



Daring Adventure Cooking Jam - Week 3 Recipes

Brown Rice

Equipment

Pot with lid, or...
Rice cooker, or...
Microwave, or...
Pressure cooker

Ingredients

Brown rice - 1 cup
Water - 2 cups (or whatever the package instructions suggest)

Instructions

1. If cooking in a rice cooker, on a stovetop, or in a microwave, follow the package instructions. If using an electric pressure cooker, the ratio is likely one cup of brown rice to two cups of water. We cook it on high pressure for 20 minutes, but please consult the instructions for your model.
2. Let sit for a few minutes after cooking to let everything settle.

Variations

Kamut, spelt, rye, farro, wheat berries, millet, sorghum, hulled barley, or black barley (but not pearled, instant, or quick barley)

Popcorn

Equipment

Popcorn maker, or...

Pot with lid, or...

Microwave

Ingredients

Popcorn kernels

Cinnamon (optional), or...

Nutritional yeast

Raisins (optional)

Instructions

1. If making in a popcorn maker, follow package instructions. If cooking on a stovetop, put a single layer of kernels on the bottom of the pot and cover. Use medium heat until you hear the first pop. Then reduce heat to medium low. Shake occasionally and turn off the heat when the popping slows to about one pop every two seconds.
2. Place in a bowl and top with either cinnamon or nutritional yeast along with a few raisins, if you want.

Mirepoix - This is the same recipe we used last week.

Equipment

Pan
Spatula
Cutting board
Knife

Ingredients

Onion
Carrots
Celery
Garlic (optional)
Apple (optional) Not usually included in a mirepoix, but it can be a terrific addition.

Instructions

1. Chop, slice, or dice an onion and place it in a pan over medium heat. Do not add oil or butter. If needed, add 1–2 tablespoons of water to prevent sticking.
2. After a few minutes, add sliced carrots.
3. After another 1–2 minutes, add celery.
4. Add minced garlic and chopped apple (if using).
5. Cook an additional 1-2 minutes

Variations - Replace the carrots with a green bell pepper to make the holy trinity

Summer Corn Salad

Equipment

Bowl

A spoon to stir

Ingredients

Fresh, frozen, or canned corn

A few small tomatoes such as the cherry or grape varieties

Herbs and spices such as basil and cilantro

Cucumber (optional)

Slice of lemon or lime (optional)

Instructions

1. Put corn in a bowl and add chopped tomatoes and cucumbers, if using.
2. Squeeze a bit of lemon or lime juice on top.
3. Add whatever herbs and spices you like.

Variations - Replace the tomatoes and cucumber with a mirepoix, holy trinity, or any other fresh or frozen veggies.

Cajun Corn

Equipment

Pot

Pan or microwave

Blender

Spatula

Ingredients

Onion

Green bell pepper

Celery

Garlic

Fresh, frozen, or canned corn (low or no salt)

Plant milk (just a few splashes)

Cajun seasoning

Instructions

1. Sauté onion, celery, garlic, and pepper. Add about half the corn. Blend the other half of corn with a few splashes of plant milk. Then stir it back in. It creates a savory gravy that coats the other veggies.
2. Add a salt-free cajun seasoning from a brand like Dash, Dak's, or make your own.

Variations - Replace the first four ingredients with a mirepoix or any other combination of fresh or frozen veggies.

Cajun Seasoning

Equipment

Small bowl

Jar with lid

Spoon or whisk to stir

Ingredients

2 tablespoons smoked paprika

1 tablespoon garlic powder

1 tablespoon onion powder

2 teaspoons oregano

2 teaspoons thyme

2 teaspoons black pepper

1 teaspoon celery seed

1 teaspoon cayenne

Instructions

1. Place all ingredients in a small mixing bowl and stir them up
2. Store in a jar
3. Label the jar so you always know what's in it

Grain Bowl

Equipment

1. Bowl

Ingredients

1. Brown rice or any other whole grain
2. Mirepoix, holy trinity, or any other veggies
3. Any herbs and spices
4. Any lentils or beans (optional)
5. Any sprouts (optional)
6. Any fruit (optional)
7. A sprinkle of nuts, seeds, or raisins (optional)

Instructions

Layer the grains, veggies, and legumes in a bowl, top with sprouts, nuts, raisins, or fruit, and enjoy warm or cold.

Variations

There are unlimited ways to make a delicious, healthy grain bowl. You can use nearly any combination of whole grains, veggies, legumes, sprouts, herbs, spices, fruit, etc. that you want.

If you make a big batch of whole grains, legumes, and a mirepoix at the beginning of the week, you can put this together and heat it in the microwave in minutes. It also goes great with any frozen veggies you have in the freezer.

You can do it when you make it fun!