

Cook-a-long with Chef Ann Ogden Gaffney Participant Shopping, Pre-Prep and Equipment lists

Shopping list (for all recipes)

Produce:

- 1 head of garlic
- 2 medium onions
- 1 poblano pepper
- 1 green frying pepper or small green pepper
- 1 inch piece of ginger root
- 1 x 5 ounce box baby arugula or baby spinach
- 1 lime
- 1 lemon
- 1 large bunch cilantro1 bunch cilantro, washed well

Frozen:

- 1 x10 ounce bag baby lima beans
- 1 x10 ounce bag French beans,
- 1 x16 ounce bag blueberries
- 1 x10 ounce bag of strawberries

Dairy:

- 17 ounce tub 2% Greek Yogurt (bigger if you want to use on chili)

Pantry:

- 1 bottle extra virgin olive oil
- 1 jar whole cumin seeds
- 1 bottle bay leaves
- 1 jar mild curry powder
- 1 jar cayenne pepper
- 1 pack cinnamon sticks (optional)
- 1 small can chipotle chilis in adobo
- 1 x 28 ounce can diced tomatoes
- 2 x14 ounce cans black beans, drained and rinsed
- 1 box vegetable broth (you can substitute water)
- 1 x 2 pound bag brown basmati rice
- 1 small bag sliced almonds (optional)
- Sea salt
- Ground black pepper – freshly ground if possible

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To keep up with the class, we suggest you have your ingredients ready and measured out into a 'mise en place' for each dish. See instructions below.

Black bean chili

<https://www.cookforyourlife.org/recipes/preferences-recipes/healthy-comfort/black-bean-chili-2/>

Pre-prep:

1. Wash all fresh produce
2. Drain and rinse canned beans
3. Mince 2 cloves of the garlic
4. Dice onion – medium dice
5. Seed poblano pepper and cut into a ½-inch dice
6. Chop 1 chipotle chili into a fine paste (see tips)
7. Pull 3-4 sprigs of cilantro and chop enough for 3 tablespoons leaves
8. Juice lime

Measure:

- a. 2 Tablespoons olive oil
- b. 1 teaspoon cumin seeds
- c. 1 bay leaf
- d. Measure 1 cup canned tomato – reserve the rest to freeze
- e. 1 cup water or stock
- f. Pour salt into a small bowl for easy access

Tips:

- Scrape out the seeds from the chipotle in adobo to reduce heat
- I/O canned beans use 3 cups fresh cooked black beans, broth reserved
- If you can't find poblano peppers, use a small green pepper and half a jalapeno (with all the seeds scraped out).

Equipment:

- 1 hotplate
- 1 x 5 quart Dutch oven or 12" sautee pan
- 1 Chef knife
- 1 paring knife
- 1 colander or sieve
- 1 quart measuring jug
- 1 set measuring spoons (cont'd next page)

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- 1 set measuring cups
- 1 juicer or reamer
- 2 Spatulas and stirring spoons
- 1 Serving spoon
- 1 set of mixing bowls

Lemony Berry Parfait

<https://www.cookforyourlife.org/recipes/lemony-berry-parfait-2/>

Pre-Prep:

- Zest and juice lemon
- Dry toast the almonds

Measure:

- Divide lemon juice into 2 tablespoons & 1 tablespoon 5 tablespoons granulated sugar
- 2 cups yogurt
- 2 tablespoons water
- 3 tablespoons sliced almonds

Tips:

- Mix compote with fresh berries when in season

Equipment:

- 1 hotplate
- 1 x 3 qt sauce pot
- 2 medium mixing bowls
- 1 microplane grater
- 1 pint measuring jug
- 1 set measuring spoons
- 1 set measuring cups
- 2 Spatulas and stirring spoons
- 1 juicer or reamer
- 1 Serving spoon

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Curried Brown Rice

<https://www.cookforyourlife.org/recipes/curried-brown-rice/>

Pre-prep:

1. Wash and cook 1 cup brown rice (see tips)
2. Wash all fresh produce
3. Peel and finely chop gingerroot
4. Mince 2 cloves of the garlic
5. Dice onion – small dice
6. De-seed frying pepper - cut into a small dice
7. chop enough cilantro leaves for 1 tablespoon

Measure out:

1. 2 Tablespoons olive oil
2. ½ cup water or stock
3. 1 teaspoon cumin seeds
4. 2 teaspoons mild curry powder
5. ¼ teaspoon cayenne – or to taste
6. ½ cup frozen beans
7. ½ cup frozen baby lima beans
8. 2 cups cooked brown rice
9. 2 cups baby arugula or baby spinach

Tips:

- Batch cook brown rice to use throughout the week
- Dice peppers and onions small to resemble rice grains
- Do not thaw frozen veg before using

Equipment:

- 1 hotplate
- 1 wok or 12” sautee or frying pan
- 1 Chef knife
- 1 paring knife
- 1 set measuring spoons
- 1 set measuring cups
- 1 quart measuring jug
- 1 nest mixing bowls
- 2 Spatulas and stirring spoons
- 1 Serving spoon