

## Global Harvest

Wednesday, October 23, 2024

6:30pm CT

### What to expect in your cooking class:

My classes are a place where curious home chefs and their families can learn new cooking skills and grow confidence in the kitchen. I want to help you become the hero of your mealtime. I will verbally guide you through every step - starting from prepping ingredients, cooking steps until your dishes are complete and plated. I will be cooking alongside you, sharing instructions, tips and tricks throughout class.

*Your class is your time to ask me questions, ask for feedback, learn a little something and most importantly, have fun!*

### How to prepare for your class:

- For class, simply purchase your ingredients & gather your kitchen equipment from the following recipes. For a more relaxed class, prep your ingredients ahead of time (chopping, measuring). This is not required, however, as I will guide you through every step of preparation. Kitchen tools are **bolded** in each recipe.
- Shop for ingredients intuitively. If there are any ingredients featured in this recipe that aren't your favorite or not available in your local market, not to worry! Have the ingredients you enjoy or ingredients you were able to source available for class and let me know what you do have on hand for your dish. I will guide you through the preparation and cooking steps.
- Before your class starts, it's important that you have a solid internet connection, limited background noises and distractions, and are in a brightly-lit kitchen.
- I will want to see your work and cook stations as much as possible. Try to prop your device on a stack of cookbooks or use a tripod to give a good view to me.

## Pumpkin Curry

### Ingredients:

1 ½ <b>tbsp</b> olive or avocado oil	2 (14-ounce) cans light coconut milk
1 medium shallot, <b>minced</b>	2 <b>tbsp</b> maple syrup
2 <b>tbsp</b> minced fresh ginger	1 <b>tsp</b> ground turmeric
2 <b>tbsp</b> minced garlic	¼ <b>tsp</b> sea salt
1 small red chili or serrano pepper (stem and seeds removed, thinly sliced)	1 <b>tbsp</b> soy sauce
1 large red bell pepper (thinly <b>sliced</b> lengthwise)	1 cup chopped broccoli
3 <b>tbsp</b> yellow Thai curry paste	2 <b>tbsp</b> lemon juice
3 ½ cups <b>peeled</b> and cubed pumpkin or butternut squash	2/3 cup roasted cashews
	For serving: Fresh basil or cilantro, brown rice, quinoa, or cauliflower rice

### Directions:

Heat a **large pot** over medium heat. Once hot, add oil, shallot, ginger, garlic, and pepper. Sauté for 2-3 minutes, stirring frequently. Add bell pepper and curry paste and stir. Cook for 2 minutes more. Then add pumpkin/squash and stir. Cook for 2 minutes more.

Add coconut milk, maple syrup, turmeric, sea salt, and soy sauce and stir. Bring to a simmer over medium heat. Once simmering, slightly reduce heat to low and cover. You want a simmer, not a boil, which should be around low to medium-low heat. Cook for 10-15 minutes, stirring occasionally, to soften the pumpkin and infuse it with curry flavor. Don't be shy with seasonings – this curry should be very flavorful!

Once the broth is well seasoned and the pumpkin is tender, add broccoli, lemon juice, and cashews and **cover**. Simmer for 3-4 minutes more over low to medium-low heat. Optional: Scoop out half of the broth/sauce and half of the pumpkin (try to exclude the broccoli) and blend until creamy and smooth in a **blender** for a thicker, creamier curry. Return to pot and warm for a few minutes before serving.

Serve as is or over rice, quinoa, or cauliflower rice. This dish gets elevated with the addition basil or cilantro for serving. Best when fresh, though leftovers will keep in the refrigerator up to 3-4 days or in the freezer for 1 month. Reheat on the stovetop or in the microwave until hot.

## Ratatouille

### Ingredients

#### *Veggies*

2 eggplants  
6 Roma tomatoes  
2 yellow squashes  
2 zucchinis

#### *Sauce*

2 **tbsp** olive oil  
1 onion, diced  
4 cloves garlic, minced  
1 red bell pepper, **diced**  
1 yellow bell pepper, diced  
salt, to taste  
pepper, to taste

28 oz can crushed tomatoes  
2 **tbsp** chopped fresh basil, from 8-10 leaves

#### *Herb Seasoning*

2 **tbsp** chopped fresh basil, from 8-10 leaves  
1 **tsp** garlic, minced  
2 **tbsp** chopped fresh parsley  
2 **tsp** fresh thyme  
salt, to taste  
pepper, to taste  
4 **tbsp** olive oil

### Directions:

Preheat the oven for 375°F.

**Slice** the eggplant, tomatoes, squash, and zucchini into approximately 1/16-inch rounds, then set aside.

Make the sauce: Heat the olive oil in a **12-inch oven-safe pan** over medium-high heat. Sauté the onion, garlic, and bell peppers until soft, about 10 minutes. Season with salt and pepper, then add the crushed tomatoes. **Stir** until the ingredients are fully incorporated. Remove from heat, then add the basil. Stir once more, then smooth the surface of the sauce with a **spatula**.

Arrange the sliced veggies in alternating patterns, (for example, eggplant, tomato, squash, zucchini) on top of the sauce from the outer edge to the middle of the pan. Season with salt and pepper.

Make the herb seasoning: In a **small bowl**, mix together the basil, garlic, parsley, thyme, salt, pepper, and olive oil. Spoon the herb seasoning over the vegetables.

Cover the pan with **foil** and bake for 40 minutes. Uncover, then bake for another 20 minutes, until the vegetables are softened. Serve while hot as a main dish or side. The ratatouille is also excellent the next day--cover with foil and reheat in a 350°F oven for 15 minutes, or simply microwave to desired temperature.

Kristyn Slick

kristyn@makingmealtime memories.com  
www.makingmealtime memories.com

## Caramelized Pears

### Ingredients

4 ripe pears, **halved** and **cored**

2 **tbsp** butter

2 **tbsp** honey

1 **tsp** cinnamon

Optional: A scoop of vanilla ice cream or whipped cream for serving

### Directions:

Heat a **large skillet** over medium heat and melt the butter.

Add the halved pears, cut side down, and cook for about 5 minutes until they start to brown.

Drizzle honey over the pears and sprinkle with cinnamon. Cook for another 3-5 minutes, basting the pears with the caramelized honey mixture.

Serve warm, optionally with a scoop of vanilla ice cream or a dollop of whipped cream.