



RECIPES

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Who we are...

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, nourishin 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 COVID19 pandemic.



Ulyana Shkel '23



Cass Skarka '22


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.



Jacqueline de Loos '22



Akanchya Maskay '21


 Jacqueline de Loos '22

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 opposite of sweet, sugary, honey. Acid taste can be considered pungent, bitter, choking, sharp, unpleasant, harsh - sharp, cutting, caustic, bitter, vitriolic, mordant, trenchant - so
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 pleasing, alluring, likable, engaging, charming, fascinating, glamorous. It is never repulsive, repulsive, or distasteful. Appetizer is the tidbit, snack, starter,
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 and gentle, temperate, non-acidic, non-stinging, scathing

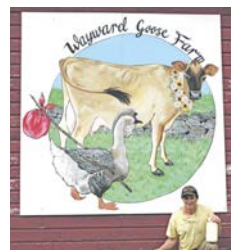
Farms Farms and Farms!



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 to.



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 Winter2021. We hope to see this recipe book grow as more people use the slow cookers from the kitchen kit we procured.



Let's get cooking!

CARROT SQUASH SOUP

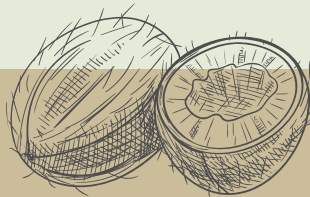
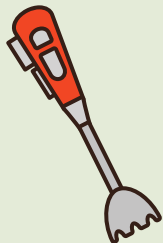
Ingredients:

- 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.



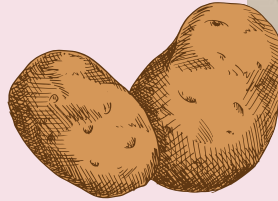
Stir in some coconut milk to add more flavor.

Acerbic is anything sour, bitter or sharp - cutting, caustic, acid, mordant, barbed, prickly, biting, pointed. The opposite flavor would be mild, sweet, sour, bitter. Just the opposite of sweet, sugary, honey. Acid taste can be considered pungent, bitter, choking, sharp, unpleasant, harsh - sharp, tart, sharp, biting, acerbic. Aftertaste is the trace, hint, smack, relish, savor food leaves behind. Ambrosia is the food of the gods, and epicurean gastronomic delight, some apply this term to the pièce de résistance in a meal. Ambrosial is, therefore, fit for the gods, delectable, mouthwatering, divine. It is not distasteful or disgusting at all. Appealing food is attractive, tempting, interesting, pleasing, alluring, likable, engaging, charming, repellent. Appetite is the hunger, craving, desire, taste, ravenousness, sweet tooth, thirst, penchant, or passion we experience. When we have repulsive, or distasteful. Appetizer is the tidbit, snack, starter, hors d'oeuvre, finger food, dip, cold cuts, kickshaw, olives, anchovies - canapés, have to open a meal. Appetizing is everything we find appealing, mouth-watering, delectable, savory, delicious, palatable, inviting, tantalizing, what we find nauseating, sickening, repulsive, unappetizing, revolting. Astringent is biting, harsh, sharp, cutting, acerbic, severe, rough, acid, comes as soothing, balmy, mild, gentle, temperate, tranquil, calm. Never irritant or abrasive. Biting taste means caustic, piercing, penetrating, balmy, or soothing. Bitter is acrid, tart, sour, harsh, acidic, vinegary, acerbic. The opposite of sweet, honeyed, mild, gentle, warm. Brackish means previous word, salty, brackish, saline. Caustic is something cutting, biting, acid, acidic, sharp, astringent, stinging, scathing, excoriating. To say

BEEF HEART STEW

Ingredients:

- 1 beef heart, 1-inch cubed
- 2 tsp of canola oil
- 2 onions, diced
- ½ cabbage
- 3 tomatoes
- Half a head of garlic, minced
- 1 ½ onion, diced
- 3 cups of potatoes, diced
- 3 tomatoes, diced
- ½ cabbage, 1-inch cubed
- 3 tsp of oregano
- 3 tsp of rosemary
- 3 tsp of thyme
- 2 tsp of basil
- 2 tsp of dried parsley
- 2 tsp of salt, add more as needed
- 3 tsp of worchester sauce
- 1 tsp of ginger
- 2 tsp of garam masala
- 1 dried chilli
- 4 tsp of cumin
- 1 tsp of black pepper
- 9 cups of chicken stock



Directions:

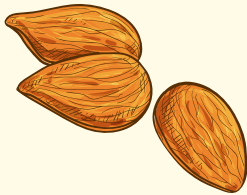
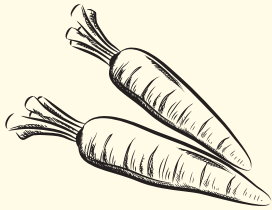
- Turn on the saute function in the slow cooker and saute the cubed beef heart for about 1 min
- Take the beef heart out and set it aside. Saute the onions until brown.
- Add the remaining vegetables, the sauteed beef heart and spices into the pot. Saute for another 3 minutes.
- Now, add the chicken broth to the cooker and make sure to close the lid with vent set to close.
- Cook on high for 4 hours and allow for natural release.
- Serve hot!



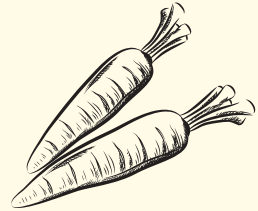
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VEGAN CARROT PUDDING

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 slowcooker 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 gluey.
- Turn off the heat and serve hot or cold!



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VEGETABLE BROTH

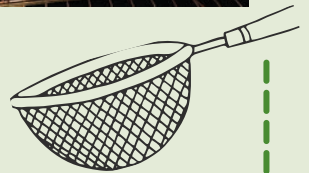
Ingredients:

- 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 ½ tsp sea salt
- 1 small dried chilli



Directions:

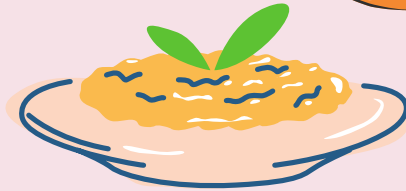
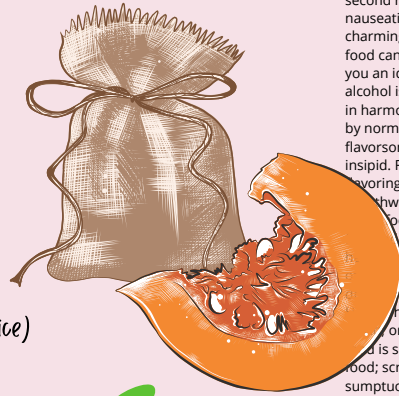
- Preheat the oven to 350 degrees F.
- Line a baking tray/s with parchment paper and spread the vegetable scraps onto the tray, making sure to lay spread the scraps evenly.
- Bake them in the oven for 15 -20 mins
- In the slow cooker, turn on the saute function and heat up the oil.
- Saute the onions 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 saute 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.

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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.



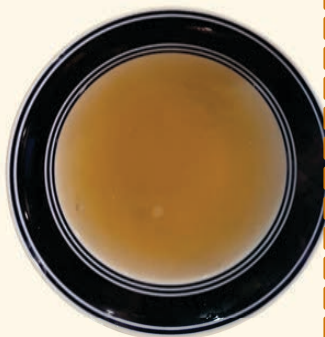
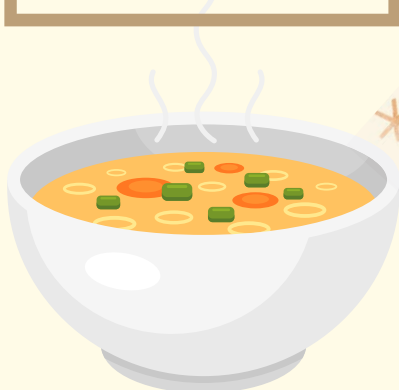
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 a sharp, biting taste, or with a high proportion of strong
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- Pour in the water and place the lid on the pot. Be sure the vent knob is sealed.
- Set cook time at low pressure for at least 8 hours 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 ½ tsp of rosemary
- 2 cloves
- 1 tbsp of dijon mustard
- 1 tbsp of butter
- ½ 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.



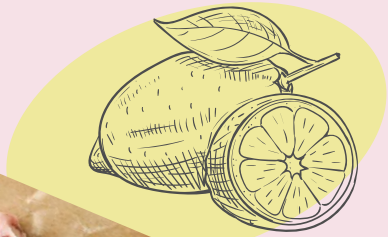
BRAISED PORK

WITH TOMATO DRESSING

Ingredients:

For braised pork:

- 2 pork chops
- 1 rack of pork ribs
- 2 tbsp of ghee
- 2 tbsp rosemary
- 1 tbsp thyme
- 1 tbsp lemon juice
- 3 tbsp mirin
- 4 tbsp soy sauce
- 2 red chilli (chopped)
- salt and pepper to taste
- chilli powder
- 6 whole cloves
- 2 tbsp of oregano
- 1 large onion (diced)
- half a head of garlic (grated)
- 2 tbsp of ginger (grated)



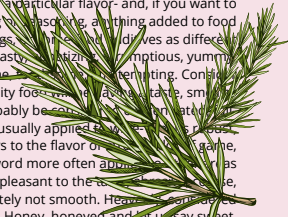
For tomato dressing:

- 3 tomatoes (diced)
- 2 tbsp of canola oil
- 1 tbsp of olive oil
- 1 tbsp mirin
- 1 red chilli (chopped)
- 1 ½ tbsp soy sauce
- 1 tbsp thyme
- 1 tbsp of ginger (grated)
- 5 cloves of garlic (diced)
- 1 tbsp of lemon juice
- salt and pepper to taste
- chilli powder for extra kick



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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 saute option.
- Pour the canola oil in the cooker and let it heat up .

- Add the garlic and ginger to the cooker and saute for 2 minutes until lightly brown.
- Put in 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 mins 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 saute mode . In batches, saute the marinated meat on each side for about 3 minutes per side.

- Add the rest of the marination and the sauteed 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 ½ 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
- ¼ butternut squash
- 4 medium sized potatoes
- ½ cabbage
- 6 cloves of garlic, minced
- 2 tbsp of ginger, grated
- 3 bay leaves
- 4 cloves
- 1 tbsp of cumin
- 1 ½ 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 saute 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)

Student kitchen & meals

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!

A warm Thank you

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.

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