



**THURSDAY, DECEMBER 17**

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](http://www.zoom.us) on your computer. Click on "Join a Meeting" and type in the unique event information below:

Meeting ID: 874 2321 1560

Password: EAT

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# 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 OR use the chat in Zoom. 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.

## COOKING MATERIALS NEEDED

- (2) Medium bowls: one lined with a grocery bag to serve as a garbage bowl, and one for salad
- Half sheet pan or roasting pan
- Cooking Utensils: Chef knife, grater, large spoon, small spoons, tongs
- Oven mitts
- Small blender or food processor
- Spoons: large for mixing, teaspoons for tasting
- Small skillet to saute' garlic

## SHOPPING LIST

### Produce:

- (2) red onions
- 1 lb baby Yukon Gold or other type of yellow potatoes
- 1-2 Granny Smith apples, will depend on how many you are serving
- Fresh Herbs: thyme and chives (you may substitute with dried chives, but not dried thyme)
- Garlic
- Green beans, trimmed
- Orange
- Red bell pepper
- Shallot

### Pantry & Refrigerated:

- 4 large or 8 small skin-on, bone-in chicken thighs
- Blue cheese or Gorgonzola (or wedge of Parmesan or Romano cheese for shaving and grating.)
- Green olives, small, pimento-stuffed
- Honey
- Light brown sugar or honey
- Olive oil, preferably extra virgin
- Red wine vinegar
- Roasted almonds
- Spices: Kosher salt, fresh black pepper, fennel seeds, Spanish smoked sweet (or hot) paprika

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## PRIOR TO CLASS

- Cutting Board anchored in place with damp towel or paper medium bowl lined with trash bag
- Wash produce: we will cut produce together during class.
- Measure ingredients, and organize in order, per recipe on a tray or platter
- Medium bowl lined with trash bag to serve as a garbage bowl; place near cutting board
- Place kosher salt in a small bowl and keep pepper mill nearby

## SPANISH APPLE AND BLUE CHEESE SALAD

SERVES 4

### *Ingredients*

- Garlic Vinaigrette
- 4 medium garlic cloves
- 1/3 cup olive oil
- ½ cup roasted almonds, coarsely chopped
- 2 tablespoons sherry or red wine vinegar
- 2 teaspoons honey
- 1 tablespoon rough chopped shallot
- ½ teaspoon Kosher salt and freshly ground pepper
- 2 medium Granny Smith apples
- 2 tablespoons minced chives or dried minced chives
- ½ cup blue cheese, crumbled or shaved hard cheese, like Romano or Parmesan

### *Instructions*

In a small saucepan, cook the garlic cloves in the olive oil over medium heat until golden, being careful not to burn the garlic. Remove from the heat and let cool.

Transfer the garlic and oil to a blender. Add the vinegar, honey and shallot, season with salt and pepper and blend until smooth. Taste and adjust seasoning. (Dressing may be made up to 3 days ahead, refrigerate.)

Quarter and core the apples, then cut them crosswise into thin slices. In a large bowl, toss the apples with the almonds, chives and dressing. Top with the blue cheese (or shaved cheese, if using) and serve.

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# SPANISH ROASTED CHICKEN THIGHS AND VEGETABLES

## *Ingredients*

SERVES 4

- 4 large or 8 small skin-on, bone-in chicken thighs
- Kosher or sea salt and fresh black pepper
- 2 large red onions, each cut into 8 wedges or 8 shallots, peeled and halved
- 1 small bulb of garlic, cloves peeled and smashed
- 5 thyme sprigs, strip leaves from three sprigs, chop, then reserve two whole sprigs for garnish zest and juice of an orange, like Valencia or 2 small oranges, such as Mandarin
- ½ lb green beans, trimmed, cut in half on the bias
- 1 large red bell pepper, seeded and cut into ½" slices
- 1 lb baby potatoes, halved
- 1/3 cup pimento stuffed green olives
- 1 tablespoon sweet or hot smoked paprika (pimenton)
- 1 teaspoon fennel seeds
- ¼ cup olive oil
- 2 tablespoons red wine vinegar
- 2 tablespoons light brown sugar
- Kosher salt and plenty of cracked black pepper

## *Instructions*

Heat the oven to 400°F. Season chicken with kosher salt and black pepper.

Put everything except reserved thyme sprigs onto a half sheet pan or roasting pan. Season generously with kosher salt and several cracks of black pepper and toss together to coat. Arrange chicken thighs on top of vegetable mixture.

Roast in the preheated oven for 40 to 55 minutes (depending on the size of the chicken thighs), stirring at the half way mark, until the chicken thighs are cooked through, and the juices run clear or internal reaches 165 degrees. (Cover with foil if the dish contents start to brown too much.) Garnish with reserved thyme sprigs.



## 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](http://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](http://www.cenclub.com/classes)

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

[www.chefalicecooking.com](http://www.chefalicecooking.com)

