



THURSDAY, OCTOBER 15

3:00pm

COOK-ALONG GUIDEBOOK

LET'S GET COOKIN'



ABOUT THIS COOK-ALONG EVENT

We are excited to offer this free virtual event with food and fun! Laugh and cook along with us during this LIVE cooking tutorial. For the past sixteen years, Chef Alice Colin has been offering hands-on public classes and privately-booked cooking classes in a variety of exciting global cuisines. Have fun while learning essential knife skills, cooking techniques, and loads of pro tips to last a lifetime!

This Cook-Along is simple and full of essential nutrients. Within this Guidebook you will find login information for the event, supply lists, and recipes that you can keep for future meals. Everything you need is in this Guidebook to help follow along with Chef Alice as she prepares this delicious meal with you.

HOW IT WORKS

You will need a computer, smartphone, or tablet for this event. Download the Zoom Cloud Meetings app on your smartphone or tablet, or go to www.zoom.us on your computer. Click on "Join a Meeting" and type in the unique event information below:

Meeting ID: 898 5083 5624

Password: CVECHEF

DURING THE LIVE EVENT

This event is meant to be as interactive as possible! All participants will be muted, but if you have a question text it to (954) 295-2921. Chef Alice will answer as she goes!

Follow along with Chef Alice as she cooks, and also use this Guidebook as a reference. Find the equipment, materials, and recipes needed for this event in the sections below.

KITCHEN TOOLS & EQUIPMENT

- Blender or Immersion Blender
- Chef Knife
- Cutting Board anchored in place with damp dish towel or paper towel
- Grater or Microplane
- Large spoon or spatula
- Measuring Spoons/Cups
- (2) Medium bowls: one lined with a grocery bag to serve as a garbage bowl and one for celery salad
- Small jar or container for vinaigrette
- Small skillet for toasting walnuts
- Soup pot or large saucepan
- Tray or platter, to set up ingredients as listed in recipe
- Vegetable peeler

SHOPPING LIST

Produce:

- Bagged Baby Kale mix or
- Mixed Greens Blend, like Kale, Swiss Chard and Spinach
- Carrots
- Celery
- Garlic
- Medium Onion
- Shallot
- Zucchini

Pantry & Refrigerated:

- (2) 15 oz cans Cannellini or Northern Beans
- Chicken broth or vegetable broth
- Crushed red pepper flakes, optional
- Freshly ground pepper
- Honey or Date Syrup
- Kosher or sea salt
- Pancetta, optional
- Pitted California Dates or Pitted Medjool Dates
- Roasted Walnut Oil or Olive Oil
- Tomato paste
- Walnuts
- Wedge, Parmesan cheese for shaving and grating

BEFORE THE CLASS

Preparation

- If you plan to cook in real time, be sure to have your ingredients, kitchen tools, and supplies set up.
- There will be knife work with Chef Alice!

CELERY, DATE, WALNUT AND PARMESAN SALAD

(SERVES 4)

Ingredients

- ½ cup walnuts, coarsely chopped or break apart by hand
- 1/3 cup roasted walnut oil or olive oil
- 2 tablespoons sherry vinegar or white wine vinegar
- 1 tablespoon honey or date syrup, like D'Vash Organics
- 1 small shallot, minced
- ½ teaspoon Kosher salt
- ¼ teaspoon freshly ground pepper
- 4 stalks of celery thinly sliced on the bias; set aside ¼ cup light green tender leaves for garnish
- 1/2 cup dried pitted California (Deglet) dates, thinly sliced lengthwise
- ¼ cup Parmesan cheese, shaved with a vegetable peeler

Instructions

In a sauté pan over medium-high heat, toast walnuts until fragrant; shaking pan occasionally; 3-5 minutes. Remove walnuts from pan immediately to prevent burning. Allow to cool.

In a small container or jar with tight fitting lid, combine vinaigrette ingredients and shake well. Taste and adjust seasoning, if needed.

In a large bowl, toss the toasted walnuts, celery, dates, and cheese. Add the dressing and toss. Garnish with reserved light green leaves. (The salad ingredients can be prepared a day ahead. The vinaigrette can be made up to a week ahead.)

TUSCAN WHITE BEAN AND VEGETABLE SOUP

(SERVES 6-8)

Ingredients

- 2 tablespoons or more olive oil
- 2 tablespoons chopped pancetta (omit for a vegetarian version)
- 1 medium onion, finely chopped
- 2 carrots, peeled, halved lengthwise and very thinly sliced
- 1 medium zucchini, halved lengthwise and sliced crosswise ¼"
- 5 cloves garlic, minced
- ¼ cup tomato paste
- ¼ - ½ teaspoon crushed red pepper flakes, optional
- 2 teaspoons or more to taste, fresh rosemary, divided
- 6 cups chicken broth (or vegetable broth for a vegetarian version) divided use
- 3 cups baby kale mix or mixed baby greens, like Swiss chard, kale and spinach
- 2 (15 oz) cans cannellini beans, drained and rinsed (set aside 1 cup of beans)
- ½ cup grated Parmesan cheese, divided
- Kosher salt and freshly ground pepper

Instructions

In a large heavy stockpot heat olive oil over medium-low heat. Add pancetta, onion and carrots and zucchini; cook until onion is translucent and pancetta is lightly browned, about 5-7 minutes. Add the garlic, red pepper flakes and rosemary and cook for 1 minute; do not allow garlic to burn. Add tomato paste, stirring until tomato paste is caramelized and rust colored; 3-5 minutes. Add kale and 5 cups of chicken broth. Raise heat to high; bring to boil, then reduce to a simmer, and cook, covered for 18-20 minutes until carrots and kale are tender. Add ¼ cup of Parmesan cheese. To the blender add remaining 1 cup of chicken broth and 1 ½ cups of beans. Puree until smooth. Add the pureed bean mixture from blender and remaining can of beans to the pot and stir well to combine. Season with salt and pepper to taste. Bring to a simmer and cook until heated through. Serve hot. Sprinkle remaining ¼ cup grated cheese and a light sprinkle of remaining minced rosemary on top of each bowl of soup.

NOTE: Soup will thicken when reheated, and may be thinned out with broth or water to desired consistency. Leftover soup may be refrigerated up to five days or frozen up to two months.



THANK YOU!

We hope you enjoyed this event and hope to see you join into more online activities. For more online activities and classes visit www.cenclub.com

If you are interested in more cooking with Chef Alice, sign up for her next online class!

Visit www.cenclub.com/classes

Don't forget to visit Chef Alice's website!

www.chefalicecooking.com

