

Fried Rice and Quinoa

Prep Time 5 minutes **Cook Time** 15 minutes **Total Time** 20 minutes

Ingredients

- 2 tbsp Olive Oil (coconut, canola, grapeseed, butter, whatever you've got!)
- 1 Small Onion, finely chopped
- 1 Carrot, finely chopped
- 2 cups vegetables (leftover broccoli and zucchini, Frozen peas, edamame, bell pepper, cauliflower, asparagus, snap peas, cabbage, mushrooms, big handful of baby spinach or other leafy green) Truly almost anything.
- 2-3 cups Leftover Rice or Quinoa
- 2 tbsp miso
- 2 tbsp butter
- Tamari to taste
- Sriracha to taste

PROCEDURE

1. Get out all of your veggies and chop them. If frozen, they don't need to defrost, but get them out and ready. For things you're dicing (carrots, onions, zucchini, peppers, etc) aim for not bigger than your thumbnail though the most important thing is to make them all as even as possible.
2. Set your big pan on the stovetop and put your serving bowl nearby. Turn on to high heat. You're going to blast this with heat, caramelization is key...but if you think you're burning something you can turn it down a bit.
3. Add 1 Tablespoon of the oil and then add your onions, carrots and any other raw, long cooking vegetable (mushrooms, cauliflower, sweet potato, bell pepper). Let sit and really caramelize for 3 minutes. Stir once or twice, and add the rest of the veggies. Cook for about 4-6 minutes, again don't over stir so things have a chance to pick up color (aka flavor).
4. While they're cooking, mash miso and butter together. When veggies are almost done, add the miso butter and toss to coat.
5. When veggies are done, transfer to the bowl. Heat the pan again, add the last Tablespoon of oil. When its melted, add your rice/quinoa and gently press to the bottom of the pan. Here's where you really want to let it sear. Its hard to let it go but try not to stir for 3-4 minutes. Stir once after that - you'll need to really scrape it from the bottom of your pan, that's the point! Add a splash of tamari, cook for 1 minute.
6. Transfer rice out of the pan to the veggie bowl and stir the entire thing to combine. Taste and possibly sprinkle in some salt (depends on your rice and how the soy sauce is coming through. Whatever tastes good to you is the correct move).
7. Transfer to bowls. Garnish with sliced scallions and/or basil and/or cilantro. Serve with sriracha on the side! (I also sometimes top this with chopped cashews or peanuts if they're around).

Tuscan Chocolate Breakfast Cake

Prep Time 10 minutes **Cook Time** 40 minutes **Total Time** 50 minutes

Ingredients

- 3 loose cups of stale bread (about 7 slices of sandwich bread)
- 2 cups whole milk (cream, half and half or buttermilk)
- 6 tablespoons of sugar, plus another 1 tsp for cake pan and top of cake
- 1 whole egg
- 1 tsp vanilla or almond extract, or espresso
- 2 tablespoons unsweetened cocoa powder
- ¼ tsp salt
- A handful of almonds or hazelnuts, coarsely chopped
- Handful of chopped chocolate chips (optional)
- Butter to grease the cake tin and ½ Tbsp for dotting the top
- Breadcrumbs to dust the cake tin
- Powdered sugar for serving

PROCEDURE

1. Preheat oven to 350 degrees.
2. Tear up the bread and place it in a large bowl.
3. Bring the milk to a boil and pour over the bread. Leave it to soak the bread until mostly cool. Then mash with a fork.
4. Lightly beat the egg and add 1 tsp vanilla or almond extract.
5. Add the sugar, cocoa powder, salt and the coarsely chopped nuts. (Add chocolate chips here too if using) Mix thoroughly.
6. Grease with butter a 7 or 8 inch round cake pan and dust with breadcrumbs and the ½ tsp sugar.
7. Pour the batter in the pan and smooth the surface with a spatula. Sprinkle with ½ tsp sugar and dot with butter.
8. Bake for about 40 minutes, until crisp on surface but still moist inside.
9. Let cool mostly and remove from the cake pan onto a wire rack. You can serve it as soon as its cool to the touch, or wait until its at room temperature, or chill and serve cold from the fridge.

Vegetable Pickles

Prep Time 10 minutes **Cook Time** 40 minutes **Total Time** 50 minutes

STEP 1:

What are we pickling? Check your fridge! Consider whether you want combination pickles (ie. the classic Italian Giardiniera with cauliflower, carrots, peppers, garlic, herbs and olive oil) or single vegetable pickles which are easy to mix and match later.

Advanced Pickling Move – try fruit! Peaches, pears, berries, all make interesting condiments

STEP 2:

Get your jars ready. These can be the ever popular mason jars or a simple tupperware container with an airtight lid. We're making refrigerator pickles so they'll never be shelf stable so tupperware works just fine. Bonus waste-free points for using a clean, recycled pasta sauce jar or an old store-bought pickle jar!

STEP 3: PICKLE

2 quart size jars

2 cups vinegar (I like cider, rice or distilled white vinegar. Experiment!)

4 cups water

1/8 cup salt

1-2 tablespoons sugar (sweeten to taste and depending on veggies or for fruit)

Up to 1/4 cup dried spices (peppercorns, mustard seeds, fennel seeds, chili flakes, etc)

Assorted veggies, sliced and diced to fill the jars tightly but don't press to compact the food inside

Fresh herbs or garlic cloves (optional)

PROCESS:

1. Bring vinegar, water, salt, sugar and spices to a simmer and boil, scraping the bottom, until salt and sugar are dissolved. Add your spices.
2. Place veggies and fresh herbs into the jars and pour the brine slowly over the top. Let it rest to fill up all of the spaces.
3. Cover and refrigerate. Some pickles will be good in as few as 60 minutes, others will be better in about 24 hours. Most pickles will last in the fridge for a few months! Softer fruits and veggies are best eaten within a couple of weeks.

PRO TIP - Tell your family to only pull out with clean utensils and you can REUSE the pickle juice! You can add more veggies to the cold liquid to pickle more thing. OR use some in a vinaigrette, in cocktails.

Compound Butter

Prep Time 5 minutes **Cook Time** 0 minutes **Total Time** 5 minutes

Ingredients

- 2 Tbsp up to 1 stick of butter
- Chopped fresh herbs (parsley, thyme, basil, sage, cilantro, chives, etc)
- OR - citrus zest
- OR - minced fresh garlic
- POSSIBLY - dried spices (think cilantro+5 spice powder / basil + dried fennel / parsley + paprika / cumin+cilantro / garlic+sage+thyme)

PROCEDURE

1. Soften butter. This could mean letting it sit at room temperature or even just microwaving it until soft but not melted.
2. Chop herbs or zest or garlic.
3. In a bowl, mash the butter with a fork or wooden spoon, add the flavoring and combine.
4. Transfer butter to a container with a lid for storage. OR, to make slices, transfer butter to parchment or wax paper and use a straight edge to pull the butter into a log. Twist the ends and chill.
5. Butter stays fresh for up to 1 month in the fridge or 12 months in the freezer!

Whatever Pesto

Prep Time 5 minutes **Cook Time** 0 minutes **Total Time** 5 minutes

Ingredients

- 2 cups greens
- 2 cloves garlic
- 1/3 cup nuts
- 1/2 cup cheese - or bonus item
- 1-3 Tbsp acid like lemon or vinegar
- 1/2 olive oil
- 1 tsp salt, or more to taste

METHOD

1. Combine greens, garlic (if using) and nuts in a food processor or blender.
2. Pulse until well chopped.
3. Add the cheese, acid and salt. Pulse.
4. Slowly stream in the olive oil.

GREENS - try basil, spinach, parsley, cilantro, arugula, lettuce, bok choy, chard

NUTS - try pine nuts, almonds, cashews, walnuts, hazelnuts

BONUS - skip the cheese and try capers, roasted bell pepper, olives