

The Good Food Cooking Toolkit

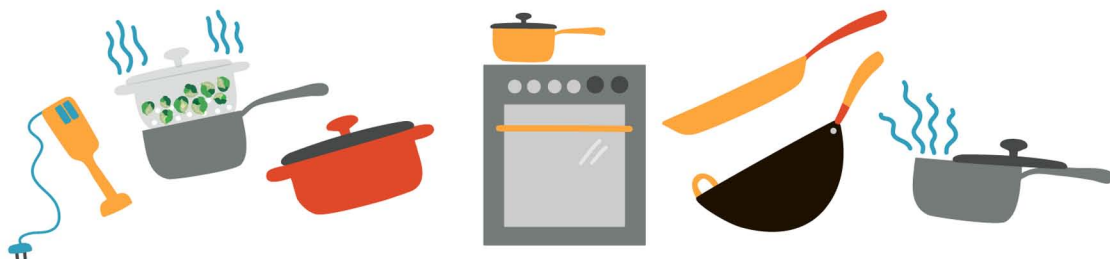
A handy guide to help you get creative in the kitchen

Improvise and follow your own taste buds to make tasty and nutritious veg dishes that you, your friends and all the family will enjoy.
No need for complicated recipes or fancy ingredients.

Just pick your favourite “building blocks” (= ingredients)



choose a “tool” (= cooking method)



and get cooking – easy peasy!



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The Good Food Cooking Toolkit

Your guide to creative cooking without recipes

1. Choose your veg. Just one or mix it up.



2. Prep your veg—wash and chop or grate.

Most vegetables don't need to be peeled.



3. Choose a cooking method.

Decide what to do with your veg.



4. Spice it up.

Use at least 3 types of flavours for a balanced taste.



5. Make it a meal.

Add something to make it filling.



6. Enjoy



Top Tips!

Always season carefully at first, then taste your dish and add more salt, pepper, and other spices as needed.

Avoid waste:

Use the greens from broccoli, cauliflower, carrots, kohlrabi, celery etc. for extra FREE nutrients, and use left-over vegetables in a soup or sauce.

Turn over for ideas on what to cook today. For more inspiration, recipes and video tutorials, visit www.goodfoodoxford.org/cooking-resources

Inspiration

Some ideas for flavour combinations & cuisines you can try with the Good Food Cooking Toolkit

The vegetables listed here are just suggestions of what goes well together – go ahead and use any of these, just one, or mix them up. Use up what you have at home, and don't be afraid to try substituting different vegetables.

Italian Vegetable Sauce

1. Choose any vegetables.

2. Wash and chop tomatoes. Wash & chop or grate other vegetables.

3. Heat a little oil in a large saucepan, add chopped or grated onions and stir-fry for a few minutes. Add other chopped veg and keep stirring for a few minutes.

4. Add chopped tomatoes, tomato puree and other seasonings. Stir occasionally.

5. After a few minutes, add cooked lentils or beans. Stew for at least 10 minutes on low heat. Serve with potatoes or pasta and sprinkle with toasted sunflower seeds.



South-Asian Fusion Curry

1. Choose any vegetables.

2. Wash and chop vegetables in medium sized chunks.

3. Heat a little oil in a large saucepan, add chopped onions, garlic and spices and stir-fry for a few minutes.

4. After a few minutes, add coconut milk and cooked chickpeas. Stew on low heat until the vegetables are tender.

5. Taste, season with salt as needed and serve with rice, millet or flatbreads and sprinkle with fresh coriander.



South-East Asian Fusion Stir-fry

1. Choose any vegetables.

2. Wash and chop vegetables in a long fine cut ('julienne').

3. Heat some coconut oil in a wok or large pan. Stir-fry the onions, garlic, lemongrass stalks and chopped vegetables. Keep stir-frying for a few minutes.

4. Add in the tofu and seasonings and keep stir-frying on medium to high heat for 5-10 minutes.

5. Taste and add more soy sauce as needed. Serve with cooked rice or noodles and sprinkle with toasted sesame seeds.



Your own favourite flavour combination . . .



Try some new veg:
Use the "A-Z of Riverford Veg" booklet to learn what's in season:
www.riverford.co.uk/a-to-z-of-veg

Top Tip!

These are just a few of many cuisines you could create with the Good Food Cooking Toolkit. Don't be afraid to use your imagination and try new combinations of vegetables and flavours for yourself – your own taste buds are the best chef!

Find more inspiration on what to cook with the Good Food Cooking Toolkit as well as video tutorials and a Salad Dressing Toolkit at www.goodfoodoxford.org/cooking-resources



Know your cooking methods

Steam: Cook in steam with lid closed tight at medium heat.



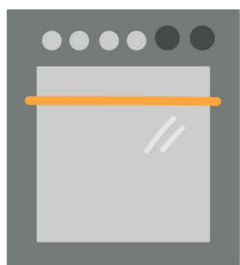
Braise: Stir-fry at high heat with a little oil, then cook with lid closed at low heat.



Stir-fry: Fry in a little oil at medium to high heat; turn vegetables often to avoid burning.



Roast: Put large vegetable chunks on a tray or on skewers in the oven with little or no oil at 175°C.



Boil: Cook in water and keep the cooking water to use in soups.



Soup: Blended or chunky. Great for using leftover vegetables and potatoes.



Slow cook: Use a slow cooker or cooking pot with a lid to cook on low heat.



Microwave: Heat or cook in a closed container.



Barbecue or grill: Like roasting but on a grill or outdoor barbecue.



Bake: Put vegetables in the oven in a casserole dish with sauce, or make pies or pizza.



Top Tip!

Cook smartly: Keep a lid on boiling, steaming and stewing dishes to save energy. Harder vegetables take longer to cook, so add them in first or cut them into smaller pieces to reduce cooking time.

If you are interested in courses to improve your cooking skills, please get in touch to find out more:

mail@goodfoodoxford.org