

FOOD SUSTAINABILITY SERIES



F E A T U R E D M E N U

Falafel
Tabbouleh Salad
Tzatziki Sauce

About me, I am a self-taught Chef who developed a keen interest for cooking at a very young age. My father loved to eat and my most memorable experiences with him was dining out and eating amazing food! I began replicating those delicious menus along with ideas from my favorite TV Chefs in my mom's kitchen and voila...my culinary career began.

After high school, I landed a sweet gig at Via Rail both as a Cook and Service Attendant. I consider this one of my favorite jobs as I traveled throughout my beautiful country of Canada; met amazing people and mentored with some of the railway's finest chefs.

My cooking styles vary and I typically cook off the cuff experimenting and creating new recipes. I love to explore and take my palate to whole new journey of yum. If I were to describe what I love to cook...my kitchen is always an adventure...never the same. That's me in a nutshell!

In addition to cooking, I am a seasoned Mixologist, and currently an Account Manager for a national food service broker. I also own and manage my own catering company, The Little Olive Tree.

I look forward to spending the next hour to get to know you, have some fun and cook together this delicious menu created just for you and your family to enjoy!

Tips for a Successful Virtual Experience

- 1. Get Your Ingredients Ready!**
Review the list of all the ingredients you need and bring them out onto your table or counter so they're easily accessible. For any fresh fruits or vegetables, ensure they're washed and ready to go!
- 2. Pull out your Tools for Success!**
Get any equipment or tools ready in your kitchen, including a kitchen towel or some paper towel to ensure we're keeping our area clean as we cook!
- 3. Check Your Tech!**
Ensure your video chat platform is good to go and your sound is up!
- 4. Bring Your Questions!**
This is your time to ask all your kitchen questions!
- 5. Get Ready to Participate**
This is not the time to be a couch cook, let's be proactive and have some fun!!

We will learn from each other and layer our ideas as we go! We are all about promoting awareness, learning and community camaraderie in our virtual world.

Chef Cherrie



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Grocery List:

Dried Chickpeas (Do not use canned)
Baking Soda
Fresh Parsley 2 Bunches (Carley recommended)
Fresh Bunch Cilantro
Dill (Dried or Fresh)
White and Red Onion
Garlic Cloves
Salt and Pepper
Cumin
Coriander (Optional)
Cayenne Pepper (Optional)
Baking Powder
Sesame Seeds
Red Onion
Bulger Wheat
English Cucumber
Greek Yogurt
Tomato
Lemon
Shallot
Olive Oil
Canola or Vegetable Oil
Pita Bread
Arugula or Lettuce Mix

Tools:

Knife
Cutting Board
Bowls and a Plate
Frying Pan
Food Processor (Recommended)
Scoop
Medium Sauce Pan or Dutch Oven
Steamer or Strainer
Air Tight Container
Tongs

***Pre-Preparation:

Soak the chick peas 24 hours prior in 2 c water and add the baking soda to soften the peas. Once they are ready pat dry and set aside.
Canned peas are not recommended for this recipe.
Soak bulger 1 hour prior to the class.
Pre-portion ingredients.

The Farmers' Truck

Made in Canada 🇨🇦



Prep Time: 30 minutes, does not include soaking time of chickpeas

Cook Time: 30 minutes

Yield: 12 medium patties

By Chef Cherrie Moreault of ChefTorial

Falafel

1 c dried chick peas
¼ tsp baking soda
½ c fresh parsley stems removed (curly recommended)
½ c fresh cilantro
¼ c fresh dill stems removed or dried
½ c white onion diced
4-5 garlic cloves minced
Salt to Taste
1 ½ tsp black pepper
1 ½ tsp cumin
1 ½ tsp coriander (optional)
½ tsp cayenne (optional)
½ tsp baking powder
1 tbsp toasted sesame seeds
canola or vegetable oil for frying
pita bread
arugula or lettuce mix

Tabbouleh

¼ c bulger wheat soaked in 1 cup water
½ c fresh parsley chopped fine
¼ c red onion chopped
3-4 garlic cloves minced
¼ c cucumber diced
1 tomato seeded and diced
2 tbsp lemon juice
salt and pepper to taste
1 ½ tsp coriander (optional)

Tzatziki

1 c Greek yogurt
1 tsp shallot minced
¼ c grated cucumber
2 tbsp lemon juice
salt to taste
½ tsp dill fresh 1 tsp dried
½ tsp olive oil

Putting it all Together

Tabbouleh and Tzatziki: In separate bowls mix all the ingredients together stir until well combined. Set aside.

Falafel: Add the chick peas, herbs and spices, onion, garlic in large bowl of a food processor (blender) and run for approx. 30 -40 seconds until the mixture is very well combined with no visible chunks (Mash chickpeas with potato masher if no food processor and then mix all the ingredients by hand). Transfer to an air tight container and place in refrigerator.

When ready to fry, add the baking powder and sesame seeds to the mixture and stir well. Form into balls and flatten.

Fry: 3-5 minutes or until brown on medium high

Mean while fill sauce pan 1/2 full of water and boil. Place steamer or strainer on top. Once boiling, lay pitas covered to steam until soft about 1-2 minutes.

When the falafel is cooked, pat them lightly to remove excess oil. Remove pita from steamer and place lettuce on top of pita. Layer the next ingredients: falafel, tabbouleh, tzatziki. Roll and enjoy!