

100 Mile Diet Workshop Series: Roots and Squash

September 19th 2018

with Jodi Kay and Sarah Darval

Tips on Roasting Vegetables

- Use a rimmed baking sheet lined with Parchment or a deep dish baking sheet
- Wash and drain vegetables before cutting
- Seed and cut winter squash, peel and slice carrots, cut beets into wedges
- Spread vegetables out in a single layer, drizzle with olive oil, add a pinch of salt and pepper and any herbs you want. Toss vegetables to coat and rearrange in a single layer. If you overcrowd vegetable will steam each other and get soggy
- Best to arrange cut side facing down so they will brown nicely
- Roast at 400 F with tray on middle rack in center of oven. Roast for 20 minutes, then turn each vegetable over, rotate tray and return to oven for another 10 to 20 minutes.

Roasted Beet Dip

Adapted from: <http://vegansparkles.com/2013/12/02/roast-beetroot-walnut-dip/>

(**Note: you could do the same dip with carrots instead or maybe squash/chickpea)

2 large beetroot, peeled (optional) and cut into large chunks

1 head of garlic (or 1 clove if you don't love garlic :))

2 tbsp coconut oil (olive oil will work too)

Pinch sea salt & cracked black pepper

½ large yellow onion, peeled and roughly sliced (I like Terra Firma's Wall Walla too)

1 cup pecans or walnuts

½ tsp dried cumin

½ tsp dried coriander

2 tbsp tahini

2-5 tbsp fresh lemon juice (to taste)

Preheat oven to 375F. Place beetroot and garlic (if head of garlic cut off top, drizzle with olive oil and wrap in tinfoil) into a large, lined roasting tray/dish. Drizzle with oil and toss well to coat. Sprinkle with salt and pepper and place into the oven to roast for 25 minutes.

Add onion to dish and roast for another 10 minutes.

Add walnuts to dish and roast for another 10 minutes.

Remove roasting tray from oven and allow to cool.

Pop roast veg, nuts, dried herbs, tahini and lemon juice into a blender or food processor. Blend on low-speed, increasing to high-speed, until desired consistency is achieved.

Transfer dip to a serving dish, garnish with fresh coriander leaves, and serve.

Fall Slaw with Citrus Miso Dressing

From <http://thefirstmess.com/2016/06/16/citrus-miso-slaw-10-vegetables/>

CITRUS MISO DRESSING INGREDIENTS:

¼ cup apple cider (or orange juice)
1 tablespoon fresh lemon juice
1 garlic clove, finely grated with a rasp/Microplane
2 teaspoons mellow/light miso
¼ teaspoon gluten-free tamari soy sauce
¼ teaspoon dijon mustard
¼ cup olive oil
ground black pepper

FOR THE SALAD:

8 cups shredded/peeled/ribboned vegetables of your choice—we will use:

- spiralized zucchini
- kale leaves
- 2 medium carrots
- 2 celery stalks
- 2 medium beets
- ½ small red cabbage
- 2 green onions, white & green parts
- (Other veggies you could use: asparagus spears, fennel, radishes when in season)

sea salt

⅓ cup cilantro leaves, roughly chopped or left whole

¼ cup pumpkin seeds, toasted

Make the dressing first. Get yourself a sealable jar with 2 cup capacity. Transfer the apple cider, lemon juice, garlic, miso, tamari, olive oil, and pepper to the jar. Twist the lid on tight and shake vigorously until creamy and fully incorporated. Set aside.

Trim, slice, shred, peel, or ribbon all of your vegetables and place them in a large bowl. Season the vegetables with salt and pepper and toss to season all the way through. Pour all of the citrus miso dressing over the vegetables and toss to coat.

Garnish the top of the citrus miso slaw with the cilantro and toasted pumpkin seeds. Serve immediately.

Harvest Salad

Adapted from <https://www.jamieoliver.com/recipes/vegetables-recipes/harvest-salad/>

Ingredients

- 1 acorn/celebration squash
- 3 small beetroots
- 1 red onion (or green onion if red is not in season)
- 5 medium carrots
- olive oil
- 2 teaspoons coriander seeds
- ½ a bunch of fresh cilantro
- ½ a bunch of fresh flat-leaf parsley
- 150 g feta cheese
- ¼ cup toasted sesame seeds (or pumpkin seeds)

Dressing

- 1/3 cup olive oil
- 1 tablespoon dijon mustard
- 3 tablespoons apple cider vinegar
- 1 tablespoon honey or maple syrup
- 1 clove garlic, finely grated
- Salt and pepper

Method

1. Preheat the oven to 190°C/gas 5.
2. Very carefully cut your squash in half. Cut each half into thin strips and lay the pieces in a roasting tray.
3. Peel the carrots and slice lengthwise, add to the tray with the squash
4. Scrub the beetroot and cut into wedges, then add to the tray. Peel and slice the red onion (if using) into sixths and tuck in among the other veg.
5. In a pestle and mortar pound the coriander seeds with a good pinch each of sea salt and black pepper. Sprinkle this over all the vegetables on the tray and toss to coat. You can also use 1tsp ground coriander.
6. Roast the vegetables for about 40 minutes, shaking halfway through, until soft and golden and just starting to caramelize. Allow to cool slightly.
7. Meanwhile, make your dressing by combining the vinegar, extra virgin olive oil, mustard, honey, garlic and seasoning in a small jug or jam jar. Mix well.
8. Dress the roasted veg while still warm so they soak up all the dressing, then pick and sprinkle over the herb leaves.
9. Crumble over the feta + toasted seeds, then gently toss everything together.

Squash Soup 3 ways + soup tips

Adapted from Rebar Cookbook

10 cups liquid (vegetable stock, chicken stock, with some coconut milk if preferred)
3 lbs winter squash (butternut, kuri, etc)
2 red peppers (or 1 apple for)
1 bulb garlic
4 Roma Tomatoes
3 T. oil or ghee
1 yellow onion diced
2 t. Salt

3 options....

- 2 t. curry powder (with coconut milk, substitute a jalapeno for one red pepper)
- 1 t. cumin powder with 1 t. Chipotle puree, 1 t. coriander
- apple (instead of pepper) 2 T. minced sage, fresh thyme and/or rosemary

Preheat oven to 375. Cut squash in half, scrape out the seeds and place cut side down on oiled baking tray. Bake until sharp knife easily slides through. Cool and scoop out soft flesh. Separate garlic cloves and remove skins. Core the tomatoes. Toss the garlic and tomatoes with 2 t. Oil and ½ t. Salf. Place on parchment lined pan and roast until garlic is golden and tomatoes begin to char (about 20 minutes).

Heat remaining oil in soup pot and add the onion and remaining salt. Saute until translucent. Add spices and herbs. Saute a few more minutes. Add roughly chopped roasted veggies to pot along with enough stock to cover. Bring to a boil; reduce heat and simmer 15 minutes. Puree soup until smooth. Gently reheat to simmer and add your acid and chipotle puree, more stock if necessary and additional salt and pepper if necessary.

Sarah's Simple Borsht

Go to winter farmer's market and get: beets, carrots, potatoes, onion, garlic, celery :)
Turn your burner to medium low with some fat of choice (I prefer ghee) in your heavy bottomed pot. Add onion and let your onions slowly (the slower the sweeter!) soften, add garlic and celery once onion is translucent. Add salt and pepper, caraway if you like, and cayenne if you like some kick to your soup. Grate a beet or two. Chop your carrots and potatoes. Add water or broth with your beets, carrots and potatoes to your soup pot. Bring to a boil and then down to a simmer until potatoes and carrots are tender (~15 minutes).
Add a dollop of Grass Roots Dairy local yogurt or your own homemade yogurt to cream it up!

Roasted Squash and Corn Frittata

Adapted from Nourishing Meals by: Alissa Segersten

1 ½ c. peeled and cubed butternut squash
1 T. EVOO
Pinch sea salt
3-4 green onions cut into rounds
1-2 small jalapeno peppers, seeded and diced
2 ears of fresh corn cut off the cob
½ t herbamare or your favourite seasonings
6 large eggs
½ to ½ cup cheese (cotija, feta or chevre-optional)

Preheat oven to 350 degrees.

Toss cubes squash in olive oil and salt and place into baking dish. Roast for about 35 minutes or until tender. Let cool slightly before adding to the egg mixture.

Lightly grease a 9 inch deep dish pie plate with butter or EVOO. Place green onions, jalapenos and corn into pie plate. Sprinkle with herbamare or herbs. Add roasted squash and gently toss together. Pour eggs over vegetables in the pie plate. Sprinkle with cheese if using.

Bake for 25-30 minutes or until frittata is cooked through. Slice and serve.

Other Ideas....

Carrot Apple Beet Juice

Celery Root & Carrot Salad- Hermann often has Celery Root/Celeriac throughout the winter. Grate some celery root and carrots, chop some herbs, and toss with your favourite vinaigrette.

Got potatoes?

- Hashbrowns: shred potatoes, SQUEEZE water out of them into sink, and fry in your cast iron with some salt and pepper
- Latkes: shred potatoes, SQUEEZE water out of them into sink, add a few eggs and salt and pepper and fry in your cast iron (you can also bake these on a baking sheet with parchment paper but they won't be the same ;))
- Potato crusted quiche

Excess Beets?

- Refrigerator pickled beets are fast, easy, and brighten up a dull winter day!
- Beet Burgers

3 Sisters Burrito: Roasted squash with beans and corn, onions and garlic, and cheese if you please!

Caramelized Onions for the week