



Winter Comfort Foods
Growing Chefs! Ontario
Webinar Date: Oct. 6, 2021
Time: 4:00 - 5:00pm
Class length: 60 minutes
London Hydro

Menu

Apple cider glazed chicken thighs
Butternut squash risotto with bacon and sage
Kale salad with roasted beets, apples, raisins, pumpkin seeds, and maple vinaigrette

Class Description : The menu will teach participants some lifelong cooking skills that they will use to make a delicious meal with winter and fall produce, that is sure to warm bellies. We will cook our way through the menu together as a team building exercise.

Growing Chefs! Ontario is a registered charity based in London, Ontario. Our mission is to change the way children, youth, families and the greater community learn about and develop healthy relationships with food! Visit our website at www.growingchefsontario.ca

To offer our programming, we rely on the support of individuals, businesses, and the community. To make a donation, please visit our Canada Helps page: <https://www.canadahelps.org/en/dn/19822> Thank you!

Prep To Do Before The Class

Here are a few things that you can do ahead of time to help us stay on time during the class. If you don't have time for everything and fall behind, don't worry! You can always use the recipes to catch up after the class has finished. We will also be making a recording of the class for future reference.

- Roast, peel, and cut beets into wedges, according to the recipe directions
 - Peel and dice squash
- Measure out all ingredients, place into separate bowls or containers
 - Remove herbs from stem and chop
- Read through the recipes, and familiarize yourself with the directions
 - Gather all equipment needed

Class Schedule

Time	Task
4:00 - 4:05	Introduction; go over the outline of the evening, review equipment
4:05 - 4:15	Measure out ingredients for chicken, sear and finish in the oven. Start cooking squash on the stove
4:15 - 4:25	Mise en place for risotto
4:25 - 4:35	Start cooking risotto, finish chicken in the oven
4:35 - 4:50	Make salad dressing, prep salad ingredients, finish risotto
4:50 - 5:00	Finish plating. Ask questions, share, and eat!

Shopping List

Ingredients needed for recipes

3 cloves garlic
1 sprig rosemary
6 sage leaves
1 sprig thyme
1 lemon
2 green onions
1 small squash, such as butternut
½ bunch of kale
2-3 beets
1 apple
1 pound bone in skin on chicken thighs (about 4)
¼ pound bacon
1 cup arborio rice
1 litre vegetable stock
½ cup parmesan cheese
¼ cup raisins
¼ cup pumpkin seeds
1 cup apple cider

Pantry ingredients (things you likely have at home already, if not purchase)

Grapeseed oil (or other neutral flavoured oil, such as canola)
Butter
Dijon mustard
Maple syrup
Pepper
Salt
Olive oil

Cinnamon
Red wine vinegar

Equipment needed (for all recipes)

Cutting board
Chef's knife
Microplane
Small pot
Medium pot
Medium oven proof frying pan
Large frying pan
Wooden spoon x 2
Measuring cups
Measuring spoons
Tongs
Thermometer
Dish towel
Tasting spoons
Ladle
Slotted spoon
Bowls various sizes
Scissors
Peeler
Tongs
Aluminum foil
Baking sheet
Fork
Whisk

Apple Cider Glazed Chicken Thighs

Apple cider is perfectly sweet and makes a delicious sauce to add some fall flavour to chicken thighs. This dish is very quick and easy to put together.

Yield: Serves 2

Level: Intermediate

Ingredients

2 cloves garlic, finely chopped
1 sprig rosemary, finely chopped
1 cup apple cider
½ teaspoon dijon mustard
1 pound bone in skin on chicken thighs (about 4)
1-2 tablespoons grapeseed oil
2 tablespoons butter
Salt to taste

Equipment

Cutting board
Chef's knife
Microplane
Bowls various sizes
Small pot
Medium oven proof frying pan
Wooden spoon
Measuring cups
Measuring spoons

Tongs

Thermometer

Dish towel

Tasting spoons

Directions

Get Organized!

Gather your mise en place; get together all of the equipment needed for the recipe and gather your ingredients.

Get Prepped!

Preheat oven to 350°F

With a microplane, finely grate garlic. Alternatively, mince very finely with a chef's knife.

Remove rosemary leaves from the stem, and chop leaves very finely.

Measure apple cider, dijon, oil and butter.

Get Cooking!

In a small pot, add garlic, apple cider, half of chopped rosemary, and dijon. Cook over medium heat high heat and bring to a boil. Let reduce by half, about 10 -15 minutes.

Whisk the butter into the cider reduction. Taste, and season with salt as needed.

Place ovenproof frying pan over medium high heat. Add oil and let the pan warm up.

Sprinkle chicken with the rest of the rosemary and season well with salt.

Place the chicken in the pan, skin side down. Cook for about 4 minutes, until the skin is golden and crispy. Transfer the chicken to the oven and cook for 15-20 minutes, until the internal temperature of the chicken reaches 160°F.

Remove the chicken from the oven, and pour the glaze ovetop. Return to the oven to cook for 5 more minutes, until the sauce is bubbly. Serve immediately.

Creamy Squash and Bacon Risotto

You need to pay a lot of attention to the pan while cooking risotto, but once you have mastered this method, you can make any type of risotto you can dream of using different ingredients. Squash and bacon pair especially well together!

Yield: Serves 2-4

Level: Intermediate

Ingredients

1/4 cup butter, cubed
2 green onions, chopped with green and white separated
1 cup of squash, small dice
1/4 pound bacon, diced
1 cup arborio rice
1 litre vegetable stock
1/2 cup parmesan cheese, grated
6 sage leaves, minced
1 sprig thyme, minced
2 tablespoons lemon juice
Pepper to taste
Salt to taste
Olive oil

Equipment

Large frying pan, or shallow pot
Medium pot
Wooden spoon
Measuring cups
Measuring spoons

Ladle
Slotted spoon
Bowls
Cutting board
Chef's knife
Scissors
Peeler
Dish towel
Tasting spoons

Directions

Get Organized!

Gather your mis en place; get together all of the equipment needed for the recipe and gather your ingredients.

Get Prepped!

Dice butter into 1 centimeter cubes.

Cut green onions very finely, keeping the root end (white parts) and the greens of the onion separate.

Peel squash, and dice into 1 centimeter cubes.

Grate parmesan cheese.

Remove sage leaves from the stem and chop finely.

Remove thyme leaves from the stem and chop finely.

Cut lemon in half and juice lemon, making sure you do not leave any seeds.

Cut bacon into small pieces.

Measure vegetable stock into pot and heat over medium heat until simmering.

Get Cooking!

Add the squash to your simmering vegetable stock, and let cook until tender, about 15-20 minutes.

Turn the heat to medium and cook bacon in frying pan until crisp. Remove bacon from pan and set aside.

Check to see if the squash is cooked. If just starting to soften, remove from the stock.

In the remaining bacon fat, sweat down the white part of green onions and herbs until softened.

Add in the risotto rice and stir until coated in fat and translucent.

Add a ladle of stock to the pan, and when bubbling, scrape the bottom of the pan to lift the fond. Add a second ladle of stock, and make sure all the rice is under the liquid. Bring to a low simmer.

As the stock is absorbed, continue adding about a ladleful of hot stock at a time, stirring once each time.

Keep adding stock until rice is al dente (just about cooked). Add one more addition of stock and cook until absorbed.

When stock is almost absorbed, stir through the butter, parmigiano reggiano, lemon juice and squash. Season to taste and add the bacon. Add more stock if necessary. Top with green onion, parmigiano reggiano and a drizzle of olive oil.

Kale Salad with Maple Garlic Vinaigrette

This sweet and savoury salad will make you a kale lover, and makes a great side salad. Add a protein, like grilled chicken or chickpeas, to make it a meal!

Yield: Serves 2-4

Difficulty: Intermediate

Ingredients

½ bunch of kale, veins removed and finely shredded

2-3 beets, roasted, peeled and cut into wedges

1 apple, diced

¼ cup raisins

¼ cup pumpkin seeds

Dressing

¼ teaspoon garlic, minced

1 tablespoons maple syrup

1 teaspoons Dijon mustard

2 tablespoons cup red wine vinegar

6 tablespoons grapeseed oil

Pinch of cinnamon

Salt to taste

Equipment

Cutting board

Chef's knife

Peeler

Measuring cups

Measuring spoons

Tongs

Aluminum foil

Baking sheet

Fork

Bowls for ingredients various sizes

Whisk

Dish towel

Directions

Get Organized!

Gather your mise en place; get together all of the equipment needed for the recipe and gather your ingredients.

Get Prepped!

Preheat oven to 400°F. Place the beets in aluminum foil, and close the package tightly. Bake on a baking sheet for about 1 hour, until beets are tender when pierced with a fork.

Let the beets cool slightly, peel them and cut them into wedges.

To prepare the vegetables for the salad, start by removing the vein from each kale leaf. Bunch a couple of leaves together and shred the kale into thin slices with your chef's knife.

Cut your apple around the core of the apple, and then dice the apple into approximately 1 centimetre cubes.

Get Cooking!

To make the dressing, add dijon mustard, garlic, maple syrup, and cinnamon to a medium bowl. Whisk together and add all of the red wine vinegar. Continue to whisk and slowly add the oil in a thin stream until salad dressing is well mixed together. Season with salt to taste.

In a large bowl, combine shredded kale, beets, apple, raisins, and pumpkin seeds. Add dressing and toss together.