

delicious dish

CMCC - Nov 4 @7pm
Grocery, Tool List and Prep list (2 pages)

Recipe Title	Grocery Fresh	Grocery Dry	Tools Needed	Prep Ahead
Hot Mulled Cider (this will not be taught in the class, see Prep Ahead)	1 quince or pear 1 lemon	8 cups apple cider Dry white wine or Perrier (for mocktail) Honey Cinnamon sticks Cloves Cardamom pods Coriander seed Star anise pod	pot strainer	please make this on your own time, we will not be teaching this during the class
Apple and Pear Galette	2 sticks unsalted butter 5 apples, assorted 1 pear 1 lemon ¼ cup heavy cream	All-purpose flour or GF flour blend Salt Vanilla extract Cinnamon Granulated sugar Turbinado or demerara sugar for sprinkling NOTE: If you do not want to make pie dough, you can purchase a roll of PUFF PASTRY in the freezer section of the grocery store. BUT I recommend learning how to make pie dough (it is easy and fun!)	Cookie sheet Rolling pin (or wine bottle) Parchment paper Food processor or a pastry cutter (see prep instructions)	Options A. If using a food processor, cut butter in small cubes and chill in the refrigerator for at least 1-2 hrs. B. If using a pastry cutter, do not chill butter C. If using premade puff pastry, defrost overnight in the fridge. NOTE: I recommend learning how to make pie dough

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Turkey Breast	1 boneless (skin on) turkey breast HALF (it should be around 3-4 lb.), Unrolled if rolled 1 lemon 3-4 sprigs of fresh thyme 3-4 sprigs of fresh rosemary 2-3 shallots 1 celery heart (the interior stalks) 1 HEAD garlic 1 cup cherry tomatoes	Olive oil Paprika Granulated garlic Kosher salt Pepper to taste	roasting pan	If the turkey breast comes in a roll, untie it and lay it flat
Cauliflower Quinoa Couscous	1 cauliflower or 3-5 cups riced cauliflower 1 cup pomegranate seeds or 1 pomegranate 1 flat-leaf parsley 1 clove garlic 1-2 green onion 1 lemon	Extra virgin olive oil Sea salt or kosher salt 1 cup quinoa ½ -1 cup roasted almonds, sunflower seeds or pine nuts Cumin Zaatar, optional	Pot for quinoa Large fry pan Food processor or box grater to rice the cauliflower if not buying pre-riced cauliflower	If possible, cook quinoa: place 1 cup quinoa in a small pot, cover with 1½ cups water, bring to a boil, cover, turn to low and cook for 15 min, remove from heat and uncover to cool.