



**Valley Regional
Hospital Foundation**



**November 19th Cooking Class
Chef Daniel Franck**

Crispy Baked Chicken Thighs with Spicy Harissa Sauce

Spicy Harissa Sauce (vegan/gluten free)

Notes:

This recipe can be done with jarred or canned roasted red peppers, which you can buy at the grocery store. If using jarred or canned, drain well and reduce amount of lemon juice added at the end, as peppers are usually kept in a vinegar brine which is acidic. You will want to have a well-ventilated kitchen. Cooking with hot peppers releases capsaicin into the air and can make you sneeze and cough.

Ingredients:

- 2 red bell peppers
- 2 medium red onions (approx. 250-300 grams, roughly chopped)
- 5 cloves of garlic (roughly chopped)
- 1-3 hot peppers (choose based on how spicy you want the sauce: ghost pepper (hottest), scotch bonnet, habanero, red Thai chile seeded and chopped.
- ¼ cup extra virgin olive oil
- 1 teaspoon cumin seed
- 1 teaspoon caraway seed
- 1 teaspoon coriander seed
- 1 teaspoon salt
- 2 tablespoons tomato paste
- 2 tablespoons lemon juice (reduce this to ½ tbsp lemon juice if using canned roasted red peppers)

Equipment:

- Small Frying pan (for toasting seeds)
- Cutting board
- Large Frying pan or pot (for onions, garlic, and hot peppers)
- Blender or Food Processor (for blitzing all the ingredients at the end)

Directions:

(skip step 1 if using jarred or canned roasted red peppers)

1. Preheat oven to 425F. Cut 2 red bell peppers in half lengthwise and remove core and seeds. Place face down on baking sheet and bake for 30-40 mins. Skin should be blackened in spots and peppers will look

charred. Once out of the oven, place peppers in a pot and cover for 20 minutes. They will steam themselves and this will make them easier to peel the skin. Set aside.

2. In large frying pan or pot, add olive oil and chopped onions. Cook for 5 minutes on medium heat until onions are translucent. Add garlic and peppers. Cook uncovered on medium heat for an additional 20-25 minutes, stirring occasionally to prevent burning, until mixture reaches a dark brown color.
3. In separate dry frying pan, add cumin seed, caraway seed and coriander seed. Turn on heat for 1-2 mins to toast the seeds. Turn off and grind seeds with mortar and pestle or a small grinder and set aside.
4. Combine all the ingredients together in a blender or food processor. Blitz into a pasty sauce.
5. Give yourself a pat on the back.

Simple, Fragrant, Indian-style Rice (vegan/gluten free)

Ingredients:

- 1 medium yellow onion, diced finely
- 1 ½ cups basmati rice
- ½ teaspoon cumin seed
- 2 cardamom pods
- 1 cinnamon stick
- 2 tablespoons extra virgin olive oil
- ½ bunch fresh cilantro, chopped finely
- 2 ½ cups water
- 1 tsp salt

Equipment:

- Medium-sized pot with lid
- Cutting board for chopping cilantro

Directions:

1. Rinse rice under cold water until water runs clear.
2. In medium sized pot, add finely diced onion and olive oil. Sauté a few minutes on medium-high heat until onion starts softening. Add cumin seeds and sauté for an additional 30 seconds.
3. Add rice to pot stir to mix. Quickly add water, cinnamon stick and cardamon pods. Cover pot.
4. Simmer covered on medium heat for about 10-15 minutes, or until most of the water has been absorbed. Turn the heat off and let the covered pot rest for at least an additional 15 minutes. Do not stir it or remove the lid.
5. After rice has rested sufficiently and is ready to be plated, fluff with a serving spoon and serve in a dish. Garnish with chopped cilantro.

Chicken Thighs

Note:

This recipe can also be done with boneless skinless chicken thighs. You can cover baking sheet with aluminum foil for quick clean up.

Ingredients:

- 8 Chicken Thighs (Bone-in, Skin on)

1 tsp Granulated Garlic (can substitute with garlic powder)
1 tsp Chili Powder
1 tsp Salt
1 tsp pepper
Avocado/Canola/Vegetable Oil

Equipment:
Baking Sheet
Pastry Brush (optional)

Directions:

1. Preheat convection oven to 400F.
2. Pat chicken thighs dry using paper towel. Place them on baking sheet.
3. Lightly oil chicken on all sides using a pastry brush or your hands.
4. Mix the salt and the spices and sprinkle on oiled chicken thighs
5. Bake for 35 mins or until minimum internal temp of 165F. (If using boneless, skinless thighs, cooking time may be slightly less, i.e. 30 mins)
6. Remove from oven and serve

Onion Bhaji with Cucumber-Mint Raita

Onion Bhaji (vegan and gluten free)

Ingredients:

2 Yellow Onions (average size. Approx. 300 grams or 3 cups loosely packed finely sliced no longer than 2 inches)
1 ¼ Cup Gram (Chickpea) Flour (loosely packed approx. 150g)
¼ cup Rice Flour (40g)
¾ cup water
1 teaspoon salt
1 teaspoon black pepper
1 teaspoon turmeric
1 teaspoon chili powder
½ bunch fresh cilantro leaves, washed and finely chopped (about ¼ cup)
1 ½ Cups Oil for pan-frying (Avocado oil/Canola oil/Other Vegetable oil)

Equipment:

2 mixing bowls
1 frying pan
1 Cutting board
1 plate with paper towel for draining

Directions:

1. Chop the onions and cilantro and mix well together, making sure onion slices are well separated. Place in mixing bowl.
2. In your second bowl, mix gram flour, rice flour and spices.
3. Add water to flour mixture and whisk using a large fork
4. Add onions and cilantro to newly formed batter, mix well using a spoon or your hand.
5. Add cooking oil to pan and heat to approx. 350F.
6. With the help of a spoon, take small spoonfuls of the mixture and gently place in the hot oil. Fry about 2 minutes per side until crisp and brown on both sides.
7. Once cooked, place bhajis onto a plate with paper towel to drain.
8. These can be kept in the fridge and reheated at a later time using an air fryer or oven. If planning on doing this, you can fry them slightly less long in order to account for browning which will occur when you reheat them.

Cucumber-Mint Raita (vegetarian and gluten free)**Ingredients:**

- 1 container (500g/ml) Full Fat Pressed Yogurt (Labneh) OR Low Fat Greek Yogurt
- 1 English cucumber
- ½ bunch fresh mint/1 store package size bunch fresh mint
- Juice of ½ lemon
- Zest of ½ lemon (optional)
- ½ teaspoon salt
- ½ teaspoon black pepper

Equipment:

- 1 mixing bowl
- 1 blender or mini-blender (optional)
- 1 Cheese grater (to grate cucumber)
- 1 zester (optional)

Directions:

1. Grate ¾ of the English cucumber on the coarse side of the grater over a plate or baking dish. Make sure to save the juice that settles at the bottom.
2. Wash lemon well, then zest half a lemon. If you don't own a zester, you can do this using the finer side of your cheese grater. Add lemon zest to grated cucumber.
3. Strain the cucumber of the excess juice. Keep the juice. Combine the lemon juice and the cucumber juice in a small blender, along with trimmed and washed mint leaves, salt and pepper. Blitz together. This technique is best for infusing the full flavour of the mint into the raita. Alternatively, you may chop the mint finely and mix it in.
4. Add the yogurt to the mixing bowl along with the grated cucumber and minty juice mixture. Mix well with a spoon.
5. Transfer from mixing bowl to a serving dish or bowl.
6. Chop the remaining ¼ cucumber into slices and use as a garnish. You may also save a sprig of mint to add as an additional garnish.

Onion, Feta and Spinach Borek (vegetarian)

Note:

If you've never cooked with phyllo pastry before, the first time may seem a bit daunting. It can be delicate and if handled improperly, it will give you a hard time. Don't worry. I'm here to give you some tips.

1. At least 1 day before making this recipe, transfer the phyllo from your freezer to your refrigerator. It will keep several days in the refrigerator. Whatever you do, DO NOT open the plastic packaging until you are ready to use it. This will cause the phyllo to dry out, fast.
2. Before you plan on using the phyllo, place the unopened package on the counter at room temperature for 1-2 hours. This will prevent it from cracking and splitting. DO NOT place it near a source of heat. Doing this may cause the sheets to fuse together.
3. Have a damp towel ready to throw on top of the phyllo in case you get distracted or need to leave the cooking area briefly. This will prevent the phyllo from drying out. Uncovered, it takes about 5-10 minutes for it to start drying out.

Ingredients:

- 1 pack frozen phyllo pastry (available in most grocery store in the freezer section)
- 1 medium yellow onion
- 1 medium red onion
- 2 cups baby spinach or approximately 1 large handful.
- 1 250g package feta cheese
- 1 stick of unsalted butter (1/4 pound or 113g)
- 1 teaspoon salt
- 1 teaspoon black pepper
- 2 teaspoons rubbed oregano
- 1 tablespoon olive oil
- 1 egg

Equipment:

- 1 colander or paper towel for absorbing excess juice
- 1 pastry brush
- 1 small pot
- 1 Baking sheet
- 1 wooden spoon
- 1 mixing bowl
- Damp cloth to cover phyllo (optional)
- Plastic wrap to wrap any unused phyllo pastry
- Large pan with lid or stock pot with lid

Directions:

1. Preheat oven to 350F.
2. Cut the onions into thin slices.
3. In a large frying pan, add olive, sliced onions, salt and pepper. Sauté on medium-high until the onions are slightly golden.
4. Add baby spinach and mix well with wooden spoon. Add lid and turn off heat. Wait 10 minutes.

5. Transfer mixture into colander and strain to remove excess liquid. Alternatively, you may use paper towel to do this by hand. Be careful not to burn yourself if you do this.
6. At this point, you can refrigerate onion/spinach mix for a day or two if planning on completing this later. Otherwise, set aside.
7. Take the block of feta out of the container. Hold it on top of the sink for 15-20 seconds, making sure the excess brine drips out. Crumble the feta into the mixing bowl using your hand.
8. In the mixing bowl, mix the crumbled feta and onion/spinach mixture with the oregano.
9. Melt butter in a small pot on low heat. Keep warm.
10. Before you open the phyllo pastry package, make sure you have plenty of counter space.
11. Measure $\frac{1}{4}$ width of the rolled phyllo and cut using a knife. You can wrap the remaining $\frac{3}{4}$ roll in plastic wrap and set aside or put back in the fridge for later use.
12. Gently open the $\frac{1}{4}$ roll of phyllo. The sheets are thin like paper.
13. Separate 1 sheet at a time from the rest.
14. Add a small spoonful of the feta/onion/spinach mix to the bottom of the sheet. Do not add too much. This will make it hard/impossible to fold. If you mess the first ones up, don't worry. You have a lot of extra phyllo to work with.
15. Brush the sheet with the melted butter, then gently take the bottom corner and start folding the phyllo onto itself in the shape of a small triangle.
16. Place each triangle onto a baking sheet and repeat. As long as you have well coated the phyllo with the melted butter, your triangles should not dry out quickly.
17. Once done, crack an egg into a mixing bowl and whisk with a fork.
18. Using the pastry brush, brush the egg wash onto the boreks.
19. Make sure the triangles are not touching on the pan.
20. Bake at 350F for approximately 15-20 minutes, or until pastry is a nice golden brown. Serve immediately.