



Bronx Cooks Together: Demo Recipes

Whole food, plant-based cooking demo - July 9, 2020

Recipes contributed by Chef Louise Noel - Instagram: @chef_louise

Quick Pickling Veggies

A bowl of cold water with a few ice cubes (to cool the steamed veggies)

1 carrot, peeled

A handful of green beans, rinsed

5 fresh Brussels sprouts, quartered

½ cucumber, washed, seeded, and sliced

¾ cup white distilled vinegar

¾ cup filtered water

1 tsp salt

2 tsp maple syrup

2 sprigs fresh dill

1 clove of garlic, smashed

¼ red onion, sliced

1 tsp pickling spice

1 pint glass jar with lid

- Steam the carrots, green beans, and sprouts for three minutes.
- Use a slotted spoon to transfer the veggies to the ice water.
- Drain the cooled veggies then pack into the jar along with sprigs of dill and cucumber.
- Add the vinegar, ½ cup water, salt, and maple syrup to a saucepan and bring to a boil.
- Stir until the salt dissolves. Boil for two minutes. Remove the brine from the heat.
- Add the garlic, onion, and pickling spice to the brine.
- Carefully fill the jar with the brine, covering the contents completely, but leaving some space below the lid.
- Place the lid firmly and let cool completely on the counter top.
- Your pickled vegetables can be eaten 30 minutes afterwards, and/or store them in the refrigerator for up to three months.

Chef's Note: Only tough vegetables, such as Brussels sprouts, rutabaga, and carrots need to be steamed first. Softer vegetables, such as cucumbers, radishes, and zucchini, can go in the jar raw before you add the brine. Quick pickling veggies can be used in most dishes to give extra flavor and texture!

Hearty Asparagus Potato Salad with Pickled Veggies

Dressing

1 cup arugula, chopped
2 tsp Dijon mustard
Zest of 1 lemon, juice from ½ of the lemon
5 cashews nuts, soaked

Potato salad

½ bundle asparagus, washed and cut
4 medium red potatoes, washed and cut into small chunks
2 medium candy cane (Chioggia) beets, peeled and cut into small chunks
1 cup sodium-free vegetable stock
1 T dill, chopped
½ cup pickled veggies, chopped
Salt and pepper to taste (optional)

Potato salad instructions:

- Pour vegetable broth into a saucepan and bring to a boil.
- Add potatoes and beets, and let them cook until tender, about 20 minutes.
- In the last five minutes before they are fully cooked, place the asparagus on top of the potatoes and beets to steam (above the water).
- Strain off potatoes, beets, and asparagus, and drain well.

Dressing instructions:

- Blend together the arugula, mustard, garlic, lemon zest with juice, and cashews in a blender until creamy.
- Taste and adjust the seasonings.

Assembling the dish:

- Arrange the steamed and pickled veggies on a platter, and drizzle with dressing.
- Garnish with chopped dill, and enjoy warm or chilled.