



30-MINUTE MEAL FROM THE KRIPALU KITCHEN

Tuesday Night Live with Jeremy

Jeremy Rock Smith

SHOPPING LIST

Protein

Choose 1:

1 lbs. organic firm tofu

1 lbs. chicken (breasts or thighs)

Produce

Garlic 3 cloves

Ginger, 2-inch piece

Scallions, 1 each

Cauliflower, 1 small head

Brussels Sprouts, 1 ½ pounds or roughly 6 cups

Kale-Lacinato or Curly, 1 small bunch equaling 3-4 cups

Shallots, 2 each

Pantry

Tamari

Maple Syrup ½ cup

Brown rice vinegar or regular rice vinegar

Kimchi or sauerkraut

Sesame seeds 2 teaspoons

Sesame oil

Toasted sesame oil

Millet ½ cup

Sea salt

Black pepper

Olive oil

EQUIPMENT LIST

1 cutting board

1 chef knife

Dish towels

Apron

2-quart saucepan with lid

1 rubber spatula

2 wooden or stainless-steel mixing spoons

1 thin metal spatula if using tofu

1 medium sauté pan

1 large sauté pan

1 colander and 1 metal bowl (if using tofu)

Measuring spoons and cups

Fork

Tasting spoons

2 dinner plates

Box grater

Zester/micro plane if you have one

1 potato masher or a large firm whisk



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TOFU OR CHICKEN MAPLE GINGER KIMCHI SAUCE

(Serves 4)

Ingredients

Main:

1 lb. chicken (thighs or boneless and skinless breasts) / 1 lb. firm tofu (pressed)

2 tsp sesame oil

Sauce:

1 tsp. fresh garlic, minced

1 tbsp. fresh ginger, minced

1 tbsp. tamari

1/2 cup maple syrup

2 tsp. brown rice vinegar

2 tbsp. kimchi, chopped

2 tsp. toasted sesame oil

Garnish:

2 tsp. sesame seeds

1 each scallion, thinly sliced on an angle

Recipe

Preheat the oven to 350°F.

For tofu: An hour before cooking or the night before place the block of tofu into a colander. Place a bowl on top of the tofu and then put something into the bowl to press the tofu. A couple of cans of beans or tomatoes works well. Once pressed slice width wise into four 4-ounce portions.

For chicken: Pat dry.

Place all the ingredients for the sauce EXCEPT the kimchi into a pint-sized measuring cup.

Preheat a medium sized cast iron or sauté pan on the stove top. Preheat on a medium flame for 2-3 minutes.

Lay tofu on a plate and season with sea salt. If using chicken season with salt.

Turn the flame to high. Add 2 tsp of sesame oil and lay tofu or chicken in the pan leaving roughly a 1/4" of space between each piece. Cook for at least one minute. Using tongs lift the chicken slightly and if the underside is golden brown begin to flip. For tofu use a thin spatula to do the same.

Once golden brown, place the chicken into the oven and cook for 5-8 minutes or until an internal temperature of 165. For tofu do the same but cook for 5 minutes. Remove the tofu and chicken from the pan and place on a cutting board.

To make sauce, place the sauté pan back on the stove top on high. Pour sauce into the pan and reduce until the sauce coats a spoon. Remove from heat and stir in kimchi.

Slice chicken or tofu and place on plate. Pour sauce over and garnish with scallions and sesame seeds.



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CAULIFLOWER AND MILLET MASH

(Serves 4 to 6)

Ingredients

1/2 cup millet
4 ounces chopped cauliflower florets (about 1 1/2 cups)
1/2 tsp. fine sea salt
1 to 2 tbs. ghee or olive oil

Recipe

Rinse the millet until cool running water, then let it drain. Transfer the millet to a medium saucepan with a lid. Add 2 1/2 cups water, the cauliflower and salt. Bring to a boil over high heat, then reduce the heat to low, cover and simmer gently for 35 minutes. After 30 minutes, give the mixture a stir. The millet should have broken apart and when you stir, it will thicken the liquid in the pot. When the mixture is very soft and thick, take it off the heat and let stand for 5 minutes.

Puree the mixture with an immersion blender, upright blender, or small food processor. If using an upright blender or food processor, avoid a blowout by slightly cooling the mixture and partially removing the center lid of the machine. Puree the mixture until it is super smooth. It will be thick. Blend in the ghee or olive oil and serve the mash hot.

CARAMELIZED BRUSSELS SPROUTS AND KALE

(Serves 4 to 6)

Ingredients

Brussels Sprouts
6 cups Brussels sprouts, trimmed and halved lengthwise
3 tablespoons sesame oil
1/4 cup minced shallots
3 cups kale, de stemmed and shredded
Sea salt and freshly ground black pepper

Recipe

Preheat the oven to 350°F.

For the Brussels sprouts, heat a large ovenproof sauté pan over medium-high heat. When hot, add the sesame oil and Brussels sprouts, seasoning the sprouts with salt and pepper, and tossing to coat evenly. Use tongs or your hands to place the sprouts cut sides down, then cook until the sprouts are lightly browned on the bottoms, about 5 minutes. Place the pans in the hot oven and roast until the sprouts are golden brown on the bottoms, 5 to 8 minutes more.

Remove from the oven and stir in the shallots and kale. Cook on the stove top for 2-3 minutes until kale is tender.