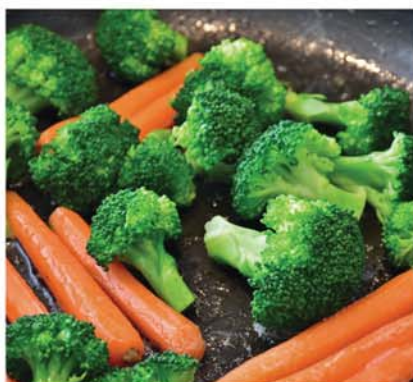


The Good Food Oxford Cooking Toolkit



A handy guide to help you get creative in the kitchen

Improvise and follow your own taste buds to make tasty and nutritious veg dishes that you, your friends and all the family will enjoy. No need for complicated recipes or fancy ingredients.

Just pick your favourite “building blocks” (= ingredients) from the toolkit table, choose a “tool” (= cooking method) and get cooking – easy peasy!

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Inspiration: Some ideas for dishes you can create with the Good Food Oxford Cooking Toolkit

| Vegetables | Method | Flavour / Seasoning | Extras | Sides |
|------------|--------|---------------------|--------|-------|
|------------|--------|---------------------|--------|-------|

Spaghetti with Lentil 'Bolognese' Sauce

| | | | | |
|------------------------------------------------|---------------------|-----------------------------------------------------------------------------------|-----------------------------------------|-----------|
| Tomatoes Grated celery Grated red pepper | Stir-fry Stewing | Onion Garlic Tomato paste Italian herbs Veg stock or salt & pepper | Brown or red lentils Sunflower seeds | Spaghetti |
|------------------------------------------------|---------------------|-----------------------------------------------------------------------------------|-----------------------------------------|-----------|

- 1 Heat a little oil in a large pot or saucepan, add the grated onions and stir-fry for a few minutes, add grated garlic, grated veg and chopped fresh tomatoes. Keep stirring until the vegetables are nice and fragrant.
- 2 Add the canned tomatoes, tomato paste and other seasonings. Stir occasionally.
- 3 After a few minutes, add in the lentils (either drained from a can, or pre-cooked). Stew for another 10 minutes or longer on low heat.
- 4 Taste and season with salt and pepper. Serve with spaghetti and sprinkle with toasted sunflower seeds.

Indonesian Vegetable Curry with Brown Rice

| | | | | |
|--------------------------------------------------|---------------------|-------------------------------------------------------------------------------|-------------------------------------------------|------------|
| Carrots Broccoli Spring greens Red peppers | Stir-fry Stewing | Onion Garlic Ginger or chili Curry powder Lemongrass Soy sauce | Coconut milk Green peas Tofu Sesame seeds | Brown rice |
|--------------------------------------------------|---------------------|-------------------------------------------------------------------------------|-------------------------------------------------|------------|

- 1 Chop the vegetables in a fine julienne cut. Heat some coconut oil or toasted sesame oil in a wok or large, deep pan. Stir-fry the onions. After a few minutes add garlic and the chopped vegetables. Keep stir-frying for a few minutes.
- 2 Then add in the other seasonings and (fresh or frozen) peas, and stew for at least 10 minutes on low heat.
- 3 If using tofu, it tastes best if marinated and fried or baked beforehand and added at the end.
- 4 Taste and add salt or more soy sauce if needed. Serve with rice and sprinkle with toasted sesame seeds.

Summer Veggies in Creamy Mustard Sauce

| | | | | |
|-----------------------------------------------|----------|-------------------------------------|--------------------------------------------------|----------------|
| Courgette Peppers Fennel or green beans | Braising | Mustard Salt Pepper Garlic | Almond butter Borlotti beans Pumpkin seeds | Baked potatoes |
|-----------------------------------------------|----------|-------------------------------------|--------------------------------------------------|----------------|

- 1 Braise or steam the chopped vegetables.
- 2 Add seasonings, beans, and almond butter and mix with enough hot water to make it nice and saucy.
- 3 Taste and add more salt and mustard as needed. Serve with baked potatoes and sprinkle with toasted pumpkin seeds.

Your own favourite recipe

| Vegetables | Method | Flavour / Seasoning | Extras | Sides |
|------------|--------|---------------------|--------|-------|
| | | | | |

Open up to find the complete toolkit!

For more inspiration on what to cook with the Good Food Cooking Toolkit, and to find out how you can make delicious dressings with the Good Food Salad Dressing Toolkit, please visit: goodfoodoxford.org/cooking-toolkit

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Vegetables

Use just one, or any mix of your choice

Carrot
Beetroot
Turnip
Celeriac
Squash or pumpkin
Broccoli
Cauliflower
Celery
Fennel
Green beans
Courgette
Kohlrabi
Cabbage
Kale
Spring greens, chard or other greens
Mushrooms
 etc.

Raw: grating or thinly slicing
Steaming: cook in steam with lid closed tight
Braising: sear at high heat with a little oil, then cook with lid closed at low heat
Stir-frying: fry in a little oil at medium to high heat; turn veg often to prevent burning
Roasting: large veg chunks in the oven with little or no oil
Baking: in a casserole dish with sauce
Boiling: cook in water, for whole veg such as beetroot
Soup: blended or chunky (or a mix of both)

Useful tips:

Try some new veg: Use the "A-Z of Riverford Veg" for inspiration on what's in season.

Cooking Method

Decide what to do with your veg

Savoury:
 • Onion
 • Garlic
 • Dried herbs
 • Curry spice powder
 • Tomato paste
 • Marmite
Salty:
 • Salt
 • Soy sauce
 • Miso (don't cook!)
 • Vegetable stock (powder or cubes)
Sour:
 • Lemon or lime juice
 • Vinegar
 • Mustard
 • Pickles

Cook smartly: Keep a lid on boiling, steaming and stewing dishes to save energy. Hard vegetables take longer to cook, so add them in first or cut them into smaller pieces to reduce cooking time.

Flavour & Seasoning

Add at least three, either in the beginning (e.g. frying onions, garlic and ginger) or towards the end (salt, pepper, chili)

Sweet:
 • Fresh fruit or juice
 • Dried fruits such as raisins or apricots
 • Whole cane sugar
 • Maple or agave syrup
Hot:
 • Grated fresh ginger
 • Black pepper
 • Hot paprika powder
 • Chili – fresh, dried or powder
Bitter:
 • Wild herbs
 • Vegetables such as chicory
 • Some lettuces
 • Olives

Use flavours and seasonings from at least three categories e.g. savoury, salty and sweet for a balanced taste.

Extras

Give it some extra nutrition, colour, crunch or yum!

For creaminess:
 • Coconut milk
 • Tahini
 • Almond, peanut or other nut butter
 • Oil e.g. olive, coconut or toasted sesame
For added protein:
 • Lentils
 • Beans
 • Chickpeas
 • Tofu
Herbs & toppings:
 • Fresh herbs
 • Nuts
 • Toasted seeds e.g. sesame, sunflower or pumpkin
 • Nutritional yeast flakes

Always season carefully at first, then taste your dish before you finish and add more salt, pepper and other spices as needed.

Side Dish

Something filling to go with it (optional)

Potatoes or sweet potatoes (roasted, baked, boiled, mashed or fried)
Pasta or noodles
Rice
Millet
Couscous
Other grains e.g. pearl barley, polenta, buckwheat
Flour e.g. for pizza base, pastry, dumplings, flatbreads, pancakes....



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Help us share our Cooking Toolkit!

Would you like to participate in one of our courses to improve your cooking skills?



Or would you like to be a volunteer teaching cooking classes with the Good Food Cooking Toolkit?



At **Good Food Oxford** we have lots of exciting food-related courses, activities and special events. Visit our website to see what is happening near you. Sign up to our mailing list via our website:

goodfoodoxford.org



Get in touch to find out more: mail@goodfoodoxford.org



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