yummy food in our garden

- Cherry Tomatoes
- Carrots
- Water melon
- Mint
- Green Beans
- Eggplants
- Scallions

Illustration by Havana, 8th grade
# Table of Contents

**Cooking with CitySprouts** (page 3)
- Introduction
- Making Healthy Food Choices
- Safety: Food, Heat, Knives
- Cooking with Heat

**Salads** (page 6)
- Kale Salad
- Potato Salad
- Root Slaw
- Garden Salad Your Way
- Create Your Own Salad Dressing

**Sauces & Dips** (page 12)
- Hot Sauce
- Garden Salsa
- Pesto
- Tzatziki
- Guacamole

**Main Dishes** (page 18)
- Curried Cauliflower & Chickpeas
- Zucchini Tacos
- Garden Quesadillas
- Garden Stir Fry
- Greek Style Pita Sandwich
- Garden Dumplings

**(Main Dishes cont.)**
- Veggie Burger #1
- Veggie Burger #2
- Collard Green Wrap
- Skillet Flatbread (pizza)

**Breads & Sides** (page 29)
- How to Cook Grains & Pasta
- Bruschetta
- Spicy Collard Greens
- Fried Green Tomatoes
- Fruit & cheese kabobs
- Homefries
- Naan
- Tostones
- Zucchini Fritters
- Quick-Pickled Root Veggies

**Drinks & Desserts** (page 40)
- Agua Fresca
- Sun Tea
- Fruit Smoothies
- Summer Fruit Salad
- Crystalized Herb Leaves

**Glossary of Cooking Terms** (page 46)
Cooking with CitySprouts

Introduction

The CitySprouts Cookbook is for kids ages 11-14 to learn two very important skills that will be useful for your entire lives: how to grow healthy food, and how to cook it into delicious meals.

Imagine growing your own food, harvesting it yourself, cooking it up and sitting down to eat with your friends without ever leaving the garden. In this cookbook, you will find recipes made from vegetables, herbs and fruits that grow in our school gardens. Because this cookbook was created for kids in the CitySprouts summer program, the recipe directions assume that you will be part of a youth team that is cooking right in the outdoor, summer garden "kitchens" and then sitting down to enjoy the meal together. However, you can make these recipes in a kitchen, too.

Outdoor cooking has a few key safety guidelines related to food safety, knife skills and cooking with heat that are very important to practice whenever you cook. They are outlined in the next few pages and will help ensure that you have a lifetime of good cooking and eating with friends.

Making Healthy Food Choices

Build a Healthy Plate:

*Think before you eat in order to get the best nutrition at every meal!*

- Make ½ of your plate fruits and non-starchy vegetables (such as greens, carrots, tomatoes, and peppers).
- Make ¼ of your plate whole grains (such as whole wheat pasta, quinoa, couscous and brown rice) or starchy vegetables (such as regular and sweet potatoes).
- Fill the remaining ¼ of your plate with healthy protein such as beans, fish, tofu, eggs, or meat.

Eat “Nutrient Dense” Foods:

- Pick foods that are filled with a variety of vitamins and minerals (like fresh vegetables from your garden) to help support good health: Eat the Rainbow.
- Drink water with your meals and throughout the day to stay well hydrated.
- Add flavor to your foods with fresh herbs and spices instead of salt.

---

1 Principles based on USDA Dietary Guidelines for Americans 2015-2020
Food Safety

Clean hands, clean materials, clean work area, and safe food storage are important wherever you are cooking but they are especially important in the school garden “summer kitchen.” It’s also important to follow directions, listen to your teammates and help out when needed.

Before you begin:

- **Wash your hands** thoroughly before you begin.
- **Wipe the table and all other surfaces you will use** with a clean cloth. Make sure your table is stable.
- Harvest the vegetables you’ll be using before you start cooking and **rinse them thoroughly** in clean water.

While you’re cooking:

- **Wash any utensils or food** that accidently falls off your clean work surfaces.

When you’re done:

- Put **refrigerator items away** as soon as cooking is complete.
- Wrap up unused produce and any leftovers in clean containers for taking home or storage in the refrigerator.
- Stack the knives separately. Do not dump them into the wash bins! The washer will wash knives separately.
- Wipe down all of the table surfaces first with a soapy cloth and then rinse with another cloth.
- Pick up any trash and throw it away.
- Put all food scraps in the compost.

Knife SAFETY!

- Securely hold your knife
- Anchor cutting boards
- Fingertips curled back
- Eyes on the knife
- Take your time
- Yield to falling knives
- ! – Close Toed Shoes!

---

2 Principles based on USDA Food Safety and Inspectional 5
Knife Safety Guidelines

- ALWAYS follow directions (of team leader or adult).
- Wear closed toed shoes when you are handling knives.
- Make sure your knives are sharp.
- Use a large cutting board so you and your ingredients aren’t crowded. **Each cook should have their own cutting board.**
- Use the claw method for cutting vegetables. ALWAYS keep your eyes on the knife.
- Cut with a FLAT surface of the food on the board- if the food is wobbling or moving around, cut it in half.
- When walking with a knife, always be sure to have the knife by your side with the point facing the ground. When walking past someone audibly say “knife” or “sharp” to warn the person to be careful.
- When passing a knife to someone, place it on the table and slide it to the other person so that the blade remains on the table.
- Yield to falling knives! Do not try to catch them, jump back and allow them to fall.

Cooking with Heat Safely

- **Never douse a grease fire with water.** Instead, smother the fire by covering the pan with a lid.
- **Wear** non-slip waterproof footgear to decrease slip hazard.
  - Lace and tightly tie shoes.
  - Do not wear open-toed shoes.
- **Clean up** spills immediately to avoid falls.
- **Eliminate** cluttered or obstructed work areas.
- **Do not** run in the cooking area.
- **When unplugging extension cords, always** pull the plug, not the cord.
- Always ask for help if you are not sure how to do something.

---

3 Principles based on US Dept of Labor/OSHA/Youth Worker Safety
Salads

Kale Salad
Potato Salad
Root Slaw
Garden Salad Your Way
Create Your Own Salad Dressing
KALE SALAD

Yield: 16 servings

Equipment:
- Knife
- Cutting board
- Measuring cups and spoons
- Large pan
- 2 small bowls
- Large bowl
- Stirring spoon

Ingredients:
- 6 Tablespoons olive oil
- 4 onions, sliced
- 4 apples, chopped
- 20 cups of kale
- 1 cup raisins or dried cranberries
- 5 garlic cloves, minced
- 6 Tablespoons vinegar
- 1 cup of crumbled feta
- ¾ cup water
- Salt and pepper to taste
- Optional: 1 cup chopped nuts or sunflower seeds

Directions:
- Wash kale and apples carefully.
- Heat the pan and add chopped nuts or whole seeds, stirring constantly so that they do not burn. Cook for 3-4 minutes. Set aside when done.
- Thinly slice onions and set aside.
- Dice apple and set aside.
- Mince garlic and set aside.
- Remove the “ribs” or “backbones” of the kale, and chiffonade the leaves.

Note: To chiffonade the kale, stack leaves on top of each other. Roll the stack like a fruit roll-up. Then chop in thin slices.
- Heat the olive oil in a pan over medium-high heat. Add the onions and cook, stirring every few minutes, for 10 minutes.
- Reduce the heat to low and add the chopped apple; cook for 10 minutes.
- Add the kale, raisins (or cranberries), garlic, and ¾ cups water. Cook for 10 minutes, stirring frequently.
- Add the vinegar and continue to cook, stirring periodically, until all the liquid is gone (about 5 minutes).
- Add the feta (and nuts/seeds) and stir well.
- Season with salt and pepper to taste and serve.

NOTES:


**Potato Salad**  

_Yield:_ 16 servings

**Equipment:**
- Large Pot  
- Colander  
- Large mixing bowl  
- Small bowl  
- Cutting board  
- Knife  
- Measuring cups and spoons  
- Citrus juicer  
- Stirring spoon  
- Scissors

**Ingredients:**
- 5 pounds potatoes  
- ¾ cup olive oil  
- 1 cup chopped onion  
- 2 cups chopped green pepper OR green beans  
- ½ cup fresh lemon juice  
- 3 Tablespoons chopped fresh chives  
- 1 Tablespoon chopped fresh parsley  
- Salt and pepper to taste

**Directions:**
- Wash the vegetables carefully.  
- Chop the potatoes into 1-inch pieces.  
- Place potatoes in pot and cover with water. Bring water to a boil and cook until just tender, about 10 minutes.  
- While potatoes are cooking dice onion and set aside.  
- Chop peppers or green beans into ½ inch pieces and set aside.  
- Drain potatoes and place in large bowl when cooked.  
- Add oil, chopped onions, and peppers or green beans to potatoes and mix thoroughly.  
- Juice lemons in a small bowl being careful not to get seeds in the juice.  
- Chop herbs or cut with scissors and add to lemon juice.  
- Stir lemon and herbs into potatoes and vegetables.  
- Add salt and pepper to taste, and serve.

**Notes:**
# Root Slaw

**Yield:** 12 cups

## Equipment:
- Cutting Board
- Peeler
- Large Bowl
- Knife
- Grater
- Measuring Cups and Spoons
- Jar
- Citrus Juicer

## Ingredients:
- Juice of 2 limes
- 1/2 cup fresh herbs, chopped
- 3 Tablespoon canola oil
- 1 teaspoon sugar
- ½ teaspoon salt
- 1 garlic clove, minced
- 3 raw beets, peeled and finely shredded
- 4 medium carrots, peeled and finely shredded

## Directions:
- Wash the vegetables and herbs carefully.
- Peel the outside of the carrots and beets.
- Grate carrots and beets in a large bowl.
- Juice 2 limes and put juice into a jar.
- Mince garlic and mix into lime juice.
- Finely chop herbs and add into the jar.
- Measure olive oil, sugar, pepper, and salt and mix into the jar and shake until combined.
- Toss carrots and beets with mixture in jar, thoroughly combining.

## NOTES:
GARDEN SALAD YOUR WAY

1) Begin by choosing greens or lettuce.
   - Options include: romaine lettuce, green-leaf lettuce, spinach, kale
   - Thoroughly wash greens, then rip/cut into desired size pieces

2) Choose toppings and garnishes. Always wash vegetables before use.
   **Carrots:**
   - *Try making carrot curls:* Using vegetable peeler, peel carrots into thin translucent strips. Place slices in ice-water and let sit until curly (about 20 mins). Remove carrots and place on a clean kitchen towel or paper towels and blot dry.
   - *Try using rainbow carrots:* Not all carrots are orange. Some carrots are white, purple, or yellow.
   - *Carrot Fries:* Peel carrots and cut into ‘fry shape’, using crinkle-cutter if possible.
   - *Pickled carrots:* refer to page 39

   **Tomatoes:**
   - Cherry tomatoes, grape tomatoes, chopped heirloom tomatoes. For some added color, try using golden cherry tomatoes or a variety of purple heirloom tomatoes!

   **Cucumbers:**
   - Cut into rounds, slices, or cubes.
   - Try tossing cucumbers with lime juice, olive oil, and cilantro or mint.

   **Bell peppers:**
   - Try green bell peppers for a slightly more bitter taste, while red or yellow bell peppers are sweeter.

   *Other garnishes:* dried cranberries, raisins, chopped apple, sunflower seeds or walnuts, shredded/pickled beets, sliced orange, herbs such as mint, basil, parsley.

3) Add dressing of your choice (refer to page 11)
CREATE YOUR OWN SALAD DRESSING

**Equipment:**
Whisk  
Bowl  
Knife  
Cutting board

**Yield:** desired servings

<table>
<thead>
<tr>
<th>Base</th>
<th>Acid</th>
<th>Alliums</th>
<th>Flavor Accent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canola Oil</td>
<td>Vinegar</td>
<td>Garlic (crushed or</td>
<td>Grated parmesan</td>
</tr>
<tr>
<td>Silken Tofu</td>
<td>Lemon Juice</td>
<td>Onion (grated or</td>
<td>Parsley or Basil</td>
</tr>
<tr>
<td>Olive Oil</td>
<td>Lime Juice</td>
<td>minced)</td>
<td>(minced) or Oregano</td>
</tr>
<tr>
<td>Low-fat yogurt</td>
<td>Soy Sauce</td>
<td>Chives (minced)</td>
<td>(to taste)</td>
</tr>
<tr>
<td>Avocado</td>
<td></td>
<td>Scallions (minced)</td>
<td>Herb Assortment</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>(ex. parsley, basil &amp;</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>oregano)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Honey (heaping</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>spoonful)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Grated ginger</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Hot sauce</td>
</tr>
</tbody>
</table>

**Directions:**
- Whisk together **3 parts base** and **1 part acid**.
- Add remaining ingredients: **1 part alliums** (optional) and **1 part flavor accents** as desired.
- Add Salt and Pepper to taste

**NOTES**
Sauces & Dips

Hot Sauce
Garden Salsa
Pesto
Tzatziki
Guacamole
HOT SAUCE

Yield: 2 2/3 cups

Equipment:

Small pot
Knife
Cutting board
Jar with lid
Vegetable peeler
Whisk
Large spoon or fork to mash
Measuring cups and spoons

Ingredients:

2 Tablespoons canola oil
1 cup diced onion
2 medium chile pepper (poblano)
4 cloves garlic
3 cups tomatoes (diced)
1 cup distilled white vinegar
2 tsp salt
1-3 tsp sugar
Optional: ½ habanero pepper

Directions:

- Heat oil in large saucepan over medium-high heat.
- Add onion, chile peppers, garlic, and habanero(to taste). Cook, stirring, until the onion is soft and beginning to brown (3-4 min).
- Reduce heat to medium. Add tomatoes, vinegar, salt and sugar to taste. Cook, stirring occasionally, until the tomatoes begin to break down, about 5 minutes.
- Mash and then whisk until smooth.
- Let the sauce cool to air temperature

NOTES:
# Garden Salsa

**Yield:** 16 servings

## Equipment:
- Knife
- Cutting board
- Measuring cups and spoons
- Citrus juicer
- Large mixing bowl
- Stirring spoon
- Small bowl

## Ingredients:
- 4 cups tomatoes, diced
- 2 cups frozen corn
- 2 cups onion, diced
- 2 Tablespoons chopped jalapeño peppers
- ½ cup lime juice (2-3 limes)
- 3 cloves fresh garlic, finely minced
- Salt and pepper to taste
- Tortilla chips

## Directions:
- Set the frozen corn in a small bowl to thaw
- Wash the tomatoes and jalapeños carefully.
- Dice the onion and tomatoes.
- Roughly chop the corn.
- Mince the jalapeño pepper.
- Juice the lime.
- Combine all ingredients in a bowl and mix. Add Salt and pepper to taste.
- Serve with tortilla chips.

## Notes:
# Pesto

**Equipment:**
- Cheese grater (if using a block of Parmesan)
- Measuring cups
- Rubber spatula
- Scissors
- Bowl
- Large spoon or fork to mash

**Ingredients:**
- 6 cups of basil leaves
- 1/2 cup olive oil
- 2-3 garlic cloves
- Parmesan cheese, 1/2 cup grated
- Salt and pepper to taste

**Yield:** 16 servings

**Directions:**
- If serving with pasta, heat the water
- Wash basil and garlic, removing the skin and ends from the garlic.
- Grate the cheese
- Cut the basil with scissors until it is in very small pieces (“fine”)
- Place basil, garlic cloves, cheese, salt, and pepper in a bowl and mash until very fine.
- Add the olive oil in a steady stream, whisking steadily
- Cook the pasta, drain and mix in the pesto
- Or serve as a spread on vegetable rounds or crackers

**NOTES:**
- Serve with pasta or crackers or spread on zucchini or summer squash rounds
TZATZIKI

Yield: 4 cups

Equipment:
Large bowl
Mixing spoon
Peeler
Grater
Knife
Cutting board
Citrus juicer
Measuring cups and spoons
Scissors
Paper towels

Ingredients:
4 large cucumbers
2 small garlic clove
2 1/2 cups plain, Greek style yogurt
2 Tablespoon of dill
½ lemon
Salt and pepper to taste
Pita bread
Vegetables for dipping

Directions:
● Wash dill and vegetables
● Cut the cucumbers in half the long way and scrape the seeds out
● Peel and then grate cucumber halves. Gather the grated cucumber in paper towel and squeeze to remove some of the liquid.
● Dice the garlic
● Dice the dill or cut with scissors
● Juice lemon with citrus juicer
● In a large bowl, combine the cucumbers, garlic, lemon juice, yogurt and dill. Mix well.
● Season to taste with salt and pepper.
● Serve with pita bread or vegetable rounds

NOTES:
GUACAMOLE

**Equipment:**
- Large bowl
- Mixing spoon
- Knife
- Cutting board
- Citrus juicer
- Measuring cups and spoons
- Large spoon or fork to mash

**Ingredients:**
- 2 avocados
- 2 teaspoons lemon juice
- 1/2 cup of diced tomato
- 5 pinches of salt
- 3 pinches of pepper
- Optional: chips, crackers, summer squash/zucchini cut in rounds

**Directions:**
1) Slice avocados length-wise, remove pit, scoop out fruit.
2) Mix all ingredients into bowl
3) Mash until smooth
4) Serve with chips, crackers or vegetables rounds

**NOTES:**
Main Dishes

Curried Cauliflower & Chickpeas
Zucchini Tacos
Garden Quesadillas
Garden Stir Fry
Greek Style Tabouli Pitas
Garden Dumplings
Veggie Burger #1
Veggie Burger #2
Collard Green Wrap
Skillet Flatbread (pizza)
CURRIED CAULIFLOWER AND CHICKPEAS

Yield: 16 servings

**Equipment:**
- Medium bowl
- Large bowl
- 2 Large mixing spoons
- Knives
- Cutting boards
- Large pan
- Measuring cups and spoons

**Ingredients:**
- 1 head cauliflower, chopped into 1/2 inch pieces
- 1 can chickpeas
- 1 red onion, chopped
- 2 Tablespoons Canola oil
- 1 Tablespoon curry powder
- 1/2 cup cilantro, chopped
- Salt and pepper

**Directions:**
1. Heat a large pan over medium-high heat. Add the oil, let it warm up for a bit and then add the chopped cauliflower, chopped onion, and curry powder.
2. Stir until the curry powder has coated the cauliflower. Cook for about six minutes.
3. Add the chickpeas and stir; cook until heated through.
4. Toss in the cilantro, and then remove from the heat and serve.

**NOTES:**
ZUCCHINI TACOS

Yield: 16 servings

Equipment:
Large pan
Knives
Cutting boards
Large bowl
Spoon
Measuring cups and spoons

Ingredients:
½ cup canola oil, with 2 Tablespoons set aside
2 onions, chopped
½ cup lemon juice
8 cloves fresh garlic, minced
1 jalapeno pepper, minced
4 zucchinis, cut into cubes
¼ cup ground cumin
2 Tablespoons chili powder
1 Tablespoon ground black pepper
2 teaspoons salt
20 soft tortillas (small)
Optional: 2 cans of black beans, rinsed

Directions:
• Heat 2 Tablespoons oil in a large pan over medium-high heat.
• Add onion, lemon juice, garlic, and jalapeno pepper to large pan;
• Bring to a simmer and cook until onions soften, about 3 minutes.
• Add cubes of zucchini to pan and stir
• Add cumin, chili powder, black pepper, and salt to pan and stir
• Drizzle remaining oil over the top. Cook, stirring occasionally, until zucchini reduces in size and softens, about 15 minutes.
• Spoon zucchini mixture into tortillas and roll
• If using black beans, rinse beans and serve on the side or in addition to zucchini

NOTES:
GARDEN QUESADILLAS  

**Yield:** 16 servings

<table>
<thead>
<tr>
<th>Equipment:</th>
<th>Ingredients:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Large pan</td>
<td>6 cups mixed vegetables (peppers, zucchini, onions, mushrooms,</td>
</tr>
<tr>
<td>Knives</td>
<td>etc.), chopped</td>
</tr>
<tr>
<td>Cheese grater</td>
<td>Olive oil or cooking spray</td>
</tr>
<tr>
<td>Cutting boards</td>
<td>20 small corn or whole wheat tortillas</td>
</tr>
<tr>
<td>Large bowl</td>
<td>4.5 cups of your choice of cheese, we recommend cheddar, mozzarella, queso fresco, or queso de hoja</td>
</tr>
<tr>
<td>Colander</td>
<td>1T salt, 1t pepper, 1t paprika, 1/2t cayenne powder</td>
</tr>
<tr>
<td>Measuring cups and spoons</td>
<td></td>
</tr>
</tbody>
</table>

**Directions:**

- Wash all vegetables with cold water
- Dice all vegetables and mix in large bowl
- Add seasoning to taste
- In the electric griddle or saute pan turn heat to medium and add enough olive oil to thinly coat bottom of pan
- Place a tortilla in the pan and add enough cheese and vegetables to lightly cover 1/2 of the tortilla. Fold the bare side onto the side with cheese and vegetables
- Cook on medium with cover on for about 8 minutes or until tortilla has turned golden brown
- After 8 minutes flip the tortilla being careful not to spill any cheese or vegetables and cook the other side for 5 minutes without the cover
- Remove quesadilla from heat, and repeat the steps above with remaining ingredients

**NOTES:**

Quesadillas go well with salsa or pico de gallo as a side with corn chips to complement
Some condiments for quesadillas include sour cream, hot sauce, and guacamole
GARDEN STIR FRY

**Yield:** 16 servings

**Equipment:**
- Mixing bowl
- Spoon
- Measuring cups and spoons
- Knife
- Cutting board
- Small pot
- Large pan
- Small spoon
- Small jar with lid

**Ingredients:**

**For Sauce:**
- 1/4 cup canola oil
- 1/3 cup soy sauce
- 1/4 cup vinegar
- 1/4 cup water
- 1 teaspoon sugar
- 1 teaspoon dried pepper flakes
- 1 teaspoon dried ginger
- 2 teaspoons chives, chopped

**For Stir-Fry:**
- 4 cups water
- 1 cup potatoes, thinly sliced
- 4 Tablespoons canola oil
- 3 cloves garlic, diced
- 1 package of tofu, cubed
- 1 onion, diced
- 4 cups vegetables (your choice), chopped
- Salt and pepper to taste
- Grain or Pasta

**Directions:**
- In small jar, combine soy sauce and sugar, whisk together until combined
- Add oil, vinegar, water, pepper, ginger, and chives. Seal the jar and shake it to mix all the ingredients.
- Wash the vegetables carefully and then chop them into 1/2 inch pieces.
- Thinly slice potatoes. In small pot, add potatoes and cover with water. Bring to a boil for 2 minutes (to soften).
- Dice garlic and onions. Cube Tofu.
- Heat oil in pan and add garlic, onions, and tofu. Sauté until onions are soft (about 3-4 minutes). Then remove from pan and set aside.
- Add vegetables to pan and cook until tender.
- Add garlic, onions, and tofu back into the pan with vegetables. Cook for 2-3 more minutes.
- Add sauce to stir-fry and mix well.
- Serve with grain or pasta.

**NOTES:**
GREEK STYLE PITA SANDWICH  

Yield: 16 servings

Equipment:
- Whisk
- Large bowl
- Can opener
- Knife
- Cutting board
- Strainer or colander
- Serving spoon and small spoon
- Measuring cups and spoons

Ingredients:
- 16 pitas
- 1 cup oil
- 3 Tablespoons vinegar
- 2 cans of chickpeas
- 2 tomatoes, chopped
- 3 cucumbers
- 1 onion
- 1 cup radishes, chopped
- 1 cup fresh parsley, chopped
- 1/4 cup fresh mint, chopped
- 2 cups feta cheese, crumbled
- Salt and pepper to taste

Directions:
- Whisk oil and vinegar in large bowl. Season with salt and pepper. Set aside.
- Wash all vegetables carefully.
- Cut the cucumbers in half the long way and scrape the seeds out. Chop the cucumbers into 1/2 inch pieces
- Dice the onions, radishes and parsley.
- Crumble the feta cheese and set aside.
- Rinse and drain chickpeas.
- Mix chickpeas, tomatoes, cucumbers, onions, radishes, mint and parsley into a large bowl; stir in the oil and vinegar dressing.
- Stir in feta cheese.
- Cut the pita pockets open and fill each pocket with the salad mixture.

NOTES:
GARDEN DUMPLINGS

Yield: 35-40 dumplings

Equipment:  
Knife  
Cutting board  
Mixing bowl  
Cheese grater  
Plates  
Large pan  
Spatula  
Measuring cups and spoons

Ingredients:  
½ lb firm tofu  
1 cup shredded cabbage  
½ cup grated carrots  
½ cup other finely chopped garden veggies  
2 Tablespoons of finely chopped scallions or chives  
1 Tablespoon chopped cilantro leaves  
2 teaspoons minced ginger  
3 Tablespoons soy sauce  
1 Tablespoon vinegar  
2 Tablespoons canola oil  
Salt and pepper to taste  
35-40 dumpling papers

Directions:
- Cut the tofu in half horizontally and lay between layers of paper towels.  
- Place on a plate, top with another plate, and place a weight on top. Let stand 20 minutes while you prepare the other ingredients.  
- After 20 minutes, cut the tofu into 1/4-inch cubes and place in a large mixing bowl.  
- Add the grated carrots, shredded cabbage, veggies, scallions, ginger, cilantro, soy sauce, vinegar, oil, salt, and pepper. Lightly stir to combine.  
- To form the dumplings, remove 1 wrapper from package. Brush the edges of the wrapper lightly with water.  
- Place 1/2 rounded teaspoon of the veggie mixture in the center of the wrapper. Shape as desired.  
- Heat a small amount of oil in a pan or on a griddle. Fry dumplings (as many as you can fit at a time) for 2-3 minutes on each side or until golden brown.

NOTES:
Veggie Burger #1  

Yield: 16 servings

<table>
<thead>
<tr>
<th>Equipment:</th>
<th>Ingredients:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Knife</td>
<td>1 cup bread crumbs</td>
</tr>
<tr>
<td>Cutting board</td>
<td>1 onion, grated</td>
</tr>
<tr>
<td>Mixing bowl</td>
<td>4 garlic cloves, chopped</td>
</tr>
<tr>
<td>Grater</td>
<td>1 lime, juiced</td>
</tr>
<tr>
<td>Large pan</td>
<td>1 Tablespoon ground cumin</td>
</tr>
<tr>
<td>Spatula</td>
<td>2 teaspoons salt</td>
</tr>
<tr>
<td>Measuring cups and spoons</td>
<td>1 lime rind, grated</td>
</tr>
<tr>
<td>Citrus juicer</td>
<td>4 cans black beans, rinsed and drained</td>
</tr>
<tr>
<td>Whisk</td>
<td>1 cup coarsely chopped walnuts</td>
</tr>
<tr>
<td>Large spoon or fork to mash</td>
<td>1 Tablespoon hot sauce</td>
</tr>
<tr>
<td></td>
<td>4 large eggs, lightly beaten</td>
</tr>
<tr>
<td></td>
<td>4 Tablespoons olive oil</td>
</tr>
<tr>
<td></td>
<td>16-20 Burger buns</td>
</tr>
<tr>
<td></td>
<td>Optional: ketchup, mayonnaise, salsa, guacamole</td>
</tr>
</tbody>
</table>

Directions:

- Mash together bread crumbs, onion, garlic, juice, cumin, salt, rind, and beans.
- Add bean mixture, walnuts, hot sauce, and egg to crumbs; stir well. Divide the mixture into 16 equal portions. Shape each portion into a patty.
- Heat oil in a large pan over medium-high heat.
- Add patties to pan; reduce heat to medium, and cook on each side until browned.
- Serve on a bun with your favorite sauces and toppings.

NOTES:
VEGGIE BURGER #2

Yield: 16 servings

Equipment:
- Knife
- Cutting board
- Mixing bowl
- Grater
- Large pan
- Spatula
- Measuring spoons
- Whisk
- Large spoon or fork to mash

Ingredients:
- 3 cans chickpeas, drained and rinsed
- 1 red onion, finely diced
- 4 small zucchini, grated
- ½ cup finely chopped cilantro
- ¼ cup red wine vinegar
- 4 tbsp hot sauce sauce
- ¼ cup sun butter
- 1 Tablespoon cumin
- 4 cloves garlic, finely chopped
- 2 tsp black pepper
- 1/2 tsp sea salt
- 3 cups quick oats
- ¼ cup olive oil
- Canola oil for frying
- 16-20 Burger buns
- Optional: ketchup, mayonnaise, salsa, guacamole

Directions:
- After draining and rinsing the chickpeas, place them in a bowl and mash them with a fork.
- Add all the other ingredients to the bowl.
- Use your hands to mix very well.
- Form into 16 patties.
- Heat oil in a large pan over medium-high heat.
- Add patties to pan; reduce heat to medium, and cook on each side until browned.
- Serve on a bun with your favorite sauces and toppings.

NOTES:
COLLARD GREEN WRAPS

Equipment:

- Knife
- Cutting board
- Large pan
- Tongs
- Colander
- Citrus juicer
- Bowls for fillings

Ingredients:

- 20 collard leaves
- 2 avocado
- 4 carrots
- 1 pint cherry tomatoes or 3 tomatoes diced
- 1 lb tofu
- ¼ cup canola oil
- 2 Tablespoons soy sauce
- ½ lemon, juiced
- 1 package cream cheese
- salt
- Optional: walnuts, sunflower seeds

Directions:

- Heat about 3 inches of water in large pan until simmering
- Clean collard leaves; fold in half and trim the spin (without breaking the leaf)
- Using the tongs, place one collard leaf in the simmering water and gently submerge it; let it simmer for 1 minute and then use tongs to remove leaf and place in colander (this is called “blanching”)
- Repeat until all the leaves are blanched; empty the hot water to get the pan ready for cooking tofu
- Drain and cube the tofu
- Heat the oil in the pan; when it is hot, add the tofu and gently stir. Let the tofu lightly brown on each side (about 4 minutes). Remove from heat and sprinkle soy sauce over tofu
- Prepare fillings and put in bowls so that each person can prepare their own wrap:
  - Set out colander with blanched leaves
  - Set out cream cheese
  - Cut and remove pit from the avocados; cut into small cubes and salt
  - Peel and grate the carrots; juice the lemon and pour over carrots
  - Cube tomatoes (if large) or cut cherry tomatoes in half and salt
  - Place cooked tofu in bowl
- Set blanched collard green on plate; smear cream cheese on leaf if desired
- Select fillings being careful to leave room for rolling
- Roll leaf half way then tuck in sides before continuing rolling
SKILLET FLATBREAD

**Equipment:**
- Large Pan
- Small Pot
- Cheese Grater
- Knife
- Spoon
- Cutting board
- Spatula

**Ingredients:**
- Naan (see recipe for dough base)
- Your choice of vegetables toppings from the garden
- 2 Pounds (4 cups) shredded Mozzarella or cheddar cheese or vegan replacement
- 1-2 Cans pizza or Tomato sauce

**Directions:**
- Create Naan from the recipe in the cookbook (pg. 36). This will act as the dough for the skillet flatbread
- Finely chop vegetable toppings and put in separate bowls. An optional step is to saute veggies before adding them as toppings
- Shred selected cheese
- Once Naan is ready, stretch dough so it approximately fits into the bottom of the pan. It is important that it is lying flat in the pan to properly cook. Do not put in pan until assembled
- Grease large pan with olive oil and put on medium heat.
- After Naan is roughly the size of the pan, lightly flour a cutting board and place Naan on the cutting board.
- Add tomato/pizza sauce to the Naan making sure you cover the whole piece of Naan while leaving the edges free for a nice crust. A spoon works best to spread the sauce. Be sure not to add too much sauce as the Naan will be soggy and take too long to cook
- Next, using your hands sprinkle enough mozzarella to lightly cover the tomato/pizza sauce base
- Add desired vegetable toppings
- Gently slide the Naan flatbread off the cutting board and into the warm pan, making sure that the Naan is flat in the pan and toppings do not slide off
- Cook until cheese is melted and the bottom of the Naan is a golden brown. Using a spatula to lift up the flatbread and check the bottom. Remove from pan and place on cutting board. Cut into pieces and serve.
- Can repeat steps above to create multiple flatbreads
Breads & Sides

How to Cook Grains & Pasta
Bruschetta
Spicy Collard Greens
Fried Green Tomatoes
Fruit & cheese kabobs
Homefries
Naan
Tostones
Zucchini Fritters
Quick Pickled Root Vegetables
HOW TO COOK GRAINS & PASTA

Equipment:
Pot with fitted lid
Measuring cups
(Strainer)

COUSCOUS

Yield: about 10 cups

Directions:
● Bring the water to a boil in a saucepan
● Stir in the couscous and salt and then immediately remove the pan from heat. Stir to evenly moisten the couscous.
● Cover the pan and let it sit for 10 minutes. If the couscous hasn't absorbed the water or still tastes crunchy after this time, cover and let it sit for a few more minutes.
● Gently break apart and fluff the cooked couscous with a fork before serving.

Ingredients:
4 cups couscous
6 cups water

QUINOA

Yield: about 9 cups

Directions:
● Put water and quinoa together in saucepan. Heat over medium-high heat and bring to a boil.
● Once it is boiling, cover and reduce the heat to low. Cook for 15 minutes, or until grain becomes translucent

Ingredients:
3 cups quinoa
6 cups water

PASTA

Yield: about 16 cups

Directions:
● Bring water to a rolling boil.
● Add pasta.
● Bring back to a boil. Allow to cook for 8-10 minutes, or until pasta is “al dente.”
● Strain out the water by pouring the pasta into a colander.

Ingredients:
1 gallon (16 c.) water (or enough to cover all pasta)
8 cups pasta (or 2 16-oz box of pasta)

WHITE RICE

Yield: about 8 cups

Directions:
● Bring water to a boil in a saucepan.
● Stir in rice. Cover and reduce heat to low, allowing rice to simmer.

Ingredients:
2 cups rice
5 cups water
**BRUSCHETTA**

**Yield:** 16 servings

<table>
<thead>
<tr>
<th>Equipment:</th>
<th>Ingredients:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mixing bowl</td>
<td>8 tomatoes</td>
</tr>
<tr>
<td>Stirring spoon</td>
<td>2 tablespoons olive oil</td>
</tr>
<tr>
<td>Measuring cups and spoons</td>
<td>2 cups Basil</td>
</tr>
<tr>
<td>Knives</td>
<td>Salt and Pepper to taste</td>
</tr>
<tr>
<td>Cutting board</td>
<td>4 cloves garlic</td>
</tr>
<tr>
<td>Scissors</td>
<td>2 Baguettes</td>
</tr>
</tbody>
</table>

**Directions:**

- Wash the tomatoes and basil carefully.
- Core and chop tomatoes.
- Chop basil, chiffonade with knife, or cut with scissors.
- Peel the skin, cut off the ends, and mince garlic.
- Place tomatoes, olive oil, basil, pepper, salt and in a mixing bowl and gently mix ingredients with the Stirring spoon.
- Slice the baguettes into 1/2 inch slices using the serrated knife.
- Top each slice of bread with tomato bruschetta and serve.

**NOTES:**
SPICY COLLARD GREENS

Yield: 16 servings

Equipment:

Large pan
Large mixing spoon
Knives
Cutting board
Citrus juicer

Ingredients:

7 cups Collard Greens chopped
¾ cups canola oil
2 Tbsp minced ginger
4 garlic cloves, minced
4 teaspoons Cumin
1-2 Chili peppers OR 2 tsp cayenne pepper
4 fresh lemons, juiced

Directions:

● In a large pan, add oil, garlic, ginger, chili pepper, and cumin and sauté for about 30 seconds or more, be careful not to let the ingredients burn.
● Add onions, mix with the spices. Sauté for about 3-5 min.
● Add chopped collards, cayenne pepper, and lemon juice,
● Continue cooking for another 7-10 minutes until flavors have blended and greens are cooked, according to preference.

NOTES:
FRIED GREEN TOMATOES

Yield: 16 servings

Equipment:
- Large pan
- Measuring cups and spoons
- Large bowl
- Stirring spoon
- Paper towels
- Plates/tray
- Medium bowls

Ingredients:
- 16 large, firm Green Tomatoes, cut crosswise into 1/2-inch slices
- Salt and Pepper to taste
- 4 cups finely ground Cornmeal
- 8 Eggs
- Canola oil
- 1 Jalapeno, sliced thin

Directions:
- Sprinkle the tomato slices with salt and pepper; set aside.
- Place the cornmeal in a shallow bowl. In another bowl, beat the eggs.
- Cover the bottom of a large pan with 1/2 inch of oil, then place it over medium-high heat.
- Coat the tomato slices in the egg, then dredge them in the cornmeal mixture.
- Fry as many tomatoes as fit comfortably in the pan until nicely browned, about 2 minutes a side.
- Transfer them to a paper towel-lined plate/tray. Repeat until all the tomatoes are cooked.
- Place the tomato slices on plates and top with jalapeno slices (or serve on side).

NOTES:
FRUIT & CHEESE KABOBS

Yield: 16 servings

Equipment:
- Bamboo skewers, 6 in.
- Tray
- Knife
- Cutting board
- Small bowl
- Measuring cups and spoons

Ingredients:
- Monterey Jack cheese in cubes
- Fruits in bite sized portion:
  - Grapes
  - Strawberries
  - Melon
  - Pineapple

Dipping Sauce:
- 1 cup plain yogurt
- 4 Tablespoons honey
- ½ teaspoon cinnamon

Directions:
- Wash the fruit and cut into bite sized pieces if it’s not already small
- Cube the cheese
- Assemble fruit and cheese on skewers
- Mix yogurt, honey and cinnamon and serve in a small bowl
HOMEFRIES  Yield: 16 servings

Equipment:
- Small pan
- Measuring cups and spoons
- Large mixing bowl
- Stirring spoon

Ingredients:
- 12 medium potatoes, cubed
- 1/2 cup canola oil
- Salt and Pepper to taste

Directions:
- Rinse potato cubes with cold water, and drain well.
- Heat oil in a large pan over medium heat.
- Place potatoes in the pan, and stir to coat with oil
- Season with salt and pepper.
- Cover with a lid, and cook for 10 minutes.
- Remove the lid, and cook for another 10 minutes, turning frequently until brown and crisp on all sides.

NOTES:
NAAN  

**Yield:** 16 servings

**Equipment:**
- Small Bowl
- Medium Bowl
- Whisk
- Measuring cups and spoons
- Stirring spoon
- Rolling Pins
- Large pan
- Plates
- Clean kitchen towel

**Ingredients:**
- 4 tsp dry active yeast
- 1 tsp sugar
- 1 cup water
- 5-6 cups flour, divided
- 1 tsp salt
- ½ cup canola oil
- 2/3 cup plain yogurt
- 2 large eggs
- Optional: butter, herbs

**Directions:**
- In a small bowl, combine the yeast, sugar and water. Let sit until it is frothy on top.
- Once frothy, whisk in the oil, yogurt, and egg until evenly combined.
- In a separate medium bowl, combine 2 cup of the flour with the salt.
- Add the wet ingredients to the flour/salt mixture and stir until well combined. Continue adding flour, a half cup at a time, until you can no longer stir it with a spoon (about 2 to 3 cups later).
- Place dough on floured surface and knead for about 3 minutes, adding small amounts of flour as necessary to keep the dough from sticking. (NOTE: The dough should be smooth and very soft but not sticky.)
- Loosely cover the dough with a towel and let it rise for as long as you can* (aim for at least 10 minutes).
- After it rises, gently flatten the dough into a disc and cut it into 16 equal pieces. Shape each piece into a small ball.
- Working with one ball at a time, roll it out until it is about ¼ inch thick or approximately 6 inches in diameter.
- Heat a large pan over medium heat.
- Place the rolled out dough onto the hot skillet and cook until the bottom is golden brown and large bubbles have formed on the surface. Flip the dough and cook the other side until golden brown as well.
- Stack the cooked flat bread on a plate and cover with a towel to keep warm as you cook the remaining pieces. Serve plain or brushed with melted butter and sprinkled with herbs!

**NOTES:**
TOSTONES

Yield: 16 servings

Equipment:
- Large pan
- Spatula
- Knives
- Cutting boards
- Can or similar object to flatten the plantain
- Paper towels

Ingredients:
- 3 large green plantains
- 2/3 cup oil (approximately)
- Salt

Directions:
- Cut the ends off of each plantain, and use a knife to cut through the skin of the plantain, lengthwise, from top to bottom. Try to only to cut through the skin.
- Use your fingers to pry open and peel off the skin.
- Cut the plantains into pieces, about 1” thick.
- Fill a large pan about a third of the way with oil. Heat over medium-high for a few minutes to warm up the oil.
- Take one plantain chunk and carefully place it in the oil. If the oil surrounding the plantain begins to bubble a bit, the oil is hot enough. If not, let it heat up for another minute or so, and try again.
- When the oil is ready, add your plantains to the pan. Fry them for about 2 minutes on each side, or just long enough to soften them and turn them a light golden color. Remove the fried plantains from oil and place them on a paper towel to absorb some of the oil.
- Using the bottom of a can, flatten each fried plantain piece. Smash them just enough that they flatten out, but don’t try to make them too thin, or they will break apart.
- Return the now-smashed plantain pieces to the hot oil and fry again. Turn them occasionally, until both sides are a deep golden color.
- Remove the Tostones from the pan of oil, and place them on a paper towel again to absorb some of the oil. Sprinkle generously with salt and serve.

NOTES:
ZUCCHINI FRITTERS

Yield: 16 servings

Equipment:
- Large pan
- Measuring cups and spoons
- Large mixing bowl
- Mixing spoon
- Spatula
- Colander
- Paper towels
- Clean kitchen towel

Ingredients:

**Soy dipping sauce:**
- 2 Tablespoons water
- ¼ cup soy sauce
- 1 Tablespoons sugar
- 1 Tbsp white vinegar
- Crushed red pepper flakes

**Fritters:**
- 3 medium zucchini, grated
- 2 teaspoons salt
- 4 large eggs
- ½ cup finely chopped fresh chives
- 1 cup all-purpose flour
- Freshly ground black pepper
- 1 cup vegetable oil

Directions:

For soy dipping sauce:
- Mix vinegar, soy sauce, sugar, and a pinch of red pepper flakes in a small bowl until sugar is dissolved. Set aside.

For fritters:
- Place zucchini in a colander set in the sink and toss with 1/2 teaspoon salt.
- Let stand 10 minutes, then wring zucchini dry in a clean kitchen towel.
- Place zucchini in a large bowl and gently mix in egg, flour, and chives
- Season with salt and pepper.
- Heat oil in a large pan over medium heat.
- Drop 1/4-cupfuls zucchini mixture into pan, flattening slightly; cook until golden and crisp, about 3 minutes per side.
- Transfer fritters to a paper towel-lined plate; season with salt.
- Serve with soy dipping sauce.

NOTES:
QUICK-PICKLED ROOT VEGGIES

Yield: 2 Pint Jars

Equipment:

- Small pot
- Knife
- Cutting board
- Jar with lid
- Vegetable peeler
- Stirring spoon

Ingredients:

- About 2 cups of root vegetables
- 2 cups vinegar
- 16 peppercorns
- 2 bay leaf
- 4 teaspoons salt
- 4 teaspoons sugar
- 2 small onions

Directions:

- Combine vinegar, peppercorns, bay leaf, salt and sugar in a small pot.
- Bring to a simmer so that everything can dissolve; let cool a bit so you don't break the jar when you pour the liquid in.
- Wash vegetables carefully.
- Peel the root vegetables and onions and slice into small pieces.
- Put the root vegetables and onions into the clean jars and cover with the slightly cooled vinegar mixture.
- Put the lid on the jars and then put them in the refrigerator overnight.
- The pickles will be ready the next day.

NOTES:
Drinks & Desserts

Agua Fresca
Sun Tea
Fruit Smoothies
Summer Fruit Salad
Crystalized Herb Leaves
**Agua Fresca**

**Yield:** About 6 cups

**Equipment:**
- Blender
- Large jar or Pitcher
- Measuring cups

**Ingredients:**
- ½ large cantaloupe or honeydew melon
- ¼ cup sugar
- 1 cup water
- Slices of lemon, lime or extra fruit for garnish

**Directions:**
- Remove any seeds and rind from the melon.
- Cut the fruit into large chunks and put in the blender.
- Add the sugar and 1 cup of water.
- Blend until smooth (there should be about 3 cups).
- Put into a pitcher or large jar and add 3 cups of cold water.
- Cover and refrigerate until cold.
- Agua Fresca will last up to two days; stir well before serving.
- Garnish with lemon, lime or other fruit.
**Sun Tea**

*Yield: 1 gallon*

**Equipment:**
- 2 glass quart jars
- Cups for serving

**Ingredients:**
- 6-8 tea bags
- 7 - 8 sprigs of fresh herbs from the garden
- 1 gallon water

*Optional: Ice*

**Directions:**
- Check to be sure the weather is going to be sunny for about 3 hours.
- Fill glass container to about an inch below the brim with water.
- Wash herbs carefully.
- Add herbs to container, making sure they are covered with water.
- Add tea bags to container: 6 tea bags for weaker tea, 8 tea bags for stronger tea. Put the lid on. Make sure to leave the tea bag strings hang outside of the lid and container.
- Place the container outside in a spot that is in the direct sun and will remain there for several hours.
- Check the tea in 3 hours. Tea should have a slight color change and herbal fragrance when ready.
- When done, remove herbs/tea bags. Put tea in fridge for chilling before serving.
- Leftover tea should be refrigerated.
Fruit Smoothie

Yield: 16 servings

Equipment:
- Blender
- Rubber spatula
- Vegetable peeler
- Measuring cups
- Knife

Ingredients:
- 2 medium carrots
- 1 cup of strawberries
- 4 cups plain yogurt
- 2 cup of other fruit (options: can use a peach, other berries, grapes, banana)

Directions:
- Wash fruits and vegetables carefully.
- Depending on fruit, chop into small pieces.
- Shave the carrot into strips.
- Add all ingredients to blender and blend well.

NOTES:
## Summer Fruit Salad

**Yield:** 16 servings

<table>
<thead>
<tr>
<th><strong>Equipment:</strong></th>
<th><strong>Ingredients:</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Knives</td>
<td>Fruits in season (melon, berries, apples, pears)</td>
</tr>
<tr>
<td>Cutting boards</td>
<td>Tropical fruits (pineapple, mango, banana)</td>
</tr>
<tr>
<td>Small bowl</td>
<td>Juice of 1 lemon</td>
</tr>
<tr>
<td>Large owl or platter for serving</td>
<td>2 Tablespoons Honey or 1 Tablespoon sugar</td>
</tr>
<tr>
<td>Whisk or fork</td>
<td>1/4 cup water</td>
</tr>
<tr>
<td>Citrus juicer</td>
<td></td>
</tr>
<tr>
<td>Measuring cups and spoons</td>
<td></td>
</tr>
</tbody>
</table>

**Directions:**
- Wash fruits and cut into bite sized chunks and add to a large bowl
- Mix lemon juice, honey or sugar and water and whisk until thoroughly combined
- Drizzle the sweetened juice over the fruit and serve
# Crystalized Mint Leaves

**“Garden Candy”**

<table>
<thead>
<tr>
<th><strong>Equipment:</strong></th>
<th><strong>Ingredients:</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Bowl</td>
<td>1/2 cup sugar</td>
</tr>
<tr>
<td>Plate for serving</td>
<td>Water</td>
</tr>
<tr>
<td>Wax paper</td>
<td>3 cups mint leaves (or whichever other herb you want to use)</td>
</tr>
<tr>
<td>Measuring cups</td>
<td></td>
</tr>
</tbody>
</table>

**Directions:**
- Pour 1 cup water in a bowl
- Pour sugar onto a large plate
- Wet mint leaves in bowl
- Once mint leaves are wet press each side of each leaf into plate with sugar to coat the mint
- Once mint is coated with sugar put on non stick paper and let it air dry in the sun
- To make mint less sweet put sugar only on 1 side of mint leaves
- To make mint leaves dry quicker you can put sugar in bag instead of a plate. Put wet mint leaves into bag, shake the bag until mint leave are coated with sugar, then take out of bag.
Chiffonade
In cooking, this French word, meaning "made of rags," refers to thin strips of fresh herbs or lettuce. To chiffonade stack leaves, roll them tightly, then slice the leaves perpendicular to the roll.

Chop
To cut foods with a knife, cleaver, or food processor into smaller pieces.

Dice
To cut food into small uniform sized cubes.

Grate
To shred food into tiny pieces by rubbing against a grater.

Julienne
Cut food into long thin strips.

Mince
To chop food into very fine pieces, i.e. “minced” garlic.

Purée
To blend food together until it becomes completely smooth.

Sauté
To cook food in a small amount of fat over relatively high heat.

Simmer
A technique in which liquids are cooked below the boiling point of water. To keep a pot simmering, bring it to a boil, then reduce heat so that there are gentle bubbles.

Slice
A thin flat cut made from a large object.

Whisk
To mix together by beating with a whisk or mixer.

Zest
To remove the outer skin of citrus fruits with a small grater.