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<https://rouxbe.com/recipes/5472-briam-greek-vegetables-in-tomato-sauce>

Briam | Greek Vegetables in Tomato Sauce

This traditional Greek dish is not only ridiculously easy to prepare, it also happens to be outstanding.

Serves: 6 to 8 • Active Time: 20 mins • Total Time: 1 hr 45 mins • Success: 100

Step 1: Preparing Your Mise en Place

3 lrg floury potatoes, peeled and cut into large dice or sliced into 1-1.5 cm-thick pieces
2 onions, cut in half, then sliced
1 lrg eggplant, diced (or 3 sm eggplant sliced into rounds)
2 sm green bell peppers, cut in large pieces
2 sm red bell peppers, cut in large pieces
2 carrots, large diced
1 1/2 cups green beans, cleaned and cut in half
2 tbsp freshly chopped flat-leaf parsley
4 medium-sized tomatoes, chopped or 400 g canned diced tomatoes*

Method

For this dish, you basically need about 1 1/2 to 2 cups of each vegetable. If you like one type of vegetable more than another, then feel free to use more of that instead. Also, many recipes call for zucchini; however, we found them to be too watery for our tastes, so we used red peppers instead.

***Note:** For the best final consistency, pulse the diced tomatoes a few times in the food processor before using.

While this may seem like a lot of vegetables, they will cook down considerably during cooking, releasing all of their water and juices — resulting in about half of their original volume.

As for the types of vegetables, feel free to experiment with other vegetables (see note at bottom of recipe).

Step 2: Assembling & Baking the Dish

2 tbsp tomato paste
1 cup water
1/3 cup olive oil, or to taste
sea salt, to taste
freshly ground black pepper, to taste

Method

Preheat the oven to 400°F (200°C).

To assemble the briam, place the potatoes on the bottom of a large baking or casserole dish and season with a bit of salt and pepper. Continue to lay the vegetables — hardest first, softest last — seasoning well between each addition or layer.

Next, add the tomatoes and chopped parsley. Lastly, add the tomato paste to the water and stir to combine. Pour this mixture all over the vegetables, followed by the olive oil. Note: The amount of olive oil used to make Briam comes down to personal preference. Many recipes call for at least a cup of olive oil; however we use considerably less and it still produces delicious results.

To bake the dish, loosely cover the baking dish with foil and place onto the lower rack of the preheated oven. Check the vegetables about every half an hour to make sure the ingredients on top are not drying out or burning. You may need to gently press the vegetables down into the liquid a bit during cooking.

Let cook for approximately an hour to an hour and a half, or until the vegetables are quite soft.

***Note:** For more color, after an hour check to see that the vegetables are cooked through, if so remove the foil and roast for another 1/2 hour, uncovered, until the vegetables start to turn golden brown.

Allow to cool slightly before serving. To serve, sprinkle some freshly chopped parsley, if desired.

This dish goes particularly well with many of these delicious plant-based Greek recipes — [Hummus](#), [Tzatziki](#), [Lemon Potatoes](#), [Baked Beans](#) | [Plaki](#), [Dolmades](#) and [Pita Bread](#).

Chef's Notes

by Dawn Thomas • April 13, 2018

There are many versions of this dish depending where one is from in Greece. Oftentimes, the vegetables used in briam are simply those that one has on hand or they are simply the family's favorite combination. For instance, many recipe call for zucchini; however my partner Joe doesn't like their texture once cooked down, therefore, I leave them out. After much experimenting, this is our favorite combination — in particular the potatoes.

Note: For extra flavor and color, some recipes call for lightly shallow-frying the vegetables before assembling the dish.

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<https://rouxbe.com/recipes/5480-asian-kale-coconut-cashew-salad>

Asian Kale, Coconut & Cashew Salad

This fresh and aromatic salad is made with kale, cabbage, mint, cilantro, chives, toasted cashews and coconut flakes and finished with a simple Asian vinaigrette.

Serves: 2 to 4 • Active Time: 30 mins • Total Time: 40 mins • Success: 100

Step 1: Making the Vinaigrette

1/8 to 1/4 cup water
3 tbsp toasted sesame oil
2 tbsp rice wine vinegar
1 to 2 tbsp sweetener, such as honey or agave
cayenne, to taste (a good pinch or more)
2 tbsp soy sauce
2 tbsp miso paste

Method

To make the vinaigrette, whisk together all of the ingredients — starting with 1/8 of a cup of water. Alternatively, the dressing can be made in a small jar with a tight-fitting lid. Add all of the ingredients to the jar and shake vigorously to combine.

Lately, taste for seasoning. If the dressing is a bit too strong in flavor and/or it is too thick, add a bit more water.

Step 2: Preparing the Mise en Place for the Salad

4 heaping cups chopped kale*
1 cup shredded green cabbage
1/4 cup roughly chopped fresh mint
1/4 cup roughly chopped cilantro
3 tbsp finely minced chives (or 2 green onions, finely minced)

Method

Prepare the ingredients for the salad. *For the kale, wash, de-stem and dry. To prepare the kale, it can either be torn into bite-sized pieces, or it can be shredded. Shredding the kale (like chiffonade) makes for a more delicate salad.

Once done, add all of the ingredients to a large bowl.

Step 3: Finishing the Salad

3 tbsp roughly chopped, toasted cashews*
3 tbsp toasted coconut, or to taste*

Method

To finish the salad, add just enough of the vinaigrette to lightly coat the ingredients. Note that there will likely be leftover dressing.

Just before serving, add the chopped cashews and toasted coconut. Note that these **Asian-Roasted Cashews** are also delicious in this salad, rather than just the plain roasted cashews.

Lastly, taste for seasoning and serve.

Note: While this salad is delicious immediately after it has been made, it is also nice if left to marinate for about 15 minutes — this give the vinaigrette time to infuse and slightly soften the ingredients. If dressing the salad ahead, do not add the cashews and coconut until just before serving.

Chef's Notes

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For the toasted coconut, it can be used as is, or it can first be tossed with a bit of soy sauce and sriracha hot sauce before toasting.

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<https://rouxbe.com/recipes/4184-quinoa-w-mixed-vegetables>

Quinoa w/ Mixed Vegetables

Quinoa, fresh vegetables are tossed with a refreshing lemon vinaigrette for a colorful and delicious dish.

Serves: 2 to 4 • Active Time: 40 mins • Total Time: 40 mins • Success: 100

Step 1: Preparing the Quinoa

3/4 cup quinoa
1 1/2 cups light stock (or water)
pinch of sea salt

Method

In a small pot, bring the stock, quinoa and salt to a boil. Reduce to a simmer and cover with a lid. Let cook for 15 to 20 minutes. Remove from the heat. Keep covered and let rest for about 10 minutes. Uncover, fluff with a fork and set aside to cool.

Step 2: Preparing Your Mise en Place

1/2 cup frozen peas
1 red bell pepper
1 cup zucchini
1 cup cherry tomatoes
1/4 cup red onion (or to taste)
1 yellow bell pepper

Method

While the quinoa is cooking, measure out the peas. Cover with hot water for 1 to 2 minutes. Drain and set aside.

Cut the bell peppers and zucchini into medium dice. Halve the cherry tomatoes. Slice the red onion into thin slices. Set aside.

Step 3: Making the Vinaigrette

6 tbsp extra-virgin olive oil
5 tbsp flax or grapeseed oil
2 tbsp honey or agave nectar
6 tbsp fresh lemon juice
sea salt, to taste
1/2 garlic clove
freshly ground black pepper. to taste

Method

To make the vinaigrette, mince the garlic and place into a jar. Add the honey, lemon juice, olive and flax oil, cover and shake to emulsify. Season to taste with salt and pepper.

Step 4: Assembling the Salad

sea salt, to taste
freshly ground black pepper. to taste

Method

To assemble the salad, gently toss the vegetables and quinoa together in a large bowl. Add enough vinaigrette to lightly coat the ingredients. Any leftover vinaigrette will keep in the fridge for a week or so.

Season the salad to taste with more salt and pepper, if needed. Serve.

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<https://rouxbe.com/recipes/5568-the-energy-bowl>

The Energy Bowl

Perfectly seasoned quinoa, topped with a silky cauliflower sauce, tender baby kale and garnished with grated carrots and beets, pumpkin and sunflower seeds and then finished with a generous drizzle of cilantro-lime sauce and cashew sour cream.

Serves: 4 • Active Time: 30 mins • Total Time: 1 hr • Success: 0

Step 1: Preparing Your Mise en Place

1 recipe Cauliflower Sauce
1 cup finely grated carrots***
1 cup finely grated beets***
2 cups cooked quinoa**
3 to 4 cups baby kale, torn into bite-sized pieces***
4 tbsp pumpkin seeds
4 tbsp sunflower seeds
1/2 recipe Lime-Avocado Sauce*
1 cup Cashew Cream
1/2 bunch fresh cilantro

Method

To start, first prepare the [Cauliflower Sauce](#).

***Note:** For [Lime-Avocado Sauce](#), make only half the recipe and add an additional half bunch of fresh cilantro. This makes for a delicious Cilantro-Avocado Sauce. Once done, place into a squeeze bottle (if you have one, if not, you can simply spoon it on at the end).

Next, gather (or make) the [Cashew Sour Cream](#). Again, place this into a squeeze bottle, if you have one.

****Note:** For the quinoa, either use leftover and reheat it just before serving, or cook as follows:

Bring the 1 1/2 cups stock and 1 cup of quinoa to a boil in a small pot. Reduce to a simmer and cover with a lid. Let cook for 15 to 20 minutes. Remove from the heat. Keep covered and let rest for about 10 minutes. Uncover, fluff with a fork and set aside to cool. ***Note:** If using plain water, be sure to season the water with a pinch or two of sea salt.

*****Note:** For the carrots and beets, grate them as desired, we just like a bit of a finer grate for this dish as it makes for a more delicate dish. For the kale, baby kale is best as it is also quite delicate; however, if you cannot find baby kale, regular kale will work just fine.

Step 2: Assembling the Bowl

1 tbsp nutritional yeast
sea salt, to taste
freshly ground black pepper, to taste

Method

Just before serving, toss the kale with the nutritional yeast, salt and pepper.

To assemble the dish, start by placing about 1/2 cup of hot/warm quinoa on the bottom of a large serving-sized bowl. Next, ladle about a 1/2 cup of cauliflower sauce around the edge of the quinoa (or simply pour over top).

Next, place a handful of the seasoned kale on top — followed by 1/4 cup each of grated carrots and beets. Next, sprinkle with a tablespoon each of pumpkin and sunflower seeds.

Lastly, drizzle the top with a generous amount of the Lime-Avocado Sauce and Cashew Sour Cream. Serve immediately and enjoy.

Note: As far as presentation goes, feel free to play around with the dish and how it is plated. We chose to do it this way because, if you eat from the outside inward, you get a bit of everything with each bite.

Chef's Notes

by Dawn Thomas • April 13, 2018

While this dish may seem time consuming, it's actually quite easy to make. Also, many things, like the sauce, the quinoa, cashew sour cream etc. can be made ahead of time. It also tastes delicious, so it's worth any extra effort.

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<https://rouxbe.com/recipes/5323-veggie-packed-chili>

Veggie-Packed Chili

This particular chili is loaded with healthy vegetables, yet it's still as hearty and delicious as any other chili.

Serves: 4 to 6 • Active Time: 30 mins • Total Time: 1 hr 30 mins • Success: 100

Step 1: Making the Chili

1 onion, diced
2 carrots, diced
1 sm head cauliflower, stemmed and cut into small florets
1 green pepper, diced
2 to 3 cloves garlic, minced
2 tsp ground cumin
2 tbsp chili powder (or to taste)
1 tbsp apple cider vinegar
1 - 15 oz can whole tomatoes, seeds removed and roughly chopped
1 - 15 oz can crushed tomatoes
2 cups cooked kidney beans (or 1 - 15 oz can, drained and rinsed)
1/2 bunch fresh cilantro, roughly chopped
1/2 cup Cashew Sour Cream (optional)
1 to 2 avocados, diced (optional)
salt, to taste
freshly ground black pepper, to taste

Method

To make the chili, heat a Dutch oven over medium high heat and dry-sauté the onions. Alternatively, the onions can be sautéed with a bit of oil.

Once the onions are translucent and just starting to brown, add the garlic and let cook for 30 seconds or so. Next, deglaze the pot with about a 1/4 cup of water and then add the carrots. Let the carrots cook for about 5 minutes, or until they start to soften a bit.

Next add the green pepper, cauliflower and cook until they start to soften slightly, about 5 minutes or so.

At this point, add the cumin, chili powder, vinegar, tomatoes, kidney beans and 1 cup of water. Bring the chili to a boil and then reduce the heat and let cook for 45 mins to an hour. Stir and test the chili periodically, to ensure nothing is sticking. If the chili seems too thick, add a touch more water. Once the vegetables are cooked through and tender, the chili is done.

Lastly, check for seasoning, adding salt and pepper to taste.

To serve the chili, ladle into bowls and top with diced avocado and garnish with freshly chopped cilantro and a big dollop of [Cashew Sour Cream](#).

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