Innards

Who we are?

Farms farms farms!

Recipes:

- Carrot Squash Soup
- Beef Heart Stew
- Vegan Carrot Pudding
- Vegetable Broth
- Squash Risotto
- Chicken Broth
- Honey Glazed ham
- Braised Pork with tomato dressing
- Pork Bone soup

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The Slow Cooked Movement (SCM) is a community initiative driven by students with the help of faculty member, Yoko Inoue. It is a practice-based research and action project aimed at creating a model for larger-scale community initiatives. Throughout the winter 2021 in Bennington College, we held weekly, home cooked, nourishing meals for the campus community with ingredients all sourced locally from a plethora of LOCAL farms!

The Slow Cooked Movement was a communal response to a possible challenge that was raised by project member, Ulyana Shkel, about access to healthy, nutritious food over the course of the winter and Field Work Term amidst the COVID-19 pandemic.

Over the course of the Field Work Term period, we managed to procure 4 kitchen sets, all containing a slow cooker, a set of three knives, a ladle and a handblender.

The opposite flavor would be mild, sweet, or honeyed. Acid or Acidic food can be considered pungent, bitter, choking, sharp, unpleasant, harsh - sharp, cutting, caustic, bitter, vitriolic, trenchant - so the taste is the trace, hint, smack, relish, savor food leaves behind. Ambrosia is the food of the gods, and epicurean delight, food fit for a king, delicacy, heavenly spread, gastronomic iè e de résistance in a meal. Ambrosial is, therefore, fit for the gods, delectable, mouthwatering, heavenly, savory, delicious, tasty, toothsome, divine. It is not distasteful or disgusting. Appetite is the hunger, craving, desire to eat. When we have an appetite for something, we don't find it revolting, disgusting, or distasteful.

Ulyana Shkel ‘23

Jacqueline de Loos ‘22

Cass Skarka ‘22

Akanchya Maskay ‘21
SCM members spent their winter break building connections with nearby farms. Not only did we receive produce from these local farms, we were able to expand our interactions with them beyond the project.

Most of the farms were very generous in helping SCM and the campus community. We received boxes and boxes of vegetables containing potatoes, garlic, onions, squash and kale to name a few from Clear Brook Farm and True Love farm. All of our meat produce was supplied by Lisa Saunders from Saunders Farm. Time and again, we were sent produce from other farms that we reached out too.
The recipes in this book were crafted by the SCM student leaders Cassidy Skarka, Jacqueline de Loos, Akanchya Maskay and Ulyana Shkel. Through research and trials, the recipes were tested and provided to the Bennington Community during Winter 2021. We hope to see this recipe book grow as more people use the slow cookers from the kitchen kit we procured.
CARROT SQUASH SOUP

Ingredients:

- 10 medium sized carrots, chopped
- ½ of a butternut squash, chopped
- 1 tbsp of cumin
- 2 tsp of chilli
- salt and pepper to taste
- 1 ½ tbsp of coriander
- 1 tbsp of garam masala
- 5 cloves of garlic
- 9 cups of vegetable broth
- 2 tbsp of ginger
- 2 tsp of turmeric
- 1 tsp of thyme

Directions:

- Combine all the ingredients in the slow cooker and cook on low for 8 hours or high for 4 hours.
- Using a blender, blend the soup until smooth.

Stir in some coconut milk to add more flavor.
vor would be mild, sweet, or honeyed. Acid or Acidic food can be sharp, tart, harsh - sharp, cutting, caustic, bitter, vitriolic, mordant, trenchant - sour, sour, sour, sharp, cutting, caustic, bitter, vitriolic, mordant, trenchant - sour. The gods, and epicurean delight, food fit for a king, delicacy, heavenly spread, delicate, mouthwatering, heavenly, savory, delicious, tasty, toothsome, gagging, charming, fascinating, glamorous. It is never repulsive, disgusting, or unsavory. When we have an appetite for something, we don’t find it revulsive, revolting, tantalizing, toothsome, delicious, tasty, toothsome, gagging, charming, fascinating, glamorous. The opposite to this would be mild, sweet, or smooth. Balsamic vinegar, penetrating, stinging, sharp, severe, mordant, stinging. It is not gentle, little, warm. Brackish means salty, briny, saline. Briny, almost the same as the opposite you would call it mild, sweet, or smooth. Balsamic vinegar, penetrating, stinging, sharp, severe, mordant, stinging. It is not gentle, little, warm. Dry is a desirable trait. The dry weight—the solid part—in canned food gives...
Acerbic is anything sour, bitter or sharp—cutting, caustic, sour, bitter. Just the opposite of sweet, sugary, honey. Acrid, tart, sharp, biting, acerbic. Aftertaste is the trace, hint, smell gastronomical delight, some apply this term to the pièce divine. It is not distasteful or disgusting at all. Appealing food is appealing, craving, desire, taste, repulsive, or distasteful. Appetizer is the tidbit, snack, starter, sour, harsh, acidic, pungent, temperate, tranquil. Appetizing is everything we find appetizing, nauseating, sickening, repulsive, unappetizing. Bitter is acrid, tart, sour, harsh, acidic, pungent, temperate, tranquil. Caustic is something with a biting, acrid, sour, harsh, acidic, pungent, temperate, tranquil. Choice can mean selection or pick, but in relation with food it means a second rate. Delectable food is delicious, tasty, mouth-watering, palatable, savory, scrumptious, charming. You wouldn’t call delicious that which is tasteless, flabby, insipid. Flavoring or seasoning, anything added to food for flavorings. Flavorsome indicates good tasting, full of flavor flavorsome, tasty, tangy, appetizing, palatable, savory or insipid. Flavored, heady, heavy, heavy, heavy, honey, honeyed, let us say sweet, sugar, sweetened, sweetish.

**VEGAN CARROT PUDDING**

**Ingredients:**
- 6/7 medium Carrots
- ½ can of Coconut milk
- 2 cups of Almond milk
- 1 tbsp of Cardamom
- ½ cup of Sugar
- 1 cup ground Almond

**Directions:**
- Grate the carrots using the biggest grater you can find and set it aside.
- Heat up the slow cooker in medium heat and pour in the almond milk. Let it come to a boil.
- Add the grated carrots and coconut milk to the boiled milk.
- Reduce heat to low and let the milk evaporate. Continuously stir the mixture to avoid burning.
- After most of the milk has evaporated add the ground almond, sugar, and cardamom to the mix and stir until the mixture becomes clumpy.
- Turn off the heat and serve hot or cold!
VEGETABLE BROTH

Ingredients:

- 7-9 cups of vegetable scraps, frozen or otherwise (root vegetable peels, onion and garlic skins, etc.)
- 1 tsp canola oil
- 1 medium onion
- 3 cloves garlic
- 3 cardamom pods
- 4 cloves
- 3 bay leaves
- 1 1/2 tsp sea salt
- 1 small dried chilli

Directions:

- Preheat the oven to 350 degrees F.
- Line a baking tray/s with parchment paper and spread the vegetable scraps onto the tray, making sure to lay spread the scraps evenly.
- Bake them in the oven for 15 - 20 mins.
- In the slow cooker, turn on the sauté function and heat up the oil.
- Saute the onions for 1 min and add the rest of the spices. Stir for about 2 mins.
- Add the vegetable scraps and water into the slow cooker and close the lid, making sure the vent is sealed.
- Set the cook time in low pressure for 7-8 hours.
- Set the broth aside to cool and using a strainer, strain the broth.
- Separate the broth in jars and refrigerate up to a week or freeze for 2 months.
SQUASH RISOTTO

Ingredients:
- 3 small butternut squash
- 3 tbsp of olive oil
- 1 onion, finely chopped
- 12 garlic cloves
- 6 bay leaves
- 4 ½ cups of arborio rice (or short-grain rice)
- 2 ½ tbsp of butter
- 12 cups of vegetable broth
- ¾ tsp of cardamom
- grated cheese (optional)
- 2 dried chilli
- salt and pepper to taste

Directions:
- Dice the butternut squash into small cubes.
- In a pot, add the oil and let it heat up for medium-low temperature.
- Add the diced squash and stir for 5 mins. until brown. Set the squash aside.
- Heat up the same pot to medium high heat and sauté the garlic and onions for 2-3 mins in the same pot until light brown.
- Add the cardamom and dried chilli and stir for 1 minute.
- Add the rice and the butter and stir again, coating the rice with the spices for another minute.
- Slowly add the broth, ½ cup at a time, stirring continuously until the liquid is absorbed by the rice.
- Cook for about 25-30 minutes or until the rice is almost cooked.
- Add the squash, salt and pepper to the rice and adjust seasoning as needed. Stir until the rice is cooked.

Serve with some grated cheese or garnish with cilantro if desired.
CHICKEN BROTH

Ingredients:

- 8 pieces of chicken feet
- 18 one-inch pieces of chicken neck
- 1 chicken liver, diced
- 1 tsp of oil
- 1 onion
- 2–3 cups Vegetable scraps (potato skin, garlic and onion skins, carrot peels, etc.)
- 1 tbsp salt
- 1 dried chilli
- 3–4 bay leaves
- 2 cloves of garlic
- 3 cloves
- 1 tbsp cumin powder
- 9 cups cold water

Directions:

- Preheat the oven to 350 degrees F and line a baking sheet with parchment paper
- Spread the feet and neck onto the tray. Bake them in the oven for 25 mins and set aside.
- Turn on the saute function in the slow cooker, pour the oil and let it heat up
- Add the onion into the pot and saute for 2 mins
- Combine the chicken liver into the pot and stir for 1 min
- Add the feet, neck, cumin powder, salt, chilli, bay leaves, garlic, cloves and vegetable scraps into the pot and stir for another 3–4 min.
Pour in the water and place the lid on the pot. Be sure the vent knob is sealed.

Set cook time at low pressure for at least 8 hours or longer (not more than 24 hours).

Set a strainer over a large bowl. Remove the big bones from the broth and strain the rest of the broth as well.

You can divide the stock between several jars.

Cool completely, cover and refrigerate up to a week or freeze for about 3 months.

You can use the broth to add flavor and nutrition to all kinds of soups and dishes!
Honey Glazed Ham

Ingredients:

- 3 ham ends
- 3 tbsp of soy sauce
- 2 tbsp of honey
- 1 tbsp of mirin
- 2 dried chilli
- salt and pepper
- 1 cinnamon stick
- 4 cardamom pods
- 1 1/2 tsp of rosemary
- 2 cloves
- 1 tbsp of dijon mustard
- 1 tbsp of butter
- 1/2 cup of water
- 2 cloves of garlic, minced

Directions:

- Turn on the saute option in the slow cooker.
- After the pot is heated add the garlic, cardamom pods, cloves and cinnamon stick into the pot and stir until brown.
- Add the butter, mustard, soy sauce, mirin, honey and remaining spices.
- Stir for about 2 mins, add water and stir again.
- Set the ham in the pot and cook on high pressure for 10 mins.
- Allow for natural release for 10 mins.
- Take the ham out of the pot and set aside to rest.
- Turn on the saute function again and cook the remaining sauce until it is reduced into a glaze.
- Serve the ham, sliced with the glazed drizzled over it.
Acerbic is anything sour, bitter sweet, or honeyed. Acid or Acic considered pungent, bitter, chinabiting, acerbic. Aftertaste is the food fit for a king, delicacy, herefore, fit for the gods, dele at all. Appealing food is attract repulsive, disgusting, or repelle experience. When we have an ini starter, hors d'oeuvre, finger fo might have to open a meal. Ap tantalizing, toothsome, luscious Astringent is biting, harsh, sharp, severe, mordant, stingin of sweet, honeyed, mild, gentle saline. Caustic is something cul mild, sweet, or smooth. Choice excellent, select, top-notch, fini mouth-watering, appetizing, sc delicious, lovely, wonderful, pl unpleasant. Divine cooking is fi can be desiccated and withere The dry weight--the solid part tasteless, lacking moisture--it is eaten without any spread, sau pleasant, in a gentle way, some softer, in taste, edulcorated, sw flavoring. Which flavor? Any, bs could say, instead, flavorsome, words, sapid or saporous. It w flavor it imparts or the act of a flavorings. Flavorsome indicate yummy, juicy, succulent, heave Consider flavorsome just the o taste, smell or flavor of fruit; ar concentrated, full-bodied, full-f to wine--means robust, or rich strong odor of game, especially, applied to other areas than to 1 taste, abrasive, coarse, acerbic, Heavenly, considered divine, w honeyed and let us say sweet, scorching, boiling, blistering, st one feel burning, fiery, intense, luscious, thirst quenching, moist juicy, moist food; delicious and mouthwatering food. Dry, dis abundant. You would not be pr usually a pleasant, fully develop often used when writing about dish. Mellow is opposite to har no means unappetizing or dist of the gods--in Greek mytholog.
t. A mordant substance is usually bitter, stinging, or sharp.

Brackish means salty, whereas caustic is something cutting, biting, acid, acidic, sharp, or smooth. Choice can mean selection or pick, but in this context, it denotes something of high quality. Pungent, spicy, piquant, pungent, and pungent are all words that describe a strong smell or taste. Pungent means sharp, biting, and often irritating to the eyes or nose. Pungent can also mean spicy or hot.

Directions:

- In a tray marinate the meat with the other ingredients and store in the fridge for 5 hours. Move on to making the tomato dressing.
- In the slow cooker, turn on the sauté option.
- Pour the canola oil in the cooker and let it heat up.

- Add the garlic and ginger to the cooker and sauté for 2 minutes until lightly brown.
- Put the tomatoes and let it cook for 5–7 minutes. Stir occasionally.
- Add the mirin, soy sauce, thyme and chilli with the tomatoes and mix.
- After 1 min of stirring, add the salt, pepper and lemon juice. You can also add the chilli powder for an extra kick.

- Using a handheld blender, blend the mixture until it becomes a thick sauce.
- Stir for 2 minutes more and remove from the slow cooker and place in the fridge till serving time.
- After 5 hours, take out the marinated meat from the refrigerator.
- Set the slow cooker to sauté mode. In batches, sauté the marinated meat on each side for about 3 minutes per side.

- Add the rest of the marination and the sautéed meat in the slow cooker to cook for 15–20 mins on low pressure. Naturally release for 10 minutes.
- Serve the meat hot with the tomato dressing on top.
**Pork Bone Soup**

**Ingredients:**

For marination:
- 2 tbsp of coriander powder
- 2 tbsp of cumin powder
- 1 dried chilli
- 1 1/2 tbsp of rosemary
- 2 tbsp of thyme
- 1 tbsp of basil
- 1 tbsp of dried parsley
- 2 tsp of turmeric powder
- Salt and pepper to taste
- 1 tsp cayenne pepper
- 1 tsp of cinnamon powder
- 2 tbsp of oregano

For soup:
- 1 pork thigh bone
- 2 pork neck bones
- 1 tsp of canola oil
- 2 onions, diced
- 3/4 butternut squash
- 4 medium sized potatoes
- 1/2 cabbage
- 6 cloves of garlic, minced
- 2 tbsp of ginger, grated
- 3 bay leaves
- 4 cloves
- 1 tbsp of cumin
- 1 1/2 tbsp of coriander
- 1 tsp of turmeric powder
- 1 tbsp of thyme
- 1 tbsp of oregano

**Directions:**

- Combine all the ingredients for marinating the bones and cover the bones in the spices. Allow the bones to marinate for 5 hours.
- In the slow cooker, turn on the sauté function and heat up the oil.
- Add the garlic and ginger and stir for 1 min.
- Mix in the onions and stir for about 5 mins or until the onion brown lightly.
- Add the marinated bones and the leftover spices into the slow cooker and stir for another 2-3 mins.
- Add all the other ingredients into the slow cooker and set the cooker function on slow cook for 12 hours.
- After 12 hours, remove the bones from the pot and set aside.
- Using a blender, blend the soup until smooth.
- Add the bones back into the slow cooker and adjust seasoning to taste.
- Serve hot with a pinch of cilantro (optional)
Every Saturday at 6 p.m. SCM hosted meals for the Bennington College community during FWT. Our first few community meals were at different locations on campus. Three weeks into the project, the student center became the home for SCM. We used the student center kitchen for food preparations, storage and cooking. The remaining space became the venue for the meals.

A little knife skills session from Chef Steve

All the produce we received from farmers were stored in the student center kitchen.

A photo of the SCM student members at the weekly community meals
Some more insider photos!

People brought their own containers or used some of the SCM food containers for all the food!

Students living outside of campus, in the Paran Creek apartments and Welling townhouse, joined the community meals.

And we for one loved to see everyone’s happy faces!
Many people helped and supported the Slow Cooked Movement Project from its initiation to its duration and continue to keep the team spirit alive. A special thank you to the Andrew W. Mellon Foundation for making the SCM project possible. A warm thanks to Clearbrooke Farm, Saunders Farm, True Love Farm and all other farms and farmers who graciously supplied us with local, farm fresh produce. The project wouldn’t have been as successful without the guidance of faculty member Yoko Inoue. The help from Buildings and grounds, Chef Steve, Aila West, Shannon Barsotti, Susan Sgorbati, Ben Hall and the community coordinators supported the SCM project throughout winter. For that we are very grateful. Lastly, a hearty thank you goes to the SCM team members who gave their heart into the project.