

PERCOLATE KITCHEN

weeknight cooking for working parents

Freezer Meals Class: May 5th, 2019

ALL PREP SHEETS AND RECIPES

ENCHILADA MEAL KIT: PREP CHECKLIST

Supplies needed:

- Cutting board and chef's knife
- Measuring cup and spoons
- Freezer-safe gallon ziplock bags
- 9x13" casserole pan

To cut:

- Peel and dice onion and garlic
- Remove stems and chop cilantro leaves
- Shred chicken

**Add to ingredients to large freezer-safe ziploc bag as they are cut, and mix inside bag to combine.

Mix: (enchilada sauce)

- Heat oil over medium-low heat until shimmering, then add spices and heat through until they start to brown. Slowly sprinkle in the flour, whisking well until combined and smooth. Add the broth slowly, whisking continuously, until smooth and thick.

**Cool, then transfer to large freezer-safe ziplock bag or a container with a tight-fitting lid

Pack bags and store in 9"x13" casserole pan:

- one bag with tortillas
- one bag with chicken/cilantro/onion/garlic mix
- one bag with enchilada sauce
- One bag with shredded cheese

Label instructions:

Thaw as needed. Divide chicken mixture evenly between tortillas and roll, placing each rolled tortilla snugly against one another in the pan. Cover evenly with enchilada sauce, then add cheese in an even layer. Bake at 350°F for 15-18 minutes or until cheese has melted and is bubbly.

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ENCHILADAS: RECIPE

Note: You can use freshly cooked chicken breast, or shred a rotisserie chicken.

Ingredients:

For the enchilada sauce:

- 1/3 cup vegetable or canola oil
- 1/2 teaspoon chili powder
- 1 teaspoon smoked paprika
- 1 teaspoon dried oregano
- 1/2 cup white flour
- 2 1/2 cup chicken or vegetable broth

For the enchiladas:

- 1 large onion, peeled and diced
- 2 cloves garlic, peeled and diced
- 1/2 cup packed cilantro leaves (about 1 small bunch)
- 4 cups cooked chicken breast (about 3 large breasts)
- 6 8" flour tortillas
- 12 ounces shredded pepper jack cheese

Method:

Make the enchilada sauce: Heat the oil over medium heat until shimmering. Add the spices and cook, stirring occasionally, until they start to smoke, about 2-3 minutes. Sprinkle in the flour, whisking until smooth, then slowly add the chicken broth, whisking constantly, until smooth and thick. Remove from heat and let cool to room temperature.

Make the enchiladas: Finely chop the cilantro leaves. Shred the chicken using two forks, then combine with the onion, garlic, and cilantro. Divide the chicken evenly between the flour tortillas, and wrap each tortilla into a log, fitting them snugly against each other in the casserole dish. Pour the enchilada sauce evenly on top, then top with the shredded cheese.

Place in the oven and bake, 15-18 minutes, until the cheese has melted and is beginning to brown.

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Vegetable and Bean Chili: PREP CHECKLIST

Supplies needed:

- Knives: chefs and paring
- Measuring spoons and cups
- Cutting board
- Freezer-safe ziplock bags and bag stands

To cut:

- Peel and dice onions
- Peel and mince garlic
- Peel and dice carrots
- Slice off ends of zucchini, then dice
- Deseed and dice bell peppers

**Add ingredients to large freezer-safe ziploc bag as they are cut

Add:

- Tomato sauce
- Kidney beans
- Black beans
- Corn
- Masa corn flour
- Dry seasonings (chili powder, cumin, paprika)

Label instructions:

Thaw as needed.

Stovetop: Cook on low heat 2-3 hours until vegetables are soft.

Slow Cooker: Cook on low heat 5-6 hours, high heat 2-3, until vegetables are soft

Instant Pot: High Pressure, 15 minutes, natural release

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Vegetable and Bean Chili: RECIPE

Ingredients:

- 1 yellow onion, peeled and diced
- 2 cloves garlic, peeled and minced
- 1 large carrots, peeled and diced
- 1 bell pepper, deseeded and diced
- 1 large zucchini, ends discarded and diced
- 8 ounces corn kernels ($\frac{3}{4}$ cup)
- 14.5 ounces tomato sauce
- 1 cup chicken or vegetable broth
- 14.5 ounce can red kidney beans (or 1 $\frac{1}{2}$ cups cooked)
- 14.5 ounce can black beans (or 1 $\frac{1}{2}$ cups cooked)
- 2 tablespoons masa corn flour
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- $\frac{1}{2}$ teaspoon chili powder

Method:

Stovetop:

1. In a large pot with a lid, heat 2 tablespoons vegetable or canola oil over medium heat until shimmering.
2. Add onion, carrot, bell pepper, and zucchini and cook until the onion has started to soften.
3. Add garlic, corn, tomato sauce, beans, and seasonings and stir to combine.
4. Cook on low heat 1-2 hours until all vegetables are soft.

Slow Cooker:

1. Add ingredients to slow cooker and stir to combine.
2. Secure lid and cook on high heat 4 hours, low heat 3, or until vegetables are soft and cooked through.

Instant Pot:

1. Add ingredients to pressure cooker, secure lid, and seal venting valve.
2. Cook at High Pressure for 15 minutes with a natural release.

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Freezer Meals Class: May 5th, 2019

SUMMERTIME TOMATO AND CORN CHOWDER: PREP CHECKLIST

Supplies needed:

- Cutting board
- Chef's knife
- Measuring cup and spoons
- Freezer-safe gallon ziplock bags

To cut:

- Dice tomatoes
- Cut potatoes into 2-3 inch chunks
- Peel and dice onion
- Peel and mince garlic

**Add all vegetables to large freezer-safe ziploc bag as they are cut

Add:

- Add broth (or bouillon cube if freezing for later), cream, and salt

Label instructions:

Thaw as needed.

Slow cooker instructions: Add water if using bouillon cube. Low for 6 hours, high for 4, or until onions and potatoes are cooked through and soft.

Instant Pot instructions: Add water if using bouillon cube. High Pressure for 10 minutes, Quick Release.

Stovetop instructions: Add water if using bouillon cube. Add ingredients to pot with tight fitting lid and cook on low for 1-2 hours, stirring occasionally, until potatoes and onions are soft and cooked through.

SUMMERTIME TOMATO AND CORN CHOWDER: RECIPE

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Note: If cooking in slow cooker, you may swap the broth for bouillon cubes, then add water at cooking time, as the instructions on the package dictate. This works great when freezing, and will help with thaw time.

Ingredients:

- 1 1/2 cups (or 15 ounce can, drained) corn kernels
- 1 medium yellow onion, peeled and diced
- 2 medium golden potatoes, diced (about 2 cups)
- 2 large beefsteak tomatoes, diced (about 1 1/2 cups)
- 2 cloves garlic, peeled and minced
- 1 cup heavy cream
- 2 cups chicken or vegetable broth
- 1 teaspoon salt

Method:

Add all ingredients to the slow cooker, adding water if bouillon cube was used, and secure the lid. Cook on low for 4 hours, high for 2, until the potatoes and onions have cooked through.

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MUSHROOM STROGANOFF: PREP CHECKLIST

Supplies needed:

- Cutting board
- Chef's knife
- Measuring cup and spoons
- Freezer-safe gallon ziplock bags, labels and baggy rack

To cut:

- Peel and dice onion and garlic
- Slice mushroom caps into 1" slices, or, if using baby mushrooms, halve or quarter them

**Add ingredients to large freezer-safe ziploc bag as they are cut.

Add to bag:

- Toss mushrooms in flour, then add to bag.
- Add bouillon cube, Worcestershire sauce, and seasonings.

NOTE:

Do NOT add sour cream to the bag. This is added at serving time.

Label instructions:

Thaw as needed.

Slow cooker instructions: Add ingredients to crock, including water for bouillon cube. Cook on low for 5 hours, high for 3. Just before serving, stir in sour cream until smooth.

Instant Pot instructions: Add ingredients to Instant Pot, including water if bouillon cube is used. Secure lid and set valve to seal. Cook on High Pressure for 10 minutes, with Natural Pressure Release. Once the lid is removed, stir in sour cream until smooth.

Stovetop instructions: Add ingredients, including water for bouillon cube, to large saute pan over low heat. Cook 30-40 minutes until the onions are soft and liquid has reduced. Just before serving, stir in sour cream until smooth.

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MUSHROOM STROGANOFF: RECIPE

Note: If portobello mushrooms cannot be found, substitute baby bella mushrooms and slice in half or quarters instead of strips.

If cooking in slow cooker, you may swap the broth for bouillon cubes, then add water at cooking time, as the instructions on the package dictate. This works great when freezing, and will help with thaw time.

Ingredients:

- 1 large onion, peeled and diced
- 2 cloves garlic, peeled and diced
- 1 pound portobello mushrooms, stems removed, sliced into thick strips
- ¼ cup cornstarch
- 1/2 cup chicken or vegetable broth
- 2 tablespoons Worcestershire sauce
- 1/2 teaspoon ground thyme
- ½ teaspoon salt
- 1 cup sour cream

Method:

Slow Cooker: Toss the mushrooms and the cornstarch together, then add to the crock with remaining ingredients except for the sour cream. If using bouillon cube, add water. Cook low for 5 hours, high for 3, until onions are cooked through and tender. Once cooked, stir in the sour cream until smooth.

Instant Pot: Toss the mushrooms and the cornstarch together, then add to the crock with remaining ingredients except sour cream. If using bouillon cube, add water. Cook High Pressure 10 minutes, Natural Pressure Release. Once cooked, stir in sour cream til smooth.

Stovetop: Heat 2 tablespoons olive oil over medium heat until shimmering and add the onions, garlic, and mushrooms and seasonings. Once the onions have started to soften, add the water or broth. Cook 10-12 minutes, stirring occasionally, until liquid has reduced. Stir in sour cream until smooth.

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Freezer Meals Class: May 5, 2019

Shish Kebab Meal Kit: PREP CHECKLIST

Supplies needed:

- 10-12 wooden skewers
- Chef's knife
- Cutting board
- Freezer-safe gallon ziplock bags

To cut:

- Red onion, cut in large 2-3" chunks
- Zucchini, cut in large 2-3" chunks
- Sirloin, cut into 2-3" chunks

**Add beef and vegetables to large freezer-safe gallon ziplock bag as they are cut.

Mix:

- Satay ingredients (as marinade: add to bag with meat and vegetables)
- Satay ingredients (as basting sauce: place in its own bag)

Add:

- (optional) one bag of skewers

Label instructions:

- Thaw as needed, then skewer vegetables and beef. Use the second bag of sauce to baste with while cooking

Satay Shish Kebab Meal Kit: RECIPE

Ingredients:

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For the skewers:

2 large zucchini, sliced in half and cut into 2-3" chunks

2-3 large red onion, sliced into quarters

2 pounds sirloin, sliced into 2-3" chunks

For the satay:

3 tablespoons creamy peanut butter

$\frac{3}{4}$ cup soy sauce

3 tablespoons unsweetened rice vinegar

3 tablespoons sesame oil

3 teaspoons garlic powder

3 teaspoons ground ginger

1 $\frac{1}{2}$ teaspoon ground white pepper

Method:

If using wooden skewers, soak them in water 3-5 minutes while you are preparing the ingredients.

Slice vegetables and beef and place in a large freezer-safe ziploc bag.

Mix the satay sauce, then divide in half. Pour one half over the skewer ingredients and seal bag. Freeze, or place in the fridge up to overnight to be used as a marinade.

Pack the second half of the satay sauce in a container with a tight-fitting lid or a freezer safe ziploc bag, squeezing all the air out as you do so.

Label and freeze up to 3 months. When ready to use, thaw as needed, then skewer the ingredients from the marinade bag.

Cook on a grill or stovetop 3-5 minutes on high heat, until the beef has cooked through to your desired temperature. Use the second bag of satay sauce to baste with as you cook.

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