



KRIPALU COOKING SCHOOL
At Home in Your Kitchen
Jeremy Rock Smith

Week One

Shopping List

Produce

- 2 lbs Carrots
- 1 Spanish or Vidalia Onion
- 1 large bulb of Fennel
- 3 Lemons
- 1 small bunch Dill
- 1 medium head of Broccoli or 1 large crown
- 1 small head Bok Choy
- 1 bag of Radishes
- 2 Limes
- 1 head Garlic or 2-3 peeled cloves
- 1 2" piece Ginger
- 1 bunch Cilantro

Pantry Items

- Fennel seeds
- 1 Qt low sodium vegetable stock or broth
- Almond Butter
- Honey or Agave
- Toasted Sesame Oil
- Cayenne
- XV Olive oil

Protein

- 1 lb. firm Tofu **OR** 1 lb. boneless/skinless Chicken breasts



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Recipe #1

Lemony Carrot Soup - Serves 4

3 cups finely chopped carrots
1/2 cup minced fresh onions
2 tablespoons finely chopped fresh fennel
1 1/2 tablespoons extra-virgin olive oil
1/4 teaspoon ground fennel seed
4 cups vegetable stock
3 tablespoons fresh lemon juice
2 teaspoons chopped fresh dill
1/2 teaspoon fine sea salt
1/4 teaspoon freshly ground black pepper

Heat a medium soup pot over low heat. Add the carrots, onions, fennel and oil, shaking the pot to coat the vegetables. Cover and sweat gently until the carrots are almost tender, 8 to 10 minutes.

Uncover and stir in the ground fennel seed. Increase the heat to medium and cook until the spice is fragrant, 2 to 3 minutes. Add the stock and bring to a boil over high heat, then reduce the heat to medium-low, and simmer gently until the flavors blend and the carrots are very tender, 8 to 10 minutes.

Puree the soup with an immersion blender or in an upright blender. If using an upright blender, avoid a blowout by slightly cooling the soup and partially removing the center lid of the blender. Puree the soup until it is smooth.

Pour the soup back into the pot and stir in the lemon juice, dill, salt, and pepper. Serve hot.

Equipment:

2 Qt Saucepan with Lid
2 large bamboo or stainless-steel spoon
1 rubber spatula
Blender or immersion blender

Recipe #2

Fennel Relish

1 cup shaved fennel (from about 1 very small bulb)
2 teaspoons fresh lemon juice
1/2 teaspoon grated lemon zest
1 tablespoon extra virgin olive oil
1/4 teaspoon fine sea salt
Pinch of ground black pepper

Combine everything in a small bowl. Let macerate at room temperature to blend the flavors, about 20 minutes.

Equipment:

1 2-4 C size mixing bowl for relish
Zester or box grater



Recipe #3

Ginger Almond Broccoli Salad - 4 modest servings (about 4 cups)

For Salad

- 1 1/4 cups small broccoli florets
- 1 1/4 cups scrubbed and shredded carrots
- 1 1/4 cups shredded bok choy (leaves and bulbs sliced crosswise super thin)
- 1/2 cup paper-thin slices red radish (use a mandolin)

For Almond Ginger Dressing

- 6 tablespoons almond butter
- Zest and juice of 1 lime
- 2 tablespoons honey or agave (V)
- 1 tablespoon toasted sesame oil
- 2 1/2 teaspoons minced fresh ginger
- 1 teaspoon minced garlic
- 1/2 teaspoon fine sea salt
- Pinch of cayenne pepper
- 1 1/2 tablespoons chopped fresh cilantro
- 1 # firm tofu or 1 # boneless/skinless chicken breasts.
- 2 T unrefined (not toasted) sesame oil or grape-seed

For the salad, blanch the broccoli by bringing 6 cups of water to a boil in a medium saucepan. Drop in the broccoli and blanch for 2 minutes. Use a strainer to remove the broccoli from the water and then run cool water over the broccoli for a minute or two to stop the cooking. Let drain and reserve.

For the dressing, spoon the almond butter into a medium bowl. Whisk in the lime zest and juice, honey, sesame oil, ginger, garlic, salt, cayenne, and cilantro until the dressing is well blended and creamy. Add the blanched broccoli, carrots, bok choy, and radishes.

Equipment:

- 2 Qt Saucepan with Lid
- 1 small colander
- 1 large bamboo or stainless-steel spoon
- 1 whisk
- Zester or box grater
- 1 medium mixing bowl
- Salad spinner IF you have one!
- 1 medium Sauté pan
- 1 spatula | pair tongs