



Winter Vegetarian  
Thursday, January 19, 2023  
5 - 6:30pm EST

Menu  
Fattoush Salad with Pita Croutons  
French Onion Soup  
Cardamom Cream with Walnut Crumble and Fruit Compote

To access class video copy and paste the following link into your browser:

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## Shopping List

### Dairy

- 6 TB unsalted butter
- $\frac{3}{4}$  cup grated Jarlsberg or Gruyere cheese
- 1, 5-ounce package of non-fat Greek yogurt
- 4-ounces mascarpone cheese, or cream cheese
- $\frac{3}{4}$  cup heavy whipping cream

### Pantry

- $\frac{1}{3}$  cup olive oil
- 2 pita breads
- About 1 cup all-purpose flour
- 2 cups vegetable broth
- 3 TB granulated sugar
- 4 TB brown sugar
- 1 cup walnuts
- $\frac{1}{4}$  cup powdered sugar
- 1 TSP vanilla extract

### Produce

- 2 limes
- 1 lemon
- 1 head Romaine lettuce
- 3 Roma tomatoes
- 1 cucumber
- 3 green onions
- 4 radishes
- 2 cups Italian flat-leaf parsley
- 4 large onions
- 1 bouquet garni: 1 parsley sprig, 1 thyme sprig, 1 bay leaf, tied with butcher's twine
- 2 fresh mangos, diced
- 1, 6-ounce package fresh blackberries
- Mint for dessert garnish, if desired

### Spices

- $\frac{1}{2}$  TSP allspice
- 1  $\frac{1}{2}$  TSP sumac
- $\frac{1}{2}$  TSP cinnamon
- $\frac{1}{2}$  TSP spice mixture (seeds from 6 cardamom pods,  $\frac{1}{2}$  star anise – ground fine)
- Kosher salt
- Black pepper

### Specialty

- 1 TB pomegranate molasses (substitute raspberry jam if desired)
- $\frac{2}{3}$  cups white wine

- 4 slices of French bread

\*\*I recommend shopping at the int'l grocery store to find the molasses and sumac

## Equipment List

### Baking

- 2 Rimmed baking sheets
- Parchment paper
- Pastry blender or use 2 knives

### Electric

- Handheld mixer

### Pots

- Large non-stick skillet
- Dutch oven
- Medium saucepan

### Utensils

- Butcher's twine
- Chef's knife
- Cutting board
- Measuring cups and spoons
- Mixing bowl

### Specialty

- 4 ovenproof bowls
- Mortar and pestle, or small spice grinder

## Mis en Place

### The French culinary term for “everything in its place”

In order to have a smooth cooking experience, I recommend that you retrieve all the equipment you will need for the class before we begin. In addition, if you have time, group your ingredients by recipe. Most chefs place their components on sheet pans – this is ideal if you have the room.

Measuring things in advance is optional, but I find if I measure things in advance I am less likely to get lost... such as “did I put in the baking powder?”

- **Place the 4 onions in frig 15 minutes before class to prevent the crying when chopping**

## Fattoush Tomato and Cucumber Salad

### **Vinaigrette**

1 TB pomegranate molasses (or substitute raspberry jam)  
2 fresh limes juiced  
1/3 cup olive oil  
½ TSP ground allspice  
1 TSP sumac  
½ TSP cinnamon  
Salt and pepper to taste

Whisk all the ingredients together and set aside.

### **Salad**

2 pita breads, torn into small pieces  
2 TB olive oil  
½ TSP sumac  
1 head Romaine lettuce, torn  
3 Roma tomatoes, seeded and chopped  
1 cucumber, peeled, seeded and chopped  
3 green onions, sliced thin  
4 radishes, sliced  
2 cups Italian parsley, chopped

In a large non-stick skillet, heat the olive oil over medium heat. Add the pita bread, tossing to coat. Add the ½ TSP sumac. Stir and cook until browned and crispy. Set aside and let cool.

In a large bowl combine the lettuce, tomatoes, cucumbers, green onions, radishes and parsley. Next pour on half the vinaigrette, then taste – you may add more if you desire. Right before serving, toss in the pita bread.

Sprinkle additional sumac on top for garnish.

## French Onion Soup

Serves 4

4 large onions  
2 TB butter  
2 TB all-purpose flour  
2 cups vegetable broth (I use Better Than Bouillon)  
1 bouquet garni: 1 parsley sprig, 1 thyme sprig, 1 bay leaf, tied with butcher's twine  
½ TSP Kosher salt  
Dash ground pepper  
2/3 cup white wine  
4 slices of French bread  
¾ cup grated Jarlsberg or Gruyere cheese

Peel and slice onions. In a Dutch oven, sauté onions in butter over low heat until soft and lightly brown. Sprinkle with flour. Add vegetable broth, stirring constantly.

Add bouquet garni, salt and pepper and bring to a boil. Cover and cook for about 20 minutes. Add white wine to soup.

Transfer soup to individual ovenproof bowls. Place bread on top and sprinkle with the cheese.

Heat oven to 450 degrees.

Place the bowls on a cookie sheet and bake in the oven for 10 minutes until the cheese melts and turns golden brown. You can broil for the last minute for an extra crunchy top.

# Cardamom Cream with Walnut Crumble and Fruit Compote

## Compote

2 fresh mangos, diced  
1, 6-ounce package fresh blackberries  
Juice from ½ lemon  
3 TB granulated sugar

Place all the ingredients in a medium size pot. Cook over low heat for 5 minutes, stirring occasionally. Set aside.

## Walnut Crumble

2/3 cup all-purpose flour  
4 TB unsalted butter, chilled and cut into small cubes  
4 TB brown sugar  
1 cup walnuts, roughly chopped

Preheat oven to 375°.

Combine the flour, sugar and butter in a medium size bowl. With your fingers or a pastry blender incorporate the butter until the mixture resembles wet sand.

Place it on a parchment lined baking tray and smooth out until evenly spread. Bake the crumble for 15 minutes. Remove from the oven and let cool.

## Cardamom Cream

1, 5 ounce package of non-fat Greek yogurt  
4 ounces mascarpone cheese, or cream cheese  
¾ cup heavy whipping cream  
¼ cup powdered sugar  
1 TSP vanilla extract  
½ TSP spice mixture (seeds from 6 cardamom pods, ½ star anise – ground fine)

In a large bowl combine all the ingredients with a handheld mixture. Blend on high for about 1 ½ minutes, or until soft peaks form. Chill until ready to use.

To assemble:

Place a few tablespoons of the crumble in the bottom of dessert dish topped with a healthy scoop of cream followed by a few tablespoons of fruit and topped with additional crumble. Garnish with a sprig of mint.