
Recipe Packet: Kick-start Your Cooking Skills

Week THREE: Salads and Vegetables

Easy Steamed Broccoli and Carrots

Serves 2-4

3 cups broccoli florets
2 carrots, peeled and oblique cut
Kosher salt
Freshly ground black pepper
1 tablespoon fresh herbs, chopped (optional)

Special Equipment:

1 large stock pot or Dutch Oven
1 steamer basket or wire colander

Place enough water in the stockpot so that it comes to just below the steamer basket. Add the vegetables into the steamer basket. Cover and bring the water to a boil. Reduce the heat to medium to simmer for 10 minutes.

Check for doneness by piercing a piece of carrot with a sharp knife. If the knife slides in with little resistance, the vegetables are done. Remove from the pot and transfer to a serving bowl. Toss with salt, pepper and fresh herbs. Serve immediately.

Sauteed Zucchini and Yellow Squash

Serves 2-4

2 tablespoons olive oil
½ yellow onion, sliced Lyonnaise style
2 green zucchini, sliced into half moons
2 yellow squash, sliced into half moons
2 cloves garlic, peeled and minced
Pinch of kosher salt
Pinch of black pepper
Pinch red pepper flakes

Place a large straight-sided skillet over medium heat. When the skillet is hot add the oil and immediately sauté the onion. Toss around until the onion begins to soften, about 4 minutes. Add the squash and toss to coat with oil, continue to toss around in the pan until their colors brighten and become tender, about 7 minutes. Add the garlic and toss and sauté until fragrant, another 30 seconds. Season with salt and pepper to taste. Optional: add red pepper flakes to taste. Serve immediately.

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Stir-fried Vegetables

Serves 4-6

- 2 tablespoons coconut oil
- 1 quarter-sized slice of peeled ginger
- Pinch of salt
- 1 dried red chile, broken into pieces
- ½ yellow onion, large dice
- 1 large carrot, peeled and bias slice
- 2 celery stalks, bias slice
- ½ red bell pepper, sliced into ¼-inch thick strips
- 2 cloves garlic, peeled and minced
- 1 tablespoon fresh ginger, minced

Heat a wok over medium-high flame until hot. Add the oil. When the oil is hot enough, add the ginger, salt and chile – swirl around in the pan to season the oil. Add the onion and quickly toss for 1 minute. Add the carrot, celery and bell pepper and continue tossing until the vegetables soften about 2 minutes. Add garlic and ginger and toss until fragrant, about 30 seconds. Transfer to a serving platter and serve immediately.

Roasted Root Vegetables

Serves 4-6

- 2 tablespoons coconut oil
- 1 sweet potato, peeled and medium dice
- 1 bulb fennel, wedged into 8ths
- 1 red onion, wedged into 8ths
- 1 parsnip, peeled and oblique cut
- 1 large carrot, peeled and oblique cut
- 1 large beet, trimmed, peeled and medium dice
- 4 Yukon gold potatoes, each cut into quarters
- 2 tablespoons fresh thyme leaves, stripped and roughly chopped
- Kosher salt and freshly ground black pepper, to taste

Preheat the oven to 450°F.

Warm the oil in a large mixing bowl until it liquefies, but not hot. Toss the sweet potato, fennel, red onion, parsnip, carrot and potatoes until they are coated. Transfer them to a sheetpan and arrange in a single layer. Toss the beets in the mixing bowl with the remaining oil and carefully place the beets on the sheetpan with the other root vegetables.

Roast in the pre-heated oven for 20 minutes, or until the vegetables are soft and caramelized on the bottom. Season with salt and pepper, then transfer to a serving platter. Garnish with the thyme and serve.

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Basic Vinaigrette

Makes 1 cup

- 1 teaspoon finely minced shallot
- 1 teaspoon finely minced fresh herbs
- ½ teaspoon Dijon mustard
- 2 teaspoons kosher salt
- 1/8 teaspoon freshly ground black pepper
- ¼ cup vinegar
- ¾ cup extra virgin olive oil

In a small bowl, whisk together the shallot, herbs, mustard, salt and pepper with the vinegar until smooth. Emulsify the oil by pouring it in a thin, slow stream into the vinegar while vigorously whisking at the same time. The mixture will gradually thicken. Or, dump everything in a jar and shake it. Or, dump everything in a blender. (For each method, the texture of the vinaigrette will be slightly different.)

Taste and adjust seasoning by adding more salt and pepper if needed.

Note: Vinaigrette can be stored, in an airtight container in the refrigerator, for up to 2 weeks.

Herbs:

Basil	Lemongrass
Chervil	Mint
Cilantro	Parsley
Chives	Scallions
Dill	Tarragon
Thyme	

Emulsification Helpers:

Mustard
Heavy whipping cream
Yogurt
Miso

Vinegars and Juices:

Balsamic or white balsamic
Champagne, red or white wine, sherry, cider
Herb infused vinegars – examples: tarragon,
Fruit infused vinegars - examples: raspberry, pomegranate, mango
Rice vinegar and sweetened rice vinegar, cider
Distilled white vinegar best for baking and cleaning not for vinaigrettes
Citrus juice – examples: lemon, lime, orange, grapefruit
Fruit juice – examples: pomegranate

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Oils:

Extra virgin olive oil

Canola or vegetable oil

Substitute $\frac{1}{4}$ cup of the extra-virgin olive with walnut, hazelnut, or sesame

Ideas:

Basil with balsamic vinegar + 1 clove minced garlic

Chervil with champagne vinegar + 1 teaspoon shallot

Cilantro with lime juice substituted for the vinegar + 1 scallion minced

1 teaspoon miso paste + 1 teaspoon minced ginger and scallion, + rice wine vinegar

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