COOK WELL.
EAT WELL.
STAY HEALTHY.
Rouxbe’s Guide to Immunity-Boosting Foods & Recipes
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INTRODUCTION

Cook well. Eat well. Stay healthy.

With the current health environment, we are all familiar with the standard drills - cover mouths when coughing, wash hands (for at least 20 seconds) and exercise general precautions in order to stay healthy. Sleep and exercise are important as well. However, it is just as critical to feed our bodies with the right whole foods that will contribute to (vs. take away from) a strong immune system.

Shake things up and have a little fun with some fabulous foods & recipes that will also help boost your energy and immune system.
IMMUNE-BOOSTING NUTRIENTS
What nutrients are critical for a strong immune system?

Gone are the days when we believed that drinking a glass of orange juice would keep us healthy. We know that a well-rounded diet of fruits, vegetables, and protein can help build and maintain a strong immune system, but which nutrients and foods are the best?

According to the Cleveland Clinic, here are key nutrients that will help keep you healthy:

<table>
<thead>
<tr>
<th>NUTRIENT</th>
<th>REAL FOOD SOURCES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin B-6</td>
<td>Poultry, salmon, tuna, eggs, spinach, peas, carrots, sweet potatoes, avocado</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>Citrus, spinach and kale, bell peppers, brussels sprouts, strawberries and papaya, broccoli</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>Almonds, peanuts, hazelnuts, sunflower seeds, spinach, broccoli, avocados</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>Spinach, carrots, sweet potatoes, pumpkin, cantaloupe and squash, Watermelon, broccoli</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>Fatty fish (salmon, mackerel, tuna and sardines) and fortified foods such as milk, orange juice and cereals.</td>
</tr>
<tr>
<td>Folate/Folic Acid</td>
<td>Beans, peas, spinach, and kale</td>
</tr>
<tr>
<td>Iron</td>
<td>Chicken, turkey, seafood, beans, broccoli, kale, spinach</td>
</tr>
<tr>
<td>Selenium</td>
<td>Mushrooms, broccoli, sardines, tuna, brazil nuts and barley</td>
</tr>
<tr>
<td>Zinc</td>
<td>Broccoli, oysters, crab, lean meats, poultry, baked beans, yogurt and chickpeas</td>
</tr>
</tbody>
</table>

Additional ingredients that contribute to your system’s immune system include ginger, garlic, and turmeric.
DELICIOUS, NUTRITIOUS RECIPES

Bring a flavor boost to these immune-boosting ingredients with some of these fan.favorite recipes.
BROCCOLI
BROCCOLI CHICKEN STIR FRY

SERVES: 4  |  ACTIVE TIME: 30 MIN  |  TOTAL TIME: 30 MIN

DESCRIPTION

Tender chicken breast, healthy broccoli and crunchy almonds are tossed together in a light Asian sauce.

INGREDIENTS

**STEP 1: Preparing the Chicken**
- 1 lb chicken breasts
- 1 tbsp cornstarch
- 1 tsp soy sauce
- 1 tsp medium-dry sherry
- 1 tbsp vegetable oil

**STEP 2: Making the Sauce**
- 1 tsp sambal oelek
- 1 1/2 to 2 tbsp oyster sauce
- 3 tbsp soy sauce
- 3 tbsp medium-dry sherry

**STEP 3: Preparing Your Mise en Place**
- 3 cups broccoli
- 1/3 cup almonds
- 1 garlic clove
- 1 slice of ginger (about 1/4”-inch)
- 2 green onions

**STEP 4: Stir-Frying the Dish**
- 1 to 2 tbsp vegetable oil

METHOD

**STEP 1: Preparing the Chicken**
To prepare the chicken, slice it into bite-size pieces and place into a bowl.

Mix the cornstarch, soy sauce, sherry and oil. Pour over the chicken and stir to evenly coat. Set it aside, while you make the sauce.

**STEP 2: Making the Sauce**
To make the sauce, simply combine the sambal, oyster sauce, soy sauce and sherry. Set this aside, while you prepare the rest of your mise en place.

**STEP 3: Preparing Your Mise en Place**
To prepare the rest of your mise en place, smash a clove of garlic and gather the slice of ginger.
STEP 4: Stir-Frying the Dish

To cook the stir-fry, heat a wok or large fry pan over high heat. Once hot, add the oil, followed by the ginger and garlic. Let it cook for just a few seconds before discarding. The ginger and garlic are used to infuse the oil.

Place half of the chicken into the wok and separate any pieces that are stuck together. Let it sit for a bit before tossing. Stir-fry the chicken until golden and just cooked through. Once done, remove the chicken and set aside, while you cook the other batch.

Once the second batch is done, add a touch more oil, if needed, followed by the broccoli. Let the broccoli partially cook for about a minute. Then add the sauce and toss to coat. If the broccoli is still quite hard and the sauce seems too thick, you can add a touch of water to thin it out. Once the broccoli has started to soften, but is still green with a slight crunch, add the chicken, followed by the almonds. Lastly, add the green onions and toss. Once everything has heated through, serve immediately and enjoy.

Chef’s Notes

- Any veggies can be added to this stir fry. Bell peppers, bok choy, celery, carrots or onions all go well. Stir frys should not be soupy, nor should the vegetables be really soft.
- Cashews are also a nice alternative to almonds.
- For more seasoning, add additional sambal oelek and soy to each serving, if desired.
Steamed broccolini is misted with Bragg Liquid Aminos and tossed with chili flakes and sesame oil for a healthy side dish.

**DESCRIPTION**

**METHOD**

**STEP 1: Steaming the Broccolini**
Set up a steamer. Fill with one inch of water and place over medium-high heat. Refer to the lessons on Steaming for more information, if necessary.

Wash the broccolini and trim off the stem ends. Transfer the broccolini to the steaming basket and sprinkle with a pinch of salt. Place over the simmering water. Steam for approximately 3 to 5 minutes or until tender and cooked to your liking.

**STEP 2: Dressing the Broccolini**
Once the broccolini is cooked, transfer to a large bowl and spray with the Bragg. Sprinkle the chili flakes over top and drizzle with the sesame oil. Toss gently to combine.

Transfer to a serving bowl and serve immediately.

*Note:* If desired, substitute soy sauce in place of Braggs aminos.

**INGREDIENTS**

**STEP 1: Steaming the Broccolini**
- 1 bunch broccolini
- pinch sea salt

**STEP 2: Dressing the Broccolini**
- 1/8 tsp red chili flakes
- 1/4 tsp sesame oil
- Bragg Liquid Aminos (to taste)
**CRUNCHY MEDITERRANEAN SALAD**

**SERVES:** 2-4  |  **ACTIVE TIME:** 20 MIN  |  **TOTAL TIME:** 20 MIN

**DESCRIPTION**
Broccoli, cucumber, tomato, chickpeas, olives, kale, fresh herbs, and a refreshing sherry vinaigrette are the main components of this super healthy and delicious salad. While it’s hearty enough for a main course, it also makes a great side salad.

**INGREDIENTS**

**STEP 1: Preparing the Salad**
- 1 cup cooked chickpeas (1 - 15 oz can)
- 1 cup diced cucumber
- 20 grape tomatoes, sliced into rounds or in half
- 1 cup broccoli florets*
- 1/2 cup sm. dice red onion
- 1 bunch kale, cleaned and torn into bite-sized pieces
- 1/4 cup Kalamata olives, sliced
- 1 sm. clove garlic, minced
- 3 tbsp sherry vinegar or red wine vinegar
- 6 tbsp extra-virgin olive oil
- sea salt, to taste
- freshly ground black pepper, to taste
- 2 to 3 cups romaine lettuce, torn into bite-sized pieces
- 1 tbsp sweetener, such as agave (optional)

**STEP 2: Assembling the Salad**
- 2 to 4 tbsp fresh herbs (such as basil and parsley)

**METHOD**

**STEP 1: Preparing the Salad**

*Note:* For the broccoli, cut the crown into quite small florets.

Basically, all the vegetables should be roughly the same size so you get a nice mouthful of everything together.

**For the Dressing:**
Mince the garlic and place into a small bowl or jar. Add the sherry vinegar followed by the olive oil. This dressing is meant to be rather tart; however, the amount of vinegar and oil can be adjusted to your liking.

Next, whisk or shake the jar to combine the ingredients. Then taste for seasoning adding sweetener, salt, and pepper to taste.

**STEP 2: Assembling the Salad**

To assemble the salad, add the kale to a large bowl and add a couple of tablespoons of vinaigrette and gently toss and scrunch the kale with your hands.

Next, the romaine, broccoli, cucumber, red onions, and another tablespoon or so of the vinaigrette. Gently toss to combine the ingredients.

Next, add the tomatoes, olives, and fresh herbs. If using fresh basil, which is really nice, simply tear the leaves into big pieces and add to the salad. For the parsley, just roughly chop and add it to the salad.

Lastly, taste for seasoning, adding a bit of salt and/or pepper as needed.

This delicious salad makes a great meal, or it can be served as a refreshing and healthy side.
KALE
BRAISED KALE

SERVES: 4 | ACTIVE TIME: 15 MIN | TOTAL TIME: 1 HOUR

DESCRIPTION
Healthy and delicious kale, braised with onions, garlic and stock. This absolutely yummy vegetable goes well with almost anything.

INGREDIENTS

STEP 1: Preparing and Cooking the Mirepoix
• 1 medium onion
• 2 large cloves garlic
• 2 tbsp grapeseed or coconut oil
• 2 tbsp oil or butter* (optional)

STEP 2: Preparing the Kale
• 2 lb kale, preferably flat leaf (can also use Swiss chard or collard greens)

STEP 4: Adding the Stock
• 2 cups flavorful stock

STEP 5: Finishing Touches
• 1 tbsp sherry or red wine vinegar (optional)
• sea salt, to taste
• freshly ground black pepper, to taste

METHOD

STEP 1: Preparing and Cooking the Mirepoix
To start, finely dice the onion and émincé the garlic.

Next, heat a large heavy bottomed pot over medium heat. Add the oil and sauté the onions for about 5 minutes or so. *Note: For plant-based, use a non-dairy butter such as Earth Balance or omit the oil all together and dry-sauté the onions with a bit of stock or water.

At this point, jump ahead to Step 2.

STEP 2: Preparing the Kale
To prepare the kale, clean and cut off any thick stems. Cut into roughly 1”-inch pieces.
**STEP 3: Adding the Kale**
Once the onions are translucent and just starting to take on nice color, add the garlic and sauté for about 30 seconds, until it releases its aroma.

Add the kale and sauté until it just starts to wilt. This should only take a minute or two.

**STEP 4: Adding the Stock**
Once the kale has wilted add the stock.

Stir to combine and bring just to a boil. Reduce the heat, cover and let simmer until the kale is very soft, about 30 minutes. Stir occasionally.

**STEP 5: Finishing Touches**
Once the kale is nice and tender, taste for seasoning. If you are serving something heavy with the kale such as roasted pork, you can add a tablespoon of nice vinegar to brighten up the flavor and give the kale a bit of a punch.

Add salt and pepper to taste and serve.

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**Chef’s Notes**
- This vegetable is heavenly! It makes a super side dish to most any ‘main’ and it’s a great way to eat your veggies.
KALE & AVOCADO SALAD

SERVES: 2-3 | ACTIVE TIME: 15 MIN | TOTAL TIME: 15 MIN

DESCRIPTION

When it comes to nutritious foods, kale stands above the rest. Besides all of its great health benefits, it happens to be absolutely delicious. It also holds up extremely well in a salad.

INGREDIENTS

STEP 1: Preparing the Salad
- 1 bunch kale (any variety)
- 1/2 cup bell peppers (red, orange, yellow)*
- 1/4 red onion (optional)
- 1/4 bunch parsley or cilantro
- 2 tbsp fresh lemon juice
- sea salt, to taste
- freshly ground black pepper, to taste
- 1 large avocado

METHOD

STEP 1: Preparing the Salad
To prepare the salad, rinse the kale well and then tear into bite-sized pieces. Dice the peppers and red onion (if using). Finely chop the herbs and gather the rest of your mise en place.

Place the kale into a large bowl. Slice the avocado in half and pit. Score the inside of each half into a criss-cross pattern and scoop out the avocado. Add to the bowl of kale. Add the lemon juice, salt and pepper.

Using your hands, massage the avocado into the kale for 1 to 2 minutes. Then either toss with the diced peppers and onions, or plate the kale and add the remaining ingredients afterwards. Adding them afterwards keeps their color nice and bright. If adding the peppers and onions afterwards, be sure to season them with a little oil, salt and pepper. Serve immediately.

Note: Feel free to play around with this salad—add your favorite nuts, seeds, herbs and/or vegetables.
THE ENERGY BOWL

SERVES: 4 | ACTIVE TIME: 30 MIN | TOTAL TIME: 1 HOUR

DESCRIPTION

Perfectly seasoned quinoa, topped with a silky cauliflower sauce, tender baby kale and garnished with grated carrots and beets, pumpkin and sunflower seeds and then finished with a generous drizzle of cilantro-lime sauce and cashew sour cream.

INGREDIENTS

**STEP 1: Preparing Your Mise en Place**
- 1 recipe Cauliflower Sauce
- 1 cup finely grated carrots***
- 1 cup finely grated beets***
- 2 cups cooked quinoa**
- 3 to cups baby kale, torn into bite-sized pieces***
- 4 tbsp pumpkin seeds
- 4 tbsp sunflower seeds
- 1/2 recipe Lime-Avocado Sauce*
- 1 cup Cashew Cream
- 1/2 bunch fresh cilantro

**STEP 2: Assembling the Bowl**
- 1 tbsp nutritional yeast
- sea salt, to taste
- freshly ground black pepper, to taste

METHOD

**STEP 1: Preparing Your Mise en Place**
To start, first prepare the Cauliflower Sauce.

*Note: For Lime-Avocado Sauce, make only half the recipe and add an additional half bunch of fresh cilantro. This makes for a delicious Cilantro-Avocado Sauce. Once done, place into a squeeze bottle (if you have one, if not, you can simply spoon it on at the end).

Next, gather (or make) the Cashew Sour Cream. Again, place this into a squeeze bottle, if you have one.

**Note: For the quinoa, either use leftover and reheat it just before serving or cook as follows:
Bring the 1 1/2 cups stock and 1 cup of quinoa to a boil in a small pot. Reduce to a simmer and cover with a lid. Let cook for 15 to 20 minutes. Remove from the heat. Keep covered and let rest for about 10 minutes. Uncover, fluff with a fork and set aside to cool. *Note: If using plain water, be sure to season the water with a pinch or two of sea salt.

***Note: For the carrots and beets, grate them as desired, we just like a bit of a finer grate for this dish as it makes for a more delicate dish. For the kale, baby kale is best as it is also quite delicate; however, if you cannot find baby kale, regular kale will work just fine.

STEP 2: Assembling the Bowl
Just before serving, toss the kale with the nutritional yeast, salt and pepper.

To assemble the dish, start by placing about 1/2 cup of hot/warm quinoa on the bottom of a large serving-sized bowl. Next, ladle about a 1/2 cup of cauliflower sauce around the edge of the quinoa (or simply pour over the top). Next, place a handful of the seasoned kale on top — followed by 1/4 cup each of grated carrots and beets. Next, sprinkle with a tablespoon each of pumpkin and sunflower seeds.

Lastly, drizzle the top with a generous amount of the Lime-Avocado Sauce and Cashew Sour Cream. Serve immediately and enjoy.

Note: As far as presentation goes, feel free to play around with the dish and how it is plated. We chose to do it this way because, if you eat from the outside inward, you get a bit of everything with each bite.

Chef’s Notes
- While this dish may seem time consuming, it’s actually quite easy to make. Also, many things, like the sauce, the quinoa, cashew sour cream etc. can be made ahead of time. It also tastes delicious, so it’s worth any extra effort.
SPINACH
EL CAMINO JUICE

SERVES: 2  |  ACTIVE TIME: 10 MIN  |  TOTAL TIME: 10 MIN

DESCRIPTION

Pineapple, fresh cilantro, spinach, jalapeño, ginger and coconut water come together to make one outstanding juice—it’s so good you may just want to make it into a cocktail.

INGREDIENTS

STEP 1: Preparing Juice
- 1/2 fresh pineapple
- 1 small bunch fresh cilantro
- 1/2 jalapeño pepper
- 1-inch piece fresh ginger
- 500 ml (2 cups) coconut water
- 3 cups fresh spinach
- 1/2 bunch fresh mint (or to taste)

METHOD

STEP 1: Preparing the Juice
This recipe makes enough for approximately two 12-ounce servings.

To prepare the juice, remove the skin from the pineapple and cut into long strips. Wash the cilantro and spinach and set aside. For the jalapeño, if you like a bit of spice, leave the seeds, if not, then remove them. Lastly, gather the ginger. There is no need to peel it.

Put all of the ingredients through a juicer. Once done, add the coconut water to the juice and stir to combine. Serve immediately.

*Note: Depending on how you are using the juice or how strong you want the pineapple and cilantro flavor to come through, you may want to add more or less coconut water. For instance, if you are serving this as a juice, 2 cups is likely right; however, if you are serving this as a cocktail, you may want to add a bit less. If serving as a cocktail, vodka and/or tequila go well with this particular flavor combination.

Chef’s Notes

- For the best results, use fresh organic fruits and vegetables whenever possible.
- This drink is named after the local restaurant “El Camino,” which serves really good drinks. However, this drink is inspired not by a drink but by a chaser that they serve. One takes a shot of tequila and then follows it with a shot of pineapple and cilantro juice. It’s really quite delicious! Let’s just say that this recipe is a much healthier and safer way to drink this juice!
GREEN MANGO SMOOTHIE

SERVES: 2 | ACTIVE TIME: 10 MIN | TOTAL TIME: 10 MIN

DESCRIPTION

Made with spinach, kale, celery, fresh turmeric and ginger, mangoes and a pinch of cayenne pepper — this refreshing smoothie will put a little kick in the start to your day!

INGREDIENTS

STEP 1: Preparing Smoothie
• 1 cup (packed) spinach*
• 1 cup (packed) kale*
• 1 1/2 cups frozen mango pieces
• 2-inch piece fresh turmeric
• 1-inch piece fresh ginger
• 2 celery stalks*
• 1 + cups fresh orange juice
• cayenne, to taste

METHOD

STEP 1: Preparing the Smoothie
*Note: For a nice cold smoothie, freeze the spinach, kale and celery first.

To make the smoothie, place everything into a high speed blender and blend until smooth. For the cayenne pepper, start with a pinch or two adding more as needed or desired.

If the smoothie is a bit too thick, add a bit more orange juice and blend again. Also, depending on the sweetness of the mangoes, a date can be added for a bit of extra sweetness. Essentially, feel free to play around with the amounts of ingredients added, to see what suits you best.

Serve immediately.
SPINACH SALAD WITH BLACK QUINOA & POMEGRANATE

SERVES: 4 - 6  |  ACTIVE TIME: 30 MIN  |  TOTAL TIME: 30 MIN

DESCRIPTION
This wholesome spinach salad is sprinkled with black quinoa, pomegranate seeds, toasted almonds, feta cheese and is finished with a simple vinaigrette.

INGREDIENTS

STEP 1: Cooking the Quinoa
- 1/4 cup black quinoa
- 1/2 cup light stock (or water)
- pinch of kosher salt

STEP 2: Preparing & Assembling the Salad
- 1/2 cup sliced, toasted almonds
- 4 cups baby spinach
- 1/2 cup feta cheese
- red onion slices (to taste)
- 1 pomegranate
- 3 tbsp red wine vinegar
- 2 tbsp extra-virgin olive oil
- 1 tbsp grapeseed oil
- 4 tsp honey
- 1 tsp Dijon mustard
- kosher salt (to taste)
- freshly ground black pepper (to taste)

METHOD

STEP 1: Cooking the Quinoa
In a small pot, bring the stock, quinoa and salt to a boil. Reduce to a simmer and cover with a lid. Let cook for 15 to 20 minutes. Remove from the heat and let rest for about 10 minutes. Fluff with a fork and set aside to cool.

STEP 2: Preparing & Assembling the Salad
Note: If the almonds aren’t toasted, refer to the drill down on How to Roast / Toast Nuts.
Prepare the vinaigrette. In a small jar, mix the Dijon mustard and honey together. Add the red wine vinegar, olive oil and grapeseed oil. Cover and shake to emulsify. Season to taste with salt and pepper. Set aside.

Wash and spin the spinach dry. Remove the seeds from the pomegranate. Crumble the feta cheese. Depending on how much you like, cut the red onion vertically into thin slices. Set everything aside.

Divide the spinach among 4 large plates or 6 small ones. Sprinkle each salad with the onion slices, pomegranate seeds, toasted almonds, feta and quinoa. Drizzle the dressing over each salad and serve.
MUSHROOMS
MUSHROOM & BEAN ENCHILADAS

SERVES: 6 - 8  |  ACTIVE TIME: 1 HOUR  |  TOTAL TIME: 1.5 HOURS

DESCRIPTION

Lathered in homemade enchilada sauce before being baked in the oven, these enchiladas are filled with beans, sautéed mushrooms, bell peppers, fresh corn and potatoes.

INGREDIENTS

STEP 1: Preparing Your Mise en Place
- 13 1/2 cups mushrooms, sliced
- 1 large white onion, diced
- 5 cloves garlic, minced
- 1 red bell pepper, diced or sliced
- 1 yellow bell pepper, diced or sliced
- 1 green bell pepper, diced or sliced*
- 1 jalapeño, seeded and minced*
- 1 recipe Enchilada Sauce
- 1 1/2 cups white beans (or beans of choice)
- 1 cup fresh corn (or frozen)
- 1/2 cup chopped cilantro
- 4 cups cooked potatoes (or cooked brown rice)

STEP 2: Cooking the Filling
- 1/4 cup nutritional yeast
- sea salt, to taste
- freshly ground black pepper, to taste
- 1 tsp ground cumin

STEP 3: Assembling & Baking the Enchiladas
- 6 to 8 large tortilla shells*

METHOD

STEP 1: Preparing Your Mise en Place
To start your mise en place, first prepare the Enchilada Sauce and also the potatoes or rice, whichever you are using.

For the potatoes, either use leftover steamed potatoes or simply steam some potatoes. Once done, mash them slightly and then season to taste. Note: Make sure the potatoes are not overcooked as they will be too mushy in the enchiladas.

*Note: For more heat/spice, the seeds can be left in the jalapeño.
STEP 2: Cooking the Filling
Preheat the oven to 350°F (175°C).

To cook the filling, heat a large fry pan, over medium heat. Once hot, dry-sauté the onions until golden and translucent. Adding stock or water as needed, to prevent the pan and/or food from drying out and/or burning. This should talk about 6 to 8 minutes.

Once the onions are ready, add the garlic and jalapeño and let cook for 30 second or so.

Next, add the peppers and let cook until all of their moisture has been released.

At this point, add the cumin, stir to combine and then transfer the mixture to a bowl.

Now, using the same pan, dry-sauté the mushrooms. Season the mushrooms to taste. Once all of their moisture has been released, add the pepper and onion mixture back to the pan.

Lastly, fold in the corn, beans, nutritional yeast and fresh cilantro and gently fold everything together. Taste for seasoning.

STEP 3: Assembling & Baking the Enchiladas
*Note: Regular flour, corn or gluten-free tortillas can be used for this recipe. The amount of tortillas needed, will depend on the type used and how full you fill the enchiladas.

Next, prepare an appropriate-sided casserole dish, by very lightly spraying the bottom of the dish with non-stick spray. Next, pour a few tablespoons of the enchilada sauce on the bottom of the dish.

To assemble the enchiladas, the easiest and cleanest way to assemble them is to first cover a part of the countertop with some plastic wrap. Next, pour about half of the enchilada sauce into a round flat dish (big enough to fit the tortilla shell).
Now, with all of your other mise en place ready, begin to fill the tortillas. To do this, first warm a tortilla in a pan to make it pliable, then place it into the enchilada sauce and then flip it over to coat the other side; it should be soft enough to roll. At this point, remove the tortilla and place it onto the plastic wrap.

Next, place about a few tablespoons of cooked potato onto one half of the tortilla (the side closest to you). Add a few tablespoons of filling and then roll up the tortilla. If the tortillas are quite long, fold the ends in as you roll up the tortilla (more like a burrito shape). For shorter tortillas, you can simply roll them up, without tucking in the ends.

As you roll up the enchiladas, place them into the prepared casserole dish. Continue with the rest of the tortillas, packing them tightly next to each other as you place them into the casserole dish.

Once done, pour about 1/2 to 3/4’s of a cup of sauce over the top of the enchiladas. Save the remaining sauce for serving later. Bake the enchiladas in uncovered for about 20-30 minutes, until the tortilla edges start to become crisp. Allow enchiladas to cool slightly before serving. Serve with the remaining sauce, warmed slightly. Sprinkle with nutritional yeast and fresh cilantro, if desired, and enjoy!

These enchiladas go well with either this Cashew Sour Cream and/or this Lime-Avocado Sauce.

**Chef’s Notes**

- Leftover can be frozen, if desired. To reheat, defrost overnight in the refrigerator (or at least for a few hours). To reheat the enchiladas, place them into a casserole dish and cover with aluminium foil. Place them into a preheated 350°F (175°C) oven for approximately 30 minutes. Then remove the foil and pour some additional enchilada sauce over top (if you still have some). Place the enchiladas back into the oven and let cook for another 5 to 10 minutes. If you do not have any leftover enchilada sauce you can simply leave it out, or use some salsa.
SIMPLE MUSHROOM STOCK

SERVES: 4L | ACTIVE TIME: 15 MIN | TOTAL TIME: 1.5 HOURS

DESCRIPTION

Mushrooms, onions, and garlic are the main ingredients in this simple, yet highly flavourful and earthy mushroom stock. We make this regularly to either use a flavourful liquid and/or we drink it instead of coffee.

INGREDIENTS

STEP 1: Making the Stock
- 10 cups cremini mushrooms, cleaned
- 4 to 6 cloves fresh garlic
- 1 to 2 onions
- sea salt, to taste
- 2 tsp black peppercorns
- 2 bay leaves
- 2 to 3 sprigs fresh thyme
- 2 tomatoes, roughly chopped (optional)

METHOD

STEP 1: Making the Stock

Note: This recipe doesn’t actually need a recipe. You are essentially making a flavourful mushroom tea. The amount of mushrooms you use really doesn’t matter. If you only had 2 cups of mushrooms, you could make this recipe, it just depends on how much you want to make.

As for the garlic and onions, these play a supporting role to the mushrooms, so they should be scaled down or up, depending on how many mushrooms you use. The tomatoes simply add a bit more depth and flavor; however, the stock is perfectly delicious without them as well.

This is a great recipe to experiment with to see what you like. If you really like the earthiness of wild mushrooms, add some of those to the stock as well. If you are wanting to add a bit of an Asian flavor profile, add a bit of fresh ginger as well.
For the seasoning, this stock is meant to be quite neutral, but feel free to season it as you wish. Add salt and/or black peppercorns as desired.

To make the stock, add all of the ingredients to a stockpot and cover with 1 1/2 times the amount of water to mushrooms. Basically, you want to fully cover the mushrooms, plus a bit more. The amount of water is not really exact — the less water that is added, the stronger the stock will be in the end.

Bring the stock to a gentle boil and then reduce the heat and let simmer for 1 to 2 hours. Taste the stock from time to time, once you have reached the desired flavor and the mushrooms have released all of their flavor, the stock is ready. Lastly, strain the stock and taste for seasoning.

**STEP 2: Serving & Using the Stock**

This stock will keep for several days in the refrigerator, or it can be frozen. Use this stock to cook things like soups or grains or simple pour it into a mug and drink it throughout the day. It makes for a healthy and satisfying alternative to coffee.

**Note:** What to do with the leftover vegetables? We do a second boil. By this I mean, we strain the stock and then do the whole process over again. The second stock won’t be as strong, but it’s great for cooking with. It can even be reduced, to concentrate the flavor — sometimes the second boil, once reduced, is so flavourful that we drink that too :-)
GARLIC MUSHROOMS

SERVES: 1 CUP | ACTIVE TIME: 30 MIN | TOTAL TIME: 45 MIN

DESCRIPTION

Garlicky mushrooms are a great addition to your pasta, salads or side dishes. Use these delicious garlicky mushrooms to top crostini with an Italian no-oil pesto spread and serve as an impressive appetizer.

INGREDIENTS

STEP 1: Preparing the Garlicky Mushrooms
- 1/4 cup shallot, minced
- 2 garlic cloves, minced
- 2 cup loosely packed wild mushrooms such as king oysters, shimiji or chanterelles
- 3 tbsp madeira or marsala wine
- 2 tbsp fresh chives, minced
- sea salt, to taste
- freshly ground black pepper, to taste

METHOD

STEP 1: Preparing the Garlicky Mushrooms
First, gather and prepare your mise en place. For the mushrooms, depending on their size you may need to cut up a few of the bigger ones. Leave some whole or in bigger pieces to give the dish more contrast.

*Note: mushrooms such as chanterelle, oyster, shitake, cremini, porcini, morel etc. would all work well.

To prepare the mushrooms, bring a large fry pan to medium heat. Add the shallots and cook until they begin to stick. Once they begin to stick, add the garlic and mushrooms. Stir well until the mushrooms also begin to stick. Be careful not to let them burn.

Next, add wine and deglaze the pan. Saute until the mushrooms have released their liquid and the pan is almost dry—about 4 minutes. Gently stir in the chives, season with sea salt and freshly ground black pepper, to taste.

Serve as a topping to crostini or as a side dish. These mushrooms also make a nice topping for dishes such as creamy polenta. They can even be tossed with your favorite pasta.

Chef’s Notes
- In this recipe, pay attention to timing. To avoid burning the garlic, add it right before you add the mushrooms and liquid.
SWEET POTATOES
SUNSHINE JUICE

SERVES: 2 | ACTIVE TIME: 10 MIN | TOTAL TIME: 10 MIN

DESCRIPTION

This refreshing vitamin-packed juice is made with oranges, carrots and sweet potatoes. This colorful and flavorful juice is a great way to bring a little sunshine into your day.

INGREDIENTS

STEP 1: Preparing Juice
- 4 large oranges
- 8 carrots
- 2 sweet potatoes

METHOD

STEP 1: Preparing the Juice
This recipe makes enough for two 16-ounce servings.

To prepare the juice, first peel the oranges. Then wash the carrots and sweet potatoes (no need to peel them).

Put all of the ingredients through a juicer. Serve immediately.

Chef’s Notes
- For the best results, use fresh organic fruits and vegetables whenever possible.
SMASHED SWEET POTATOES

SERVES: 4          ACTIVE TIME: 10 MIN  TOTAL TIME: 45 MIN

DESCRIPTION
Rustic roasted sweet potatoes with green onions.

INGREDIENTS

STEP 1: Making the Sweet Potatoes
- 4 medium sweet potatoes
- 3 green onions
- 1/4 tsp freshly ground black pepper
- 3/4 tsp sea salt
- 2 tbsp butter*

METHOD

STEP 1: Making the Sweet Potatoes
Preheat oven to 400° F (200°C).

Puncture the sweet potatoes with a fork. Place onto a parchment-lined baking tray and bake for 35 to 50 minutes, depending on the size of the sweet potatoes. When a fork slides through the center of the sweet potatoes with ease, they are ready. Allow to cool for 5 to 10 minutes or until you can handle them.

While the sweet potatoes cool, finely chop the green onions.

While the potatoes are still warm, slice them lengthwise. Peel the skin off and discard. Place the potatoes into a bowl and add the butter, green onions. Season with salt and pepper and toss. Serve immediately.

*Note: For plant-based, use a non-dairy butter such as Earth Balance.

Chef’s Notes
- This smashed sweet potato recipe is a snap! Just bake, chop green onions, toss and serve! It looks pretty and has a warm sweet flavor that goes perfect with many braised and/or roasted dishes.
THE BEST SANDWICHES

SERVES: 1-10  |  ACTIVE TIME: 30 MIN  |  TOTAL TIME: 1 HOUR

DESCRIPTION
Roasted orange peppers, sweet potatoes, olive tapenade, cashew cream cheese, fresh basil and arugula are the ingredients for these delicious sandwiches.

INGREDIENTS

STEP 1: Preparing Your Mise en Place
- Olive & Sun-Dried Tomato Tapenade
- Cashew Cream Cheese
- Roasted Orange Peppers
- roasted sweet potatoes
- fresh arugula
- fresh basil
- campagne bread (or bread of choice)

METHOD

STEP 1: Preparing Your Mise en Place
To make these sandwiches, you will first need to make some Olive & Sun-Dried Tomato Tapenade and some Cashew Cream Cheese.

Note: The amounts you will need to make these sandwiches, will ultimately depend on how many sandwiches you plan to make. Things to consider — you will likely need at least 3 tablespoons of tapenade and cashew cream per sandwich. Each roasted pepper will generally make 2 sandwiches. For the roasted peppers and roasted sweet potatoes, you will need approximately 3 to 4 slices per sandwich.
Next you will need to make these Roasted Peppers. If desired use orange or yellow peppers instead of red. Also, when baking the peppers in the oven, for 30 minutes.

For the sweet potatoes, peel slice and toss with a bit of oil, salt and pepper and roast in a 450°F (230°C) for 15 to 20 minutes, or until cooked through.

Lastly, gather the basil, arugula and bread.

**STEP 2: Assembling the Sandwiches**

To assemble the sandwiches, spread one slice of bread with some of the olive tapenade. Spread the other slice of bread with some of the cashew cream cheese. Next, place a few slices of peppers and potatoes onto one slice of bread — top with some of the basil and arugula and then place the remaining slice of bread on top.

Lastly, using a sharp knife, slice the sandwiches in half and serve immediately. While these sandwiches are quite filling on their own, they would also go nicely with a light salad.

**Chef’s Notes**

- These sandwiches travel extremely well — simply make the sandwiches, wrap well in plastic wrap. Keep refrigerated and cool, if traveling very far or for a longer period of time.
CHICKEN
QUICK CHICKEN W/ TOMATO-GARLIC COMPOTE

SERVES: 4-6  |  ACTIVE TIME: 15 MIN  |  TOTAL TIME: 25 MIN

DESCRIPTION
Pan fried chicken medallions with a rustic tomato-garlic compote.

INGREDIENTS

STEP 1: Cooking the Chicken
- 4 whole boneless, skinless chicken breasts
- 1/2 tsp sea salt
- 1/4 tsp ground white pepper
- 1 tbsp olive oil

STEP 2: Making the Compote
- 2 tbsp olive oil
- 4 thinly sliced garlic cloves
- 1 whole shallot
- 4 cups halved grape tomatoes
- 2 tbsp white wine vinegar
- 1 tsp sugar
- 1/4 cup white wine, chicken or vegetable stock (if needed)

METHOD

STEP 1: Cooking the Chicken
To begin, set the oven to the lowest setting.

For the chicken, start by trimming the breasts of any excess fat. Then slice the chicken on the bias into approximately 1"-inch thick medallions. Season both sides with salt and pepper to taste.

Heat a large fry pan over medium-high heat. Once hot, add the oil, followed by the chicken. Let cook for about 3 to 4 minutes per side, or until the chicken is just cooked through.

Once done, transfer the chicken to a plate and cover loosely with aluminium foil. Keep warm in the oven, while you prepare the sauce.

STEP 2: Making the Compote
To start the sauce, first emince the garlic and mince the shallots. Cut the grape tomatoes in half and set them aside.
Using a clean pan, heat the oil over medium heat. Once the oil is hot, add the sliced garlic. Watch the garlic carefully. As soon as it starts to turn golden brown and crisp up slightly, remove it and place onto a paper towel to drain.

Next, add the shallots to the pan. Turn the heat down slightly and saute for about a minute. Next, toss in the tomatoes. Then add the white wine vinegar, sugar and toss everything together. Allow the tomatoes to cook until they start to break down. Then use a potato masher or large spoon to crush the tomatoes slightly. To finish, return the garlic chips to the pan and stir everything together. Taste the sauce, and season with a bit of salt, if needed.

Pour the garlic tomato compote over the chicken and serve immediately. This dish is really nice served with pasta or a simple salad.

**Chef’s Notes**
- The grape tomatoes, shallots and crispy garlic make a lovely sauce that lends itself well to the pan fried chicken but it also goes well with grilled fish, or is even nice served over fresh pasta.
- Keep a close on the garlic when you fry it. If you overcook it, the sauce will have a bitter taste.
GREEK CHICKEN

SERVES: 8  |  ACTIVE TIME: 30 MIN  |  TOTAL TIME: 45 MIN

DESCRIPTION
This chicken is marinated with garlic, lemon, Dijon mustard, grainy mustard and Greek spices. It is then baked until it is tender and juicy.

INGREDIENTS

STEP 1: Making the Marinade
- 8 garlic cloves
- 1/2 cup grainy mustard
- 6 tbsp honey
- 1/2 cup Dijon mustard
- 1 tbsp Greek seasoning
- 1 tbsp lemon pepper
- 1/2 tsp sea salt
- 1/2 tsp freshly ground black pepper
- 3 tbsp lemon zest
- 1/2 cup lemon juice (4 lemons)
- 2 1/2 cups vegetable oil

STEP 2: Preparing the Chicken
- 8 single chicken breasts
- 2 tbsp fresh thyme
- 2 tbsp fresh oregano

METHOD

STEP 1: Making the Marinade
Note: This recipe makes enough for this Greek Chicken and the Lemon Potatoes. If you are only making one of these dishes, you will want to cut the recipe in half.

To prepare the marinade, first purée the garlic in a food processor. Add the grainy mustard, honey, Dijon, Greek seasoning, lemon pepper, salt and pepper. Pulse a few times to blend. Then add the lemon zest and fresh lemon juice. Keep the food processor running while you slowly add the oil. Do not over mix. The consistency should be thick but still pourable.

STEP 2: Preparing the Chicken
To prepare the chicken, first remove any bones and/or fat and skin. The breasts can be left whole or portioned into smaller pieces; it’s up to you.

Next, finely chop the oregano and thyme and add them to the chicken, along with the dressing. Remember to only use half
of the dressing if you prepared a whole batch. Toss to coat the chicken in the marinade and refrigerate for a few hours. The chicken can even be marinated overnight.

**STEP 3: Cooking the Chicken**

To cook the chicken, preheat the oven to 400°F (200°C).

To bake the chicken, lay it onto a parchment-lined baking sheet. For food safety reasons, be sure to discard any remaining dressing that was used to marinate the chicken. Bake the chicken for 15 to 20 minutes or until the chicken is no longer pink in the center. Cooking times will obviously depend on the size of the chicken breasts.

Once done, finish the chicken by pouring any of the pan juices over top. Garnish with freshly chopped parsley.

**Chef’s Notes**

- This chicken is full of flavor and is a great thing to make for a large or small group.
- This chicken is particularly nice served with homemade Tzatziki and Lemon Roasted Potatoes.
- Note: Any leftover and unused (for food safety reasons be sure it did not come into contact with the raw chicken) marinade can be stored in the refrigerator for a few days.
CHICKEN BROTH

SERVES: 3L  |  ACTIVE TIME: 45 MIN  |  TOTAL TIME: 2 HOURS

DESCRIPTION

This full-flavored and golden chicken broth can be turned into a variety of soups in a snap.

INGREDIENTS

<table>
<thead>
<tr>
<th>STEP 1: Blanching the Chicken Legs</th>
<th>STEP 2: Preparing Your Mise en Place</th>
<th>STEP 3: Starting the Broth</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 5 chicken legs</td>
<td>• 2 stalks celery</td>
<td>• salt (1/2 tsp per L/qt of liquid)</td>
</tr>
<tr>
<td></td>
<td>• 1 large carrot</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 2 medium onions</td>
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<tr>
<td></td>
<td>• 2 cloves garlic</td>
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</tr>
<tr>
<td></td>
<td>• 1 small bunch fresh parsley</td>
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</tr>
<tr>
<td></td>
<td>• 10 sprigs fresh thyme</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 2 bay leaves</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 1 tsp black peppercorns</td>
<td></td>
</tr>
</tbody>
</table>

METHOD

STEP 1: Blanching the Chicken Legs
To blanch the chicken legs, place them into a tall, skinny soup pot and cover with cold water. Bring the water up to a boil over medium-high heat. Skim the impurities off the top as they rise to the surface. Once the water comes to a boil, drain and discard the murky water. Cover the chicken legs with cold water and return to the heat. Slowly bring to a simmer, skimming any additional impurities off the surface. In the meantime, prepare your mise en place.

STEP 2: Preparing Your Mise en Place
To prepare the mirepoix, peel and cut the onions into
large dice. Cut the celery and carrots into about 1/2-inch pieces. Peel the garlic. Gather the bouquet garni (parsley, thyme, bay leaves and peppercorns).

**STEP 3: Starting the Broth**

Once the impurities have been skimmed from the surface of the broth, add the salt, mirepoix and bouquet garni. Continue to gently simmer for about 45 minutes to one hour, or until the chicken has just cooked through.

**STEP 4: Removing the Meat**

Once the meat has just cooked through, remove the legs from the broth. Set aside to cool.

Once the legs are cool enough to handle, remove the nice chunks of meat from the bones and set aside. The meat can be used in other preparations or it can be added back to the broth later, if making chicken soup.*

**STEP 5: Removing the Meat**

Once all of the meat has been removed from the bones, return the bones to the broth. Continue to simmer the broth for 1 hour to extract the flavor from the bones.

Once the broth has finished cooking, remove and discard the solids. Strain the broth through a fine mesh sieve lined with cheesecloth.

Skim as much fat from the surface as possible. If desired, cool the broth over an ice bath and refrigerate. Remove any hardened fat before proceeding with your recipe.

This delicious, rich chicken broth can be used to make a variety of soups and it can also be used as a highly-flavorful stock.

**Chef’s Notes**

- To make Chicken Noodle Soup, follow Steps 6 to 9 in the Chicken Noodle Soup Recipe.
SALMON
POACHED SALMON WITH HERB VINAIGRETTE

SERVES: 4 | ACTIVE TIME: 40 MIN | TOTAL TIME: 40 MIN

DESCRIPTION
Poached in a fragrant court bouillon, this succulent salmon is topped with a vibrant caper, herb and lemon vinaigrette.

INGREDIENTS

STEP 1: Preparing the Court Bouillon
- 5 cups cold water
- 1 cup white wine
- 2 ribs celery
- 1 leek (white part only)
- 1 small onion
- 1 lemon
- 1 bay leaf
- 1 tsp whole peppercorns (white or black)
- 2 tsp kosher salt (or to taste)
- 1 sprig fresh dill
- 1 sprig fresh parsley

STEP 2: Making the Sauce
- 1 1/2 tbsp shallots
- 1 1/2 tbsp chives
- 1 1/2 tbsp capers
- 1 tbsp fresh dill
- 1/4 tsp garlic
- 1/3 cup extra-virgin olive oil
- 1/2 lemon
- kosher salt (to taste)
- freshly ground black pepper (to taste)

STEP 3: Preparing the Salmon
- four 5 oz coho salmon filets

STEP 4: Poaching the Salmon
- kosher salt (to taste)

METHOD

STEP 1: Preparing the Court Bouillon
To prepare the court bouillon, first add the cold water and wine to a 10”-inch sauce pan (approx. 3”-inches high). Slice the celery into 1/8”-inch slices. Cut the leek in half, wash and thinly slice just the white part. Dice the onion and add everything to the liquid. Cut the lemon and squeeze in the juice. Add the bay leaf, peppercorns and salt and bring to a simmer. Once the liquid comes to a simmer, turn off the heat. Cover with a lid and let steep for about 30 minutes. Gather the dill and parsley and set aside while you prepare the sauce.
STEP 2: Making the Sauce
To make the sauce, finely mince shallots. Thinly slice the chives. Finely chop the capers and dill. Mince the garlic and place everything into a bowl. Squeeze in the lemon juice and whisk in the olive oil. Season with salt and freshly ground pepper to taste.

STEP 3: Preparing the Salmon
To prepare the salmon, remove the pin bones and skin if necessary.

STEP 4: Poaching the Salmon
Once the court bouillon has steeped, taste it for seasoning. You will want the liquid to be a bit salty, as this will ultimately flavor and season the fish. At this point, you may want to remove some of the vegetables so you can easily submerge the fish into the liquid.

Bring the liquid to the proper poaching temperature (between 160-180º degrees Fahrenheit). Place the fish into the liquid, making sure every piece is completely submerged. Add the fresh dill and parsley. Allow the fish to gently cook within the poaching temperature range until it is done to your liking.

STEP 5: Serving the Dish
Once the salmon is done to your liking, remove from the liquid and place onto a cooling rack to drain.
Spoon some of the sauce over top and serve immediately with steamed rice for an incredibly healthy meal.
**SUN-DRIED TOMATO & HERB CRUSTED SALMON**

**SERVES:** 6-8  |  **ACTIVE TIME:** 10 MIN  |  **TOTAL TIME:** 25 MIN

**DESCRIPTION**
Baked salmon with sun-dried tomato, parsley and garlic.

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**INGREDIENTS**

**STEP 1: Preparing the Salmon**
- 1 bunch parsley
- 8 garlic cloves
- 1 cup sun-dried tomatoes (packed in oil)
- 1/4 tsp kosher salt
- 1/4 cup extra-virgin olive oil
- 1 whole salmon fillet (2 to 2 1/2 lb)

---

**METHOD**

**STEP 1: Preparing the Salmon**
Preheat the oven to 375ºF.

To make the paste, roughly chop the parsley. Using a food processor, purée the garlic until it is quite fine and then add the strained sun-dried tomatoes, along with the chopped parsley. Pulse, add the salt, and pulse again. With the food processor slowly running, add the oil. You are looking for a thick, paste-like consistency.

Spray a large baking sheet with cooking spray and line it with parchment paper. The spray will hold the paper in place.

To prepare the salmon, first remove the pin bones, if necessary. Spread a generous amount of the sun-dried tomato paste over the salmon. Slice into portions and gently place onto the baking sheet. Bake for 5 to 10 minutes. The cooking time will depend on the thickness of the salmon and your personal preference.

**STEP 2: Testing & Finishing the Salmon**
Test the salmon for doneness. If desired, Serve with some greens that have been tossed with olive oil and seasoned with salt and pepper to taste.

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**Chef’s Notes**
- This is an adaptation of one of my favorite Barbequed salmon recipes. The sun-dried tomato, parsley and garlic form a thick paste that goes really well with fresh wild salmon.
- This salmon is quite delicious cold. Serve it the next day over a salad.
SMOKED SALMON PLATTER

SERVES: 8-10 | ACTIVE TIME: 30 MIN | TOTAL TIME: 1.5 HOURS

DESCRIPTION
Salmon rolls filled with thinly-sliced smoked salmon, cream cheese and capers.

INGREDIENTS

**STEP 1: Making the Smoked Salmon Rolls**
- one side thinly-sliced smoked salmon
- 2 tbsp capers (approx.)
- 250 g spreadable cream cheese
- 3 large flour tortillas
- 1 small red onion
- 1 small bunch fresh dill

**STEP 2: Preparing the Platter**
- smoked salmon
- 3/4 cup sour cream
- 3/4 cup capers
- 3/4 cup red onion
- lemon wedges
- salmon rolls (from above)
- fresh dill (for garnish)

METHOD

**STEP 1: Making the Smoked Salmon Rolls**
To make the salmon rolls, finely dice the red onion and set aside. Finely chop the fresh dill and capers together. Mix the capers, dill, cream cheese and about 3 tablespoons of the red onion; set aside.

Set the smoked salmon beside your cutting board, along with the tortillas. Spread about 3 to 4 tablespoons of the cream cheese mixture over the tortilla, leaving the top part empty. Then place 4 or 5 pieces of smoked salmon onto the cream cheese. Tightly roll up the tortilla.

Once all of the tortillas have been rolled, wrap each one tightly in plastic wrap. Place the rolls into the freezer for approximately 1 hour or until firm. This just makes them a bit easier to slice.

**STEP 2: Preparing the Platter**
To set up the platter, first fold and fan the salmon, making sure to hide and fold the brown portion underneath. Build a second layer over top.

Once the salmon rolls are firm, unwrap and slice on the diagonal. Arrange on the platter in a flower-like fashion. Garnish with the dill and lemon wedges. Serve with diced onions, sour cream and capers.

Chef's Notes
- Serve the smoked salmon platter with crackers, a sliced baguette or mini bagels.
TIPS & TECHNIQUES

We’ve also included some tips & techniques to help you get through this time stress-free.

WHAT IS MISE EN PLACE

HOW TO PIT AND DICE AN AVOCADO

HOW TO PREPARE KALE

SLICING POTATOES

HOW TO SEGMENT CITRUS FRUIT

HOW TO DE-STEM SPINACH

HOW TO TEST SALMON FOR DONENESS

HOW TO REMOVE PIN BONES FROM FISH
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