over the fruit. Reserve.
4. Pick the green fronds off the fennel until you have half a cup. Reserve. Trim the stalks and discard. Cut the fennel in half and slice the fennel very thinly using a mandolin, discarding the root.
5. For the dressing, in a medium container with a lid, place the shallot, orange juice, vinegar, oil, and tarragon. Close the container and shake vigorously. Reserve.
6. In a large bowl, place the arugula, farro, fennel, celery, and radish. Lightly toss to combine.
7. Add ⅔ the reserved dressing and toss to coat the salad.
8. Place on a large platter. Top with the grapefruit sections, avocado, and Parmesan. Drizzle with the remaining dressing and garnish with the reserved, toasted nuts.

Note: White wine vinegar can be substituted for Champagne vinegar. Walnuts can be substituted for the pistachios.

Source: adapted from Chef Mark Furstenberg

WHITE BEAN HUMMUS

Yield: 8 portions

Ingredients	Amounts
Beans, white, cooked	2 cups
Tahini	3 Tbsp.
Oil, olive, extra virgin (Divided)	¼ cup
Lemon, juice, fresh	2 fl. oz.
Garlic, clove, smashed	2 ea.
Aquafaba (reserved bean cooking liquid)	as needed
Lemon, juice, fresh	as needed
Salt, kosher	to taste
Pepper, black, ground	to taste
Paprika, smoked	¼ tsp.

Method

1. Purée the beans, tahini, 2 Tbsp. olive oil, lemon juice, and garlic in a food processor, adding the aquafaba (reserved bean cooking liquid) to thin the mixture as necessary.
2. Adjust the seasoning with lemon juice, garlic, salt, and pepper to taste.
3. Place the hummus into a medium serving bowl, cover, and refrigerate until ready to serve.
4. Serve garnished with the remaining olive oil and dust with smoked paprika.

Note: Canned beans can be substituted for fresh beans.

POTATO AND VEGETABLE CHIPS

Yield: 8 portions

Ingredients	Amounts
Potato, sweet	1 ea.
Beet, red, large	1 ea.
Beet, yellow, large	1 ea.
Parsnip, large	2 ea.
Kale, green, bunch	1 ea.
Oil, olive, spray	as needed
Salt, sea, fine	to taste

Method

1. Preheat oven to 325°F.
2. Wash and peel the potatoes, beets, and parsnips. Use a mandolin to slice the vegetables very thinly, about 1/16-inch thick, keeping them separate from one another.
3. Tear the kale into 3-in. pieces. Remove the stems.
4. Dry the vegetables well with paper towels. Lightly coat the vegetables with the olive oil spray.
5. Prepare separate sheet pans for each vegetable with silicon baking mats or parchment paper sprayed well with the olive oil.
6. Lay the vegetables in a single layer on the trays. Sprinkle sea salt, as needed, over the vegetables and place the trays into the oven.
7. Bake for 15 minutes. Flip the vegetables and season with additional salt. Bake for another 15 minutes.
8. Remove the pans from the oven and place the chips on paper towels or a wire rack to fully cool. Store in an airtight container.

AFRICAN GROUNDNUT STEW

Yield: 6 portions

Ingredients	Amounts
Peanuts, shelled	1 cup
Oil, vegetable	¼ cup
Chicken, thigh, skinless, 2-in. diced	1 lb.
Salt, kosher	as needed
Onion, yellow, sliced	2 cups
Ginger, fresh, minced	2 Tbsp.
Garlic, minced	1 Tbsp.
Tomato, paste	1 Tbsp.
Tomato, plum (Roma), canned, crushed	1 qt.
Stock, chicken	1 qt.
Coriander, ground	1 Tbsp.
Curry powder	1 Tbsp.
Cinnamon, ground	¼ tsp.
Chile, cayenne, ground	¼ tsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Potato, sweet, with skin, large diced	1 lb.
Beans, garbanzo, cooked, with liquid	8 wt. oz.
Kale, stem removed, chopped into 1-in. pieces	6 wt. oz.
Peanut butter	1 ¼ cups
Fonio, cooked (Recipe follows)	4 cups
Cilantro, fresh, chopped	1 cup

Method

1. Preheat oven to 350°F.
2. On a sheet pan, arrange the peanuts in a single layer. Toast in the preheated oven until lightly browned, 6 to 7 minutes. Cool. Chop. Reserve.
3. Pat the chicken dry with paper towels, season with salt.
4. Heat oil in a large soup pot over medium-high heat. Brown the chicken in the oil in batches. Do not crowd the pot. Set the chicken pieces aside as they brown.
5. Add the onion, ginger, and garlic to the same pot. Sauté until aromatic, about 1 minute.
6. Add the tomato paste, cook for one minute while stirring. Add the stock and tomatoes, scraping off the brown bits from bottom of pot.
7. Add spices and simmer for 15 minutes. Season with salt and pepper to taste.

8. Add sweet potatoes and garbanzo beans and cook for 5 minutes. Add kale and continue to cook for 5 minutes.
9. Into a medium bowl, ladle some of the cooking liquid. Add the peanut butter and whisk together until smooth. Return the peanut butter mixture into the stew and season to taste.
10. Serve over cooked Fonio and garnish with cilantro and the toasted, chopped peanuts.

Note: Canned beans can be substituted for fresh beans.

Source: adapted from Andante Hart, RDN as presented at Healthy Kitchen Healthy Lives Conference

FONIO

Yield: 6 portions

Ingredients	Amounts
Water	2 cups
Salt, sea, fine	1 tsp.
Fonio	1 cup
Oil, olive, extra virgin (Optional)	1 Tbsp.

Method

1. In a medium pot over high heat, bring water and salt to a boil. Add the Fonio and stir once. Turn down the heat to low and cover tightly.
2. Cook until the water is absorbed, 3 to 4 minutes. Turn off the heat and keep the pot covered for another minute. Fluff with a fork and add the oil, if using.
3. Serve warm.

Source: Pierre Thiam, as presented at the 2022 Worlds of Flavor Conference

MEDITERRANEAN GRAIN BOWL

Yield: 8 portions

Ingredients	Amounts
Bulgur, fine cooked (Recipe follows)	1 ½ cups
Lentils, green, cooked	1 ½ cups
Barley, cooked	1 cup
Oil, olive, extra virgin (Divided)	¼ cup
Lemon, juice, fresh (Divided)	¼ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Mushrooms, sliced	2 cups
Fennel, small diced	1 cup
Shallot, minced	2 Tbsp.
Garlic, minced	1 tsp.
Oregano, fresh, minced	1 tsp.
Peas, fresh or frozen	1 cup
Parsley, curly, fresh, leaves, packed	⅓ cup
Basil, fresh, thinly sliced	⅓ cup
Mint, fresh, thinly sliced	⅓ cup
Tomato, cherry, halved	1 ½ cups
Olives, kalamata, sliced	¼ cup
Red pepper flakes	½ tsp.

Method

1. Combine the bulgur, lentils and barley in a large bowl.
2. Add ½ the oil and ½ the lemon juice, mixing well to coat the grains. Season with salt and pepper to taste. Reserve.
3. Heat a large sauté pan over high heat. When hot, add remaining oil and when the oil is hot, add the mushrooms. Stir the mushrooms occasionally, cooking until lightly browned.
4. Add the fennel and stir to combine. Cook for 1-2 minutes until the fennel is slightly softened.
5. Add the shallots, garlic, oregano and peas and cook until aromatic, about 1-2 minutes. Season with salt and pepper.
6. Add the herbs, tomatoes, olives and red pepper flakes. Mix well and cook until warmed through. Add the mixture to the bulgur and lentils. Mix well to combine.
7. Adjust the seasoning with salt, pepper, and remaining lemon juice as needed.

Note: This grain medley can be served warm or cooled and served as a salad with grilled vegetables or greens.

BULGUR

Yield: 7 cups

Ingredients

Bulgur, fine
Water
Salt, kosher

Amounts

1 lb.
74 wt. oz.
as needed

Method

1. Rinse the bulgur in a fine sieve under cold water. Place in a bowl.
2. Bring the water and salt to a boil and pour over the bulgur. Cover the bowl and allow to stand for 15 minutes. uncover and fluff with a fork.

VEGETARIAN SWEET POTATO SHEPHERD'S PIE

Yield: 8 portions

Ingredients	Amounts
Potato, sweet, skin on, scrubbed	3 lb.
Salt, kosher	2 Tbsp.
Turnip, peeled, medium diced	1 lb.
Mushrooms, sliced	10 wt. oz.
Carrot, peeled, ½" sliced	10 wt. oz.
Leek, white only, thinly sliced	5 wt. oz.
Celery, stalk, large, sliced	2 ea.
Garlic, clove, smashed	2 ea.
Sage, sprig, fresh	2 ea.
Rosemary, sprig, fresh	2 ea.
Thyme, sprig, fresh	4 ea.
Oil, olive, pure	¼ cup
Oil, olive, pure	¼ cup
Onion, yellow, medium diced	4 wt. oz.
Tomato, paste	2 tsp.
Flour, whole-wheat	¼ cup
Stock, vegetable, (from Day 1)	3 cups
Chickpeas, cooked, rinsed	2 cups
Egg, yolk	3 ea.
Salt, kosher	to taste
Pepper, black, ground	1 tsp.
Oil, olive, spray	as needed

Method

1. Preheat oven to 400°F.
2. Wrap each of the potatoes in foil. Place the potatoes on a baking sheet into the oven and roast until very soft, about 45 minutes.
3. While the potatoes are cooking, combine the turnips, mushrooms, carrots, leeks, and celery with the garlic, sage, rosemary and thyme in a large bowl.
4. Toss mixture with the with the oil and place on large baking sheet. Roast in the oven until browned and cooked through, about 15 to 20 minutes, stirring half way through. Remove the herbs and reserve.
5. Heat the oil in a medium sauté pan over medium heat. Add the onions and cook until translucent, about 3 to 5 minutes, stirring as necessary.

6. Add the tomato paste and cook, stirring constantly to prevent burning for 2-3 minutes until it changes to a darker rusty color.
7. Add the flour and cook for 3 to 4 minutes, stirring constantly.
8. Add two cups of stock in two or three increments, using a whisk to whisk until smooth. Add the remaining stock and whisk until smooth.
9. Increase heat to medium-high and bring to a simmer. Add more stock if needed to bring the sauce to a thick stew-like consistency. Remove from the heat.
10. Combine the sauce with the reserved roasted vegetables and the chickpeas. Season to taste. Place mixture into a 9" x 11" casserole dish. Reserve.
11. Remove the potatoes from the foil, cut them in half and scoop out all the flesh into a bowl. Mash with a food mill or potato masher. Stir in the egg yolks, salt, and pepper.
12. Spread the mashed sweet potato mixture on top of the vegetable mixture in the casserole dish and spray lightly with the oil. Bake until the top is lightly browned, about 20 minutes.

Adapted from: *The Nutrition Source*, Harvard School of Public Health

VEGETABLE AND BEAN CHILI STUFFED SWEET POTATOES

Yield: 6 portions

Ingredients	Amounts
Potato, sweet	6 ea.
Chile, ancho, dried, seeds removed	3 ea.
Tomato, plum (Roma), canned, crushed	12 wt. oz.
Water	16 fl. oz.
Cilantro, bunch, stems, fresh	¼ ea.
Honey	2 Tbsp.
Vinegar, wine, red	2 Tbsp.
Cumin, ground	½ tsp.
Chili, powder	½ tsp.
Paprika, smoked	½ tsp.
Garlic, clove, crushed	3 ea.
Salt, kosher	to taste
Oil, vegetable	as needed
Onion, yellow, small diced	6 wt. oz.
Garlic, minced	1 Tbsp.
Carrot, small diced	5 wt. oz.
Pepper, bell, red, small diced	3 wt. oz.
Pepper, bell, yellow, small diced	3 wt. oz.
Beans, black, cooked	6 wt. oz.
Beans, white, cooked	6 wt. oz.
Salt, kosher	to taste
Cheese, Cheddar, shredded	6 wt. oz.
Sour cream	8 fl. oz.
Scallion (Green onion), sliced	½ cup

Method

1. Preheat oven to 350°F.
2. Wrap each of the sweet potatoes in foil and bake for 45 minutes to 1 hour until very soft.
3. While the potatoes are cooking, make the chili.
4. For the chili sauce, in a medium pot over medium-high heat, place the chiles, canned tomatoes, water, cilantro, honey, vinegar, cumin, chili powder, paprika, and garlic. Stir to combine and bring the pot to a simmer. Cook for 15-20 minutes, stirring occasionally.
5. Place the sauce into a blender and purée until smooth. Season with salt to taste. Reserve.

6. Heat the oil in a large pot over medium heat. Add the onions and sauté until transparent. Add the garlic, carrots and bell peppers. Cook until softened, about 2 minutes.
7. Add the beans and the reserved sauce and stir to combine. Bring to a simmer and cook for 30-45 minutes to 1 hour, or until chili has reached the desired flavor and thickness, stirring occasionally to prevent from sticking.
8. When potatoes are cooked, remove from the oven and remove the foil.
9. Make a slice lengthwise through each potato without slicing all the way through. Using both hands, press the sides of the potato inwards to create a cavity in the center.
10. Serve the chili stuffed inside of the baked sweet potatoes. Garnish with cheese, sour cream and scallions.

Note: Canned beans can be substituted for fresh beans.

QUINOA AND BLACK BEAN TACO SALAD

Yield: 6 portions

Ingredients	Amounts
Oil, vegetable	¼ cup
Onion, yellow, small diced	1 cup
Garlic, minced	1 Tbsp.
Oregano, ground	1 tsp.
Cumin, ground	1 tsp.
Chili, powder, dark	2 Tbsp.
Tomato, plum (Roma), canned, crushed	½ cup
Beans, black, cooked, rinsed	3 cups
Stock, vegetable	½ -1 cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Cilantro, fresh, coarsely chopped	1 wt. oz.
Lime, juice, fresh	½ cup
Sugar, granulated	1 Tbsp.
Garlic, clove	2 ea.
Oil, olive, pure	1½ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Lettuce, romaine, shredded	12 wt. oz
Chips, tortilla	1 lb.
Quinoa, cooked (Recipe follows)	3 cups
Scallion (Green onion), sliced	1 cup
Tomato, cherry, halved	2 cups
Cheese, queso fresco, crumbled	½ lb.
Olives, black, sliced	1 cup
Sour cream	1 cup
Lime, cut into wedges	6 ea.

Method

1. Heat oil in a medium sauté pan over medium heat. Add the onions and garlic. Cook until softened. Add all the spices and cook until aromatic.
2. Add the canned tomatoes and cook, stirring for 2-3 minutes.
3. Add the beans, and enough water or vegetable stock to make a thick stew, stir well and heat through. Season with salt and pepper to taste. Reserve.

4. For the dressing, in a blender, combine the cilantro, lime juice, sugar, and garlic. Purée. With the blender running, slowly add the oil until combined. Season with salt and pepper to taste.
5. Toss the lettuce with some of the dressing to lightly coat.
6. Fill bowls with the chips and dressed lettuce.
7. Arrange the reserved beans, quinoa, onions, tomatoes, cheese, and olives over the lettuce and chips. Drizzle with the remaining dressing.
8. Serve the salad garnished with dollops of sour cream and lime wedges.

Note: Canned beans can be substituted for fresh beans. Sugar can be substituted with honey. Sour cream can be substituted for plain yogurt.

QUINOA

Yield: 10 portions

Ingredients

Quinoa
Water
Salt, kosher

Amounts

2 ½ cups
4 ⅓ cups
2 tsp.

Method

1. In a fine mesh strainer, rinse the quinoa under cold water. Drain.
2. In a medium saucepan over high heat, bring the water and salt to a boil.
3. Add the quinoa and stir. Bring to a boil and lower heat to a slight simmer. Cover.
4. Simmer the quinoa undisturbed for 15 minutes. Remove the pot from heat. Let quinoa sit for 5 minutes.
5. Uncover and fluff the grains with a fork.

WHOLE WHEAT PASTA WITH PEA PESTO

Yield: 6 portions

Ingredients	Amounts
Peas, fresh or frozen	1 cup
Spinach, leaves, fresh, packed	1 cup
Walnuts	1 wt. oz.
Basil, leaves, fresh	½ cup
Garlic, roughly chopped	2 tsp.
Cheese, Parmesan, grated	1 wt. oz.
Salt, kosher	1 tsp.
Oil, olive, pure	½ cup
Pasta, spaghetti, whole grain, dried	1 lb.
Water	1 gal.
Salt, kosher	1 wt. oz.
Cheese, Parmesan, grated	as needed

Method

1. For the pea pesto, bring a small stockpot of salted water to a boil. Add the peas and blanch for 10 seconds. Immediately transfer the peas to an ice water bath with a strainer in it to cool and halt the cooking process. Drain and reserve.
2. In the same boiling water, add the spinach and blanch for 10 seconds. Immediately transfer to the same ice water bath. Drain and squeeze out any excess moisture. Reserve.
3. Heat a large pan over medium-high heat. Add the walnuts in a single layer. Cook, stirring frequently, until the nuts start to brown and smell toasted, about 4 minutes. Remove the walnuts from the pan and cool.
4. In a blender, place the reserved, blanched peas, spinach, toasted walnuts, basil, garlic, Parmesan, and salt. Purée until smooth, scraping the sides of the blender with a rubber spatula as necessary.
5. With the motor running, gradually stream the olive oil into the mixture while blending. Process only until it reached a smooth paste. Do not purée the pesto too long, as it will change color. Reserve.
6. Bring a large stockpot of water to a boil. Add the salt and pasta. Stir the pasta to prevent sticking. Cook until tender but firm to the bite (*al dente*), 8 to 12 minutes. Drain, reserving 1 cup of the cooking liquid.
7. Transfer the pasta to a large bowl. Add the pea pesto and toss well to combine. Add some of the reserved cooking liquid to thin, if necessary.
8. Serve the pasta garnished with Parmesan cheese.

TUSCAN BREAD AND BEAN SOUP

Yield: 6 portions

Ingredients	Amounts
Bay leaf, dried	2 ea.
Rosemary, sprig, fresh	1 ea.
Thyme, sprig, fresh	1 ea.
Marjoram, sprig, fresh	1 ea.
Basil, sprig, fresh	1 ea.
Garlic, clove, peeled	2 ea.
Oil, olive, extra virgin	¼ cup
Pork, pancetta, minced	½ cup
Celery, minced	½ cup
Carrot, minced	½ cup
Onion, yellow, minced	½ cup
Leek, white part only, minced	½ cup
Garlic, minced	½ Tbsp.
Tomato, plum (Roma),canned, crushed	1 cup
Cabbage, green, thinly sliced, packed	1 cup
Kale, lacinato, thinly sliced, packed	1 cup
Cheese, Parmesan, rind 2-in.	1 ea.
Stock, chicken	8 cups
Salt, kosher	to taste
Pepper, black, ground	to taste
Beans, cannellini, cooked	1 ½ cups
Aquafaba	1 cup
Bread, rustic, day-old, crust removed	4 wt. oz.
Pesto (Recipe follows)	½ cup
Cheese, Parmesan, grated	½ cup
Pepper, black, ground, fresh	as needed

Method

1. Make an herb bundle (*bouquet garni*) by tying the bay leaves rosemary, thyme, basil, and marjoram together with twine. Add the garlic and secure with cheese cloth and more twine. Leave a long string to assist in removal when the soup is finished. Reserve.
2. For the soup, heat the oil in a large soup pot over medium heat. Add pancetta and cook until browned.
3. Lower the heat to medium-low. Add the celery, carrot, onion, leek, and garlic and sauté until fragrant and slightly browned, about 5 minutes.

4. Add the tomatoes, cabbage, kale, reserved herb bundle, parmesan rind, and chicken stock. Let simmer until flavorful and the tomatoes have broken down, about 1 hour. Season with salt and pepper to taste.
5. Remove the parmesan rind and herb bundle.
6. Add the beans and Aquafaba and return to a simmer.
7. Break the bread into chunks and place a handful in a small serving bowl. Ladle the soup over and let it sit for a few minutes until the bread is soft, and the soup is somewhat absorbed.
8. Serve garnished with a swirl of the pesto, grated parmesan cheese and freshly ground black pepper.

Note: Chicken stock can be substituted for water or vegetable stock. Aquafaba is the cooking liquid reserved from the beans.

PESTO

Yield: ½ cup

Ingredients	Amounts
Pine nuts (<i>Pignoli</i>)	2 Tbsp.
Garlic, clove, small, crushed	2 ea.
Salt, kosher	½ tsp.
Basil, leaves, fresh, packed	1 wt. oz.
Oil, olive, extra virgin	⅓ cup
Cheese, Parmesan, grated	¼ cup

Method

1. Preheat oven to 350°F.
2. Place pine nuts on a baking sheet in an even layer. Bake in the preheated oven, shaking the pan halfway through, until they are golden brown and fragrant, 3 to 8 minutes. Cool.
3. Using a mortar and pestle, mash the garlic, toasted pine nuts, and salt until smooth.
4. Add the basil in small batches. Swirl the pestle to mash and create a rough paste.
5. Mix in olive oil and the Parmesan cheese.

Note: Alternatively, place all the ingredients in a food processor and process until almost smooth.

GEM SALAD

Yield: 6 portions

Ingredients	Amounts
Cashews	1 cup
Onion, red, thinly sliced	2 cups
Barley, cooked	1 cup
Cilantro, leaves, fresh	½ cup
Mint, leaves, fresh, chopped	½ cup
Scallion (Green onion), sliced	½ cup
Beans, black, cooked, rinsed	8 wt. oz.
Couscous, pearl, cooked, rinsed	8 wt. oz.
Pepper, bell, red, small diced	1 ea.
Tomato, cherry, quartered	1½ cup
Cucumber, English, seeded, small diced	1 ea.
Lemon, juice, fresh	¼ cup
Cumin, seeds, toasted	½ tsp.
Garam masala	½ tsp.
Oil, olive, extra virgin	½ cup
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat oven to 350°F.
2. Place the cashews on a baking sheet in an even layer. Bake until lightly colored, 6 to 7 minutes. Roughly chop the cashews.
3. In a large bowl, place all the ingredients. Toss to combine.

BEAN, BEET AND BARLEY BURGERS WITH POTATO AND VEGETABLE SALAD

Yield: 8 portions

Ingredients	Amounts
Cashews	1 cup
Oil, canola (Divided)	¼ cup
Onion, yellow, small diced	1 cup
Beans, black, cooked, drained well	1 cup
Lentils, green, cooked, drained well	1 cup
Beet, red, peeled, finely grated	½ cup
Barley, pearl, cooked	1 cup
Breadcrumbs	1 cup
Egg, whole, large	1 ea.
Tamari	1 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Cheese, Cheddar, shredded	2 cups
Bread, roll, Kaiser, halved and warmed	8 ea.
Lettuce, butter, leaves	8 ea.
Mayonnaise	as needed
Avocado, sliced	1 ea.
Onion, red, shaved	1 cup
Ketchup	as needed
Pickles, kosher, thinly sliced	1 ea.
Potato and vegetable Salad (Recipe follows)	1x recipe

Method

4. Preheat oven to 350°F.
5. Place the cashews on a baking sheet in an even layer. Bake until lightly colored, 6 to 7 minutes. Reserve.
1. Preheat oven to 400°F.
2. Heat 2 tablespoons of the oil in a large skillet over medium heat. Add the onions. Sauté until golden brown. Remove from pan. Cool.
3. Add the onions, toasted cashews, lentils, beans, beet, barley, breadcrumbs, egg, and tamari to the bowl of a food processor. Pulse until mixture is crumbly and texture resembles ground meat. Do not purée smooth. Season to taste with salt and pepper.

4. Portion into 8 patties.
5. Heat an oven proof skillet with the remaining olive oil until just beginning to smoke. Add patties and brown on one side.
6. Flip patties over and place pan in the oven. Bake for 10 minutes until heated through and browned. Add one quarter cup of cheese to the top of each patty and heat until melted, about 1 min.
7. Place one patty on the bottom half of each roll and top with mayonnaise, lettuce, avocado, onion and pickles. Serve with Potato Vegetable Salad

Note: Canned beans can be substituted for fresh beans. Walnuts can be substituted for the cashews.

POTATO AND VEGETABLE SALAD

Yield: 8 portions

Ingredients	Amounts
Potato, fingerling	1 lb.
Salt, kosher	1 Tbsp.
Cumin, ground	1½ tsp.
Vinegar, wine, white	¼ cup
Mustard, Dijon	¼ cup
Honey	¼ cup
Orange, juice, fresh	¼ cup
Orange, zest	2 tsp.
Caper, brine	2 Tbsp.
Oil, olive, extra virgin	½ cup
Oil, canola	½ cup
Capers, chopped	2 Tbsp.
Shallot, minced	2 Tbsp.
Asparagus, trimmed, sliced ¼" on bias	1 lb.
Radish, red, thinly sliced	8 ea.
Tarragon, leaves, fresh	½ cup
Chive, fresh, thinly sliced	¼ cup

Method

1. In a medium pot, place the potatoes and cover with water. Add salt.
2. Bring the pot to a boil, lower the heat, and simmer gently for 15 to 20 minutes until potatoes are tender. Drain, chill, and slice into ½" rounds.
3. For the vinaigrette, in a small bowl, add the vinegar, mustard, honey, orange juice, orange zest and caper brine. Whisk to combine. Slowly drizzle in the oils, mixing continuously until emulsified. Stir in the capers.
4. In a medium bowl, place the potatoes and half of the vinaigrette. Toss to combine.
5. In a large mixing bowl, combine the shallots, asparagus, radishes, tarragon, and chives. Toss with the remaining vinaigrette. arrange the potatoes and vegetables on a platter.

DAY THREE:

LEARNING FROM THE GLOBAL PLANT FORWARD KITCHEN, HEALTHY PROTEINS AND FATS, FIBER-RICH FOODS, NUTS, SEEDS, HERBS AND SPICES

LEARNING OBJECTIVES

By the end of this day you should be able to ...

- Define the difference between herbs and spices.
- Learn fundamental herb and spice blends from around the world.
- Identify herbs commonly used in the kitchen and in the herbal apothecary.
- Learn how herbs and spices can be prepared for more bioavailability of their nutrients.
- Produce recipes utilizing fresh herbs and spices.
- Learn to cook with nuts and seeds.
- Identify the key flavor profiles of The Mediterranean, Latin, African and Asian Diets
- Discuss the principles of the plant-based diet.
- Identify lean sources of protein and fiber-rich foods.
- Learn basic cooking principles for various vegetables.
- Define extra virgin olive oil and know its health benefits.
- Understand how to utilize healthy fats to maximize flavor.
- How to choose heart healthy fats for a variety of dishes

LEARNING ACTIVITIES

- Lecture and discussion
- Demonstrations
- Hands-on production

KEY TERMS

Herb	Fiber	Seed Oil
Spice	Antioxidants	Flavor Enhancer
Minerals	Omega-3	Fat
Planetary Health Diet	Chlorophyll	Saturated Fat
Vitamins	Pesto	Unsaturated Fat
Plant Forward Diet	Polyphenols	Polyunsaturated fat
Lean Protein	Immune Boosting	Nut
Phytochemicals	Anti-Inflammatory	Seed
Anthocyanin	Infusion	Tahini
Lecithin	Volatile Oils	Ghee

INSTRUCTOR DEMONSTRATIONS

- Toasting Spices and Making Baharat and other spice blends
- Herb Blends, Oils and Infusions
- Vegetable Cooking Techniques
- Fats and Oils Identification: Best usage and techniques

DAY THREE: TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Fattoush with Baharat Spiced Beans
Grilled Vegetables with Romesco Sauce
Pan Seared Cod with Gremolata and Caponata

TEAM TWO

Moroccan Carrot Salad with Cumin and Eggplant in Tomato and Coriander Sauce
South African Chakalaka and Pap with Gomen
Dukkha Crusted Salmon and Parsley-Tomato Salad with Bulgur and Chermoula
Vinaigrette

TEAM THREE

Miso Sweet Potato Bowl with Quick Pickled Vegetables
Vegetable Pakoras with Cilantro-Mint, Tamarind, and Tomato Chutneys
Peking-Style Eggplant with Shitake Fried Cauliflower "Rice"

TEAM FOUR

Baked Tortilla Chips with Boiled Tomatillo Salsa, Roasted Tomato Salsa, and Chipotle Crema
Mexican Charred Vegetable Salad with Cilantro-Cumin Vinaigrette
Chicken Pipian Verde with Cilantro-Lime Rice and Jicama Salad

FATTOUSH WITH BAHARAT SPICED BEANS

Yield: 8 portions

Ingredients	Amounts
Bread, pita, whole wheat	2 ea.
Beans, white, cooked, drained, rinsed	2 cups
Baharat Spice Blend (Recipe follows)	4 Tbsp.
Oil, olive, extra virgin	½ cup
Sumac	3 Tbsp.
Oil, olive, extra virgin	5 Tbsp.
Parsley, flat-leaf, leaves, fresh, packed	1 cup
Mint, leaves, fresh, packed	½ cup
Scallion (Green onion), thinly sliced	3 ea.
Cucumber, Persian, thinly sliced,	3 ea.
Radish, red, thinly sliced,	8 ea.
Tomato, cherry, halved	20 ea.
Salt, kosher	to taste
Lemon, juice, fresh	2 Tbsp.

Method

1. Preheat oven to 350°F.
2. Tear the pita bread open and toast in the oven until golden brown. Place on a rack to cool. Break the toasted pita into bite-size pieces.
3. In a small bowl, place the beans, Baharat, and oil. Toss to mix. Season with salt. Reserve.
4. In a large bowl, place the pita and sprinkle it with sumac. Add the oil and toss until the bread is thoroughly coated.
5. Add the reserved beans, parsley, mint, scallion, cucumbers, radish, and tomatoes. Add the lemon juice and season with salt to taste. Serve immediately.

Note: Canned beans can be substituted for fresh beans.

BAHARAT SPICE BLEND

Yield: 2 tablespoons

Ingredients	Amounts
Cinnamon, ground	¼ tsp.
Nutmeg, ground	½ tsp.
Cumin, seed, whole	½ tsp.
Coriander, seed, whole	½ tsp.
Mint, leaves, dried	1 tsp.
Peppercorns, black, whole	½ tsp.
Bay leaf, dried	1 ea.
Fennel, seed	¼ tsp.
Allspice, seed	2 ea.
Cloves, whole	2 ea.
Mustard, seed, whole	½ tsp.

Method

1. Heat a dry frying pan over medium-high heat. Place all the ingredients. Toast until fragrant.
2. Let it cool.
3. Grind in a spice or coffee grinder.

Note: Baharat is a versatile Mediterranean spice blend that typically includes black pepper, coriander, paprika, cardamom, cumin, cloves, nutmeg, and cinnamon. Each region has its own variation, adding a unique twist to this staple seasoning. Baharat is used to add depth and warmth a wide range of dishes, from meats and fish to soups, vegetables, and rice.

GRILLED VEGETABLES WITH ROMESCO SAUCE

Yield: 8 portions

Ingredients	Amounts
Potato, red, small	8 ea.
Mushroom, Portabella	2 ea.
Eggplant, globe	1 ea.
Oil, olive, extra-virgin	6 Tbsp.
Garlic, minced	2 Tbsp.
Salt, kosher	to taste
Peppercorns, black, ground	to taste
Asparagus, spears, trimmed	16 ea.
Zucchini, trimmed, halved lengthwise	1 ea.
Onion, red, skin removed, quartered	1 ea.
Pepper, bell, red, quartered, seeded	2 ea.
Pepper, bell, yellow, quartered, seeded	2 ea.
Lemon, juice, fresh	2 ea.
Romesco Sauce (Recipe follows)	as needed
Oil, olive, extra virgin	¼ cup

Method

1. Bring a pot of salted water to a boil. Add the potatoes and blanch (par-cook) until almost cooked through. Drain and set aside. Once cool, cut each potato in half.
2. Remove the stem from the mushrooms and using a spoon, scrape the dark gills and discard them.
3. Using a peeler, peel stripes of the skin off the eggplant lengthwise. Slice the eggplant into rounds that are ½ inch thick. Discard the stem.
4. Combine the olive oil, garlic, salt and pepper in a large bowl. Working in batches, add the vegetables and toss to coat.
5. Preheat a gas grill to high. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a light coating of white ash. Spread the coals in an even bed. Clean the cooking grate.
6. Grill the vegetables, turning as necessary, until they are charred cooked through, about 3 to 5 minutes per side, depending on the vegetables. They should all be tender when done, but not mushy. Cut larger vegetables as desired.
7. Arrange the grilled vegetables on a platter and drizzle with lemon juice. Serve with dollops of the Romesco Sauce and drizzle with extra virgin olive oil.

ROMESCO SAUCE

Yield: 1 ½ cup

Ingredients	Amounts
Pepper, bell, ñora, seeded, destemmed	4 ea.
Almonds	¼ cup
Hazelnuts	¼ cup
Oil, olive, extra virgin	¼ cup
Bread, baguette, 1-in. sliced	2 ea.
Garlic, clove, smashed	3 ea.
Pepper, bell, red	3 ea.
Tomato, plum (Roma)	1 ea.
Parsley, fresh, chopped	2 Tbsp
Paprika, Spanish, sweet, smoked (<i>Pimentón de la Vera dulce</i>)	1 tsp.
Vinegar, sherry	1 Tbsp.
Oil, olive, extra virgin	½ cup
Salt, kosher	to taste
Lemon, juice, fresh	to taste

Method

1. In a small bowl of boiling water, place the ñora peppers. Soak for 15 minutes. Drain and reserve.
2. Heat a small, dry sauté pan over medium high heat. Add the almonds and hazelnuts. Toast the nuts, shaking the pan often to prevent burning, until they are lightly browned, about 8 minutes. Cool and reserve.
3. Heat the olive oil in a large frying pan over medium-low heat. Add the baguette slices. Fry the baguette slices, stirring often, until they are golden brown on both sides. Large dice. Reserve.
4. Place a grate over a burner and directly over a high flame, place the bell peppers turning with metal tongs as the skin blackens. Rotate the peppers to create an even charred exterior. Remove to a bowl and cover until the steam loosens the skin. Using a paring knife, peel off the skin and remove the seeds. Cut into a few large pieces. Reserve.
5. Using the same process, char the exterior of the tomato. Large dice. Reserve.
6. In a food processor, combine the soaked ñora peppers, toasted nuts, bread, and garlic. Process to a coarse paste.
7. Add the red bell peppers, tomato, parsley, and sherry vinegar. Pulse until almost smooth.
8. With the food processor running, drizzle in only enough of the olive oil to create a spreadable consistency. It should not be too smooth.
9. Season with salt and lemon juice to taste.

Note: Nora chiles are a mild and smoky chili found in Spain and can be substituted for one Ancho chili. Sherry vinegar can be substituted for red-wine vinegar. If hazelnuts are not available, you can use more almonds.

PAN SEARED COD WITH GREMOLATA AND CAPONATA

Yield: 8 portions

Ingredients	Amounts
Parsley, flat-leaf, leaves, packed	1 cup
Lemon, zest	2 Tbsp.
Garlic, grated	1 Tbsp.
Salt, kosher	2 tsp.
Oil, olive, extra virgin	½ cup
Cod, fillet, skinless, 4 wt. oz.	8 ea.
Salt, kosher	1 Tbsp.
Pepper, black, ground	1 tsp.
Oil, olive, extra virgin	¼ cup
Thyme, sprig, fresh	2 ea.
Caponata (Recipe follows)	1x recipe

Method

1. For the gremolata, in a small bowl, combine the parsley, lemon zest, garlic, salt, and oil. Mix well and adjust the seasoning to taste. Reserve.
2. Pat the cod fillets dry with paper towels and season both sides with salt and pepper.
3. In a cast iron pan over medium high heat, place the oil in the pan. When the oil is just about to smoke, add the cod.
4. Sear the cod undisturbed for 3 to 4 minutes, until golden brown. Flip the cod over using a fish spatula and add the thyme sprigs to the oil beside the cod to infuse the oil with the thyme flavor.
5. Sear the other side. Remove the thyme when it becomes too dark.
6. When both sides of the fish are golden brown, remove from the pan. Serve atop the caponata and garnish with a spoonful of gremolata.

Note: if the fish fillets are thick, you can finish the cooking in a 400°F oven for 3-4 minutes instead of continuing to cook in the pan. This will prevent from drying out the exterior of the fish.

CAPONATA

Yield: 8 portions

Ingredients	Amounts
Raisins, golden	½ cup
Eggplant, partially peeled, large diced	2 lb.
Salt, sea	as needed
Oil, olive, extra virgin	½ cup
Onion, yellow, small diced	2 cups
Garlic, thinly sliced	2 Tbsp.
Celery, small diced	1 cup
Tomato, plum (Roma), med. diced	1½ cups
Olives, green, pitted, cut into pieces	3 wt. oz.
Capers, drained, rinsed	¼ cup
Sugar, granulated	1 Tbsp.
Vinegar, wine, red	4 Tbsp.
Salt, kosher	to taste
Ground black pepper	to taste
Marjoram, fresh, chopped	1 tsp.
Parsley, fresh, chopped	2 tsp.
Pine nuts (Pignoli), toasted	¼ cup

Method

1. In a small bowl, place the raisins and add just enough hot water to cover. Soak until ready to use.
2. Salt the cubed eggplant and place them in a colander and top with a weight. Let rest until they expel some water, about 30 minutes. Squeeze the eggplants to remove the excess water, rinse, and pat dry with paper towels.
3. Heat oil in a large saucepan over medium heat. Add the onions, garlic, and celery and sauté until tender, about 3 to 4 minutes.
4. Add the tomatoes and simmer until the tomatoes break down and the sauce thickens, about 5 minutes.
5. Add the eggplants to the pan and cook until just softened, about 5 minutes.
6. Add the olives, capers, sugar, and vinegar. Season with salt and pepper to taste. Lower the heat and cook for 3 to 4 minutes. Drain the raisins and add them to the sauce.
7. Add the marjoram, parsley and pine nuts. Adjust the seasonings to taste.

MOROCCAN CARROT SALAD WITH CUMIN

Yield: 8 portions

Ingredients	Amounts
Water	3 qt.
Salt, kosher	1 Tbsp.
Carrot, whole, peeled, trimmed	2 lb.
Garlic, clove, whole	2 ea.
Cumin, ground	1 tsp.
Paprika, sweet	1 tsp.
Chile, cayenne, ground	¼ tsp.
Lemon, juice, fresh	4 Tbsp.
Sugar, granulated	¼ tsp.
Salt, kosher	2 tsp.
Oil, olive, extra virgin	¼ cup
Parsley, flat-leaf, fresh, chopped	¼ cup

Method

1. Bring the water to a boil in a pot large enough to fit the carrots.
2. Add the salt and place the carrots into boiling water with garlic. Cook until barely tender. Drain. Discard the garlic slice, cool the carrots until room temperature and slice the carrots into 1/8th inch slices.
3. Combine the spices with the lemon juice, sugar, and salt and pour over the carrots. Chill.
4. Toss the carrots with the oil and chopped parsley just before serving.

EGGPLANT IN TOMATO AND CORIANDER SAUCE

Yield: 6 portions

Ingredients	Amounts
Tomato, plum (Roma), canned	12 wt. oz.
Eggplant, globe	1 lb.
Garlic, clove, whole	3 ea.
Oil, olive, extra virgin	6 Tbsp.
Cilantro, fresh, finely chopped	¼ cup
Cumin, ground	½ tsp.
Lemon, juice, fresh	1-2 fl. oz.
Paprika	¼ tsp.
Chili powder	⅛ tsp.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.
Cilantro, leaves, fresh, finely chopped	¼ cup

Method

1. Drain, peel, seed, and coarsely chop the canned tomatoes. Reserve.
2. Peel the eggplant lengthwise, leaving thin strips of skin. Quarter the eggplant lengthwise and then slice across into pieces about ½-inch thick.
3. Bring a pot of water to a boil and place the eggplant pieces and garlic cloves in a colander that fits in the pot. Cover and steam until soft, about 20 minutes.
4. Remove the eggplant and garlic and mash them with a fork. Reserve.
5. Heat the oil in a large sauté pan over medium-high heat. Add the chopped tomatoes, cilantro, and cumin and mix well. Cook until excess juices have evaporated and the sauce looks chunky, about 12-15 minutes, stirring occasionally.
6. Add the mashed eggplants, lemon juice, paprika, and chili powder. Season with salt and pepper to taste. Stir and bring to a simmer. Lower the heat and cook for 15 minutes, stirring regularly.
7. Taste and adjust the seasoning, if necessary. Allow to cool and serve at room temperature.
8. Serve garnished with cilantro.

Adapted from: *Morocco* by Anissa Helou

SOUTH AFRICAN CHAKALAKA AND PAP WITH GOMEN

Yield: 8 portions

Ingredients	Amounts
Oil, olive, pure	2 Tbsp.
Onion, yellow, small diced	2 cup
Garlic, clove, small, smashed	3 ea.
Ginger, fresh, minced	1 Tbsp.
Curry, powder, mild	2 Tbsp.
Chile, scotch bonnet, seeded, minced	1 ea.
Pepper, bell, green, small diced	1 cup
Pepper, bell, yellow, small diced	1 cup
Pepper, bell, red, small diced	1 cup
Carrot, shredded	2 cups
Tomato, plum (Roma), canned, diced	1 ½ cups
Beans, white, cooked	1 cup
Thyme, sprig, fresh	1 ea.
Stock, vegetable	1 cup
Sugar, brown	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Butter, unsalted	2 Tbsp.
Parsley, flat-leaf, fresh, chopped	2 Tbsp.
Pap (Recipe follows)	1x recipe
Gomen (Recipe Follows)	1x recipe

Method

1. In a large saucepan, add olive oil and sauté onion until soft and slightly browned.
2. Add the garlic, ginger and curry powder and cook until aromatic.
3. Add the scotch bonnet all the bell peppers and carrots and sauté for a few minutes until softened.
4. Add the canned tomatoes, beans, thyme and vegetable stock. Bring it to a simmer.
5. Gently simmer on low, covered, until the mixture releases moisture and then thickens, about 20 minutes.
6. Add the brown sugar, salt, pepper and butter and stir to combine. Cool.
7. If desired, partially blend the mixture with an immersion blender. Stir in parsley and serve with pap and gomen.

Note: Alternately, canned beans can be used.

PAP

Yield: 8 portions

Ingredients

Amounts

Water	5 cups
Butter, unsalted	½ cup
Salt, kosher	to taste
Cornmeal, white	1 ½ cups

Method

1. Add the water, butter and salt to a pot and bring it to a boil.
2. Add the corn meal mixture sprinkling it to the pot of boiling water carefully.
3. Whisk to remove any lumps, turn down to a simmer and stir regularly.
4. Cook until the mixture is a thick porridge consistency, stirring often, about 20 minutes

GOMEN

Yield: 6 portions

Ingredients	Amounts
Collard greens, bunch, stemmed, finely chopped	2 ea.
Oil, olive, extra virgin	¼ cup
Onion, red, minced	1 cup
Garlic, minced	2 Tbsp.
Water	2 Tbsp.
Tomato, plum (Roma), finely chopped,	1 ea.
Chile, jalapeño, medium, sliced	1 ea.
Cardamom, ground	1 tsp.
Cumin, ground	1 tsp.
Salt, kosher	1 tsp.

Method

1. Bring a large pot of water to a boil over high heat. Add the collards and cook until soft, about 5 minutes. Drain well in a colander.
2. Heat a large skillet to medium-high. Add the oil, onion and garlic and cook while tossing for 1 minute. Add the water to the pot. Cook, stirring often, until the onion is translucent, 4 to 5 minutes.
3. Add the tomato and jalapeño; cook, stirring occasionally, for 5 minutes. Stir in the greens, cover and cook, stirring once or twice, for 10-15 minutes.
4. Reduce the heat to medium low. Stir in the cardamom and cumin, cover and cook for 2-3 minutes. Remove from heat. Stir in the salt.

DUKKHA CRUSTED SALMON

Yield: 6 portions

Ingredients	Amounts
Salmon, fillet, boneless, 6 wt. oz.	6 ea.
Lemon, juice, fresh	2 Tbsp.
Salt, kosher	1 Tbsp.
Pepper, black, ground	½ tsp.
Wine, white, dry	½ cup
Dukkha (Recipe follows)	2 cups
Parsley-Tomato Salad with Bulgur (Recipe follows)	1x recipe
Chermoula Vinaigrette (Recipe follows)	1½ cups

Method

1. Preheat oven to 425°F.
2. Sprinkle the salmon with lemon juice. Season with salt and pepper.
3. Press one side of each salmon steak with the dukkha.
4. In a large sauté pan, place the fish dukkha side up. Pour the white wine into the bottom of the pan. Roast the fish in the oven until the dukkha is golden and the fish is cooked through, 10 to 12 minutes.
5. Serve the fish with the Parsley and Tomato Salad with Bulgur. Drizzle the fish and the plate with the Chermoula Vinaigrette.

DUKKHA

Yield: 2 cups

Ingredients	Amounts
Sesame, seeds, white	½ cup
Fennel, seed	½ tsp.
Pistachios, shelled	½ cup
Almonds	½ cup
Coriander, ground	6 Tbsp.
Cumin, ground	2 Tbsp.
Salt, kosher	½ tsp.
Mint, leaves, dried	1 tsp.

Method

1. Preheat oven to 350°F.
2. On a parchment-lined baking sheet, place the pistachios and almonds in an even layer. Toast in the preheated oven, shaking the pan halfway through, until lightly browned and fragrant, 10 to 15 minutes. Cool and Reserve.
3. In a food processor, blend the sesame seeds, fennel seeds and nuts until chopped but not dust.
4. Add the coriander, cumin, salt, and mint and stir to combine.

Note: to toast the seeds and nuts, place them a sheet pan into a 350° F oven until lightly browned, about 5 minutes. Cool.

PARSLEY-TOMATO SALAD WITH BULGUR

Yield: 6 portions

Ingredients	Amounts
Bulgur, fine, cooked	½ lb.
Tomato, plum (Roma), seeded, small diced	1 lb.
Cucumber, peeled, seeded, small diced	1 lb.
Scallion (Green onion), sliced	6 ea.
Parsley, flat-leaf, fresh, coarsely chopped	5 cups
Mint, fresh, coarsely chopped	½ cup
Olives, kalamata, pitted, sliced	6 wt. oz.
Oil, olive, extra virgin	½ cup
Lemon, juice, fresh	⅓ cup
Salt, kosher	to taste

Method

1. In a large bowl, place the bulgur, tomatoes, cucumbers, scallion, parsley, mint, and olives, olive oil, lemon juice, and salt to taste. Cover and refrigerate 1 hour.
2. Serve garnished with feta cheese,

CHERMOULA VINAIGRETTE

Yield: 1 ½ cups

Ingredients	Amounts
Cumin, ground	1 tsp.
Onion, yellow, minced	¼ cup
Parsley, flat-leaf, fresh, minced	¼ cup
Cilantro, leaves, fresh, minced	cup
Lemon, juice, fresh	2 Tbsp.
Lemon, preserved, peel only, minced	2 tsp.
Paprika, sweet	1 tsp.
Garlic, grated on a microplane	½ tsp.
Oil, olive, extra virgin	¾ cup
Pepper, black, ground	¼ tsp.

Method

Combine all the ingredients in a container with a lid and shake very well. Serve immediately.

MISO SWEET POTATO BOWL WITH QUICK PICKLED VEGETABLES

Yield: 6 portions

Ingredients	Amounts
Vinegar, rice	1 cup
Water	1 cup
Salt, kosher	¼ cup
Sugar, granulated	¾ cup
Red pepper flakes	½ tsp.
Cauliflower, cut into florets	4 wt. oz.
Carrot, peeled, ¼-in. sliced	2 wt. oz.
Onion, red, 1-in. diced	4 wt. oz.
Potato, sweet, scrubbed, 1-in. diced	2 lb.
Broccoli, trimmed, halved	1 lb.
Oil, olive, pure	¼ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Miso, paste, white	1 Tbsp.
Ginger, fresh, minced	2 Tbsp.
Garlic, minced	1 Tbsp.
Tahini	2 Tbsp.
Vinegar, rice	½ cup
Oil, sesame	¼ cup
Oil, olive, extra virgin	¼ cup
Rice, brown, cooked	1 cup
Barley, cooked	1 cup
Sesame, seeds, black and white mix	2 Tbsp.
Scallion (Green onion), thinly sliced	¼ cup
Cilantro, fresh, chopped	¼ cup

Method

1. For the pickled vegetables, in a small saucepot, boil the rice vinegar, water, salt, sugar, and red pepper flakes.
2. In a large jar with a lid, place the cauliflower, carrots, and red onion. Pour the boiled liquid over the vegetables to cover.
3. Close the jar and refrigerate for at least 1 hour. When ready to use, drain the pickles.
4. Preheat oven to 400°F.

5. In two separate bowls, divide the sweet potatoes and the broccolini. Divide the olive oil between the bowls and toss the vegetables well
6. Place each of the vegetables on separate baking sheets.
7. First roast the potatoes on the bottom shelf for 10 minutes. Flip the potatoes around on the pan and then place the broccolini into the same oven on the top shelf.
8. Roast until the broccolini is lightly charred at the edges and the sweet potato is lightly browned and fully tender, about 10 to 15 minutes. Remove and let cool. Reserve.
9. In a small skillet, toast the sesame seeds until fragrant. Reserve.
10. For the sesame-miso dressing, in a blender, place the miso, ginger, garlic, tahini, and rice vinegar. Process until semi-smooth. While the blender is running, drizzle in the sesame and olive oil. Turn off the blender, scrape down the sides, and process once more until the sauce is completely smooth. Reserve.
11. On a platter, make a bed of rice and barley. Place the sweet potatoes, broccolini, and drained pickles over the grains. Drizzle with the dressing and garnish with the sesame seeds, scallions and cilantro.

VEGETABLE PAKORAS

Yield: 8 portions

Ingredients	Amounts
Onion, yellow, 1/8-in. sliced	1 cup
Pepper, bell, red, seeded, thinly sliced	1/2 cup
Cauliflower, cut into 1-in. pieces	1 cup
Potato, sweet, grated	1 cup
Garlic, minced	1 tsp.
Ginger, fresh, peeled, minced	1 Tbsp.
Flour, chickpea	7 wt. oz.
Flour, rice	3 wt. oz.
Baking powder	1 1/2 tsp.
Garam masala	1 1/2 tsp.
Turmeric, ground	1 tsp.
Salt, kosher	2 tsp.
Water, sparkling	2 cups
Flour, chickpea	as needed
Flour, rice	as needed
Oil, canola	as needed
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a small mixing bowl, place the seasonal vegetables, garlic and ginger. Toss to combine. Reserve.
2. For the batter, in a separate mixing bowl, combine the chickpea flour, rice flour, baking powder, garam masala, turmeric, and salt. Add the sparkling water and whisk together until smooth. Reserve. It should be the consistency of heavy cream. Add more water or flours as necessary.
3. In a small bowl, place equal amounts chickpea and rice flours, enough to coat all the reserved vegetables. Whisk gently to combine.
4. Dredge the reserved vegetables in the chickpea and rice flour mixture, place into a sieve and shake off excess.
5. Add all vegetables to the batter and mix to coat them completely..
6. Heat a large sauté pan with high sides (*sautoir*) with 2 inches of oil to 350°F. Scoop 1/4 cup portions of the vegetable mixture into the pan and flatten slightly into a 3-inch round.
7. Fry until golden brown and crispy, on both sides, about 3 to 5 minutes. Drain on a wire rack. Season with salt and pepper to taste.

Note: Vegetables that work well incorporated into a pakora include bell peppers, onions, potatoes, squashes, beets, carrots, parsnips, or other roots or tubers. You can also try cauliflower or Romanesco florets, broken into small pieces.

CILANTRO-MINT CHUTNEY

Yield: 3 cups

Ingredients	Amounts
Cilantro, bunch, fresh, chopped	4 wt. oz.
Mint, leaves, fresh	1 wt. oz.
Ginger, fresh, chopped	1 Tbsp.
Garlic, chopped	1 Tbsp.
Chile, jalapeño, chopped	2 Tbsp.
Coconut, dried	2 Tbsp.
Lime, juice, fresh	½ cup
Water	1 cup
Salt, kosher	1 tsp.
Sugar, granulated	2 tsp.

Method

1. In a blender, combine the cilantro, mint, ginger, garlic, jalapeño, coconut and lime juice. Using the tamper stick to press down on the vegetables, blend on medium speed adding only as much water as needed to liquefy, but not too thin.
2. Season with salt and sugar.

TAMARIND CHUTNEY

Yield: 1 ½ cups

Ingredients	Amounts
Oil, vegetable	1 Tbsp.
Cumin, seed	1 tsp.
Ginger, ground	1 tsp.
Chile, cayenne, ground	½ tsp.
Fennel, seed	½ tsp.
Asafetida	½ tsp.
Garam masala	½ tsp.
Water	2 cups
Sugar, brown	1¼ cups
Tamarind, concentrate	¼ cup

Method

1. Heat the oil in a medium saucepan over medium-high heat. Add the cumin, ginger, cayenne, fennel, asafetida, and garam masala. Toss until the cumin is fragrant and lightly toasted, shaking the pan often, about 1 minute.
2. Add the water, sugar, and tamarind concentrate and whisk until it is completely dissolved.
3. Bring the sauce to a boil, lower the heat to medium, and simmer. Cook until the sauce turns dark brown and is thick enough to coat the back of a wooden spoon, about 20 to 30 minutes, stirring occasionally.
4. Turn off the heat and set aside to cool and thicken.

Note: The chutney may be refrigerated up to two weeks.

TOMATO CHUTNEY

Yield: 1 ½ cups

Ingredients	Amounts
Vinegar, white	¼ cup
Mustard, seeds, black	1 Tbsp.
Cumin, seed	1 Tbsp.
Chili powder, Kashmiri	2 Tbsp.
Turmeric, ground	¼ tsp.
Garlic, minced	¼ cup
Ginger, fresh, 2-in. piece, chopped	1 ea.
Oil, canola	½ cup
Curry, leaf	6 ea.
Tomato, plum (Roma), canned, diced	½ lb.
Salt, kosher	2 tsp.
Sugar, granulated	½ cup
Asafetida (Optional)	⅛ tsp.

Method

1. In a mortar and pestle, place the vinegar, mustard seeds, cumin seeds, chili powder, turmeric, garlic, and ginger. Grind to a paste. Reserve.
2. Heat the oil in a small sauté pan over low heat. Add the curry leaves. Fry until crisp.
3. Carefully add the reserved paste, as it will spatter, and sauté until the mixture dries out, stirring often about 10 to 15 minutes.
4. Add the tomatoes and cook until the moisture evaporates, about 30 minutes.
5. Add the salt and sugar and stir until dissolved. Add asafetida and stir to combine. Adjust the seasoning as needed.
6. Refrigerate for 24 hours before serving.

Note: Asafetida is an Indian spice that is reminiscent of garlic and onion powder. You may substitute with either.

PEKING-STYLE EGGPLANT

Yield: 8 portions

Ingredients	Amounts
Broth, chicken	⅔ cup
Soy sauce, low sodium	4 Tbsp.
Vinegar, rice	4 Tbsp.
Wine, rice, Shaoxing	2 Tbsp.
Oil, chili	1 tsp.
Eggplant, Chinese	2 lb.
Oil, vegetable	as needed
Garlic, minced	2 Tbsp.
Ginger, fresh, minced	1 tsp.
Scallion (Green onion), cut diagonally	6 ea.
Pork, ground	½ lb.
Cornstarch	2 tsp.
Water	2 Tbsp.

Method

1. In a medium bowl, place the chicken broth, soy sauce, rice vinegar, and chili oil. Whisk thoroughly to combine. Reserve.
2. Peel the eggplant and cut it into 2-in. pieces.
3. In a wok, heat 2 inches of vegetable oil to 375°F.
4. Add the eggplant several pieces at a time and deep-fry until lightly browned, about 2 minutes. Remove and drain on paper towels.
5. Remove all but 1 tablespoon of the oil from the wok. Reheat the oil over high heat. Add the garlic and ginger and cook until fragrant.
6. Add the green onions and pork and stir-fry for 3 minutes. Add the reserved sauce and eggplant and cook while stirring until heated through.
7. For the slurry, in a small bowl, combine the cornstarch and water and whisk until smooth.
8. Add the slurry and cook while stirring until the sauce boils and thickens slightly.

Source: adapted from *The Chinese Chef* by Martin Yan

SHIITAKE FRIED CAULIFLOWER “RICE”

Yield: 8 portions

Ingredients	Amounts
Oil, vegetable	¼ cup
Egg, whole	2 ea.
Mushroom, shiitake	4 wt. oz.
Carrot, small diced	2 wt. oz.
Scallion (Green onion), whites, minced	½ cup
Garlic, minced	1 Tbsp.
Cauliflower, grated	1 ea.
Peas, frozen, thawed	1 cup
Soy sauce, low sodium	2 Tbsp.
Oil, sesame	2 tsp.
Salt, kosher	1 tsp.
Scallion (Green onion), thinly sliced	½ cup

Method

1. Heat half the vegetable oil in skillet over high heat. Add the eggs and scramble until the skillet is dry. Remove the eggs and reserve.
2. Wipe the skillet clean and heat over high heat.
3. Add the remaining vegetable oil, and when hot add the mushrooms, carrots, scallion, and garlic and sauté until aromatic, about 30 seconds.
4. Add the peas and cauliflower and cook for 1 to 2 minutes, stirring continuously.
5. Add the soy sauce, sesame oil, and salt and continue to cook, stirring until cauliflower is just tender, about 1 to 2 minutes. Add the cooked egg and scallions and mix to combine.

BAKED TORTILLA CHIPS

Yield: 60 chips

Ingredients	Amounts
Tortilla, corn, 6-in. diameter	10 ea.
Oil, olive, extra virgin	2 tsp.
Salt, kosher	¼ tsp.

Method

1. Preheat oven to 325°F.
2. Cut each of the tortillas into 6 wedges.
3. In a medium bowl, place the wedges and drizzle with olive oil. Gently toss until the tortillas are lightly coated with oil on both sides.
4. Add the salt and toss to coat.
5. On a parchment paper lined baking sheet, spread the tortillas in an even layer.
6. Bake until the chips are brown along the edges, about 8 to 15 minutes. Allow to cool before serving.

Note: The chips will continue to crisp up as they cool. Go by color rather than crispiness when choosing to remove them from the oven.

Source: adapted from Sabrina Faulkier MD, CCMS, DipABLM

BOILED TOMATILLO SALSA

Yield: 4 cups

Ingredients	Amounts
Chile, serrano	1/3 ea.
Tomatillo, husks removed, quartered	10 ea.
Garlic, clove, whole	1 ea.
Onion, yellow, quartered	1/4 ea.
Salt, kosher	1/2 tsp.
Cilantro, leaves, fresh	1/2 cup
Salt, kosher	to taste

Method

1. In a medium saucepot, place the chili, tomatillos, garlic, onion, and salt. Add enough water to cover the vegetables and bring to a boil. Lower the heat and simmer until the tomatillos soften and turn olive-green, about 10 minutes. Drain well and let cool.
2. In a blender, place the boiled vegetables and process until desired consistency is reached.
3. Add cilantro and pulse until incorporated.
4. Season with salt to taste and serve warm, at room temperature, or chilled.

Variations:

Salsa Taquero: After the salsa has cooled, add a peeled and pitted avocado. Blend until smooth. This variation should be used immediately.

Raw: Blend all ingredients raw instead of boiling for a brighter, tarter flavor.

Roasted: Roast the tomatillos, chiles, garlic, and onion over a high flame until softened and charred, then blend as above.

Molcajete: Instead of a blender, grind the ingredients in a molcajete for a traditional texture and flavor.

Note: Store in airtight container in fridge up to 7 days unless avocado is added. Serrano chili is spicier than jalapeño.

Source: Sabrina Faulkier MD, CCMS, DipABLM

ROASTED TOMATO SALSA

Yield: 2 cups

Ingredients	Amounts
Tomato, plum (Roma), cored, quartered	2 ea.
Onion, yellow, cut to 1-in. pieces	1/2 ea.
Chile, serrano	1/3 ea.
Garlic, roughly chopped	1 Tbsp.
Salt, kosher	1 tsp.

Method

1. Preheat oven to 400°F.
2. On a baking sheet, place the tomatoes, onion, chili, and garlic. Roast the vegetables for 5 minutes. Remove the garlic and reserve. Return the remaining vegetables to the oven until they are slightly blistered, about 10 minutes.
3. In a food processor, place the tomatoes, onion, in, garlic and half the salt. Pulse until the salsa reaches the desired consistency.
4. Season with remaining salt to taste.

Note: Serrano chiles can be substituted for jalapeños for a milder flavor. Salsa can be stored in an airtight container in fridge for up to 7 days.

Source: adapted from Sabrina Faulkier MD, CCMS, DipABLM

CHIPOTLE CREMA

Yield: 4 cups

Ingredients	Amounts
Cashew, raw, unsalted	2 cups
Water	4 cups
Water, cold	2 cups
Chile, in adobo, prepared	6 tsp.
Lime, juice, fresh	2 ea.
Garlic, finely minced	3 Tbsp.
Salt, kosher	1 tsp.

Method

1. Place the cashews in a pot and cover with water. Bring to a boil. Allow the nuts to cool in the liquid. Drain the cashews.
2. In a blender, add the drained cashews and 1 cup of the cold water. Blend until incorporated. Add more water, 1 Tbsp. at a time, until sauce reaches desired thickness and a smooth and creamy consistency.
3. Add *chiles en adobo*, lime juice, garlic, and $\frac{1}{4}$ tsp. salt. Blend until smooth. Add more water if needed.
4. Season to taste by adding additional *chiles en adobo*, garlic, or salt and blend.
5. Refrigerate until ready to use.

Note: Cashews can be substituted for 400 grams of drained silken tofu. If using tofu, do not add water to the blender. The longer the cashews are soaked, the creamier the sauce. Store in airtight container in refrigerator for up to 7 days

Source: Sabrina Faulkier MD, CCMS, DipABLM

MEXICAN CHARRED VEGETABLE SALAD WITH CILANTRO-CUMIN VINAIGRETTE

Yield: 8 portions

Ingredients	Amounts
Pepitas	1 cup
Cumin, ground	1½ tsp.
Coriander, ground	1½ tsp.
Vinegar, cider	3 Tbsp.
Honey	6 Tbsp.
Oil, canola	1 cup
Cilantro, bunch, fresh, minced	¼ cup
Salt, kosher	as needed
Pepper, bell, red, quartered	4 ea.
Pepper, bell, green, quartered	4 ea.
Carrot, peeled, trimmed, cut 1-in. thick on bias	1 lb.
Onion, red, cut into 1-in. rings	2 ea.
Broccoli, spears, 1-in. thick	1 lb.
Cheese, cotija, crumbled	1 cup
Oregano, leaves, fresh	3 Tbsp.

Method

1. Heat a dry, medium skillet over medium heat. Add the pepitas in a single layer. Toast, stirring often, until they begin to puff up, pop, and turn golden brown, 3 to 5 minutes. Be careful not to allow them to burn. Cool. Finely chop and reserve.
2. For the vinaigrette, combine the cumin and coriander in a small mixing bowl. Whisk in the vinegar and honey until smooth.
3. Slowly stream in the oil, whisking continuously to emulsify.
4. Stir in the cilantro and pepitas. Season with a pinch of salt to taste. Reserve.
5. Toss the vegetables in a bowl with oil, salt and pepper.
6. Preheat the grill to medium high heat.
7. Grill vegetables until nicely charred, 2 to 4 minutes per side.
8. Remove to a platter to cool slightly.
9. Combine all the charred vegetables onto one platter. Drizzle with the vinaigrette
10. Garnish with the cotija cheese and fresh oregano.

CHICKEN PIPIÁN VERDE

Yield: 6 portions

Ingredients	Amounts
Stock, chicken	1 qt.
Garlic, smashed	2 ea.
Salt, kosher	1 Tbsp.
Cumin, ground	½ tsp.
Chicken, breast, boneless, skinless	6 ea.
Sesame, seeds	⅓ cup
Peanuts, raw, skinned, coarsely chopped	½ cup
Pepitas, coarsely chopped	1 cup
Onion, yellow, peeled, quartered	4 wt. oz.
Tomatillo, hull removed	¾ lb.
Garlic, clove, unpeeled	3 ea.
Chile, jalapeño	3 ea.
Lettuce, green leaf, torn into pieces	12 ea.
Radish, leaf, torn into pieces	10 ea.
Hoja Santa, leaf, torn into pieces (see note)	3 ea.
Epazote, leaf	4 ea.
Oil, canola	¼ cup
Salt, kosher	to taste
Cilantro Lime Rice (Recipe follows)	1x recipe
Jicama Salad (Recipe follows)	1x recipe

Method

1. In a medium soup pot, place the chicken stock, garlic, salt, and cumin. Heat to 180°F.
2. Add the chicken breasts and cook until just done, about 10 to 12 minutes. Remove the chicken and shred into large pieces and keep covered. Reserve the stock.
3. While the chicken is cooking, toast the sesame seeds, peanuts and pepitas in a large skillet on medium heat, swirling and stirring until golden. Set aside two tablespoons of the mixture for garnish and reserve the remainder.
4. In the same skillet over medium-high heat, dry-roast the onion, garlic, tomatillos and jalapeños until the garlic skin begins to brown, the tomatillos start to burst, and the onion and jalapeno are softened. Remove from the heat. Peel the garlic.

5. In a blender, purée the sesame seeds, nuts, and pepitas with the roasted onion, garlic, tomatillos, 2 of the jalapeños, lettuce, radish leaves, and *Hoja Santa*. If needed, add just enough water to form a smooth, but thick purée.
6. Heat 2 tablespoons of the oil in a skillet. Fry the puréed mixture until it changes color, stirring occasionally, about 10 minutes.
7. Add the reserved chicken stock and stir to combine.
8. Simmer until the sauce coats the back of a spoon, about 30 minutes. Season with salt to taste. Adjust the consistency with additional stock. Reserve.
9. Reheat the chicken with the reserved sauce until warmed through. Serve garnished with the reserved nuts and seeds along with Cilantro Lime Rice and Jicama Salad.

Note: Hoja Santa is an aromatic herb that can be bought fresh or dried. If using dried, use 2 Tbsp or crushed leaves.

After adding the seed and nut purée, the sauce should have a mellow heat. If the sauce is not spicy enough, purée the remaining roasted jalapeño chiles.

CILANTRO-LIME RICE

Yield: 6 portions

Ingredients	Amounts
Rice, brown, cooked	3 cups
Butter, unsalted	¼ cup
Lime, juice, fresh	¼ cup
Cilantro, bunch, fresh, chopped	⅓ cup
Salt, kosher	as needed

Method

1. Reheat the cooked rice in the microwave on high for 90 seconds. Alternatively, you can place the rice in heat proof dish covered with foil and heat in a 350°F oven until hot, 20 to 25 minutes.
2. Stir in the butter, lime juice, cilantro, and salt. Serve hot.

JICAMA SALAD

Yield: 6 portions

Ingredients	Amounts
Jicama, medium	1 ea.
Cucumber, Persian	2 ea.
Orange, seedless	3 ea.
Radish, red, thinly sliced	6 ea.
Onion, red, thinly sliced	½ cup
Lime, juice, fresh	⅓ cup
Salt, kosher	½ tsp.
Chile, ancho, dried, powdered	2 tsp.
Cilantro, fresh, roughly chopped	⅓ cup

Method

1. Using a paring knife, peel away the brown skin and fibrous exterior layer of the jicama.
2. Cut the jicama in half and lay each half on its cut side. Cut each half into 4 wedges, then cut each wedge into ¼-inch thick slices.
3. Slice the cucumbers in half lengthwise and scoop out the seeds. Cut each half diagonally into ¼-inch thick slices. Reserve.
4. Trim the stem and blossom end from the oranges. Stand the oranges on a cutting board and, working close to the flesh, cut away the rind and all the white pith. Cut the oranges in half. Slice each half crosswise into ¼-inch slices.
5. In a large bowl, place the jicama, cucumbers, oranges, radishes, onion and lime juice. Toss to combine. Marinate for 20 minutes. Season with the salt.
6. On a serving platter, place the vegetables and fruit. Drizzle with any accumulated juices.
7. Sprinkle liberally with the powdered chile. Garnish with the cilantro sprigs. Serve immediately.

Variations: This recipe can be made with just jicama or just cucumber. Sliced young raw turnips make an interesting addition, as does sliced raw fennel, apple or Asian pear. Oranges can be substituted for grapefruit or tangerines. Powdered chiles may be substituted for the bottled hot sauce.

Adapted from: Mexican Kitchen by Rick Bayless

DAY FOUR: FUNCTIONAL INGREDIENTS AND THE GUT MICROBIOME; ANTI-INFLAMMATORY AND IMMUNE BOOSTING FOODS; BLUE ZONES DIET; BEVERAGES

LEARNING OBJECTIVES

By the end of this day you should be able to ...

- Identify anti-inflammatory foods
- Learn about foods that promote a healthy gut micro-biome
- Discuss immune boosting ingredients in the kitchen
- Learn about a variety of medicinal and culinary mushrooms
- Discuss the benefits of eating fermented foods
- Identify a variety of simple fermented foods
- Discuss eating patterns and behaviors of a Blue Zones Diet.
- Understand how to use meat as a flavoring agent or garnish rather than center of the plate
- Identify seaweed commonly used in the kitchen and how to prepare them
- Discuss soy products such as tofu, soy milk and miso
- Understand the health benefits of honey
- Utilize gut healthy and immune boosting ingredients to create a variety of healthy beverages
- Explain how the gut-brain axis connects digestive health with overall well-being.
- Identify the roles of prebiotics and probiotics in supporting a balanced and diverse gut microbiome.
- Discuss how pesticide exposure impacts microbiome health and inflammation.
- Recognize the health-promoting functions of phytochemicals and describe strategies for incorporating phytonutrient diversity ("eating the rainbow").

LEARNING ACTIVITIES

- Lecture and discussion
- Fermented food tasting
- Culinary demonstrations
- Hands-on production

KEY TERMS

Fermented
Mushrooms
Dashi
Microbiome
Iodine
Wakame
Shitake
Fermentation
Dysbiosis

Lacto-fermented
Miso
Blue Zones
Plant Based
Plant Forward
Amino Acids
Tofu
Wild Foods
Gut-Brain Axis

Omega Fatty Acids
Seaweed
Longevity Ingredients
B-Vitamins
Kombu
Whole Grain
Lions Mane
Prebiotic
Isoflavone

INSTRUCTOR DEMONSTRATIONS

- Primary vs. Vegetarian Dashi
- How to use miso for marinade, soup, dressing
- Working with Tofu
- Honey tasting
- Tasting of Traditional Fermented Foods

DAY FOUR: TEAM PRODUCTION ASSIGNMENTS

CHEF DEMO

Vegetarian Dashi
Primary Dashi
Crispy Baked Tofu with Miso Honey-Mustard Sauce

TEAM ONE

Miso Soup
Ceasar Salad with Nori Ceasar Dressing and Furikake Croutons
Salmon Yakitori and Rainbow Soba Noodle Salad with Carrot-Miso Dressing
Mango Smoothie with Turmeric, Green Tea, and Ginger

TEAM TWO

Kimchi Pancakes with Gochujang Aioli
Mushroom Tom Yum Soup
General Tso's Tofu and Oven Baked Pineapple "Fried" Rice
Honey Bubble Tea

TEAM THREE

Wild Greens and Herb Pie (*Hortikopita*)
Turkish Zucchini Pancakes with Yogurt and Cucumber Sauce
Grilled Sardines with Garlic Potato, Radish, and Herb Salad
Peach-Mango Green Smoothie

TEAM FOUR

Broccoli Salad with Almonds and Cranberries
Hungarian Stuffed Cabbage with Sauerkraut
Purple Sweet Potato Pie with Rosemary Honey Pecans
Red and Blue Smoothie

VEGETARIAN DASHI

Yield: 1 ½ quarts

Ingredients	Amounts
Mushroom, shiitake, dried	20 ea.
Kelp (<i>Kombu</i>), dried	3 wt. oz.
Water	2 qt.
Soy sauce, low sodium	4 Tbsp.
Sugar, granulated	2 wt. oz.

Method

1. Rinse any excess salt from the surface of the *kombu*. In a large bowl, place the *kombu* and cover with warm water. Soak the *kombu* for 30 minutes and drain.
2. In a medium stockpot over medium-high heat, place the soaked *kombu*, mushrooms, and water.
3. Bring the stock to a simmer and lower the heat. Simmer the stock for 10 minutes.
4. Add the soy sauce and sugar. Simmer for an additional 10 minutes.
5. Remove the stock from the heat and rest it at room temperature for 1 hour.
6. Use as needed or cool and store in the refrigerator.

PRIMARY DASHI

Yield: ½ gallon

Ingredients	Amounts
Water, cold	½ gal.
Kelp (<i>Kombu</i>), dried	1 wt. oz.
Bonito (<i>hana-katsuo</i>), flakes, dried	1 wt. oz.

Method

1. In a large soup pot over medium-high heat, place the water and *kombu*. Heat the stock uncovered until it is just under a boil. Remove the pot from the heat. Steep for 10 minutes.
2. Add the bonito flakes and return the pot to the heat. Bring the stock to a near simmer and remove from the heat once again. Steep for 10 minutes.
3. Using a cheesecloth-lined sieve and a large container, filter the stock.
4. Cover and refrigerate until ready to use.

Note: Kelp emit a strong odor if it is boiled, so remove the pot from the heat just before the water boils. If desired, reserve the bonito flakes and *kombu* for secondary dashi.

CRISPY BAKED TOFU WITH MISO HONEY-MUSTARD SAUCE

Yield: 6 portions

Ingredients	Amounts
Tofu, firm, block, 12 wt. oz.	1 ea.
Soy sauce	1 Tbsp.
Salt, kosher	¼ tsp.
Pepper, white, ground	¼ tsp.
Oil, vegetable	2 tsp.
Cornstarch	2 Tbsp.
Miso, paste, white	¼ cup
Mustard, Dijon	3 Tbsp.
Honey	¼ cup
Vinegar, cider	¼ cup
Water	as needed
Oil, olive, pure	¼ cup

Method

1. Preheat convection oven to 425°F.
2. In a medium container, place the tofu and place a weight on top, such as a plate. Allow the tofu to drain this way for 1 hour.
3. Drain the water from the tofu and cut into 1 inch dice.
4. In a medium bowl, place the soy sauce, salt, white pepper, and oil. Whisk to combine and add the diced tofu. Toss to coat and cover. Place the tofu mixture in the refrigerator and chill for 20 minutes.
5. Drain the tofu and add it to the cornstarch and toss to combine.
6. Arrange the marinated tofu on silicon mat-lined baking sheet. Bake until lightly browned and slightly crisped, about 18 to 20 minutes.
7. For the sauce, in a small bowl, place the miso paste, mustard, honey, vinegar and oil and whisk until smooth. Add water, if desired to thin the sauce and dilute the pungency.
8. Serve the baked tofu topped with the sauce

Note: You may also fry the tofu in a non-stick skillet with a little oil, turning the pieces carefully to brown them on all sides.

MISO SOUP

Yield: ½ gallon

Ingredients	Amounts
Kelp (<i>Wakame</i>), dried	1 Tbsp.
Water, warm	½ cup
Dashi (Recipe follows)	½ gal.
Miso, shiro, white	½ cup
Tofu, silken, drained, small diced	6 wt. oz.
Scallion (Green onion), thinly sliced on bias	1 ea.

Method

1. Soak the wakame in warm water for 30 minutes. Then drain in colander, rinsing with more hot water.
2. Place the dashi into a soup pot and gently heat on low.
3. Place the miso in a bowl. Temper the miso by adding some hot dashi into the bowl and whisking to combine.
4. Return the mixture to the soup pot. Bring to a gentle simmer.
5. Add the bean curd and wakame. Heat until it is warmed through, 1 minute.
6. Add the scallions.

Note: Vegetarian Dashi can be substituted for traditional dashi.

PRIMARY DASHI

Yield: 1 gallon

Ingredients	Amounts
Water, cold	1 gal.
Kelp (<i>Kombu</i>), dried	2 wt. oz.
Bonito (<i>hana-katsuo</i>), flakes, dried	2 wt. oz.

Method

1. In a large soup pot over medium-high heat, place the water and *kombu*. Heat the stock uncovered until it is just under a boil. Remove the pot from the heat and allow it to steep for 10 minutes.
2. Add the bonito flakes and return the pot to the heat. Bring the stock to a near simmer and remove from the heat once again. Allow it to steep for another 10 minutes.
3. Using a cheesecloth-lined sieve and a large container, filter the stock.
4. Cover and refrigerate until ready to use.

Note: Kelp emit a strong odor if it is boiled, so remove the pot from the heat just before the water boils. If desired, reserve the bonito flakes and *kombu* for secondary dashi.

CAESAR SALAD WITH NORI CAESAR DRESSING AND FURIKAKE CROUTONS

Yield: 6 portions

Ingredients	Amounts
Cashews, raw	½ cup
Garlic, clove, whole	1 ea.
Capers	½ Tbsp.
Capers, brine	½ tsp.
Lemon, juice, fresh	1 Tbsp.
Mustard, Dijon	1 tsp.
Water	½ cup
Salt, kosher	¼ tsp.
Pepper, black, ground	¼ tsp.
Garlic, powder	¼ tsp.
Kelp, dried (Nori), sheet, crumbled	1 ea.
Bread, baguette, 1-in. cubed	8 wt. oz.
Oil, olive, pure	¼ cup
Furikake Seasoning (Recipe follows)	as needed
Lettuce, romaine, head, 1 in. sliced	1 ea.
Cheese, Parmesan, grated	1 cup

Method

1. In a small saucepot over high heat, place the cashews and cover with water. Bring the cashews to a boil. Remove from the heat and allow to cool. Drain.
2. For the dressing, in a blender, place the cashews, garlic, capers, caper brine, lemon juice, mustard, water, salt, pepper, garlic powder. Blend on high until smooth. Reserve.
3. For the croutons, preheat the oven to 350°F.
4. In a bowl, place the bread and drizzle the oil on top. Toss the bread and oil and place the cubes in an even layer onto a baking sheet. Bake until crisp and golden brown, about 10 minutes.
5. Place the croutons back into the bowl and add the furikake seasoning while still warm. Toss to coat and let cool.
6. In a large bowl, place the lettuce, croutons, and dressing and toss to combine. Serve garnished with the Parmesan cheese.

Source: adapted from Sherene Chou, MS, RDN

FURIKAKE SEASONING

Yield: 2/3 cup

Ingredients	Amounts
Sesame, seeds, white	1/2 cup
Kelp, dried (<i>Nori</i>), sheet	6 ea.
Salt, kosher	1/4 tsp.
Sugar, granulated	1/2 tsp.

Method

1. Heat a small, dry sauté pan over low heat. Add the sesame seeds in a single layer. Toast, stirring constantly, until they become lightly browned and fragrant, 6 to 7 minutes. Transfer to a small bowl and reserve.
2. With kitchen shears, cut the nori sheets into tiny strips, 1 1/2 cm. long.
3. Add the *nori*, salt, and sugar to the bowl with the toasted sesame seeds. Mix well.
4. Store the mixture in an airtight container.

Note: *Furikake* is a versatile and flavorful Japanese seasoning mix. that is often sprinkled on rice, fish, eggs, and noodle dishes.

Source: adapted from Sherene Chou, MS, RDN

SALMON YAKITORI

Yield: 12 portions

Ingredients	Amounts
Wine, rice, sweet (<i>Mirin</i>)	1 cup
Vinegar, rice	1 cup
Soy sauce	1 cup
Wine, rice, sake	½ cup
Water	1 cup
Sugar, brown	1 wt. oz.
Garlic, clove, crushed	10 ea.
Scallion (Green onion), bruised	10 ea.
Ginger, fresh, crushed	2 wt. oz.
Peppercorns, black, ground	1 Tbsp.
Salmon, boneless, skinless	3 lb.
Skewer, bamboo, flat	12 ea.
Scallion (Green onion), cut into 1-in. lengths	10 ea.
Japanese 7-spice blend (<i>Shichimi-togarashi</i>)	as needed

Method

1. For the *yakitori* sauce, in a small saucepot over high heat, place the mirin, vinegar, sake, soy sauce, water, and sugar. Bring to a boil. Lower the heat to a simmer and cook until the liquid has reduced by half the volume. Do not over-reduce the yakitori sauce to a syrup. Strain and return it to the pot over medium heat.
2. Add the garlic, scallions, ginger, and peppercorns. Stir to combine and bring the mixture to a simmer. Remove it from the heat and allow it to infuse for 15 minutes.
3. Strain the solids from the sauce and cool liquid to room temperature. Divide the sauce into two batches; one for basting the salmon while cooking, a second for brushing onto finished skewers before serving. Reserve.
4. Preheat and season a grill on medium high heat.
5. Cut the salmon into 2-inch cubes.
6. Assemble the skewers by spearing the salmon cubes and scallion pieces in alternating order. Place 3 salmon cubes and 3-5 pieces of scallion on each skewer.
7. Place the skewers on the hot grill to mark them. Flip the skewers and move them to cooler zone to finish. As the salmon begins to brown, brush them with the reserved *yakitori* sauce on both sides. Flip occasionally to ensure even cooking. When the salmon is cooked through, move the skewers to a platter to serve and brush lightly with sauce on both sides.
8. Garnish with a dusting of Japanese 7 spice blend.

RAINBOW SOBA NOODLE SALAD

Yield: 6 portions

Ingredients	Amounts
Tofu, firm, block	1 ea.
Soy sauce	2 Tbsp.
Salt, kosher	½ tsp.
Oil, sesame	½ tsp.
Pepper, white, ground	½ tsp.
Noodle, soba, buckwheat	9 wt. oz
Oil, canola	1 Tbsp.
Cabbage, red, thinly sliced	1 cup
Cabbage, green, thinly sliced	1 cup
Carrot, julienned	1 cup
Cucumber, julienned	2 cups
Cilantro, fresh, chopped	¼ cup
Cornstarch	½ cup
Oil, canola	½ cup
Carrot Miso Dressing (Recipe follows)	2 cups
Tomato, cherry, halved	15 ea.
Salt, kosher	½ tsp.

Method

1. In a medium container, place the tofu and add a weight on top, such as a plate. Allow the tofu to drain this way for 1 hour. Cut into 1 inch dice.
2. In a medium bowl, place the tofu, soy sauce, salt, sesame oil, and white pepper. Reserve.
3. In a medium soup pot, bring salted water to a boil. Add the noodles and cook until *al dente*, about 6 to 8 minutes. Drain and rinse under cold water. Add the canola oil and toss to coat.
4. In a large bowl, place the pasta, cabbages, carrots, cucumbers, and cilantro. Toss to combine and reserve.
5. Heat a non-stick sauté pan with the canola oil. In a bowl, toss the tofu with the cornstarch.
6. Fry the tofu on all sides until golden brown. Drain on a paper towel lined platter.
7. In a large bowl, toss the noodle salad with the tofu and the Carrot Miso Dressing.
8. Garnish with cherry tomatoes seasoned with salt

CARROT-MISO DRESSING

Yield: 3 cups

Ingredients	Amounts
Carrot, peeled, chopped	2 cups
Oil, sesame	1/3 cup
Vinegar, rice	1/3 cup
Miso, paste, white	1/4 cup
Ginger, fresh, chopped	1/4 cup

Method

1. In a blender, place the carrots, sesame oil, vinegar, miso paste, and ginger. Blend on high.
2. Add water to thin, as needed.

MANGO SMOOTHIE WITH TURMERIC, GREEN TEA, AND GINGER

Yield: 6 portions

Ingredients	Amounts
Chia seeds	¼ cup
Water	1 cup
Mango, ripe, peeled, diced	2 cups
Turmeric, ground	1 tsp.
Ginger, fresh, minced	1 Tbsp.
Tea, green, brewed	1 cup
Ice	1 cup
Charcoal, activated	1 tsp.
Matcha, powder	1 Tbsp.

Method

1. Soak chia seeds in water in the refrigerator overnight. You can also heat the water to a simmer and cover the chia seeds for 1 hour.
2. In a blender, place the mango, turmeric, ginger, tea, and ice. Blend until smooth.
3. Mix in the soaked chia seeds until incorporated.
4. Garnish with matcha powder and activated charcoal.

KIMCHI PANCAKES WITH GOCHUJANG AIOLI

Yield: 8 portions

Ingredients	Amounts
Flour, all-purpose	2 cups
Cornstarch	¼ cup
Water, ice cold	2 cups
Egg, whole	2 ea.
Salt, kosher	½ Tbsp.
Potato, russet, shredded squeezed of water	1 cup
Kimchi, cabbage (<i>Baekchu-kimchi</i>) drained, chopped	1 ¾ cups
Carrot, peeled, shredded	1 cup
Pepper, bell, red, julienned	1 cup
Zucchini, shredded squeezed of water	1 cup
Scallion (Green onion), 1-in. sliced	6 ea.
Oil, sesame	½ Tbsp.
Ketchup	½ cup
Mayonnaise	½ cup
Korean chili paste (<i>Gochujang</i>)	1 Tbsp.
Garlic, finely grated	½ tsp.
Yuzu, juice	2 Tbsp.
Oil, vegetable	as needed

Method

1. For the batter, in a large bowl, place the flour, water, eggs, and salt. Whisk to combine. Add the potatoes, stir, and allow to sit for 10 minutes.
2. Add the kimchi, carrots, peppers, zucchini, scallion, and sesame oil. Mix until just combined. Reserve.
3. For the aioli, in a small bowl, place the ketchup, mayonnaise, *gochujang*, garlic, lime juice. Whisk thoroughly to combine. Reserve.
4. Heat the oil in a skillet over medium-high heat. Swirl the oil around the skillet to coat the bottom. Ladle enough batter into each skillet to completely cover the bottom.
5. Fry for 4 to 5 minutes per side. Drain on a wire rack-lined sheet pan.
6. Cut the pancakes into wedges and serve with the spicy aioli.

Note: Lime juice can be substituted for *yuzu* juice.

MUSHROOM TOM YUM SOUP

Yield: 6 portions

Ingredients	Amounts
Peanuts	½ cup
Oil, coconut	3 Tbsp.
Curry paste, Thai, red	1 Tbsp.
Turmeric, ground	½ tsp.
Pepper, black, ground	¼ tsp.
Chicken, dark meat, 1-in. diced	½ lb.
Onion, yellow, thinly sliced	1 cup
Garlic, thinly sliced	1 Tbsp.
Soy sauce	2 Tbsp.
Fish sauce	1 Tbsp.
Vinegar, cider	3 Tbsp.
Stock, vegetable, rich	5 cups
Coconut, cream, unsweetened	2 cups
Mushroom, shiitake, stemmed, thinly sliced	2 wt. oz.
Mushroom, lion's mane, sliced	2 wt. oz.
Kale, leaves, cut into 1-in. pieces	3 wt. oz.
Scallion (Green onion), ½-in. sliced	3 ea.
Bok choy, baby, cut into 2-in. pieces	2 ea.
Peas, snow, strings removed, cut ½-in. on bias	2 wt. oz.
Tomato, cherry, halved	2 wt. oz.
Lime, makrut, leaf, fresh, thinly sliced	2 ea.
Lime, juice, fresh	¼ cup
Cilantro, fresh, chopped	½ cup
Basil, Thai, leaves, packed	½ cup
Mint, leaves, fresh, packed	½ cup

Method

1. Preheat oven to 350°F.
2. On a sheet pan, arrange the peanuts in a single layer. Toast in the preheated oven until lightly browned, 6 to 7 minutes. Cool. Crush. Reserve.
3. For the soup base, heat the oil in a soup pot on medium-high heat. Add the curry paste and stir until aromatic.
4. Add the turmeric, black pepper, and chicken and stir to coat evenly.

5. Add the onion and garlic and cook, stirring occasionally until fragrant, about 1 to 2 minutes.
6. Add the soy sauce, fish sauce, vinegar, and broth.
7. Bring to a boil and lower the heat to a simmer. Cook until flavor develops and the chicken is cooked through, about 20 minutes.
8. Add the coconut cream and stir to combine.
9. Add the mushrooms and kale, stir and cook for 2 minutes.
10. Add the scallions, bok choy, snow peas, tomatoes, lime leaves, and lime juice. Bring to a simmer and cook until the vegetables are tender, 2-3 minutes.
11. Serve garnished with cilantro, basil, mint and peanuts.

Note: Coconut amino acids can be used instead of fish sauce.

GENERAL TSO'S TOFU AND OVEN BAKED PINEAPPLE "FRIED" RICE

Yield: 8 portions

Ingredients	Amounts
Tofu, firm, block, 12 wt. oz.	2 ea.
Soy sauce	2 Tbsp.
Salt, kosher	1 tsp.
Pepper, white, ground	1 tsp.
Oil, vegetable	4 tsp.
Cornstarch	4 Tbsp.
Soy sauce	1/3 cup
Sweet soy sauce (kecap manis)	1/4 cup
Stock, vegetable	1 cup
Vinegar, rice	2 Tbsp.
Tomato, paste	4 Tbsp.
Cornstarch	2 tsp.
Oil, sesame	2 tsp.
Oil, vegetable	2 Tbsp.
Ginger, fresh, peeled, minced	4 tsp.
Garlic, minced	2 Tbsp.
Scallion (Green onion), minced	4 Tbsp.
Red pepper flakes	1 Tbsp.
Broccoli, florets, steamed	1 lb.
Oven Baked Pineapple Fried Rice (Recipe follows)	1x recipe

Method

1. In a medium container, place the tofu and add a weight on top, such as a plate. Allow the tofu to drain this way for 1 hour. Cut into 1 inch dice.
2. Preheat oven to 425°F with convection.
3. In a large bowl, place the soy sauce, salt, white pepper, oil, and the tofu. Toss to combine, cover, and refrigerate for 20 minutes. Drain.
4. Add tofu to cornstarch and toss to coat. On a silicon baking sheet lined tray, place the tofu in an even layer. Bake until lightly browned and slightly crisped, about 18 to 20 minutes. Reserve.
5. For the sauce, in a small bowl, place the soy sauce, sweet soy sauce, vegetable stock, rice vinegar, tomato paste, cornstarch, and sesame oil. Whisk to combine.

6. Heat the vegetable oil in a saucepan over medium heat. Add the ginger, garlic, and scallion. Stir for 1 minute until softened and add the sauce. Stir and bring to a boil. When thickened, combine the tofu and the sauce together with the broccoli.
7. Serve with Oven Baked Pineapple "Fried Rice"

Note: Once ready to use the sauce, heat if needed to liquify.

OVEN BAKED PINEAPPLE “FRIED” RICE

Yield: 8 portions

Ingredients	Amounts
Oil, vegetable	2 Tbsp.
Egg, whole, beaten	3 ea.
Rice, brown, cooked	4 cups
Peppers, bell, red, small diced	$\frac{3}{4}$ cup
Pineapple, small diced	1 cup
Peas, frozen, thawed	$\frac{3}{4}$ cup
Carrot, small diced	$\frac{3}{4}$ cup
Oil, sesame	$\frac{1}{4}$ cup
Soy sauce	$\frac{1}{3}$ cup
Scallion (Green onion), thinly sliced on bias	$\frac{1}{2}$ cup

Method

1. Heat the oil in a nonstick pan over medium heat. Add the beaten eggs and cook until done, breaking the eggs apart with a rubber spatula throughout cooking. Remove the eggs from the pan and reserve.
2. Preheat oven to 400°F.
3. In a large bowl, place the rice, pineapple, peas, and carrots. Drizzle with sesame oil and soy sauce. Mix well to evenly coat.
4. Line a full-size baking sheet with parchment paper. Place the rice mixture onto the pan and spread into a thin, even layer.
5. Bake for 25-35 minutes, stirring and rotating the pan every 10 minutes to prevent the edges from burning.
6. Remove from the oven and mix in the cooked eggs and green onions. Serve hot.

Note: Fresh or drained canned pineapple can be used.

HONEY BUBBLE TEA

Yield: 6 portions

Ingredients	Amounts
Water	7 cups
Tapioca pearls	1 cup
Water	1 cup
Honey	1 cup
Water	6 cups
Tea, black, bag	12 ea.
Milk, whole	1 qt.

Method

1. To prepare the tapioca, in a large saucepot, bring the water to a boil and add the tapioca pearls. Lower the heat and simmer uncovered, stirring frequently, until they are mostly transparent and slightly gummy, about 30 minutes. Remove the tapioca from the heat and cover. Cool for 30 minutes, then drain through a wire-mesh sieve. Rinse with cool water.
2. While the tapioca is cooling, in a small saucepot over high heat, place the water and honey and bring to a boil. Lower the heat to medium, stir and simmer until mixture is reduced to a syrup, about 2 to 3 minutes. Reserve.
3. In a small bowl, place the tapioca pearls and the syrup and stir to coat. Store in the refrigerator until ready to use.
4. In a pitcher, place the tea bags. Bring the remaining water to a full boil and pour it over the teabags. Allow to steep for 5 to 6 minutes. Discard the teabags and cool the tea to room temperature.
5. To serve, place $\frac{1}{3}$ cup cooked tapioca pearls into a large glass.
6. In a cocktail shaker, or container with a tight-fitting lid, place $\frac{3}{4}$ cup tea, $\frac{1}{2}$ cup milk, 3 tablespoons sugar syrup, and a few cubes of ice. Shake thoroughly and pour over the tapioca pearls. Serve immediately.

Note: Milk alternatives, such as nut milk, can be substituted for the whole milk.

WILD GREENS AND HERB PIE

HORTIKOPITA

Yield: 6 portions

Ingredients	Amounts
Nettles, fresh	½ lb.
Swiss chard, green, chopped	½ lb.
Dandelion, greens, fresh, chopped	1 lb.
Spinach, leaves, fresh, chopped	1 lb.
Dill, bunch, fresh, finely chopped	½ ea.
Parsley, flat-leaf, fresh, finely chopped	½ ea.
Fennel, bulb, grated	1 ea.
Fennel, frond, finely chopped	½ cup
Mint, leaves, finely chopped	½ cup
Scallion (Green onion), finely chopped	6 ea.
Salt, kosher	1 Tbsp.
Raisins, golden	½ cup
Cheese, feta, crumbled	½ lb.
Cheese, mozzarella, shredded	½ lb.
Pepper, black, ground	1 tsp.
Egg, whole, lightly beaten	1 ea.
Oil, olive, extra virgin	½ cup
Phyllo dough, thawed	1 lb.

Method

1. Preheat oven to 325°F with convection.
2. Wear gloves to protect your hands when working with the nettles. Discard some of the woody stems from the nettles and reserve the leaves.
3. In a medium sauce pot, blanch the nettle leaves until wilted, about 30 seconds to 1 minute. Chill in an ice bath and squeeze out excess water. Reserve.
4. In a colander, place the chard, dandelion and spinach greens, dill, parsley, fennel bulb and fronds, green onions, and salt. Toss to combine.
5. Using a gloved hand, massage and knead the mixture to wilt, extracting as much water as possible. Squeeze the mixture very well through cheesecloth, removing as much water as possible.
6. For the filling, in a medium bowl, place the greens mixture, reserved nettles, raisins, mozzarella, feta, black pepper, and eggs. Mix to combine thoroughly. Reserve.
7. Lightly grease a hotel pan with some of the olive oil.
8. Layer 4 sheets of phyllo dough on the bottom of the pan. Brush the sheets with olive oil. Keep the working phyllo dough covered with a damp cloth.

9. Cut the dough into 6 strips horizontally. Place ½ cup of filling on the end of each strip and fold them up like you would a flag. Brush the tops with olive oil and bake for 20 to 25 minutes.
10. Let the pies cool for 10 minutes before serving. Serve warm.

Note: Green kale can be substituted for the nettles.

TURKISH ZUCCHINI PANCAKES

Yield: 8 portions

Ingredients	Amounts
Zucchini, small, coarsely grated	1 lb.
Salt, kosher	2 tsp.
Cheese, feta, crumbled	¼ lb.
Scallion (Green onion), minced	½ cup
Dill, bunch, fresh, roughly chopped	½ cup
Parsley, flat leaf, roughly chopped	¼ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Egg, whole, lightly beaten	4 ea.
Flour, all-purpose	1 cup
Oil, vegetable	as needed
Yogurt and Cucumber Sauce	2 cups
(Recipe follows)	

Method

1. In a colander, place the zucchini and sprinkle with salt. Let it drain for 30 minutes. Squeeze out any remaining water.
2. In a large bowl, place the zucchini, feta, scallion, dill, parsley, 3 of the eggs, and flour. Season with salt and pepper to taste. Whisk mix thoroughly to combine. If the mixture seems dry, add more egg.
3. In a large frying pan, heat the oil to the depth of ¼-inch. Drop ¼ cup spoonfuls of batter into the oil, flatten slightly and let them brown on one side. Flip and brown the other side. Cook for about 5 minutes total. Drain the pancakes on paper towels.
4. Reheat the cooked pancakes in a 400°F oven before serving. Serve with the Yogurt Cucumber Sauce.

YOGURT AND CUCUMBER SAUCE

Yield: 2 cups

Ingredients	Amounts
Cucumber, English	1 ea.
Garlic, chopped	2 tsp.
Salt, kosher	1 tsp.
Lemon, juice, fresh	2 Tbsp.
Yogurt, plain	½ cup
Mint, leaves, dried	2 Tbsp.
Dill, fresh, chopped	2 Tbsp.
Mint, leaves, fresh	2 Tbsp.

Method

1. Peel and seed the cucumbers. Grate it on the large holes of a box grater.
2. In a bowl, place the cucumber and toss with a little bit of salt. Set aside for 15 minutes or longer to draw the liquid out of the cucumbers.
3. For the sauce, in a serving bowl, use the back of a spoon to mash the garlic with the salt. Stir the vinegar into the paste. Stir in the oil.
4. Add the yogurt, mint, and dill. Mix thoroughly.
5. Rinse the salt from the cucumber slices in a colander and squeeze them dry with a kitchen towel. Fold the cucumbers into the yogurt mixture. Serve chilled.

Note: White wine vinegar can be substituted for lemon juice.

GRILLED SARDINES WITH GARLIC POTATO, RADISH, AND HERB SALAD

Yield: 6 portions

Ingredients	Amounts
Sardines, fresh, cleaned	6 ea.
Water	2 cups
Salt, kosher	¼ cup
Sugar, granulated	2 Tbsp.
Tequila (Optional)	2 Tbsp.
Potato, fingerling	12 wt. oz.
Salt, kosher	1 tsp.
Mayonnaise	1 cup
Garlic, minced	1 tsp.
Salt, kosher	1 tsp.
Lemon, juice, fresh	1 Tbsp.
Bread, baguette, ½-in. sliced on bias	6 ea.
Oil, olive, extra virgin	½ cup.
Salt, sea	2 tsp.
Pepper, black, ground	½ tsp.
Lemon, halved	3 ea.
Parsley, flat-leaf, leaves, fresh	1 cup
Radish, julienned	6 ea.
Oil, olive, extra virgin	½ cup
Lemon, juice, fresh	½ cup
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a medium bowl, place the water, salt, sugar, and tequila if using and stir to combine. Add the sardines and soak for 20 minutes. Drain and pat dry. Reserve.
2. Place the potatoes in a pot covered with water and bring to a boil. Turn the heat down and simmer until the potatoes are fully cooked, about 12 minutes. remove and cool.
3. Preheat a grill to medium high heat.
4. For the aioli, place the mayonnaise, garlic, salt, and lemon juice. Whisk to combine and reserve.
5. Sprinkle the baguette with some of the olive oil, the salt, and pepper. Toast the bread on both sides. Reserve.

6. With the remaining olive oil, lightly coat the sardines. Season with the remaining salt and pepper to taste. Grill for 3 to 4 minutes on both sides. Reserve.
7. Grill the lemons on the cut side until lightly charred. Reserve.
8. Slice the potatoes into $\frac{1}{4}$ inch rounds and place them in a medium bowl, with the parsley, radish, potatoes, olive oil, lemon juice, salt, and pepper to taste.
9. Serve sardines over the salad with sides of the bread, aioli and grilled lemon halves.

PEACH-MANGO GREEN SMOOTHIE

Yield 6 portions

Ingredients	Amounts
Peach, sliced, frozen	2 cups
Mango, chopped, frozen	2 cups
Spinach, leaves, baby	2 cups
Kale, leaves, roughly chopped	2 cups
Mint, leaves, fresh	$\frac{3}{4}$ cup
Lemon, juice, fresh	$\frac{1}{2}$ Tbsp.
Water	as needed

Method

1. In a blender, place the peaches, mango, spinach, kale, mint, and lemon juice. Blend until smooth, adding water as needed to facilitate blending.
2. Add additional lemon juice to taste before serving.

BROCCOLI SALAD WITH ALMONDS AND CRANBERRIES

Yield: 6 portions

Ingredients	Amounts
Pepitas	½ cup
Almonds, slivered	½ cup
Broccoli	1 lb.
Vinegar, cider	2 Tbsp.
Oil, olive, extra virgin	¼ cup
Mayonnaise	¼ cup
Mustard, Dijon	½ Tbsp.
Maple syrup	2 Tbsp.
Garlic, minced	½ tsp.
Salt, kosher	1 tsp.
Paprika, smoked	¼ tsp.
Onion, red, small diced	⅓ cup
Cranberries, dried	½ cup
Cheese, Parmesan, shredded	½ cup

Method

1. Heat a dry, medium skillet over medium heat. Add the pepitas in a single layer. Toast, stirring often, until they begin to puff up, pop, and turn golden brown, 3 to 5 minutes. Be careful not to allow them to burn. Cool. Finely chop and reserve.
2. Heat a small, dry sauté pan over medium high heat. Add the almonds. Toast the nuts, shaking the pan often to prevent burning, until they are lightly browned, about 8 minutes. Cool and reserve.
3. Peel and trim the woody bottom off the broccoli stem and discard. Separate the crown from the stem. Chop the broccoli florets into ½-inch pieces and any remaining stems into ¼-inch dice. Reserve.
4. For the dressing, in a large bowl, place the apple cider vinegar, oil, mayonnaise, mustard, maple syrup, garlic, salt, and smoked paprika. Whisk to combine.
5. Add the broccoli, onions, and dried cranberries. Toss to coat. Adjust seasoning as needed.
6. Reserve 1 Tbsp of almonds and 1 tablespoon of pepitas for garnish and add the rest of them into the salad.
7. Garnish the salad with Parmesan and the reserved nuts and seeds.

HUNGARIAN STUFFED CABBAGE WITH SAUERKRAUT

Yield: 6 portions

Ingredients	Amounts
Cabbage, green, head	2 ea.
Oil, canola	2 Tbsp.
Onion, red, finely chopped	2 cups
Pork, ground	½ lb.
Beef, ground	½ lb.
Rice, brown, cooked	1 cup
Paprika, sweet	1 Tbsp.
Egg, whole	1 ea.
Pepper, bell, green, seeded, chopped	1 ea.
Salt, kosher	1 tsp.
Pepper, black, ground	½ tsp.
Garlic, minced	1 tsp.
Parsley, flat-leaf, fresh, minced	1 Tbsp.
Water	1 cup
Sugar, granulated	1 tsp.
Tomato, plum (Roma), canned, puréed	½ cup
Sauerkraut, drained	16 wt. oz.
Tomato, plum (Roma), canned, diced	1 lb.
Parsley, flat leaf, leaf, fresh	12 ea.

Method

1. Fill a pot large enough to accommodate a cabbage with water about halfway. Bring to a boil.
2. Discard the outer dark green leaves from the cabbage and remove the core with a paring knife. Place the cabbage in the boiling water and parboil until the leaves begin to soften, about 5 minutes.
3. Remove the cabbage and use tongs to remove the cabbage leaves one-by-one as they become soft, placing the cabbage back into the water to continue cooking the inner leaves. Place the leaves on paper towels to cool and drain. Reserve. Repeat with the second head of cabbage. You should have 16 large sized leaves. Chop the inner core of the cabbage.
4. Heat the oil in a sauté pan over medium heat. Add the onions and ½ the chopped cabbage and cook until translucent. Let cool.
5. In a large bowl, place the pork, beef, rice, paprika, egg, green pepper, salt, pepper, cooked onions and cabbage, the garlic and parsley. With a gloved hand, mix thoroughly. Reserve.
6. In a sauce pot, heat the tomato purée and sugar. Season to taste with salt and pepper. Reserve.

7. Trim the thick stems of the cabbage leaves to 1/8-inch thick. Lay the leaves on a flat surface and place 3 tablespoons of the meat mixture onto them. Roll the cabbage leaves, folding the sides of the leaves inward. You should have 12 rolls.
8. Line the bottom of a baking pan with half of the sauerkraut and half the canned tomatoes.
9. Arrange the finished rolls in the baking pan in one layer. Pour in enough of the reserved tomato mixture to cover the rolls halfway. Sprinkle with paprika.
10. Add the remaining canned tomatoes and sauerkraut over the top.
11. Sprinkle with paprika.
12. Cover the rolls with the leftover 4 cabbage leaves and cover with foil.
13. Bake the cabbage in the preheated oven for 1½ hours, until the meat mixture is done and the flavor of the sauce is developed. Add additional tomato-water mixture as needed to maintain the liquid level.
14. Serve the rolls on a bed of sauerkraut and tomato sauce and garnish each roll with a parsley leaf.

PURPLE SWEET POTATO PIE WITH ROSEMARY HONEY PECANS

Yield: 1 pie

Ingredients	Amounts
Potato, sweet, Stokes Purple	2 lb.
Pecans	1 $\frac{3}{4}$ cups
Flour, all purpose	$\frac{1}{4}$ cup
Sugar, granulated	$\frac{1}{3}$ cup
Butter, unsalted, melted	$\frac{1}{4}$ cup
Vanilla, extract, pure	$\frac{1}{2}$ tsp.
Salt, kosher	$\frac{1}{4}$ tsp.
Water	2 Tbsp
Butter, unsalted	2 wt. oz.
Sugar, brown, light, packed	$\frac{1}{2}$ cup
Lemon, zest, fresh	1 tsp.
Cinnamon, ground	$\frac{1}{2}$ tsp.
Salt, kosher	$\frac{1}{4}$ tsp.
Egg, whole	2 ea.
Buttermilk	$\frac{1}{4}$ cup
Rosemary Honey (Recipe follows)	1x recipe
Oats, rolled	$\frac{1}{3}$ cup
Pecans, chopped	$\frac{1}{3}$ cup
Butter, melted	3 Tbsp.

Method:

1. Preheat oven to 350°F.
2. Wrap the sweet potatoes individually in foil and bake for 45-55 minutes until very soft.
3. For the crust, place the pecans in a food processor and grind to a coarse meal.
4. In the bowl of a stand mixer fitted with a paddle attachment, place the flour, nuts, sugar and mix briefly. Add the butter, vanilla, salt and water. Mix on until incorporated. Scrape down the bowl as needed.
5. Press the crust evenly into the prepared pan. Chill for 5 minutes in the freezer. Bake the crust in the same oven with the potatoes until the crust is golden brown around the edges, 10 minutes. Reserve.
6. For the filling, remove the foil from the potatoes, peel, and using a food mill, mash the flesh. Allow to cool to room temperature.

7. In a medium bowl, place the mashed potato, butter, sugar, lemon zest, cinnamon, salt, eggs, and buttermilk. Mix thoroughly until smooth. Fill the pre-baked pie shell with sweet potato mixture.
8. Place the pie on a sheet pan lined with parchment paper. Bake until the filling is just starting to set, about 25 minutes.
9. While the pie is baking make the rosemary honey and the topping.
10. For the topping, place 2 Tbsp of the rosemary honey in a bowl with the oats, nuts, and flour and stir well to combine.
11. Remove the pie from the oven. Place the topping over the top. Bake until the filling is set, 15 to 20 minutes. Cool on a wire rack.
12. Serve the pie with a drizzle of the remaining rosemary honey.

ROSEMARY HONEY

Yield: about 1 cup

Ingredients	Amounts
Honey	½ cup
Lemon, juice, fresh	3 Tbsp.
Rosemary, fresh, very finely minced	1 Tbsp.
Peppercorns, black, coarsely ground	½ tsp.
Salt, kosher	¼ tsp.

Method

1. In a small saucepan over medium heat, place the honey, lemon juice, rosemary, peppercorns, and salt and stir to combine. Bring the mixture to a simmer and turn down the heat to medium-low. Cook until the mixture becomes a thick syrup, 15 to 20 minutes. It should look as though all the liquid has evaporated, leaving soft popping air bubbles.
2. Cool for 15 minutes. Store in a small, air-tight container.

RED AND BLUE SMOOTHIE

Yield: 6 portions

Ingredients	Amounts
Strawberries, hulled	10 wt. oz.
Blueberries	8 wt. oz.
Beet, red, peeled, roughly chopped	1 ea.
Banana, cut into chunks	1 ea.
Ginger, fresh, 2-in. piece, peeled, grated	1 ea.
Milk, almond	2 cups
Ice	2 cups

Method

1. In a blender, place the strawberries, blueberries, beet, banana, ginger, almond milk, and ice.
2. Blend at low speed and increase gradually. Blend until the mixture is completely smooth, 30 to 60 seconds.
3. Serve immediately.

Note: For a high-powered blender, roughly chop the raw beet. For standard blenders, grate the beet to ensure a smooth texture.

DAY FIVE: REIMAGINING FAVORITE FOODS: PROMOTING DIETARY BEHAVIORAL CHANGES AND MINDFULNESS

LEARNING OBJECTIVES

By the end of this day you should be able to ...

- Compare plant based and plant forward diets.
- Select ingredients for that implement the Protein Flip.
- Modify traditional recipes for plant-based versions.
- Discuss how to easily swap plant-based proteins for animal protein.
- Identify ways to swap out saturated fats with healthier plant-based fats to maximize flavor and texture.
- Use plant-based milk for animal milk in a variety of preparations.
- Describe the health benefits of eating less animal protein.
- Find ways to incorporate healthier protein into everyday recipes.
- Describe alternatives to ultra processed food.
- Discuss how coffee and tea support metabolic and cardiovascular health.
- Discuss how GLP-1 medications influence dietary needs and identify food-based strategies to support individuals using them.
- Describe the impact of ultra-processed and refined foods on metabolic health.
- Apply behavior change and motivational interviewing strategies to help individuals sustain healthier eating patterns.
- Understand how to Integrate a patient's food story and food access/choices into a diet plan.
- Create a balanced grain bowl for any meal using previously prepared and staple pantry ingredients.
- Execute more mindful ways in the choosing, preparation, and eating of food.

LEARNING ACTIVITIES

- Lecture and discussion
- Mindful Eating Exercise
- Demonstrations
- Hands-on production
- Creating Healthy Bowls from Previously Prepared Ingredients

KEY TERMS

Meat Analogue

Amino Acids

Food Additives

Nitrates/Nitrites

GLP-1

Plant Based Milk

Processed Food

Phosphorous

Clean Label

Nutritional Yeast

Ultra-Processed Food

Mindfulness

Polyphenols

INSTRUCTOR DEMONSTRATIONS

- Basic Mushroom Meat Blend
- Walnut Chorizo
- Evaluating plant-based milks and dairy alternatives

DAY FIVE: TEAM PRODUCTION ASSIGNMENTS

ALL TEAMS

Meal Prep Challenge: Build a Better Bowl

CHEF DEMO

Basic Mushroom Meat Blend

Mexican Walnut Chorizo

Golden "Mylk"

TEAM ONE

Whole Grain Granola Parfait

Turkey Mushroom Meatloaf with Mashed Celery Root and Honey Roasted Carrots

Upside Down Olive Oil Polenta Cake

TEAM TWO

Breakfast Tamales with Pineapple, Raisins, and Mexican Walnut Chorizo

Chickpea Fries and Walnut Crusted Onion Rings

Chocolate Avocado Mousse

TEAM THREE

Ginger Chicken Brown Rice Congee

Spaghetti Squash with Lentil Bolognese

Lentil Avocado Brownie

TEAM FOUR

Breakfast Salad

Celery Root Schnitzel with Quick Kraut and Glazed and Braised Beets

Whole Wheat Carrot Cake with Cream "Cheeze" Frosting

BUILD A BETTER BOWL EXERCISE

The purpose of the exercise is to use the information you learned this week and think about ways to create a delicious, nutritious, and satisfying meal using meal prepped items from the week.

GUIDELINES

- For this exercise, you will work in teams to develop 1 bowl recipe.
- Use the lessons and techniques learned over the day to inspire you.
- Use the prepared grains, legumes, pulses and pastas from previous lessons.
- Your dish should include globally inspired flavors and cooking techniques.
- Your team will be assigned a variety of ingredients. You will be permitted to use any available pantry ingredients from the community storeroom.
- No additional food ordering will be permitted.

PRODUCTION, PRESENTATION AND DISCUSSION

- Each team will provide one show plate for discussion. The remaining food will be displayed on appropriate platters and dishes for the class to view.
- Each Team will select a team spokesperson to present and discuss the creative process used for their creation.

Each Bowl Must Consist of the Following:

2 wt. oz.	Grain base	2 different grains
2 wt. oz.	Protein base	Meat, seafood, beans, eggs, or tofu
2 wt. oz.	Vegetables	Properly cut and cooked
2 wt. oz.	Greens	Dark, leafy, cruciferous or nutrient dense
½ wt. oz.	Nuts or seeds	Properly toasted or used in a creative way
2 fl. oz.	Dressing	Flavorful and balanced, herbs and spices
2 wt. oz.	Toppings	Team choice

How to build a **Better Bowl**

Grain Base

2 oz

- Rice
- Pasta
- Quinoa
- Wheat berry
- Oatmeal

Toppings

1/2 cup

- Berries
- Orange sections
- Cranberries
- Pineapple

Meat/Meat Alternative

2 oz

- Chicken
- Beef
- Hard-boiled eggs
- Tofu
- Beans

Toppings

as desired

- Seeds
- Herbs
- Soy sauce
- Mayo

Vegetables

1/2 cup

- Broccoli
- Carrots
- Cabbage
- Zucchini
- Asparagus
- Bell pepper
- Radish



COMMUNITY STOREROOM

The community storeroom, from which all participants may draw, includes all the following items. Please draw only the amounts of each item that you will be using for your menu.

<p><u>Produce</u></p> <ul style="list-style-type: none"> • Apples • Carrots • Celery • Garlic • Leeks • Onions, Red • Onions, Yellow • Peppers, Sweet • Peppers, Hot • Potatoes, Idaho • Potatoes, Red • Potatoes, Sweet • Shallots • Spinach • Tomatoes 	<p><u>Staples</u></p> <ul style="list-style-type: none"> • Almonds • Breadcrumbs • Bread, French • Cornmeal, Yellow • Cornstarch • Flour, All Purpose • Flour, Bread • Flour, Cake • Flour, Durum • Hazelnuts • Peanuts • Spices, Assorted • Walnuts • Ketchup • Pasta • Honey • Mayonnaise 	<p><u>Specialty Groceries</u></p> <ul style="list-style-type: none"> • Asian Chili Paste • Sundried Tomatoes • Capers • Mustard, Dijon • Soy Sauce • Tabasco • Tomatoes, Crushed • Miso Paste • Gochujang • Nori • Rice Paper Wrapper • Rice Noodles • Masa Harina Flour 	<p><u>Stocks</u></p> <ul style="list-style-type: none"> • Brown Veal • Chicken <p><u>Wine/Spirits</u></p> <ul style="list-style-type: none"> • Brandy • Burgundy • Chablis
<p><u>Fruits</u></p> <ul style="list-style-type: none"> • Lemons • Limes • Oranges • Apples • Apricots, Dry • Currants, Dry • Raisins, Brown • Raisins, Golden 	<p><u>Dairy</u></p> <ul style="list-style-type: none"> • Butter, Unsalted • Eggs • Heavy Cream • Milk, Whole • Sour Cream • Yogurt • Assorted Cheeses 	<p><u>Fresh Herbs</u></p> <ul style="list-style-type: none"> • Basil • Chervil • Chives • Cilantro • Dill • Marjoram • Mint • Parsley • Rosemary • Tarragon • Thyme 	<p><u>Oils</u></p> <ul style="list-style-type: none"> • Avocado Oil • Coconut Oil • Canola Oil • Olive Oil • Olive Oil, Extra Virgin • Peanut Oil • Sesame Seed Oil • Vegetable Spray <p><u>Vinegars</u></p> <ul style="list-style-type: none"> • Balsamic Vinegar • Cider Vinegar • Red Wine Vinegar • Rice Wine Vinegar • Sherry Vinegar • White Wine Vinegar

SIGNATURE FLAVORS OF THE WORLD TO INSPIRE YOUR CREATIONS

CHINESE FLAVOR PROFILE (SAUCE)

Yield: ¾ cup

Ingredients	Amounts
Oil, sesame	½ Tbsp.
Ginger, fresh, minced	2 Tbsp.
Garlic, minced	2 Tbsp.
Scallion (Green onion), minced	2 Tbsp.
Soy sauce	¾ cup
Hoisin sauce	¼ cup
Red chili paste	2 Tbsp.
Cornstarch (Optional)	2 Tbsp.
Water, cold (Optional)	2 Tbsp.

Method

1. Heat the oil in a sauté pan over medium heat. Add the ginger, garlic, and scallions. Sauté until very aromatic, about 3 minutes.
2. Add the soy sauce, hoisin sauce, and red chili paste. Simmer for 5 minutes.
3. If necessary, thicken the sauce with a cornstarch slurry. In a small bowl, whisk together the cornstarch and water. Gradually stir into the sauce until the desired consistency is achieved.

THAI FLAVOR PROFILE (PASTE)

Yield: ½ cup

Ingredients	Amounts
Fish sauce	¼ cup
Galangal, fresh, minced	1 Tbsp.
Lime, leaf, makrut, fresh, minced	1 ea.
Cilantro, fresh	1 Tbsp.
Red chili paste	1 tsp.
Lime, juice	1 Tbsp.
Milk, coconut	1 Tbsp.

Method

In a small bowl, combine all the ingredients. Let the flavors develop for 30 minutes.

Note: A common ingredient in Indonesian, Malaysian, Thai, and Vietnamese cuisine, galangal is similar to ginger but more pungent and aromatic.

JAPANESE FLAVOR PROFILE (PASTE)

Yield: ½ cup

Ingredients	Amounts
Ginger, fresh, grated	2 Tbsp.
Wine, rice, Japanese (<i>Mirin</i>)	2 Tbsp.
Soy sauce	1 Tbsp.
Miso, paste, white	1 Tbsp.
Vinegar, rice	2 Tbsp.
Oil, sesame	2 Tbsp.
Sugar, granulated	2 Tbsp.

Method

Combine all the ingredients. Mix thoroughly.

INDIAN FLAVOR PROFILE (SPICE BLEND)

Yield: ¼ cup

Ingredients	Amounts
Coriander, ground	2 tsp.
Cumin, ground	2 tsp.
Red chili powder, pure	2 tsp.
Turmeric, ground	2 tsp.
Ginger, ground	2 tsp.
Cardamom, ground	¼ tsp.
Cinnamon, ground	¼ tsp.
Fennel, seeds, ground	½ tsp.
Mustard, ground	½ tsp.

Method

1. If using all ground spices, Combine all ground spices together.
2. If using some whole spices, to maximize flavor, dry roast the whole spices in a hot pan over low heat before grinding them. Then combine with the remaining ground spices.

Note: 1 ½ teaspoons of coriander seeds can be substituted for the ground coriander. 1 ½ teaspoons of cumin seeds can be substituted for the ground cumin. 2 whole pods of cardamom can be substituted for the ground cardamom. 1 teaspoon of whole fennel seeds can be substituted for the ground fennel seeds.

MEDITERRANEAN SPICE (PASTE)

Yield: 1 ¾ cups

Ingredients	Amounts
Parsley, flat-leaf, fresh, roughly chopped	¼ cup
Rosemary, fresh, roughly chopped	¼ cup
Sage, fresh, roughly chopped	¼ cup
Thyme, fresh, roughly chopped	¼ cup
Garlic, minced	3 Tbsp.
Oil, olive	¼ cup
Lemon, juice	2 Tbsp.
Red pepper flakes	1 Tbsp.
Salt, kosher	1 Tbsp.
Pepper, black, freshly cracked	1 tsp.

Method

In a small bowl, place all the ingredients. Mix well to combine. Let the flavors develop for 30 minutes.

GREEK FLAVOR PROFILE (SAUCE)

Yield: 1 cup

Ingredients	Amounts
Garlic, minced	1 tsp.
Lemon, juice, fresh	2 Tbsp.
Oil, olive, extra virgin	⅓ cup
Tomato, plum, (Roma), seeded, diced	⅓ cup
Olive, kalamata, pitted, chopped	⅓ cup
Oregano, fresh, chopped	1 Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.

Method

1. In a small bowl, combine all the ingredients.
2. Allow the flavors to develop for 30 minutes.

MOROCCAN FLAVOR PROFILE (SPICE BLEND)

Yield: ½ cup

Ingredients	Amounts
Peppercorns, black, whole	1 ½ tsp.
Cumin, seeds	1 tsp.
Cinnamon, stick, 1-in. piece	1 ea.
Coriander, seeds	1 tsp.
Red pepper, Kashmiri	¼ tsp.
Cardamom, seeds	4 ea.
Clove, whole	4 ea.
Rosebud, whole, dried	2 ea.
Ginger, ground	1 tsp.
Nutmeg, ground	¼ tsp.
Turmeric, ground	½ tsp.

Method

1. Heat a dry skillet over medium heat. Add the peppercorns, cumin seeds, cinnamon stick, coriander seeds, red pepper, cardamom seeds, clove, and rosebud. Toast until fragrant. Be careful not to burn them.
2. With a mortar and pestle, pound the toasted ingredients to a powder or grind in a spice grinder.
3. Add the ginger, nutmeg, and turmeric. Mix well to combine.

WEST AFRICAN FLAVOR PROFILE (SPICE BLEND)

Yield: 1 cup

Ingredients	Amounts
Peanuts	½ cup
Garlic, powder	1 tsp.
Ginger, ground	1 tsp.
Chile, cayenne, ground	1 Tbsp.
Onion, powder	1 tsp.
Boullion, cube, ground	1 ea.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.
Paprika, smoked	1 Tbsp.
Pepper, white, ground	1 tsp.

Method

1. Preheat oven to 350°F.
2. On a sheet pan, arrange the peanuts in a single layer. Toast in the preheated oven until lightly browned, 6 to 7 minutes. Cool.
3. In a spice grinder, grind the peanuts.
4. In a small bowl, place all the ingredients. Mix to combine.

CREOLE FLAVOR PROFILE (SPICE BLEND)

Yield: 2/3 cup

Ingredients	Amounts
Salt, kosher	2 Tbsp.
Garlic powder	2 Tbsp.
Pepper, black, ground	1 Tbsp.
Chile, cayenne, ground	1 Tbsp.
Thyme, dried	1 Tbsp.
Oregano, dried	1 Tbsp.
Paprika, ground	2 1/2 Tbsp.
Onion, powder	1 Tbsp.

Method

In a small bowl, place all the ingredients. Mix to combine.

CUBAN FLAVOR PROFILE (SAUCE)

Yield: 3 cups

Ingredients	Amounts
Orange, juice	1 1/4 cup
Lemon, juice, fresh	1 cup
Lime, juice, fresh	1/3 cup
Annatto, ground	3 Tbsp.
Garlic, chopped	2 tsp.
Salt, kosher	1 Tbsp.
Oregano, dried	2 tsp.
Cumin, ground	2 tsp.
Clove, ground	1/2 tsp.
Cinnamon, ground	1/2 tsp.
Pepper, black, ground	1/2 tsp.

Method

In a small bowl, place all the ingredients. Mix to combine.

AMERICAN SOUTH FLAVOR PROFILE (SPICE BLEND)

Yield: 1 cup

Ingredients	Amounts
Salt, kosher	2 Tbsp.
Sugar, granulated	2 Tbsp.
Sugar, brown	2 Tbsp.
Cumin, ground	2 Tbsp.
Chili powder	2 Tbsp.
Pepper, black, freshly cracked	2 Tbsp.
Chile, cayenne, ground	1 Tbsp.
Paprika, ground	4 Tbsp.

Method

In a small bowl, place all the ingredients. Mix to combine.

MEXICAN FLAVOR PROFILE (SPICE BLEND)

Yield: 1 cup

Ingredients	Amounts
Tomato, plum (Roma)	4 ea.
Onion, white, charred	½ ea.
Pepper, ancho, charred, seeded	1 ea.
Chile, jalapeño, charred	1 ½ ea.
Lime, juice, fresh	2 Tbsp.
Cilantro, fresh, roughly chopped	1 ½ Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.

Method

1. Place a grate over a burner with a high flame. Place the tomatoes directly over the flame, turning with metal tongs as the skin blackens. Rotate the tomatoes to create an even charred exterior.
2. Repeat the same process to char the onion and ancho and jalapeño chiles.
3. In a small bowl, place all the ingredients. Mix to combine.
4. Purée in a blender.

SCANDINAVIAN FLAVOR PROFILE (SPICE BLEND)

Yield: ½ cup

Ingredients	Amounts
Dill weed, dried	1 Tbsp.
Coriander, ground	1 tsp.
Salt, kosher	1 Tbsp.
Caraway, seed	1 tsp.
Garlic, powder	1 tsp.
Pepper, lemon	1 Tbsp.
Cardamom, ground	¼ tsp.

Method

Combine all the ingredients.

VIETNAMESE PHO FLAVOR PROFILE (SPICE BLEND)

Yield: 2 tablespoons

Ingredients	Amounts
Star anise, pods	2 ea.
Clove, whole	2 ea.
Fennel, seeds	½ tsp.
Coriander, seed	1 tsp.
Peppercorns, black, whole	10 ea.
Cinnamon, ground	¼ tsp.
Dill weed, dried	1 Tbsp.

Method

1. Combine the ingredients except cinnamon and dill in a small pan and toast until fragrant. Cool.
2. Grind and mix in cinnamon and dill.

BASIC MUSHROOM MEAT BLEND

Yield: 2 ½ pounds

Ingredients	Amounts
Oil, vegetable	3 ¾ Tbsp.
Mushroom, white, chopped	1 ¼ lb.
Turkey, ground	1 ¼ lb.
Salt, kosher (Divided)	1 ¼ Tbsp.

Method

1. Place a 12-inch frying pan over medium heat. Add the oil and heat until warm. Add the mushrooms and stir to coat in the oil.
2. Add ½ of the salt. Cook, stirring occasionally, until most of the moisture has evaporated, 8 to 10 minutes. Cool.
3. Add the ground beef and the remaining salt. Stir well to break up the meat.
4. Add water as needed if the mixture is dry.

Note: Ground pork, beef, or chicken can be substituted for the ground turkey.

MEXICAN WALNUT CHORIZO

Yield: 2 pounds

Ingredients	Amounts
Walnuts, ground	1 ½ lb.
Lentils, green, cooked	½ lb.
Tomato, sundried, minced	¼ lb.
Vinegar, wine, red	2 Tbsp.
Mexican Chorizo Spice Blend (Recipe follows)	8 Tbsp.

Method

1. Mix everything but the vinegar together in a mixer with a paddle until evenly blended, about 1 minute.
2. Make a patty with about 2 tablespoons of the mixture and sauté in a small skillet over low to medium heat until cooked through and browned. Taste and then adjust seasoning and consistency.

MEXICAN CHORIZO SPICE BLEND

Yield: 8 Tablespoons

Ingredients	Amounts
Garlic, minced	1 Tbsp.
Chile, powder	2 Tbsp.
Salt, kosher	1 Tbsp.
Paprika, Spanish, ground	4 ½ tsp.
Cinnamon, ground	1 tsp.
Oregano, ground	1 tsp.
Thyme, ground	1 tsp.
Cumin, ground	1 tsp.
Pepper, black, ground	1 tsp.
Clove, ground	½ tsp.
Ginger, ground	½ tsp.
Nutmeg, ground	½ tsp.
Coriander, ground	½ tsp.
Bay leaf, ground	½ tsp.

Method

1. Heat the oil in a small sauté pan over low heat. Add the garlic and sauté, stirring frequently, until fragrant, about 30 seconds. Cool.
2. In a small bowl, place all the ingredients. Mix until evenly blended.

GOLDEN "MYLK"

Yield: 8 portions

Ingredients	Amounts
Nut milk, unsweetened	8 cups
Cinnamon, stick	3 ea.
Turmeric, ground	4 tsp.
Cardamom, ground	1 tsp.
Pepper, black, ground	½ tsp.
Oil, coconut, melted	2 Tbsp.
Honey	2 Tbsp.

Method

1. In a saucepan, place the nut milk, cinnamon sticks, turmeric, cardamom, pepper, and coconut oil. Stir to combine.
2. Bring to a simmer and cook until the mixture is flavorful, about 10 minutes.
3. Remove from the heat. Remove and discard the cinnamon sticks.
4. Before serving, add the honey and stir well to combine.

WHOLE GRAIN GRANOLA PARFAIT

Yield: 8 portions

Ingredients	Amounts
Oats, rolled	1 ½ cups
Oil, olive, pure	¼ cup
Sugar, brown	2 tsp.
Maple syrup	¼ cup
Cinnamon, ground	2 tsp.
Sunflower, seeds	¼ cup
Pepitas	¼ cup
Coconut, unsweetened, shredded	½ cup
Wheat germ	¼ cup
Flax, seeds	2 Tbsp.
Sesame, seeds	¼ cup
Almonds, slivered	¼ cup
Walnuts, chopped	¼ cup
Cranberries, dried	½ cup
Blueberries	1 ¼ cups
Raspberries	1 ¼ cups
Strawberries, quartered or sliced	1 ¼ cups
Yogurt, plain	4 cups

Method

1. For the granola, preheat the oven to 300°F.
2. Combine the oats, oil, sugar, maple syrup, and cinnamon. Spread the mixture into an even layer on a cookie sheet and bake until fragrant and lightly toasted, stirring occasionally, about 20 minutes.
3. Add the sunflower seeds, pepitas, coconut, wheat germ, flax seeds, sesame seeds, almonds, and walnuts to the mixture in the pan. Stir together and spread into an even layer on the pan and bake until golden brown, about 15 minutes. Add the cranberries and cool completely.
4. To assemble the parfaits, combine the berries in a bowl and toss together. Have ready eight bowls or 10 fluid ounce glasses.
5. Add a layer of the berries to each glass, then some yogurt, followed by a layer of granola. Add another layer of berries followed by a layer of granola and then yogurt. Top the parfait with berries.

TURKEY MUSHROOM MEATLOAF

Yield: 10 portions

Ingredients	Amounts
Basic Mushroom Meat Blend (From Chef demo)	1x recipe
Egg, whole	4 ea.
Pepper, bell, red, small diced	1 ea.
Parsley, flat-leaf, fresh, minced	¼ cup
Onion, yellow, minced	1 cup
Oregano, dried	2 tsp.
Salt, kosher	1 tsp.
Pepper, black, ground	½ tsp.
Garlic, minced	1 Tbsp.
Mustard, Dijon	¼ cup
Worcestershire sauce	1 tsp.
Basil, dried	2 tsp.
Oats, rolled	1 ½ cups
Ketchup	1 cup
Water	½ cup

Method

1. Preheat oven to 375°F (no fan). Spray 2 loaf pans with oil.
2. In a large bowl, place the Basic Mushroom Meat Blend, eggs, bell pepper, parsley, onion, oregano, salt, pepper, garlic, mustard, Worcester sauce, basil, and oats. Mix well to combine.
3. Press the mixture into the oiled pan. Bake in the preheated oven for 25 minutes.
4. For the glaze, in a small bowl, mix the ketchup and water.
5. Remove the meatloaf from the oven. Baste the meatloaf with the glaze.
6. Return the pan to the oven (WITH the fan) until the glaze is thick and the internal temperature of the meatloaf reaches 165°F, 15 to 20 minutes. Cool for 5 minutes before slicing.

MASHED CELERY ROOT

Yield: 6 portions

Ingredients	Amounts
Onion, yellow, medium diced	½ lb.
Pork, bacon, slab	2 wt. oz.
Garlic, minced	2 Tbsp.
Salt, kosher	as needed
Beans, cannellini, cooked	½ lb.
Celery, root, peeled, medium diced	2 lb.
Water	1-2 qt.
Tomato, sundried, chopped	1 wt. oz.
Rosemary, fresh, chopped	½ Tbsp.

Method

1. In a large pot, sweat the onions and bacon until they begin to soften. Add the garlic and continue to cook to release the aroma.
2. Add the cooked beans and celery root, just cover with water by 1 inch and continue to cook until all the ingredients are completely tender. Remove the bacon.
3. Drain, reserving the liquid to the side.
4. Transfer to a food processor and purée in batches until smooth. Use the reserved liquid to adjust consistency if necessary. Reheat, and garnish with sundried tomatoes and chopped rosemary.

HONEY ROASTED CARROTS

Yield: 8 portions

Ingredients	Amounts
Honey	½ cup
Oil, olive, pure	5 Tbsp.
Coriander, seeds, toasted, lightly crushed	2 Tbsp.
Cumin, seeds, toasted, lightly crushed	3 tsp.
Thyme, sprigs, fresh	4 ea.
Carrot, large, peeled	5 ea.
Cilantro, leaves, fresh, coarsely chopped	½ cup

Method

1. Preheat oven to 425°F.
2. Cut the carrots into batons measuring ¾-inch by 2 ½-inches by 6 cm.
3. Place the honey, oil, coriander and cumin seeds, and thyme in a large bowl with 2 ½ teaspoons of salt and a good grind of black pepper.
4. Add the carrots and mix well until coated, then spread them out onto large sheet trays.
5. Roast the carrots in the oven for 15 minutes, stirring gently once or twice, until cooked through and glazed.
6. Transfer the carrots to a large serving platter or individual plates.

UPSIDE DOWN ORANGE OLIVE OIL POLENTA CAKE

Yield: one 9-inch cake

Ingredients	Amounts
Butter, unsalted, soft	3 ½ Tbsp.
Sugar, brown, light	2/3 cup
Lemon, juice, fresh	2 tsp.
Orange, blood	2 ea.
Butter, unsalted	½ cup
Vanilla, extract	2 tsp.
Salt, kosher	½ tsp.
Egg, whole, large	4 ea.
Oil, olive, pure	½ cup
Flour, all-purpose	½ cup
Polenta, fine	1 cup
Baking powder	2 tsp.
Sugar, granulated	1 cup
Sour cream	⅓ cup

Method

1. Heat oven to 350 degrees. Grease a 9-inch, round cake pan.
2. In a small saucepan, over medium heat, melt 3 Tbsp (45g) butter. Add the brown sugar and lemon juice; stir until sugar melts, about 3 minutes. Scrape mixture into bottom of prepared pan.
3. Grate ½ teaspoon from one orange, then slice off the tops and bottoms of both oranges. Place oranges on a clean, flat surface, and slice away the rind and pith, top to bottom, following the curve of the fruit. Slice each orange crosswise into ¼-inch-thick wheels; discard any seeds. Arrange orange wheels on top of brown sugar mixture in a single, tight layer.
4. In a large bowl, whisk together orange zest cornmeal, flour, baking powder and salt. In a separate bowl, cream together the remaining butter with granulated sugar. Beat in eggs, one at a time, then beat in sour cream and vanilla. Beat in the olive oil.
5. Fold in the dry mixture by hand.
6. Scrape batter into pan over oranges. Transfer to oven and bake cake until it is golden brown and toothpick inserted into the center emerges clean, 40 to 50 minutes. Cool cake in pan 10 minutes, then run a knife along pan's edges to loosen it; invert onto platter and cool completely before serving.

Note: Any seasonal citrus can be substituted for the blood orange.

BREAKFAST TAMALES WITH PINEAPPLE, RAISINS AND MEXICAN WALNUT CHORIZO

Yield: 12 tamales

Ingredients	Amounts
Water, hot	2 cups
Yogurt, plain	5 wt. oz.
Butter, unsalted, softened	4 wt. oz.
Sugar, granulated	½ cup
Baking powder	1 ½ tsp.
Salt, kosher	to taste
Pineapple, crushed, fresh or canned	12 wt. oz.
Corn, husks, large, soaked	16 ea.
Chorizo, Mexican walnut (From demo)	2 cups
Raisins	¾ cup

Method

1. For the batter, in a medium bowl, place the masa and water. Mix until well incorporated. Cover and let it sit for 15 minutes.
2. In the bowl of stand mixer fitted with the whip attachment, place the masa mixture, yogurt, butter, sugar, baking powder, salt, and crushed pineapple. Beat until light and fluffy, about 3 minutes. Beat in a little additional water, if needed, to give the mixture a soft, not runny consistency.
3. Scoop ½ a cup of the masa mixture onto a corn husk. Using wet hands, flatten it slightly. Crumble 3 teaspoons of chorizo and 1 tablespoon of raisins in the center of the mixture. Fold the corn husk into a square. Repeat the process to make 12 tamales.
4. Set up a steamer using a colander or perforated pan lined with the remaining corn husks over a pan with water. Place the tamales in the steamer and cover with foil or a lid. Bring the water to a simmer. Steam the tamales until the husks peel away from the masa easily, about 30 minutes. Remove the steamer from the heat. Let the tamales stand in the steamer until they firm up, about 2 minutes.

CHICKPEA FRIES

Yield: 8 portions

Ingredients	Amounts
Oil, olive, pure	2 Tbsp.
Water	1 qt.
Flour, chickpea, sifted	2 cups
Cumin, ground	1 tsp.
Salt, kosher	1 Tbsp.
Pepper, black, ground	½ tsp.
Oil, vegetable	2 qt.

Method

1. Evenly coat the bottom and sides of a ½ sheet pan with the oil.
2. Bring a large pot of water to a boil.
3. Using a whisk, drizzle in the chickpea flour, whisking constantly until incorporated.
4. Stir in the cumin, salt and pepper. Lower the heat.
5. Using a rubber spatula, stir the mixture until very thickened about 5 minutes.
6. Scrape the mixture into the prepared pan and spread to an even thickness.
7. Place a piece of plastic wrap on the surface. Chill for 1 hour.
8. Cut into finger sized sticks.
9. Place the oil in a pot so the oil only comes ½ way up the sides of the pot. Heat to 375°F.
10. Fry the chickpea fried in batches until light golden brown. Drain on paper towels.

WALNUT CRUSTED ONION RINGS

Yield: 8 portions

Ingredients	Amounts
Oil, vegetable	2 qt.
Onion, yellow, large, peeled	2 ea.
Salt, sea	2 Tbsp.
Flour, all-purpose	1 cup
Water, sparkling	2 cups
Flour, all-purpose	2 cups
Walnuts, raw, chopped finely	2 cups

Method

1. Heat the oil in a pot at 325°F.
2. Cut the onion into 1/8-inch rings using a mandolin. Remove the very inner center of the smallest rings less than an inch wide and reserve them for another use.
3. Separate the larger rings and season with salt and let it stand for 5 minutes.
4. Mix in the flour with sparkling water. The consistency should be that of heavy cream.
5. Drain the onion rings if any liquid has purged.
6. Working in batches, lightly coat the rings with remaining flour and shape off the excess in a strainer or colander.
7. Dip rings into the flour and sparkling water batter.
8. Lightly coat rings with finely chopped walnuts.
9. Fry until crispy, flipping as necessary. Drain on a wire rack.

AVOCADO CHOCOLATE MOUSSE PARFAIT

Yield: 10 portions

Ingredients	Amounts
Avocado, peeled, seeded	4 ea.
Cocoa, powder	1 cup
Oat, milk	½ cup
Vanilla, extract	1 tsp.
Salt, kosher	¼ tsp.
Cinnamon, ground	1/8 tsp.
Nutmeg, fresh, ground	1/8 tsp.
Chile, cayenne, ground	1 pinch
Maple syrup	½ cup
Strawberries, hulled, halved	1 ⅓ cups
Raspberries	1 ⅓ cups
Blueberries	1 ⅓ cups
Cocoa, powder	as needed

Method

1. Combine everything except the berries in a blender and blend until smooth, using the plunger to evenly move the ingredients around until a very smooth thick paste is achieved.
2. Layer the mouse in a cup alternating with berries and finishing with berries on top.
3. Dust with cocoa powder.

Source: adapted from Robert Graham MD

GINGER CHICKEN BROWN RICE CONGEE

Yield: 6 portions

Ingredients	Amounts
Stock, chicken	2 qt.
Chicken, thigh, skinless, boneless	3 ea.
Rice, brown, cooked	4 ½ cups
Ginger, fresh, 1-in. piece, peeled	2 ea.
Scallion (Green onion), green and white parts separated	4 ea.
Salt, kosher	2 tsp.
Soy sauce	2 Tbsp.
Wine, rice (<i>Shaoxing</i>)	1 tsp.
Sugar, granulated	½ tsp.
Mushroom, shiitake, dried, soaked, stems removed, thinly sliced	6 ea.
Garlic, slivered	2 Tbsp.
Scallion (Green onion), thinly sliced	1 ea.
Ginger, pickled	2 Tbsp.
Oil, vegetable	¼ cup
Egg, whole, hardcooked, diced	3 ea.
Oil, sesame	3 tsp.
Chili crisp	2 Tbsp.

Method

1. In a pot, bring chicken stock, chicken thigh, rice, 1 piece of smashed ginger, the scallion, salt and water to a boil stirring along the way.
2. Reduce heat to medium-low. Partially cover and simmer until chicken is cooked through and rice is falling apart, about 30 minutes. Make sure to stir often scraping the bottom to prevent sticking.
3. Remove chicken, rinse slightly in water if desired and shred the meat into large pieces. Mix the chicken with the soy, Shaoxing, sugar, salt and sugar. Reserve.
4. Remove ginger and scallions from congee and discard.
5. Continue cooking the congee until a thick oatmeal porridge consistency is achieved.
6. If needed, using an immersion blender, blend the rice until a course porridge consistency is reached.
7. Serve congee topped with chicken, mushrooms, eggs, ginger, scallion tops, fried garlic, sesame oil, and chili crisp.

SPAGHETTI SQUASH WITH LENTIL BOLOGNESE

Yield: 6 portions

Ingredients	Amounts
Squash, spaghetti	2 lb.
Oil, olive, spray	as needed
Pork, pancetta, minced	¼ cup
Oil, canola	1 ½ fl. oz.
Onion, yellow, medium, minced	1 ea.
Celery, rib, with leaves, minced	½ cup
Carrot, small, minced	½ cup
Beef, ground	4 wt. oz.
Pork, sausage, Italian, sweet	4 wt. oz.
Lentils, green, whole, cooked	6 wt. oz.
Wine, red, dry	4 fl. oz.
Stock, vegetable	12 fl. oz.
Tomato, plum (Roma), canned, drained, chopped	3 ea.
Milk, whole	1 ½ cups
Salt, kosher	to taste
Pepper, black, ground	to taste
Basil, leaves, fresh, thinly sliced	¼ cup
Oregano, leaves, fresh, minced	1 tsp.
Cheese, Parmesan, grated	as needed

Method

1. Heat the oven to 400° F. Cut the squash in half and scoop out the seeds.
2. Spray the squash with vegetable oil and place it, cut side down, on the parchment lined baking sheet.
3. add 2 tablespoons of water to the pan and bake until the squash is tender but not mushy, 30 to 40 minutes.
4. While the squash is cooking, heat a saucepot, with the oil and sauté the onion, celery, and carrots in the oil until the onions just begin to caramelize.
5. Add the ground meat, the sausage, and the lentils to the pan and gently cook over medium heat until the meat turns deep brown. Drain any excess fat.
6. Add the wine to the skillet and deglaze until wine has reduced by half, about 3 minutes.
7. Stir in the stock and let it simmer slowly until only ¼ cup liquid remains.
8. Stir in the milk. Simmer, partially covered, for 30 minutes. Stir frequently to prevent the mixture from sticking.
9. Add the tomatoes. Cook, partially covered, at a very slow simmer for another 25 minutes.

10. Add the basil and the oregano and continue to cook until the sauce resembles a thick, meaty stew. Season with salt and pepper.
11. Scoop out the flesh of the squash using a fork to resemble spaghetti.
12. Toss with olive oil and season with salt to taste.
13. Serve with the Lentil Bolognese and garnish with Parmesan cheese.

LENTIL AVOCADO BROWNIE

Yield: 12 brownies

Ingredients	Amounts
Lentils, green, cooked	3 cups
Applesauce	$\frac{2}{3}$ cup
Vanilla, bean	1 ea.
Sugar, brown	$\frac{1}{2}$ cup
Avocado, Hass, ripe	1 ea.
Cocoa, powder, unsweetened	1 cup
Baking powder	1 tsp.
Baking soda	$\frac{1}{2}$ tsp.
Salt, kosher	1 tsp.
Chocolate, chips, semi-sweet	1 cup
Walnuts, chopped	$\frac{3}{4}$ cup
Peanut butter	$\frac{3}{4}$ cup
Avocado Frosting (Recipe follows) (Optional)	2 cups
Sugar, powdered	as needed

Method

1. Preheat oven to 350°F.
2. Grease a 9- by 11-inch baking pan.
3. Purée the lentils in a blender or food processor with the apple sauce until smooth. This should yield about 4 cups.
4. Split the vanilla bean and scrape the seeds with the tip of a knife.
5. Rub the beans into the sugar using your fingers until dispersed.
6. Place the lentil mixture into a food processor with the sugar, avocado, baking soda, baking powder and salt into the food processor. Process until ingredients form a smooth batter.
7. Add in the chocolate chips and the walnuts and fold into batter.
8. Pour batter into greased pan.
9. Swirl in peanut butter.
10. Bake for 35 to 45 minutes until top of the brownies begin to crack. Cool. Completely. Cut into 12 squares.
11. Frost each with avocado frosting if desired and serve dusted with powdered sugar.

AVOCADO FROSTING

Yield: 2 cups

Ingredients	Amounts
Avocado, Hass, large, peeled, seeded	2 ea.
Cocoa, powder, dark	½ cup
Vanilla, extract	½ tsp.
Salt, kosher	¼ tsp.
Oil, coconut, melted	¼ cup

Method

Place all ingredients into a blender and blend until smooth. Keep chilled.

BREAKFAST SALAD

Yield: 6 portions

Ingredients	Amounts
Pepitas	1 cup
Squash, butternut, peeled, large diced	1 lb.
Oil, olive, pure	2 Tbsp.
Barley, cooked	1 cup
Quinoa, cooked	1 cup
Kale, lacinato, bunch, stem removed, torn in pieces	1 ea.
Salt, kosher	½ tsp.
Pork, bacon, slices, cooked, crumbled	5 ea.
Orange, juice	½ cup
Cilantro, fresh	¼ cup
Mustard, Dijon	1 Tbsp.
Garlic, minced	½ tsp.
Lemon, juice, fresh	2 Tbsp.
Lemon, zest	1 tsp.
Curry, powder	1 tsp.
Tahini, paste	1 Tbsp.
Salt, kosher	½ tsp.
Pepper, black, ground	¼ tsp.
Oil, olive, extra virgin	¼ cup
Egg, whole, fried, sunny side up	6 ea.
Bread, whole grain, seeded, sliced	6 ea.

Method

11. Preheat oven to 400°F.
12. Heat a dry, medium skillet over medium heat. Add the pepitas in a single layer. Toast, stirring often, until they begin to puff up, pop, and turn light brown, 2 to 4 minutes. Be careful not to allow them to burn. Cool. Reserve.
1. Toss the squash with olive oil and salt, then spread onto a large baking sheet. Bake the squash in the preheated oven until it can easily be pierced with a fork, but is not mushy, 15 to 20 minutes.
2. For the dressing, in a small saucepan, simmer the orange juice until slightly reduced. Let it cool. Transfer to a blender.
3. Add the cilantro, mustard, garlic, lemon juice and zest, curry powder, tahini paste, salt, pepper, and olive oil. Blend until smooth.

4. Place the kale in a bowl and season with salt. Massage lightly with hands until wilted and then toss with $\frac{1}{2}$ the dressing.
5. Plate the kale with the remaining ingredients in 6 bowls in a decorative manner and top each with an egg and a slice of toast.

CELERY ROOT SCHNITZEL WITH QUICK KRAUT, GLAZED AND BRAISED BEETS

Yield: 6 portions

Ingredients	Amounts
Broth, vegetable	1 qt.
Celery, root, peeled, ½-in. slices	2 lb.
Egg, whole	2 ea.
Yogurt, plain	¼ cup
Cornstarch	½ cup
Breadcrumbs, dried	2 cups
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, vegetable	1 tsp.
Shallot, minced	¼ cup
Ginger, fresh, minced	1 tsp.
Broth, vegetable	½ cup
Apricot, preserves	½ cup
Mustard, whole grain	1 Tbsp.
Vinegar, cider	1 Tbsp.
Oil, olive, pure	as needed
Quick Kraut (Recipe follows)	1x recipe
Glazed and Braised Beets (Recipe follows)	1x recipe

Method

1. Heat the vegetable broth, until simmering. Add the celery root and simmer for 3 minutes until slightly softened.
2. Remove and cool to room temperature. Reserve 1-2 cups of the vegetable stock for later.
2. To prepare for breading, whisk together the eggs and yogurt in a wide, shallow bowl. Place the cornstarch and the breadcrumbs in two separate, shallow bowls.
3. Pat the celery root dry, and season with salt and pepper. Dredge both sides of the celery root in cornstarch, then dip in the egg yogurt mixture, and finally dredge in the breadcrumbs. Set aside.
4. For the whole grain mustard sauce, add the vegetable oil to a small sauce pot and sauté the shallot and ginger until fragrant.

5. Add ½ cup of the reserved vegetable broth, apricot preserves, mustard and apple cider vinegar. Whisk to combine and reduce slightly.
6. To serve: Heat a large skillet with the olive oil and pan fry the slices of breaded celeriac until golden and crispy on both sides. Drain on paper towel or rack lined sheet pan.
7. Serve with Quick Kraut, Glazed and Braised Beets.

QUICK KRAUT

Yield: 6 portions

Ingredients	Amounts
Butter, unsalted	1 Tbsp.
Caraway, seeds	1 tsp.
Mustard, seeds	2 tsp.
Onion, yellow, thinly sliced	1 cup
Garlic, clove, thinly sliced	1 Tbsp.
Cabbage, green, ¼-in. sliced	2 cups
Vinegar, cider	1 cup
Water	1 cup
Sugar, granulated	2 Tbsp.
Salt, kosher	1 Tbsp.
Dill, fresh, chopped	¼ cup

Method

1. Heat a skillet on medium high heat. Add the butter.
2. Add the caraway and mustard seeds until the mustard seeds begin to pop. Add the onions and garlic to the pan and cook until tender.
3. Add the cabbage and sauté for 3-5 minutes until wilted, about 3-4 minutes.
4. Add the vinegar and sugar, bring to a boil, simmer gently for 8-10 minutes on low until the cabbage is softened but still has a slightly crisp texture. Drain and fold in the dill.

GLAZED AND BRAISED BEETS

Yield: 6 portions

Ingredients	Amounts
Beets, red, medium, with tops	1 ½ lb.
Vinegar, wine, red (Divided)	3 Tbsp.
Honey	3 Tbsp.
Orange, juice	¼ cup
Stock, vegetable	¼ cup
Butter, unsalted	2 Tbsp.
Salt, kosher	1 tsp.
Pepper, white, ground	¼ tsp.
Butter, unsalted	2 Tbsp.
Garlic, minced	1 tsp.
Stock, vegetable	¼ cup
Salt, kosher	½ tsp.
Lemon, juice, fresh	1 ½ Tbsp.

Method

1. Remove the stems and greens from the beets leaving 1 inch of stem attached to the top of the beets. Cut the stems into 2-inch pieces and thinly slice the greens, keeping them separated. Wash them well in cold water to remove any dirt.
2. Wash the beets and place into a pot with 2 tablespoons of the vinegar. Cover with water by 2 inches. Bring the water to a boil, reduce to a simmer, and cook the beets until they are soft when pierced with a fork or skewer, about 40 minutes, depending on size.
3. Drain and cool slightly. Peel and slice the beets into 1/4-inch-thick rounds or uniform wedges. This can be done up to a day ahead.
4. In a small sauté pan, combine the honey, remaining 1 tablespoon of vinegar, juice, stock, and butter and bring to a simmer. Cook gently until the glaze has the consistency of a light syrup, about 15 minutes.
5. Return the beets to the glaze and heat through, coating the beets well with the glaze.
6. For the stems and greens, heat a sauté pan with the remaining butter on medium heat and when melted, add the garlic. When aromatic, add the stems and cook for 2-3 minutes until slightly softened. Add the greens, toss together and add the remaining stock. Season with salt and pepper.
7. Cover the pan and reduce the heat to low, cooking for 5 minutes until the stems and greens are softened. Remove the lid, add the lemon juice and reduce until the liquid is almost gone.
8. Serve the glazed beets topped with the braised beet greens.

WHOLE WHEAT CARROT CAKE WITH CREAM CHEEZE FROSTING

Yield: 8 portions

Ingredients	Amounts
Flour, whole wheat	1 ⅓ cups
Baking soda	1 tsp.
Baking powder	1 tsp.
Cinnamon, ground	1 tsp.
Oil, vegetable	½ cup
Sugar, granulated	1 cup
Egg, whole	2 ea.
Pineapple, crushed	¾ cup
Carrot, grated	4 cups
Raisins	⅔ cup
Egg, whites	2 ea.
Cream Cheeze Frosting (Recipe follows)	1x recipe

Method

1. Preheat oven to 350°F. Line 12x18 inch pan with parchment.
2. Combine the flour, baking soda, baking powder, and cinnamon in a large bowl.
3. Beat the oil, sugar, and whole eggs with a mixer until smooth. Add the dry ingredients to the egg mixture and beat to blend well. Stir in the pineapple, carrot, and raisins.
4. Beat the egg whites in the mixer to medium peaks and fold into the batter.
5. Pour the batter into the pan and bake until a skewer poked into the center of the cake comes out with just a few moist crumbs, about 30 minutes. Cool in the pan on a rack.
6. Cut the cooled cake in half horizontally. Spread the frosting on the cut side of one half of the cake and top with the second half.
7. Ice the cake decoratively with the rest of the frosting.
8. Cut into pieces and serve.

CREAM CHEEZE FROSTING

Yield: 3 ½ cups

Ingredients	Amounts
Cream cheese, plant-based, softened	3 ½ cups
Sugar, powdered, sifted	2 cups
Vanilla, extract	3 tsp.

Method

1. Mix all the ingredients in a food processor, blender, or mixer until smooth. The frosting is ready to use, or store in a covered container in the refrigerator for up to 2 weeks.

RECIPE INDEX

African Groundnut Stew	23	Gem Salad	39
Avocado Frosting	147	General Tso's Tofu and Oven Baked Pineapple "Fried" Rice	97
Baharat Spice Blend.....	47	Ginger Chicken Brown Rice Congee.....	143
Baked Tortilla Chips.....	71	Glazed and Braised Beets.....	153
Basic Cooking Method for Dried Beans and Legumes	15	Golden "Mylk"	133
Basic Cooking Method for Grains	16	Gomen	57
Basic Cooking Method for Pasta.....	17	Grapefruit, Fennel, and Avocado Salad with Farro	19
Basic Mushroom Meat Blend	130	Grilled Sardines with Garlic Potato, Radish, and Herb Salad	105
Boiled Tomatillo Salsa	72	Grilled Vegetables with Romesco Sauce....	48
Breakfast Salad	148	Heritage Fruit Salad with Coconut and Roasted Peanuts	7
Breakfast Tamales with Pineapple, Raisins and Walnut Chorizo	139	Honey Bubble Tea	100
Broccoli Salad with Almonds and Cranberries	108	Honey-Roasted Carrots	137
Bulgur	27	Hungarian Stuffed Cabbage with Sauerkraut	109
Caesar Salad with Nori Caesar Dressing and Furikake Croutons.....	88	Jicama Salad	79
Caponata.....	52	Kimchi Pancakes with Gochujang Aioli.....	94
Carrot and Caraway Soup With White Beans, Tarragon, and Feta.....	18	Lentil Avocado Brownie	146
Carrot-Miso Dressing	92	Mango Smoothie with Turmeric, Green Tea, and Ginger.....	93
Celery Root Schnitzel with Quick Kraut, Glazed and Braised Beets.....	150	Mashed Celery Root	136
Chermoula Vinaigrette	61	Mediterranean Grain Bowl	26
Chicken Pipián Verde.....	76	Mexican Charred Vegetable Salad with Cilantro-Cumin Vinaigrette	75
Chickpea Fries	140	Mexican Walnut Chorizo.....	131, 132
Chipotle Crema	74	Miso Soup	86
Cilantro-Lime Rice	78	Miso Sweet Potato Bowl with Quick Pickled Vegetables.....	62
Cilantro-Mint Chutney.....	66	Moroccan Carrot Salad with Cumin	53
Cream Cheeze Frosting	155	Mushroom Tom Yum Soup.....	95
Crispy Baked Tofu with Miso Honey- Mustard Sauce.....	85	Oven Baked Pineapple "Fried" Rice	99
Dukkha.....	59	Pan Seared Cod with Gremolata and Caponata	51
Dukkha Crusted Salmon	58	Pap.....	56
Eggplant in Tomato and Coriander Sauce.	54	Parsley-Tomato Salad with Bulgur	60
Fattoush with Baharat Spiced Beans	46	Peach-Mango Green Smoothie.....	107
Fonio.....	25		
Furikake Seasoning.....	89		

Peking-Style Eggplant	69	Spaghetti Squash with Lentil Bolognaise.	144
Pesto	38	Tamarind Chutney	67
Potato and Vegetable Chips	22	Tomato Chutney.....	68
Potato and Vegetable Salad	42	Turkey Mushroom Meatloaf.....	135
Primary Dashi	84, 87	Turkish Zucchini Pancakes	103
Purple Sweet Potato Pie with Rosemary Honey Pecans	111	Tuscan Bread and Bean Soup.....	36
Quick Kraut	152	Upside-Down Olive Oil Polenta Cake	138
Quinoa	34	Vegetable and Bean Chili Stuffed Sweet Potatoes.....	30
Quinoa and Black Bean Taco Salad.....	32	Vegetable Pakoras.....	64
Quinoa-Chia Edamame Burgers with Potato and Vegetable Salad.....	40	Vegetarian Dashi	83
Rainbow Soba Noodle Salad	91	Vegetarian Sweet Potato Shepherd’s Pie ..	28
Red and Blue Smoothie	114	Walnut Crusted Onion Rings.....	141
Rich Vegetable Stock.....	6	White Bean Hummus.....	21
Roasted Tomato Salsa	73	Whole Grain Granola Parfait	134
Romesco Sauce	49	Whole Wheat Carrot Cake with Cream Cheeze Frosting	154
Rosemary Honey	113	Whole Wheat Pasta with Pea Pesto.....	35
Salmon Yakitori	90	Wild Greens and Herb Pie.....	101
Shiitake Fried Cauliflower “Rice”	70	Yogurt and Cucumber Sauce	104
South African Chakalaka and Pap with Gomen.....	55		

CONVERSION TABLES

METRIC WEIGHTS AND MEASURES EQUIVALENCIES

1 gram (g)	=	1/28 oz. (or 0.035 oz.)
½ ounce (oz.)	=	14 g
1 oz.	=	28.35 g. (approx. 30 g)
2 oz.	=	56 g. (approx. 60 g)
4 oz.	=	110 g
6 oz.	=	170 g
8 oz.	=	225 g
12 oz.	=	340 g
16 oz. / 1 pound (lb.)	=	453.6 g (454 g)
1 kilogram (kg)	=	2.21 lb.
1 liter (l)	=	35 fl. oz. (1 ¾ pt.)

METRIC CONVERSION TABLE

To Change	To	Multiply by
Pounds (lb.)	Grams (g)	453.6
Ounces (oz.)	Grams (g)	28.35
Pounds (lb.)	Kilograms (kg)	.45
Teaspoons (tsp.)	Milliliters (ml)	5
Tablespoons (Tbsp.)	Milliliters (ml)	15
Fluid Ounces (fl. oz.)	Milliliters (ml)	30
Cups	Liters (l)	.24
Pints (pt.)	Liters (l)	.47
Quarts (qt.)	Liters (l)	.95
Gallons (gal.)	Liters (l)	3.8
Temperature (°F)	Temperature (°C)	5/9 after subtracting 32*

*Example: 9°F above boiling = 5°C above boiling.

TEMPERATURE EQUIVALENCIES

Fahrenheit (°F)	Celsius (°C)	Classification
250	130	very cool
300	150	low
325	165	moderate-low
350	180	moderate
400	200	moderate-hot
425	220	hot
450	230	very hot

US CUSTOMARY LIQUID VOLUME CONVERSIONS

1 tablespoon (Tbsp.)	=	3 teaspoons (tsp.)
1 fluid ounce (fl. oz.)	=	2 tablespoons (Tbsp.)
1 cup	=	8 fluid ounces (fl. oz.)
1 pint (pt.)	=	2 cups
1 pint (pt.)	=	16 fluid ounces
1 quart (qt.)	=	2 pints (pt.)
1 gallon (gal.)	=	4 quarts (qt.)
1 gallon (gal.)	=	128 fluid ounces (fl. oz.)

US TO METRIC DRY MEASURES CONVERSIONS

tsp.	Tbsp.	oz.	cup	lb.	grams
3	1	½	1/16	---	14
6	2	1	⅛	1/16	28
12	4	2	¼	⅛	57
24	8	4	½	¼	113
36	12	6	¾	⅜	170
48	16	8	1	½	227
96	32	16	2	1	454

VOLUME MEASURE CONVERSIONS

US	Metric
1 tsp.	5 milliliters (ml)
1 Tbsp.	15 ml
1 fl. oz./ 2 Tbsp.	30 ml
2 fl. oz./ ¼ cup	60 ml
8 fl. oz./ 1 cup	240 ml
16 fl. oz./ 1 pint (pt.)	480 ml
32 fl. oz./ 1 quart (qt.)	960 ml
128 fl. oz./ 1 gallon (gal.)	3.84 liters (L)

RECIPE YIELD

Original	Cut in Half	Cut in Third
1 cup	½ cup	⅓ cup
¾ cup	6 Tbsp.	¼ cup
⅔ cup	⅓ cup	3 Tbsp. + 1 ½ tsp.
½ cup	¼ cup	2 Tbsp. + 2 tsp.
⅓ cup	2 Tbsp. + 2 tsp.	1 Tbsp. + 1 ¼ tsp.
¼ cup	2 Tbsp.	1 Tbsp. + 1 tsp.
1 Tbsp.	1 + ½ tsp.	1 tsp.
1 tsp.	½ tsp.	⅓ tsp.
½ tsp.	¼ tsp.	⅛ tsp.
¼ tsp.	⅛ tsp.	dash

Memo To: CIA Continuing Education Students

From: Office of the Registrar
Re: Privacy of Student Records

The *Family Educational Rights and Privacy Act* (FERPA) is the federal law that governs release of and access to student education records. These rights include:

1. **The right to inspect and review your education record within a reasonable time after the CIA receives a request for access.** If you want to review your record, contact the Registrar's Office to make appropriate arrangements.
2. **The right to request an amendment of your education record if you believe it is inaccurate or misleading.** If you feel there is an error in your record, you should submit a statement to the Registrar's Office, clearly identifying the part of the record you want changed and why you believe it is inaccurate or misleading. The Registrar will notify you of the decision and advise you regarding appropriate steps if you do not agree with the decision.
3. **The right to consent to disclosure of personally identifiable information contained in your education records, except to the extent that FERPA authorizes disclosure without consent.** One exception which permits disclosure without consent is disclosure to school officials with "legitimate educational interests." A school official has a legitimate educational interest if the official has a need to know information from your education record in order to fulfill his or her official responsibilities. Examples of people who may have access, depending on their official duties, and only within the context of those duties, include: CIA faculty and staff, agents of the institution, students employed by the institution or who serve on official institutional committees, and representatives of agencies under contract with the CIA.
4. **The right to file a complaint with the U.S. Department of Education concerning alleged failures by the CIA to comply with the requirements of FERPA.**

Release of student record information is generally not done at the CIA without the expressed, written consent of the student. There are, however, some exceptions. For example, directory information includes the following, and may be released without the student's consent: name, permanent address, campus box number, CIA email address, photographs, program of study, dates of attendance, and degrees or certificates awarded with dates. Please note that you have the right to withhold the release of directory information. To do so, you must complete a "Request for Non-Disclosure of Directory Information" form, which is available from the CIA Consulting Department at 845-905-4417. Please note two important details regarding placing a "No Release" on your record:

1. The CIA receives many inquiries for directory information from a variety of sources outside the institution, including friends, parents, relatives, prospective employers, the news media, and others. Having a "No Release" on your record will preclude release of such information, even to those people.
2. A "No Release" applies to all elements of directory information on your record. The CIA does not apply "No Release" differently to the various directory information data elements.

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