

Welcome Chef, to Kitchen 2.0!

Fall is here and we are delving into the bounty of the season!

This class will teach you new skills, create delicious food, and be tons of fun. There are a few things I want you to know before we start this adventure:

1. Please review the recipe BEFORE purchasing your food for the week. You can always customize your recipes—you can choose different types of ingredients to fit your dietary needs! Feel free to modify the recipes per your preference and dietary restrictions. I can't promise it will come out exactly like mine but at least you will like it! If you are unsure if your substitution will work, you can always check in with me too.
2. The easiest way to set yourself up for success is to be prepared. A few minutes before class, look at your recipe and grab all the ingredients and tools you'll need. I also recommend printing out the recipe if you are able.
3. We will use the stove and oven, as well as sharp knives. If you feel nervous, ask an adult in your household for help if someone is home.

This recipe has some customizations:

- Feel free to use your grain of choice. Just be sure that the cook time will fit in the hour window!
- For a more citrusy dressing, you can replace the maple syrup with fresh orange juice.
- Feel free to remove any of the items in the salad that you don't like. Or add something... like cheddar cheese!

That's all for now! I hope that you have a great time in this class and if you have any questions, please let me know!

Laura

Laura Carbonneau is inviting you to a scheduled Zoom meeting.

Topic: Kitchen 2.0: Fall Grain Salad

Time: Sep 26, 2022 04:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/89661303990?pwd=TIhIODZVQ055eWFKQitNRFNnb3BQZz09>

Meeting ID: 896 6130 3990

Passcode: 599784

One tap mobile

+13017158592,,89661303990#,,,,*599784# US (Washington DC)

+13092053325,,89661303990#,,,,*599784# US

SUPPLY LIST

Item
Measuring cups
Measuring spoons
Cutting board
Chef knife
Oven/Stovetop
Oven mitts
Hot pad
Baking sheet x2
Pot
Small bowl
Medium bowl
Large bowl
Whisk
Strainer
Peeler

SHOPPING LIST

Item	Quantity
Farro	1 cup
Sweet potato	1 whole
Kale	4 leaves
Salad greens	3 cups
Carrots	2 whole
Apple	1 whole
Radishes	4 whole
Fresh parsley	1/3 cup
Almonds	1/2 cup
Extra virgin olive oil	1/4 cup + extra
Apple cider vinegar	2 tbs
Dijon mustard	1 tsp
Maple syrup	1/2 tsp
Sea salt	to taste
Fresh black pepper	to taste

Fall Grain Salad

Recipe: Fall Grain Salad		Yield: 10 servings	
Ingredients	1 cup cooked farro	½ cup almonds	
	1 sweet potato	¼ cup extra virgin olive oil	
	4 kale leaves	2 tbs apple cider vinegar	
	3 cups salad greens	1 tsp Dijon mustard	
	2 carrots	½ tsp maple syrup	
	1 apple	Sea salt	
	4 radishes	Fresh black pepper	
	½ cup fresh parsley		
	Directions	<ol style="list-style-type: none">1. Cook farro as directed.2. Preheat the oven to 400 degrees.3. Peel the sweet potato and chop it into cubes. Toss the sweet potato cubes with olive oil, salt, and pepper. Roast until golden brown, about 35 minutes.4. Roughly chop the almonds and toast until lightly golden (2-3 minutes).5. Peel the carrots into ribbons, dice the apple, slice the radishes, and chop the parsley. Set them aside.6. In a small bowl, whisk together the extra virgin olive oil, apple cider vinegar, maple syrup, salt, and pepper.7. Chop or tear apart kale into small pieces. In a large bowl, lightly massage the kale with a bit of the dressing until the kale wilts down.8. Add the greens, carrots, apples, radishes, parsley, almonds, and farro. Toss with as much dressing as desired. Season with salt and pepper to taste.	