

Sample SCM Recipes

Akanchya Maskay '21 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 on 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.

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

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 .

Cass Skarka '22

Creamy, Vegan New England Autumn Soup

carrots, ginger, butternut squash,

onions, coconut milk, garlic
served at first community meal
2 large butternut squash peeled and
chopped into, say, 1 inch chunks
6 medium carrots, peeled and sliced
3 medium onion, diced
6 cloves of garlic, minced
5 tb of minced ginger
3 cups vegetable broth
1tb dried thyme
1tb of salt
1 can coconut milk, 14oz
3tb oil

Before adding all the ingredients into the slow-cooker, coat our little slow friend in good oil, like canola oil, to prevent burning and sticking. It is important that the oil you use can stand high heat. Add everything into the pot, stirring everything together.

Seal the pot, making sure your vent is “open”, slow-cook on “high” for 4 hrs
Blend soup using a blender or even better yet, an immersion blender.

Serve warm!

Grandma Belka's Pork Shoulder Stew, Vermont Style

butternut squash, tomato,
carrot, potato, onion,
garlic, broth, pork
shoulder, parsley
served at second community meal

Chop 2 butternut squash,

6 large potatoes, 4 tomatoes and 3 large red onions into 1 inch pieces.
Mince garlic and parsley and add to the chopped vegetables.

Season the pork shoulder with salt, peper, rosemary, olive oil, red paprika and thyme and let it marinate while you finish preparing the other ingredients.
Before mixing the ingredients together oil the pot of the slow cooker to prevent burning.

Add 10 cups of broth (vegetable, chicken or pork) and mix in the vegetables and the meat.

Slow cook on low for 3.5-4 hours.

Using an immersion blender blend the stew to a creamy consistency. Pull apart the cooked meat and serve with the rest of the stew.