



## **Savory Cauliflower Kugel + Israeli Chopped Salad + Shoko B'Sakit "Chocolate Milk in a Bag"**

By Dylan Sabuco

**Prep Time** 30 / **Cook Time** 40 / **Serves** 4 - 6

### **Shopping List**

☐ Fresh:

☐ 1 small head of cauliflower (white, yellow, or purple are all fine)

☐ 4 green onions

☐ 3 medium tomatoes

☐ 1 cucumber

☐ 1 red bell pepper

☐ 1 large lemon

☐ Pantry:

☐ 1 tsp salt + more to taste

☐ 2 T olive oil

☐ 1/4 tsp black pepper

☐ 1/3 C pure cocoa powder

☐ 2 T brown sugar

☐ 1 pinch coriander

☐ Dairy and Eggs:

☐ 4 eggs **\*\* (for EGG ALLERGY sub 1 pkg firm tofu) \*\***

☐ 1/4 C butter **\*\* (for DAIRY ALLERGY sub 3 T olive oil) \*\***

☐ 1/2 C cottage cheese **\*\* (for DAIRY ALLERGY sub dairy-free/nut-free cream cheese)\*\***

☐ 1/2 C sour cream **\*\* (for DAIRY ALLERGY sub dairy-free/nut-free yogurt)\*\***

☐ 3 C whole milk **\*\* (for DAIRY ALLERGY sub dairy-free/nut-free milk)\*\***

## Fun-Da-Mentals Kitchen Skills

**bake:** to cook food with dry heat, as in an oven.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**knife skills:** Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

**chop:** to cut something into small, rough pieces using a blade.

**sauté:** to cook or brown food in a pan containing a small quantity of butter, oil, or other fat.

**whisk:** to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

**preheat:** to set an oven to the desired temperature for a few minutes or heat a pan for a few seconds before cooking, so it reaches the correct temperature by the time you place the food in it.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**knife skills:** Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

**chop:** to cut something into small, rough pieces using a blade.

**mix:** to thoroughly combine two or more ingredients until uniform in texture.

**taste:** to put a bit of food or drink in your mouth to determine whether more of an ingredient is needed to improve the flavor.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**whisk:** to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

## Equipment

☐ Oven

☐ Baking dish, 8 x 11 (2 qt)

☐ Large sauté pan

☐ Cutting board + kid-safe knife

- ☐ Dry measuring cups
- ☐ Measuring spoons
- ☐ Large mixing bowl
- ☐ Whisk
- ☐ Citrus juicer (optional)
- ☐ Wooden spoon
- ☐ Pitcher
- ☐ Liquid measuring cup

## Ingredients

### Savory Cauliflower Kugel

- ☐ 1 small cauliflower head (white, yellow, or purple are all fine)
- ☐ 2 green onions
- ☐ 1/4 C butter **\*\*(for DAIRY ALLERGY sub 3 T olive oil)\*\***
- ☐ 1 tsp salt
- ☐ 1 pinch of black pepper
- ☐ 4 eggs **\*\*(for EGG ALLERGY sub 1 pkg firm tofu)\*\***
- ☐ 1/2 C cottage cheese **\*\*(for DAIRY ALLERGY sub dairy-free/nut-free cream cheese)\*\***
- ☐ 1/2 C sour cream **\*\*(for DAIRY ALLERGY sub dairy-free/nut-free yogurt)\*\***

### Israeli Chopped Salad

- ☐ 3 medium tomatoes
- ☐ 1 cucumber
- ☐ 1 red bell pepper
- ☐ 2 green onions
- ☐ 2 T olive oil
- ☐ 1 large lemon, juiced
- ☐ salt, to taste
- ☐ black pepper, to taste

## Shoko B'Sakit "Chocolate Milk in a Bag"

- ☐ 3 C whole milk **\*\*(for DAIRY ALLERGY sub dairy-free/nut-free milk)\*\***
- ☐ 1/3 C pure cocoa powder
- ☐ 2 T brown sugar
- ☐ 1 pinch of coriander

## Food Allergen Substitutions

### Savory Cauliflower Kugel

**Egg:** For 4 eggs in Kugel, substitute 1 pkg of firm tofu.

**Dairy:** Substitute 3 T olive oil for 1/4 C butter in Kugel. Substitute dairy-free/nut-free cream cheese for cottage cheese in Kugel. Substitute dairy-free/nut-free yogurt for sour cream in Kugel

### Israeli Chopped Salad

## Shoko B'Sakit "Chocolate Milk in a Bag"

**Dairy:** Substitute dairy-free/nut-free milk for whole milk in Chocolate Milk.

## Instructions

### Savory Cauliflower Kugel

#### chop + sauté

Cut **1 cauliflower head** into large dice and **2 green onions** into small dice. Combine the cauliflower and green onions with **1/4 cup butter**, **1 teaspoon salt**, and **1 pinch of black pepper** in a large sauté pan over medium heat. Sauté the vegetables until lightly browned, about 8 to 10 minutes.

#### measure + whisk

Crack **4 eggs** into a large mixing bowl. Measure and add **1/2 cup cottage cheese** and **1/2 cup sour cream** to the bowl of eggs. Then, whisk the ingredients together until well combined. Add the sautéed vegetables and all the remaining butter from the pan to the egg mixture. Stir the ingredients gently until combined.

#### preheat + bake

Preheat the oven to 350 F and prepare a baking dish by greasing it with a tablespoon of butter or cooking spray. Then, pour the kugel batter into the dish. Once the oven is preheated, place the baking dish in the

oven and bake for 35 to 30 minutes or until the top is golden brown and no longer wet. Kugel is traditionally a noodle dish. Try this uniquely versatile version alongside your favorite sauce or side dish, like Israeli Chopped Salad (see recipe), and say "Bete'avon" (Buh-tay-ah-voyn), which is Hebrew for "Enjoy your meal!"

## Israeli Chopped Salad

### chop + measure

Chop **3 tomatoes**, **1 cucumber**, **1 red bell pepper**, and **2 green onions** into a small dice. Combine the chopped vegetables in a large mixing bowl. Then, measure **2 tablespoons of olive oil** and squeeze the juice of **1 lemon** and add them to the veggies in the bowl.

### mix + taste

Mix up the salad with a wooden spoon (or two). Taste the salad and adjust the seasoning with **salt and black pepper**.

## Shoko B'Sakit "Chocolate Milk in a Bag"

### intro

"Shoko B'Sakit" (shoh-KOH beh-sah-KEET), "chocolate in a bag" in Hebrew, is a popular Israeli milk chocolate drink sold in individual bags to drink from.

### measure + whisk

Measure **1 cup milk**, **1/3 cup cocoa powder**, **2 tablespoons brown sugar**, and **1 pinch of coriander** and whisk them all together in a pitcher. Once the mixture is thoroughly mixed and lump free, slowly add the remaining **2 cups of milk**. Whisk the mixture a few more times before serving.

## Featured Ingredient: Cauliflower!

Hi! I'm Cauliflower!

"I'm a vegetable with a head full of flowers—actually, flower buds. I'm a cauliflower, and my florets (also called curds) are a tight bunch! They are often white, but you might see cauliflowers with green, orange, and purple heads. We also have a variety called Romanesco broccoli (they like to be different), which is green with spiral, spiky-looking florets! Cauliflower is a great gluten-free substitute for a pizza crust, and you can make a yummy, low-carbohydrate version of mashed potatoes with me, too!"

### History

Cauliflower is a cousin of kale, cabbage, brussels sprouts, kohlrabi, collard greens, and broccoli. These vegetables (including cauliflower) are descendants of the same wild vegetable called "Brassica oleracea." Brassica oleracea is native to the southern and western coasts of Europe (find these areas on your map!).

Over several generations, farmers have selected different features of the *Brassica oleracea*. From these selections, each of the original species' modern-day relatives was born: cabbage, kale, brussels sprouts, kohlrabi, broccoli, collard greens, and cauliflower.

These modern-day vegetables are called cultivars. They are different varieties of the same original plant bred to have desirable qualities for human purposes—in this case, to eat!

Cauliflower is quite a noble vegetable. History tells us that the French King Louis the 14th demanded that cauliflower be present at every feast.

China is the largest harvester of cauliflower in the world. China produces an estimated ten million tons of cauliflower and broccoli per year.

## Anatomy & Etymology

The head of the cauliflower (what we eat!) is actually undeveloped flowers! It's true! Each flower is bonded to its neighboring flower so that together, they form a tightly-packed head of "curds."

Cauliflowers can be purple, green, orange, yellow, or white!

Cauliflower develops coarse, green leaves that grow in a rosette shape. The leaves are attached to the stalk, which is centered and sturdy enough to hold the cauliflower's large, heavy white head.

These giant leaves grow up and over the cauliflower head to protect it. Cauliflower will stay white if farmers "blanch" it or cover the heads to shield them from the sun. When cauliflowers are the size of tennis balls, farmers cover them with their biggest outer leaves and tie them at the top. Farmers give the cauliflower leaves a haircut at harvest time and trim the huge leaves closer to the cauliflower head.

If cauliflower heads are not covered as they grow, they will turn dull yellow. Yellow cauliflowers actually have MORE vitamins than white cauliflower because the sun has allowed the heads to develop phytonutrients or special plant vitamins. Heirloom varieties of cauliflower are naturally bright purple, green, or orange and are also high in phytonutrients.

Cauliflower is a bit of a picky vegetable. It doesn't like to grow in too hot or too cold temperatures. It also prefers a very comfortable environment free from pests like insects (as we imagine, would most veggies and fruits!). Cauliflower is especially prone to insect infestations.

The word "cauliflower" may be from the French "chou-fleur" or from the Italian "cavolfiore," which both mean "cabbage flower."

## How to Pick, Buy, and Eat

Cauliflowers are picked when they have reached the expected size and texture.

When buying cauliflower, look for compact heads where the curds (individual florets) are not separated but tightly packed together. Avoid heads that have blemishes or spots on them.

Store raw cauliflower in a paper or plastic bag in the fridge for up to a week.

Cauliflowers can be eaten raw, cooked, or pickled. (They're delicious pickled!)

You can sauté cauliflower leaves in butter (just ask Nigella Lawson!).

You can also rice cauliflower florets or curds by pulsing them in a food processor for a great low-carb alternative to white rice.

## Nutrition

One cup of raw cauliflower has more vitamin C than an orange!

Cauliflower has quercetin, a pigment that helps protect our veins and arteries, the tubes that transport our blood!

Cauliflower is high in fiber, which helps us digest our food.

Our bodies are basically giant collections of cells. Every organ, every inch of skin, every body part is made up of millions of invisible cells that each have their own job in keeping us healthy.

Antioxidants are nutrients that clean our body's house to keep our cells happy and healthy. Fruits and vegetables provide these antioxidants, and cauliflower is an excellent source, keeping our internal house clean and healthy