

Jeanne Journal

Cooking Classes and Demonstrations

Buddha Bowl Lunch Menu

Cooking demonstration

Welcome tea - Jasmine Lichee Nut tea in a goblet

Menu

Veggies:

Roasted Delicata squash*
Sautéed baby greens – kale & spinach
Lettuce – assorted mixed baby lettuces
Avocado - sliced
Red cabbage – Sliced thin and lightly sautéed
Roasted carrots*
Grated raw carrots
Watermelon radishes
Black and white sesame seeds with sea vegetables

Protein:

Sautéed spiced chickpeas*
Lentils*
Hardboiled eggs
Toasted pumpkin seeds

Grain:

Wild Rice*
Millet*

Dressings:

Red Pepper-Cilantro dressing*
Dijon Vinaigrette*

Dessert:

Dried cranberry, chocolate chip and spice cookies*
Ceylon Mango tea

*Recipe included below

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Teas by Plain T -www.plaint.com.

Item: Jasmine Lichee Nut-JJ

Serve in goblet, pour over 190 degree water & steep until blossom opens & cool enough to drink.

Item: Ceylon Mango Decaf -JJ

Serve in teacup, steep with 212 degree water for 2 minutes.

Roasted Delicata Squash

recipe by Darya Rose, Ph.D from www.summertomatoe.com

Serves 2 - 4 as a side dish

Ingredients:

2 - 4 delicata squash, depending on size (1.5 lbs)

2 tablespoon olive oil

salt to taste

Preheat oven to 425 degrees.

Instructions:

Clean the delicata squash by running under warm water and scrubbing away dirt with your hands. If there are any hard spots on the squash, you can scrape them off with a butter knife.

With a sharp knife, cut delicata in half lengthwise. This should be easy and not require any crazy hacking. With a spoon scoop out the seeds, clean well (discard or you can save these and prepare them like pumpkin seeds if you wish). Cut each delicata half into 1/2 inch segments, creating moon-shaped pieces that have slight bumps around the curve.

Arrange the pieces in a single layer in a metal baking pan and coat in 2 tablespoons of olive oil. A foil-lined pan can also be used. Salt lightly. It's okay..

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Cooking Classes and Demonstrations

Roasted Delicata Squash continued -

if the pieces are a little crowded, but try to maximize the surface area of the squash touching the pan. The browning only occurs where the squash and pan meet.

Place in oven and roast 10 minutes. Using a spatula, carefully turn the squash in the pan so that the light sides are now touching the pan and the brown sides are facing upward.

Continue roasting, turning every 7-10 minutes until both sides of the squash pieces are golden brown and tender when pierced with a toothpick, about 20-25 minutes. Season to taste with salt & pepper.

Serve as a side dish with the rest of your dinner or use these chickpeas to make your favorite hummus recipe.

Roasted Carrots

Ground spices purchased at the grocery store can be used in this recipe. However, buying spices in seed form, then toasting and grinding them adds a dimension in flavor. For toasting & grinding how-tos, see below.

Ingredients

10 medium carrots, peeled
3 tablespoons extra virgin olive oil
Salt and freshly ground pepper to taste
1 teaspoon ground cumin
1 1/2 teaspoon ground fennel
1 1/2 teaspoon ground coriander
1 1/2 teaspoon Aleppo pepper

Instructions

Preheat the oven to 425 degrees. Cut the carrots in half lengthwise and crosswise. If the carrots are fat at one end, cut the fat half in half again lengthwise, so that the pieces are more or less equal in thickness. Place in a large bowl and toss with the olive oil, salt and pepper, and all spices.

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Cooking Classes and Demonstrations

Roasted Carrots continued -

Heat a heavy baking sheet covered with foil in the oven for 3 to 4 minutes. Remove from the oven and place the carrots on it in one layer. Roast for 20 to

25 minutes, stirring the carrots every 10 minutes. They should be slightly caramelized and tender. Remove the carrots from the oven when done. Taste and adjust salt and pepper.

Toasting spices:

Add whole seeds to small sauté pan, just enough to cover pan in one layer. Shake pan every couple minutes until seeds are golden and become aromatic, about 5-7 minutes.

Remove from heat and cool. Grind spices, in a dedicated coffee grinder, until fine. To clean grinder, add white rice and grind to a powder. This helps neutralize the aroma of grinder.

Spiced Chickpeas

Ingredients:

1½ Cups Cooked Chickpeas - dried to remove moisture

Drizzle Olive Oil

½ teaspoon Salt

½ teaspoon Smoked Paprika

1 teaspoon Chili Powder

⅛ teaspoon Turmeric

½ teaspoon Oregano

Instructions:

In a sauté pan on medium-low heat add olive oil, then spices. Lightly cook spices. Add chickpeas and toss to coat. Sauté until in seasoning until warmed through.

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Cooking Classes and Demonstrations

Wild Rice on the Stovetop

Makes about 3 cups

Ingredients:

1 cup wild rice

4 cups water, stock, or a mix of both

1/2 teaspoon salt

Instructions:

1. Rinse the wild rice: Place the wild rice in a fine-mesh strainer and rinse in the sink under cold running water. Shake to drain.
2. Bring the rice and water to a boil: Place the rice in the saucepan and add 4 cups of water or stock, along with the salt (unless the stock is already salted). Bring to a boil over high heat.
3. Reduce to a simmer: When the water has reached a boil, lower the heat to maintain a slow but steady simmer and cover the pan.
4. Cook the wild rice: Cook at a simmer for 45 minutes. Check the rice. It should be chewy and some of the grains will have burst open. It may need an additional 10 to 15 minutes –keep checking the rice and stop cooking when the grains are tender.
5. Drain the wild rice: When the rice is done, pour it into a strainer to drain off any remaining liquid.
6. Fluff and serve: Fluff the rice with a fork and serve, or add it to any number of dishes for a delicious, nutty taste and chewy texture.

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Cooking Classes and Demonstrations

Millet -Recipe by Dr. Andrew Weil (www.drweil.com)

Makes about 6 cups

2 cups Millet

5 cup water or stock

1 teaspoon kosher salt

Cooking time: 20-30 minutes

Tips for cooking millet:

Although not necessary, toasting millet grains prior to cooking can provide a nuttier flavor and a better texture. To dry-toast, place millet in a preheated skillet over medium heat, and stir frequently (about 10 minutes) until golden brown.

Combine millet with water in a covered pot and bring to a boil. Once boiling, turn down the heat, cover and simmer for about 25 minutes. Fluffed with a fork when done, millet prepared this way will have a light texture similar to rice. For a creamier, mashed potato-like alternative, stir frequently while cooking, occasionally adding water, until desired consistency is reached.

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Red Pepper-Cilantro dressing

Ingredients:

- 1 Red Bell Pepper, ribs and seeds removed
- 2 tablespoons Olive Oil (or other neutral oil)
- Juice from 1 Lemon
- $\frac{1}{2}$ teaspoons Pepper
- $\frac{1}{2}$ teaspoons Salt
- $\frac{1}{2}$ teaspoons Paprika
- $\frac{1}{4}$ Cup Fresh Cilantro

Instructions:

To make red pepper dressing, add all dressing ingredients to a blender, and blend until smooth.

Dijon Vinaigrette

Ingredients:

- 2 teaspoons Dijon mustard (I use Gray Poupon®)
- 3 tablespoons red wine vinegar
- 2 drops of agave nectar - or the equivalent of honey or sugar
- 1 teaspoon kosher salt
- $\frac{1}{2}$ teaspoon freshly ground black pepper
- $\frac{1}{2}$ cup extra virgin olive oil

Instructions:

In a small bowl, whisk together the mustard, vinegar, agave nectar, 1 teaspoon salt and pepper.
Slowly add olive oil in a steady stream while whisking, until the all ingredients are incorporated.

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Cooking Classes and Demonstrations

Dried cranberry, chocolate chip and spice cookies

Ingredients

2 cups all-purpose flour

1 cup quick-cooking or old-fashioned rolled oats

1 teaspoon baking powder

1 teaspoon baking soda

1 teaspoon ground cinnamon

1/2 teaspoon ground mace

1 teaspoon kosher salt

2 - 1/2 sticks unsalted butter (10 ounces), at room temperature

1 cup light brown sugar

1/2 cup granulated sugar

1 large egg, at room temperature

1 large egg yolk, at room temperature

1 tablespoon pure vanilla extract

1-1/2 cups semisweet or white chocolate chips

1-1/2 cups dried cranberries

Instructions:

1. Preheat the oven to 325 degrees. Line 2 baking sheets with parchment paper.
2. In a medium bowl, mix the flour with the oats, baking powder, baking soda and salt. In a standing mixer fitted with the paddle, beat the butter and both sugars at medium speed until creamy. Add the egg followed by the egg yolk and vanilla, beating well between additions and scraping down the side of the bowl as necessary. Beat in the dry ingredients, then add the chocolate chips and cranberries and beat until incorporated.
3. Spoon heaping teaspoons of the dough onto the baking sheets, 2 inches apart. Bake for 12 to 15 minutes, until the cookies begin to brown at the edges. Let the cookies cool on the baking sheets, and then transfer them to a rack to cool completely.