

# LET'S GET CORTLAND COOKING HEALTHY!

A Project of Seven Valleys Health Coalition



## RECIPE #1 SAUERKRAUT

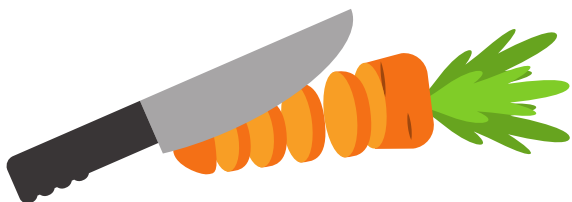
### Ingredients needed:

- 1 medium head green cabbage (about 3 pounds)
- 1 1/2 tablespoons kosher salt
- 1 tablespoon caraway seeds (optional, for flavor)

### Instructions:

1. Prep your cabbage by cutting the cabbage into quarters and trimming out the core. Continue to slice each quarter lengthwise, making smaller wedges. You want to end up with thin ribbons.
2. Transfer the cabbage to a big bowl and sprinkle the top with salt.
3. Work the salt into the cabbage by massaging it with your hands for about 5 to 10 minutes. At first, it might not seem like enough salt, but gradually the cabbage will become wilted/limp.
4. If you want more flavor, add the optional caraway seeds now.
5. Grab handfuls of the cabbage and pack them into a mason jar or crock.
6. Using your hand, press the cabbage down so you are really packing your jar.
7. Do not waste the yummy brine you have started making that's in your large bowl. Pour any liquid released by the cabbage into the jar.
8. You need something to act as a weight to ensure the cabbage remains submerged beneath the liquid brine (get creative) \*

\*Put a thin glass full of water in the jar to act as a weight or slip a smaller jelly jar into the mouth of the jar and fill it with something that will add weight.



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## RECIPE #1 SAUERKRAUT (CONTINUED)

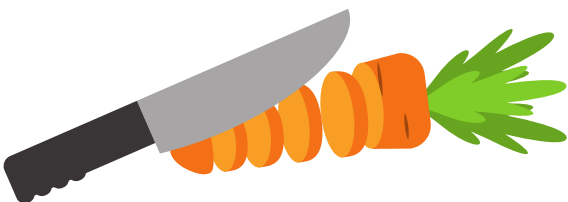
### Instructions:

9. Cover the mouth of the mason jar with a cloth and secure it with a rubber band or twine. This will allow air flow in and out of the jar.
10. For the next day or two, press down the cabbage. The cabbage will continue to release liquid, and it will become limper and the liquid will eventually cover the cabbage.
11. If the liquid has not risen above the cabbage, you can add more in this ratio: dissolve 1 teaspoon of salt in 1 cup of water and adding just enough to submerge the cabbage.
12. Ferment the cabbage for 3 to 10 days. As it's fermenting, keep the sauerkraut cool at room temperature (65°F to 75°F).
13. Check it daily and press it down if the cabbage is floating above the liquid.
14. You can start tasting after 3 days. Use your taste-if it's delicious after 3 days, start eating! There isn't a defined rule here for doneness.

Note about Sauerkraut: Because the cabbage is fermenting, you may see some bubbles or a white film on the surface. This all normal for the fermentation process, but you can skim the top either while it is fermenting or before refrigerating.

If you see mold, skim this off quickly and make sure your cabbage is fully submerged. Remove the moldy part, but the rest should be fine to eat.

You can store sauerkraut for several months. It can keep for at least two months and often longer if kept refrigerated. If it smells and tastes good to you -eat it!



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## RECIPE #2 CAULIFLOWER CURRY RICE

### Ingredients needed:

- 1 small head of cauliflower, grated or minced up into tiny pieces
- 2 cloves garlic minced
- 1 tablespoon olive oil
- 1/2 teaspoon curry powder \*
- 1/4 teaspoon garlic powder
- 1 tablespoon finely chopped parsley

\*Don't have curry? Try using cumin, black pepper, and cilantro or coriander.

### Instructions:

1. Sauté the garlic until lightly browned.
2. Add in the cauliflower. (You may have to adjust your seasonings based on the amount of cauliflower you have).
3. Cook cauliflower rice in oil. Cover with lid to keep it from drying out.
4. Ideally, your cauliflower will be tender but not too soft.
5. Sprinkle in your garlic powder and curry powder. Taste, adjust spices if needed. Top with fresh parsley.

\*Try with roasted chicken or try adding chickpeas!

## RECIPE #3 RADISH RAITA SAUCE

### Ingredients needed:

- 1 cup radish, grated
- 1 ½ cups plain yogurt
- 1 teaspoon ground cumin
- 1 tablespoon fresh mint, chopped
- Salt and pepper

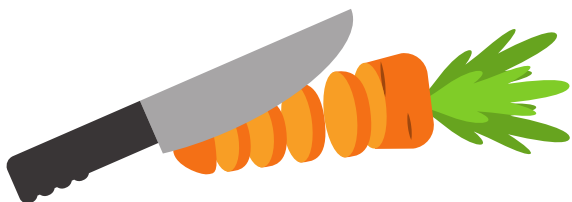
### Instructions:

1. Grate the radish into a bowl.
2. Add yogurt and cumin to the grated radish.
3. Mix radish, yogurt and cumin until combined.
4. Salt and pepper to taste.
5. Garnish with fresh mint.

Note: We will serve with Arugula and roasted chicken.

Tip: Try as a substitute for mayo on a sandwich!

If you missed making this recipe along with us in class, head over to the SVHC website and find the recipe in the Puzzling Produce section.



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## RECIPE #4 RUTABAGA BREAKFAST BOWL

### Ingredients needed:

- 1 medium rutabaga, peeled and cubed
- 1 tablespoon butter
- ½ cup fresh parsley, chopped
- ½ cup lime juice
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- ½ teaspoon chili powder
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 teaspoon fennel seed
- 1 fried egg to top (optional)

### Instructions:

1. Add butter and cubed rutabaga to a sauté pan.
2. Add seasonings and cook 5-8 minutes, or until the rutabaga is soft.
3. Add the lime juice and chopped parsley to the pan.
4. Serve in a bowl, topping with a fried egg if desired!

If you missed making this recipe along with us in class, head over to the SVHC website and find the recipe in the Puzzling Produce section.

