

# delicious dish

CMCC - Nov 4 @7pm

Grocery, Tool List and Prep list (2 pages)

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

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