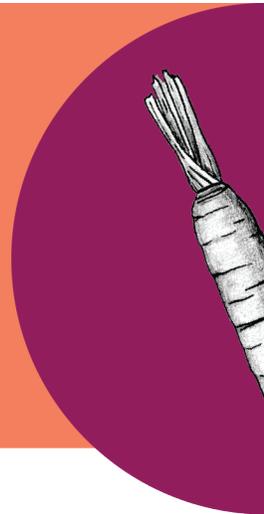


THE **EDIBLE**
SCHOOLYARD
PROJECT



RECIPE SUPPORTS [TEACHER RESOURCE]

Summary: This checklist details general equipment and bulk ingredients for the recipes featured in [Cooking with Curiosity](#). See recipes (listed below) for detailed ingredient lists.

Teacher Note: We recommend checking in with families about the equipment and bulk items your students have access to. Feel free to use the below check list to send to families.



LIST OF EQUIPMENT AND INGREDIENTS

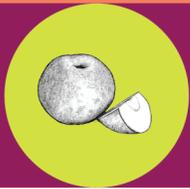
This checklist details general equipment and bulk ingredients for the recipes featured in [Cooking with Curiosity](#). See recipes for detailed ingredient lists.

Equipment

- Saucepan
- Baking pan
- Cutting board
- Knife
- 2 pint-sized mason jars
- 2 small bowls
- Mixing bowl
- Whisk
- Muffin tin (can use a loaf pan if a muffin tin is not available)
- Muffin tin papers, optional
- A spoon
- A fork
- A dish towel

Bulk Ingredients

- Vegetable oil
- Olive oil
- Salt
- Pepper
- Garlic
- A type of vinegar (white, apple cider, red wine, rice-wine)
- A type of sweetener (granulated sugar, honey, palm sugar, agave)
- Baking powder
- Baking soda
- All-purpose flour, unbleached



RECIPES

Create Your Own Recipes

These recipes are adjusted to eliminate the choice-based options. See the create your own visual recipes for the choice-based recipes.

Unit 2 Recipes:

- Quick Organic Pickles
- Yogurt Sauce
- Salad Dressing

Quick Organic Pickles

Quick pickles are also known as refrigerator pickles. They are vegetables that are pickled in a solution of vinegar, water, and salt (sometimes sugar, too) and stored in the refrigerator.

This recipe makes 2-pint jars worth of pickles.

Ingredients:

- 4 medium-sized carrots
- ½ red or yellow onion
- 4 small radishes
- ½ cup apple cider vinegar
- ½ white vinegar
- 1 cup of water
- 1 tablespoons salt
- 1 tsp, dried oregano
- 1 garlic clove smashed.

Directions: Heat vinegar, water, seasonings, spices, salt, and sweetener (if using) in a saucepan. Once it comes to a boil, turn the stove off and leave the mixture to cool for 3 minutes. Prepare the vegetables by cutting them into sticks or slices. Place prepared vegetables into the jars. Pour the mixture over the vegetables in the jars. Leave the jars on the counter until they are cool. Lid them and store them in the refrigerator. They should keep for up to 3 weeks.

Yogurt Sauce

Ingredients

- 1 cup plain yogurt
- 2 tablespoons mustard
- 1 teaspoon cumin
- ¼ cup mint, chopped
- 2 tablespoons lemon
- 2 teaspoons minced garlic
- Salt and pepper to taste

Directions:

- Add all ingredients together and mix. Add salt and pepper to taste.

Salad Dressing

Ingredients:

- 3 Tablespoons apple cider vinegar
- 1 garlic clove, minced
- 1 tablespoon parsley minced
- 2 teaspoons dried or fresh mustard
- 2 teaspoons honey, optional
- ½ - ¾ cup olive oil
- Salt to taste

Directions:

- Mince herbs and garlic.
- In a bowl mix vinegar, garlic, parsley, mustard, and honey together.
- Slowly add olive oil to the other ingredients.
- Add the oil by pouring a thin stream, while whisking constantly. If the dressing is too thick add a little bit of water 1 teaspoon at a time.
 - Another Option: Put all the ingredients into a jar and shake vigorously. This is a great task for young ones to help with.
- **Add salt to taste**
- Want to make your dressing creamy? Omit ¼ to ½ cup oil and add:
 - ½ cup yogurt, ½ cup buttermilk, or ½ cup mayonnaise

Unit 3 Recipes

- Sautéed Vegetables
- Any Organic Greens Pesto
- Grain Bowl Recipe
- Seasonal, Organic Fruit Muffin

Sautéed Vegetables

Sautéing vegetables is a great way to prepare a quick, healthy side dish. Sautéing involves cooking over medium-high heat in a frying pan or skillet while tossing (saute means to leap or jump in French) to mix. Nearly any seasonal vegetable can be sautéed!

Ingredients:

- 1/2 bunch collards
- 2 cups broccoli, cut into bite-sized pieces, packed loose into a measuring cup
- 1-2 tablespoons olive oil
- salt to taste

Directions:

- Warm a skillet over medium-high heat for a minute. Add the olive oil and swirl to coat the bottom of the pan. After 10 or so seconds add your vegetables. Stir, occasionally flipping the food. Cook for 5 minutes. The longer you cook the vegetables the more tender they will be.
- Add salt and sprinkle with chili powder, sumac, and other spices

Any Greens Pesto

Ingredients:

- 1 ½ cup organic greens or herbs, packed into a measuring cup (cilantro, parsley, arugula, basil, or kale)
- Juice of ½ lemon
- 1/4 cup walnuts or sunflower seeds
- 1 clove garlic, minced
- ½ cup olive oil
- ¼-½ cup parmesan cheese, grated
- Salt to taste

Directions:

- Measure and prep all your ingredients
- Read the following steps for the equipment you chose:
 - Blender: Add all ingredients and blend until smooth
 - Food processor: Add all ingredients except your olive oil. Blend until chunky, then slowly add olive oil while the motor is running.
 - Mortar and Pestle: Mix all ingredients except olive oil and lemon juice. Pound into a paste, then add acid. Once incorporated, slowly add olive oil.

Note:

- For kale and other cooking greens, it is recommended to blanch them first. To blanch: place them in boiling water for 2-3 minutes, remove and plunge into iced water or place under cold running water (this step is called “shocking” or “refreshing”) to stop the cooking process
- This recipe is a great way to use up your greens that are wilting, in excess, or past their prime.

Grain Bowl Recipe

*This recipe will make 3-4 grain bowls.

Ingredients:

- 1 cup of raw radishes and carrots
- 1 cup roasted or sautéed sweet potatoes and broccoli.
- 3 cups cooked farro, (1 cup uncooked)
- 1 1/2 cup parsley and cilantro, chopped
- ½ cup feta cheese, optional
- ½ cup walnuts, optional

Vegetables are the star of the show for this recipe! We suggest going to your local farmers market to get the freshest and best tasting produce.

Step One: Prepare Vegetables. Choose the appropriate cooking method for your vegetables

- **Blanch:** Fava beans, English peas. **Directions:** To blanch: place them in boiling water for 2-3 minutes, remove and plunge into iced water or place under cold running water (shocking or refreshing) to stop the cooking process
- **Roast:** Beets, potatoes, butternut squash, sweet potatoes, broccoli. **Directions:** Cut vegetables all the same size. Roast in a pan tightly covered with tin foil with 1 tablespoon olive oil, and salt.
- **Sauté** mushrooms or broccoli. **Directions:** Cut into ¼-inch cubes and sautéed with olive oil and salt
- **Keep raw:** radishes, celery, carrots. **Directions:** Slice into ¼-inch-thick slices

Step Two: Cook Grains

- Cook farro. **Directions:** Fill a medium pot half full of water and bring to a boil. Add the farro or broth, then turn the heat to low and simmer. Cook until grains are tender. This should take between 20 and 40 minutes.

Step Three: Assemble Grain Bowl

- **Directions:** Start assembling your grain bowl by scooping grains into a larger platter, or you can divide all ingredients equally into 3-4 small bowls. Top with your vegetables and then finish with your toppings. Drizzle 1-2 tablespoons olive oil over your grain bowl and salt to taste.

Want to add a sauce? Try our other Create Your own Recipes as a sauce for your grain bowl: 1) Any greens pesto, 2) yogurt sauce, or salad dressing.

Seasonal, Organic Fruit Muffin

Makes 12 regular sized muffins.

Ingredients:

- 1 ½ cup all-purpose flour
- 1 cup whole wheat flour
- 1 ½ teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- ¾ cup cane sugar (raw and organic, if available)
- ½ cup of vegetable oil
- 1 cup buttermilk
- 1 egg
- 1 teaspoon vanilla extract
- 1 cup fruit, chopped

Directions:

Preheat the oven to 375 degrees.

- Step One: Measure out dry ingredients - flours, baking powder, baking soda, salt. Mix together in a bowl
- Step Two: In a bowl mix buttermilk, oil, sugar, and vanilla extract.
- Step Three: mix wet and dry
- Step Four: Add *seasonal fruit, cut into pieces, or left whole. Options: stone Fruit, strawberries, apricots, berries (blackberries, blueberries, mulberries, raspberries
- Grease muffin tins or line muffin pan. Fill each muffin cup almost full with batter, using two spoons. Place in the oven and bake until a toothpick inserted in the center of a muffin comes out clean, about 20 - 25 minutes. Transfer to a wire rack and let cool for about 5 - 10 minutes before removing from the pan.

*Toss fruit into 1 tablespoon of the flour mixture to prevent them from falling to the bottom.