

Anti-Inflammatory Healthy Teaching Kitchen (Part 2)



An Introduction to Anti-Inflammatory Cooking for Better Health

from the Nutrition, Foodservice, & Hospitality Department
of the Phoenix VA Health Care System

Healthy Teaching Kitchen Program
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Healthy Teaching Kitchen Class Post-Evaluation

Your responses will provide us with the knowledge to help improve our program for future participants. Thank you for your input.

Name: _____
Age: _____
Gender: M / F

Date: _____
Weight: _____ (ok if estimated)
Height: _____

How often do you typically eat the following foods...	Never	Less than once a week	More than once a week	Once a day	More than once a day
Fruit (apples, bananas, oranges, melon, berries, canned fruit, applesauce and more__)	<input type="checkbox"/>				
Raw vegetables (salad, cucumbers, carrots, peppers and more__)	<input type="checkbox"/>				
Cooked vegetables (as side dishes or mixed into dishes)	<input type="checkbox"/>				
Beans and lentils (refried beans, baked beans, cooked beans, lentil dishes)	<input type="checkbox"/>				
A meal from fast food or sit down restaurant (consider breakfast, lunch and dinner)	<input type="checkbox"/>				

How confident are you that you can...	Not at all confident	Not very confident	Neutral	Somewhat confident	Very confident	Does not apply
Cook healthy food for yourself and/or your family on your budget?	<input type="checkbox"/>					
Make your meals healthier (increasing fruits and vegetables, whole grains, lean proteins, and reduce unhealthy fats and sodium)?	<input type="checkbox"/>					
Read food labels to help you make healthier food choices?	<input type="checkbox"/>					

*Instructor to fill out: PATIENT CODE: _____ Site code-patient #-class # (ie. WRJ-001-1)

Your Food Choices...

Never Rarely Sometimes Often Always

When you eat grain products, how often do you choose whole grain? (whole grain bread, pasta, crackers, brown rice)

How often do you choose low sodium options when you buy packaged foods? (canned soups or vegetables, frozen meals, packaged rice or pasta dishes)

When you buy meat or protein foods, how often do you choose lean meat? (lean poultry without skin and not fried, seafood without breading, 90% or more lean ground meat)

How often do you plan meals ahead of time?

How often do you adjust meals to be more healthy? (adding vegetables to a recipe, using whole grain ingredients, or baking instead of frying)

During the past 7 days, how many times did you eat a home cooked meal for dinner prepared by you or someone in your house? (circle your answer)

0 1 2 3 4 5 6 7

What were the best qualities of this cooking class?

In what specific ways could this class be improved?

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Lesson 7

Whole Soy

This lesson will cover:

- Benefits and types of whole soy foods
 - How to steam edamame
- Common mistakes with cooking tofu and how to remedy them
- Various cooking and preparation methods for tofu and tempeh

Lesson 7: Whole Soy

Soybeans are savory and nutty, with a firm, dense texture. Their thin, fuzzy, and fibrous shells are inedible. Immature soybeans, known as edamame, are typically boiled in their pods and then salted and eaten by hand. Frozen shelled beans can be cooked and served like cooked peas. Mature soybeans are used to make products like tofu and soy sauce.

Soybeans, and foods that are made from soy, are an excellent source of **high-quality protein** and many other nutrients with proven health benefits.

Whole soy foods include:

- **Edamame**
- **Tofu**
- **Tempeh**
- **Soy milk**
- **Soy nuts**

Soy Health Concerns

Soy in its whole form (i.e. edamame, soy milk, tofu, tempeh) has been linked to several anti-inflammatory health benefits, including protection against heart disease and cancer. Processed and concentrated soy products, on the other hand (listed as soy protein isolate or textured soy protein concentrate in the ingredients list), may be linked to some potentially harmful health effects.

Most of the soy that is produced for the human food supply is non-genetically modified (non-GMO), while the genetically modified (GMO) soy is typically used to feed animals. To date, no GMO byproducts have been detected in the meat of animals that are fed GMO soy. While GMO foods are currently considered safe, you may choose to avoid them if desired. To avoid GMO foods, the safe bet is to choose organically grown or raised items.

How to Steam Edamame

Ingredients

Edamame, in shell, frozen

Water

Kosher salt

Equipment

Large bowl

Steamer basket

Medium or large saucepan with a lid

Colander

Baking sheet

Paper towels

- 1. Prepare cold water.** Fill a large bowl about halfway with cold water.
- 2. Prepare steamer.** Place a steamer basket in a medium or large saucepan. Fill the saucepan with water just up to the steamer basket.
- 3. Boil water.** Bring the water to a boil over high heat.
- 4. Cook edamame.** Add 1 pound frozen edamame to the steamer basket. Cover with a lid. Steam until the beans are tender, about 5 minutes.
- 5. Remove edamame.** Remove the steamer basket from the saucepan and transfer the edamame to the bowl of cold water.
- 6. Cool edamame to desired temperature.** Keep the edamame in the water for just a few seconds if you want to serve them warm, or longer if you want to serve the edamame at room temperature.
- 7. Drain edamame.** Drain the edamame into a colander.
- 8. Dry edamame.** Spread the edamame onto a baking sheet lined with paper towels to dry.
- 9. Season.** Sprinkle the edamame with kosher salt to taste.

Tofu 101

Many people think that tofu is bland and boring, but this does not have to be the case. When seasoned and cooked properly, tofu can be as delicious as any other protein food. If you are not currently a tofu eater, try to keep an open mind. You might just end up loving it!



Tofu has a **clean, nutty, and subtly sweet flavor**. It is an ideal canvas for bold or aromatic sauces. Tofu is especially a great choice for vegetarians and vegans because it's **high in protein, as well as a good source of iron and calcium**.

Tofu Storage Tips

Tofu is typically a perishable food, though shelf-stable versions are sometimes available. It has the best flavor and texture when it is fresh, so look for a refrigerated package with the latest expiration date possible.

To store an opened package of tofu, place the tofu in a container and cover with water, then seal the container and refrigerate it for up to 5 days. Change the water daily. If tofu tastes sour, throw it away.

How to Use Common Types of Tofu

Type of Tofu	Suggested Uses
Extra-firm and firm*	Add to stir-fries, noodle dishes, soups, stews, salads, side dishes, and main dishes. Slice for sandwiches. Marinate and grill, broil, or bake. Crumble and use in place of ground meat or poultry.
Soft	Add to smoothies, dips, desserts, or soups. Coat with cornstarch and pan-fry. Substitute for scrambled eggs.
Silken	Add to smoothies, desserts, soups, purées, sauces, and dips. Use in place of yogurt or sour cream.

*Note: Firm and extra-firm tofu are interchangeable, but extra-firm tofu is a bit more sturdy.

Troubleshooting Tofu Cooking Mistakes

Cooking Mistake	Try This
Not using the right tofu for the recipe	Purchase the tofu variety that works best for what you want to make.
Not pressing the water out of the tofu	Tofu is packed with water, and then it is packed in water. It is important to get that water out and replace it with flavor. Not pressing the water out is one of the biggest mistakes that can be made with tofu.
Not cutting the tofu correctly	For maximum flavor and texture, it is best cut tofu into smaller pieces. Thin slices are good for making cutlet-type dishes or for sandwiches. Cut the tofu into cubes for stir-fries and salads.
Not seasoning the tofu	Treat tofu as you would any other protein. Delicious tofu is all about texture and flavor. Without seasoning, it will be bland and tasteless.
Not cooking the tofu properly	Whether you are baking, frying, breading, or battering tofu, be patient and cook it until it is as browned or crispy as you want it. It could take as long as 5 minutes per side depending on the size of the pieces. Try tossing the cut tofu pieces in some seasoned cornstarch before stir-frying or pan-frying them. This will make them very crispy, which is especially important if you are going to coat them with a hot sauce.

Tempeh 101

Tempeh is a plant-based protein food that comes from soybeans. It's made by fermenting cooked soybeans and which results in a cake-lite block. Many versions also contain beans, grains, and flavorings.



Tempeh has a **stronger, nuttier flavor** than tofu. Like tofu, it also tends to absorb the flavors of any food or sauce it is added to, making it a versatile choice for many dishes.

Because it holds its shape better than tofu when cooked, tempeh is a great meat substitute. Cutting tempeh into slabs allows you to make delicious steaks. You can also cut tempeh into cubes, then sear them to top breakfast dishes, cook them in stir-fries, or grill them on skewers.

You can find tempeh in some regular supermarkets. It's often located in the section near the tofu, and it usually comes in a variety of grain and flavor combinations. If not available at a regular supermarket, it is typically available at "natural" or "health food" stores.

A Few Ways to Enjoy Tempeh

- Steamed
- Boiled
- Marinated, then pan-fried, grilled, or baked
- Thinly sliced (1/4-inch thickness), then grilled or pan-seared
- Breaded and oven-fried
- Blackened
- Crumble or grate into sauces, soups, pasta or rice dishes, curries, chilies, and stews
- Mix cooked pieces into any dish
- Add to salads
- Put strips into sandwiches

How to Cut Tofu or Tempeh

Tofu Slices

Application: Cutlet-type dishes, sandwiches

1. Cut the block of tofu in half width-wise.
2. Cut each half into 3 or 4 rectangles for a total of 6 to 8 thin slices.
3. (Optional) These thin slices can further be cut into squares or triangles, if desired, depending the dish.

Tempeh Slabs

Application: Cutlet-type dishes, sandwiches

1. Cut 1 block of tempeh crosswise into 2 equal pieces.
2. Cut each piece horizontally (butterfly cut) into 1/4-inch-thick slabs, being careful to cut pieces of even thickness. Slabs of this length and thickness will develop a crispy edge when cooked.

Tofu or Tempeh Cubes

Application: Stir-fries, salads

1. Cut the tofu or tempeh into 5 even slices crosswise.
2. Make 4 even slices across the 5 slices to get 20 cubes.
3. Those 20 pieces can be further cut in half to make smaller cubes if desired.

How to Press Tofu

Ingredients

Tofu (any variety)

Equipment

2 Large plates (or 1 Large plate and 1 Cutting board or Baking sheet)

Paper towels

Heavy item (i.e. book, cans, cast-iron skillet)

1. Prepare plate with paper towels.

Line a large plate with several layers of paper towels.

2. Set tofu on plate.

Place 1 block tofu on the paper towel-lined plate. If you are planning to cut the tofu into slices, you can do that first and then press the slices.

3. Top tofu with more paper towels.

Put another set of paper towel layers of on top of the tofu.

4. Set another plate on top.

Put another plate (or a cutting board) on top of the paper towels.

5. Add weight.

Weigh the plate or cutting board down with a heavy object.

6. Drain water.

After 30 minutes, drain the water that has been pressed out of the tofu.

7. Repeat process to remove more water (Optional).

Repeat process with fresh paper towels for more time, if desired, for a firmer texture.

8. Use pressed tofu.

Use the tofu as desired.

Pro Tip!

If you want tofu to have a denser, firmer and chewier texture, try freezing it first. Just remove the tofu from its package, put it in a ziptop plastic bag or wrap it in plastic wrap, then stick it in the freezer for a few hours. When you are ready use it, thaw it out in the refrigerator and then press it as usual.

How to Marinate Tofu or Tempeh

Marinating tofu or tempeh is a very common way to punch up their flavor before cooking. Tofu and tempeh can be marinated in any marinade you would use for animal protein.

Ingredients

Tofu (any variety) or tempeh, cut into pieces for cooking

Marinade ingredients (i.e. oil, vinegar, salt, herbs, spices, soy sauce)

Equipment

Ziptop plastic bag

- 1. Make marinade.** Add marinade ingredients to a ziptop plastic bag. Seal the bag and shake to combine.
- 2. Add tofu/tempeh to marinade.** Place the cut tofu/tempeh in the bag with the marinade.
- 3. Let tofu/tempeh sit in marinade.** Seal the bag and let the tofu/tempeh marinate for 20 minutes to overnight.
- 4. Remove tofu/tempeh.** Remove the tofu/tempeh the marinade.
- 5. Cook tofu/tempeh.** Cook the tofu/tempeh as desired.

How to Dry Season Tofu or Tempeh

Whether or not you marinate the tofu or tempeh, a dry rub of seasoning will help add flavor and a crusty texture when you cook it. Get creative and try dredging the tofu or tempeh in something besides just herbs and spices. Other options include chopped nuts, seeds, or ground lentils. This will add an extra layer of flavor and texture.

Ingredients

Tempeh, cut into pieces for cooking
Favorite herbs and/or spices

Equipment

Small mixing bowl
Whisk or spoon

- 1. Drip dry marinated tofu/tempeh.** If the tofu/tempeh was marinated, remove it from the marinade and allow any excess marinade to drip off. Do not pat the tofu/tempeh dry with paper towels.
- 2. Mix herbs/spices.** Add the herbs and/or spices to a small mixing bowl and stir to combine.
- 3. Lay tofu/tempeh out.** Lay the tofu/tempeh pieces out on a baking sheet.
- 4. Season tofu/tempeh.** Sprinkle the pieces of tofu/tempeh liberally with the seasoning mixture. Flip the pieces over and sprinkle more seasoning mixture on the other side.
- 5. Cook tempeh.** Cook tofu/tempeh as desired.

How to Bake Tofu or Tempeh

Ingredients

Tempeh, cut into pieces, marinated and/or seasoned
Nonstick cooking spray or cooking oil

Equipment

Baking sheet
Wire cooling rack (Optional, for more browning and crispiness)

- 1. Preheat oven.** Preheat the oven to 350°F.
- 2. Prepare baking sheet.** Spray a baking sheet with nonstick cooking spray, or rub with an oil-soaked paper towel. Alternatively, set a wire cooling rack inside the baking sheet. Spray or rub the cooling rack with oil.
- 3. Arrange tofu/tempeh.** Place the tofu/tempeh pieces in a single layer on the oiled baking sheet or on the cooling rack set inside the baking sheet.
- 4. Bake tofu/tempeh.** Bake the tofu/tempeh pieces for 15 to 20 minutes, until the edges are lightly browned and crispy.

How to Pan-Fry Tofu

Ingredients

Firm or extra-firm tofu, pressed
Cornstarch
Extra-virgin olive oil or avocado oil
Desired seasonings (Optional)

Equipment

Shallow dish or pie plate
Nonstick or cast-iron skillet
Liquid measuring cup
Heat-resistant spatula or tongs

- 1. Cut tofu.** Cut 1 block firm or extra-firm pressed tofu into planks or cubes, if this was not already done prior to pressing.
- 2. Coat tofu with cornstarch.** Toss the pieces of tofu with cornstarch to lightly coat. Season the cornstarch before this if desired.
- 3. Preheat pan.** Heat a nonstick or cast-iron skillet over medium to medium-high heat.
- 4. Heat oil.** Add 1/4 cup extra-virgin olive or avocado oil to the pan and heat until shimmering.
- 5. Pan-fry tofu.** Cook the tofu in the hot oil for about 2 to 4 minutes, until golden brown and crispy on the first side. Flip and continue cooking on the remaining side(s) until golden brown and crispy.

How to Pan-Fry Tempeh

Ingredients

Tempeh slabs or cubes

Extra-virgin olive oil or avocado oil

Equipment

Non-coated skillet, preferably cast-iron

Measuring spoons

Spatula or tongs

- 1. Heat pan.** Heat a skillet over medium to medium-high heat
- 2. Heat oil.** Add 1 tablespoon extra-virgin olive or avocado oil to the hot skillet and heat until shimmering.
- 3. Add tempeh.** Carefully lay the tempeh slabs or cubes in the hot oil.
- 4. Cook tempeh.** Cook the tempeh pieces on the first side for about 3 minutes, until they turn golden brown and crispy.
- 5. Flip tempeh and continue cooking.** Flip the tempeh pieces with a spatula or pair of tongs and cook them on the other side for about 3 more minutes, until golden brown and crispy on the second side.

How to Make Tofu Crumbles

Ingredients

Firm or extra-firm tofu

Equipment

Colander

- 1. Freeze tofu.** Freeze 1 block firm or extra-firm tofu for 12 to 24 hours. It can be thawed right away or kept in the freezer for several months.
- 2. Thaw tofu.** Let the tofu defrost in the refrigerator overnight. If you want to speed up the process, soak the package in a bowl of water for about an hour.
- 3. Drain water.** Open the package and drain the water. The tofu will have a spongy texture.
- 4. Wash tofu.** Over a colander, squeeze out as much liquid as you can using your hands, then rehydrate it under fresh running water. Try to keep its original shape when squeezing to keep it from crumbling apart. Repeat this washing process about 6 to 8 times, until the water coming out of the tofu is clear.
- 5. Squeeze out water.** When you are done washing the tofu, use your hands to squeeze the tofu into a ball, squeezing out as much liquid as you can.
- 6. Crumble tofu.** Crumble the tofu until it resembles cooked ground meat.
- 7. Cook tofu crumbles.** Your tofu crumbles are now ready to use and season just as you would ground chicken, turkey, pork, or beef. Keep in mind that you will probably want to slightly increase the amount of oil you use to make up for the lower fat content.

How to Make a Tofu Scramble

Ingredients

Tofu

Extra-virgin olive oil or avocado oil

Vegetables of choice

Turmeric or curry powder

Salt

Pepper

Fresh chopped delicate herbs (Optional; i.e. parsley, cilantro, dill, basil)

Equipment

Paper towels

Baking sheet

Nonstick or cast-iron skillet

Measuring spoons

Heat-resistant rubber spatula

- 1. Drain tofu.** Spread 1 block tofu onto a paper towel-lined baking sheet and let it drain for 20 minutes.
- 2. Dry tofu.** Pat the drained tofu dry with more paper towels.
- 3. Crumble tofu.** Crumble the tofu into 1/4- to 1/2-inch pieces. The tofu can be crumbled into both smaller and larger pieces to resemble egg curds of different sizes.
- 4. Heat pan.** Place a nonstick or cast-iron skillet over medium heat.
- 5. Heat oil.** Add 1/2 tablespoon extra-virgin olive or avocado oil to the skillet and heat until shimmering.
- 6. Add vegetables.** Add your selected vegetables to the skillet and sauté until softened and any liquid is evaporated, about 5 to 15 minutes, depending on which vegetables are selected.
- 7. Add tofu.** Add the tofu and cook for about 2 more minutes. Add a pinch to 1/4 teaspoon of turmeric or curry powder during cooking for extra depth of flavor, as well as an egg-like color.

8. Season. Season to taste with salt and pepper.

9. (Optional) Garnish with herbs. Top with some fresh chopped delicate herbs, if desired.

10. Serve. Serve the tofu scramble immediately.

Lesson 7 Recipes

Roasted Edamame Salad

Adapted from a recipe by Alton Brown

Serves 4

Ingredients

- 12 ounces shelled edamame, about 2 cups
- 1/2 cup diced yellow or orange bell pepper
- 1/4 cup finely diced green onion
- 1 clove garlic, minced
- 1 tablespoon olive oil
- 1 cup chopped tomato
- 1 can black beans, drained and rinsed
- 1/4 cup chopped basil
- 1 tablespoon red wine vinegar
- Salt, to taste
- Ground black pepper, to taste



Directions

1. Preheat the oven to 400°F
2. Place the edamame, bell peppers, green onion, garlic, olive oil, salt, and pepper onto a 13 by 9-inch baking sheet pan and stir to combine.
3. Place baking sheet on the middle rack of the oven and roast just until the edamame begins to brown, about 10 to 15 minutes.
4. Remove baking sheet from the oven and place it in the refrigerator until completely cool, about 30 minutes.
5. Add the tomato, black beans, basil, and vinegar to the edamame mixture and toss to combine. Taste and adjust seasoning, as desired.
6. Serve chilled or at room temperature.

Nutrition Information

Per serving (1/4th of the recipe): 196 Calories, 8.5 g Total Fat (1 g Saturated Fat), 116 mg Sodium, 19 g Total Carbohydrate (6 g Fiber), 12.5 g Protein

Tofu Tacos

Adapted from a recipe by FoodNetwork.com

Serves 4 (2 tacos each)

Ingredients

- 12 ounces extra firm tofu, drained and cut into 8 slices
- 4 cups shredded coleslaw mix
- 1 small bunch radishes, greens removed and thinly sliced
- 1/2 cup chopped fresh cilantro
- 1 bunch green onions, sliced
- 1 1/2 tablespoons extra-virgin olive oil, divided
- 2 limes (1 zested and juiced, 1 cut into wedges)
- 1/4 cup nonfat plain Greek yogurt
- 1 tablespoon no-salt or low-sodium taco seasoning
- 8 (8-inch) whole-wheat tortillas
- 1/4 cup jarred red or green salsa (salsa verde)
- Salt and pepper



Directions

1. Lay the tofu slices out flat on a stack of paper towels. Top with more paper towels, then put a heavy skillet on top.
2. Let tofu sit to press out the excess water, about 10 to 20 minutes.
3. Meanwhile, toss the coleslaw, radishes, cilantro, green onions, 1 tablespoon olive oil, lime zest, and half of the lime juice together in a large bowl.
4. Mix the yogurt with the remaining lime juice in a small bowl and season to taste with salt and pepper.
5. Brush the tofu on all sides with the remaining 1/2 tablespoon of olive oil and sprinkle with the taco seasoning.
6. Heat a nonstick skillet over medium to medium-high heat.
7. Add the tofu to the skillet and cook until it begins to crisp on the first side, about 5 minutes.
8. Flip and cook for about 2 more minutes.

9. Cut the cooked tofu pieces into strips.
10. Toast the tortillas in a dry skillet until warm, about 1 minute per side, or wrap in a damp towel and microwave 1 minute.
11. Fill the tortillas with the tofu and slaw, then drizzle with the yogurt sauce and salsa.
12. Serve with the lime wedges.

Nutrition Information

Per serving (1/4th of the recipe, about 2 tacos): 355 Calories, 14 g Total Fat (2.5 g Saturated Fat), 298 mg Sodium, 47 g Total Carbohydrate (8 g Fiber), 15.5 g Protein

Quinoa Pilaf with Shiitakes and Edamame

Adapted from a recipe by America's Test Kitchen

Serves 6

Ingredients

- 1 1/2 cups quinoa, rinsed
- 2 tablespoons avocado oil
- 4 green onions, white parts minced, green parts sliced thin on bias
- 4 ounces shiitake mushrooms, stemmed and sliced thin
- 2 teaspoons grated fresh ginger
- 3/4 teaspoon salt
- 1 3/4 cups water
- 1/2 cup cooked shelled edamame
- 4 teaspoons rice vinegar
- 1 tablespoon mirin (Optional; can omit, or substitute sake or white wine)

Directions

1. Toast the quinoa in a medium saucepan over medium heat, stirring frequently, until the quinoa is very fragrant and makes a constant popping sound, about 5 to 7 minutes.
2. Transfer the toasted quinoa to a bowl and set aside.
3. Return the now-empty pan to medium-low heat and heat the oil until shimmering.
4. Add the green onion whites, shiitakes, ginger, and salt.
5. Cook, stirring frequently, until softened, 5 to 7 minutes.
6. Increase the heat to medium-high.
7. Stir in the water and toasted quinoa.
8. Bring the water to a boil.
9. Cover the pan with a lid and reduce the heat to low.
10. Simmer until the grains are just tender and the liquid is absorbed, about 15 to 20 minutes, stirring once halfway through the cooking time.
11. Remove the pan from the heat and stir in the edamame.
12. Let sit, covered with a lid, for 10 minutes.

13. Fluff the cooked quinoa with a fork.
14. Stir in the green onion tops, vinegar, and mirin.
15. Serve.

Nutrition Information

Per serving (1/6th of the recipe): 200 Calories, 4 g Total Fat (0.5 g Saturated Fat), 365 mg Sodium, 34 g Total Carbohydrate (4 g Fiber), 8 g Protein

Eggless Scramble

Adapted from a recipe by onegreenplanet.org

Serves 4

Ingredients

- 1 tablespoon extra-virgin olive oil, plus more as needed
- 1 medium onion, chopped
- 5 ounces mushrooms, sliced (8 to 10 medium mushrooms)
- 1/2 medium bell pepper, chopped
- 1 block tofu, drained well
- 1/2 teaspoon turmeric
- 1/8 teaspoon cayenne pepper
- 1 teaspoon lite soy sauce or tamari, divided
- 1/8 teaspoon salt
- Fresh ground black pepper (Optional)

Directions

1. Heat a large skillet over medium heat.
2. Add 1 tablespoon olive oil and heat until shimmering.
3. Add the onion and sauté until slightly softened, about 3 to 4 minutes.
4. Add the mushrooms and sauté for 1 minute, then add the peppers.
5. Add 1/2 teaspoon soy sauce or tamari and continue cooking the vegetables.
6. While the vegetables cook, mash the tofu in a medium mixing bowl using a potato masher or a large fork until it is crumbled.
7. Add the turmeric, cayenne pepper, salt, and the remaining 1/4 teaspoon soy sauce or tamari.
8. Continue to mash the tofu together with the seasonings, until the mixture resembles the look of cooked scrambled eggs.
9. Add the tofu to the skillet, adding more olive oil if the mixture seems dry.
10. Continue to stir and cook the scramble, until it is heated through and slightly browned on the edges.
11. Top the scramble with some fresh ground pepper.

12. Cover the pan with a lid and move it off the heat.
13. Let the cheese melt, about 5 minutes.
14. Serve immediately.

Nutrition Information

Per serving (1/4th of the recipe): 125 Calories, 8 g Total Fat (1.5 g Saturated Fat), 163 mg Sodium, 7 g Total Carbohydrate (2 g Fiber), 10 g Protein

Edamame Bok Choy Rice Bowl

Recipe by Sharon Palmer, RD

Serves 4

Ingredients

- 1 cup quick-cooking brown rice
- 1 tablespoon sesame oil
- 1 red bell pepper, sliced
- 2 cups frozen edamame, shelled
- 6 ounces (about 5 heads) baby bok choy, coarsely chopped
- 2 tablespoons lite soy sauce

Directions

1. Cook the quick-cooking brown rice in a pot or rice cooker according to the package directions.
2. While the rice is cooking, heat the sesame oil in a sauté pan, skillet, or wok.
3. Add the bell pepper and edamame and sauté for 6 minutes.
4. Add the bok choy and soy sauce and cook for another 4 minutes, just until the bok choy is crisp-tender yet still bright green.
5. Divide the rice among 4 serving bowls and top each bowl with a quarter of the edamame bok choy mixture.

Nutrition Information

Per serving (1/4th of the recipe): 280 Calories, 7 g Total Fat (1 g Saturated Fat), 475 mg Sodium, 44 g Total Carbohydrate (4 g Fiber), 10 g Protein

Shiitake and Kale Bowl with Brown Rice

Adapted from a recipe by Sharon Palmer, RD

Serves 4

Ingredients

- 2 cups cooked brown rice
- 1 tablespoon extra-virgin olive oil
- 1 onion, chopped
- 4 garlic cloves, minced
- 2 tablespoons lite soy sauce
- 2 tablespoons flavored vinegar (i.e. rice vinegar, balsamic vinegar, apple cider vinegar)
- 1 tablespoon sesame seeds
- 1/2 teaspoon wasabi paste
- 1/2 teaspoon red pepper flakes
- 1 cup sliced shiitake mushrooms
- 1 (14- to 16-ounce) block firm tofu
- 1 bunch kale, stems removed and chopped

Directions

1. Cook the rice according to package directions, if needed.
2. Heat the olive oil in a large skillet or wok. Add the onion and garlic and sauté for 3 minutes.
3. Add the soy sauce, vinegar, sesame seeds, wasabi paste, red pepper flakes, mushrooms, and tofu and stir well.
4. Sauté for an additional 5 minutes.
5. Stir in 1/3 cup water and the kale and sauté until the kale is slightly wilted and crisp-tender, about 4 to 6 minutes.
6. Spoon 1/2 cup cooked rice into each of 4 individual bowls and top with about 1 1/2 cups of the shiitake-kale mixture.

Nutrition Information

Per serving (1/4th of the recipe): 257 Calories, 9 g Total Fat (1.5 g Saturated Fat), 575 mg Sodium, 35 g Total Carbohydrate (4 g Fiber), 13 g Protein

Spicy Tofu and Red Potato Hash with Salsa

Recipe by Sharon Palmer, RD

Serves 4

Ingredients

- 3 medium red-skinned potatoes, unpeeled
- 1 small red onion, quartered
- 1 small zucchini
- 1/2 red bell pepper
- 5 ounces extra firm tofu (about 1/3 of a 16-ounce package), drained
- Nonstick cooking spray
- 2 garlic cloves, minced
- 1/4 teaspoon ground turmeric
- Pinch of cayenne
- 3/4 teaspoon low-sodium herb seasoning
- 2 tablespoons chopped fresh chives
- 1 cup prepared salsa

Directions

1. Using a food processor or a grater, shred the potatoes, onion, zucchini, bell pepper, and tofu. Drain in a colander.
2. Spray a large nonstick skillet with nonstick cooking spray and heat over medium-low heat.
3. Add the garlic, cumin, turmeric, cayenne, herb seasoning, and the drained vegetables and tofu and stir well.
4. Cook the hash mixture over medium-low heat for 25 to 30 minutes, turning frequently with a spatula to prevent sticking.
5. When the potatoes are tender, stir in the chives.
6. Remove from the heat and serve with salsa.

Nutrition Information

Per serving (1/4th of the recipe): 175 Calories, 2 g Total Fat (0.5 g Saturated Fat), 446 mg Sodium, 35 g Total Carbohydrate (5 g Fiber), 8 g Protein

Stir-Fried Tofu with Vegetables

Adapted from a recipe by onegreenplanet.org

Serves 4

Ingredients

- 1 tablespoon avocado oil
- 1 onion, diced
- 3 garlic cloves, minced
- 1 carrot, julienned (cut into matchsticks)
- 1 zucchini, julienned (cut into matchsticks)
- 1 1/2 cups halved shiitake mushrooms
- 5 heads baby bok choy, trimmed, stalks thinly sliced and leaves chopped
- 1 block firm tofu, drained and pressed, cut in 1/2- to 3/4-inch cubes

Sauce

- 2 tablespoons apple juice
- 2 tablespoons lite soy sauce
- 1/2 teaspoon ground ginger
- Cold water
- 1 tablespoon cornstarch

Directions

1. Mix the apple juice, soy sauce, ginger, and 1 cup water in a bowl.
2. Dissolve the cornstarch into 2 tablespoons cold water. When dissolved completely, add it to the sauce mix, stir well to combine. Set aside.
3. Heat a large sauté pan or wok over medium to medium-high heat.
4. Add the oil and heat until shimmering.
5. Add the onion and garlic and stir-fry for about 1 minute.
6. Add the carrots, zucchini, shiitake mushrooms, and bok choy stalks. Stir-fry for 2 to 3 minutes.
7. Add the tofu and stir to combine.
8. Cover with a lid, reduce the heat to medium-low, and cook for 3 to 4 minutes.
9. Remove the lid and add the bok choy leaves.
10. Cook until the bok choy leaves are wilted, about 1 to 2 minutes.

11. Pour in the sauce and mix well to combine.
12. Continue to cook until the sauce thickens to the desired consistency, about 30 to 60 seconds.

Nutrition Information

Per serving (1/4th of the recipe): 283 Calories, 4 g Total Fat (0.5 g Saturated Fat), 455 mg Sodium, 54 g Total Carbohydrate (14 g Fiber), 20 g Protein

Lentil-Crusted Tofu

Adapted from a recipe by onegreenplanet.org

Serves 4

Ingredients

- 1 block extra-firm tofu, pressed, cut into 1-inch cubes
- 4 tablespoons pink lentils
- 1/4 teaspoon ground turmeric
- 1/2 teaspoon ground coriander
- 1/2 teaspoon finely-ground salt
- 4 tablespoons avocado oil, divided

Directions

1. Place the pink lentils in a spice grinder or coffee grinder and pulse for several seconds until the consistency looks like course flour.
2. Combine the pulverized lentils, turmeric, coriander, and salt on a plate and stir until well combined.
3. Take half of the tofu cubes and thoroughly coat them in the lentil crust mixture.
4. Heat 2 tablespoons oil in a large skillet over medium heat.
5. Place the coated tofu in the skillet.
6. Allow the tofu to brown on one side, then flip and cook on the other side. Cook until well browned on all sides.
7. While the first batch of tofu is on the skillet, place the second batch of cubed tofu in the remaining lentil crust and stir until the tofu is covered on all sides.
8. Repeat the cooking process with the remaining crusted tofu and oil.
9. Serve immediately.

Nutrition Information

Per serving (1/6th of the recipe): 125 Calories, 6 g Total Fat (1 g Saturated Fat), 303 mg Sodium, 10 g Total Carbohydrate (3 g Fiber), 11 g Protein

Tempeh Parmesan Sandwich

Recipe by TheKitchn.com

Serves 1 to 2

Ingredients

- 4 ounces tempeh
- 1 tablespoon tomato paste
- 1/4 teaspoon dried oregano
- Salt
- Freshly ground black pepper
- 1 tablespoon olive oil
- 2 slices whole-wheat sandwich bread
- 2 tablespoons marinara sauce
- 1 tablespoon shredded Parmesan cheese
- 1/2 cup shredded mozzarella cheese

Directions

1. Arrange an oven rack in the top third of the oven.
2. Heat the oven to broil.
3. Line a baking sheet with foil and set aside.
4. Cut tempeh into pieces, if needed, so that it is about the same size as the sandwich bread.
5. Brush one side of the tempeh with the tomato paste. Sprinkle with oregano, salt, and pepper.
6. Heat a small nonstick skillet over medium heat.
7. Add oil to the hot pan and heat until shimmering.
8. Add the tempeh and cook until golden-brown, 2 to 3 minutes on each side. Remove the pan from the heat.
9. Place slices of bread directly on the oven rack and toast until light golden-brown, about 1 to 2 minutes (keep a close eye on them).
10. Transfer the bread slices to the lined baking sheet.
11. Place the tempeh on the one slice of bread.
12. Spoon marinara sauce over the tempeh, then sprinkle with Parmesan.

13. Sprinkle mozzarella evenly over the other slice of bread.
14. Broil until the mozzarella is melted, about 2 minutes (keep a close eye on it).
15. Close the sandwich, cut in half crosswise or diagonally, then serve.

Nutrition Information

Per serving (1/2 of the recipe): 308 Calories, 8 g Total Fat (3.5 g Saturated Fat), 190 mg Sodium, 24 g Total Carbohydrate (6 g Fiber), 20 g Protein

Tempeh Burgers

Serves 4

Ingredients

- 2 cups tempeh (about 2 8-ounce blocks), boiled for 10 minutes
- 1/4 teaspoon salt
- 1/8 teaspoon cayenne
- 1/2 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 1 egg
- 1/2 cup panko or homemade breadcrumbs, plus more as needed
- 1-2 tablespoons avocado oil
- 4 whole-wheat hamburger buns or 12 cups salad greens

Directions

1. Add the boiled tempeh to a large mixing bowl.
2. Using 2 forks going opposite directions, shred the tempeh into small pieces that resemble ground meat.
3. In a small mixing bowl, mix the salt, cayenne, garlic powder, and black pepper.
4. In another small mixing bowl, beat the egg with a whisk or fork.
5. Add the beaten egg to the shredded tempeh and mix it in well.
6. Add the spice mixture to the tempeh and mix it in thoroughly.
7. Form the tempeh mixture into 4 equal-sized patties.
8. Fill a shallow dish or pie plate with a thin layer of panko or homemade breadcrumbs.
9. Roll the patties in the panko or breadcrumbs to coat. Add more panko or breadcrumbs to the dish as needed.
10. Heat a cast-iron grill pan over medium heat.
11. Add 1 tablespoon avocado oil to the hot grill pan. Using paper towels at the end of tongs, rub the oil around to coat the grill pan thoroughly.
12. Place the patties in the oiled grill pan, being careful not to overcrowd the pan. Work in batches if needed.

13. Cook the patties for about 3 to 4 minutes on the first side, until golden brown.
14. Flip the patties and cook until the second side is golden brown, about 3 to 4 more minutes.
15. Repeat Steps 11-14 with more oil and the remaining patties, if applicable.
16. Serve each tempeh burger on a hamburger bun or on a 3-cup bed of salad greens.

Nutrition Information

Per serving (1/4th of the recipe): 331 Calories, 13 g Total Fat (3 g Saturated Fat), 398 mg Sodium, 37 g Total Carbohydrate (3.5 g Fiber), 22 g Protein

Tempeh Bacon

Adapted from a recipe by SinfulNutrition.com

Prep Time: 10 mins, Cook Time: 10 mins,

Total time: 20 minutes

Serves 4

Ingredients

- 2 tablespoons lite soy sauce or tamari
- 1 tablespoon apple cider vinegar
- 1-3 teaspoons maple syrup, to taste
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 2 teaspoons liquid smoke (Optional)
- 1/2 teaspoon cumin
- 1 (8-ounce) package tempeh, thinly sliced lengthwise



Directions

1. In a shallow dish, combine all ingredients besides the tempeh.
2. Add as many slices of the tempeh to the mixture as you can.
3. Let sit for 1 to 2 minutes, then flip.
4. Heat a large skillet over medium heat, and coat with non-stick cooking spray.
5. Transfer tempeh from marinade to pan, and cook on each side for 2-3 minutes, or until browned and crispy.
6. Repeat Steps 2-5 as needed until all tempeh is used.
7. Transfer to a wire cooling rack or a paper towel-lined plate until ready to serve.

Nutrition Information

Per serving (1/4th of the recipe): 129 Calories, 6 g Total Fat (1.5 g Saturated Fat), 446 mg Sodium, 10 g Total Carbohydrate (0 g Fiber), 11 g Protein

Lesson 8

Eggs and Seafood

This lesson will cover:

- The basic structure and nutrition of eggs
- Tips for to buying and storing eggs and seafood
- Important factors in cooking eggs and seafood
- Various cooking and preparation methods for eggs and seafood
 - How to make a frittata
 - Benefits and types of seafood
- Mercury and omega-3 content of various fish and shellfish

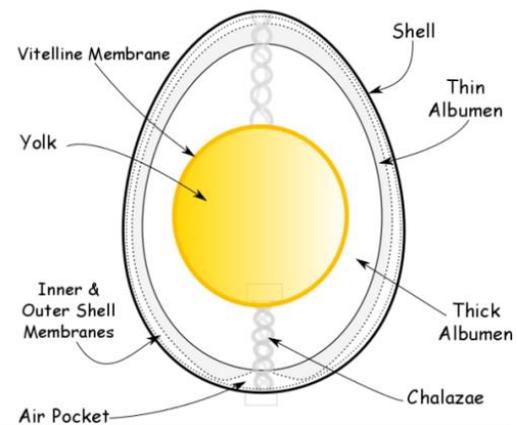
Lesson 8: Eggs and Seafood

Eggs 101

Eggs are multi-taskers in the kitchen. They can become part of dishes and baked goods, or they can be prepared on their own. While eggs make a quick protein addition to meals, good technique is needed to avoid a tough, rubbery disaster.

Basic Anatomy of Eggs

- a. **White:** The white is mostly made up of water and protein and is slightly cloudy when very fresh.
- b. **Yolk:** The yolk contains vitamins A and E, a variety of minerals, half of the egg's protein, and all the egg's fat. The yolk may be yellow, gold, or orange.



Source: kitchenjournals.com

Egg Storage Tips

- **Refrigerator**
For best flavor and shelf-life, store eggs in their original carton on a shelf in the refrigerator (not in the egg compartment in the door).



- **Freezer**
Egg whites can be frozen for later use. After being frozen, however, their ability to cause rising in baked goods is reduced. Stick to using them in recipes where rising is not a concern (i.e. egg wash, omelet). Egg yolks can be frozen, as long as they are mixed with a sugar syrup. The syrup should be 2 parts sugar and 1 part water. Add 1/4 teaspoon of this syrup per yolk. Frozen yolks can be thawed and used in custards.

Tips for Buying Eggs

- **Freshness**
The **sell-by date** is the legal limit on how long a store can sell the eggs. This date must be within 30 days of the pack date. The eggs are still safe to eat for three to five weeks past the sell-by date.
- **Farm fresh, organic**
Farm-fresh eggs tend to have better flavor and larger yolks than those found in the grocery store. **Organic eggs** tend to be from chickens that are fed a vegetarian diet. These also tend to be superior in flavor to conventional store-bought eggs.
- **Color**
The color of an egg's shell is determined by the breed of chicken that laid it. The color of an egg's yolk can be affected by the chicken's feed. The color of the shell and yolk have no direct impact on flavor or nutrition.
- **Omega-3 fatty acids**
Some eggs contain omega-3 fatty acids, which are healthful fats found in some fish and plant foods. Omega-3 rich eggs often come from chickens with rich diets. As a result, the eggs tend to have a better flavor. Look for brands that guarantee **at least 200 mg omega-3 fatty acids** in one egg.

Egg Safety Tips

- **Cooking**
Salmonella is a bacteria that can be found on the shell of an egg or inside the egg if the chicken was infected. It is estimated that 1 in 20,000 eggs is contaminated. Salmonella is destroyed at 160°F, when the eggs are fully set and dry.
- **Shopping**
You can purchase pasteurized eggs which have been washed in a process that kills bacteria. These eggs work well in basic egg dishes such as scrambles or mayonnaise but do not work as well in baked goods.

How to Crack and Separate Eggs

Cracking eggs

Crack eggs against the flat surface of a countertop or cutting board, rather than on the edge of a bowl.

Why? Cracking an egg on a flat surface creates a cleaner break, making it less likely to get egg shells in your food.

Separating Yolks and Whites

A recipe might call for just yolks or just egg whites. Follow these steps for easy separation:

Option A: Separate using the shells

1. Hold broken shell halves over a bowl.
2. Gently transfer the yolk from one half to the other, letting the egg white fall between them and into the bowl.

Option B: Separate by hand

1. Cup your hand over a bowl.
2. Open cracked egg into your palm.
3. Slowly unclench your fingers to let the white slide through and into the bowl.

Option A



Source: landolakes.com

Option B



Source: fincooking.com

How to Hard-Cook Eggs

Ingredients

Eggs
Water
Ice

Equipment

Medium saucepan (pot) with a tight-fitting lid
Large bowl
Slotted spoon

- 1. Add eggs first.** Place 6 eggs in a medium saucepan in a single layer. If you are cooking more than 6 eggs, use a Dutch oven or a larger saucepan.
- 2. Add lukewarm to cool tap water.** Cover the eggs by 1 inch of water (use the first knuckle on your index finger as a guide).
- 3. Bring to a boil.** Place on a stovetop burner. Turn heat to high and bring to a boil.
- 4. Take pot off the heat.** Once the water is boiling, remove pot from the heat. Cover with a lid and set a timer for 10 to 13 minutes, depending on desired level of doneness.
- 5. Make an ice bath.** While the timer is running, fill a large bowl with 1 part water and 1 part ice.
- 6. Transfer eggs to the water bath.** When the timer goes off, immediately use a slotted spoon to transfer eggs to the ice bath. Let the eggs sit in the ice bath for at least 5 minutes.
- 7. Peel or store.** Peel the eggs if using right away. Rinse under water to remove any remaining bits of shell. If not using right away, refrigerate uncracked and unpeeled for up to 1 week.

How to Fry Eggs

Ingredients

Eggs

Avocado oil or unsalted butter

Salt and pepper, and/or other desired seasonings

Equipment

10- or 12-inch Nonstick pan with a lid, preferably with a heavy bottom

Small bowls or teacups

Thin, wide nonstick spatula

- 1. Heat empty skillet.** Place the nonstick skillet on a stovetop burner and set to low heat. Heat for 5 minutes.
- 2. Crack eggs into bowls.** While the skillet heats, crack the egg(s) into a small bowl(s) or teacup(s). If cooking 2 or 3 eggs, place them all in the same bowl. If cooking 4 eggs, put 2 eggs in each bowl.
- 3. Add oil or butter.** Add oil or butter to the skillet. Let the oil heat until it begins to shimmer or let the butter melt and foam. Swirl the skillet to distribute the fat evenly. If the oil smokes or the butter melts and browns in less than a minute, the skillet is too hot. Take it off the heat and start over.
- 4. Add eggs simultaneously.** Working quickly, position the bowl(s) or cup(s) on either side of the skillet and add the eggs at the same time. Doing this guarantees that all eggs start and finish cooking at the same time.

Pro Tip!

If the skillet is slightly too hot, the whites will toughen before the yolks are set. If the skillet is very hot, the whites and the yolks will toughen. Heating the skillet over low heat ensures that the pan heats evenly, without being too hot.

5. Season eggs and cover. Season the eggs with salt, pepper, and/or other desired seasonings, and cover the pan with a lid immediately. The cold eggs will lower the temperature of the pan, so getting the lid on quickly will help it to retain heat.

6. (Optional) Increase heat. For crispy browned edges on the whites, increase the heat to medium to medium-high.

7. Check early. Set a timer for 2 minutes for runny yolks, 2 1/2 minutes for soft but set yolks, and 3 minutes for firmly set yolks. After the timer goes off, remove the lid and check the eggs. If needed, cover and continue cooking to the desired doneness.

Pro Tip!

If an egg looks fully cooked in the pan, it will likely become overcooked on the plate.

8. Serve. Transfer the eggs to a plate and serve.

Formula for Fried Eggs

Eggs	Oil or Butter	Seasonings	Estimated Cooking Time (Over Low Heat)
2	1 to 2 teaspoons	Pinch salt, pinch pepper	2 minutes for runny yolks 2 1/2 minutes for soft but set yolks 3 minutes for firmly set yolks
4	2 to 3 teaspoons	Pinch salt, pinch pepper	2 minutes for runny yolks 2 1/2 minutes for soft but set yolks 3 minutes for firmly set yolks

How to Scramble Eggs

Ingredients

Eggs
Salt and pepper, and/or other desired seasonings
Milk (dairy or non-dairy)
Extra virgin olive oil or avocado oil

Equipment

Mixing bowl
Fork
Measuring spoons
8- to 10-inch nonstick skillet
Heat-resistant rubber spatula

Pro Tip!

Adding salt to the raw eggs will make the finished scrambled eggs more tender and ensures more even cooking. Adding dairy helps the eggs cook up light and tender.

- 1. Add eggs to the bowl.** Crack eggs into a mixing bowl.
- 2. Season before cooking.** Add salt, pepper, and/or other desired seasonings to the bowl with the eggs.
- 3. Add milk.** Add the milk to the bowl with the eggs.
- 4. Beat eggs lightly.** Beat the eggs, milk, salt, and pepper together with a fork just until the eggs are thoroughly combined, bubbles have formed, and the color is pure yellow. A fork is gentler than a whisk or egg beater. Overbeating can cause the eggs to become tough.
- 5. Heat oil.** Heat the oil in the nonstick skillet over medium to medium-high heat until the oil shimmers. Swirl to coat the skillet

6. Cook and scrape. Add the egg mixture. Use the spatula to constantly and firmly scrape along the bottom and sides of the skillet until the eggs begin to clump and the spatula leaves a trail on the bottom of the skillet. This will take 30 seconds to 2 1/2 minutes, depending on how many eggs you are cooking.

7. Lower heat. Reduce the heat to low and gently but constantly fold eggs with the spatula until they are clumped and slightly wet. This will take about 30 to 60 seconds. Immediately transfer the eggs to the warmed plate and adjust seasoning as needed. Serve immediately.

Pro Tip!

If using an electric stove, transfer the skillet to another burner that has been preheated to low.

Formula for Scrambled Eggs

Eggs	Milk	Seasonings	Oil	Estimated Cooking Time
2	2 Tbsp	Pinch salt, pinch pepper	1/4 Tbsp	30-60 seconds over medium-high, 30-60 seconds over low
4	4 Tbsp (1/4 cup)	1/8 tsp salt, 1/8 tsp pepper	1/2 Tbsp	45-75 seconds over medium-high, 30-60 seconds over low
6	6 Tbsp	1/4 tsp salt, 1/8 tsp pepper	3/4 Tbsp	1-2 minutes over medium-high, 30-60 seconds over low
8	8 Tbsp (1/2 cup)	1/4 tsp salt, 1/4 tsp pepper	1 Tbsp	1 1/2-2 1/2 minutes over medium-high, 30-60 seconds over low

How to Poach Eggs

Ingredients

Eggs

Vinegar, lightly-flavored (i.e. white vinegar, rice vinegar)

Salt and pepper, and/or other desired seasonings

Equipment

12-inch Skillet or sauté pan with a tight-fitting lid

Teacups with handles or measuring cups with long handles

Slotted spoon

Large plate

Paper towels

- 1. Fill the pan with water.** Fill a 12-inch skillet or sauté pan nearly to the rim with water.
- 2. Add salt and vinegar.** Add 1 teaspoon salt and 1/4 cup vinegar to the water. The salt seasons the eggs as they cook and the vinegar helps the egg whites coagulate.
- 3. Heat water.** Bring the water to a boil over high heat, then reduce the heat to a bare simmer (steaming with very few small bubbles that may or may not rise to the surface).
- 4. Crack eggs into cups.** Crack 2 eggs into each teacup or measuring cup, up to 8 eggs using 4 cups.
- 5. Add eggs to water.** Lower the lip(s) of the cup(s) into the water and tip the eggs into the water. If using more than 1 cup, lower the cups at the same time, from opposite sides of the skillet.
- 6. Cook covered.** Cover the skillet with a lid and poach the eggs until the whites are cooked but the yolks are still runny in the center. This will take about 3 1/2 to 6 minutes, depending the number of eggs added.

- 7. Remove eggs.** Use a slotted spoon to quickly and carefully remove eggs one at a time, letting the water fall back into the skillet.
- 8. Let eggs air dry.** Transfer the eggs to a paper towel-lined plate and allow to sit and air dry.
- 9. Season and serve.** Season the poached eggs as desired and serve immediately.

How to Make a Frittata

Ingredients

Eggs, room temperature

Plant-based half-and-half (plant-based milk will work if needed)

Salt

Pepper

Avocado or olive oil

Vegetables

Cheese (Optional; any variety, i.e. Gruyere, white cheddar, goat cheese)

Equipment

2 Chef knives (or clean between uses)

2 Cutting boards (or clean between uses)

Whisk

Mixing bowl

12-inch Oven-safe nonstick skillet

Paper towels

Heat-resistant rubber spatula

Butter or paring knife

Pro Tip!

Water from the vegetables and fat from meat can ruin the frittata. Cooking these ingredients first allows the excess liquid or fat to evaporate or be soaked up.

- 1. Set up broiler.** Place an oven rack 5 inches from the broiler element and turn on the broiler.
- 2. Preheat skillet.** Heat a 12-inch oven-safe nonstick skillet over medium heat.
- 3. Prepare vegetables.** Cut the vegetables into small pieces.
- 4. Whisk eggs and half-and-half.** Whisk 12 large eggs, 3 tablespoons half-and-half, 1/2 teaspoon salt, and 1/4 teaspoon black pepper in a mixing bowl until just combined, about 30 seconds.

- 5. Cook vegetables.** Add 1 tablespoon avocado or olive oil to the hot skillet and heat until shimmering. Add the vegetables and cook until tender and lightly browned. Use a paper towel to soak up any excess fat or liquid from the vegetables. Keep the vegetables in the skillet over medium heat.
- 6. (Optional) Prepare cheese and add to eggs.** If using, cut 3/4 cup (about 3 ounces) of any cheese into 1/4-inch cubes (or crumble, depending on the variety). Stir the cheese into the eggs.
- 7. Pour egg mixture into skillet.** Add the egg mixture to the hot skillet with the vegetables.
- 8. Stir and scrape.** Cook, while stirring and scraping with a heat-resistant rubber spatula, until large curds form and the spatula begins to leave a trail but the eggs are still very wet, about 2 minutes.
- 9. Let eggs set.** Shake the skillet to spread the eggs evenly. Use the spatula to even out the top of the frittata. Then, cook without stirring for 30 seconds.
- 10. Broil.** Slide the skillet under the preheated broiler, on the oven rack set 5 inches away. Broil until the frittata has risen and the surface is puffed and spotty brown, about 3 to 4 minutes. Rotate the skillet halfway through the cooking time if you notice uneven browning.
- 11. Check for doneness.** Cut into the frittata with a butter or paring knife to check for doneness. The eggs should be slightly wet and runny.
- 12. Finish cooking with residual heat.** Remove the skillet from the oven and let it stand to finish cooking, about 5 minutes.
- 13. Slide and cut.** Use the rubber spatula to loosen the frittata and slide it onto a clean cutting board. Cut the frittata into wedges and serve.

Seafood 101

Types of Fish

a. **White/Lean/Non-oily fish**

This type of fish stores most of its fat in the liver, so unless the liver is eaten (i.e. cod liver oil), there is very little fat available for eating. These fish do best with **gentle, low or moderate heat** cooking methods.

Examples: Cod, tilapia, catfish, Pollock, halibut, sole, light tuna, carp, haddock

b. **Fatty/Oily fish**

This type of fish stores most of its fat in its muscle and skin, the parts that are usually eaten. This fat is heart-healthy and often has a good amount of omega-3 fatty acids. Fatty fish stand up well to **higher heat** cooking methods such as searing and grilling.

Examples: Salmon, tuna, mackerel, trout, anchovies, sardines, herring

Types of Shellfish

Shellfish are a class of marine animals that do not have a backbone. They are further divided into two categories:

a. **Mollusks**

Mollusks are shellfish that have soft, unsegmented bodies. Many have hard shells.

Examples: Mussels, clams, oysters, scallops, squid, octopus

b. **Crustaceans**

Crustaceans are shellfish that have tough outer shells, a segmented body, antennae, and jointed legs.

Examples: Shrimp, crabs, lobsters, crawfish

Tips for Buying Seafood

- **Fresh vs. frozen**

While fresh seafood certainly sounds ideal, frozen is potentially a better option. This is especially true for land-locked states where the seafood has already travelled a long distance to get to the store.

- **Timing**

Seafood is the most perishable of all animal proteins. It is best to cook or freeze fresh seafood within 1 to 2 days of purchase.

- **Freshness**

Fresh fish and shellfish should smell fresh like the sea, not fishy or sour. The flesh of fish should have even coloring and should look moist and shiny, not dull. It should also be firm and spring back when pushed with a finger. If eyes are present, they should look clear and glossy, not cloudy or dull. With the exception of shrimp and crawfish, shellfish should be live if fresh. Otherwise, they should be frozen.

Seafood Storage Tips

- **Refrigerator**

Fresh seafood is best stored at 32°F or on ice. To store on ice, poke holes in the bottom of a plastic shoebox. Then set this shoebox inside another plastic shoebox with no holes. Fill the top shoebox with ice and place the fish or shellfish on top of the ice. Cover with plastic wrap and store in the refrigerator for 1 to 2 days. If the ice melts before you cook the fish or shellfish, add more ice.

- **Freezer**

If you do not plan to use seafood in 1 to 2 days, it is best to freeze it. To minimize risk for freezer burn, wrap it tightly in plastic wrap and then place in a ziptop plastic bag before freezing. Fish and shellfish thaw relatively quickly, about 12 hours under refrigeration or 30 to 60 minutes under cool running water.

Mercury Content of Fish and Shellfish

Lowest Mercury

Scallops ♥
Shrimp
Oyster
Clams
Sardines ♥
Tilapia
Salmon (fresh or canned) ♥
Anchovies ♥

Guideline: Safe to consume
5 to 7 ounces per day

Low to Moderate Mercury

Catfish	Whitefish
Crawfish	Lobster
Atlantic Mackerel ♥	Carp
Mullet	Cod
Whiting	Flounder
Haddock	Sole
Crab	Light tuna
Trout ♥	Pollock
	Herring ♥

Guideline: Limit to 3 6-ounce
servings per week

♥ Fish and seafood that are the highest in heart-healthy omega-3 fatty acids. Choose these more often than other types of fish and seafood.

High Mercury

Snapper
Spanish Mackerel (gulf)
Halibut
Albacore, Yellowfin, and Ahi Tuna ♥
Grouper
Chilean or Black Sea Bass ♥
Black Cod (Sablefish) ♥
Bluefish
Fresh Tuna ♥

Guideline: Limit to 1 or 2
6-ounce servings per month

Very High Mercury

Marlin
Orange Roughy
King Mackerel
Shark
Swordfish
Gulf Tilefish

Guideline: Avoid or limit to a few
times per year

How to Steam Fish Fillets or Steaks

Ingredients

Fish fillets or steaks

Lemons (can substitute limes, oranges, or grapefruit)

Salt

Ground black pepper

Equipment

Steamer basket

Dutch oven or large saucepan with a lid

Liquid measuring cup

Cutting board

Chef knife

Paper towels

Fork or knife

Instant-read thermometer

Potholder

Thin metal spatula (i.e. fish spatula)

- 1. Set up steamer.** Set a steamer basket in the bottom of a Dutch oven or large saucepan. Fill the pot with water until the water just barely touches the bottom of the steamer basket.
- 2. Prepare lemons.** Slice 2 lemons into 1/4-inch-thick rounds.
- 3. Line steamer basket with lemon.** Arrange half of the lemon slices along the bottom of the steamer basket. This adds flavors and helps to keep the fish from sticking to the steamer basket.
- 4. Bring water to boil.** Set the pot on the stovetop over high heat and bring the water to a boil.
- 5. Dry and season fish.** Pat fish fillets or steaks dry with paper towels. Sprinkle with salt and pepper on both sides.

- 6. Roll fish fillets, if needed.** If fish fillets are thin (1/2-inch-thick or less), place all fillets skin-side-up and, starting at the tail-ends, roll into tight bundles.
- 7. Reduce heat.** Turn heat down until the water is simmering and not boiling.
- 8. Add fish and more lemon.** Place the fish fillets or steaks on the lemon slices in the steamer basket, seam-side-down if rolled. Place the second half of lemon slices on top of the fish.
- 9. Cover and steam.** Cover and steam the fish until it flakes apart when gently cut with a fork or knife. See the chart at the end of the recipe for cooking times. Insert an instant-read thermometer into the thickest part of each fillet to check doneness. Salmon and tuna should be cooked to at least 125°F, while other fish should reach between 140 and 145°F.
- 10. Remove steamer basket and serve fish.** Use a potholder to carefully remove the steamer basket from the pot. Allow fish to rest in the steamer basket, then remove the fish with a thin metal spatula and serve as desired.

Cooking Times for Steamed Fish

Type of Fish	Cut	Steaming time
Cod or Haddock	Fillet, 1-inch-thick	6 to 8 minutes
Flounder, Sole, or Tilapia	Fillet, 1/4- to 1/2-inch-thick, rolled into a bundle	4 to 6 minutes
Grouper	Fillet, 1- to 1 1/2-inches thick	10 to 12 minutes
Halibut	Fillet or steak, 1-inch-thick	6 to 8 minutes
Red Snapper	Fillet, 1 1/4-inches thick	8 to 10 minutes
Salmon	Fillet or steak, 1 1/4- to 1 1/2-inches thick	7 to 10 minutes
Sea Bass	Fillet, 1 to 1 1/4-inches thick	8 to 10 minutes
Tilefish	Fillet, 3/4- to 1-inch-thick	6 to 8 minutes

NOTE: If you are using a fish that is not listed, follow the cooking time for a fish that is similar in texture and thickness. If using a fish fillet that is 1/2-inch-thick or thinner, be sure to roll it into a bundle before cooking.

How to Poach Fish Fillets

Ingredients

Lemons

Fresh delicate herbs (single type or a combination; i.e. parsley, tarragon, basil, dill, chives)

Shallot or red onion

Vegetable stock

Whole fish fillet, skinless if desired, about 1 1/2-inches-thick

Salt

Ground black pepper

Equipment

12-inch skillet with lid

Chef knife

2 Cutting boards

Liquid measuring cup

Measuring spoons

Fine-mesh strainer

Paper towels

Large plate or platter

Instant-read thermometer

Thin, wide metal spatula (i.e. fish spatula)

Aluminum foil

- 1. Trim and cut fish fillet.** Trim any membranes from 1 whole fish fillet, skinless if desired (1 3/4 to 2 pound, about 1 1/2-inches-thick). Cut the fillet into 4 relatively equal pieces.
- 2. Prepare lemons.** Cut 1 lemon into 8 wedges and set aside. Cut another lemon into 8 to 10 1/4-inch-thick slices.
- 3. Prepare herbs.** Chop fresh delicate herb(s) of your choice (one type or a combination) to get about 1/4 cup. Save the stems.
- 4. Prepare shallot or onion.** Mince 1 shallot or 1/4 of a red onion.

- 5. Prepare poaching liquid.** Arrange the lemon slices in a single layer across the bottom of a 12-inch skillet. Scatter the herb stems and 2 tablespoons minced shallot or red onion evenly over lemon slices. Add 1 cup vegetable stock. Set pan over high heat and bring liquid to simmer.
- 6. Add fish fillets to poaching liquid.** Place the fish fillets, skin-side-down, on top of lemon slices in the skillet with the simmering liquid. Reduce the heat to low and cover the skillet with a lid.
- 7. Poach fish fillets.** Cook until the fish fillets are opaque on all sides and an instant-read thermometer in the thickest part registers 125°F for medium-rare salmon and tuna or 140°F for well-done salmon or tuna and all other fish, about 11 to 16 minutes.
- 8. Meanwhile, prepare plate.** While the fish fillets cook, line a large plate or platter with paper towels.
- 9. Rest poached fish fillets.** Remove the pan with the fish fillets from the heat. Using a thin, wide metal spatula (i.e. fish spatula), carefully transfer the fish fillets and lemon slices to the paper towel-lined plate. Tent loosely with aluminum foil and rest for 3 to 5 minutes.
- 10. Season poached fish fillets.** Season the poached fish fillets lightly with salt and pepper. Top each fillet with the fresh chopped herbs and 2 tablespoons minced shallot or red onion.
- 11. Serve.** Remove the lemon slices. Serve the poached fish fillets with the lemon wedges.

How to Cook Whole Fish in a Packet

Ingredients

Whole fish, cleaned, head on (about 2 pounds)
Salt
Freshly ground black pepper
Fresh herbs (hearty or delicate, or a combination)
Citrus fruit (i.e. lemon, lime, orange)
Red onion
Garlic
Vegetable stock
Extra-virgin olive oil

Equipment

Chef knife
Cutting board
Parchment paper
Baking sheet
Liquid measuring cup
Stapler (Optional, if needed to seal parchment paper)

- 1. Preheat.** Preheat the oven to 425°F.
- 2. Meanwhile, prepare citrus and aromatics.** While the oven preheats, thinly slice enough red onion to get 1 cup of slices (about 1 medium onion). Mince enough garlic to get 2 teaspoons (about 2 cloves). Thinly slice the citrus fruit of your choice. If using lemon or orange, slice 1 whole fruit. If using lime, slice 2 whole fruits.
- 3. Prepare baking sheet.** Cut parchment paper into a 15-by-48-inch sheet. Fold the sheet of parchment paper in half and place on a baking sheet.
- 4. Place fish in parchment paper.** Unfold the parchment paper and lay 1 whole fish diagonally on the sheet pan on top of 1 layer of parchment paper.

- 5. Season fish.** Rub the fish, inside and out, with 1 teaspoon salt and 1/2 teaspoon freshly ground black pepper
- 6. Add herbs, citrus, and aromatics.** Place 2 small bunches fresh herbs inside the cavity of the fish, along with half of the lemon slices and half of the red onion slices. Put the minced garlic and the remaining lemon and red onion slices on top of the fish.
- 7. Add flavored liquid and oil.** Pour 1/2 cup vegetable stock over the fish. Drizzle the fish with 1 tablespoon olive oil.
- 8. Seal parchment paper.** Fold over the edges of the parchment paper, stapling if necessary, to create an almost airtight seal.
- 9. Bake fish.** Move the baking sheet to the oven and bake the fish in the parchment paper packet (en papillote) for 30 minutes.
- 10. Open and serve.** Carefully open the parchment paper and serve the fish (watch out for pinbones).

How to Pan-Sear Scallops

Ingredients

Sea scallops, medium to large
Salt
Pepper
Avocado oil
Lemon wedges, for serving

Equipment

Rimmed baking sheet
Paper towels
12-inch nonstick skillet
Measuring spoons
Tongs
Large plate
Aluminum foil

- 1. Rinse scallops.** Place the scallops in a colander under cold running water and rinse thoroughly.
- 2. Remove muscle.** Use your fingers to remove the crescent-shaped muscle (also known as the tendon) that is often attached to the sides of scallops. This muscle becomes extremely tough when cooked and is not very edible.
- 3. Dry scallops.** Place 1 to 2 pounds prepared large sea scallops on the prepared baking sheet. Place a second layer of paper towels on top of the scallops. Press gently on the paper towels to blot any excess liquid.
- 4. Prepare baking sheet.** Line a rimmed baking sheet lined with paper towels.
- 5. Let scallops rest.** Let the scallops sit at room temperature, wrapped in the paper towels, for 10 minutes.

- 6. Season scallops.** Sprinkle the scallops on both sides with salt and pepper.
- 7. Preheat skillet.** Heat a 12-inch nonstick skillet over medium to medium-high heat.
- 8. Heat oil.** Add 1 tablespoon oil to the hot pan and heat until it begins to shimmer.
- 9. Sear scallops.** Add half of the scallops in a single layer, flat side down. Cook without moving, until lightly browned, about 2 to 3 minutes.
- 10. Flip scallops and continue cooking.** Using tongs, flip the scallops and continue cooking. Cook until the sides of scallops are firm and the centers are opaque, about 30 to 90 more seconds. Remove any smaller scallops as they finish cooking.
- 11. Rest cooked scallops.** Transfer the cooked scallops to a large plate and tent loosely with aluminum foil.
- 12. Repeat Steps 6-10.** Wipe out the skillet with wads of paper towels and repeat the cooking process with 1 tablespoon more oil and the rest of the scallops.
- 13. Serve.** Serve the cooked scallops immediately with lemon wedges.

How to Pan-Sear Shrimp

Ingredients

Shrimp, extra-large, prepared (thawed, dried, peeled, and deveined)
Salt
Black pepper
Sugar
Avocado oil

Equipment

Large mixing bowl
12-inch skillet with lid
Tongs
Large plate or platter

- 1. Season shrimp.** Toss 1 to 2 pounds of prepared extra-large shrimp with 1/8 to 1/4 teaspoon salt, 1/8 to 1/4 teaspoon ground black pepper, and 1/8 teaspoon (about a pinch) sugar. This small amount of sugar helps with browning and complements the naturally sweet flavor of the shrimp.
- 2. Preheat skillet.** Heat a 12-inch skillet over medium to medium-high heat.
- 3. Heat oil.** Add 1 tablespoon avocado oil to the hot skillet and heat until it begins to shimmer.
- 4. Cook shrimp on heat.** Add half of the shrimp to the pan and cook until the edges turn pink, about 2 to 3 minutes.
- 5. Cook shrimp off heat.** Move the skillet to a cool burner, then flip each shrimp with tongs and allow shrimp to continue cooking off heat until all but the very center is opaque, about 30 to 60 more seconds. Transfer the shrimp to a plate or platter.
- 6. Repeat Steps 3-5.** Repeat the cooking process with 1 tablespoon more oil and the rest of the shrimp. Do not transfer the second batch of shrimp to the plate or platter.

- 7. Return first batch to pan.** After the second batch of shrimp has cooked off-heat, return the first batch of shrimp to the skillet with the second batch. Toss to combine.
- 8. Finish cooking shrimp.** Cover the skillet and let it sit, still off-heat, until the shrimp are heated and completely cooked through, about 1 to 2 more minutes.

Lesson 8 Recipes

Sweet Potato Huevos Rancheros

Adapted from a recipe by Nisha of honeywhatscooking.com

Serves 4

Prep time: 20 mins, Cook time: 25 mins, **Total time: 45 mins**

Ingredients

- 1 1/2-2 tablespoons extra-virgin olive oil, divided
- 1/2 teaspoon crushed red pepper
- 2 sweet potatoes, cubed
- Black pepper, to taste
- Salt, to taste
- 8 eggs
- 1 (15-ounce) can black beans, drained and rinsed
- 1/4 cup salsa verde, divided
- Avocado, sliced
- 1/4 cup finely chopped onion

Pico de Gallo

- 2 cups finely chopped tomato
- 1 jalapeño, seeded and minced (reserve seeds and pith for more heat, if desired)
- Juice from 1 lime
- 1/4 cup chopped fresh cilantro
- 1/4 teaspoon salt

Directions

1. Make the Pico de Gallo by combining the onion, tomatoes, jalapeño, lime juice, fresh cilantro, and salt. Set aside.
2. Heat a skillet over medium-high heat.
3. Add 1 tablespoon oil and then the crushed red pepper to the hot skillet.
4. Add the cubed sweet potatoes to the skillet. Cook for about 5 minutes, stirring constantly.
5. Cover the skillet with a lid and reduce the heat to low. Cook until fork tender, about 10 minutes.
6. Season the sweet potatoes with black pepper and salt to taste.

7. Meanwhile, heat another skillet over low heat for 5 minutes.
8. Coat this second skillet with a thin layer of olive oil.
9. Crack the eggs into 4 small bowls, adding 2 eggs to each bowl.
10. Pour the eggs into this second hot skillet, working in batches if needed to avoid overcrowding the pan. Season with salt and pepper to taste, then cover with a lid and cook to desired doneness.
11. Heat up the black beans in a small pot with a small amount of water, enough to cover bottom by about 1/4 inch. Once hot, remove from the heat and set aside.
12. Fill bowl with the a quarter of each: sweet potatoes, black beans, avocado, salsa verde, and pico de gallo.
13. Top each bowl with 2 eggs.
14. Serve immediately.

Nutrition Information

Per serving (1/4th of the recipe): 515 Calories, 23.5 g Total Fat (5 g Saturated Fat), 555 mg Sodium, 62 g Total Carbohydrate (14 g Fiber), 18.5 g Protein

Eggs Florentine

Adapted from a recipe by America's Test Kitchen

Serves 4

Ingredients

- 1/2 cup goat cheese, crumbled
- 1/2 teaspoon lemon juice
- Salt and pepper
- 2 whole-wheat English muffins split, toasted and still warm
- 1 tomato, cored and sliced thin (about 8 slices)
- 1 tablespoon extra-virgin olive oil
- 1 shallot, mined
- 1 garlic clove, minced
- 4 cups baby spinach
- 2 tablespoons distilled white vinegar
- 4 large eggs

Directions

1. Adjust an oven rack to middle position and heat the oven to 300°F.
2. Combine the goat cheese, lemon juice, and 1/8 teaspoon black pepper in a small bowl and mix until smooth.
3. Spread the goat cheese mixture evenly over the English muffin halves.
4. Top the English muffin halves with 1 to 2 slices of tomato.
5. Arrange the English muffin halves on a baking sheet. Place in the oven to keep warm.
6. Heat a 12-inch nonstick skillet over medium heat.
7. Add the oil and heat until shimmering.
8. Add shallot and cook until softened, about 2 minutes.
9. Stir in the garlic and cook until fragrant, about 30 seconds.
10. Stir in spinach and 1/8 teaspoon salt. Cook until wilted, about 1 minute.

11. Using tongs, squeeze out any excess moisture from spinach and divide it evenly among the English muffin halves. Return to the oven to keep warm.
12. Wipe out the now-empty skillet with paper towels and fill it nearly to rim with water.
13. Bring the water to a boil over high heat.
14. Add the vinegar to the water and stir to mix.
15. Crack 2 eggs each into 2 teacups with handles. Lower lips of teacups into water and tip eggs into skillet.
16. Cover the skill and remove it from the heat. Let sit until whites are set, about 4 minutes (yolks will be slightly runny; for firmer yolks, cook for an additional 30 to 60 seconds).
17. Using a slotted spoon, carefully remove each egg, letting the water drain back into the skillet, and transfer to large paper towel-lined plate.
18. Place 1 poached egg on top of each English muffin half.
19. Season with salt and pepper to taste and serve.

Recipe Notes

- **Make-ahead tip:** Make the goat cheese mixture, slice the tomato, and cook the shallot and spinach, but do not add to the English muffin halves until ready to eat. Toast the English muffins and poach eggs as needed, then assemble at the last minute.

Nutrition Information

Per serving (1/4th of the recipe): 203 Calories, 11 g Total Fat (3 g Saturated Fat), 271 mg Sodium, 17 g Total Carbohydrate (3 g Fiber), 12 g Protein

Greek Yogurt Egg Salad

Adapted from a recipe by AggiesKitchen.com

Serves 4

Ingredients

- 8 hard-cooked eggs
- 1 tablespoon mustard (any type)
- 1/3 cup plain Greek yogurt
- 1/8 teaspoon smoked paprika
- 1-2 tablespoons sweet pickle relish, to taste
- Pinch of kosher salt
- Pinch of ground black pepper

Directions

1. Peel the hard-cooked eggs.
2. Separate the hard-cooked egg yolks into a mixing bowl.
3. Add the mustard, Greek yogurt, and paprika to the egg yolks.
4. Mash well with a fork.
5. Chop the egg whites and add to the bowl with mashed egg yolks.
6. Add the relish and season with salt and pepper.
7. Gently stir to combine.
8. Serve on a salad, on pasta, as a dip for vegetables and/or whole grain crackers, or on whole-wheat bread as a sandwich.

Nutrition Information

Per serving (1/4th of the recipe): 181 Calories, 12 g Total Fat (4 g Saturated Fat), 224 mg Sodium, 4 g Total Carbohydrate (0.5 g Fiber), 14 g Protein

Avocado Deviled Eggs with Chives

Adapted from a recipe by WhatsGabyCooking.com

Serves 6

Ingredients

- 6 hard-cooked eggs, peeled and halved
- 1/4 cup plain Greek yogurt
- 2 teaspoons lime juice (about 1 lime)
- 1 avocado, peeled, pitted, and diced
- 1/2 teaspoon smoked paprika, plus more for garnish
- Salt, to taste
- 1 small bunch fresh chives, chopped

Directions

1. Remove the yolks from the eggs and place them in a food processor.
2. Arrange the egg whites, cut-side up, on a plate or serving platter.
3. To the food processor, add the Greek yogurt, lime juice, avocado, salt, and smoked paprika.
4. Process until well blended and smooth.
5. Transfer the yolk mixture to a ziptop plastic bag.
6. With scissors, snip off a bottom corner from the bag.
7. Using the bag like a pastry bag, pipe the yolk mixture into the holes of the egg whites.
8. Garnish with chopped chives and more smoked paprika.
9. Serve immediately.

Nutrition Information

Per serving (1/64th of the recipe): 170 Calories, 13 g Total Fat (3.5 g Saturated Fat), 180 mg Sodium, 5 g Total Carbohydrate (2.5 g Fiber), 9 g Protein

Hearty Scrambled Eggs

Adapted from a recipe by America's Test Kitchen

Serves 6

Ingredients

- 12 large eggs
- 6 tablespoons plant-based milk
- 3/4 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons avocado oil or extra-virgin olive oil, divided
- 1/2 onion, finely chopped
- 1/8 teaspoon red pepper flakes
- 5 cups baby arugula
- 1/4 cup oil-packed sundried tomatoes, rinsed, patted dry, and finely chopped
- 1/2 cup goat cheese, crumbled

Directions

1. Beat the eggs, milk, salt, and pepper with fork in a mixing bowl just until thoroughly combined and mixture is pure yellow. Do not overbeat.
2. Heat a 12-inch nonstick skillet over medium heat.
3. Add 1 tablespoon oil to the hot skillet and heat until shimmering.
4. Add the onion and red pepper flakes. Cook until the onion has softened, about 2 minutes.
5. Add the arugula and cook, stirring gently, until arugula begins to wilt, about 30 to 60 seconds.
6. Transfer the arugula mixture to a plate, spreading it into a single layer. Set aside.
7. Return the skillet to the heat and wipe out with paper towels.
8. Add the remaining 1 tablespoon oil to the now-empty skillet and melt, swirling to coat the pan.
9. Add the egg mixture.

10. Use a heat-resistant rubber spatula to stir the eggs constantly, slowly pushing them from side to side, scraping along the bottom and sides of the skillet. Lift and fold the eggs as they form curds.
11. Cook until large curds form but the eggs are still very moist, about 2 to 3 minutes.
12. Remove the skillet from the heat and gently fold in the arugula mixture and sundried tomatoes until evenly mixed.
13. If the eggs are still underdone, return the skillet to medium heat for 30 to 60 seconds.
14. Divide eggs among individual plates.
15. Sprinkle with goat cheese and serve.

Nutrition Information

Per serving (1/6th of the recipe): 177 Calories, 12 g Total Fat (3.5 g Saturated Fat), 466 mg Sodium, 4 g Total Carbohydrate (1 g Fiber), 14 g Protein

Banana Oatmeal Protein Pancakes

Recipe by www.thewholesomefork.com

Serves 1

Prep time: 5 mins, Cook time: 5 mins, **Total time: 10 mins**

Ingredients

- 1 medium to large ripe banana
- 2 large eggs
- 1/3 cup oats (old fashioned or quick-cooking)
- 1/8-1/4 teaspoon cinnamon, to taste
- Cooking oil (i.e. olive, avocado, canola)

Directions

1. Put the banana in a bowl and mash with a fork.
2. Add the eggs and mix until well combined.
3. Put the oats in a blender and blend until fine (skip this step if using quick-cooking oats).
4. Add the oats and cinnamon to the banana mixture, and stir well.
5. Heat a skillet over a medium heat.
6. Add a small drizzle of cooking oil and heat until shimmering.
7. Working 1/4 cup at a time, pour the mixture around the perimeter of the skillet.
8. Cook on one side until golden brown, about 1-2 minutes.
9. Flip and cook on the other side until golden brown, about 1 minute.
10. Repeat Steps 7-9 with any remaining batter.

Nutrition Information

Per serving (1 batch of the recipe): 472 Calories, 26 g Total Fat (5.5 g Saturated Fat), 143 mg Sodium, 46 g Total Carbohydrate (6 g Fiber), 18 g Protein

Pesto Salmon and Italian Vegetables in Packets

Adapted from a recipe by cookingclassy.com

Serves 4

Ingredients

- 4 (6-ounce) salmon fillets
- 1 pound medium or thin asparagus, woody ends trimmed
- 1 tablespoon extra-virgin olive oil, divided
- Salt, to taste
- Ground black pepper, to taste
- 1/4 cup pesto (homemade or store-bought), divided
- 4 teaspoons fresh lemon juice, divided
- 1 pint grape or cherry tomatoes, halved

Directions

1. Preheat the oven to 400°F.
2. Cut 4 pieces of parchment paper into 14-inch lengths.
3. Toss the green beans or asparagus with 2 teaspoons of the olive oil, then season with salt and pepper to taste
4. Divide the asparagus into 4 equal portions and place one portion in the center of each piece of parchment paper.
5. Season both sides of the salmon lightly with salt and pepper.
6. Layer the salmon over the asparagus.
7. Spread 1 tablespoon of the pesto over the top of each piece of salmon.
8. Drizzle 1 teaspoon of lemon juice over each piece of salmon.
9. Toss the tomatoes with the remaining 1 teaspoon olive oil and season lightly with salt.
10. Spread the tomatoes over each salmon fillet.
11. Wrap the sides of the parchment paper in.
12. Roll and crimp the edges of the parchment paper to seal, then wrap the ends upward. Don't wrap too tightly, since you want the heat to be able to circulate well.

13. Place the parchment paper packets side by side on a baking sheet.
14. Place the baking sheet in the preheated oven and cook until the salmon has cooked through, about 15 to 25 minutes. Cook time will vary depending on thickness of salmon and desired degree of doneness.

Nutrition Information

Per serving (1/4th of the recipe): 332 Calories, 17 g Total Fat (2.5 g Saturated Fat), 362 mg Sodium, 12 g Total Carbohydrate (2.5 g Fiber), 36 g Protein

Salmon Fillet en Papillote

Adapted from a recipe by Alton Brown

Serves 1

Prep time: 25 minutes, Cook time: 5 minutes, **Total time: 30 minutes**

Ingredients

- 1/3 cup julienned fennel bulb
- 1/3 cup julienned leeks, white part only
- 1/3 cup julienned carrots
- 1/3 cup julienned snow peas
- 1 pinch salt
- 1 pinch freshly ground black pepper
- 1/8 teaspoon whole coriander seed, ground fine
- 1 (6-ounce) salmon fillet, pinbones removed
- 1 orange cut into wedges with white, pithy membrane removed

Directions

1. Take a 15-by-36-inch piece of parchment paper and fold it in 1/2 like a book.
2. Draw a large 1/2 heart on the paper with the fold of the paper being the center of the heart. Cut out the heart and open.
3. Lay the fennel, leeks, carrots, and snow peas on the parchment paper in the center to one side of the fold.
4. In a small bowl, mix together the salt, pepper, and ground coriander.
5. Sprinkle the vegetables with half of the seasoning mixture.
6. Lay the salmon on top of the vegetables and sprinkle with the remaining seasoning mixture.
7. Top the fish with the orange wedges.
8. Fold the other side of the heart over the fish.
9. Starting at the top of the heart shape, fold up both edges of the parchment paper, overlapping the folds as you move along. Once you reach the end tip, twist it several times to secure it tightly.

10. Place the packet on a microwave-safe plate and cook for 4 minutes, on high in microwave, or until the fish reaches 130 to 140°F.
11. Open the packet carefully and serve.

Nutrition Information

Per serving (1 batch of the recipe, if orange is eaten): 369 Calories, 11 g Total Fat (1.5 g Saturated Fat), 320 mg Sodium, 35 g Total Carbohydrate (8 g Fiber), 37 g Protein

Poached Salmon with Herbs and Capers

Adapted from a recipe by America's Test Kitchen

Serves 4

Prep time: 15 min, Cook time: 15 min, **Total time: 45 minutes**

Ingredients

- 1 (1- to 1 1/2-pound) salmon fillet, about 1 1/2-inches-thick, skin-on if possible
- 2 lemons
- 2 tablespoons chopped fresh parsley, stems reserved
- 2 tablespoons chopped fresh tarragon, stems reserved
- 1 large shallot, minced (about 1/4 cup)
- 1/2 cup low-sodium vegetable stock
- 1/2 cup water
- 2 tablespoons capers, rinsed and chopped
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon honey
- Salt
- Ground black pepper

Directions

1. Line a plate with paper towels and set aside.
2. Cut the salmon fillet into 4 equal pieces.
3. Cut one of the lemons into 8 wedges and set aside.
4. Cut the other lemon into 8 to 10 slices, about 1/4-inch-thick.
5. Arrange the lemon slices in a single layer across bottom of a 12-inch skillet.
6. Scatter the herb stems and 2 tablespoons minced shallots evenly over the lemon slices.
7. Add the vegetable stock and water.
8. Set the pan over high heat and bring the liquid to a simmer.
9. Place the salmon fillets in the skillet, skin-side-down, on top of the lemon slices.

10. Reduce the heat to low and cover the pan with a lid.
11. Cook until the salmon is opaque and an instant-read thermometer in the thickest part registers 140 to 145°F, about 8 to 15 minutes, depending on the thickness of the salmon.
12. Remove the pan from the heat.
13. Using a wide metal spatula, carefully transfer the salmon and lemon slices to the paper towel-lined plate.
14. Tent the salmon loosely with aluminum foil.
15. Return the pan to high heat and simmer the cooking liquid until it is slightly thickened and reduced to 2 tablespoons, about 4 to 5 minutes.
16. Combine the chopped herbs, 2 tablespoons minced shallot, capers, honey, and extra-virgin olive oil in a medium bowl.
17. Strain the reduced cooking liquid through a fine mesh strainer into the bowl with the herb-caper mixture, pressing on the solids to extract the liquid.
18. Stir the sauce to combine, then season with salt and pepper to taste.
19. Season the cooked salmon lightly with salt and pepper.
20. Using a wide metal spatula, carefully lift and tilt the salmon fillets to remove the lemon slices.
21. Place the salmon on a serving platter or individual plates and spoon the herb-caper sauce mixture over the top of each fillet.
22. Serve immediately with the lemon wedges.

Nutrition Information

Per serving (1/4th of the recipe): 327 Calories, 18 g Total Fat (2.5 g Saturated Fat), 315 mg Sodium, 11 g Total Carbohydrate (1.5 g Fiber), 34 g Protein

Roasted Salmon with Peach Salsa

Adapted from a recipe by America's Test Kitchen

Serves 4

Ingredients

- 1 (15-ounce) can sliced peaches, drained and chopped
- 1 cup chopped tomatoes (about 2 medium tomatoes)
- 1/4 cup diced red onions
- 1 jalapeño, seeded and minced
- 1/4 cup minced cilantro
- 2 tablespoons fresh lime juice (about 2 limes)
- 1 teaspoon honey
- 1/2 teaspoon salt, divided
- 4 (4- to 5-ounce) salmon fillets
- 1 tablespoon extra-virgin olive or avocado oil
- 1/4 teaspoon ground black pepper

Directions

1. In a medium-sized bowl, gently toss together the peaches, tomatoes, onions, jalapeño, cilantro, lime juice, honey and 1/4 teaspoon of the salt.
2. Preheat the oven to 400°F.
3. Line a baking sheet with parchment paper.
4. Place the salmon fillets on the prepared baking sheet and rub extra-virgin olive or avocado oil over each salmon fillet.
5. Sprinkle the salmon fillets with pepper and the remaining 1/4 teaspoon of the salt.
6. Roast the salmon until just cooked through, about 12 to 15 minutes.
7. Place a piece of salmon on each of four plates and top with the peach salsa.

Nutrition Information

Per serving (1/4th of the recipe): 197 Calories, 7.5 g Total Fat (1 g Saturated Fat), 344 mg Sodium, 11 g Total Carbohydrate (2 g Fiber), 23 g Protein

Curried Shrimp and Quinoa Salad

Recipe by Vicki Shanta Retelny, RDN, LDN

Serves 4

Ingredients

- 1/2 cup quinoa, rinsed
- 1 cup low-sodium vegetable broth
- 1 shallot, minced
- 2 cloves garlic, minced
- 1 pound raw shrimp, peeled, deveined, tails removed and rinsed
- 1 (14.5-ounce) can no-added-salt diced tomatoes
- 1 teaspoon curry powder
- 4 cups arugula



Directions

1. Add the rinsed quinoa and broth to a medium-sized pot.
2. Bring the broth to a boil over high heat, then reduce the heat to a simmer.
3. Cover the pot with a lid and cook until the quinoa is tender, about 10 to 15 minutes.
4. Remove the pot from the heat and set aside for 5 minutes.
5. Fluff the quinoa with a fork. If there is any liquid remaining in the pot, drain it off.
6. In a sauté pan over medium heat, add the olive oil and shallot.
7. Sauté until lightly golden brown, about 3 to 5 minutes.
8. Add the garlic and shrimp.
9. Sauté until the shrimp are cooked through, about 5 to 7 minutes. Do not overcook, as shrimp will become tough and rubbery.
10. Add the diced tomatoes and curry powder.
11. Stir gently until combined.
12. Divide the arugula between 4 plates.

13. Top each plate with 1/4 cup cooked quinoa.
14. Top each plate with 2 large spoonfuls of the shrimp mixture.
15. Serve.

Recipe Notes

- Use baby kale, spinach or mixed greens instead of arugula, if preferred.

Nutrition Information

Per serving (1/4th of the recipe): 248 Calories, 3.5 g Total Fat
(1 g Saturated Fat), 310 mg Sodium, 22 g Total Carbohydrate (2.5 g Fiber),
31 g Protein

Asian Salmon Pasta with Peanut Sauce

Adapted from a recipe by Two Healthy Kitchens

Prep time: 15 min, Cook time: 5 min, **Total time: 20 minutes**

Serves 4

Ingredients

- 1/2 cup milk (dairy or non-dairy)
- 1/4 cup natural creamy peanut butter
- 1/4 cup reduced-sodium (lite) soy sauce
- 3 tablespoons packed brown sugar
- 2 tablespoons unseasoned rice vinegar
- 1-2 teaspoons chili garlic paste, to taste
- 1/2 pound (8 ounces) whole-wheat spaghetti or linguine
- 1 teaspoon toasted sesame oil
- 1 pound boneless, skinless salmon filets, cut into 1-inch chunks
- 3 green onions, thinly sliced
- 2 cloves garlic, minced
- 2 teaspoons peeled and minced fresh ginger
- 1/2 teaspoon black pepper
- 3 tablespoons finely chopped cilantro

Directions

1. In a medium bowl, combine the milk, peanut butter, soy sauce, brown sugar, vinegar, and chile paste, whisking until smooth. Set aside.
2. Cook the pasta al dente according to the package directions.
3. Drain the pasta and set aside.
4. While pasta cooks, heat a large nonstick skillet over medium heat.
5. Add the sesame oil, salmon, green onions, garlic, ginger, and pepper to the skillet and cook for about 2 to 3 minutes, stirring occasionally.
6. Add the peanut sauce to the skillet with the other salmon mixture.
7. Cook for about 3 minutes more, stirring occasionally, until the salmon is cooked through but still tender and flaky and the sauce has thickened slightly.

8. Sprinkle with cilantro.
9. Serve over the cooked pasta.

Nutrition Information

Per serving (1/4th of the recipe): 358 Calories, 13 g Total Fat
(2.5 g Saturated Fat), 972 mg Sodium, 29.5 g Total Carbohydrate
(4 g Fiber), 35 g Protein

California Roll Sushi Bowl

Adapted from a recipe by WonkyWonderful

Serves 4

Ingredients

- 2 cups cooked brown rice, chilled
- 1 cup chopped real or imitation crab (krab)
- 1 cucumber, peeled and chopped
- 1/2 small lemon, sliced very thin and finely chopped (peel included)
- 2 tablespoons pickled ginger, chopped
- 1 avocado, sliced or cut into chunks
- 2 sheets dried seaweed (nori), crumbled
- Black and toasted sesame seeds, to taste

Sauce

- 3 tablespoons lite soy sauce
- 1 tablespoon honey
- 1 tablespoon rice vinegar
- Wasabi, to taste (Optional)

Directions

1. Combine sauce ingredients in a small saucepan over medium heat.
2. While continuously whisking, bring the sauce to a boil, then reduce the heat to a simmer.
3. Cook the sauce until it reaches a slightly syrupy consistency, about 2 to 3 minutes. Remove from heat and let cool.
4. Combine the remaining ingredients and top with a drizzle of sauce.

Recipe Notes

- Use microwaveable par-cooked rice packets for added convenience.

Nutrition Information

Per serving (1/4th of the recipe): 246 Calories, 10 g Total Fat (1 g Saturated Fat), 645 mg Sodium, 30 g Total Carbohydrate (5 g Fiber), 10.5 g Protein



Lesson 9

Meat and Poultry

This lesson will cover:

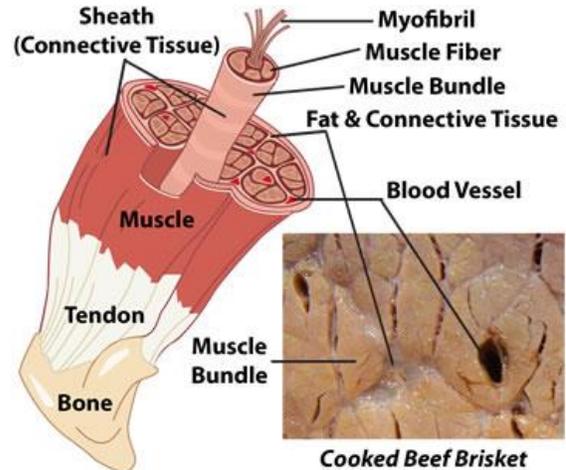
- The basic structure and nutrition of meat and poultry
- Tips for safely handling, cooking, and storing meat and poultry
 - Important factors in cooking meat and poultry
- Various cooking and preparation methods for meat and poultry
 - How to make a marinade
 - Tips for cooking lean meat cuts

Lesson 9: Meat and Poultry

Meat 101

Basic Anatomy of Meat

The food that we refer to as meat is simply **muscle** that comes from various parts of various animals. We typically use the term “meat” for animals other than birds and fish, including **cow, pig, and sheep or lamb**. Regardless of where it comes from, all meat is made up of the following parts:



Source: AmazingRibs.com

1. **Muscle fiber:** Each muscle contains thousands of very thin fibers. This is where most of the protein comes from in meat. The direction that these fibers travel is known as the “grain”.
2. **Connective tissue:** Muscle fibers are bundled together in sheaths that keep them connected and supported. Cuts from muscles that are used often, such as the shoulder and rump, are higher in this connective tissue. This connective tissue can make meat tough, so it must be broken down in cooking to make meat chewable.
3. **Water:** Muscle fibers are filled with and surrounded by water. Lean meats are higher in water content than fatty meats. Loss of this water is seen as “shrinkage” which can make meat dry and tough. Keeping as much of this water intact is key to tender cooked meat.
4. **Fat:** All meat contains fat, some cuts more than others. This is seen as strips of white, or “marbling”, in a cut of meat. Fat keeps meat from becoming too dry during cooking, and also contributes some flavor. Look for leaner cuts and grass-fed meat products whenever possible.

Meat Safety Tips

- **Rinsing raw meat**

Washing or rinsing raw meat is highly discouraged, as this does not remove much bacteria but can transfer bacteria to other surfaces and foods.

- **Handling raw meat**

Make sure to wash hands, knives, cutting boards, and other surfaces after they have touched raw meat or its juices, using hot soapy water. Do not let the raw meat, its juices, or your unwashed hands touch other foods or surfaces.

- **Cooking and leftovers**

With safety in mind, all whole cuts of meat should be cooked to at least medium-rare, or 145°F. Ground meat, on the other hand, should always be cooked until well-done, or 160°F. An exception can be made for meat that is ground from a single cut immediately before cooking, though there is still some risk with this. Leftover cooked meat should be stored in the refrigerator and consumed or frozen within 3 days.

Meat Storage Tips

- **Refrigerator**

Keep meat in the coldest part of your refrigerator, generally in the back and closest to the freezer compartment. Place meat packages on plates to catch any leaks. This is especially important when thawing meat.

- **Freezer**

Meat is especially prone to freezer burn. To minimize this, wrap meat tightly in plastic wrap and then place in a zip-top plastic bag before freezing. Thaw frozen meat in the refrigerator, never on the countertop. Use the table below as a guide.

Key Principles Of Meat Cookery

Low Heat Preserves Moisture

For large cuts of meat, such as roasts, cooking with low heat for a long time is recommended to prevent overcooking and drying out.

Let It Rest

When meat cooks, the juices move to the center. If cut right after cooking, the juices would spill out and the meat would become very dry. To avoid this, allow meat to rest after cooking and before cutting. The bigger the cut, the longer it needs to rest.

Meat Cut	Resting Time
Thin steaks and chops	5 to 10 minutes
Thick steaks and chops	10 to 15 minutes
Tenderloin	10 to 15 minutes
Whole roasts	15 to 30 minutes

To keep the meat warm while it rests, cover it loosely with aluminum foil. Do not crimp the foil around the edges since this can result in overcooking.

Bones Equal Flavor

When meat is cooked with the bones still intact, the end product is more juicy and flavorful. This is more important for slow-cooking methods, such as braising, than it is for quick-cooking methods.

How to Stew and Braise Meat (Pot Roast)

Ingredients

Meat roast (i.e. chuck, blade, shoulder/butt, round)

Salt and pepper

Avocado oil

Aromatic vegetables (i.e. onion, carrot, celery, leek, garlic)

Tomato paste (Optional)

Flavored liquid (i.e. broth, stock, wine, cider, sweet fruit juice)

Vegetables (i.e. carrots, potatoes, leafy greens, peas)

Equipment

Chef knife

Cutting board

Paper towels

Dutch oven with a tight-fitting lid

Tongs

Large mixing bowl

Wooden spoon

Paring knife

- 1. Preheat the oven.** Adjust an oven rack to the lower-middle position. Heat the oven to 300°F.
- 2. Prepare roast.** Pull a 3- to 4-pound roast apart at its major seams (marked by lines of fat). Cut away all exposed fat. Cut the meat into 1- to 2-inch chunks, trimming off any additional fat. Season lightly with salt and pepper on all sides.
- 3. Preheat Dutch oven.** Heat a Dutch oven over medium heat.
- 4. Prepare aromatics.** Finely chop the chosen aromatic vegetables.
- 5. Heat oil.** Add 1 tablespoon avocado oil and heat until shimmering.

- 6. Sauté aromatics.** Add 1 tablespoon avocado oil to the Dutch oven and heat until shimmering. Add the aromatic vegetables and cook until well browned.
- 7. Add tomato paste (Optional).** Add 1 tablespoon tomato paste for a boost of flavor. Stir it into the aromatic vegetables.
- 8. Add liquid and scrape up fond.** Add enough of the chosen flavored liquid to fill the Dutch oven by a quarter, about 3 cups. Use a wooden spoon to scrape up any browned bits at the bottom of the pot.
- 9. Bring to boil, then add meat.** Bring the liquid to a boil, then add the meat to the Dutch oven.
- 10. Simmer in oven.** Cover the Dutch oven with a lid and transfer it to the hot oven. Cook for 1 hour.
- 11. Prepare vegetables.** While the roast simmers in the oven, chop larger slow-cooking vegetables like potatoes or carrots into 1- to 2-inch pieces. Leafy greens can be chopped if needed and small items like peas can be kept whole as-is.
- 12. Add slow-cooking vegetables.** Remove the pot from the oven. Add the slow-cooking vegetables, such as potatoes and carrots.
- 13. Continue simmering in oven.** Place the lid back on the Dutch oven and transfer it back to the oven. Cook until the meat is tender, about 1 1/2 to 2 hours longer.
- 14. Cool.** Remove the Dutch oven from the oven. Allow it to cool slightly, about 10 to 20 minutes.
- 15. Finish and serve.** Shred the meat if desired. Add any delicate vegetables, such as leafy greens and peas, immediately before serving.

How to Stir-Fry

Ingredients

Protein of choice (see table after the recipe)
Lite soy sauce
Vegetable(s) of choice (see table after the recipe)
Garlic, ginger, and/or green onion
Vegetable stock
Honey
Cornstarch
Avocado oil

Equipment

Chef knife
Cutting board
2 Large mixing bowls
2 Small bowls
Wok (or 12-inch cast-iron skillet)
Tongs
Wooden spoon or heat-resistant plastic spoon
Whisk
Large plate

- 1. Prepare protein.** Prepare 1 pound of the chosen protein (or 1 block if using tofu), according to the table after the recipe.
- 2. Marinate protein.** Place the prepared protein in a large mixing bowl. Toss with a thin coating of lite soy sauce and marinate for 10 to 60 minutes.
- 3. Prepare vegetables.** Cut about 1 to 1 1/2 pounds of the chosen vegetables into uniform pieces, according to the third table after the recipe. Place in a second large mixing bowl.
- 4. Prepare aromatics.** Mince enough garlic cloves, ginger, and/or green onion (white parts only; save green ends for garnishing if desired) to yield 3 tablespoons. Place in a small bowl.

- 5. Prepare sauce.** In a second small bowl, whisk together 3/4 cup vegetable stock, 2 tablespoons honey, 2 tablespoons lite soy sauce, and 2 teaspoons cornstarch.
- 6. Preheat wok or skillet.** Heat a wok or 12-inch cast-iron skillet over medium to medium-high heat. Use medium-low heat if the chosen protein is shrimp.
- 7. Prepare to cook.** Place the bowls of the prepared protein, vegetables, aromatics, and sauce next to the stove. Drain any excess marinade from the protein.
- 8. Heat oil.** Add 1 1/2 teaspoons (1/2 tablespoon) avocado oil to the hot wok or skillet. Swirl to coat the bottom of the pan and heat until it begins to shimmer.
- 9. Cook protein in batches.** As soon as the oil is hot enough, add half of the protein to the wok or skillet. Break up any clumps with tongs, then cook without stirring until the pieces are lightly browned on the first side, about 1 minute. Turn the protein over and until lightly browned on the second side, about 30 seconds longer. Transfer to a large plate and repeat with the second half of the protein.
- 10. Cook vegetables until almost done.** Add 1 tablespoon avocado oil to the hot wok or skillet. Add the prepared vegetables and cook until nearly done (almost crisp-tender).
- 11. Add aromatics.** Clear the center of the pan and add the prepared aromatics (garlic, ginger, and/or green onion). Cook the aromatics, mashing them into the pan with a spoon, for 15 to 30 seconds.
- 12. Add sauce and cook until thickened.** Stir the aromatics into the vegetables. Whisk the sauce again and add to the wok or skillet, along with the browned protein. Cook until everything is sizzling and the sauce is slightly thickened, about 30 to 60 seconds.

Best Proteins for Stir-Fry and How to Prepare Them

Protein	Preparation
Blade steak	Freeze 20 minutes. Cut in half lengthwise along the line of gristle. Trim gristle, then slice both halves crosswise into 1/4-inch-thick pieces.
Flank steak	Cut lengthwise with the grain into 2-inch wide strips. Freeze 20 minutes, then cut crosswise against the grain into 1/8-inch-thick slices.
Pork tenderloin	Freeze 30 minutes. Cut crosswise into 1/4-inch-thick slices, then cut into 1/4-inch wide strips.
Boneless skinless chicken breasts	Freeze 20 minutes. Cut the tenderloin and tapered ends into 1-inch squares about 1/4-inch thick. Slice the remaining piece crosswise into 1/4-inch-thick pieces.
Extra-firm tofu	Lay flat on a stack of paper towels. Top with more paper towels. Place a heavy skillet (or a plate with a large can) on top to press out the excess water, about 10 to 30 minutes. Cut pressed tofu into 1-inch cubes, then lightly dust with cornstarch.
Shrimp	Peel and devein

Best Vegetables for Stir-Fry and How to Prepare Them

Vegetable	Preparation	Stir-Fry Time
Asparagus	Cut off woody ends, then cut spears on the bias (diagonally) into 2-inch lengths	3 minutes
Bell peppers	Stem, seed, and cut into 1/2-inch dice or 1/4- to 1/2-inch strips	2 minutes
Bok choy	Cut stalks crosswise into 1/4- to 1-inch wide pieces. Cut greens into 1/2- to 1-inch wide strips.	1 to 3 minutes for the stalks, 30 seconds for the greens
Broccoli	Cut florets into 3/4- to 1-inch pieces. Peel stalks and cut into 1/8- to 1/4-inch-thick slices.	30 seconds, add 1/3 cup water, then cover and steam for 2 minutes longer
Carrots	Peel and cut into matchsticks or cut into 1/4-inch slices on the bias (diagonally)	2 minutes
Cauliflower	Cut into 3/4- to 1-inch florets	3 to 4 minutes
Celery	Cut on the bias (diagonally) into 1/2-inch-thick slices	1 to 2 minutes
Eggplant	Cut into 3/4-inch dice	5 to 7 minutes
Green beans	Trim and cut on the bias (diagonally) into 1- to 2-inch lengths	4 to 5 minutes
Onions	Peel and cut into 1/4- to 1/2-inch-thick slices or 1/2- to 3/4-inch dice	2 minutes
Shiitake mushrooms	Remove stems. Cut caps into 1/8- to 1/2-inch-thick slices.	3 minutes
Snap peas	Remove strings	1 to 3 minutes
Snow peas	Remove strings. Cut extra large peas in half on the bias (diagonally).	1 minute
Zucchini	Cut into 3/4-inch dice	2 to 4 minutes

How to Make a Marinade

Ingredients

- a. Fat: Olive oil, canola oil, coconut milk, full-fat yogurt
- b. Acid: Citrus juice, vinegar, wine, yogurt, buttermilk
- c. Aromatics: Garlic, onion, shallots
- d. Seasoning: Dried or fresh herbs, spices, chili peppers, salt, soy sauce, citrus zest, mustard
- e. Sugar (Optional; omit for high-heat cooking since it can burn): Honey, brown sugar, molasses, agave nectar, white granulated sugar
- f. Food to be marinated (i.e. vegetables, poultry, fish, seafood, meat)

Equipment

Measuring cups

Measuring spoons

Chef knife

Cutting board

Mixing bowl

Whisk

Glass dish or heavy-duty ziptop plastic bag

Pan or bowl (Optional, if marinating in a heavy-duty ziptop plastic bag)

Tongs

Large plate

1. Prepare and measure out marinade ingredients. Use about a 1:1 ratio of fat to acid. For more intense flavor, reduce the amount of oil used. Plan to prepare about a 1/2 cup of marinade per pound of the food to be marinated. Make sure that any fresh herbs, aromatics, or chili peppers are cut into small pieces.

2. Combine marinade ingredients. Add the marinade ingredients to a mixing bowl and whisk together.

- 3. Add marinade to food.** Place the food to be marinated in a glass dish or a heavy-duty zip-top plastic bag. If using a plastic bag, place it on a pan or in a bowl to catch any leaks and prevent cross-contamination. Add the marinade and toss to combine with the food.
- 4. Refrigerate food with marinade.** Place the container with the marinating food in the refrigerator. Allow the food to marinate for the appropriate amount of time (see the table after the recipe), turning or stirring occasionally if needed.
- 5. Remove food from marinade and cook.** Lift the food out of the marinade with tongs and transfer it to a large plate. Cook as desired. Do not dry or rinse the food beforehand.
- 6. Throw away used marinade.** Throw away the remaining marinade, especially if it was used for meat, poultry, fish, or seafood. To use the leftover marinade as a basting sauce, you must bring it to a boil and cook it for 5 minutes. Never serve uncooked marinade.

Food	Marinating Time
Vegetables	15-30 minutes
Tofu and Tempeh	30 minutes-overnight
Poultry	30 minutes-3 hours
Fish and Seafood	15 minutes-1 hour
Meat	30 minutes-overnight

How to Cook Lean Beef Cuts

A quick way to cut back on saturated fat is selecting lean cuts of beef. Because they have a lower fat content, it is important to choose the right cooking method for a juicy and flavorful end product.

Follow these steps for best results:

- 1. Select a lean cut of beef.** Cuts with "Loin" or "Round" in the name are labeled as "Select" or "Choice"
- 2. Tenderize** less tender cuts (most steaks with "Round" in the name) by pounding to an even thinness. Or plan to cook these cuts using a moist heat method. Marinating adds flavor and helps to prevent drying out during cooking.
- 3. Trim visible fat** before cooking.
- 4. Cook the cut** with an appropriate cooking method (see table below).

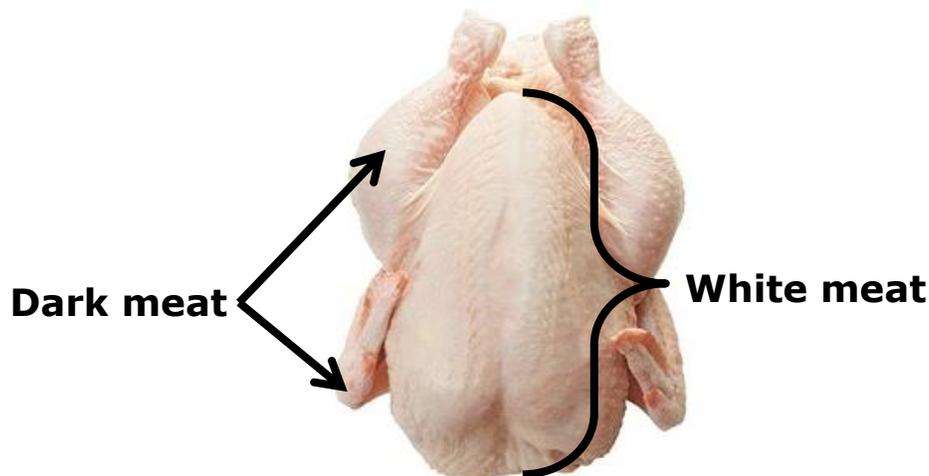
Type of Cut	Stir-fry	Pan-fry	Broil	Roast	Grill	Moist cook
Eye Round Steak		X*			X*	X
Eye Round Roast				X		X
Top Round Steak	X	X*	X*		X*	
Top Round Roast				X		
Round Tip Steak, thin cut	X	X				
Top Sirloin Steak	X	X	X		X	
Bottom Round						X
Top Loin Steak	X	X	X		X	
Tenderloin Steak	X	X	X		X	
Tenderloin Roast				X	X	
Flank Steak	X		X*		X*	X

*Marinate 6 hours or overnight

Poultry 101

Basic Anatomy of Poultry

- a. White meat:** The breasts of most poultry are made up of white meat. Water poultry (ducks, geese) are an exception; their entire bodies are mostly dark meat. White meat is leaner (lower in fat) than dark meat.
- b. Dark meat:** The wings and legs of poultry are made up of dark meat, which is about twice as high in fat compared to white meat.
- c. Skin:** The skin is the primary source of fat in most poultry. Remove the fat prior to cooking for lowest fat content.
- d. Bones:** Bones insulate the meat, slowing down the cooking process and adding extra flavor.
- e. Collagen:** Collagen is a tough protein that is present in all animal tissue. The legs and thighs have a higher amount of collagen than the breasts, making them a good choice for moist heat, slow cooking methods like braising.



Poultry Safety Tips

- **Rinsing raw poultry**
Washing or rinsing raw poultry is highly discouraged, as this does not remove much bacteria but can transfer bacteria to other surfaces and foods.
- **Handling raw poultry**
Make sure to wash hands, knives, cutting boards, and other surfaces after they have touched raw poultry or its juices, using hot soapy water. Do not let the raw poultry, its juices, or your unwashed hands touch other foods or surfaces.
- **Cooking and leftovers**
Poultry breast should be cooked to an internal temperature of 165°F, while thighs and legs should be cooked to an internal temperature of 175°F. Leftover cooked poultry should be stored in the refrigerator and consumed or frozen within 3 days.

Poultry Storage Tips

- **Refrigerator**
Keep poultry in the coldest part of your refrigerator, generally in the back and closest to the freezer compartment. Place chicken packages on plates to catch any leaks. This is especially important when thawing poultry.
- **Freezer**
To minimize risk for freezer burn, wrap poultry tightly in plastic wrap and then place in a ziptop plastic bag before freezing. Allow 24 hours to thaw a whole chicken or 1 pound of ground poultry, 3 to 4 days to thaw a whole turkey, and about 12 hours to thaw individual poultry pieces.

Key Principles of Poultry Cookery

Cook White Meat Less Than Dark Meat

Cook dark meat and white meat pieces separately and remove them as they finish cooking. If cooking a whole bird, start cooking it with the breast facing down or to the side, then finish with the breast facing up.

Poultry Cut	Temperature
White meat (breasts)	165°F
Dark meat (legs and wings)	175°F
Ground poultry	165°F

Lose the Skin

Unless poultry skin is perfectly crisped, it is flabby and not appealing. Further, the skin contains most of the fat in poultry, which can increase inflammation. It is best to just remove the skin before cooking.

Let It Rest

When poultry cooks, the juices move to the center of the meat. If cut right after cooking, the juices would spill out and the meat would become very dry. To avoid this, allow poultry to rest after cooking and before cutting. The bigger the cut, the longer it needs to rest.

Poultry Cut	Resting Time
Chicken pieces	5 to 10 minutes
Turkey breast	15 to 20 minutes
Whole chicken	10 to 20 minutes
Whole turkey	30 minutes

How to Cut Up a Whole Poultry Bird

Ingredients

Whole chicken or turkey, raw, giblets removed (can save for stock)

Equipment

Cutting board

Chef knife

Kitchen shears

- 1. Remove each leg quarter.** Using a chef knife, cut off the leg quarters, one at a time, by cutting through the joint between the leg and body. After the initial cut, it may be necessary to pop the joint apart by hand, then continue cutting through to separate the leg from the body.
- 2. Halve each leg quarter.** Using a chef knife, cut each leg into 2 pieces, the drumstick and the thigh, by slicing through the joint which is marked by a line of fat.
- 3. Remove backbone.** Turn the bird on its side. Using kitchen shears, cut on each side of the backbone to remove it. Reserve the backbone for making a stock, if desired.
- 4. Split breast.** Turn the bird so that the breast skin is down. Using a chef knife, cut the bird in half through the breastplate which is marked by a thin line of cartilage.
- 5. Cut breast into quarters.** Flip each breast piece over (skin side up) and cut it in half crosswise.
- 6. Remove and trim wings.** Using a chef knife, remove the wings by slicing through each wing joint. Then cut through the cartilage around each wingtip to remove and throw it away. If not using the wings in a recipe, freeze them or reserve them for making a stock.

Pro Tip!

To keep the bird from slipping around while you work, pat it dry with paper towels before you start.

How to Split and Trim Poultry Breasts

Ingredients

Whole chicken or turkey breasts, raw

Equipment

Cutting board

Chef knife

Kitchen shears

- 1. Cut whole breast in half.** With the whole breast facing skin-side-down on a cutting board, center a chef knife on the breastbone. Apply pressure to cut through and separate the breast into 2 halves.
- 2. Remove rib section.** Using kitchen shears, trim off the rib section from each breast, following the vertical line of fat from the tapered end of each breast up the socket where the wing was once attached.
- 3. Trim fat and excess skin.** Using a chef knife or kitchen shears, trim the excess fat and skin from each chicken breast before cooking.

Pro Tip!

Purchasing whole breasts and then splitting them at home guarantees even thickness for even cooking. If buying pre-split breasts, inspect the package to make sure they are similar in size.

How to Make Chicken Cutlets

Ingredients

6- to 8-ounce boneless skinless chicken breasts, raw

Equipment

Cutting board

Chef knife

Kitchen shears

Plastic wrap

Meat pounder or mallet (or a heavy pan)

- 1. Remove tenderloin.** The tenderloin is a thin strip of meat attached to chicken breasts that tends to come off during cooking. Using a chef knife, cut the tenderloin from each breast.
- 2. Trim breasts.** Using a chef knife or kitchen shears, trim off any excess fat, gristle, or remaining pieces of bone from the breasts.
- 3. Slice breasts in half crosswise.** Lay each chicken breast flat on a cutting board. Rest 1 hand flat on top of the chicken breast with your fingers straight out. Using a chef knife, slice each chicken breast in half horizontally. If you have time, try placing the chicken breasts in the freezer for 15 minutes to make this slicing easier. Each cutlet should be about 1/2 inch thick.
- 4. Pound cutlets to even thickness.** Place the cutlets, skin-side-down, on a large sheet of plastic wrap over the cutting board. Cover the cutlets with a second sheet of plastic wrap. Using a meat pounder or mallet (or a heavy pan), pound the cutlets gently to an even thickness, about 1/4 inch all over.

Pro Tip!

Purchasing chicken cutlets is a convenient option, but they tend to be higher in cost, as well as ragged and uneven in thickness. If buying pre-cut chicken cutlets, inspect the package to make sure they look okay and are similar in thickness.

How to Poach a Whole Chicken

Ingredients

Chicken, either left whole or cut up into parts
Celery stalks, diced
Onion, diced
Carrots, diced
Salt
Black peppercorns or ground black pepper
Water

Equipment

Large stockpot with a lid (big enough to hold the chicken so that it is submerged in liquid)
Cutting board
Knife
Instant-read thermometer

- 1. Place chicken and aromatics in stockpot.** In a large stockpot, add the whole chicken or chicken parts, 2 diced celery stalks, 1 diced onion, 2 diced carrots, 1 to 2 teaspoons salt, and 15 black peppercorns or 1/4 teaspoon ground black pepper.
- 2. Add water and boil.** Add enough water to fully submerge the chicken. Turn the heat to high and bring the water to a boil.
- 3. Poach chicken.** Cover pot and reduce the heat to a simmer. If cooking chicken parts, 15 minutes is enough. For a whole chicken, simmer for 45 to 60 minutes.
- 4. Check for doneness.** Check the chicken with an instant-read thermometer. It is done when an instant-read thermometer in the thickest part of the breasts registers 160 to 165°F and the thickest part of the thighs registers 170 to 175°F.
- 5. Let rest.** When the chicken is cooked, remove it from the poaching liquid. Let the chicken rest for 10 minutes before carving.

How to Poach Chicken Breasts

Ingredients

Lemon slices
Chicken breasts, skinless, boneless if desired
Garlic cloves, smashed
Bay leaf
Black peppercorns or ground black pepper
Sliced ginger
Fresh or dried herbs
Thinly sliced onions
Vegetable stock

Equipment

2- to 4-quart saucepan with a lid (large enough to hold the chicken breasts in a single layer)
Cutting board
Knife
Wide, shallow spoon (for skimming if desired; see Pro Tip)
Instant-read thermometer

- 1. Place lemon slices and chicken in saucepan.** Arrange 6 to 8 lemon slices on the bottom of a saucepan. Place 1 to 4 chicken breasts down in a single layer over the lemon slices. It's fine if the chicken breasts overlap a little, but they cook more evenly if they are in a single layer.
- 2. Add aromatics.** Scatter the chicken breasts with 1 to 3 smashed garlic cloves, 1 bay leaf, 1 teaspoon peppercorns or ground black pepper, 1 tablespoon sliced ginger, 1/4 cup fresh herbs or 2 tablespoons dried herbs, and 1/2 cup thinly sliced onions.
- 3. Cover chicken with stock.** Pour in enough cool vegetable stock to cover the chicken breasts by about 1 inch.

4. Bring stock to boil. Place the pot on the stovetop over medium-high heat. Bring the vegetable stock to a boil. As soon as the stock comes to a boil, reduce the heat to low so that the stock is no longer bubbling. You'll see some white scummy foam collecting on the surface as the water comes to a boil. If you'll be using the poaching liquid for a soup or other recipe, you can skim this off. Otherwise, it's fine to leave it.

5. Poach chicken. Cover the pot with a lid, and let the chicken breasts poach. Begin checking the chicken after 8 minutes. It is done when an instant-read thermometer in the thickest part of the meat registers 165°F. Chicken breasts will typically finish poaching in 10 to 14 minutes depending on the thickness of the meat and whether they have bones.

6. Remove chicken from liquid. Remove the chicken breasts from the poaching liquid and place it on a cutting board. Let the chicken rest for 5 to 10 minutes before cutting.

7. Serve or store chicken. Poached chicken can be served hot, room temperature, or cool. It can be served whole, it can be sliced, or it can be shredded.

Pro Tip!

If you cooked your chicken with the bones, you can pull or cut away the bones, return them to the pot with the poaching liquid, and simmer until the liquid is reduced. Once strained, this is a quick chicken broth that can be used for soups or rice.

How to Carve a Whole Poultry Bird

Ingredients

Whole chicken or turkey, cooked

Equipment

Cutting board

Chef knife

- 1. Separate leg joint and remove leg quarter.** Cut the cooked bird where the leg meets the breast. Pull the leg quarter away from the body. Separate the joint by gently pressing the leg out to the side and pushing up on the joint. Cut through the joint to remove the leg quarter.
- 2. Separate drumstick and thigh.** Cut through the joint on the leg quarter that connects the drumstick to the thigh.
- 3. Repeat Steps 1-2 on other side.** Remove the leg quarter and separate the drumstick and thigh on the other side of the bird.
- 4. Remove breast meat.** Cut down along both sides of the breastbone, pulling the breast meat away from the breastbone as you cut.
- 5. Slice breast meat.** Slice the breast meat crosswise into slices.
- 6. Remove wings.** Remove the wings by cutting through the wing joints.

Lesson 9 Recipes

Stir-Fry Burritos

Serves 4

Prep Time: 15 mins, Cook Time: 15 mins, **Total time: 30 mins**

Ingredients

- 1 pound lean protein (i.e. pork, beef, chicken, tempeh, tofu)
- 1 tablespoon canola oil
- 1 garlic clove, minced
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 1 pinch cayenne
- 1 medium onion, cut into thin wedges
- 1 red bell pepper, cut into very thin strips
- 1 green bell pepper, cut into very thin strips
- 4 (10-inch) whole-wheat tortillas

Directions

1. Trim any excess fat from the protein.
2. Place the protein in the freezer until firm, about 20 to 30 minutes.
3. Slice the protein diagonally, across the grain if using meat, into 1/4- to 1/8-inch strips. Set aside.
4. Combine the oil, garlic, cumin, oregano, and cayenne; stir well.
5. Heat half of the oil-spice mixture in a large nonstick skillet over medium to medium-high heat for 2 minutes.
6. Add the onion and peppers, and stir-fry for 2 to 3 minutes, or until crisp-tender.
7. Remove the vegetables from the skillet. Set aside and keep warm.
8. Add the remaining oil-spice mixture to the skillet.
9. Add the reserved protein strips, and stir-fry for 2 to 3 minutes or until browned and cooked through.
10. Return the vegetables to the skillet and stir-fry until thoroughly heated.

11. Heat the tortillas in a dry skillet or in the microwave wrapped in a damp paper towel.
12. Wrap 1/4 of the mixture in each tortilla.
13. Serve immediately.

Nutrition Information

Per serving (1/4th of the recipe): 444 Calories, 15 g Total Fat (4.5 g Saturated Fat), 633 mg Sodium, 38 g Total Carbohydrate (23 g Fiber), 37 g Protein

Modern Beef Stew

Adapted from a recipe by America's Test Kitchen

Serves 16

Ingredients

- 2 garlic cloves, minced
- 4 anchovy fillets, rinsed and minced (or 1 tablespoon anchovy paste)
- 1 tablespoon tomato paste
- 1 (4-pound) boneless beef chuck eye roast, pulled apart at seams, trimmed, and cut into 1 1/2-inch pieces
- 2 tablespoons avocado oil
- 2 large onions, halved and sliced 1/8-inch thick
- 4 carrots, peeled and cut into 1-inch pieces
- 1/4 cup all-purpose flour
- 2 cups red wine (can substitute 2 more cups vegetable stock)
- 2 cups low-sodium vegetable stock
- 2 bay leaves
- 4 sprigs fresh thyme
- 1 pound Yukon Gold potatoes, unpeeled, cut into 1-inch pieces
- 1 cup frozen peas, thawed
- Salt, to taste
- Ground black pepper, to taste

Directions

1. Adjust an oven rack to the lower-middle position and heat the oven to 300°F.
2. Combine the garlic, anchovies, and tomato paste in a small bowl. Press with the back of a fork to form a paste. Set aside.
3. Pat the meat dry with paper towels. Season with salt and pepper.
4. Heat a Dutch oven over medium heat.
5. Add the oil and heat until shimmering.
6. Add the beef, onion, and carrots. Cook, stirring constantly, until the onion is softened, about 1 to 2 minutes.

7. Add the garlic mixture. Cook, stirring constantly, until fragrant, about 30 seconds.
8. Add the flour. Cook, stirring constantly, until no dry flour remains, about 30 seconds.
9. Slowly add the wine, scraping the bottom of the pan to loosen any browned bits.
10. Increase the heat to high.
11. Simmer until the wine is thickened and slightly reduced, about 2 minutes.
12. Stir in the stock, bay leaves, and thyme sprigs.
13. Bring to a simmer.
14. Cover the pot, transfer to the oven, and cook for 1 1/2 hours.
15. Remove the pot from oven.
16. Throw away bay leaves.
17. Stir in the potatoes. Cover, return pot to the oven. Cook until the potatoes and onions are cooked through and a fork easily pierces the beef (though the meat should not be falling apart), about 45 to 60 minutes.
18. Using a large spoon, skim any excess fat from the surface of the stew.
19. Stir in the thawed frozen peas.
20. Season with salt and pepper to taste and serve.

Nutrition Information

Per serving (1/16th of the recipe): 281 Calories, 7.5 g Total Fat (2.5 g Saturated Fat), 298 mg Sodium, 10 g Total Carbohydrate (2 g Fiber), 36 g Protein

Mexican Pulled Pork (Carnitas)

Adapted from a recipe by America's Test Kitchen

Serves 16

Ingredients

- 1 (3 1/2- to 4-pound) boneless pork butt roast, fat layer trimmed to about 1/8-inch thick and cut into 2-inch chunks
- 2 cups water
- 1 onion, halved
- 2 tablespoons lime juice
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 2 bay leaves
- Salt
- Pepper
- 1 orange, halved
- 16 (6-inch) corn tortillas, warmed

Garnish

- Lime wedges
- Minced white or red onion
- Fresh cilantro leaves
- Thinly sliced radishes
- Sour cream

Directions

1. Adjust an oven rack to the lower-middle position and heat the oven to 300°F.
2. Combine the pork, water, onion halves, lime juice, oregano, cumin, bay leaves, 1 teaspoon salt, and 1/2 teaspoon black pepper in a Dutch oven. The liquid should just barely cover meat.
3. Juice the orange into a bowl and remove any seeds. You should have about 1/3 cup juice. Add the juice and spent orange halves to the pot.
4. Bring the mixture to a simmer over medium-high heat, stirring occasionally.

5. Cover the pot and transfer to the oven. Cook until the meat is soft and falls apart when poked with fork, about 2 hours, flipping the pieces of meat over halfway through the cooking time.
6. Remove the pot from the oven and turn the oven to broil.
7. Using a slotted spoon, transfer the pork to a bowl.
8. Remove the orange halves, onion halves, and bay leaves from the cooking liquid and throw them away.
9. Using a large spoon, skim any excess fat from the surface of the cooking liquid.
10. Place the pot over high heat. (CAUTION: The handles will be very hot)
11. Simmer the cooking liquid, stirring frequently, until thick and syrupy. A heat-resistant spatula should leave wide trail when dragged through the glaze, about 8 to 12 minutes. You should have about 1 cup of reduced liquid.
12. Using 2 forks, pull each piece of pork in half.
13. Fold the pork into the reduced liquid and season with salt and pepper to taste.
14. Spread the pork in an even layer on a wire rack set in rimmed baking sheet or broiler pan. The meat should cover almost the entire surface of rack or broiler pan.
15. Place the baking sheet or broiler pan on the lower-middle rack of the oven. Broil until the top of the meat is well-browned but not charred, and the edges are slightly crisp, about 5 to 8 minutes.
16. Using a wide metal spatula, flip the pieces of meat and continue to broil until the top is well-browned and the edges are slightly crisp, about 5 to 8 minutes longer.
17. Serve with warm tortillas and garnishes.

Nutrition Information

Per serving (1/16th of the recipe, with garnishes): 335 Calories, 12 g Total Fat (4.5 g Saturated Fat), 246 mg Sodium, 17 g Total Carbohydrate (3 g Fiber), 38 g Protein

Mediterranean Lamb Kabobs

Adapted from a recipe by LECTERCLARICE on Recipes.SparkPeople.com

Cook Time: 20 min, **Total time: 45 min**

Serves 4 (3 skewers each)

Ingredients

- 1 cup nonfat plain Greek yogurt
- 1/2 tablespoon fresh chopped mint leaves
- 1/4 cup cucumber, peeled if waxed and finely chopped
- Juice of 1 lemon, divided
- 1 1/2 tablespoons of extra-virgin olive oil
- Dash of salt
- Dash of pepper
- 3 cloves garlic, crushed
- 3/4 cup dry red wine (i.e. Merlot)
- 1 tablespoon fresh or dried rosemary
- 1 pound lamb, cut into 1- to 2-inch cubes
- 1/2 cup of zucchini, cut into 1-inch-thick slices
- 1 red onion, quartered
- 1 large red pepper, cut into 1- to 2-inch square chunks
- 12 wooden, bamboo, or metal skewers

Directions

1. Combine the Greek yogurt, 1 teaspoon of the lemon juice, chopped mint leaves, and cucumber. Set aside.
2. Combine the olive oil, the remaining lemon juice, salt, pepper, garlic, red wine, and rosemary leaves in large zip-top bag set inside a bowl.
3. Add cubed lamb and toss to coat thoroughly with the marinade.
4. Seal zip-top bag, squeezing out the excess air, and refrigerate in the bowl for at least 20 minutes, up to overnight.
5. If using wooden or bamboo skewers, soak them in warm water for at least 15 minutes to prevent the ends from burning and turning black.

6. While skewers are soaking, heat up the grill to medium heat or the broiler to high heat. If broiling, place an oven rack on the lowest position in the oven.
7. While broiler or grill is heating, thread marinated lamb cubes, red peppers, zucchini, and red onion onto skewers
8. Cook kebabs on the grill or under the broiler (on the middle rack of the oven) for 15 to 20 minutes, turning every 5 minutes, until the lamb is done.
9. Drizzle yogurt sauce over cooked kebabs and serve with whole-wheat pita or a cooked whole grain such as farro or quinoa.

Recipe Notes

- If you do not have or do not want to use red wine, substitute 1 cup of red wine vinegar for the red wine and the lemon juice.

Nutrition Information

Per serving (1/4th of the recipe): 360 Calories, 14 g Total Fat (4 g Saturated Fat), 177 mg Sodium, 15 g Total Carbohydrate (3 g Fiber), 36 g Protein

Quinoa Ricotta Meatballs with Zoodles

Adapted from a recipe by www.foodiegirlchicago.com

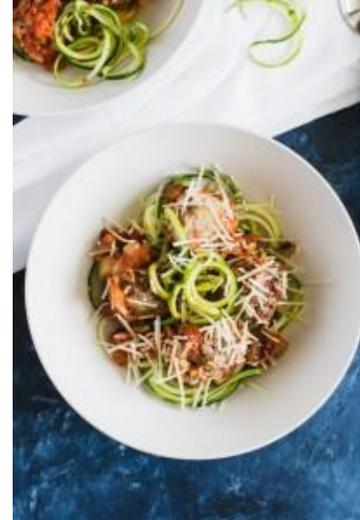
Serves 2

Prep time: 20 min, Cook time: 15 min,

Total time: 35 min

Ingredients

- 1/2 pound grass-fed lean ground beef or lamb
- 1/2 cup diced onion
- 1/2 cup cooked quinoa
- 2 tablespoons part-skim ricotta
- 1 teaspoon steak seasoning
- 2 cloves garlic, minced
- 1/4 teaspoon ground pepper
- 1/4 teaspoon salt
- 1 egg white, lightly beaten
- 1 cup low-sodium or no-added-salt tomato sauce
- 2 tablespoons olive oil
- 2 medium zucchini



Directions

1. Preheat the oven to 350°F.
2. In a medium bowl mix the ground beef, onions, ricotta, quinoa, steak seasoning, garlic, salt, and pepper.
3. Add the egg white and mix well until completely combined.
4. Using a 1 tablespoon disher (cookie scoop), form the ground beef mixture into balls. Form a total of 12 meatballs.
5. Heat a sauté pan over medium heat.
6. Add oil to the hot pan and heat until shimmering.
7. Add the meatballs to the pan and cook for 1 minute.
8. Turn the meatballs to an unbrowned side and put the pan in the oven to bake for 10 minutes.

9. Meanwhile, spiralize the zucchini. Once spiralized, place on a plate covered with paper towels and press the excess moisture out.
10. Once the meatballs are done cooking, return the pan to the stove top over medium heat.
11. Add the tomato sauce and cook for 5 minutes.
12. Add the zucchini and continue to cook until the sauce is heated, about 2 to 3 minutes.

Nutrition Information

Per serving (1/2 of the recipe): 450 Calories, 23 g Total Fat (5 g Saturated Fat), 388 mg Sodium, 19.5 g Total Carbohydrate (4 g Fiber), 42 g Protein

Moroccan-Spiced Lamb

Adapted from a recipe by foodandnutrition.org

Serves 4

Prep Time: 30 min, Cook Time: 1 hour, **Total time: 1 hour 30 min**

Ingredients

- 4 (5- to 6-ounce) shoulder or blade lamb chops, about 3/4-inch thick each with bone
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground cumin
- 1/4 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 1 tablespoons olive oil
- 1 cup chopped onion
- 2 cloves garlic, minced
- 1 lemon, fresh, juiced
- 1 (14.5-ounce) can no-added-salt diced tomatoes with juice
- 1 can no-added-salt chickpeas, drained and rinsed
- 1/4 cup dried fruit, chopped if needed
- Optional toppings: Cilantro, slivered almonds, plain Greek yogurt, harissa

Directions

1. Preheat the oven to 350°F.
2. Combine the cinnamon, cumin, salt, and black pepper.
3. Rub the spice mixture evenly onto the lamb chops.
4. Heat 1 tablespoon olive oil over medium-low heat in a large oven-safe pot, skillet, or Dutch oven.
5. Add the onion and garlic to the hot pan, and cook until softened, about 3 to 5 minutes.
6. Add the lemon juice, scraping up any browned bits from the bottom of the pan.
7. Add the tomatoes and seasoned lamb chops to the pan.
8. Bring the liquid to a simmer.

9. Cover the pan with a lid and place it in the center of the preheated oven.
10. Cook in the oven for 40 minutes.
11. Remove the pan from the oven but do not turn the oven off.
12. Add the chickpeas and dried fruit to the pan. Stir to combine.
13. Place the pan back in the hot oven and continue to cook until the lamb chops are very tender, about 20 minutes.
14. Serve the lamb chops with the bean-tomato mixture on a bed of cooked whole grains, roasted root vegetables, or sautéed greens.
15. Top with cilantro or other garnish of your choice, such as slivered almonds, a dollop of plain Greek yogurt, or harissa.

Recipe Notes

- **To use ground lamb:** Cook 1 pound ground lamb in the pan for about 5 to 7 minutes. Rather than placing the pan in the preheated oven for 40 minutes, place it in the oven for 20 to 30 minutes.

Nutrition Information

Per serving (1/4th of the recipe): 408 Calories, 19 g Total Fat (6 g Saturated Fat), 336 mg Sodium, 25 g Total Carbohydrate (2 g Fiber), 28 g Protein

Turkey Guacamole Burgers

Adapted from a recipe by TheKitchn.com

Serves 4

Ingredients

- 1/2 cup finely chopped red onion
- 1/4 cup cilantro, chopped
- 1/2 medium jalapeño pepper, seeded and minced
- 1 medium avocado, ripe, cut in 1/2-inch dice
- 1 teaspoon lime juice
- 1/2 teaspoon lime zest
- 1 large egg, lightly beaten
- 1 pound 93% lean ground turkey (can substitute chicken)
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon avocado oil
- 4 whole-wheat hamburger buns, toasted
- Optional toppings: Lettuce, tomato, salsa

Directions

1. Gently combine the onion, cilantro, jalapeño, avocado, and lime juice in a large bowl.
2. In a second bowl, combine the lime zest, egg, ground chicken, salt, and pepper until thoroughly mixed.
3. Add the avocado mixture to the ground chicken mixture and mix with a fork until just combined.
4. Form into four 1/2-inch-thick patties, working the mixture just enough so it holds together.
5. Heat a large nonstick skillet over medium heat
6. Add the oil and heat it until shimmering.
7. Add the burgers and cook until the bottom is well-browned, about 5 minutes. When you slide a spatula under the burger, it should hold its shape.

8. Flip the burgers over and cook until an instant-read thermometer stuck in the center registers 165°F, about 4 to 5 more minutes.
9. Serve with buns and toppings as desired.

Nutrition Information

Per serving (1/4th of the recipe): 446 Calories, 25.5 g Total Fat (4 g Saturated Fat), 419 mg Sodium, 24 g Total Carbohydrate (6 g Fiber), 37 g Protein

Chicken Stir-Fry

Adapted from a recipe by America's Test Kitchen

Serves 4

Ingredients

- 2 teaspoons peeled and grated fresh ginger
- 1 garlic clove, minced
- 3 tablespoons plus 1 teaspoon avocado oil
- 1 cup water
- 2 tablespoons lite soy sauce or tamari
- 1/4 cup sherry vinegar
- 1 pound boneless, skinless chicken breasts, trimmed and sliced thinly
- 2 tablespoons toasted sesame oil
- 1 tablespoon cornstarch
- 1 tablespoon all-purpose flour
- 1 pound bok choy, stalks cut on the bias (diagonally) into 1/4-inch slices and greens cut into 1/2-inch strips
- 1 small red bell peppers, stemmed, seeded and cut into 1/4-inch strips

Sauce

- 1/4 cup vegetable stock
- 2 tablespoons sherry vinegar
- 1 tablespoon soy sauce
- 1 tablespoon oyster sauce
- 2 tablespoons grated fresh ginger
- 1/2 teaspoon toasted sesame oil
- 1 teaspoon cornstarch
- 1 teaspoon honey or sugar (Optional)
- 1/4 teaspoon red pepper flakes

Directions

1. Whisk all the sauce ingredients together in a small bowl. Set aside
2. Combine the remaining 2 teaspoons ginger, the remaining 1 clove garlic, and 1 teaspoon of the avocado oil in a small bowl. Set aside.

3. Combine the water, the remaining 2 tablespoons soy sauce or tamari, and the remaining 1/4 cup sherry vinegar in a medium bowl. Add the chicken and toss to combine.
4. Cover the bowl with the marinating chicken with plastic wrap. Refrigerate for at least 20 minutes, up to 1 hour.
5. Pour off any excess marinade from the chicken.
6. Mix the remaining 2 tablespoons sesame oil, the remaining 1 tablespoon cornstarch, and the flour in a medium bowl until smooth.
7. Toss the chicken in the cornstarch mixture until evenly coated.
8. Heat a 12-inch nonstick skillet over medium to medium-high heat.
9. Add 1 tablespoon avocado oil and heat until it begins to shimmer.
10. Add half of the chicken to the skillet in a single layer and cook, without stirring, until lightly browned on the first side, about 1 minute.
11. Flip the chicken pieces over and cook until lightly browned on the second side, about 30 seconds longer.
12. Transfer the browned chicken to a clean bowl.
13. Repeat Steps 9-12 with more avocado oil and the remaining chicken.
14. Add the remaining 1 tablespoon avocado oil to the skillet and heat until it begins to shimmer.
15. Add the bok choy stalks and bell pepper. Cook, stirring constantly, until they are beginning to brown, about 1 minute.
16. Clear the center of the skillet and add the garlic-ginger mixture. Cook, mashing the mixture into the pan, until fragrant, about 15 to 20 seconds.
17. Stir the garlic-ginger mixture into the vegetables and continue to cook until the bok choy stalks are crisp-tender, about 30 seconds longer.
18. Stir in the bok choy greens and cook until they are beginning to wilt, about 30 seconds.
19. Return the browned chicken to the skillet.
20. Whisk the set aside sauce to recombine.

21. Add the sauce to the skillet and reduce the heat to medium. Cook, stirring constantly, until the sauce is thickened and the chicken is cooked through, about 30 seconds.
22. Transfer the stir-fry to a platter and serve immediately.

Nutrition Information

Per serving (1/4th of the recipe): 430 Calories, 27 g Total Fat (4.5 g Saturated Fat), 616 mg Sodium, 38 g Total Carbohydrate (2 g Fiber), 36 g Protein

Orange Chicken with Quinoa

Serves 4

Adapted from a recipe by GimmeSomeOven.com

Prep Time: 10 mins, Cook Time: 10 mins, Total Time: 20 mins

Ingredients

- 1 cup dry quinoa, rinsed
- 2 cups water or low-sodium vegetable stock
- 1 pound boneless, skinless chicken breasts, cut into bite-sized pieces
- Salt and pepper
- 1 tablespoons olive oil
- Suggested toppings: Thinly sliced green onions, toasted sesame seeds, orange zest
- 4 cups fresh vegetables of your choice (i.e. broccoli, bell peppers and onion)

Sauce

- 2 cloves garlic, minced
- 1/4 cup orange juice (about 2 oranges)
- 1/4 cup honey
- 2 tablespoons lite soy sauce
- 2 tablespoons rice wine vinegar
- 1 1/2 teaspoons cornstarch
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground black pepper
- Half the zest of one orange
- Small pinch crushed red pepper flakes (Optional)

Directions

1. Whisk all the sauce ingredients together until combined. Set aside.
2. Add the rinsed quinoa and water or stock to a medium or large saucepan.
3. Bring the liquid to a boil, then reduce the heat to low.
4. Cover and simmer the quinoa until it is cooked and fluffy, about 15 to 20 minutes. The quinoa will sprout or appear as if it has a "tail" when it is finished cooking. Set the cooked quinoa aside.

5. Meanwhile, season the chicken lightly with salt and pepper.
6. Heat a large sauté pan over medium heat.
7. Add the oil and heat until shimmering.
8. Add the chicken and sauté, stirring occasionally, until the chicken is nearly cooked through, about 4 to 6 minutes.
9. Pour in the prepared sauce and stir to combine.
10. Let the sauce come to a boil, then reduce to a simmer.
11. Cook for an additional 2 to 3 minutes, or until the sauce has thickened.
12. Remove the pan from the heat.
13. Spoon the orange chicken over the cooked quinoa and serve, adding the steamed or sautéed vegetables of your choice and garnishing as desired with green onions, sesame seeds, and additional orange zest.

Nutrition Information

Per serving (1/4th of the recipe): 555 Calories, 15 g Total Fat (3 g Saturated Fat), 606 mg Sodium, 62 g Total Carbohydrate (8.5 g Fiber), 45 g Protein

Braised Chicken and Rice

Adapted from a recipe by America's Test Kitchen

Serves 8

Ingredients

- 1 (3 1/2- to 4-pound) whole chicken, cut into 8 pieces (4 breast pieces, 2 drumsticks, 2 thighs), trimmed, skin removed, wings thrown away
- Salt and pepper
- 2 tablespoons extra-virgin olive oil
- 1 onion, finely chopped
- 3 garlic cloves, minced
- 1 1/2 cups long-grain white rice
- 2 cups water
- 1 (14.5-ounce) can diced tomatoes, drained with 1/2 cup juice reserved
- 1/2 cup low-sodium vegetable stock
- 1/3 cup chopped fresh parsley

Directions

1. Heat a Dutch oven over medium heat
2. Add the oil and heat until shimmering.
3. Add the onion and cook, stirring often, until it is softened, about 5 minutes.
4. Stir in the garlic and cook until fragrant, about 30 seconds.
5. Add the rice and cook, stirring frequently until coated and glistening, about 1 minute.
6. Stir in the water, tomatoes with the reserved juice, vegetable stock, and 1/2 teaspoon salt, scraping up any browned bits.
7. Nestle the chicken thighs and legs into the Dutch oven.
8. Bring to a boil, then reduce the heat to low.
9. Cover and simmer gently for 15 minutes.
10. Nestle the chicken breast pieces into the Dutch oven.
11. Stir the ingredients gently until the rice is thoroughly mixed.

12. Cover the pot with a lid.
13. Simmer until both the rice and the chicken are tender, about 10 to 15 minutes longer.
14. Stir in the parsley.
15. Cover the pot with the lid and let sit for 5 minutes.
16. Serve.

Nutrition Information

Per serving (1/8th of the recipe): 334 Calories, 8 g Total Fat (2.5 g Saturated Fat), 374 mg Sodium, 32 g Total Carbohydrate (1.5 g Fiber), 34 g Protein

Lesson 10

Soups and Stocks

This lesson will cover:

- Tips for safely storing and reheating soup
- Important factors and components in making soups
 - Steps in making a basic soup
 - How to make a pureed vegetable soup
 - How to make various stocks

Lesson 10: Soups and Stocks

Soups 101

Soup is delicious, versatile, and can be quite healthy! It can be served as an appetizer or as a main course. Soup is particularly comforting on a cold day or when sick, but there are even chilled soups and dessert soups.

The key features of a soup are its texture and flavor profile. The texture of a soup depends on the base used, as well as the ingredients within and the garnish added on top. Soups can range from light to hearty to creamy, depending on the ingredients used. Using a garnish can help to provide a contrast in texture, color, and flavor.

Soup Storage and Reheating Tips

a. Cooling

After a soup has been cooked, do not move it directly into the refrigerator. Let the soup cool to 80 to 90°F first, which takes about an hour. If needed, the cooling process can be sped up by placing the pot in a sink full of cold water and stirring the soup. Portioning the soup into shallow containers will also speed cooling. Once the soup is cooled, it should be transferred to the refrigerator.

b. Storing

Store leftover soup in the refrigerator for up to 3 days. If you cannot eat all of it, it can be frozen for 1 to 3 months. Note that soups with noodles, dumplings, or dairy may not freeze well.

c. Thawing and reheating

Frozen soup should be thawed in the refrigerator overnight before reheating. Small amounts can be reheated in the microwave and large amounts can be reheated in a large pot or saucepan on the stovetop.

Key Principles of Soup Cookery

Sauté Aromatics

The first step in making a soup is sautéing your aromatic vegetables, such as onion and garlic. This not only softens them for a better texture, but also tames their harshness and builds a more complex flavor. Medium to medium-low heat is usually perfect for aromatics.

Start with Good Stock

Packaged broth or stock is a convenient option when making a soup, but the convenience often comes with a lack of flavor. The ideal base for a soup is homemade stock. There are store-bought stock bases that come in paste form and need to be mixed with water. These are the closest alternative to homemade stock.

Cut Vegetables Correctly

Most soups call for chunks of vegetables. When vegetables are cut without much care or attention, they will cook unevenly. Some pieces will be underdone and crunchy while others will be overcooked and mushy. In general, it is best to follow what the recipes says. If you are working without a recipe, cut long-cooking vegetables smaller and quick-cooking vegetables a bit larger.

Stagger the Addition of Vegetables

When a soup has a variety of vegetables that cook at different rates, it is best to add them to the pot according to how long they will take to cook. Hardy vegetables like potatoes and winter squash can handle longer cooking times than more delicate vegetables like asparagus or spinach. Add the hardy vegetables at the beginning of cooking and add the more delicate vegetables towards the end of cooking, usually about 5 to 10 minutes before the end of cooking.

Simmer, Don't Boil

Simmer soup gently, and never boil. A simmer involves a lower level of heat where only a few small bubbles gently come to the surface. Bring the soup to a boil, then immediately reduce the heat to a simmer for the rest of the cooking time. Simmering heats food more gently and evenly, allowing for better texture and flavor development.

Add Umami

For some savory umami flavor, add tomato paste, chopped tomatoes, fish sauce, anchovy paste, ground porcini mushrooms, a Parmesan rind, or a ham bone to the aromatic base. This is especially important for elevating the flavor of vegetable- or bean-based soups.

Lighten Up

Cream-based soups have a rich texture that remains in your mouth longer than broth-based soups. Classic cream soups are thickened with a roux, then finished with a cream-and-egg-yolk mixture. To avoid the added saturated fat and calories that come along with this, puree the soup until it is very smooth and light. For added smoothness, strain to remove any remaining fibers. In lieu of a cream-based finish, add evaporated milk, non-fat dry milk powder, potato flakes, pureed cooked potatoes, pureed silken tofu, or pureed white beans.

Season Just Before Serving

It is best to add salt, pepper at the end of cooking. The flavor of soup develops over time, so the tasting done at the beginning of the cooking process will be very different from that done at the end of cooking. Also, it is important to add delicate herbs and acidic ingredients (i.e. lemon juice, vinegar) at the end so that their flavors are not destroyed by the cooking process.

Components of a Soup

The Foundation

Choose a cooking fat based on the cuisine that is inspiring your soup. For example, use butter for a French soup and olive oil for an Italian soup. Use the same mindset when selecting your aromatics. Finally, select your seasonings. Try sticking to 3 or less to keep the flavors clean and simple.

Flavor Theme	Foundation Ingredients
Basic	Neutral-tasting oil, onions, salt, bacon or pancetta (Optional), garlic
French (Mirepoix)	Butter, onion, carrot, celery, peppercorns, bay leaf, and fresh parsley, and fresh thyme
Indian	Onion, garlic, cumin seed, turmeric or curry powder
Mexican	Oregano, onions, garlic, pepper paste or canned chipotle peppers in adobo sauce, chopped tomatoes.
Italian (Soffritto*)	Olive oil, onion, carrot, celery
Southeast Asian (Thai, Laotian or Vietnamese)	Shallots, ginger, lemongrass Optional: Brown sugar, white sugar, fish sauce, Thai curry paste,
Tuscan	Olive oil, onion, carrot, celery, bay leaf, fresh rosemary, fresh sage OR Olive oil, onion, carrot, celery, ground fennel seed, ground coriander, ground black pepper

*Soffritto is the Italian equivalent of a French mirepoix. However, there are a few important differences between the two. Soffritto begins with olive oil, rather than butter. It should be finely chopped, rather than diced, to allow it to disappear into the soup. Also, soffritto should be caramelized rather than simply sautéed.

The Base

The stock or broth has the most influence on the taste of a soup. Use about 1 cup stock or broth per serving, using a little more for a brothy soup and a little less for a hearty soup. Use 8 cups for a large batch of soup. If you won't eat it all within a few days, freeze the leftovers for up to 2 months.

If you don't have stock on hand, water will work. You can also use water when you want a soup with clean, light flavors, rather than rich ones.

If you are making miso, ramen, or any other Japanese soup, skip the aromatics and use dashi. Dashi is a broth that is the base for most Japanese home cooking and it is simple to make.

For a velvety soup or chowder, replace some of the water or stock with a small amount of fat-containing dairy. Coconut cream will tolerate the heat best without curdling. An alternative is to use full-fat coconut milk.

Beyond stock or broth, you can also build your base with the water from cooked beans (homemade, not canned) and the juice from canned tomatoes.

The Main Ingredients

Once you have your foundation and base, add the ingredients that inspired you to make soup in the first place. Add them to the pot raw, so they can release flavor into the soup. The soup is done when they are all tender, which can take anywhere from 25 minutes to 3 hours depending on the ingredients.

Main Ingredient	Directions
Vegetables	Use about 3 varieties for best flavor; add at different times as need based on how long each takes to cook, then simmer until all are tender; purée if desired for a creamier soup

Main Ingredient	Directions
Grains	Add uncooked grains to the pot when the liquid comes to a boil, then simmer until tender; add more liquid if needed
Legumes	Cook separately, then add about 20 minutes before the end of the cooking time OR add canned beans (drained and rinsed) about 20 minutes before the end of the cooking time; purée if desired for a creamier soup
Pasta	Add fresh or dried egg noodles about 15 to 20 minutes before the end of the cooking time OR add dried orzo, tubetti or other small pasta about 20 minutes before the end of the cooking time, then simmer stirring occasionally until tender; add more liquid if needed
Bread	Add diced stale bread to the pot about 20 minutes before the end of the cooking time, stirring occasionally until the bread falls apart; do not thin with extra liquid
Poultry	Remove skin and any excess fat; cut a whole chicken into 8 pieces, then cut or shred before serving OR cut boneless skinless chicken or turkey pieces into bite-sized chunks and add to the pot, then simmer until tender (about 10 minutes for white meat, 45 minutes for dark meat)
Meat	Remove excess fat; add whole to the pot, then cut or shred before serving OR cut into large chunks, then cut smaller or shred before serving OR cut into bite-sized chunks and add to the pot

The Garnish

Before you serve, finish each bowl with a garnish. Think of it as an opportunity to balance the flavors of a soup, add texture, and make it more eye-catching. Try to contrast what is already going on in the soup. For example, garnish a pureed soup with a crunchy ingredient. Don't be afraid to experiment with different flavors.

Flavor	Garnish Ingredients
Creaminess and tang	Sour cream, Greek yogurt, or crème fraîche
Fresh and bright	Chopped delicate fresh herbs (i.e. mint, basil, parsley, cilantro, chives, dill) or thinly sliced green onion tops
Crunch	Crushed croutons, toasted sesame seeds, toasted pumpkin seeds, roasted chickpeas, tortilla strips
Salty and tart	Crumbled soft cheese (i.e. feta, ricotta salata, goat cheese), grated hard cheese (i.e. Parmesan, pecorino, Asiago)
Rich and fruity	Good-quality extra-virgin olive oil

How to Make a Basic Soup

- 1. Heat pot.** Heat a large heavy pot (i.e. Dutch oven, stockpot) over medium heat
- 2. Heat fat.** Add the selected fat. Heat oil until shimmering, heat butter until melted.
- 3. Cook aromatics.** Add the selected chopped aromatic vegetables to the hot oil and sauté until softened.
- 4. Bloom spices.** Add the selected spices and/or dried herbs and sauté them with the aromatics until fragrant, about 1 minute.
- 5. Add base.** Add stock or broth, using 1 cup per serving. Bring the stock or broth to a boil, then reduce the heat to a simmer.
- 6. Add main ingredients.** Add the selected hardy vegetables and any meat or poultry.
- 7. Simmer.** Simmer the soup until the vegetables are tender and any meat or poultry are cooked through. Keep the pot uncovered to reduce the amount of liquid or cover the pot with a lid to maintain the amount of liquid.
- 8. Adjust seasoning.** Taste and adjust seasoning as needed.
- 9. Add delicate vegetables.** Add any delicate vegetables or delicate fresh herbs. Cook until the delicate vegetables are tender.
- 10. Add milk (Optional).** Stir in any plant-based milk if desired.
- 11. Serve.** Remove the pot from the heat and serve, garnishing as desired.

How to Make Pureed Vegetable Soup

Ingredients

Vegetables of choice
Stock or broth
Plant-based milk (Optional)

Equipment

Chef's knife
Cutting board
Dutch oven
Wooden spoon
Ladle
Blender
Dish towel
Liquid measuring cup

- 1. Build flavor base.** Cook chopped aromatic vegetables in olive oil or butter until softened.
- 2. Cook vegetables until tender.** Add the main vegetables and add just enough stock or broth to cover the vegetables. Bring the stock or broth up to a gentle simmer and cook until the vegetables are tender but not overcooked.
- 3. Puree safely.** Let the vegetables and cooking liquid cool for 5 minutes. Working in small batches, fill the blender halfway with the vegetables and cooking liquid. Remove the center plastic piece from the blender lid. Place the lid on the blender and cover it with a folded dish towel. Pulse several times, then blend continuously until the mixture is completely smooth. Pour the pureed vegetable soup into a clean pot and set over medium heat. Repeat the blending process with any remaining vegetables and liquid.
- 4. Reheat and enrich.** Warm the pureed soup in the pot over medium to high heat, simmering to thicken if needed. Stir in the plant-based milk, if using, and adjust seasonings.

How to Make Vegetable Stock

Ingredients

Onions, chopped
Celery ribs, chopped
Carrots, peeled and chopped
Green onions, chopped
Garlic cloves, peeled and smashed
Avocado oil or extra-virgin olive oil
Salt
Water
Head of cauliflower, cored and cut into 1-inch florets
Plum tomato, cored and chopped
Sprigs fresh thyme
Bay Leaves
Black peppercorns

Equipment

Large Dutch oven or stockpot
Stirring utensil (i.e. wooden spoon)
Fine-mesh strainer

- 1. Add ingredients.** Combine 3 chopped onions, 2 chopped celery ribs, 2 peeled and chopped carrots, 8 chopped green onions, 15 peeled and smashed garlic cloves, 1 teaspoon olive oil, and 1 teaspoon salt in large Dutch oven or stockpot.
- 2. Sweat aromatics.** Cover and cook over medium-low heat, stirring often, until golden brown fond has formed on bottom of pot, 20 to 30 minutes.
- 3. Add remaining ingredients.** Stir in 12 cups water, 1 head cauliflower florets, 1 chopped plum tomato, 8 sprigs thyme, 3 bay leaves, and 1 teaspoon peppercorns.
- 4. Bring to a simmer.** Bring the water to a simmer over high heat.

- 5. Reduce heat and continue cooking.** Partially cover the pot with a lid. Reduce the heat to a gentle simmer, and cook until stock tastes rich and flavorful, about 1 1/2 to 2 hours.
- 6. Strain.** Strain stock gently through fine-mesh strainer (do not press on solids).
- 7. Use or freeze.** Refrigerate for up to 4 days or freeze up to 6 months.

How to Make Herb Stock

Source: Mark Bittman

Ingredients

Hearty fresh herb sprigs (i.e. rosemary, thyme, sage, or a combination)
Fresh parsley
Bay leaves
Garlic cloves
Black peppercorns
Water

Equipment

Large Dutch oven or stockpot
Stirring utensil (i.e. wooden spoon)
Fine-mesh strainer

- 1. Add ingredients.** Combine a small handful of hearty fresh herb sprigs (i.e. rosemary, thyme, sage, or a combination), a large handful of fresh parsley sprigs, 2 to 3 bay leaves, 1 to 2 peeled and smashed garlic cloves, a pinch of black peppercorns, and 6 cups water in a large Dutch oven or stockpot.
- 2. Bring to bare simmer, then turn off heat.** Bring the water barely to a simmer, then turn off the heat.
- 3. Steep.** Steep the ingredients in the water until the flavor has infused, about 3 to 5 minutes.
- 4. Strain.** Strain the stock gently through a fine-mesh strainer (do not press on the solids).
- 5. Use or freeze.** Refrigerate for up to 4 days or freeze up to 6 months.

How to Make Rustic Tomato Stock

Source: Mark Bittman

Ingredients

Minced garlic
Minced anchovies
Avocado oil or extra-virgin olive oil
Crushed canned tomatoes (with canning juice)
Water
Thyme, rosemary or basil (or a combination)

Equipment

Chef knife
Cutting board
Dutch oven (or other large heavy-bottomed pot)
Liquid measuring cup
Stirring utensil (i.e. wooden spoon)
Tongs

- 1. Heat pot.** Heat a Dutch oven (or other large heavy-bottomed pot) over medium heat.
 - 2. Sauté aromatics.** Sauté 1 tablespoon minced garlic and 2 teaspoons minced anchovies in 1 tablespoon olive oil until fragrant, about 30 to 60 seconds.
 - 3. Add remaining ingredients.** Add 3 cups crushed canned tomatoes, 3 cups water, and 1 sprig thyme, rosemary or basil (or a combination).
 - 4. Boil.** Bring the mixture to a boil.
 - 5. Simmer.** Immediately reduce the heat to a simmer. Cook for 30 minutes to 1 hour, until the desired level of flavor is reached.
 - 6. Remove herbs.** Remove the herb sprig(s).
- 1. Use or freeze.** Refrigerate for up to 4 days or freeze up to 6 months.

How to Make Miso Stock

Source: Mark Bittman

Ingredients

Water

Miso

Equipment

Liquid measuring cup

Dutch oven (or other large heavy-bottomed pot)

Small bowl

Whisk

Stirring utensil (i.e. wooden spoon)

Fine-mesh strainer

Large heatproof bowl

- 1. Heat water.** Add 6 cups water to a Dutch oven (or other large heavy-bottomed pot). Set over high heat and heat to a rapid simmer (just under a boil).
- 2. Temper miso.** In a small bowl, combine 1/3 to 1/2 cup miso with a splash of the simmering water. Whisk until smooth.
- 3. Reduce heat.** Reduce the heat under the pot to low. When the simmering has stopped, whisk the miso mixture into the pot. Do not boil this mixture.
- 4. Use or freeze.** Refrigerate for up to 4 days or freeze up to 6 months.

How to Make Tempeh Stock

Source: Mark Bittman

Ingredients

Tempeh, crumbled

Water

Equipment

Large Dutch oven or stockpot

Stirring utensil (i.e. wooden spoon)

Fine-mesh strainer

- 1. Add ingredients.** Combine 1 pound crumbled tempeh and 6 cups water in a large Dutch oven or stockpot.
- 2. Boil water.** Bring the water to a boil over high heat.
- 3. Simmer.** Immediately reduce the heat to a simmer. Cook for until the desired level of flavor is reached, about 5 to 15 minutes but no longer than 15 minutes.
- 4. Strain.** Strain the stock gently through a fine-mesh strainer (do not press on the solids).
- 5. Use or freeze.** Refrigerate for up to 4 days or freeze up to 6 months.

How to Make Mushroom Stock

Source: Mark Bittman

Ingredients

Button mushrooms, trimmed
Water
Dried porcini mushrooms

Equipment

Chef knife or paring knife
Cutting board
Liquid measuring cup
Dutch oven (or other large heavy-bottomed pot)
Stirring utensil (i.e. wooden spoon)
Fine-mesh strainer
Large heatproof bowl

- 1. Combine ingredients.** Toss 1 pound of trimmed button mushrooms, 3 dried porcini mushrooms, and 6 cups water to a Dutch oven (or other large heavy-bottomed pot).
- 2. Boil water.** Bring the water to a boil over high heat.
- 3. Simmer.** Immediately reduce the heat to a simmer. Cook for 10 to 15 minutes, or until the desired level of flavor is reached.
- 4. Strain.** Pour the stock through a fine-mesh strainer into a large heatproof bowl. The mushrooms can be discarded or used in another recipe.
- 5. Use or freeze.** Refrigerate for up to 4 days or freeze up to 6 months.

Lesson 10 Recipes

Whatever You Want Soup

Adapted from a recipe by cooking.nytimes.com

Serves 6 to 8

Total time: 45 minutes

Ingredients

- 1 tablespoon olive oil, avocado oil, or butter
- 2 medium onions, diced
- 3 cloves garlic, sliced
- Salt, to taste
- 6-12 cups vegetables and any other add-ins (see Recipe Notes)
- About 8 cups water or low-sodium stock, preferably homemade (see Recipe Notes)

Directions

1. Set a large Dutch oven or stockpot over medium heat.
2. Add the oil or butter.
3. When the oil shimmers or the butter melts, add the onions, garlic, and a generous pinch of salt.
4. Cook, stirring occasionally, until the onions are tender, about 15 minutes.
5. Place the vegetables and any other add-ins to the pot.
6. Add enough water or stock to cover all the ingredients.
7. Season lightly with salt.
8. Increase the heat to high and bring the liquid to a boil, then reduce to a simmer.
9. Cook until the flavors have come together, the vegetables are tender, and any meat or poultry is cooked through, about 20 minutes more.
10. Taste and adjust seasoning as needed.
11. Add more hot liquid if needed to thin the soup to the desired consistency.
12. Taste and adjust seasoning again if needed.

13. Serve hot, garnishing as desired. Keep covered in the refrigerator for up to 5 days, or freeze for up to 2 months. Return the soup to a boil before eating.

Recipe Notes

- For add-ins, you can use a combination of vegetables diced into 3/4-inch pieces (use one or more: carrots, fennel, celery, leeks, winter squash, potatoes or parsnips); cooked beans, lentils or chickpeas; up to 4 cups of sliced kale or green cabbage; and/or up to 4 cups of cooked, chopped or shredded chicken, meat, or pork.
- If desired, replace some of the cooking liquid with bean cooking broth, plant-based milk, silken tofu, or chopped tomatoes in their juices.

Nutrition Information

Per serving (1/8th of the recipe, with 4 cups protein source added):
210 Calories, 3.5 g Total Fat (1.5 g Saturated Fat), 445 mg Sodium,
19 g Total Carbohydrate (5.5 g Fiber), 24 g Protein

Minted Pea Soup

Adapted from a recipe by bbcgoodfood.com

Serves 4

Ingredients

- 1 bunch spring onions
- 1 tablespoon extra-virgin olive oil or avocado oil
- 1 (10-ounce) bag frozen peas
- 3 cups hot low-sodium vegetable stock
- 1 small bunch mint, lightly bruised with a blunt object
- 3 tablespoons plain Greek yogurt
- Salt, to taste
- Pepper, to taste

Directions

1. Thinly slice the spring onions, reserving some of the green tops for garnish.
2. Set a medium pot over medium heat.
3. Add the oil and heat until shimmering.
4. Add the spring onions and sauté until slightly softened, about 1 minute.
5. Add the peas and stock and bring to the boil, then reduce to a simmer.
6. Stir in the bunch of mint. Simmer for 5 minutes, then remove the mint.
7. Blend half the soup with a blender, food processor, or immersion blender.
8. Return the pureed soup to the pot.
9. Add the Greek yogurt and reheat gently over low heat.
10. Taste and season with salt and pepper, as needed.
11. Ladle into bowls, then sprinkle with the reserved spring onion tops.

Nutrition Information

Per serving (1/4th of the recipe): 117 Calories, 3.5 g Total Fat (0.5 g Saturated Fat), 357 mg Sodium, 16 g Total Carbohydrate (5 g Fiber), 6 g Protein

Roasted Squash Bisque with Macadamias

Recipe by Sharon Palmer, RD

Serves 4

Ingredients

- 1 small winter squash, about 2 pounds (about 3 cups chopped)
- 2 cups reduced-sodium vegetable stock
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon ground nutmeg
- 2/3 cup unsweetened plant-based milk
- 1/4 cup finely chopped macadamia nuts

Directions

1. Preheat oven to 375°F.
2. Cut the squash in half and scoop out the seeds.
3. Place the halves on a baking sheet with cut sides down and prick the skin with a sharp knife.
4. Bake for approximately until the flesh is tender, about 50 to 60 minutes.
5. Let the squash cool slightly.
6. Scoop out the flesh into a blender or food processor.
7. Add the stock, black pepper, and nutmeg and process until smooth.
8. Pour the soup into a large saucepan and heat over low heat, stirring constantly, until it comes to a slow boil.
9. Stir in the plant-based milk and continue to cook only until the soup bubbles and is heated through.
10. Transfer the soup into serving bowls and garnish with the chopped macadamia nuts.

Nutrition Information

Per serving (1/4th of the recipe): 130 Calories, 8.5 g Total Fat (2 g Saturated Fat), 416 mg Sodium, 16 g Total Carbohydrate (3 g Fiber), 2 g Protein

Carrot and Coriander Soup

Adapted from a recipe by bbcgoodfood.com

Serves 4 to 6

Ingredients

- 1 tablespoon extra-virgin olive oil or avocado oil
- 1 onion, chopped
- 1 potato, chopped
- 1 teaspoon plus 1 handful ground coriander, divided
- 1 pound carrots, peeled and chopped
- 5 cups low-sodium vegetable stock
- Salt, to taste
- Pepper, to taste

Directions

1. Heat a Dutch oven or stockpot over medium heat.
2. Heat the oil until shimmering.
3. Add the onion, then sauté until softened, about 5 minutes.
4. Stir in the potato and 1 teaspoon ground coriander. Cook for 1 minute.
5. Add the carrots and stock.
6. Bring to a boil, then reduce to a simmer.
7. Cover with a lid and cook until the carrots are tender, about 20 minutes.
8. Add the handful of ground coriander, then puree with a blender, food processor, or immersion blender.
9. Return the soup to the pot if applicable.
10. Taste and season with salt and pepper as needed.
11. Reheat to serve.

Nutrition Information

Per serving (1/4th of the recipe): 146 Calories, 3.5 g Total Fat (0.5 g Saturated Fat), 451 mg Sodium, 26 g Total Carbohydrate (5.5 g Fiber), 3.5 g Protein

Gazpacho

Recipe by Alton Brown

Serves 4

Prep time: 45 minutes, **Total time: 2 hours 45 minutes**

Ingredients

- 1 1/2 pounds vine-ripened tomatoes, peeled, seeded and chopped
- Water
- Tomato juice
- 1 cup cucumber, peeled, seeded and chopped
- 1/2 cup chopped red bell pepper
- 1/2 cup chopped red onion
- 1 small jalapeño, seeded and minced
- 1 medium garlic clove, minced
- 1/4 cup extra-virgin olive oil
- 1 lime, juiced
- 2 teaspoons balsamic vinegar
- 2 teaspoons lite tamari or soy sauce
- 1/2 teaspoon toasted, ground cumin
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 2 tablespoons fresh basil leaves, chiffonade

Directions

1. Fill a 6-quart pot halfway full of water.
2. Set over high heat and bring to a boil.
3. Meanwhile, make an X with a paring knife on the bottom of each tomato.
4. Drop the tomatoes into the boiling water for 15 seconds, then remove and transfer to an ice bath.
5. Allow tomatoes to cool until able to handle, about 1 minute.
6. Remove tomatoes from the ice bath and pat dry.
7. Peel, core and seed the tomatoes. When seeding the tomatoes, place the seeds and pulp into a fine mesh strainer set over a bowl to catch the juice. Press as much of the juice through as possible

8. Add enough bottled tomato juice to bring the total to 1 cup.
9. Place the tomatoes and juice to a large mixing bowl.
10. Add the cucumber, bell pepper, red onion, jalapeño, garlic clove, olive oil, lime juice, balsamic vinegar, tamari or soy sauce, cumin, salt, and pepper. Stir to combine.
11. Transfer 1 1/2 cups of the mixture to a blender and puree for 15 to 20 seconds on high speed.
12. Return the pureed mixture to the bowl and stir to combine.
13. Cover and chill for 2 hours and up to overnight.
14. Serve with a sprinkle of basil chiffonade.

Nutrition Information

Per serving (1/4th of the recipe): 152 Calories, 13 g Total Fat (2 g Saturated Fat), 606 mg Sodium, 11 g Total Carbohydrate (2 g Fiber), 2 g Protein

Creamless Creamy Tomato Soup

Adapted from a recipe by America's Test Kitchen

Serves 6 to 8

Ingredients

- 1/4 cup extra-virgin olive oil, plus more for drizzling
- 1 medium onion, chopped medium (about 1 cup)
- 3 medium garlic cloves, minced or pressed through garlic press (about 1 tablespoon)
- Pinch hot red pepper flakes (Optional)
- 1 bay leaf
- 2 (28-ounce) cans whole tomatoes packed in juice
- 1 tablespoon brown sugar (Optional)
- 3 large slices good-quality sandwich bread, crusts removed, torn into 1-inch pieces
- 2 cups low-sodium vegetable stock
- Salt, to taste
- Ground black pepper, to taste plus more for serving
- 1/4 cup chopped fresh chives

Directions

1. Heat a Dutch oven over medium-high heat
2. Add 2 tablespoons oil and heat until shimmering.
3. Add the onion, garlic, red pepper flakes (if using), and bay leaf.
4. Cook, stirring frequently, until the onion is translucent, about 3 to 5 minutes.
5. Stir in the tomatoes and their juice.
6. Using a potato masher, mash until no pieces bigger than 2 inches remain.
7. Stir in sugar and bread.
8. Bring the soup to a boil, then reduce the heat to medium.
9. Cook, stirring occasionally, until the bread is completely saturated and starts to break down, about 5 minutes.
10. Remove and discard the bay leaf.

11. Transfer half of the soup to a blender.
12. Add 1 tablespoon oil and process until the soup is smooth and creamy, about 2 to 3 minutes.
13. Transfer the pureed soup to a large bowl.
14. Repeat Steps 10-13 with the remaining soup and oil.
15. Rinse out the Dutch oven and return the pureed soup to the pot.
16. Stir in the vegetable stock.
17. Return the soup to a boil.
18. Season to taste with salt and pepper.
19. Serve soup in individual bowls.
20. Sprinkle each portion with pepper, chives, and drizzle with olive oil.

Recipe Notes

- If half of the soup fills your blender by more than two-thirds, process the soup in three batches. You can also use an immersion blender to process the soup directly in the pot.
- For an even smoother soup, pass the pureed mixture through a fine-mesh strainer before stirring in the vegetable stock.

Nutrition Information

Per serving (1/8th of the recipe): 134 Calories, 7 g Total Fat (1 g Saturated Fat), 267 mg Sodium, 17 g Total Carbohydrate (2 g Fiber), 3 g Protein

Silky Butternut Squash Soup

Adapted from a recipe by America's Test Kitchen

Serves 4 to 6

Ingredients

- 1/4 cup extra-virgin olive oil
- 2 medium shallots, minced (about 1/4 cup)
- 3 pounds butternut squash (about 1 large), unpeeled, squash halved lengthwise, seeds and stringy fibers scraped with spoon and reserved (about 1/4 cup), and each half cut into quarters
- 6 cups water
- Salt
- 1/2 cup plant-based milk

Directions

1. Heat the oil in a large Dutch oven or stock pot over medium-low heat until shimmering.
2. Add the shallots and cook, stirring frequently, until softened and translucent, about 3 minutes.
3. Add the squash scrapings and seeds. Cook, stirring occasionally, until fragrant and the butter turns saffron color, about 4 minutes.
4. Add 6 cups water and 1 teaspoon salt to the Dutch oven.
5. Bring to a boil over high heat, then reduce heat to medium-low.
6. Place the squash cut-side down in a steamer basket, and lower the basket into the pot.
7. Cover and steam until the squash is completely tender, about 30 minutes.
8. Remove the pot from the heat.
9. Use tongs to transfer the squash to a rimmed baking sheet, reserving the steaming liquid.
10. When cool enough to handle, use a large spoon to scrape the squash flesh from the skin into a medium bowl. Discard skin.

11. Pour the reserved steaming liquid through a fine-mesh strainer into a second bowl. Discard solids that collect in the strainer.
12. Rinse and dry Dutch oven.
13. In a blender, puree the squash and reserved liquid in batches, pulsing on low until smooth.
14. Transfer the puree to the now-empty Dutch oven.
15. Stir in the milk and brown sugar (if using).
16. Heat over medium-low heat until hot.
17. Taste and adjust seasoning if needed.
18. Serve immediately.

Recipe Notes

- If you don't own a folding steamer basket, a pasta pot with a removable pasta insert works well.
- Some nice garnishes for the soup are freshly grated nutmeg, a drizzle of balsamic vinegar, or a sprinkle of paprika.

Nutrition Information

Per serving (1/6th of the recipe): 190 Calories, 9 g Total Fat (1.5 g Saturated Fat), 415 mg Sodium, 29 g Total Carbohydrate (5 g Fiber), 3 g Protein

Pureed Broccoli Soup with Basil

Adapted from a recipe by America's Test Kitchen

Serves 4 to 6

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 medium onion, 3 medium shallots, or 1 medium leek (white and light green parts only), chopped
- 2 pounds broccoli, stalks discarded and florets cut into bite-size pieces (about 5 cups)
- 2 cups low-sodium vegetable stock
- 1/2 teaspoon salt
- Ground white pepper, to taste (can substitute black pepper)
- 1/2-3/4 cup plant-based milk
- 2 tablespoons minced fresh basil leaves

Directions

1. Heat large saucepan over medium to medium-high heat.
2. Add the oil and heat until shimmering.
3. Add the onion and sauté until golden, about 5 minutes.
4. Add the broccoli, stock, salt, and pepper.
5. Bring the stock to a boil, then reduce the heat to a simmer.
6. Cover with the saucepan with a lid and cook until the broccoli is tender, about 10 minutes.
7. Ladle the soup into a blender.
8. Add 1/2 cup milk to the blender.
9. Blend until very smooth.
10. Return the pureed soup to the saucepan.
11. Cook over low heat until warmed through.
12. If the warmed soup is too thick, stir in up to 1/4 cup additional milk to thin the consistency.
13. Adjust the seasonings as needed.

14. Ladle the soup into individual serving bowls.
15. Garnish with minced basil and serve immediately.

Recipe Notes

- The soup can be covered and refrigerated for up to 5 days. Reheat the soup just before serving.

Nutrition Information

Per serving (1/6th of the recipe): 90 Calories, 4 g Total Fat (1.5 g Saturated Fat), 517 mg Sodium, 14 g Total Carbohydrate (4.5 g Fiber), 5 g Protein

Curried Creamy Sweet Potato Soup

Adapted from a recipe by Teaspoonofspice.com

Serves 6 to 8

Ingredients

- 2 large sweet potatoes, scrubbed, unpeeled
- 1 small onion
- 2 tablespoons avocado oil, divided
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper, divided
- 1 clove garlic, minced
- 1 1/2 teaspoons curry powder
- 1 teaspoon cumin
- 1/2 teaspoon turmeric
- 1/8 teaspoon cayenne pepper
- 3 cups low-sodium vegetable stock
- 1 cup light coconut milk
- Plain yogurt (dairy or vegan)
- Fresh Italian parsley, chopped

Directions

1. Preheat oven to 425°F.
2. Cut the sweet potatoes and onion into 1/2-inch chunks.
3. Put the sweet potatoes and onion pieces in a mixing bowl.
4. Drizzle with 1 tablespoon avocado oil.
5. Sprinkle with the salt and 1/4 teaspoon pepper.
6. Mix until well coated.
7. Spread the sweet potatoes and onion pieces onto a baking sheet.
8. Place the baking sheet in the oven and roast until the vegetables are cooked through, about 20 to 25 minutes, stirring occasionally.
9. While the vegetables are roasting, heat the remaining 1 tablespoon oil in a large pot over medium heat.

10. Add the garlic and cook until fragrant, about 30 to 60 seconds, stirring often.
11. Add the curry powder, cumin, turmeric, 1/4 teaspoon black pepper, and cayenne pepper.
12. Cook until the spices are fragrant, about 1 more minute, stirring often.
13. Add the roasted sweet potatoes, roasted onions, and vegetable stock. Stir to combine.
14. Bring the stock to a boil over high heat, then reduce the heat to a simmer.
15. Cook for 5 more minutes.
16. Remove the pot from the heat and let it sit for 5 minutes.
17. Add half of the soup to a blender.
18. Place the lid on the blender with the center plastic piece removed.
19. Place a folded up dish towel over the hole in the lid.
20. Carefully puree the soup until it is completely smooth.
21. Repeat the blending process with the rest of the soup.
22. Return the pureed soup to the pot.
23. Stir in the coconut milk.
24. Cook over medium heat until heated through, about 5 more minutes.
25. Serve, topped with a dollop of yogurt and sprinkle of parsley if desired.

Nutrition Information

Per serving (1/8th of the recipe): 151 Calories, 4.5 g Total Fat (1 g Saturated Fat), 221 mg Sodium, 25 g Total Carbohydrate (4 g Fiber), 2.5 g Protein

Creamy Brussels Sprouts Soup

Adapted from a recipe by blog.hellofresh.com

Serves 6 to 8

Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 rib celery, trimmed and chopped
- 1 medium onion, chopped
- 1 clove garlic, minced
- 2 russet potatoes, cut into cubes
- 1 pound Brussels sprouts, stems removed, washed, roughly chopped
- 1 teaspoon nutmeg
- 3 cups vegetable stock
- 2-4 tablespoons plant-based half-and-half or coconut cream (Optional)
- Salt, to taste
- Pepper, to taste

Directions

1. Heat the oil in a medium pot over medium heat.
2. Add the celery and onion. Cook, stirring frequently, until the celery and onion are softened, about 3 to 4 minutes.
3. Add the garlic and cook until fragrant, about 1 to 2 minutes.
4. Add the potatoes, Brussels sprouts, and nutmeg. Cook, stirring occasionally for about 5 more minutes.
5. Add the stock and bring it to a boil, then reduce the heat to a simmer.
6. Continue cooking until the potatoes are tender, about 15 to 20 minutes.
7. Use a blender or food processor to purée the soup.
8. (Optional) Stir in the half-and-half or coconut cream, if desired.
9. Season to taste with salt and pepper.

Nutrition Information

Per serving (1/8th of the recipe): 109 Calories, 4 g Total Fat (3 g Saturated Fat), 276 mg Sodium, 16.5 g Total Carbohydrate (4 g Fiber), 3 g Protein

Split Pea Soup

Adapted from a recipe by America's Test Kitchen

Serves 6 to 8

Ingredients

- 1 tablespoon avocado oil
- 1 large onion, chopped fine (about 1 1/2 cups)
- Salt
- 2 garlic cloves, minced
- 7 cups water
- 1 teaspoon smoked paprika or cumin
- 1 pound (about 2 cups) green split peas, picked through and rinsed
- 2 sprigs fresh thyme
- 2 bay leaves
- 2 medium carrots, peeled and cut into 1/2-inch pieces (about 1 cup)
- 1 medium celery rib, cut into 1/2-inch pieces (about 1 cup)
- Ground black pepper

Directions

1. Heat a large Dutch oven over medium to medium-high heat.
2. Add the oil and heat until shimmering.
3. Add the onion and 1/4 teaspoon salt.
4. Cook, stirring frequently, until the onion is softened, about 3 to 4 minutes.
5. Add the garlic and cook until fragrant, about 30 seconds.
6. Add the water, smoked paprika or cumin, peas, thyme, and bay leaves.
7. Increase the heat to high and bring to a simmer, stirring frequently to keep peas from sticking to bottom.
8. Reduce the heat to low.
9. Cover and simmer until the peas are tender but not falling apart, about 45 minutes.
10. Stir in the carrots and celery.

11. Continue to simmer, covered, until the vegetables are tender and the peas have almost completely broken down, about 30 minutes longer.
12. Remove and discard the thyme sprigs and bay leaves.
13. Season to taste with salt and pepper and serve.

Nutrition Information

Per serving (1/8th of the recipe): 215 Calories, 1 g Total Fat (0 g Saturated Fat), 250 mg Sodium, 39 g Total Carbohydrate (16 g Fiber), 14.5 g Protein

Black Bean Soup

Adapted from a recipe by America's Test Kitchen

Serves 6

Ingredients

- 1 pound (about 2 1/2 cups) dried black beans, picked over and rinsed
- 5 cups plus 2 tablespoons water, divided, plus extra as needed
- 1 teaspoon smoked paprika or cumin
- 2 bay leaves
- 1/8 teaspoon baking soda
- Salt
- 3 tablespoons olive oil
- 2 large onions, chopped fine
- 1 large carrot, peeled and chopped fine
- 3 celery ribs, chopped fine
- 5-6 garlic cloves, minced
- 1/2 teaspoon red pepper flakes
- 1 1/2 tablespoons ground cumin
- 6 cups low-sodium vegetable stock
- 2 tablespoons cornstarch
- 2 tablespoons lime juice

Garnishes

- Lime wedges
- Minced cilantro
- Red onion, diced fine
- Avocado, halved, pitted, and diced
- Plain Greek yogurt or low-fat sour cream

Directions

1. Place the beans, 5 cups water, smoked paprika or cumin, bay leaves, and baking soda in a large saucepan with a tight-fitting lid.
2. Bring the water to a boil over medium-high heat. Using a large spoon, skim the foam from the surface as needed.
3. Stir in 1 teaspoon salt.
4. Reduce the heat to low.

5. Cover and simmer briskly until the beans are tender, about 1 1/4 to 1 1/2 hours. Do not drain beans. If, after 1 1/2 hours, the beans are not tender, add 1 cup more water and continue to simmer until tender.
6. Discard the bay leaves.
7. Heat a Dutch oven over medium to medium-high heat.
8. Add the oil and heat until shimmering.
9. Add the onions, carrot, and celery. Cook, stirring occasionally, until the vegetables are soft and lightly browned, about 12 to 15 minutes.
10. Reduce the heat to medium-low.
11. Add the garlic, red pepper flakes, and cumin. Cook, stirring constantly until fragrant, about 3 minutes.
12. Stir in the beans, bean cooking liquid, and vegetable stock.
13. Increase the heat to medium-high and bring to a boil, then reduce the heat to low.
14. Simmer uncovered, stirring occasionally, until the flavors are blended, about 30 minutes.
15. Ladle 1 1/2 cups beans and 2 cups liquid into a food processor or blender. Process until smooth, then return the mixture to the pot.
16. Stir together the cornstarch and 2 tablespoons water in a small bowl, then gradually stir half of the cornstarch mixture into the soup.
17. Bring the soup to a boil over medium-high heat, stirring occasionally, to fully thicken.
18. If the soup is still thinner than desired once boiling, stir the remaining cornstarch mixture to recombine and then gradually stir the mixture into the soup.
19. Return the soup to a boil to fully thicken.

Nutrition Information

Per serving (1/6th of the recipe, without garnishes): 380 Calories, 8 g Total Fat (1 g Saturated Fat), 667 mg Sodium, 61 g Total Carbohydrate (13.5 g Fiber), 17.5 g Protein

Roasted Onion Cream

Recipe by Genius Recipes (originally adapted from ChefSteps.com)

Makes about 1 cup

A brighter plant-based alternative to cream for soups, sauces, and sides.

Ingredients

- 3 large onions (sweet or regular)
- Salt, to taste
- Fresh-squeezed lemon juice, to taste
- Olive oil, to taste



Directions

1. Preheat the oven to 400°F.
2. Coat the onions lightly with oil.
3. Place the onions in an oven-safe skillet or roasting pan that fits them snugly.
4. Roast the onions in the skillet or roasting pan for about 45 minutes, or until they are very dark on the outside and molten soft on the inside. The insides should not have taken on any color.
5. Let the onions cool.
6. Once the onions have cooled, remove the peels and place the onions in a food processor or blender.
7. Blend the onions until they are very smooth, about 3 to 5 minutes.
8. Finish by adding salt, freshly squeezed lemon juice, and olive oil to taste.
9. Blend 20 to 30 seconds more, until combined.
10. Taste and adjust seasoning further, if needed.

Recipe Notes

- Use as you would heavy cream or sour cream to finish or garnish a dish, such as soups.
- **Storage Tip:** Keep in the fridge for up to 3 days, or freeze for up to two weeks. In either case, blend for 20 to 30 seconds to reincorporate just before serving.

Nutrition Information

Per serving (1/8th of the recipe, about 2 tablespoons): 25 Calories, 0 g Total Fat, 145 mg Sodium, 6 g Total Carbohydrate (1.5 g Fiber), 0.5 g Protein

Lesson 11

Fermentation

This lesson will cover:

- The definition probiotics and sources of probiotics
- What is fermentation and what are the benefits
 - Examples of fermented foods
 - Examples of prebiotic foods
- How to make various fermented foods at home

Lesson 11: Fermentation

Fermentation and Probiotics 101

Our gut is teeming with tiny creatures called bacteria and yeasts. When they are healthy, these **good bacteria and yeasts (also called probiotics)** may help to improve digestion, boost immunity, and reduce inflammation.

There is plenty that you can do to keep your gut bacteria and yeasts healthy. While probiotic supplements are available, the most effective and sustainable way to get enough good probiotic bacteria and yeasts is by eating fermented foods.

Where to Get Fermented Foods

Several fermented foods are available at grocery stores, sometimes in the health food section. You also have the option of making them at home. There is plenty of information about how to do this on the Internet, as well as supplies to help get you started.

Examples of Fermented Foods

- **Yogurt**
Made by fermenting milk. Look for products with the "Live & Active Cultures" seal. Enjoy on its own, with fresh fruit and nuts or seeds, or use plain as a substitute for sour cream.
- **Kombucha**
Made by fermenting sweetened tea, kombucha is a tangy and slightly bubbly drink. It can be enjoyed as is or flavored with herbs or fruit.
- **Milk Kefir**
Made by fermenting milk, milk kefir tastes like tangy drinkable yogurt. It is full of calcium and probiotics, including some beneficial yeasts. It can be enjoyed as-is or added to recipes.
- **Lacto-Fermented Vegetables**
Made by fermenting any vegetable with lactic acid, lacto-fermented vegetables are crisp and tangy.

- **Water kefir**
Made by fermenting sugary water, water kefir tastes fizzy and tangy like a healthy soda. It can be flavored with fruit, fruit juice, or herbs for added interest.
- **Lacto-Fermented Oatmeal**
Made by soaking oats overnight with yogurt or kefir. Enjoy as you would regular oatmeal.
- **Sauerkraut**
Made from just cabbage, salt, and maybe some spices. Add it to your sandwich or mix a little into your sautéed greens for some extra zing. Look for it in the refrigerated section near the deli or try making it at home!
- **Kimchi**
Also made by fermenting cabbage, kimchi is sauerkraut's spicy cousin. Look for it in the refrigerated section near the deli.
- **Miso**
A fermented paste made from barley, rice or soybeans, miso adds a nice umami flavor to dishes. Try it in sauces, soups, and marinades. It is bold, so a little goes a long way (which is good because it is also high in sodium).
- **Beet Kvass**
Made with beets, salt, and water, beet kvass is a fermented beverage with the earthy flavor of beets and little fizziness.
- **Homemade Ginger Ale**
A beverage made from fresh ginger and water, fermented with champagne yeast.
- **Homemade Sparkling Cider**
A sweet and fizzy beverage made with fresh-pressed cider fermented by champagne yeast.
- **Preserved Lemons**
A staple in many Middle Eastern recipes, preserved lemons are made from lemons, salt, and maybe a little extra lemon juice.
- **Tempeh**
Made from fermented soybeans. With a slightly nutty flavor, tempeh is a good source of probiotics and a source of vegetarian protein. Pan-fry and enjoy it on its own, in place of ground beef in a recipe, or crumbled a salad.
- **Sourdough bread**
Made using wild yeast. Although sourdough bread is made using fermentation, the yeast are killed in the baking process and no longer available as probiotics.

Prebiotic Foods

Prebiotic foods contain certain **fibers** that help the probiotics (good bacteria and yeasts) to thrive in your gut. Examples of these prebiotic foods include:

Prebiotic Vegetables

- Asparagus
- Artichokes
- Jerusalem artichokes
- Leeks
- Fennel bulb
- Garlic
- Onions
- Green peas
- Snow peas
- Shallots

Prebiotic Fruits

- Bananas
- Nectarines
- Pomegranates
- White peaches

Other Prebiotic Foods

- Honey
- Legumes
- Whole grains

NOTE: Any time that you decide to add or increase foods or beverages with prebiotics and/or probiotics, make sure to do so slowly and to drink plenty of water.

How to Make Yogurt

Ingredients

Milk (whole or 2% work best, but 1% or skim can be used)
Store-bought plain yogurt with active cultures

Equipment

3 quart or larger Dutch oven or heavy saucepan with a lid
Spatula
Instant-read or candy thermometer
Small measuring cup or small bowl
Whisk
Storage container(s)

Good to Know

Yogurt cultures can be adapted to ferment soy milk. Use the same proportions of ingredients and follow the same steps. If you do not wish to use dairy yogurt as your starter, you can purchase soy yogurt starter cultures.

- 1. Heat milk while stirring.** Pour 1/2 gallon of milk into the Dutch oven and set over medium to medium-high heat. Warm the milk to right below boiling (scalding). The actual temperature should be 180°F. Stir the milk gently as it heats to make sure the bottom doesn't scorch and the milk doesn't boil over. This heating step is necessary to change the protein structure in the milk so it sets as a solid instead of separating.
- 2. Cool milk.** Let the milk cool until it is just warm to the touch, about 112 to 115°F. Stir occasionally to prevent a skin from forming. You can help speed this along by placing the Dutch oven in a sink full of ice water and gently stirring the milk.
- 3. Thin starter yogurt with milk.** Scoop out about a cup of warm milk with a measuring cup and add 1/2 cup of store-bought plain yogurt with active cultures. Whisk until smooth and the yogurt is dissolved in the milk.
- 4. Whisk thinned starter yogurt into milk.** Pour the thinned yogurt into the warm milk while whisking gently. This inoculates the milk with the yogurt culture.

- 5. Transfer pot to cold oven.** Cover the Dutch oven with the lid and place the whole pot in a cold (turned-off) oven. Wrap the pot in a beach or bath towel to keep the milk warm as it sets (ideally around 110°F). You can also make the yogurt in a dehydrator left at 110°F or use a yogurt making device.
- 6. Ferment.** Let the yogurt sit in the cold oven for at least 4 hours, up to overnight. The exact time will depend on the cultures used, the temperature of the yogurt, and your yogurt taste preferences. The longer yogurt sits, the thicker and more tart it becomes. If this is your first time making yogurt, start checking it after 4 hours and stop when it reaches a flavor and consistency you like. Avoid moving or stirring the yogurt until it has fully set.
- 7. Stir and store.** Once the yogurt has set to your liking, remove it from the oven. If you see any watery whey on the surface of the yogurt, you can either drain this off or whisk it back into the yogurt before transferring to containers. Whisking also gives the yogurt a more consistent creamy texture. Transfer the to storage containers, cover, and refrigerate. Homemade yogurt will keep for about 2 weeks in the refrigerator.
- 8. Reserve starter.** Once you start making your own yogurt, you can use some of each batch to culture your next batch. Just save 1/2 cup to use for this purpose. If after a few batches, you notice some odd flavors in your yogurt or that it's not culturing quite as quickly, that means that either some outside bacteria has taken up residence in your yogurt or that this strain is becoming weak. As long as the batch still tastes good to you, it will be safe to eat, but go back to using some store-bought commercial yogurt in your next batch.
- 9. Make Greek yogurt (Optional).** For Greek-style yogurt, place cheesecloth in a strainer over a bowl and strain the yogurt overnight. The liquid (whey) that is strained off can be throw awayed, consumed as is, or used in recipes.

How to Make Milk Kefir

Makes 1 cup

Ingredients

Milk, preferably whole fat
Active milk kefir grains

Equipment

Glass jar
Coffee filter, paper towel, or clean napkin
Rubber band
Small fine mesh strainer
Storage container with lid

- 1. Combine milk and kefir grains.** Pour 1 cup milk into a clean pint-sized glass jar. Stir 1 teaspoon of active kefir grains. The milk can be cold or room temperature.
- 2. Cover jar.** Cover the jar with coffee filter, a paper towel, or a clean napkin and secure it with a rubber band (or just the band of a mason jar lid). Do not screw a lid onto the jar as the build-up of carbon dioxide from the fermenting grains can cause pressure to build in the jar, and in extreme cases, cause the jar to burst.
- 3. Ferment.** Store the jar at room temperature (between 65 and 85°F) away from direct sunlight. Check the jar every few hours. When the milk has thickened and tastes tangy, it's ready. This will usually take about 24 hours at average room temperatures; slower at colder temperatures and faster at warmer temperatures. If your milk hasn't fermented after 48 hours, strain out the grains and try again with fresh milk.
- 4. Strain.** Place a small strainer over the container you'll use to store the kefir. Strain the kefir into the storage container, catching the grains in the fine mesh strainer.

Good to Know

The best place to find kefir grains is from a kefir-making friend! The grains start to grow and multiply after a while, so anyone who makes kefir regularly will have extra grains to spare. If you don't have such a friend, they can be found online. They are usually sold dried, so they will need to be reactivated (see Notes).

- 5. Add grains to new milk.** Stir the grains into a fresh batch of milk and allow to ferment again. To take a break from making kefir, place the grains in fresh milk, cover tightly, and refrigerate for up to a month.
- 6. Use or store.** The prepared milk kefir can be used or drunk immediately, or covered tightly and stored in the refrigerator for up to a month.

Notes

- **Activating Dried Kefir Grains:** If you bought kefir grains in a dried form, rehydrate them by soaking them in fresh milk at room temperature. Replace with new milk every 24 hours until the grains begin to culture the milk and make kefir. It may take 3 to 7 days for the kefir grains to become fully active.
- **Milk Choice:** Kefir works best with whole-fat cow, goat, sheep, or other animal milk. You can use lowfat milks, but refresh the grains in whole fat milk if they stop fermenting the kefir as well. Raw and pasteurized milks can be used, but avoid ultra-high temperature (UHT) pasteurized milks.
- **Making More or Less Kefir:** You will need about a teaspoon of grains to ferment 1-2 cups of milk. You can also ferment less milk than this, but fermentation will go more quickly. Your grains will start to multiply over time, allowing you to ferment more milk if you would like. Maintain a ratio of about 1 teaspoon of grains to 1 cup of milk.
- **Take a Break from Making Kefir:** Transfer the grains into a fresh container of milk, cover tightly, and refrigerate for up to a month.
- **Separation:** Sometimes kefir will separate into a solid layer and milky layer if left too long. Shake the jar or whisk the kefir to recombine it. If this happens regularly, start checking your fermenting kefir sooner.
- **Limit Metal Exposure:** Avoid prolonged contact between the kefir grains and metal both during and after brewing. This can affect the flavor of your kefir and weaken the grains over time.
- **Enjoy:** Drink milk kefir just as-is or add to smoothies, lassis, and other drinks just as you would use yogurt or regular milk. You can also use it in place of yogurt, milk, or buttermilk in any recipe.

How to Make Kombucha

Makes about 1 gallon

Ingredients

Unchlorinated water (preferably distilled)

Sugar (regular granulated white sugar works best)

Unflavored black tea, green tea, white tea, or a combination

Starter tea from last batch of kombucha or store-bought kombucha (unpasteurized, neutral-flavored)

Scoby(ies), homemade or purchased online

Optional flavoring extras for bottling: 1 to 2 cups chopped fruit, 2 to 3 cups fruit juice, 1 to 2 tablespoons flavored tea (like hibiscus or Earl Grey), 1/4 cup honey, 2 to 4 tablespoons fresh herbs or spices, 4 teaspoons flavor extract (i.e. vanilla, almond, orange)

Equipment

Stock pot

1-gallon glass jar or two 2-quart glass jars

Medical-grade or food-handler's gloves (Optional, but recommended)

Tightly woven cloth (like clean napkins or tea towels), coffee filters, or paper towels, to cover the jar

Bottles: Six 16-ounce glass bottles with plastic lids, 6 swing-top bottles, or clean soda bottles

Small funnel

- 1. Boil water and add the sugar.** Bring 12 cups (3 quarts) water to a boil. Remove from heat and stir in 1 cup sugar until it dissolves.
- 2. Steep tea and cool.** Drop in 8 bags of tea (or 2 tablespoons loose tea) and allow it to steep until the water has cooled. Depending on the size of your pot, this may take a few hours. You can speed up the cooling process by placing the pot in an ice bath in your sink.
- 3. Remove steeped tea.** Once the tea is cooled, about 85 to 95°F, remove the tea bags or strain out the loose tea.

- 4. Add starter tea.** Stir in 2 cups starter tea from last batch of kombucha (or 2 cups store-bought kombucha if this is your first batch). The starter tea makes the liquid acidic, which prevents unfriendly bacteria from growing.
- 5. Add tea mixture to glass jar and add scoby.** Pour the tea mixture into a 1-gallon glass jar (or divide between two 2-quart jars, in which case you'll need 2 scobys). Gently add the scoby to the jar with very clean hands (using medical-grade or food-handler's gloves is recommended).
- 6. Cover jar.** Cover the jar with a coffee filter, a paper towel, or a clean napkin and secure it with a rubber band.
- 7. Ferment.** Keep the jar at room temperature, out of direct sunlight, and where it won't be moved. Ferment for 7 to 14 days, checking the kombucha and the scoby occasionally. It's not unusual for the scoby to float at the top, bottom, or even sideways during fermentation. A new cream-colored layer of scoby should start forming on the surface of the kombucha within a few days. It usually attaches to the old scoby, but it's ok if they separate. You may also see brown stringy bits floating beneath the scoby, sediment collecting at the bottom, and bubbles collecting around the scoby. This is all normal and signs of healthy fermentation.
- 8. Taste kombucha.** After 5 to 7 days, begin tasting the kombucha daily by pouring a little out of the jar and into a cup. When it reaches a balance of sweetness and tartness that is pleasant to you, the kombucha is ready to bottle.
- 9. Prepare new batch of tea.** Steep and cool another pot of tea for your next batch of kombucha, as outlined in Steps 2-3.
- 10. Transfer scoby.** With clean hands, gently lift the scoby out of the fermented kombucha and set it on a clean plate. As you do, check it over and remove the bottom layer if the scoby is getting very thick. This can be thrown away, composted, used in a new batch, or given to a friend.
- 11. Reserve kombucha for starter tea.** Measure out 2 cups from this batch of kombucha and set it aside for the next batch.

- 12. Bottle kombucha and flavor (Optional).** Pour the rest of the fermented kombucha (straining, if desired) into bottles using a small funnel, adding any juice, herbs, or fruit you may want to use as flavoring. Leave about 1/2 inch of headroom in each bottle. Alternatively, infuse the kombucha with flavorings for a day or two in another covered jar, strain, and then bottle.
- 13. Carbonate with second fermentation (Optional).** Store the bottled kombucha at room temperature out of direct sunlight and allow 1 to 3 days for the kombucha to carbonate (up to 14 days for flavoring). Until you get a feel for how quickly your kombucha carbonates, it's helpful to keep it in plastic bottles. The kombucha is carbonated when the bottles feel rock solid. It is a good idea to burp the bottles occasionally during the second fermentation to release excess pressure.
- 14. Store.** Refrigerate the finished kombucha for up to 1 month.
- 15. Repeat process with new batch of tea.** Combine the starter tea from your last batch of kombucha with the fresh batch of sugary tea, and pour it into the fermentation jar. Add the scoby, cover, and ferment for 7 to 10 days. The jar only needs to be cleaned about every 6 months.

Kombucha Flavoring Ideas

- Berries and mint or basil
- Berries and cinnamon
- Berries and ginger
- Lime and mint
- Lemon and ginger
- Pumpkin pie spice
- Chocolate raspberry or orange
- Chai spice blend
- Cherries and almond extract
- Pears and almond extract
- Apple juice and cinnamon
- Lemon or lime and ginger
- Pineapple juice, coconut water, and coconut extract
- Vanilla beans (split open) or vanilla extract
- Fresh or candied ginger
- Coconut extract
- Lavender and chamomile
- 50/50 with lemonade (Probiotic Palmer)

Notes

- **Tea Choice:** Black tea tends to be the easiest and most reliable tea for the scoby to ferment into kombucha, but once your scoby is going strong, you can try branching out into other kinds. Green tea, white tea, oolong tea, or even a mix of these can make especially good kombucha. Herbal teas such as hibiscus tea are okay, but you may want to use at least a few bags of black tea in the mix to make sure the scoby is getting all the nutrients it needs. Avoid any teas that contain oils, like earl grey or flavored teas.
- **Making More or Less Kombucha:** To increase or decrease the amount of kombucha you make, maintain the ratio of 1 cup of sugar, 8 bags of tea, and 2 cups starter tea per 1 gallon batch. One scoby will ferment any size batch, though larger batches may take longer.
- **Taking a Short Break from Making Kombucha:** If you'll be away for 3 weeks or less, just make a fresh batch before you leave and place it on your counter. It will probably be too vinegary to drink by the time you get back, but the scoby will be fine.
- **Taking a Long Break from Making Kombucha:** For breaks longer than 3 weeks, store the scoby in a fresh batch of the tea base with starter tea at room temperature. Change out the tea for a fresh batch, keeping some to use as starter tea, every 4 to 6 weeks.
- **Limit Metal Exposure:** Using metal utensils is generally fine, but avoid fermenting or bottling the kombucha in anything that brings them into contact with metal. Metals, especially reactive metals like aluminum, can give the kombucha a metallic flavor and can weaken the scoby over time.
- **Enjoy:** Drink the finished kombucha as-is, or use in recipes. Examples include marinades, sauces, salad dressings, and baked goods. If the kombucha is fermented longer during the first phase, about 30 days, it makes an excellent replacement for vinegar.

Troubleshooting Kombucha

Problem	Solution
<p>The scoby acts or looks strange.</p>	<p>It is normal for the scoby to move around in the jar. It is also normal to notice brown strings, a hole, bumps, dried patches, darker brown patches, or clear jelly-like patches.</p> <p>If you're ever in doubt about whether there is a problem with your scoby, just continue brewing batches but throw away the kombucha they make. If there's a problem, it will get worse over time. If it's just a natural aspect of the scoby, it will stay consistent and the kombucha is fine to drink.</p>
<p>The kombucha smells strange.</p>	<p>Kombucha will start off with a neutral aroma and then smell progressively more vinegary as fermentation progresses. If it starts to smell cheesy, rotten, or otherwise unpleasant, this is a sign that something has gone wrong. If you see no signs of mold on the scoby, throw away the liquid and begin again with fresh tea. If you do see signs of mold on the scoby, throw away both the scoby and the liquid and begin again with new ingredients.</p>
<p>The scoby is black or looks moldy.</p>	<p>If the scoby becomes black or if it develops green or black mold, throw it away and use a new one.</p>

How to Make Sauerkraut

Makes 1 to 1 1/2 quarts

Ingredients

Cabbage (any variety)

Kosher salt

Caraway seeds (Optional, for flavor)

Equipment

Cutting board

Chef knife

Large mixing bowl

2-quart wide-mouth canning jar (or two-quart mason jars)

Canning funnel (Optional)

Smaller jelly jar that fits inside the larger mason jar

Clean stones, marbles, or other weights for weighing the jelly jar

Cloth for covering the jar

Rubber band or twine for securing the cloth

- 1. Clean jar and hands.** When fermenting anything, it's best to give the good, beneficial bacteria every chance of succeeding by starting off with as clean an environment as possible. Make sure your mason jar and jelly jar are washed and rinsed of all soap residue. You'll be using your hands to massage the salt into the cabbage, so give those a good wash, too.
- 2. Prepare cabbage.** Throw away the wilted, limp outer leaves of 1 medium head green cabbage (about 3 pounds). Cut the cabbage into quarters and trim out the core. Slice each quarter down its length, making 8 wedges. Slice each wedge crosswise into very thin ribbons.
- 3. Salt and massage cabbage.** Transfer the cabbage to a large mixing bowl and sprinkle 1 1/2 tablespoons kosher salt over top. Begin working the salt into the cabbage by massaging and squeezing the cabbage with your hands. Gradually the cabbage will become watery and limp, more like coleslaw than raw cabbage. This will take 5 to 10 minutes.

- 4. Add flavor (Optional).** If you'd like to flavor your sauerkraut with caraway seeds, mix in 1 tablespoon now.
- 5. Transfer wilted cabbage to jar.** Pack the cabbage into the canning jar. If you have a canning funnel, this will make the job easier. Every so often, push down on the cabbage in the jar with your fist. Pour any liquid released by the cabbage while you were massaging it into the jar.
- 6. Place outer leaf over wilted cabbage (Optional).** Place one of the larger outer leaves of the cabbage over the surface of the sliced cabbage. This will help keep the cabbage submerged in its liquid.
- 7. Place weight on top of cabbage.** Once all the cabbage is packed into the mason jar, slip the smaller jelly jar into the mouth of the jar and weigh it down with clean stones or marbles. This will help keep the cabbage weighed down, and eventually, submerged beneath its liquid.
- 8. Cover jar.** Cover the jar with a coffee filter, a paper towel, or a clean napkin and secure it with a rubber band.
- 9. Press cabbage down periodically.** Over the next 24 hours, press down on the cabbage every so often with the jelly jar. As the cabbage releases its liquid, it will become more limp and compact and the liquid will rise over the top of the cabbage.
- 10. Add more brine if needed.** If after 24 hours, the liquid has not risen above the cabbage, dissolve 1 teaspoon of salt in 1 cup of water and add enough to submerge the cabbage.
- 11. Ferment.** Ferment the cabbage for 3 to 10 days. As it's fermenting, keep the sauerkraut away from direct sunlight and at a cool room temperature, ideally 65°F to 75°F. Check it daily and press it down if the cabbage is floating above the liquid. While it's fermenting, you may see bubbles coming through the cabbage, foam on the top, or white scum. The scum can be skimmed off the top either during fermentation or before refrigerating. If you see any mold, skim it off immediately and make sure your cabbage is fully submerged; don't eat moldy parts close to the surface, but the rest of the sauerkraut is fine.

- 12. Taste.** Start tasting after 3 days. When the sauerkraut tastes good to you, remove the weight, screw on the lid, and refrigerate. You can also allow the sauerkraut to continue fermenting for 10 days or even longer. There's no hard-and-fast rule for when the sauerkraut is "done". Just go by how it tastes.
- 13. Use or store sauerkraut.** This sauerkraut is a fermented product so it will keep for at least two months and often longer if kept refrigerated. As long as it still tastes and smells good to eat, it will be. If you like, you can transfer the sauerkraut to a smaller container for longer storage.

Notes

- **Canning:** You can process sauerkraut with canning for longer storage outside of refrigeration, but the canning process will kill the good bacteria produced by the fermentation process. See the tutorial from the National Center for Home Food Preservation for canning Directions.
- **Making More or Less Sauerkraut:** To make larger or smaller batches of sauerkraut, keep same ratio of cabbage to salt and adjust the size of the container. Smaller batches will ferment more quickly and larger batches will take longer.
- **Temperature Control:** During the fermentation process, do everything you can to store sauerkraut at a cool room temperature. At high temperatures, the sauerkraut can sometimes become unappetizingly mushy or go bad. Low temperatures (above freezing) are fine, but fermentation will proceed more slowly.
- **Saltiness:** Salt is a necessary part of the sauerkraut fermentation process. If, after the fermentation is complete, you feel that the sauerkraut is too salty, add a little water to the jar to dilute it. Avoid rinsing homemade sauerkraut since this will also rinse of some of the good (probiotic) bacteria. In the future, weighing the cabbage and carefully measuring the salt will help to ensure a good ratio.

How to Make Kimchi

Makes about 1 quart

Ingredients

Napa cabbage

Sea salt or kosher salt

Unchlorinated water (Spring, distilled, or filtered water)

Garlic cloves

Ginger

Sugar

Seafood flavor or water (Optional, see Notes)

Gochugaru (Korean red pepper flakes)

Korean radish or daikon

Green onions



Equipment

Chef knife

Cutting board

Large bowl

Gloves (optional but highly recommended)

Plate and something to weigh the kimchi down, like a jar or can of beans

Colander

Small bowl

Clean 1-quart glass jar with canning lid or plastic lid

Bowl or plate

- 1. Prepare cabbage.** Cut 1 (about 2-pound) head of Napa cabbage lengthwise into quarters and remove the cores. Cut each quarter crosswise into 2-inch-wide strips.
- 2. Salt and massage cabbage, then rest.** Place the cabbage and 1/4 cup sea salt or kosher salt in a large bowl. Using your hands (gloves optional), massage the salt into the cabbage until it starts to soften a bit

- 3. Cover cabbage and rest.** Add unchlorinated water to cover the cabbage. Put a plate on top and weigh it down with something heavy, like a jar or can of beans. Let stand for 1 to 2 hours.
- 4. Rinse cabbage.** Rinse the cabbage under cold unchlorinated water 3 times and drain in a colander for 15 to 20 minutes. Rinse and dry the bowl you used for salting, and set aside.
- 5. Build seasoning paste.** Meanwhile, in a small bowl, combine the 1 tablespoon grated garlic (about 5 to 6 cloves), 1 teaspoon grated ginger, 1 teaspoon sugar, and 2 to 3 tablespoons seafood flavor (if using, see Notes). Mix to form a smooth paste. Mix in the gochugaru, using 1 tablespoon for mild and up to 5 tablespoons for spicy.
- 6. Prepare other vegetables.** Peel 1/2 pound Korean radish or daikon and cut into matchsticks. Trim 4 green onions and cut into 1-inch pieces.
- 7. Combine vegetables and paste.** Gently squeeze any remaining water from the cabbage and return it to the bowl along with the radish matchsticks, cut green onions, and seasoning paste. Using your hands, gently work the paste into the vegetables until they are thoroughly coated. The gloves are optional here but highly recommended to protect your hands from stings, stains, and smells.
- 8. Add kimchi to jar.** Pack the kimchi into the jar, pressing down on it until the brine rises to cover the vegetables. Leave at least 1-inch of headspace. Seal the jar with the lid.
- 9. Ferment.** Let the jar stand at room temperature for 1 to 5 days to ferment. You may see bubbles inside the jar and brine may seep out of the lid. This is normal. Place a bowl or plate under the jar to help catch any overflow.
- 10. Check and taste.** Check the kimchi once a day, pressing down on the vegetables with a clean finger or spoon to keep them submerged under the brine. This also releases the gases produced during fermentation. Taste a little at this point, too.

- 11. Use or store kimchi.** When the kimchi tastes ripe enough for your liking, transfer the jar to the refrigerator. You may eat it right away, but it's best after another week or two.

Notes

- **Salt Choice:** Use salt that is free of iodine and/or anti-caking agents, which can inhibit fermentation. Kosher salt or sea salt are usually safe choices for any fermentation.
- **Water Choice.** Chlorinated water can inhibit fermentation, so use spring, distilled, or filtered water.
- **Seafood Flavor:** Seafood flavor gives kimchi an umami flavor. Different regions and families may use fish sauce, salted shrimp paste, oysters, and other seafood. Use about 2 tablespoons of fish sauce, salted shrimp paste, or a combination of the two.
- **Vegetarian Kimchi:** For vegetarian kimchi, try using 3/4 teaspoon kelp powder mixed with 3 tablespoons water, or simply 3 tablespoons of water in place of the seafood flavor.

How to Make Fermented Vegetables

Ingredients

Sea salt, pickling salt, or kosher salt

Unchlorinated water (i.e. distilled, spring, or filtered water), plus more for washing vegetables

Cauliflower

Carrot

Red bell pepper

Garlic

Bay leaf

Coriander seeds

Black peppercorns

Grape leaves (Optional, to help keep pickles crisp)

Equipment

Large liquid measuring cup or pitcher

Mixing spoon

Large mixing bowl

Chef knife

Cutting board

1/2-gallon glass jar with lid

Measuring cups

Measuring spoons

- 1. Dissolve salt.** Combine 3 tablespoons salt and 1 quart unchlorinated water in a large liquid measuring cup or pitcher. Stir until the salt is dissolved. You can heat the water first to make the salt easier to dissolve, but it's not necessary. If heating the water, let it come to room temperature (65 to 85°F) before moving on.
- 2. Wash vegetables.** Add 1 head of cauliflower, 1 to 2 carrots, and 1 to 2 red bell peppers to a large mixing bowl. Cover with unchlorinated water and scrub to remove any dirt and impurities.

- 3. Prepare vegetables.** Cut the cauliflower into 1 cup of small florets. Cut the carrot(s) into 1 cup of carrot chunks or slices. Cut the red bell pepper(s) into 1 cup of chunks or slices. Smash and peel 1 clove of garlic.
- 4. Add ingredients to jar.** In a very clean 1/2-gallon glass jar, add the washed cut vegetables, garlic, 1 bay leaf, 1/2 teaspoon coriander seeds, 1/4 teaspoon black peppercorns and, if using, 1 to 2 grape leaves in. Pour in the salt water, leaving at least 1 inch of headspace at the top of the jar. If necessary, add more water to cover the vegetables. Alternatively, place a small bowl or jar on top of the vegetables to hold them under the brine.
- 5. Ferment.** Cover the jar tightly and let it stand at room temperature. About once a day, open the jar to taste the pickles and release gases produced during fermentation. If any mold or scum has formed on the top, simply skim it off.
- 6. Use or store pickles.** When the pickles taste to your liking, transfer the jar to the refrigerator. They will continue to ferment very slowly, but cold storage will largely halt fermentation. As a fermented food, these pickles will last for quite some time, at least 1 month or longer.

Notes

- **Salt Choice:** Use salt that is free of iodine and/or anti-caking agents, which can inhibit fermentation. Sea salt, pickling salt, and Kosher salt are safe choices.
- **Water Choice:** Chlorinated water can inhibit fermentation, so use spring, distilled, or filtered water if you can. It is also recommended to rinse the vegetables in un-chlorinated water rather than tap water.

Homemade Ginger Ale

Ingredients

Sugar (regular granulated white sugar works best)
Freshly grated ginger root
Lemon juice
Dry champagne yeast or baker's yeast
Spring water or filtered water

Equipment

Chef knife
Cutting board
Grater
Small bowl
Spoon or fork
Clean 2-liter plastic bottle
Funnel

- 1. Set funnel in bottle.** Place a funnel in the mouth of a clean 2-liter plastic bottle.
- 2. Add the sugar and yeast.** Through the funnel, add 1 cup sugar and 1/4 teaspoon yeast to the bottle.
- 3. Mix ginger and lemon juice.** Mix 1 1/2 to 2 tablespoons grated ginger root with the juice from 1 lemon.
- 4. Add ginger mixture.** Add the ginger mixture to the bottle through the funnel.
- 5. Add water.** Add water to the bottle to fill it halfway.
- 6. Shake to mix.** Screw the lid onto the bottle and shake it well to mix all ingredients together.
- 7. Add more water.** Add more water, leaving about 1 inch of headspace.

8. Shake again to mix. Screw the cap on and shake again to mix the ingredients together.

9. Ferment. Leave the bottle at room temperature in a warm place, but out of direct sunlight, for about 2 days.

10. Refrigerate. Transfer the bottle to the refrigerator to stop fermentation process. Refrigerate overnight.

Pro Tip!

You can mix all the ingredients in a jar and then transfer them to the plastic bottle.

11. Strain and serve. Pour the finished ginger ale through a strainer to remove the solids. Use caution when opening the bottle as it will be very fizzy. Serve.

Notes

- **Champagne vs. Baker's Yeast:** Champagne yeast has a crisp and clean flavor that lets the fruit shine through, whereas baker's yeast tends to make sodas taste yeasty. Not a terrible thing, and fine in a soda-craving pinch, but try to find champagne yeast if you can. It's sold at any homebrew supply store and online.
- **Bottling Sodas in Glass:** Sodas can also be bottled in glass or swing-top bottles, but it's more difficult to tell when the sodas have fully carbonated. To do this safely, fill one small plastic soda bottle to use as an indicator for when the sodas have finished carbonating and then bottle the rest of the batch in glass bottles. Refrigerate all the bottles as soon as the plastic bottle is carbonated. Never leave the glass bottles at room temperature once carbonated.

How to Make a Wild Sourdough Starter

Ingredients

Flour
Distilled water

Equipment

Half-gallon (or larger) glass or plastic container
Plastic or wooden stirring utensil
Paper towel, clean kitchen towel, or coffee filter
Rubber band (or the ring of a mason jar lid if using mason jar for container)

- 1. Combine flour and water.** Combine 3/4 cup flour and 1/2 cup warm water in a 2-quart (or larger) glass or plastic container.
- 2. Incorporate air.** Stir the flour and water mixture vigorously to incorporate air.
- 3. Cover jar.** Cover the jar with a coffee filter, a paper towel, or a clean napkin and secure it with a rubber band (or the ring part of the lid if using a mason jar).
- 4. Start fermenting.** Leave the covered jar in a warm place, between 70 to 85°F, with no other fermented foods nearby for 12 to 24 hours.
- 5. Check starter.** At the 12 or 24 hour mark you may begin to see some bubbles, indicating that bacteria and/or yeast are present.
- 6. Feed starter.** Stir in another 3/4 cup flour and 1/2 cup warm water to feed the bacteria and yeast in the starter. Stir vigorously, cover, and wait another 12 to 24 hours.

Good to Know

Feeding the sourdough starter every 12 hours will increase the speed at which it develops. Feeding every 24 hours will take a bit longer, but may be more sustainable depending on your desired time commitment.

7. Continue feeding starter. Repeat feedings every 12 to 24 hours by removing half the starter and throw awaying it, then adding another 3/4 cup flour and 1/2 cup warm water. Stir vigorously, cover, and wait another 12 to 24 hours.

8. Use starter or continue feeding. After about 5 to 7 days the sourdough starter should have enough yeasts and bacteria to be used for baking. Keep any starter you do not use. If kept at room temperature, continue the feeding process every 12 to 24 hours. The starter can be stored in the refrigerator without feeding until ready to use, but will need to be reactivated at room temperature for 2 to 3 days before it can be used.

Lesson 11 Recipes



Ginger Kombucha

Recipe by thekitchen.com

Makes 1 gallon

Ingredients

- 2- to 3-inch piece fresh ginger
- 1 gallon fermented kombucha

Directions

1. Scrub the ginger clean, but don't bother peeling it.
2. Grate ginger finely on a microplane or chop it finely in a food processor; be sure to catch any juices that collect. You should have 1 1/2 to 2 tablespoons of ginger purée and juice.
3. Divide the ginger evenly between all your bottles. About 1 teaspoon of ginger per bottle is a good amount.
4. Pour the fermented kombucha (straining, if desired) into the bottles using a small funnel. Leave about an inch of head room in each bottle.
5. Tightly seal each bottle.
6. Store the bottled kombucha with the ginger at room-temperature out of direct sunlight and allow 1 to 3 days for the kombucha to carbonate. If you bottled in plastic bottles, the kombucha is carbonated when the bottles are rock-solid. If you bottled in glass, occasionally open one of the bottles to check the carbonation (it will re-carbonate quickly once you put the cap back on).
7. Once carbonated, refrigerate the kombucha for at least 4 hours to chill.
8. The ginger kombucha will keep in the refrigerator for several weeks. If desired, strain the kombucha as you serve it to catch any bits of ginger pulp.

Nutrition Information

Per serving (1/16th of the recipe, about 1 cup): 33 Calories, 0 g Total Fat, 10 mg Sodium, 7.5 g Total Carbohydrate (0 g Fiber), 0 g Protein

Blueberry Kombucha Spritzer

Serves 2

Ingredients

- 2 cups frozen blueberries
- 2 teaspoons sugar or honey
- 3/4 cup soda water (or water kefir, preferably carbonated)
- 1/2 cup kombucha
- 2-4 tablespoons lemon juice, to taste (about 1/2-1 lemon)
- Lemon slices and fresh blueberries (optional, for garnish)

Directions

1. Thaw blueberries in the refrigerator or microwave them for 1 minute.
2. Purée blueberries with sugar or honey in a blender or food processor until smooth.
3. Combine the soda water (or water kefir), kombucha, lemon juice, and blueberry purée. Add ice and stir to combine.
4. (Optional) Strain through a fine mesh strainer.
5. Pour the spritzer into two chilled martini glasses.
6. Serve immediately, garnishing with lemon slices and fresh blueberries if desired.

Nutrition Information

Per serving (1/2 of the recipe): 115 Calories, 0.5 g Total Fat (0 g Saturated Fat), 21 mg Sodium, 29 g Total Carbohydrate (4 g Fiber), 1 g Protein

Chopped Kale, Farro, and Chickpea Salad

Recipe by thekitchn.com

Serves 4 to 6

Ingredients

- 1/2 cup farro
- 1/4 teaspoon salt, plus more as needed
- 1 bunch (about 10 ounces) dinosaur kale (also called Toscano kale, black kale, or lacinato kale), washed and dried
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon red miso paste
- 2 teaspoons lemon juice (about 1/2 small lemon)
- 1 (15.5-ounce) can chickpeas, drained and rinsed

Directions

1. Bring 2 cups of water to a boil in a 2-quart saucepan over medium-high heat.
2. Stir in 1/4 teaspoon salt and the farro.
3. Reduce the heat to low and simmer uncovered for 25 to 30 minutes, until the farro is chewy and tender.
4. Drain the excess liquid from the farro and set the farro aside.
5. While the farro is cooking, stack the kale leaves on top of each other and slice off the few inches of tough, fibrous stem from the bottoms.
6. (Optional) If desired, slice out the ribs from the kale leaves.
7. Roughly chop the kale leaves into bite-sized pieces.
8. Transfer the chopped kale to a big mixing bowl.
9. Whisk together the olive oil, miso paste, and lemon juice to make a dressing.
10. Pour the dressing over the kale leaves.
11. Use your hands to work the dressing into the kale leaves. Continue massaging the leaves until the kale has softened and feels silky, about 1 to 2 minutes.

12. Pour the farro and the drained chickpeas over the kale and toss to combine.
13. Taste and add a sprinkle of salt or another squeeze of lemon if desired.

Nutrition Information

Per serving (1/6th of the recipe): 196 Calories, 4 g Total Fat (0.5 g Saturated Fat), 322 mg Sodium, 33 g Total Carbohydrate (6 g Fiber), 7.5 g Protein

Faux Peanut Sauce

Adapted from a recipe by Alton Brown

Makes about 2 cups

Ingredients

- 1/4 cup low-sodium vegetable stock
- 6 tablespoons unsweetened coconut milk
- 2 tablespoons freshly squeezed lime juice
- 2 tablespoons lite soy sauce
- 1 tablespoon red miso paste
- 1 tablespoon fish sauce or 2 to 3 anchovies, ground
- 1 tablespoon hot sauce
- 2 tablespoons chopped garlic
- 1 tablespoon chopped fresh ginger
- 3/4 cup cashew butter
- 3/4 cup tahini
- 1/4 cup chopped cilantro leaves

Directions

1. In a food processor, purée the vegetable stock, coconut milk, lime juice, soy sauce, miso, fish sauce, hot sauce, chopped garlic, and ginger.
2. Add the cashew nut butter and tahini and pulse to combine.
3. Fold in the cilantro.
4. Keep refrigerated until ready to serve.
5. Serve as desired, such as with satay or coconut shrimp.

Nutrition Information

Per serving (1/16th of the recipe, about 2 tablespoons): 157 Calories, 13.5 g Total Fat (3 g Saturated Fat), 351 mg Sodium, 7.5 g Total Carbohydrate (1.5 g Fiber), 4.5 g Protein

Fermented Carrots with Lime

Recipe by thekitchn.com

Makes 1 quart- or 2 pint-sized jars

Serves 8

Ingredients

- 1 pound carrots, peeled and sliced 1/4-inch-thick
- 1 tablespoon peeled and thinly sliced galangal or fresh ginger
- 1 tablespoon grated lime zest (absolutely no white pith)
- 2 teaspoons pickling salt

Directions

1. Pack the carrots, galangal or ginger, and lime zest in a 1-quart mason jar (or 2 pint jars), leaving 1 inch of headspace at the top, and set aside.
2. Combine the pickling salt and 2 cups of water in a nonreactive saucepan and heat to dissolve. Cool to room temperature.
3. Ladle the liquid into the jar, leaving 1/2 inch of headspace and completely covering the carrots. Cover the top of the jar with a square of cheesecloth and secure it with the jar's band. Place the jar in a dark spot that hovers between 65°F and 75°F, and leave it for 5 days, checking daily to remove any white mold that accumulates on top.
4. Remove the cheesecloth, cap the jar with the regular lid, and place in the refrigerator. Use it within a week.

Nutrition Information

Per serving (1/8th of the recipe, about 2 tablespoons): 24 Calories, 0 g Total Fat, 519 mg Sodium, 6 g Total Carbohydrate (1.5 g Fiber), 0.5 g Protein

*Note: The nutrition data for this recipe includes information for the full amount of the brine ingredients. The actual amount of the brine absorbed into the food and consumed will vary.

Tahini-Miso Dressing

Recipe by TheKitchn.com

Makes about 1/2 cup

Ingredients

- 1/3 cup tahini (sesame seed paste)
- 1 tablespoon white miso paste
- 1 teaspoon lemon juice
- Optional add-ins: Ginger, garlic, green onions, rice vinegar, sesame seeds, soy sauce, fresh herbs

Directions

1. Place all ingredients, including any optional mix-ins, in a small bowl and mix with a fork until thoroughly combined and creamy.
2. For a thinner consistency, gradually stir in a small amount of warm water until the desired consistency is achieved.
3. Serve as desired (see below for ideas).

Nutrition Information

Per serving (1/4th of the recipe, about 2 tablespoons, without optional add-ins): 128 Calories, 11 g Total Fat (1.5 g Saturated Fat), 184 mg Sodium, 5.5 g Total Carbohydrate (2 g Fiber), 4 g Protein

A Few Ways to Use Tahini-Miso Dressing

- Drizzle over steamed or roasted vegetables
- Use as a dip for raw vegetables
- Add to tofu while sautéing or stir-frying
- Use as a marinade for chicken or salmon
- Spread on tofu and bake or broil
- Toss with soba, somen, or udon noodles
- Thin with water and use as a salad dressing

Edamame-Miso Dip

Adapted from a recipe by Alton Brown

Makes about 2 cups

Total time: 15 minutes

Ingredients

- 12 ounces shelled, cooked, and cooled edamame (about 2 cups)
- 1/4 cup diced onion
- 1/2 cup tightly packed fresh cilantro or parsley leaves
- 1 large garlic clove, sliced
- 1/4 cup freshly squeezed lime or lemon juice
- 2 tablespoons brown miso
- 1 teaspoon red chili paste
- 1/4 teaspoon freshly ground black pepper
- 5 tablespoons extra-virgin olive oil

Directions

1. Place the edamame, onion, cilantro, garlic, lime juice, miso, chili paste and pepper into the bowl of a food processor and process for 15 seconds.
2. Stop to scrape down the sides of the bowl and process for another 15 to 20 seconds.
3. With the processor running, slowly drizzle in the olive oil.
4. Once all of the oil has been added, stop, scrape down the bowl and then process another 5 to 10 seconds.
5. Taste and adjust seasoning, as desired.
6. Serve with chips or crackers. Store any leftovers in an airtight container for up to 5 days.

Nutrition Information

Per serving (1/8th of the recipe, about 1/4 cup): 145 Calories, 11.5 g Total Fat (1.5 g Saturated Fat), 174 mg Sodium, 7 g Total Carbohydrate (2 g Fiber), 5 g Protein

Basic Sourdough Bread

Adapted from a recipe by Culturesforhealth.com

Serves 14 to 16

Ingredients

- 2 1/3 cups fresh sourdough starter
- 3 1/3 cup all-purpose flour or bread flour
- 1/2 cup water
- 1 1/2 teaspoons salt

Directions

1. Mix sourdough starter, flour, and salt together. Use enough water to make bread dough. A moist dough is preferable to a dry dough.
2. Knead dough until it passes the "window pane test": a small piece of dough will stretch between four fingers without breaking thin enough to allow light to pass through.
3. Shape the dough into a loaf.
4. Place in a pan or proofing basket, or on a board.
5. Rub a little oil on the top surface of the dough.
6. Cover the dough lightly with plastic wrap. Allow the dough to rise for 4-24 hours. If desired, a short (4-12 hours) proofing period can be used and the dough can be punched down, reshaped, and allowed to rise a second time, but a second proofing period is not required.
7. Preheat the oven to 400°F.
8. Slice an X shape in the top of the loaf with a very sharp knife or razor blade.
9. Bake until the internal temperature reaches 210°F, about 30 to 60 minutes depending on the loaf size. (Insert the thermometer into the bottom or side of the loaf.)
10. Allow to cool before slicing.

Recipe Notes

- **Whole-wheat sourdough:** You can replace up to half the all-purpose flour with whole-wheat or other whole-grain flour. To replace all of the all-purpose flour, try using white whole-wheat flour.
- **All-Purpose vs. Bread flour:** Bread flour will give your bread a sturdier, chewier texture and a loaf that's easier to slice. Loaves made with all-purpose flour will be a bit more delicate, especially when you cut them, but still work just fine.

Nutrition Information

Per serving (1/16th of the recipe): 127 Calories, 0.5 g Total Fat (0 g Saturated Fat), 219 mg Sodium, 27 g Total Carbohydrate (1 g Fiber), 4 g Protein

Lesson 12

Desserts and Modifications

This lesson will cover:

- Tips for including sweets in an anti-inflammatory lifestyle
- How to make various fruit-, seed-, and dark chocolate-based desserts
 - Ideas for making anti-inflammatory recipe modifications

Lesson 12: Desserts and Modifications

Sweets and Anti-Inflammatory Eating

Desserts can be a wonderful break from the day-to-day, but it is important to enjoy them mindfully in a way that brings attention to the moment. Try sitting down in a well-lit room and removing distractions.

It can also be helpful to serve the dessert on a small plate (bowls hide big portions!) and use a smaller spoon or fork.

Focus on experiencing the rich flavors and textures of the dessert so that you can fully enjoy it and satisfy your cravings without overindulging.

Enjoy the following sweets a few times per week:

- Dark chocolate dipped fruit
- Dark chocolate bark with dried fruit and nuts
- Frozen Greek yogurt
- Homemade popsicles
- Fruit sorbet
- Chia pudding
- Baked apples with oats, cinnamon, and brown sugar
- Frozen grapes
- Black bean brownies
- Graham crackers dipped in canned pumpkin with honey

Indulge in these sweets once a week or less:

- Ice cream
- Candy bars
- Cake or cupcakes
- Cookies or brownies
- Candy
- Whipped cream
- Pie
- Milkshakes
- Donuts

How to Make Fruit Sorbet

Source: TheKitchn.com

Makes about 4 cups (1 quart)

Ingredients

Fresh fruit

Sugar

Water

Lemon juice

Equipment

Ice cream machine

Chef's knife or paring knife

Cutting board

Measuring cups

Small saucepan

Mixing spoons

Blender, food processor, or immersion blender

Mixing bowl

Measuring spoons

Large egg in its shell

Plastic wrap

Pint containers or other container, for freezing the ice cream

- 1. Freeze ice cream machine base.** At least 24 hours before making the sorbet, place the ice cream machine base in the freezer to freeze.
- 2. Prepare fruit.** Wash and dry 2 pounds fresh fruit. Cut away or remove any rinds, peels, pits, seeds, stems, or other non-edible parts of the fruit. Slice the fruit into bite-sized pieces. You should have around 4 to 5 cups of chopped fruit, though a little more or less is fine.
- 3. Prepare simple syrup.** Combine 1 cup sugar and 1 cup water in a small saucepan and bring the water to a simmer over medium-high heat, stirring gently once or twice. Simmer until the sugar is completely dissolved in the water, about 5 minutes. Remove the pot from the heat and allow the simple syrup to cool.

- 4. Combine fruit and some simple syrup.** Combine the chopped fresh fruit and 1/2 cup of the cooled simple syrup in a blender, the bowl of a food processor, or in a mixing bowl (if using an immersion blender). Set the remaining simple syrup aside.
- 5. Blend until fruit is liquified.** Blend the fruit and the syrup until the fruit is completely liquified and no more chunks of fruit remain.
- 6. Test sugar levels with egg.** Wash and dry a large egg. Gently lower the egg, still in its shell, into the sorbet base. You're looking for just a small nickel-sized (roughly 1-inch) round of shell to show above the liquid. This indicates that you have the perfect balance of juice and sugar. If you see less shell (dime-sized), stir in a little more sugar syrup. If you see more shell (quarter-sized), stir in a little water. Check again with the egg and continue adjusting as needed. Store the leftover simple sugar in the refrigerator for another batch of sorbet or another use (see Notes).
- 7. Stir in lemon juice.** Stir in 1 tablespoon of lemon juice. Taste the sorbet base and add more lemon juice (up to 4 tablespoons) if it tastes too sweet or too bland.
- 8. Chill sorbet base.** Cover the sorbet base with plastic wrap and refrigerate until very cold, at least 1 hour or overnight.
- 9. Churn sorbet.** Pour the chilled base into the ice cream machine and churn. Continue churning until the sorbet is the consistency of a thick smoothie. This typically takes between 10 and 15 minutes.
- 10. Freeze sorbet.** Transfer the sorbet to pint containers or other freezable containers and cover. Freeze for at least 4 hours, until the sorbet has hardened. Homemade sorbet will generally keep for about a month in the freezer before starting to become overly icy.
- 11. Serve.** Let the sorbet soften for a few minutes on the counter, then scoop into serving bowls.

Notes

- **Using Other Sugars:** You can replace all or some of the sugar in this recipe with another sweetener like honey, coconut sugar, turbinado sugar, or brown sugar. Avoid artificial sweeteners since this will make the sorbet too icy.
- **Leftover Sugar Syrup:** Leftover sugar syrup will keep refrigerated for about a month.
- **Making Infused Simple Syrup:** After simmering the simple syrup to dissolve the sugar, add any of the following to infuse the syrup while it cools: fresh herbs, cinnamon sticks, vanilla bean, cardamom, fresh lemongrass, cacao nibs, fresh ginger, lavender, or any other aromatic ingredient.
- **Adding Creaminess (Sherbet):** Add 1/4 to 1/2 cup of any of the following along with the simple syrup when blending the fruit: plant-based milk, plant-based half-and-half, coconut cream, evaporated milk, Greek yogurt, buttermilk, crème fraîche, pureed avocado, or any other favorite creamy ingredient.

How to Make Banana Nice Cream

Ingredients

Banana, large, ripe or overripe

Optional flavoring ingredients: Fresh fruit (i.e. berries, mango, pineapple, kiwi), peanut butter, unsweetened cocoa powder, cinnamon

Vanilla extract

Equipment

Chef knife

Cutting board

Food processor or very strong blender

- 1. Slice banana.** Cut 1 large ripe banana into small slices.
- 2. Freeze fruit.** Place bananas slices and any other fruit (up to 1/4 cup) in the freezer and freeze until solid, at least 1 to 2 hours.
- 3. Blend bananas.** Transfer the bananas to a food processor or a very strong blender and blend until smooth and creamy. This will take a few minutes and may require periodic pauses and adjustments. It will be very loud since the bananas are frozen, similar to adding ice cubes to a blender. Within a few minutes, you should be seeing a thick, creamy ice-cream-like mixture in the blender.
- 4. Add flavoring ingredients.** Add the desired flavoring ingredients and 1/2 teaspoon vanilla extract.
- 5. Pulse ingredients.** Pulse the food processor or blender quickly to blend the ingredients all together.
- 6. Serve or freeze.** Serve immediately for a soft-serve texture. For a more firm product, put it in the freezer for a couple of hours, stirring every 20 minutes or so.

How to Make a Fruit Compote

Makes about 1 1/2 cups

Ingredients

Fresh or frozen fruit (one type or a variety)

Water or fruit juice

Sugar, to taste (Optional)

Cornstarch, whisked with cold water (Optional, for additional thickening)

Equipment

Measuring cups

Measuring spoons

Medium saucepan

Heat-resistant mixing spoon

Fork (Optional, for whisking cornstarch)

- 1. Simmer fruit and water.** Place 3 cups fresh or frozen fruit and 3 tablespoons water or fruit juice in a small saucepan and bring to a simmer, uncovered, over medium heat.
- 2. Reduce heat.** Once the mixture is bubbling, reduce the heat to a slow simmer, about medium-low.
- 3. Mash fruit.** Use a mixing spoon to muddle and mash the fruit.
- 4. Continue cooking until reduced.** Continue cooking over medium-low heat, occasionally mashing the fruit to combine, until cooked down and thickened, about 10 to 12 minutes. Remove the saucepan from the heat.
- 5. Whisk cornstarch with cold water (Optional).** For extra thickening, prepare a cornstarch slurry by using a fork to whisk 1 1/2 teaspoons cornstarch with 2 tablespoons cold water.

Pro Tip!

Try serving fruit compote in place of syrup on French toast, waffles, pancakes, and ice cream. It also makes a great topping for oatmeal, plain yogurt, and frozen yogurt.

- 6. Add the sugar (Optional).** Off the heat, stir in 1 teaspoon to 1 tablespoon sugar, to taste, if desired.
- 7. Add cornstarch mixture (Optional).** Off the heat, stir in the cornstarch mixture for additional thickening, if desired.
- 8. Cool slightly.** Allow the fruit compote to cool slightly, just until warm.
- 9. Serve or store.** Serve warm or cover and store in an airtight container in the refrigerator for up to 1 week. Reheat in the microwave or in a small saucepan over low heat, stirring often, until warm and smooth, about 1 to 3 minutes.

How to Make Chia Pudding

Source: WellnessMama.com

Ingredients

Milk (i.e. cow's, coconut, soy, almond, cashew)

Chia seeds

Vanilla extract

Sweetener (i.e. maple syrup, Stevia, agave, honey, sugar, overripe banana, pitted dates)

Ground cinnamon (Optional)

Other flavoring ingredients (Optional)

Equipment

Liquid measuring cup

Measuring cups

Measuring spoons

Blender

Whisk

Storage container with lid

Smooth Version

- 1. Add all ingredients.** In a blender, add 2 cups milk, 1/2 cup chia seeds, 1/2 teaspoon vanilla extract, 1/4 cup (or less) selected sweetener, and 1/4 teaspoon cinnamon powder, if using. If you are adding other flavors (i.e. fruit, chocolate), add these now too.
- 2. Blend.** Blend on high for 1 to 2 minutes until completely smooth.
- 3. Serve.** Enjoy within 1 to 2 days for best flavor.

Textured Version

- 1. Add all ingredients except chia seeds.** In a blender, add 2 cups milk, 1/2 teaspoon vanilla extract, 1/4 cup (or less) selected sweetener, and 1/4 teaspoon cinnamon powder, if using. If you are adding other flavors (i.e. fruit, chocolate), add these now.

- 2. Blend.** Blend on high for 1 to 2 minutes until completely smooth. Alternatively, if ingredients do not need to be puréed, you can use a whisk to thoroughly mix the ingredients in a bowl.
- 3. Add chia seeds.** Whisk in 1/2 cup chia seeds.
- 4. Let sit.** Pour the mixture into a jar or glass container and place it in the refrigerator for at least 4 hours, up to overnight, to let it gel. Stir or whisk it a few times within the first hour to help it gel evenly.
- 5. Serve.** Enjoy within 1 to 2 days for best flavor.

Chia Pudding Flavoring Ideas

- **Chocolate:** Blend 1/4 cup cocoa powder into the milk before mixing in the seeds.
- **Strawberry:** Add 1/2 cup fresh strawberries to the smooth version. For the textured version, blend the strawberries into the milk before mixing in the seeds.
- **Chai:** Add 1 teaspoon ground cinnamon, a pinch of ground cardamom, and a pinch of ground clove.
- **PB&J:** Add 3 tablespoons natural peanut or almond butter and 3 tablespoons jelly or jam of choice. Blend with the other ingredients if making the smooth version. For the textured version, blend the peanut butter and jelly into the milk before mixing in the seeds.
- **Pecan Pie:** Add an extra 1/2 teaspoon of ground cinnamon powder to the base recipe, as well as an optional 1/2 teaspoon of almond extract. Mix 1/2 cup of chopped toasted pecans into the finished pudding.
- **Matcha:** Add 1 tablespoon Matcha green tea powder to the mix for a bright green chia pudding naturally (great idea for St. Patrick's Day!).

How to Melt Chocolate

Double-Boiler Method

Ingredients

Water

Chocolate chips (or bar chocolate chopped into 1/2-inch pieces)

Butter (Optional, if called for in recipe)

Equipment

Medium or large pot

Heatproof glass or metal bowl (should fit in mouth of pot with edges hanging over)

Heat-resistant rubber spatula

Good to Know

Chocolate that's been chopped into fine shards melts more evenly and quickly (think crushed ice versus ice cubes).

- 1. Simmer water.** Bring a pot of water to a near simmer over low heat.
- 2. Place bowl on pot.** Set a large heatproof bowl over the mouth of the pot. The edges should overhang the pot for easier removal. Make sure that the water does not touch the bottom of the bowl, as this can overheat the chocolate.
- 3. Add chocolate.** Add 8 ounces chocolate chips (or bar chocolate chopped into 1/2-inch pieces) to the bowl. If the recipe calls for melting the chocolate with butter, add both to the bowl at the same time.
- 4. Melt chocolate.** Heat, stirring occasionally with a heat-resistant rubber spatula, until the chocolate fully melts and is uniformly smooth and glossy, about 10 minutes. Adjust the cooking time as necessary for larger or smaller amounts of chocolate.

Microwave Method

Ingredients

Chocolate chips (or bar chocolate chopped into 1/2-inch pieces)

Butter (Optional, if called for in recipe)

Equipment

Large microwave-safe bowl

Heat-resistant rubber spatula

- 1. Add chocolate to bowl.** Put 8 ounces chocolate chips (or bar chocolate chopped into 1/2-inch pieces) in a large microwave-safe bowl. If the recipe calls for melting the chocolate with butter, do not add the butter until the chocolate is almost completely melted. Adding the butter earlier will cause it to splatter.
- 2. Microwave chocolate briefly.** Microwave at 50% power for 45 seconds.
- 3. Stir chocolate, then microwave again.** Stir with a heat-resistant rubber spatula, scraping down the sides of the bowl, then heat at 50% power for another 30 seconds.
- 4. Stir chocolate again.** Remove the chocolate from the microwave and stir again, scraping down the sides of the bowl.
- 5. Continue microwaving and stirring.** Continue microwaving and stirring for 15-second intervals until the chocolate fully melts and is uniformly smooth and glossy. Add any butter, if using, when the chocolate is almost completely melted. To melt smaller or larger amounts, decrease or increase the initial microwaving time by 10 seconds for every 2 ounces of chocolate.

How to Make Dark Chocolate Bark

Ingredients

Water

Dark chocolate ($\geq 70\%$ cacao), chopped or chips

Desired mix-ins, chopped if needed (i.e. nuts, seeds, dried fruit, pomegranate arils)

Equipment

Baking sheet

Parchment paper

Double-boiler setup (saucepan with heatproof bowl that sits securely on top)

Heatproof spoon or rubber spatula

- 1. Prepare baking sheet.** Line a baking sheet with parchment paper.
- 2. Prepare double-boiler.** Fill a saucepan with water so that it will be about 1 inch below the bottom of the bowl. Bring the water to a simmer over high heat. Set a heatproof bowl over the mouth of the pot. The edges should overhang the pot for easy removal.
- 3. Melt chocolate.** Add 16 ounces (1 pound) dark chocolate to the bowl of the double-boiler and melt, stirring occasionally, until smooth.
- 4. Pour chocolate onto baking sheet.** Pour chocolate over a parchment paper-lined baking sheet, spreading to about 1/4-inch thick.
- 5. Add mix-ins.** Evenly sprinkle 1 cup of the desired mix-ins over the melted chocolate.
- 6. Chill chocolate.** Place the baking sheet with the chocolate in the refrigerator for about 20 minutes, or until chocolate hardens. Then break into about 20 pieces, approximately 2 inches by 2 inches each.

Anti-Inflammatory Recipe Modifications

If your recipe calls for this:	Try substituting this:
Bacon (pork or turkey)	<ul style="list-style-type: none"> • Smoked paprika • Crumbled dulse • Tempeh bacon
Beef, ground	<ul style="list-style-type: none"> • Beans • Diced or crumbled tofu • Diced or crumbled tempeh
Bread, white	<ul style="list-style-type: none"> • Sprouted bread • Whole- or cracked-grain bread
Bread crumbs, dry	<ul style="list-style-type: none"> • Rolled/old fashioned oats • Crushed bran cereal • Flax meal
Butter, margarine, shortening, or oil in baked goods	<ul style="list-style-type: none"> • Avocado oil • Extra-virgin olive oil • Avocado puree • Applesauce • Prune puree • Replace half the fat with 1 tablespoon chia seeds combined with 9 tablespoons water (let sit for 15 minutes)
Canned beans and vegetables	<ul style="list-style-type: none"> • Dried beans • No-salt-added canned beans • Drain and rinse off canning liquid

If your recipe calls for this:	Try substituting this:
Canned vegetables	<ul style="list-style-type: none"> • Fresh vegetables • Frozen vegetables • No-salt-added canned vegetables • Drain and rinse off canning liquid
Canned fruit	<ul style="list-style-type: none"> • Fresh fruit • Frozen fruit • Fruit canned in juice or light syrup and drained and rinsed • Drain and rinse off canning liquid
Chocolate chips, semisweet	<ul style="list-style-type: none"> • Dark chocolate chips • Dark chocolate bar, cut into chunks • Chopped nuts • Small/chopped dried fruit
Couscous, white	<ul style="list-style-type: none"> • Whole-wheat couscous • Quinoa • Millet
Cream or half-and-half	<ul style="list-style-type: none"> • Silken tofu • Coconut milk • Coconut cream • Plant-based half-and-half
Croutons, on salads	<ul style="list-style-type: none"> • Nuts or seeds • Roasted chickpeas • Beans or lentils • Edamame • Unsweetened coconut chips

If your recipe calls for this:	Try substituting this:
Eggs, in baked goods	<ul style="list-style-type: none"> • 1 tablespoon ground flaxseed mixed with 2 tablespoons water (let sit for 5 to 10 minutes) • 3 tablespoons aquafaba (liquid from canned chickpeas) per whole egg, 2 tablespoons per egg white
Feta cheese	<ul style="list-style-type: none"> • Tofu feta
Lettuce, iceberg	<ul style="list-style-type: none"> • Green cabbage • Broccoli slaw • Bok choy • Romaine lettuce • Butterleaf lettuce • Napa cabbage • Spinach • Watercress
Mashed potatoes	<ul style="list-style-type: none"> • Cauliflower or turnip puree • Mashed sweet potatoes
Mayonnaise, store-bought	<ul style="list-style-type: none"> • Olive oil mayonnaise without soybean oil • Avocado oil mayonnaise without soybean oil • Mashed avocado with lemon juice, salt, and pepper • Plain Greek yogurt • Plant-based/vegan mayonnaise

If your recipe calls for this:	Try substituting this:
Meat, as the main ingredient	<ul style="list-style-type: none"> • Three times as many vegetables and/or beans as the meat (i.e. on pizzas, in casseroles, soups, and stews)
Milk, cow's	<ul style="list-style-type: none"> • Soy milk • Almond milk • Hemp milk • Oat milk (best for baking) • Other plant-based milk
Marinades, store-bought	<ul style="list-style-type: none"> • Homemade marinade with 1 part extra-virgin olive oil or avocado oil and 1 part vinegar, wine, or citrus juice
Parmesan cheese	<ul style="list-style-type: none"> • Nutritional yeast seasoning
Pasta, enriched (white)	<ul style="list-style-type: none"> • Whole-wheat pasta • Bean, chickpea, edamame, or lentil pasta • Zucchini noodles (zoodles) • Sweet potato noodles • Carrot noodles • Spaghetti squash
Rice, white	<ul style="list-style-type: none"> • Any whole grain (i.e. brown rice, quinoa, wild rice, bulgur, pearl barley) • Grated and steamed cauliflower (cauliflower rice) • Grated and steamed sweet potato (sweet potato rice)

If your recipe calls for this:	Try substituting this:
Salad dressings, store-bought	<ul style="list-style-type: none"> • Homemade vinaigrette dressing with 2 parts extra-virgin olive oil or avocado oil and 1 part vinegar, wine, or citrus juice
Seasoning salt, such as garlic salt, celery salt or onion salt	<ul style="list-style-type: none"> • Herb- and/or spice-only seasonings, such as garlic powder, celery seed, or onion flakes • Finely chopped fresh herbs • Minced garlic • Finely chopped celery • Finely chopped onions or shallot
Soups, creamed (i.e. cream of mushroom, cream of chicken)	<ul style="list-style-type: none"> • Fat-free milk-based soups • Mashed potato flakes • Pureed beans • Pureed carrots • Pureed potatoes • Pureed tofu
Sour cream	<ul style="list-style-type: none"> • Plain Greek yogurt
Sugar, white or brown	<ul style="list-style-type: none"> • Pureed dates* • Pureed prunes* • Applesauce* • Honey* • Pure maple syrup* <p>*For every cup added in baking recipes, reduce liquid in recipe by 1/4 cup and add 1/4 teaspoon baking soda</p>

If your recipe calls for this:	Try substituting this:
Table salt	<ul style="list-style-type: none"> • Fresh or dried herbs • Spices • Salt-free seasoning blends • Fresh minced garlic • Fresh grated ginger • Capers • Olives • Goat- or sheep-milk cheese • Miso paste • Tamari (naturally fermented soy sauce) • Liquid aminos • Fish or oyster sauce
Tortilla, white flour	Whole-wheat flour tortilla, corn tortilla, lettuce leaf, whole-wheat pita

Lesson 12 Recipes



Tofu Chocolate Mousse

Adapted from a recipe by culturesforhealth.com

Serves 4

Ingredients

- 1 cup dark chocolate chips (can substitute semi-sweet chocolate chips)
- 1 cup dairy or non-dairy milk (i.e. soy, coconut, rice, almond)
- 1 (12- or 14-ounce) package of tofu
- 1 teaspoon vanilla extract
- Pinch salt
- 1 cup berries of choice, sliced or chopped if needed (Optional)
- 5 mint sprigs for garnish (Optional)

Directions

1. Place the chocolate chips and non-dairy milk in a double boiler and heat gently until blended.
2. Place the tofu, vanilla, and chocolate chip/non-dairy milk mixture in a food processor or blender and process until the mixture is smooth.
3. Transfer the mixture into small individual serving dishes and chill for 2 hours in the refrigerator or 30 minutes in the freezer.
4. Serve topped with berries and garnished with mint.

Recipe Notes

- **Variation:** Add a chopped banana to the blender or food processor when you process the tofu and chocolate together.

Nutrition Information

Per serving (1/4th of the recipe, with berries): 234 Calories, 10.5 g Total Fat (3.5 g Saturated Fat), 101 mg Sodium, 29 g Total Carbohydrate (2 g Fiber), 10 g Protein

Spicy Orange Hazelnut Chocolate Bark

Adapted from a recipe by bonappetit.com

Serves 8

Ingredients

8 ounces dark chocolate (greater than 70% cacao), chopped
1/4 teaspoon cayenne pepper
1 teaspoon finely grated orange zest
1/2 cup toasted hazelnuts, coarsely chopped
Flaky sea salt

Directions

1. Line a baking sheet with parchment paper.
2. Melt the chocolate in a bowl set over simmering water (double-boiler method). Alternatively, place it in a microwave-safe bowl in the microwave and heat in 30-second bursts until melted.
3. Stir the cayenne, orange zest, and about three-quarters of the nuts into the chocolate.
4. Using an offset spatula or the back of a spoon, spread the chocolate mixture on the prepared baking sheet.
5. Sprinkle the chocolate with the remaining nuts and flaky salt.
6. Refrigerate until fully set, about 20 to 30 minutes.
7. Break the chocolate into pieces and store the pieces in an airtight container in the refrigerator or at room temperature.

Nutrition Information

Per serving (1/8th of the recipe): 182 Calories, 11 g Total Fat (6 g Saturated Fat), 81 mg Sodium, 18 g Total Carbohydrate (1.5 g Fiber), 3 g Protein

Five-Ingredient Peanut Butter Cookies

Recipe by RealMomNutrition.com

Makes about 16 cookies

Prep time: 5 minutes, Cook time: 10 minutes,

Total time: 15 minutes

Ingredients

- 1 cup natural peanut butter
- 1/2 cup sugar
- 1/2 cup rolled oats
- 1 large egg
- 1 teaspoon vanilla extract



Directions

1. Preheat oven to 350°F.
2. Stir all ingredients together in a medium bowl until combined.
3. Shape dough into 1-inch balls.
4. Place balls 1 inch apart on an ungreased baking sheet.
5. Press the tops of the cookies with the back of a fork that has been dipped in sugar to gently flatten and make a crisscross design.
6. Bake about 10-12 minutes or just until the tops start to look dry. They will still look and feel soft.
7. Cool on the baking sheet for 1-2 minutes
8. Remove from baking sheet and place on cooling rack.

Nutrition Information

Per serving (1 cookie, 1/16th of the recipe): 132 Calories, 8.5 g Total Fat (2 g Saturated Fat), 79 mg Sodium, 11 g Total Carbohydrate (1 g Fiber), 5 g Protein

Black Bean Brownies

Adapted from a recipe by
ThePreventionRD.com, originally from
SkinnyTaste.com

Makes 16 brownies

Prep time: 5 minutes,

Cook time: 30 minutes,

Total time: 35 minutes



Ingredients

- 1 (15-ounce) can low-sodium black beans, drained and rinsed
- 2 large eggs
- 1/2 cup cocoa powder
- 3/4 cup sugar
- 1/2 teaspoon olive oil
- 1 tablespoon milk (dairy or non-dairy)
- 1 teaspoon balsamic vinegar
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon ground coffee or instant coffee
- 3/4 cup semisweet or dark chocolate chips, divided

Directions

1. Preheat oven to 350°F.
2. Coat a nonstick 8x8-inch pan with cooking spray and set aside.
3. In a food processor or blender, add the beans and pulse 10-15 times. Scrape down the sides, add eggs, and pulse an additional 10-15 times or until well-combined.
4. Add cocoa powder, sugar, olive oil, milk, vinegar, baking powder, baking soda, and instant coffee. Pulse to fully combine.
5. Transfer batter to a mixing bowl.
6. Stir in 1/2 cup chocolate chips.
7. Transfer batter to the prepared baking pan, spreading batter to the edges.

8. Sprinkle the top with the remaining 1/4 cup chocolate chips.
9. Bake until a toothpick inserted in the center comes out clean with no crumbs, about 25-30 minutes.
10. Cool brownies in the pan for at least 10 minutes.
11. Cut brownies into 16 squares.

Nutrition Information

Per serving (1 brownie, 1/16th of the recipe): 101 Calories, 3 g Total Fat (1 g Saturated Fat), 80 mg Sodium, 19 g Total Carbohydrate (3 g Fiber), 3 g Protein

Dark Chocolate Truffles

Recipe by Kaylee Pauley of Lemons and Basil

Makes about 20 truffles

Prep time: 10 mins, Cook time: 30 mins,

Total time: 40 mins

Ingredients

- 1/2 cup raw whole almonds
- 1/2 cup whole oats, certified gluten-free if necessary
- 1 cup Medjool dates, pitted
- 1 teaspoon vanilla extract
- 1 ounce unsweetened chocolate, melted
- 8 ounces semi-sweet chocolate chips, melted
- Chia seeds (Optional, for garnish)



Directions

1. Chop the unsweetened chocolate into small pieces.
2. To melt the unsweetened chocolate, either add them to a microwave-safe bowl and heat in 30-second intervals, stirring after each interval, or add them to a double boiler on the stovetop. Watch the chocolate to make sure that it does not burn.
3. Add the raw almonds, whole oats, pitted dates, melted unsweetened chocolate, and vanilla extract to the bowl of a food processor. Blend on high for 1 to 2 minutes, pausing to scrape down the sides occasionally. The dough will still look somewhat crumbly, but you should be able to pack it into a small ball and it hold together.
4. Line a baking sheet with parchment paper or wax paper.
5. Roll the dough into balls about 1-inch wide and place them on the prepared baking sheet.
6. Place the pan in the refrigerator.
7. To melt the semi-sweet chocolate chips, either add them to a microwave-safe bowl and heat in 30-second intervals, stirring after each interval, or

add them to a double boiler on the stovetop. Watch the chocolate to make sure that it does not burn.

8. Dip the balls in the melted chocolate chips, using a fork or a spoon to ensure that the chocolate completely coats each ball, then tap to remove the excess chocolate before returning the ball to the baking sheet.
9. Once all the truffles have been dipped, use any remaining melted chocolate to drizzle over the tops, then sprinkle the tops of the truffles with the chia seeds.
10. Return the baking sheet to the refrigerator until the truffles have set, about 30 minutes. You can also put them in the freezer for 10 minutes if you would like to speed up the process.
11. Store the finished truffles in an airtight container in the refrigerator for up to 1 week. Allow the truffles to come to room temperature before eating, or enjoy them straight out of the refrigerator.

Nutrition Information

Per serving (1/20th of the recipe, about 1 truffle): 114 Calories, 5 g Total Fat (1.5 g Saturated Fat), 38 mg Sodium, 17 g Total Carbohydrate (2 g Fiber), 2 g Protein

Peach Crumble

Adapted from a recipe by AmysHealthyBaking.com

Serves 9

Ingredients

- Nonstick cooking spray
- 4 extra-large peaches, diced (can substitute 5-6 medium peaches or two 15-ounce cans of peaches, drained and rinsed)
- 2 tablespoons cornstarch
- 1 1/2 teaspoons vanilla extract
- 1 teaspoon ground cinnamon, divided
- 3/4 cup old-fashioned (rolled) oats
- 1/4 cup whole-wheat flour
- 2 tablespoons honey
- 2 tablespoons unsalted butter, melted



Directions

1. Preheat the oven to 350°F.
2. Lightly coat an 8-inch square baking dish with nonstick cooking spray.
3. In a medium bowl, toss together the diced peaches, cornstarch, vanilla extract, and 1/4 teaspoon cinnamon until thoroughly combined. Set aside.
4. In a separate bowl, make the crumble topping by mixing together the oats, flour, and remaining 3/4 teaspoon cinnamon. Add in the honey and butter, mixing until completely incorporated. Set aside.
5. Spread the peach mixture into the prepared baking dish, and evenly sprinkle with the crumble topping.
6. Bake the peach crumble until the peach juice is bubbling and the oat mixture turns crunchy, about 35 to 45 minutes.
7. Cool the crumble completely to room temperature. For best results, let the crumble rest for 2 hours after coming to room temperature before cutting and serving.

8. Cut the crumble into 9 squares
9. Serve warm or at room temperature, topping with ice cream or yogurt if desired.

Nutrition Information

Per serving (1/9th of the recipe): 150 Calories, 4 g Total Fat (2 g Saturated Fat), 19 mg Sodium, 27 g Total Carbohydrate (3 g Fiber), 3 g Protein

Dark Chocolate Cherry Crisp

Adapted from a recipe by What Molly Made

Serves 12

Prep time: 15 mins, Cook time: 40 mins, **Total time: 55 mins**

Ingredients

- 6 cups cherries, fresh (pits removed) or frozen (thawed and patted dry)
- 2 teaspoons cornstarch
- 3 tablespoons coconut sugar (can substitute regular granulated sugar)
- Pinch of salt
- 1/2 cup dark chocolate chips

Crisp Topping

- 1/2 cup almond flour
- 2 tablespoons tapioca flour
- 3/4 cup rolled oats
- 1/3 cup coconut sugar (can substitute regular granulated sugar)
- Pinch of salt
- 1/3 cup coconut oil, solid

Directions

1. Preheat the oven to 375°F and move an oven rack to the middle position.
2. Spray a 9-inch square baking dish with nonstick cooking spray and set aside.
3. In a large bowl, combine the cherries, cornstarch, coconut sugar, salt and dark chocolate chips until incorporated.
4. Pour the cherry mixture into the prepared baking dish. Set aside.
5. To make the crisp topping, combine the almond flour, tapioca flour, rolled oats, salt, and coconut sugar in a large bowl.
6. Add the coconut oil and, using a pastry blender or two knives, cut the coconut oil into the flour mixture until it becomes a course meal.
7. Sprinkle the crisp topping over the cherry mixture
8. Bake in the preheated oven until the crisp topping is golden brown and the fruit around the edges is bubbling, about 35 to 45 minutes.

9. Allow the cherry crisp to cool slightly.
10. Serve warm, with yogurt ice cream if desired.

Nutrition Information

Per serving (1/12th of the recipe): 194 Calories, 8.5 g Total Fat (6 g Saturated Fat), 51 mg Sodium, 30 g Total Carbohydrate (2 g Fiber), 2 g Protein

Pistachio Raspberry Frozen Greek Yogurt

Adapted from a recipe by Krista of JoyfulHealthyEats.com

Serves 6

Prep time: 5 min, **Total time: 4 hours**

Ingredients

- 32 ounces plain Greek yogurt
- 2 1/2 tablespoons honey
- 2 teaspoons vanilla bean paste (can substitute 1 tablespoon vanilla extract)
- 2 teaspoons lemon zest
- 2 cups raspberries (if using frozen, measure before thawing)
- 1/2 cup pistachios, roughly chopped

Directions

1. Add the Greek yogurt, honey, vanilla bean paste (or vanilla extract), and lemon zest to a medium bowl and, using a whisk, stir to combine.
2. Add the raspberries and pistachios and stir to combine.
3. Pour the yogurt mixture into an 8-inch square pan.
4. Cover the yogurt mixture with plastic wrap and place it in the freezer until it is firm, about 3 to 4 hours.
5. Serve.

Nutrition Information

Per serving (1/6th of the recipe): 194 Calories, 5.5 g Total Fat (2 g Saturated Fat), 78 mg Sodium, 20 g Total Carbohydrate (3 g Fiber), 17 g Protein

Berry Chia Pudding Parfaits

Adapted from a recipe by The Foodie Physician

Serves 2

Total time: 5 min

Ingredients

- 2 (5.3-ounce) containers plain or flavored Greek yogurt
- 1 cup milk (dairy or plant-based)
- 3 tablespoons chia seeds
- 1 tablespoon honey (Optional, if using plain Greek yogurt)
- 2 cups mixed fresh berries (i.e. blueberries, raspberries, strawberries)
- 1/4 cup granola, divided



Directions

1. Whisk the yogurt, milk, chia seeds, and honey (if using) together in a large bowl.
2. Cover the bowl with plastic wrap and place it in the refrigerator until the mixture becomes pudding-like in consistency, overnight or about 6 to 12 hours.
3. When ready to serve, place about 1 cup of the berries in a bowl and mash them with a fork. Alternatively, you can purée them in a blender or a food processor.
4. To assemble the parfaits, place a layer of the chia pudding mixture in the bottom of 2 individual serving dishes.
5. Top each chia pudding layer with a layer of the berry purée and 1 tablespoon granola.
6. Repeat the layering process once more, with the remaining chia pudding, berry puree, and granola.
7. Top the parfaits with the remaining fresh berries and serve.

Nutrition Information

Per serving (1/2 of the recipe): 411 Calories, 16 g Total Fat (3 g Saturated Fat), 117 mg Sodium, 55 g Total Carbohydrate (14 g Fiber), 23 g Protein

Chocolate Chip Skillet Cookie

Adapted from a recipe by Rachael DeVaux

Serves 8

Prep Time: 10 minutes, Cook Time 20 minutes, **Total Time: 30 minutes**

Ingredients

- 1 egg
- 3 tablespoons maple syrup (can substitute honey or agave)
- 1/4 cup extra-virgin olive oil or avocado oil
- 1/3 cup creamy nut or seed butter (i.e. cashew butter, peanut butter, almond butter, tahini, sunflower seed butter)
- 1 teaspoon vanilla extract
- 1 tablespoon milk or unsweetened plant-based milk
- 1 cup almond flour, oat flour, whole-wheat flour, or peanut butter powder
- 1/4 teaspoon baking soda
- 1/2 teaspoon cinnamon
- 1-2 ounces dark chocolate ($\geq 70\%$ cacao), chips or a bar chopped into small pieces
- 1/4 teaspoon salt

Directions

1. Preheat oven to 325°F.
2. Crack the egg into a large bowl and beat lightly with a whisk.
3. Whisk in the maple syrup, oil, nut or seed butter, vanilla extract, and milk.
4. Stir in the flour or peanut butter powder, baking soda, cinnamon, and salt.
5. Fold in the chocolate.
6. Rub a thin layer of oil on the bottom and sides of an 8 or 9-inch cast iron skillet (can also use a baking dish, cake tin, or loaf tin).
7. Pour the batter into the pan.
8. Spread the batter out evenly in the pan using a silicone spatula.
9. Bake for 18 to 19 minutes on the center rack of the oven.

10. Turn the oven to broil and cook for another 1 to 1 1/2 minutes. Keep a close eye on it because it can burn quickly!
11. Serves warm.

Nutrition Information

Per serving (1/8th of the recipe): 242 Calories, 14.5 g Total Fat (3.5 g Saturated Fat), 78 mg Sodium, 23.5 g Total Carbohydrate (1.5 g Fiber), 5.5 g Protein

Lemon Avocado Tartlets

Adapted from a recipe by blog.hellofresh.com

Serves 12

Ingredients

Crust

- 1/4 cup unsweetened coconut flakes
- 1/2 cup chopped almonds
- 1/2 cup pitted dates
- 2 teaspoons lemon zest

Filling

- 2 large avocados
- 1/4 cup honey
- 1 teaspoon lemon zest
- 1/4 cup lemon juice
- 2 tablespoons coconut oil, melted
- Blackberries and/or cranberries (Optional, for topping)



Directions:

1. Blend all the crust ingredients in a food processor until a sticky paste forms.
2. Line a muffin tin with paper or foil cupcake liners.
3. Press the crust mixture in an even layer into the bottom of each lined muffin cup.
4. Place the muffin tin with the crusts in the freezer until the crusts are set, about 15 minutes.
5. Meanwhile, blend all the filling ingredients together in a food processor until creamy.
6. Spoon the filling mixture into each muffin cup.
7. Place the muffin tin back in the freezer for another 3 hours to set the filling.
8. Remove the tartlets from the freezer.

9. Let the tartlets sit for about 15 minutes until slightly softened.
10. Top with the blackberries and/or cranberries as desired.
11. Serve immediately.

Nutrition Information

Per serving (1/12th of the recipe): 125 Calories, 7.5 g Total Fat (3 g Saturated Fat), 3 mg Sodium, 15 g Total Carbohydrate (3 g Fiber), 1.5 g Protein

Flourless Chocolate Cake

Adapted from a recipe by America's Test Kitchen

Serves 16

Ingredients

- Nonstick cooking spray
- 8 large eggs, cold
- 1 pound bittersweet chocolate or semisweet chocolate, coarsely chopped
- 1/2 pound unsalted butter (2 sticks), cut into 1/2-inch chunks
- 1/4 cup strong coffee or coffee liqueur (Optional)

Directions

1. Adjust an oven rack to the lower-middle position and heat the oven to 325°F.
2. Line the bottom of an 8-inch springform pan with parchment paper and grease the pan sides with nonstick cooking spray.
3. Cover the pan underneath and along the sides with a sheet of heavy-duty foil.
4. Set the prepared springform pan in a large roasting pan.
5. Bring a kettle of water to a boil.
6. Beat the eggs with a handheld mixer at high speed until the volume doubles to approximately 1 quart (4 cups), about 5 minutes. Alternatively, beat the eggs in the bowl of a stand mixer fitted with this whisk attachment at medium speed to achieve same result, about 5 minutes.
7. Meanwhile, melt the chocolate and butter (also adding the coffee or liqueur, if using) in a large heatproof bowl set over a pan of almost simmering water, until smooth and very warm (about 115°F on an instant-read thermometer), stirring once or twice.
8. Fold 1/3 of the egg foam into the chocolate mixture using a large rubber spatula until only a few streaks of egg are visible
9. Fold in half of the remaining egg foam, then the last of the remaining egg foam, until mixture is completely combined.

10. Scrape the batter into the prepared springform pan and smooth the surface with a rubber spatula.
11. Set the roasting pan with the springform pan on the lower-middle oven rack.
12. Pour enough boiling water into the roasting pan to come about halfway up the side of the springform pan.
13. Bake until the cake has risen slightly, the edges are just beginning to set, a thin glazed crust (like a brownie) has formed on the surface, and an instant read thermometer inserted halfway through center of the cake registers 140°F, about 22 to 25 minutes.
14. Remove the springform pan from the roasting pan and set it on a wire cooling rack.
15. Let the cake cool to room temperature.
16. Cover the cake and refrigerate it overnight to allow the flavors and texture to mellow. It can be covered and refrigerated for up to 4 days.
17. About 30 minutes before serving, remove the springform pan sides and turn the cake out onto a sheet of parchment or waxed paper
18. Peel off the parchment paper pan liner, then turn the cake right side up on a serving platter.

Recipe Notes

- Even though the cake may not look done, pull it from the oven when an instant-read thermometer registers 140°F. The cake will continue to firm up as it cools.
- If you use a 9-inch springform pan instead of the preferred 8-inch, reduce the baking time to 18 to 20 minutes.
- By setting a handheld mixer on a pile of books or some other prop, you can avoid having to hold the mixer for 5 minutes as you are beating.

Nutrition Information

Per serving (1/16th of the recipe): 303 Calories, 22.5 g Total Fat (14 g Saturated Fat), 139 mg Sodium, 19 g Total Carbohydrate (1 g Fiber), 5.5 g Protein

Avocado Ice Cream

Recipe by Alton Brown

Makes 1 quart

Prep time: 15 minutes, **Total time: 8 hours 15 minutes**

Ingredients

- 12 ounces avocado meat (about 3 small to medium avocados)
- 1 tablespoon freshly squeezed lemon juice
- 1 1/2 cups plant-based half-and-half or full-fat coconut cream
- 1/2 cup sugar
- 1 cup coconut cream

Directions

1. Peel and pit the avocados.
2. Add the avocados, lemon juice, half-and-half or coconut milk, and sugar to a blender and purée.
3. Transfer the mixture to a medium mixing bowl.
4. Add the coconut cream and whisk to combine.
5. Place the mixture into the refrigerator and chill until it reaches 40°F or below, approximately 4 to 6 hours.
6. Process the mixture in an ice cream maker according to manufacturer's directions. However, this mixture sets up very fast, so count on it taking only 5 to 10 minutes to process.
7. For soft serve-style ice cream, serve immediately. If a firmer texture is desired, place it in the freezer for 3 to 4 hours.

Nutrition Information

Per serving (1/8th of the recipe, about 1/2 cup): 211 Calories, 15.5 g Total Fat (10 g Saturated Fat), 25 mg Sodium, 18 g Total Carbohydrate (2 g Fiber), 2.5 g Protein

Cooking Terminology

Cooking Terminology

AL DENTE | Italian term, meaning "to the tooth", used to describe pasta that is cooked until it offers a slight resistance to the bite.

AROMATICS | Seasonings to enhance the flavor and aroma; usually herbs and spices and some vegetables.

AU JUS | This is the natural pan drippings or juice that comes from a roasting pan after deglazing.

BAKE | To cook by dry heat, usually in the oven.

BARBECUE | Usually used to refer to grilling done outdoors or over an open charcoal or wood fire. More specifically, barbecue refers to long, slow direct-heat cooking, including liberal basting with a barbecue sauce.

BASTE | To moisten foods during cooking with pan drippings or special sauce to add flavor and prevent drying.

BATTER | A mixture containing flour and liquid, thin enough to pour.

BEAT | To mix rapidly in order to make a mixture smooth and light by incorporating as much air as possible.

BIND | To thicken a sauce or hot liquid by stirring in ingredients such as roux, flour, butter, corn starch, egg yolks, vegetable puree, or cream.

BLANCH | To partially cook vegetables by parboiling them in boiling water then cooling quickly in ice water. This should be done to prepare vegetables for freezing.

BLACKEN | A popular Cajun cooking method in which seasoned fish or other foods are cooked over in a very hot skillet until charred, resulting in a crisp, spicy crust. At home, this is best done outdoors because of the large amount of smoke produced.

BLEND | To mix ingredients until smooth and uniform.

BOIL | To heat a liquid until bubbles rise rapidly to the surface. The boiling point of water is 212°F at sea level.

BOUILLON | A bouillon cube is a compressed cube of dehydrated beef, chicken, fish, or vegetable stock. Bouillon granules are small particles of the same substance, but they dissolve faster. Both can be dissolved in hot liquid to substitute for stock or broth.

BOUQUET GARNI | A bundle of fresh herbs (usually thyme, parsley, and bay leaf) used to flavor to soups, stews, stocks, and poaching liquids. They are often tied inside two pieces of leek leaf or in a piece of cheesecloth.

BRAISE | To brown meat or vegetables in small amount of hot fat, then cook slowly in small amount of liquid; in the oven or on the stove. A great way to cook less-tender cuts of meat, firm fish, and vegetables.

BREAD | To coat food in bread crumbs, sometimes with seasoning. Standard method is to first dip in salted flour, then beaten egg, and then bread crumbs, then pan-fry in oil.

BRINE | Heavily salted water used to pickle or cure vegetables, or add moisture and seasoning to meats, fish, and seafood.

BROIL | Cook by exposure to direct heat under the broiler of a gas or electric range, in an electric broiler, or over an open fire.

BROWN | A quick searing done either at the beginning or end of meal preparation to enhance flavor, texture, or visual appeal.

BRUSH | To coat food with melted butter, egg, glaze, or other liquid using a pastry brush.

BUTTERFLY | To split a food such as shrimp, boneless lamb leg or pork chop, horizontally in half, cutting almost but not all the way through, then opening (like a book) to form a butterfly shape. Butterflying exposes more surface area, so the food cooks evenly and more quickly.

CARAMELIZATION | This process in which natural sugars turn brown when exposed to direct heat over a flame, with or without the addition of some oil.

CARAMELIZE | To melt sugar slowly over very low heat until sugar is liquid, deep amber in color and caramel flavored.

CHILL | To cool food to below room temperature in the refrigerator, in iced water, or over ice. When recipes call for chilling foods, it should be done in the refrigerator.

CHOP | To cut food into pieces with no exact size or shape.

CLARIFY | To separate and remove solids from a liquid, such as melted butter, making it clear.

COMBINE | To mix ingredients together.

CORE | To remove the core or center of various fruits, such as apples, pears and pineapple, and vegetables, such as lettuce and cabbage. Coring eliminates small seeds or tough and woody centers.

CREAM | To soften a fat, especially butter, by beating it at room temperature. Butter and sugar are often creamed together, making a smooth, soft paste.

CRISP | To preserve or restore the crunch to vegetables, such as celery and lettuce, in an ice water bath.

CRISP-TENDER | A term that describes vegetables that have been cooked until just tender but still somewhat crunchy. A fork could be inserted with a little pressure.

CRUSH | To reduce a food to small particles, usually using a mortar and pestle, rolling pin, or bottom of a pot. To crush crackers you may place them in a double bag and roll a rolling pin over them. Crushing dried herbs releases their flavor and aroma.

CURE | To preserve meats by drying, then salting and/or smoking.

CUT | To break up food into pieces, with a knife or scissors.

CUT IN | To mix butter or shortening with dry ingredients using a pastry blender, knife or fork. Usually applied to pastry making.

DEGREASE | To remove fat from the surface of stews, soups, or stock. Usually this is done after it has been cooled in the refrigerator, so that fat hardens and is easily removed.

DEEP-FRY | Cooking in enough fat to cover the food completely. The goal is to produce foods with a crisp golden-brown crust and a cooked inside, without letting them absorb too much fat.

DEGLAZE | To dissolve the thin glaze of juices and brown bits on the surface of a pan in which meat or vegetables has been fried, sautéed or roasted. To do this, add liquid, then stir and gently scrape with a wooden spoon over a heated burner. This adds flavor to the liquid so that it can be used as a sauce.

DEVEIN | To remove the dark intestinal vein of a shrimp by using the tip of a sharp knife, then rinsing the shrimp in cold water.

DEVELOP | Allow food to sit before serving so the flavors have a chance to blend or brighten.

DICE | To cut food into small cubes of uniform size and shape, usually about 1/4 inch in size.

DIRECT GRILLING | Quickly cooking food by placing it on a grill rack directly over the heat source. A charcoal grill is often left uncovered, while a gas grill is usually covered.

DISSOLVE | To stir a solid food and a liquid food together to form a mixture in which none of the solid remains. Heat may be needed for the solid to dissolve.

DOUBLE BOILER | A two-pan arrangement where one pan nests partway inside the other. The lower pot holds simmering water that gently cooks heat-sensitive food (i.e. chocolate) in the upper pot.

DREDGE | To coat a food, either before or after cooking, with a dry ingredient, such as flour, cornmeal, or sugar.

DRIP PAN | A metal or disposable foil pan placed under food to catch drippings when grilling.

DRIZZLE | To randomly pour a liquid, such as olive oil, in a thin stream over food.

DUST | To lightly coat or sprinkle a food with a dry ingredient, such as flour or powdered sugar, either before or after cooking. Use a strainer or a jar with a perforated cover, or by shaking in a paper bag.

EMULSIFY | To bind liquids that usually cannot blend smoothly, such as oil and water. The trick is to add one liquid, usually the oil, to the other slowly while mixing vigorously. You can also use natural emulsifiers, such as egg yolks or mustard, to bind mixtures like vinaigrettes and sauces.

FILLET | As a verb, to remove the bones from meat or fish. A fillet (or filet) is the piece of flesh after it has been de-boned.

FLAKE | To break lightly into small pieces.

FLAMBÉ | To flame foods using a torch or by soaking in alcohol and setting on fire.

FLOUR | As a verb, to coat or dust a food or utensil with flour. Food may be floured before cooking to add texture and improve browning. Baking utensils sometimes are floured to prevent sticking.

FOLD | To blend a delicate substance, such as whipped cream or beaten egg whites, into another substance without releasing air bubbles. Cut down through mixture with spoon, whisk, or fork; go across bottom of bowl, up and over, close to surface. Repeat, while slowing rotating the bowl.

FRY | To cook food in a hot cooking oil or fat, usually until a crisp brown crust forms. To pan-fry is to cook food in a skillet in a small amount of hot oil. To deep-fry is to cook a food in enough hot oil to cover the food. To shallow fry is to cook a food in about an inch of hot oil. To oven-fry is to cook food in a hot oven, using a small amount of fat.

GARNISH | To decorate a dish. This can be done to enhance its appearance, as well as to provide flavor. Parsley, lemon slices, and chopped chives, are examples of garnishes.

GLAZE | To cook food in a thin sugar syrup. Also, to cover with thin, glossy icing.

GRATE | To rub food, such as hard cheeses, vegetables, and whole nutmeg or ginger, across a grating surface to make fine shreds. A food processor may also be used.

GRATIN | From the French word for "crust." Describes any food that is baked in a shallow dish to form a golden brown crust of bread crumbs, cheese, or creamy sauce.

GREASE | To coat a utensil, such as a baking pan or skillet, with a thin layer of fat or oil. A pastry brush works well for this. Also refers to fat released from meat and poultry during cooking.

GRILL | To cook food on a grill or grill pan over high heat.

GRIND | To cut a food into smaller pieces, usually with a food grinder or a food processor.

INDIRECT GRILLING | Slowly cooking food in a covered grill over a spot where there is no heat or hot coals. Usually food is placed on the rack over a drip pan, with coals arranged around the pan.

JULIENNE | To cut food into thin strips.

KNEAD | To work dough with the heels of your hands in a pressing and folding motion until it becomes smooth and stretchy.

LEAVENINGS | Ingredients that help batter and dough expand or rise during baking. Examples are yeast, baking powder, and baking soda. If left out, the baked products will be heavy and tough.

LUKEWARM | Neither cool nor warm; approximately body temperature.

MARINATE | To soak food in a marinade for added flavor and moisture.

MASH | To press or beat a food to remove lumps and make a smooth mixture. This can be done with a fork, potato masher, food mill, food ricer, or electric mixer.

MEASURE | To determine the amount, size, or weight of a food.

MELT | To heat a solid food, such as chocolate or butter, over very low heat until it becomes liquid or semi-liquid.

MEUNIERE | Dredged with flour and sautéed in butter.

MINCE | To chop food into very fine pieces, as with herbs or garlic.

MIREPOIX | A combination of aromatic vegetables that is used as the flavor foundation in many recipes, especially soups and stews: 2 parts onion + 1 part carrot + 1 part celery.

MISE EN PLACE | A French term meaning "everything in place". This is gathering what you need and setting up your work area before you start cooking.

MIX | To combine ingredients, usually by stirring.

MOISTEN | To add enough liquid to a dry ingredient or mixture to make it damp but not runny.

PAN-BROIL | To cook uncovered in a hot fry pan, pouring off fat as it collects.

PAN-FRY | To cook food in a small amount of fat.

PARBOIL | To boil until partially cooked. Also known as blanching.

PARE | To remove the outer skin of a fruit or vegetable, using a small knife or a vegetable peeler.

PEEL | To remove the peels from vegetables or fruits.

PICKLE | To preserve meats, vegetables, and fruits in brine.

PINCH | The amount you can hold between your thumb and index (pointer) finger.

PIT | To remove pits from fruits.

PLANKED | Cooked on a thick hardwood plank, usually over a grill.

PLUMP | To soak dried fruits in liquid until they swell.

POACH | To cook very gently in hot liquid kept just below simmering (about 180°F).

POUND | To hit a food with a heavy utensil to crush it. In the case of meat or poultry, to break up connective tissue in order to tenderize or flatten it.

PRECOOK | To partially or completely cook a food before using it in a recipe.

PREHEAT | To heat an oven or a utensil, such as a pan, to a specific temperature before using it.

PRESSURE COOKING | Cooking food in a sealed pot with liquid, creating steam pressure which helps food cook faster.

PROCESS | To preserve food at home by canning, or to prepare food in a food processor.

PROOF | To allow a yeast dough to rise before baking.

PUREE | To process or mash a food until it is as smooth as possible. This can be done using a blender, food processor, sieve, or food mill.

RECONSTITUTE | To bring a concentrated or condensed food, such as frozen fruit juice, to its original strength by adding water.

REDUCE | To decrease the volume of a liquid by boiling it, causing evaporation. As the liquid evaporates, it thickens and increases in flavor. The resulting liquid, called a reduction, can be used as a sauce or part of a sauce.

REFRESH | To run cold water over food that has been parboiled, to stop the cooking process quickly.

RENDER | To turn solid fat into liquid by melting it slowly.

RICE | To force food that has been cooked through a perforated utensil known as a ricer, giving the food a rice-like shape. Can also be done in a food processor, as with cauliflower rice.

ROAST | To cook uncovered food in an oven. Vegetables and tender pieces of meat work best for roasting.

ROLL | To form a food into a shape.

ROLL OUT | Flattening a food, usually a dough or pastry, with a rolling pin.

ROUX | A mixture of flour and a fat (usually butter) that is cooked to a golden- or rich-brown color. This is used for thickening in sauces, soups, and gumbos.

SAUTÉ | From the French word sauter, meaning "to jump." Sautéed food is cooked and stirred in a small amount of fat over fairly high heat in an open, shallow pan.

SCALD | To heat a liquid, often milk, to a temperature just below the boiling point, when tiny bubbles just begin to appear around the edge of the liquid.

SCALLOP | To bake a food, usually in a casserole dish, with sauce or other liquid. Crumbs are often sprinkled on top.

SCORE | To cut narrow slits, often in a diamond pattern, through the outer surface of a food to decorate it, tenderize it, help it absorb flavor, or allow-fat to drain as it cooks.

SEAR | To brown a food, usually meat, quickly on all sides using high heat. This may be done in the oven, under a broiler, or on the stovetop. The method increases shrinkage and moisture loss but develops flavor and improves appearance.

SHRED | To push food across a shredding surface to make long, narrow strips. Finely shred means to make long thin strips. A food processor also may be used. Leafy vegetables (i.e. lettuce, cabbage) may be shredded by slicing them thinly with a knife.

SIEVE | To separate liquids from solids, usually using a sieve tool.

SIFT | To put one or more dry ingredients, especially flour or powdered sugar, through a sifter or sieve to remove lumps and incorporate air.

SIMMER | To cook food in a liquid that is kept just below the boiling point (about 200°F). A liquid is simmering when a few bubbles form slowly and burst just before reaching the surface.

SKIM | To remove a substance, such as fat or foam, from the surface of a liquid.

STEAM | To cook a food in the vapor released from boiling water. This may be done in a pressure cooker, deep well cooker, double boiler, microwave dish, or a steamer basket. A small amount of boiling water is used, more water being added during steaming process, if necessary.

STEEP | To extract color, flavor, or other qualities from a substance by leaving it in liquid, usually water, at a very low temperature. Color, flavor, or other qualities may also be infused into a food by using a liquid with these qualities.

STERILIZE | To destroy bacteria and viruses with boiling, dry heat, or steam.

STEW | To cook food in liquid for a long time until tender, usually at a lower temperature in a covered pot.

STIR | To mix ingredients with a circular motion until well blended or of even consistency.

STIR-FRY | A method of quickly cooking small pieces of food in a little hot oil in a wok or skillet over medium-high heat while stirring constantly.

STOCK | Also called broth. Gently simmering meats, fish, or vegetables and/or their by-products, such as bones and trimmings with herbs, in a liquid (usually water). Broths usually have a higher proportion of meat to bones compared to stock.

TOSS | To mix ingredients lightly by lifting and dropping them using two utensils.

TRUSS | To secure poultry with string or skewers, to hold its shape while cooking.

WEEPING | When liquid separates out of a solid food, such as jellies, custards, and meringues. This is undesirable and typically means that the product has aged.

WHIP | To beat a food lightly and rapidly using a whisk, rotary beater, or electric mixer in order to incorporate air into the mixture and increase its volume.

ZEST | The colored outer portion of citrus fruit peel. It is rich in fruit oils and often used as a seasoning. To remove the zest, scrape a grater or fruit zester across the peel; avoid the white membrane beneath the peel, known as the pith, because it is bitter.

Kitchen Basics and Shopping Tools

Kitchen Basics and Shopping Tools

Cooking Methods

Moist Heat Cooking Methods

Method	Equipment	Temp	Time	Uses/Description
Blanch	Large pot and large bowl			Vegetables, Fruit Preparation for freezing or easily removing skins
Boil	Large pot		 to 	Pasta, Hard Vegetables Rapid, large bubbles. Quickly cooks with a large amount of hot water.
Braise	Large pot with lid			Meat (tough, lean cuts), Vegetables Tenderizes and intensifies flavor
Poach	Sauté pan with lid		 to 	Meat, Fish, Fruit, Vegetables, Eggs Infuses flavor. Very gentle; retains nutrients, moisture, texture, and shape.
Scald	Medium to large pot			Liquids, Milk, Custards For heating delicate ingredients

Method	Equipment	Temp	Time	Uses/Description
Simmer	Medium to large pot			Liquids, Soups, Stocks, Sauces, Whole Grains Infrequent, small bubbles
Double Boiler	Pot and glass or metal bowl			Chocolate, Custards, Sauces, Egg-based Dishes Bowl is heated with steam from the pot. Use for heating delicate ingredients.
Pressure Cook	Manual or electric pressure cooker			Soups, Meat, Eggs, Desserts, Vegetables Quickly cooks foods at higher than boiling temperatures. Uses water to create a pressurized environment.
Steam	Pot and steamer basket			Vegetables, Meat, Fish, Fruit Food is heated and cooked by steam from the pot. Very gentle; retains nutrients, moisture, texture, and shape.

Dry Heat Cooking Methods

Method	Equipment	Temp	Time	Uses/Description
Bake	Metal, glass, or ceramic dishes and pans			Pastries, Bread, Pizza Evenly distributed, indirect heat
Roast	Baking sheet or roasting pan with a roasting rack			Meat, Fruit, Vegetables Evenly distributed, indirect heat
Broil	Broiling pan or other heat-resistant dish			Meat, Fruit, Vegetables Direct heat. Toasts or browns and creates crust.
Grill	Grill or grill pan			Meat, Fruit, Vegetables Direct heat. Cooks, chars/sears, and creates crust.
Deep-Fry	Large pot or electric fryer			Desserts, Meat, Vegetables Crisps foods. Involves submerging in a large amount of liquid or melted fat

Method	Equipment	Temp	Time	Uses/Description
Pan-Fry	Skillet/fry pan			Meat, Fruit, Vegetables Sears and cooks foods. Uses a little liquid or melted fat.
Sauté	Sauté pan or skillet/fry pan			Meat, Fruit, Vegetables Even, quick cooking. Browns food. Uses a little liquid or melted fat.
Stir-Fry	Wok, sauté pan, or skillet/fry pan			Meat, Vegetables Even, quick cooking. Uses a little liquid or liquid fat.
Sweat	Sauté/fry pan with lid			Aromatics, Vegetables Used to soften and extract flavor from items
Flambé	Torch			Desserts, Meringues Flame sugar or light alcohol to char/sear

Keeping Food Safe

One of the most important steps in food safety is keeping hazardous foods (meat, fish, eggs, etc.) separated from non-hazardous foods (fruits, vegetables, pasteurized dairy, etc.). When these items touch each other, **cross-contamination** happens. Here are some tips to avoid cross-contamination:

- Use a separate knife, towel, and cutting board for hazardous and non-hazardous items
- Prepare all hazardous foods first, then clean the countertop and wash your hands before moving on.
- Store items in sealed containers in the refrigerator.
- Organize your refrigerator so that the most hazardous foods are on the bottom and the least hazardous foods are at the top (see picture to the right).



Although the produce storage is at the bottom in most refrigerators, it is often better to just ignore this and store produce higher up in the refrigerator.

BONUS: You are more likely to use produce before it goes bad when it is kept at eye-level.

Cold Temperature Food Storage

Refrigerator

Eggs

Dairy products

Tofu and tempeh

Meat, poultry, fish

Opened condiment containers

Leftovers

Certain fruit:

Apples (>7 days) Cherries

Apricots Cut fruit

Asian pears Figs

Berries Grapes

Ripened fruit:

Avocados Nectarines Pears

Guava Papaya Plums

Kiwi Peaches

Freezer

Foods from the freezer section

Food you will not be using right away (i.e. meat, fish, chicken, fruit, bread, tortillas, cooked whole grains, some vegetables)

Baking yeast

Fresh ginger

Certain vegetables:

Artichokes Green onions

Asparagus Herbs, except
(ends in water) basil (ends in a
barely damp
paper towel)

Green beans

Beets Leafy greens

Belgian endive Leeks

Broccoli Lettuce

Brussels sprouts Mushrooms (in
paper bag)

Cabbage Okra (in paper
bag)

Carrots Peas

Cauliflower Radishes

Celery Summer squash

Good to Know

Root vegetables with leafy tops will last longer if you remove the tops before storing. The tops can usually be eaten as well. For example, carrot or radish tops can be pureed into pesto and beet or turnip greens can be sautéed for a quick side dish.

Room Temperature Food Storage

Countertop

Certain fruit:

Apples (<7 days)	Persimmons
Bananas	Pineapple
Citrus fruits	Plantains
Mangoes	Pomegranates
Melons	

Certain fruit, while ripening:

Avocados	Papaya
Guava	Peaches
Kiwi	Pears
Nectarines	Plums

NOTE: Store these fruits and vegetables separately in a paper bag, perforated plastic bag, or ripening bowl on the counter and away from sunlight. Once ripe, move to the refrigerator.

Certain vegetables:

Tomatoes
Basil (stems in water)
Cucumber*
Eggplant*
Peppers*

*can be refrigerated for 1-3 days if they are used soon after removing from the refrigerator

Cupboard or Pantry

Certain vegetables (keep in a cool, well-ventilated area in the pantry):

Garlic	Sweet potatoes
Onions	Jicama
Potatoes (with an apple)	Winter squash

Flour, sugar, baking powder, baking soda, cornstarch, etc.

Salt, spices, and dried herbs

Dry pasta, rice and other grains, dried beans

Unopened condiment containers (i.e. jam, mayonnaise, ketchup, mustard, salad dressings)

Canned items

Honey

Vinegars

Plant-based oils (i.e. canola, olive, avocado)

Nuts and seeds

Bread

Storage Times for Perishable Foods

Product	Refrigerator	Freezer
<p>Eggs</p> <p>Fresh, in shell</p> <p>Raw yolks, whites</p> <p>Hard cooked</p> <p>Liquid pasteurized eggs or egg substitutes, opened</p> <p>unopened</p> <p>Mayonnaise (store-bought), opened</p>	<p>4-5 weeks</p> <p>2-4 days</p> <p>7 days</p> <p>3 days</p> <p>10 days</p> <p>2 months</p>	<p>Don't freeze</p> <p>1 year</p> <p>Don't freeze well</p> <p>Don't freeze</p> <p>1 year</p> <p>Don't freeze</p>
<p>TV Dinners and Frozen Casseroles</p> <p>Keep frozen until ready to heat</p>	n/a	3-4 months
<p>Deli and Vacuum-Packed Products</p> <p>Store-prepared or homemade egg, chicken, tuna, ham, or macaroni salads</p> <p>Pre-stuffed pork and lamb chops, chicken breasts stuffed with dressing</p> <p>Store-cooked convenience meals</p> <p>Commercial brand vacuum-packed dinners with USDA seal, unopened</p>	<p>3-5 days</p> <p>1 day</p> <p>3-4 days</p> <p>14 days</p>	<p>Don't freeze well</p> <p>Don't freeze well</p> <p>Don't freeze well</p> <p>Don't freeze well</p>
<p>Raw Ground Meat and Stew Meat</p> <p>Hamburger and stew meat</p> <p>Ground turkey, veal, pork, or lamb</p>	<p>1-2 days</p> <p>1-2 days</p>	<p>3-4 months</p> <p>3-4 months</p>

Product	Refrigerator	Freezer
<p>Ham and Corned Beef</p> <p>Corned beef in pouch with pickling juices Ham, canned, labeled "keep refrigerated", unopened opened Ham, fully cooked, whole half slices</p>	<p>5-7 days</p> <p>6-9 months</p> <p>3-5 days</p> <p>7 days</p> <p>3-5 days</p> <p>3-4 days</p>	<p>Drained, 1 month</p> <p>Don't freeze</p> <p>1-2 months</p> <p>1-2 months</p> <p>1-2 months</p> <p>1-2 months</p>
<p>Hot Dogs and Lunch Meats</p> <p>Hot dogs, unopened opened Lunch meats, unopened opened</p>	<p>14 days</p> <p>7 days</p> <p>14 days</p> <p>3-5 days</p>	<p>1-2 months</p> <p>1-2 months</p> <p>1-2 months</p> <p>1-2 months</p>
<p>Soups and Stews</p> <p>Vegetable and/or meat added</p>	<p>3-4 days</p>	<p>2-3 months</p>
<p>Bacon and Sausage</p> <p>Bacon Sausage, raw (pork, beef, or poultry) Smoked breakfast links or patties Summer sausage labeled "keep refrigerated", unopened opened</p>	<p>7 days</p> <p>1-2 days</p> <p>7 days</p> <p>3 months</p> <p>3 weeks</p>	<p>1 month</p> <p>1-2 months</p> <p>1-2 months</p> <p>1-2 months</p> <p>1-2 months</p>
<p>Raw Meat (Beef, Lamb, Pork)</p> <p>Steaks Chops Roasts Variety Meats (tongue, kidneys, liver, heart, chitterlings)</p>	<p>3-5 days</p> <p>3-5 days</p> <p>3-5 days</p> <p>1-2 days</p>	<p>6-12 months</p> <p>4-6 months</p> <p>4-12 months</p> <p>3-4 months</p>

Product	Refrigerator	Freezer
Meat Leftovers		
Cooked meat and meat dishes	3-4 days	2-3 months
Meat gravy and broth	1-2 days	2-3 months
Raw Poultry		
Chicken or turkey, whole	1-2 days	1 year
parts	1-2 days	9 months
Giblets	1-2 days	3-4 months
Poultry Leftovers		
Fried chicken	3-4 days	4 months
Cooked poultry dishes	3-4 days	4-6 months
Pieces, plain	3-4 days	4 months
covered with broth or gravy	3-4 days	6 months
Chicken nuggets or patties	3-4 days	2 months
Fish and Shellfish		
Lean fish, raw (bass, cod, catfish, tuna, halibut, mahi-mahi, pollock, trout, tilapia)	1-2 days	6 months
Fatty fish, raw (salmon, anchovies, sardines, herring, mackerel)	1-2 days	2-3 months
Cooked fish	3-4 days	4-6 months
Smoked fish	14 days	2 months
Shellfish, raw (shrimp, crab, oysters, scallops, crawfish, lobster, octopus, squid)	1-2 days	3-6 months
Canned seafood, opened	3-4 days	2 months

Measurements and Conversions

Common Abbreviations

tsp (t) – teaspoon

tbsp (T) – tablespoon

lb – pound

oz – ounce (usually refers to weight, unless referring to a liquid)

qt – quart

pt – pint

fl oz – fluid ounces (used for volume, as with liquids)

gal – gallon

kg – kilogram

g – gram

L – liter

mL – milliliter

cm – centimeter

°F – degrees Fahrenheit

°C – degrees Celsius

Dry Ingredients by Weight

1 ounce	1/16 pound (lb)	30 grams (g)
4 ounces	1/4 pound (lb)	120 grams (g)
8 ounces	1/2 pound (lb)	240 grams (g)
12 ounces	3/4 pound (lb)	360 grams (g)
16 ounces	1 pound (lb)	480 grams (g)

Length Conversions

1 inch (in)	=	2.5 centimeters (cm)
6 inches (in)	= 1/2 foot (ft) =	15 centimeters (cm)
12 inches (in)	= 1 foot (ft) =	30 centimeters (cm)
36 inches (in)	= 3 feet (ft) =	90 centimeters (cm) = 1 yard (yd)
40 inches (in)	=	100 centimeters (cm) = 1 meter (m)

Volume Conversions

1/4 teaspoon	=			1 milliliter (mL)
1/2 teaspoon	=			2 milliliters (mL)
1 teaspoon (tsp)	=			5 milliliters (mL)
3 teaspoons (tsp)	=	1 tablespoon (tbsp)	=	15 milliliters (mL)
2 tablespoons (tbsp)	=	1/8 cup	=	30 milliliters (mL)
4 tablespoons (tbsp)	=	1/4 cup	=	2 fluid ounces (fl oz)
5 tablespoons (tbsp) + 1 teaspoon (tsp)	=	1/3 cup	=	3 fluid ounces (fl oz)
8 tablespoons (tbsp)	=	1/2 cup	=	4 fluid ounces (fl oz)
10 tablespoons (tbsp) + 2 teaspoon (tsp)	=	2/3 cup	=	5 fluid ounces (fl oz)
12 tablespoons (tbsp)	=	3/4 cup	=	6 fluid ounces (fl oz)
16 tablespoons (tbsp)	=	1 cup	=	8 fluid ounces (fl oz)
2 cups	=	1 pint	=	16 fluid ounces (fl oz)
4 cups	=	1 quart	=	32 fluid ounces (fl oz)
1.06 quarts	=	1 liter (L)	=	33 fluid ounces (fl oz)
8 cups	=	1/2 gallon	=	64 fluid ounces (fl oz)
16 cups	=	4 quarts, 1 gallon	=	128 fluid ounces (fl oz)

Kitchen Equipment

Basic Essentials

- Large frying pan, 10+ inches across
- Small frying pan, 6 inches across
- Large sauté pan, 10+ inches across
- Large saucepan with lid, 6+ quarts
- Small saucepan with a lid, about 2.5 quarts
- Stockpot with a lid
- Roasting pan
- At least 2 mixing bowls, one large and one small
- Microwave- and oven-safe casserole dish with a lid, 2-3 quarts
- Large cutting board
- 2-3 smaller cutting boards
- Spatula
- Wooden spoons
- 2 metal baking sheets
- 2 wire cooling racks
- Dry ingredient measuring cups
- Liquid/wet ingredient measuring cups
- Measuring spoons
- Box grater
- Chef knife
- Bread (serrated) knife
- Paring knife
- Honing steel
- Spring-loaded tongs
- Wire whisk
- Can opener
- Colander
- Strainer
- Pot holders and/or oven mitts
- Instant-read digital thermometer
- Food storage containers
- Parchment paper
- Aluminum foil
- Plastic wrap

Beyond the Basics

Basic Essentials, plus...

- Extra large stock pot
- Blender
- Dishers (spring-loaded scoops)
- Immersion/hand blender
- Food processor
- Coffee grinder (for spices only)
- Electric mixer (hand-held or stand)
- Fish spatula
- Meat mallet
- Ladle
- Grill, grill pan, or panini press
- Vegetable peeler
- Loaf pan
- Garlic press
- Microwave
- Toaster
- Carbon steel wok
- Potato masher
- Rubber or silicone scraper
- Basting/pastry brush
- Pie pan
- Roasting pan
- Muffin pan, 12-cup
- Collapsible vegetable steamer
- Scissors/kitchen shears
- Kitchen ruler
- Knife sharpener
- Candy/fry thermometer
- Salad spinner
- Stainless steel skewers
- Microplane grater/zester
- Mandolin slicer
- Cut-resistant gloves
- Flexible cutting mats
- Slow cooker
- Pressure cooker
- Digital kitchen scale
- Board scraper/dough knife
- Dutch oven
- Ice cube trays

Meals This Week

Week of (dates): Sunday ___ / ___ to Saturday ___ / ___

	BREAKFAST	LUNCH	DINNER
S U N			
M O N			
T U E			
W E D			
T H U			
F R I			
S A T			

Anti-Inflammatory Shopping List

Fish and Shellfish

- Anchovies
- Cod
- Flounder
- Halibut
- Herring
- Mackerel
- Mussels
- Oysters
- Salmon (fresh or canned in water)
- Sardines (canned in olive oil or water)
- Scallops
- Shrimp
- Tuna (light, canned in water)

Oils

- Extra-virgin olive oil
- Avocado oil
- Expeller-pressed canola oil
- Sesame oil
- High-oleic sunflower oil
- High-oleic safflower oil
- Flaxseed oil
- Walnut oil
- Hazelnut oil

Legumes

- Black beans
- Kidney beans
- Lentils
- Navy beans
- Pinto beans

Grains

- Amaranth
- Barley
- Brown rice
- Bulgur
- Farro
- Kamut
- Millet
- Oatmeal (rolled/old fashioned or steel cut)
- Popcorn (unbuttered)
- Quinoa
- Spelt
- Wheat berries
- Whole-grain stoneground breads
- Whole-wheat pasta

Nuts and Seeds

- Almonds
- Chia seeds
- Chickpeas
- Flax seeds
- Hemp seeds (hemp hearts)
- Peanut butter (natural)
- Peanuts
- Pine nuts
- Pistachios
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Walnuts

Vegetables

Note: Look for fresh, frozen, or canned without added salt

- Arugula
- Asparagus
- Avocados
- Beets
- Bell peppers
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Corn
- Green beans

Vegetables continued

- Kale
- Lettuce
- Mushrooms
- Onions
- Peas
- Potatoes
- Radishes
- Spinach
- Summer squash
- Winter squash
- Sweet potatoes
- Swiss chard
- Tomatoes

Fruits

Note: Look for fresh, frozen, or canned without added sugar

- Apples
- Apricots
- Bananas
- Blueberries
- Cantaloupe
- Cherries
- Cranberries
- Dried plums (prunes)
- Figs
- Grapefruit
- Grapes

Fruits continued

- Kiwi
- Mangoes
- Oranges
- Peaches
- Pineapples
- Plums
- Raisins
- Raspberries
- Strawberries
- Watermelon

Herbs and Spices

Note: Can choose either fresh or dried

- Allspice
- Basil
- Bay leaf
- Chives
- Cilantro
- Cinnamon
- Clove
- Cumin
- Garlic
- Ginger
- Marjoram
- Mustard
- Nutmeg
- Oregano

Herbs and Spices continued

- Paprika
- Parsley
- Pepper
- Peppermint
- Rosemary
- Saffron
- Tarragon
- Thyme
- Turmeric

Others

- Dark chocolate ($\geq 70\%$ cacao)
- Tofu
- Tempeh
- Edamame
- Omega-3 eggs
- Grass-fed meats
- Pasture-raised poultry

Arizona Seasonal Produce Calendar

Late Winter and Early Spring

<u>January</u>	<u>February</u>	<u>March</u>	<u>April</u>
Arugula	Arugula	Arugula	Arugula
Bok Choy	Bok Choy	Asparagus	Asparagus
Broccoli	Broccoli	Bok Choy	Cabbage
Brussels Sprouts	Brussels Sprouts	Broccoli	Carrots
Cabbage	Cabbage	Brussels Sprouts	Celery
Carrots	Carrots	Cabbage	Cucumber
Celery	Celery	Carrots	Garlic
Clementines	Clementines	Celery	Greens
Grapefruit	Garlic	Clementines	Lemons
Green Onions	Grapefruit	Garlic	Lettuce
Greens	Green Onions	Grapefruit	Onions
Lemons	Greens	Green Onions	Peas
Lettuce	Lemons	Greens	Potatoes
Oranges	Lettuce	Lemons	Radishes
Radishes	Oranges	Lettuce	Spinach
Spinach	Radishes	Oranges	Summer Squash
Sweet Potatoes	Spinach	Radishes	Strawberries
Tangerines	Strawberries	Spinach	Zucchini
	Sweet Potatoes	Strawberries	
	Tangerines	Sweet Potatoes	
		Tangerines	

Late Spring and Summer

<u>May</u>	<u>August</u>	<u>July</u>	<u>August</u>
Arugula	Apricots	Apples	Apples
Apricots	Blackberries	Blueberries	Basil
Blackberries	Blueberries	Chilies	Chilies
Carrots	Corn	Corn	Corn
Cucumber	Cucumber	Cucumber	Cucumber
Garlic	Garlic	Garlic	Grapes
Greens	Green Beans	Grapes	Green Beans
Lettuce	Melons	Green Beans	Melons
Nectarines	Nectarines	Melons	Peaches
Onions	Onions	Nectarines	Pears
Peaches	Peaches	Onions	Pinto Beans
Peas	Peas	Peaches	Plums
Potatoes	Plums	Pinto Beans	Potatoes
Radishes	Potatoes	Plums	Pumpkin
Spinach	Summer Squash	Potatoes	Radishes
Summer Squash	Tomatoes	Radishes	Summer Squash
Tomatoes	Zucchini	Summer Squash	Winter Squash
Zucchini		Sweet Peppers	Sweet Peppers
		Tomatoes	Tomatoes
		Zucchini	Zucchini

Fall and Early Winter

September

Apples
 Arugula
 Basil
 Chilies
 Corn
 Cucumber
 Green Beans
 Pears
 Pinto Beans
 Potatoes
 Pumpkin
 Radishes
 Summer Squash
 Winter Squash
 Sweet Peppers
 Tomatoes
 Zucchini

October

Arugula
 Basil
 Bok Choy
 Broccoli
 Carrots
 Corn
 Dates
 Eggplant
 Green Beans
 Green Onions
 Key Limes
 Lettuce
 Pinto Beans
 Potatoes
 Pumpkin
 Radishes
 Spinach
 Winter Squash
 Sweet Peppers
 Tomatoes
 Turnips

November

Arugula
 Basil
 Bok Choy
 Broccoli
 Carrots
 Cilantro
 Dates
 Eggplant
 Green Onions
 Key Limes
 Lettuce
 Pinto Beans
 Pumpkin
 Radishes
 Spinach
 Winter Squash
 Tomatoes
 Turnips

December

Bok Choy
 Broccoli
 Brussels Sprouts
 Carrots
 Cilantro
 Clementines
 Grapefruit
 Green Onions
 Greens
 Lemons
 Lettuce
 Oranges
 Radishes
 Spinach
 Sweet Potatoes
 Tangerines
 Turnips

Additional Resources

Additional Resources

Helpful Websites for More Recipes and Learning

WhatsCooking.FNS.USDA.gov	BigOven.com
EatWellBeWell.com	Greatist.com
FoodAndNutrition.org	Epicurious.com
EatRight.org	Delish.com
FruitsAndVegetablesMoreMatters.org	FineCooking.com
EatingWell.com	BonAppetit.com
TheKitchn.com	RecipeTips.com
Pinterest.com	Cookstr.com
FoodPair.com	TasteofHome.com
SimplyRecipes.com	ToHCookingSchool.com
CookingLight.com	ReluctantGourmet.com
EllieKrieger.com	FoodReference.About.com
Food.com	Food.About.com
FoodNetwork.com	FoodSubs.com
CookingChannelTV.com	KitchenJournals.com
AllRecipes.com	EdiblePhoenix.EdibleFeast.com
CookingMatters.org	SuperCook.com
CooksIllustrated.com	YouTube.com
America'sTestKitchen.com	CIAProChef.com
AltonBrown.com	CookSmarts.com
	WhatsGabyCooking.com

Find Sustainable Food Near You

www.ams.usda.gov/local-food-directories/farmersmarkets

www.eatwellguide.org

www.sustainabletable.org/seasonalfoodguide

eattheseasons.com

snaped.fns.usda.gov/seasonal-produce-guide

Plant-Based Cookbooks and Reference Books

The Vegetarian Flavor Bible
ISBN: 031624418X

How to Cook Everything Vegetarian
ISBN: 1118455649

Techniques of Healthy Cooking
ISBN: 0470635436

Love Real Food
ISBN: 1623367417

The Plant-Powered Diet
ISBN: 1615190589

Forks Over Knives - The Cookbook
ISBN: 1615190619

Plant-Powered for Life
ISBN: 1615191879

The High-Protein Vegetarian
Cookbook
ISBN: 1581572638

The Complete Vegetarian
Cookbook
ISBN: 1936493969

The Simply Vegan Cookbook
ISBN: 1623159261

Vegan for Everybody
ISBN: 194035286X

Healthyish
ISBN: 1419726560

The Complete Mediterranean
Cookbook
ISBN: 1940352649

Fast Food, Good Food
ISBN: 0316329428

Vegetarian Cookbook for Beginners
ISBN: 1623152429

True Food
ISBN: 0316129402

Cookbooks for Beginners

The Can't Cook Book: Recipes for the Absolutely Terrified!
ISBN: 978-1451662252

The Sparkpeople Cookbook: Love Your Food, Lose the Weight
ISBN: 978-1401931339

One Pot: 120+ Easy Meals from Your Skillet, Slow Cooker, Stockpot, and More
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Healthy Slow Cooker Cookbook: 150 Fix-And-Forget Recipes Using Delicious, Whole Food Ingredients
ISBN: 978-1623154806

The Skinnytaste Cookbook: Light on Calories, Big on Flavor
ISBN: 978-0385345620

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