

Back to Basics: A quick guide to basic cooking techniques

Glad you made it! Welcome to your third and final lesson,
Roasting.

Where are my manners? How was your week? Did you try out the Quinoa Power Bowl? Did you fall asleep feeling satisfied and dream of becoming a mutant and discovered that yes you can fly with one happy thought? Just me?

Moving on...

In this lesson, we will be using the roasting method otherwise known as the dry-heat cooking method. And you guessed it, roasting uses dry heat (in this case the oven) to cook the food.

And yes, you guessed it again (wow, you're cooking IQ is on point) you can use this method to cook so many things! In this lesson, we will be roasting broccoli, but you can roast just about anything, all the meats, and all the veggies!

Let's get to it!

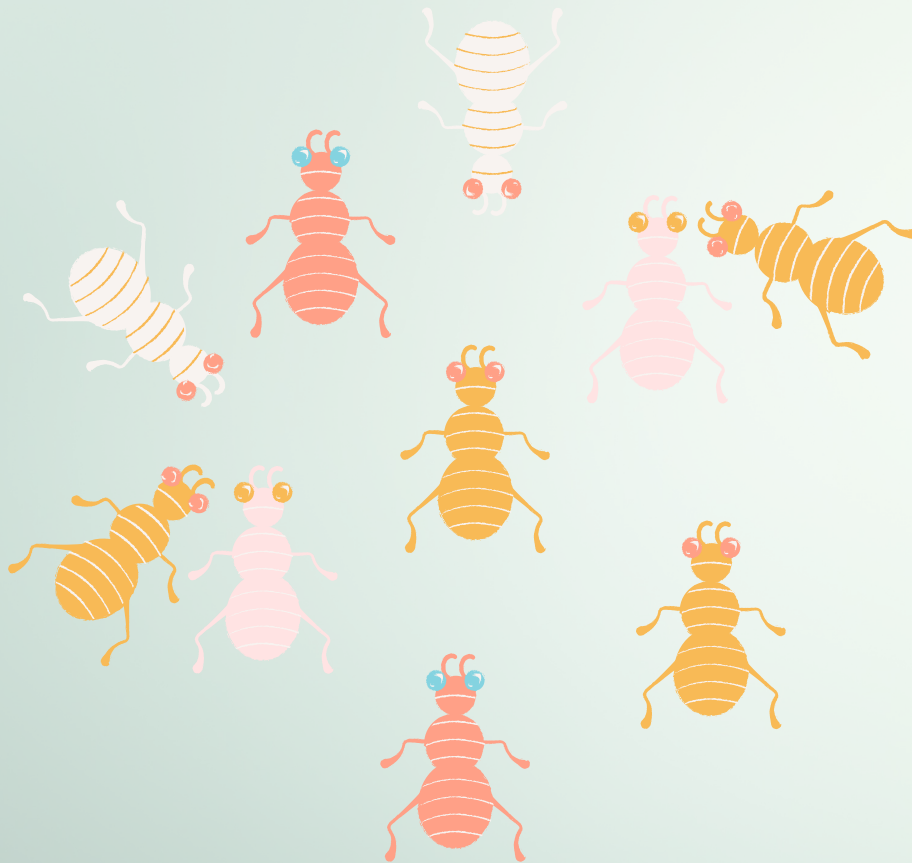


Roasting Broccoli

What you will need: sheet pan, cutting board, chef knife, 1 head fresh broccoli, 2-4 Tablespoons olive oil, and salt to taste

First: pre-heat your oven to 375 degrees

Step 1: wash your broccoli. ALWAYS wash your fresh produce! This is done by simply running under cold water. Check to make sure your broccoli is free of mold, dirt, or bugs...although they probably wouldn't hurt...tasty crispysssss...





Step 2: chop your broccoli into bite-size pieces, try to keep them all the same size so they cook evenly

Step 3: place broccoli onto sheet pan. Drizzle olive oil on your lil bites and use your now powerful hands (thanks quinoa) to coat the broccoli in olive oil. Sprinkle a light dusting of salt and spread broccoli out evenly.

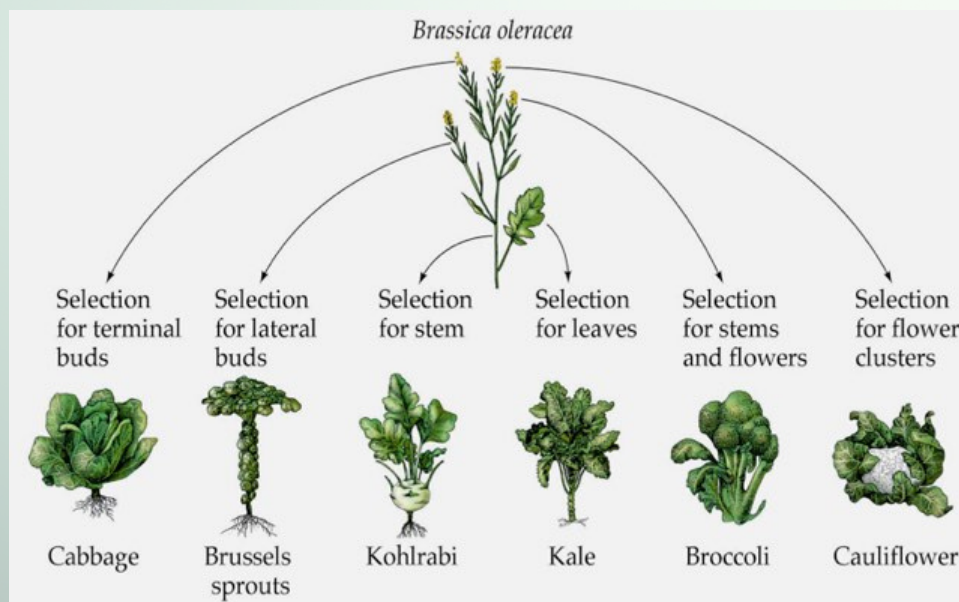
Step 4: place pan in oven and cook for 25 minutes.

You're done!



Check out the recipe page to keep practicing those roasting skills

Fun Fact! Broccoli is an offspring of a plant called *Brassica oleracea*. You would not find broccoli in nature! It was cultivated, mind blown.



The image features a central text element surrounded by a decorative border of brown eggs. The eggs are arranged in four horizontal rows on a white wooden plank background. The top row has five eggs, the second row has two eggs flanking the central text, the third row has two eggs flanking the central text, and the bottom row has five eggs. The word "Recipes" is centered in a large, bold, black font.

Recipes

Recipes:

Lesson 1: Simple Deviled Eggs

This is a simple deviled egg recipe, the base if you will. Once your culinary skills and palate begin to develop think about adding some adventurous bits to this recipe. One of my favs is smoked salmon, fresh dill, and capers.

What you will need: 1 dozen hard boiled eggs, ½ C. mayonnaise, 2 tsp. mustard, salt and pepper to taste, zip-lock or plastic sandwich bag

Step 1.) Cut each egg in half lengthwise. Pop out the yolks into a separate bowl. Save the egg halves for later.

Step 2.) Use a fork to smoosh all the yolks.

Step 3.) Add all ingredients and mix well. Add salt and pepper to your liking.

Step 4.) Put egg yolk mix into plastic sandwich bag and cut off half an inch of one bottom corner (this is a cheap and easy way to pipe the yolk mix into the egg halves) fill the saved egg halves.

Step 5.) Enjoy!

Lesson 2: Quinoa Power Bowl

What you'll need: 1 Cup quinoa, 2 Cups water, 1 can black beans, 1 can corn, 1 can diced tomatoes.

Step 1: cook quinoa using moist-heat cooking method

Step 2: add black beans, corn, and diced tomatoes. If you're feeling frisky top with fresh cilantro, jalapeno, and avocado.

Lesson 3: Curry Cauliflower

What you'll need: 1 head cauliflower, 2-4 Tablespoons curry powder, ¼ teaspoon cayenne, 2-4 Tablespoons olive oil, salt and pepper to taste

Step 1: cut cauliflower into bite size pieces

Step 2: put cauliflower pieces into large mixing bowl and add all other ingredients

Step 3: pour cauliflower onto sheet pan and spread out evenly. Put in 375-degree oven and bake for 25 minutes

