

## ***DIY Food Workshop***

Date: Friday 4-8pm, last two weeks in March, first 2 weeks in April

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Making and eating food is one of the most socially and biologically important human activities. Making healthy food is much easier, and more fun, than most students think. In order to encourage social DIY cooking on campus, with an emphasis on healthy eating, we propose a ***DIY Food Workshop***. The workshop covers basic cooking skills and healthy DIY food options, with an emphasis on interaction and engagement. The event will end with a meal, consisting of foods prepared during the workshop.

**Guest Chef:** Del Stroufe, Chef & Educator, Wellness Forum Foods, Columbus

**OWU Chefs:** 5 OWU faculty, staff, or students with cooking skills to assist

**Event Publication:** OWU Eating Green Map, Guide, and Cookbook: Includes information on student-accessible kitchens, sources of ingredients, cooking glossary, basic kitchen tools and ingredients to have on hand, and suggestions for cooking & eating social events.

**1. Talk: Introduction** (30 minutes): Del Stroufe provides an overview of DIY cooking and healthy eating, and an introduction to the workshop.

**2. Talk: DIY Cooking on Campus: the Facts** (30 minutes)

- available kitchens and cooking tools
- portable cooking setup (camp stove, etc.)
- local / organic food options
- buying ingredients from Chartwells with food points
- off campus food purchase options
- encouraging healthy DIY social cooking & eating

**3. The Menu & Preparation** (2 hours)

- participants split into groups of 4 (10 groups max)
- five dinner courses: workstation for each: soup, stir fry, pasta, pizza, dessert (fruit crisp)
- workstation: preparation of ingredients, assembly, cooking

3a. Basic food preparation skills

- hands-on experience with skills needed for workshop cooking

3b. Food assembly and cooking

- each group of participants experiences each workstation

**4. Eating & Future Workshops** (focused on different recipes, cooking skills, global cuisines, etc.)

**Budget:** Food: donated by Chartwells

Equipment: Chartwells?

Facility: Smith?

Lead speaker, chef: \$?

## Important Dates:

February 24, 2012 --- Finalize a date for event

March 2, 2012 --- Begin promotion of event

- Have funds secured
- Book the Smith *My Pantry* and parts of seating for event

March 9, 2012 --- Del needs to have finalized ingredients/menu/utensils needed to give to Chartwells

- Send out campus email for registration of event

March 16, 2012--- Know final assistant chefs, finalized menu

- Send out final campus email for registration of event

March 23, 2012 --- Know final guest list (no more than 40), know final timeline of event

March 30, 2012 --- Date of Event (Ideal Date)

## Del Kitchen Basics

### Knives

- made of high carbon stainless steel
- 3 or 4" paring knife
- a serrated knife
- 8 or 10" chef's knife

### Measuring Cups and Spoons

- Various sizes, ¼ cup, 1/3 cup, ½ cup, 1 cup
- glass measuring cups with spout, for liquids---at least a 2 or 4 cup measure

### Spoons

- slotted spoon
- wooden spoons
- sturdy metal spoons
- Soup ladle

### Mixing Utensils

- hand held electric mixer
- Wire whisks in different sizes

### Spatulas

- straight spatulas
- angled handle spatulas
- rubber scraper spatulas

### Sieves and Colanders

- nested varying size sieves, in stainless steel (work as flour sifters too)  
at least 1 to start
- steel or plastic colander

### Pots and Pans

- 1, 2, 4, and 8-quart saucepans with covers
- 12" skillet with covers
- 6 or 8" nonstick skillet

- 9" square cake pan
- 9"x13" baking pan
- 9"x5" loaf pan
- 9" pie pan
- cooling racks
- two cookie sheets

#### Miscellaneous

- swivel-bladed vegetable peeler
- grater with various sized holes
- rolling pin
- can opener
- kitchen timer
- kitchen shears
- corkscrew
- Cutting board

If I were to add to this list, I would include the following:

a toaster oven  
 microwave oven  
 food processor  
 blender  
 hand held beaters  
 stand mixer  
 spice grinder

## **Del: Kitchen Stock List**

Stock your pantry, refrigerator and freezer with healthy food basics to make healthy meals and snacks a snap to make and eat!

Fresh Vegetables: I buy most of my fresh vegetables seasonally---asparagus, spinach etc, in the spring, fresh corn in August and Butternut Squash in the fall. But below are basics that are good to have on hand year round:

These vegetables keep well in a cool dry place. So stock up and be ready to cook at a moments notice

Onions  
 Carrots  
 Celery  
 Idaho potatoes  
 Red skin potatoes  
 Sweet potatoes  
 Fresh garlic  
 Winter squashes

Fresh Herbs—are very perishable

Cilantro  
 Basil

## Frozen Vegetables

Corn

Peas

Edamame

Spinach

## Dry Goods

Beans—garbanzo, black, pinto, kidney, green lentils, red lentils, navy beans

Grains—medium grain brown rice, brown basmati rice, sushi rice, quinoa, millet, wild rice blend, etc

Nuts and seeds—peanuts, sunflower seeds, walnuts, pecans, almonds, etc

Pastas(whole wheat and brown rice)-lasagna, spaghetti, penne, rotini, large shells, etc

## Canned Goods

Lemon juice

crushed tomatoes

diced tomatoes

Green chilies (canned)

Water chestnuts (canned)

Organic canned beans (kidney, black, pinto, garbanzo, etc)

Artichoke hearts (canned, water-packed)

Organic fruit spread

Organic almond, peanut or other nut butters

Tahini

Apple butter

Vegan mayonnaise

Mayonnaise and other salad dressings

Silken and firm tofu

Tomato Sauce

Salsa

applesauce, no added sugar

Soy Sauce

Balsamic vinegar

Rice vinegar

Oil—canola, and extra virgin olive

Prepared mustard

Catsup

Pickle relish

## Breads

Gluten free bread?

Whole wheat or sprouted grain English muffins

Brown rice cakes

Whole grain or sprouted grain wraps

Whole grain or sprouted grain bread

Sea salt

Cornstarch or Arrowroot powder  
Veggie burgers

Dried herbs and spices:

Anise seed  
Basil  
Bay leaves  
Chives  
Cinnamon  
Coriander  
Cumin  
Curry  
Dill  
Granulated garlic  
Ground ginger  
Marjoram  
Mustard  
Nutmeg  
Paprika  
Pepper, black, crushed red, cayenne, chili,  
Rosemary  
Sage  
Tarragon  
Thyme  
Turmeric

Soy, rice, almond or oat milk

## **Del Recipes: Spring 2011**

### **Orange Pan-glazed Tofu**

1 ½ cups orange juice  
1 ½ tablespoons freshly grated ginger  
1 tablespoon soy sauce  
2 ½ tablespoons mirin  
1 ½ tablespoons maple syrup  
¾ teaspoon ground coriander  
3 garlic cloves, crushed  
1 pound extra-firm tofu  
a handful of cilantro (coriander) leaves

Preheat oven to 350 degrees. Put the orange juice in a small bowl. Squeeze the grated ginger over the bowl to extract the juices, then, discard the pulp. Add the tamari, mirin, and maple syrup, ground coriander, and garlic. Mix together and set aside.

Press the tofu for 30 minutes then cut it into thin, bite-sized pieces.

Add the tofu to the orange mixture and let sit for 20 minutes. Remove the tofu from the marinade and place it on an oiled baking sheet. Bake for 30 minutes or so turning once or twice.

Pour the orange juice mixture into a large pan and simmer for 10 minutes, or until the sauce has reduced to a lovely thick glaze. Add the tofu to the sauce and cook another 5 minutes or so. Serve with brown rice and garnish with the fresh cilantro.

### **Almond Soba Noodles**

2 teaspoons red curry paste

1/3 cup unsalted almond butter

2 tablespoons lemon juice

1/2 teaspoon salt

6 - 8 tablespoons hot water

12 ounces dried soba noodles or whole wheat linguine

1 head broccoli cut into small florets, blanched 2-3 minutes, then drained and rinsed under cold water.

12 leaves fresh basil, slivered

1/4 cup sliced almonds, toasted

Make the almond sauce by mashing the curry paste into the almond butter. Stir in the lemon juice and salt. And then whisk in the hot water one tablespoon at a time until you have a pourable dressing that is about as thick as a heavy cream. The dressing thickens as it cools, so feel free to thin it out with more water later on if needed. Taste, and add more salt or more curry paste if you like.

Cook the soba in plenty of rapidly boiling salted water just until tender, then drain and rinse under cold running water. Drain and shake off as much water as possible.

In a large bowl combine the noodles with the almond sauce and broccoli. Toss well. Garnish with the slivered basil and toasted almonds. Serves 4

### **Chinese “Chicken” Salad**

If you don't like seitan, you can certainly toss a pound of cubed tofu with 2 tablespoons of soy sauce and bake it for 30 minutes, then add it to the salad

Serves 4

3 tablespoons Hoisin Sauce

2 tablespoons peanut butter

2 teaspoons agave nectar or maple syrup

3/4 teaspoon Hot Chile Paste

1 teaspoon fresh grated ginger

3 tablespoons rice wine vinegar

1 pound “Chicken” Style Seitan

1 bunch green onions, chopped

1/4 cup chopped fresh cilantro

4 cups mixed salad greens

Prepare the dressing: Whisk together the hoisin sauce, peanut butter, agave nectar, chili paste, ginger, and vinegar. Set aside

In a large bowl, combine the salad dressing, seitan, green onion, and cilantro. Serve on a bed of the mixed salad greens

### Southwestern Pasta Salad with Chipotle Lime Dressing

You can make this recipe easier by using 1 ½ cups store bought vegan mayonnaise and adding the cumin, chile powder, lime juice and the zest of 1 lime to the mayonnaise, but the recipe below is very low in fat and has no added oil

#### Dressing

1 package silken tofu

½ cup lime juice

2 teaspoons sea salt

1 teaspoon cumin

1 teaspoon chile powder

Pinch cayenne

Combine all ingredients in the bowl of a food processor or a blender. Puree until smooth and creamy

#### Assemble the pasta

12 ounces whole grain penne pasta, prepared according to package instructions, then drained and rinsed to cool

2 roasted red pepper, chopped

1 can black beans, drained and rinsed

1 package frozen corn, thawed

½ medium red onion, minced

½ bunch cilantro, finely chopped

Place all ingredients in a large bowl. Add the dressing and mix well. Refrigerate at least an hour or overnight.

### **The Easiest Baked Tofu Ever**

You can cut the tofu into rectangular pieces (cutlets) and use them for sandwiches, or cut them into cubes (as below) and throw them into stir fries or other dishes

1 pound extra firm tofu, cubed into 1 inch pieces

5 tablespoons soy sauce

5 tablespoons maple syrup

3 cloves garlic, minced

½ teaspoon powdered ginger

Preheat oven to 350 degrees

Combine the brown rice syrup in a mixing bowl. Add the tofu and gently toss until each piece is well coated with the Braggs mixture. Place on a small baking sheet and bake for 30- 40 minutes. The longer you cook it the chewier it gets