

COOKING WITH

NEW BRITAIN

# ROOTS



HOMEMADE RECIPES INSPIRED BY WHAT IS  
GROWING IN THE GARDENS

# NEW BRITAIN ROOTS

## OUR MISSION

WE CULTIVATE COMMUNITY CONNECTIONS AND  
EQUITABLE ACCESS TO QUALITY FOOD THROUGH  
EMPOWERMENT AND LEARNING WITH THE PEOPLE  
WHO GROW, PREPARE, AND EAT FOOD IN NEW BRITAIN.



# Recipe index

Vegetable Ramen Soup

Rice Paper spring rolls

Sweet Spicy dipping sauce

Mason Jar Salad

Guacamole and Baked Chips

Black Bean Tacos

Garlic Dill Pickles

Vegetarian Nori Rolls

Green Fruit Smoothie

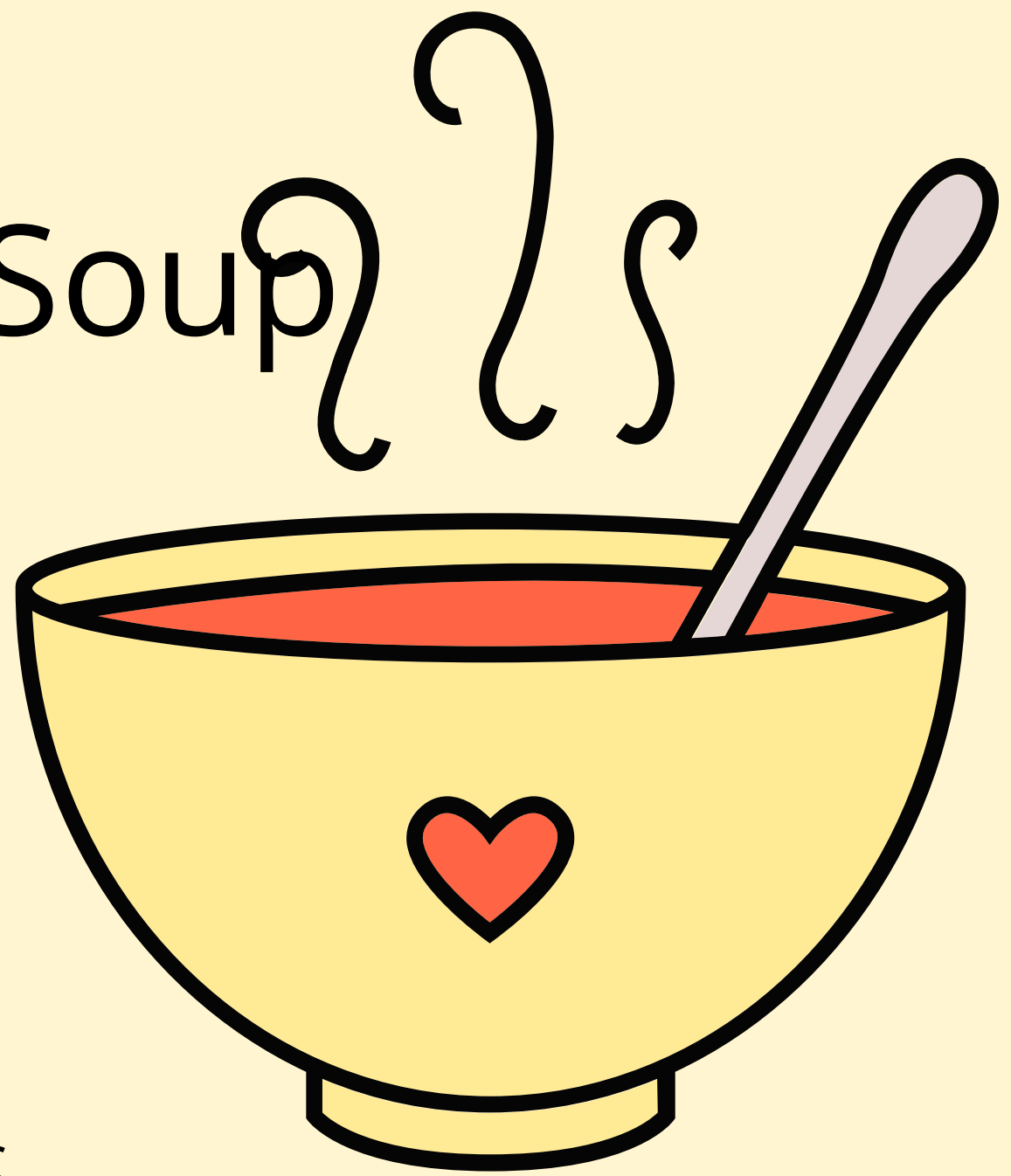
Chocolate covered fruit

Banana Breakfast Cookie

Apple Crisp

Vegetable Dumplings

# Vegetable Ramen Soup



## Ingredients:

- 1 Tablespoon oil
- ½ cup of shredded carrots
- 1 clove of garlic, minced
- 1 teaspoon ginger, minced
- 2 Tablespoons soy sauce
- 2 bouillon cubes any flavor
- 1 cup shredded kale
- 1 teaspoon toasted sesame oil
- 1 block ramen noodles

Heat a small pot on medium low heat, add the oil and heat for 1 minute. Add minced garlic and ginger and cook for 1 minute then add the carrots and saute for about 5 minutes. Add 2 cups of water and turn up the heat to medium high and cover the pan until the water boils. Add the seasonings and kale and noodles and cook for 3-4 minutes. Taste and adjust seasoning.

# Rice Paper Spring Rolls

- 10 spring roll rice paper wrappers
- 1 large carrot, peeled and cut into thin strips
- 1 large cucumber, cut into thin strips
- 1/2 of a large red pepper, cut into thin strips
- 1/3 cup thinly sliced purple cabbage
- 1 avocado, sliced
- 1 mango sliced
- handful fresh cilantro (and/or mint, basil)
- 5 large green lettuce leaves, torn in half

Prepare the rice paper wrappers: Pour warm water into a large bowl or 9-inch baking pan. Working with one at a time, dip the rice paper wrapper into the warm water for 15-20 seconds. It may take a little more, you need to feel it with your fingers. You want the wrapper to be soft, yet still slightly firm and pliable. Immediately remove from the water and place flat onto a work surface such as a large cutting board.

.Fill the rolls: Place a few sticks of carrot, cucumber, red pepper, and a sprinkle of cabbage on top of the bottom 1/3 of the rice paper, then a slice or two of avocado and a bit of cilantro. Lay 1/2 of a lettuce leaf. Remember, do not overstuff the roll. Start small then add more, as needed, as you roll each one. Roll them: Roll everything up tightly. To do so, gently pull up the bottom of the roll and roll over the filling. Then, roll and use your hands to tuck the filling in as you go. It's basically like you're rolling a burrito! Remember, you want a very tight roll. You can fold in the sides of the rice paper roll if you wish, but sometimes I don't. After rolling each, place on a serving plate. Cut in half,, and serve the sweet spicy sauce.

# Sweet Spicy sauce for spring rolls

## Ingredients:

1 tablespoon honey

2 teaspoons warm water

1/4 cup rice vinegar

1 teaspoon chili sauce (recommended: Sriracha)

1 tablespoon lime juice

1 teaspoon soy sauce

Stir all the ingredients together in a bowl until the honey is mixed into the sauce. Place in a small ramekin and serve.





# Mason Jar Salad

## Dressing-

1 teaspoon Balsamic vinegar

½ teaspoon dijon mustard

1 tablespoon olive oil

Stir the vinegar and mustard together in a small bowl then add the oil and mix until the mixture is uniform. Pour this onto the bottom of the jar.

## Salad

2-3 Tablespoons black beans

3 baby carrots

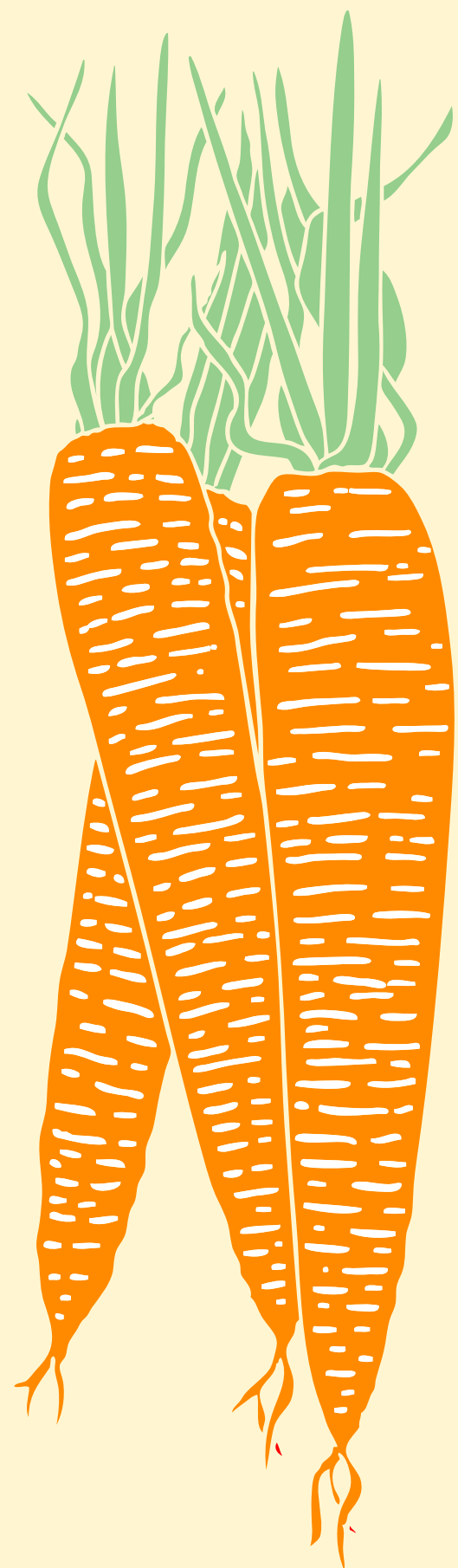
1/4 red or yellow pepper

3 cherry tomatoes

1/2 cup corn kernels

1/4 cucumber

lettuce leaves



Add black beans to the bottom of the jar.

Cut the carrots into rounds,  
cut yellow pepper into strips,

cut tomatoes in half,

cut the cucumber in half and then slice.

Cut the lettuce into small pieces

Then fill your jar with layers of colorful vegetables starting with carrots, then pepper then tomatoes, cucumber corn ending with lettuce leaves. Put top onto jar.

Refrigerate until ready to eat. When ready to serve just pour salad into a bowl and the dressing and toppings with cover the lettuce.

Enjoy!





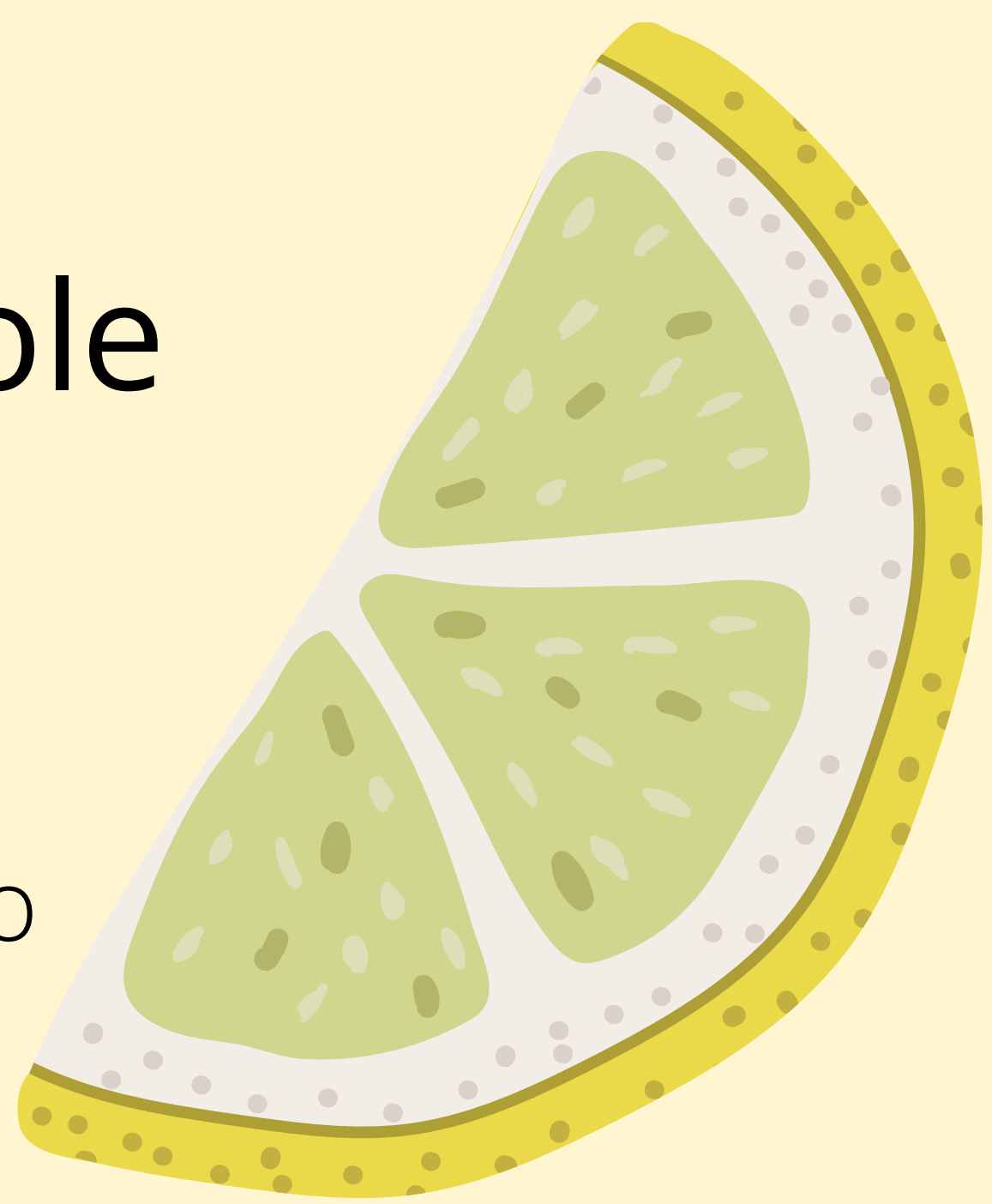
# Guacamole

2 Avocados, ripe

1 lime

2 tablespoons chopped cilantro

1/2 teaspoon salt



Wash all the vegetables. Cut the avocados in half and scoop out the green part into a bowl. With a fork or masher, mash the avocado until smooth.

Chop the cilantro finely,

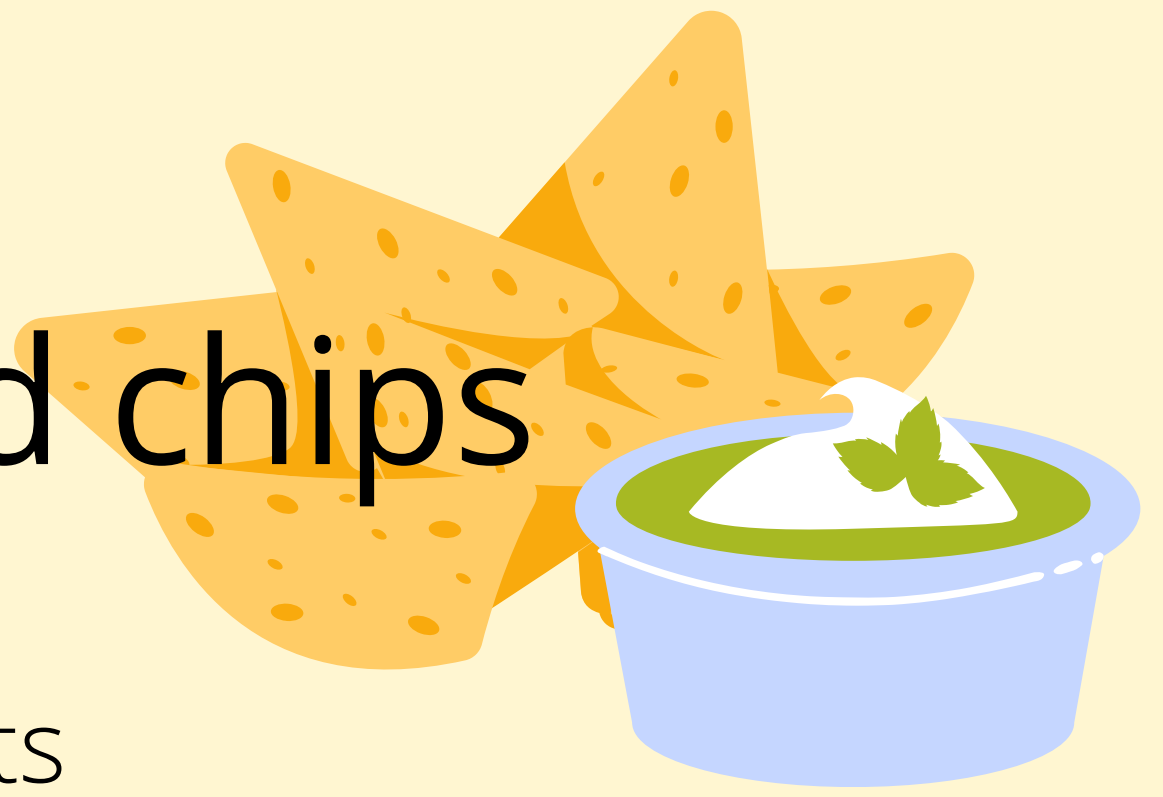
Juice the lime and remove any pits. Add the chopped cilantro, lime juice and salt to the avocado and mix well.

Cover the guacamole by placing wrap directly onto the surface so the avocados do not turn brown.

Serve soon and enjoy with vegetable sticks, chips or baked corn tortillas.



# Oven baked chips



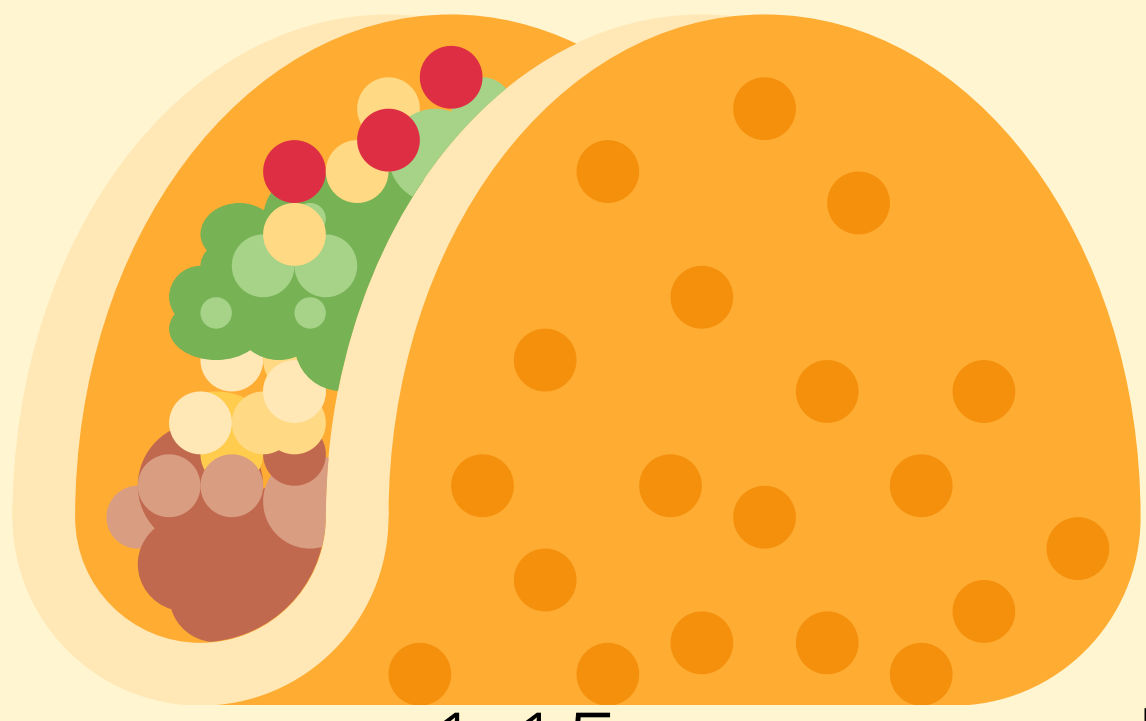
## Ingredients

1 package Corn or wheat tortillas

1/4 cup vegetable oil

1 teaspoon Salt

Preheat oven to 350 degrees F. Place one tortilla on the cutting board and brush the top with a light layer of oil. You don't need a lot of oil. Place another tortilla on top of the oiled one and brush the top with oil. Continue in this manner until all your tortillas are oiled and stacked in one pile. Using a medium, sharp knife, cut your tortilla stack in half using one firm chop, if possible. Cut one of the halves in half and cut each of those halves in half again, forming wedges. Repeat with other side. This will give you eight stacks of tortilla wedges. Arrange the tortilla wedges in a single layer on the oiled trays. Place the wedges with the un-oiled sides facing down so that they have contact with the oil on the tray. A little overlapping is fine, but don't overlap too much or they won't crisp. Sprinkle a pinch or two of flaked sea salt over the tops, being sure that all of the wedges get a touch of salt. Place trays in the oven and bake for 8 - 12 minutes. Check your chips at 8 minutes and rotate your pans. Be aware that very thin tortillas are vulnerable to your oven's hot spots and can start to char. The chips are done when the edges are crisp and dry and slightly lifted from the tray. They should be a few shades darker, though not completely browned. Place trays in the oven and bake for 8 - 12 minutes. Check your chips at 8 minutes and rotate your pans. Be aware that very thin tortillas are vulnerable to your oven's hot spots and can start to char. The chips are done when the edges are crisp and dry and slightly lifted from the tray. They should be a few shades darker, though not completely browned.



# Black Bean Tacos

4 servings

- 1 15-ounce can black beans, low sodium, drained
- 1/2 teaspoon ground cumin
- 5 teaspoons olive oil, divided
- 1 tablespoon fresh lime juice
- 2 cups coleslaw mix
- 2 green onions, chopped
- 1/3 cup chopped fresh cilantro
- salt and pepper
- 4 white or yellow corn tortillas
- 1 cup grated cheddar cheese
- Bottled chipotle salsa

Place beans and cumin in small bowl; partially mash. Mix 2 teaspoons olive oil and lime juice in medium bowl; add coleslaw, green onions, and cilantro and toss to coat. Season slaw to taste with salt and pepper.

Heat 3 teaspoons olive oil in large nonstick skillet over medium-high heat. Add tortillas in single layer. Spoon 1/4 of bean mixture onto half of each tortilla; cook 1 minute. Fold tacos in half. Cook until golden brown, about 1 minute per side. Fill tacos with cheese and slaw. Pass hot sauce.

# Garlic Dill Pickles

1 medium-to-large cucumber or 2 small cucumbers 12 ounces total

1/2 cup water, at room temperature

1/2 cup vinegar

1 1/2 tablespoons maple syrup or sugar

1/2 teaspoons fine sea salt

1/4 teaspoon red pepper flakes (optional, for heat)

20 twists of freshly ground black pepper

2 leafy sprigs of fresh dill, roughly chopped (about 1/4 cup)

2 cloves garlic, peeled and smashed

1 bay leaf

1 16oz jar with lid



Cut the cucumber in desired fashion, keeping in mind that they need to fit into the jar.

In a liquid measuring cup or bowl, combine the water, vinegar, maple syrup, salt, red pepper flakes (if using) and black pepper. Stir until most of the salt has dissolved into the liquid, about 30 seconds to 1 minute. Set aside.

Place the cucumbers into a wide-mouth jar about 3 to 4 inches in diameter, tall enough to offer at least 1 inch of extra space on top.

Top the cucumbers with the dill and garlic. Tuck the bay leaf into the side of the jar.

Pour the liquid over the cucumbers so they're fully submerged. Cover and refrigerate for at least 1 hour (for pickle rounds) or at least 3 hours (for pickle spears). The flavor will continue to develop over the next couple of days. These pickles will keep for up to 3 weeks in the refrigerator.



# Vegetable Nori Roll

Rice Ingredients-  
1 cup sushi rice  
1 1/4 cups water  
2 Tablespoons rice vinegar  
2 teaspoons sugar  
1/8 teaspoon salt

Rinse the rice until the water runs clear and then drain it for about 10 minutes.

Add the rice to the rice cooker and pour water on top and cook with lid on. Once the cooking cycle has finished, leave it to sit on warm for at least 10 minutes.

In a small bowl add the vinegar, sugar and salt. Whisk with a fork until well combined and sugar dissolves.

Once rice has been sitting for 10 minutes, scoop it out using a rice spoon into a flat bottomed container. You are not supposed to use metal. Spread the rice out and break up any clumps.

Pour the vinegar mixture slowly through the rice while still breaking the rice up.

The instructions said to use an electric fan or low hand fan to cool the rice. I didn't have either, so I used the cool setting on my hairdryer! As you cool the rice, you continue to gently move the rice about.

Cover the rice with a damp tea towel. Dampen your mat and place the seaweed shiny side down on the mat. We had heard that putting plastic wrap on the mat worked well, but I actually just preferred it when the mat was damp.



## Vegetable fillings:

- 2 Carrots, peeled, cut into long slices
- 1 Cucumber, peeled, seeded and cut into long strips
- Avocado sliced
- Red peppers, cut into strips

While the rice is cooking, prepare the fillings for your sushi. In our case, it was to slice the pepper, carrots and cucumber. Deseed the avocado and slice it thinly.

### Nori Rolling

10 Nori Sheets (these are made from sea vegetables)

Place nori sheet onto a sheet of saran wrap. Place two handfuls of rice onto the nori. With **wet hands** (this is very important, if your hands are not wet the rice will stick, keep dipping your hands into water if rice sticks) smooth rice to cover the nori completely, leaving one inch with out rice on the top of the nori. Place vegetables from edge to edge horizontally in the middle of the nori. Take hold of the plastic wrap and fold the nori and rice to cover the vegetables then take some water and wet the nori on top of the roll. Continue to tightly and evenly roll the nori peeling back to plastic wrap until the roll adheres to the wet edge. Seal well and let sit for a few minutes to let set. Cut each roll into 8-10 slices.



# Green Fruit Smoothie

4 servings

2 cups plain yogurt (not greek)

4 cups of fresh or frozen fruits berries, mango, peach, or whatever is in season.

1 banana, very ripe

2 cups fresh kale or spinach

1 cup water or fruit juice (as needed)

Place yogurt, banana, fruits and greens in the blender jar and blend until smooth. Add liquid as needed to blend the fruit and greens smooth.





# Chocolate Covered Fruit

## INGREDIENTS

Fruit pieces- strawberry, apple slices, mandarin orange slices, bananas, etc.

1 cup dark chocolate chips or chopped chocolate

Wash and dry the Fruits. Rinse the strawberries pat dry. The strawberries need to be completely dry before dipping, so spread them out and let them air-dry if necessary. Cut the fruit- Using a knife and cutting board, peel banana and slice, peel clementine and pull them into sections, slice apple, removing seeds and core then slice, Cut each end off the kiwi then peel with a peeler and slice. Make sure all fruit is dry. Melt the dark chocolate. Fill the bottom of the double-boiler or medium saucepan with an inch or two of water and bring to a simmer over medium-high heat.

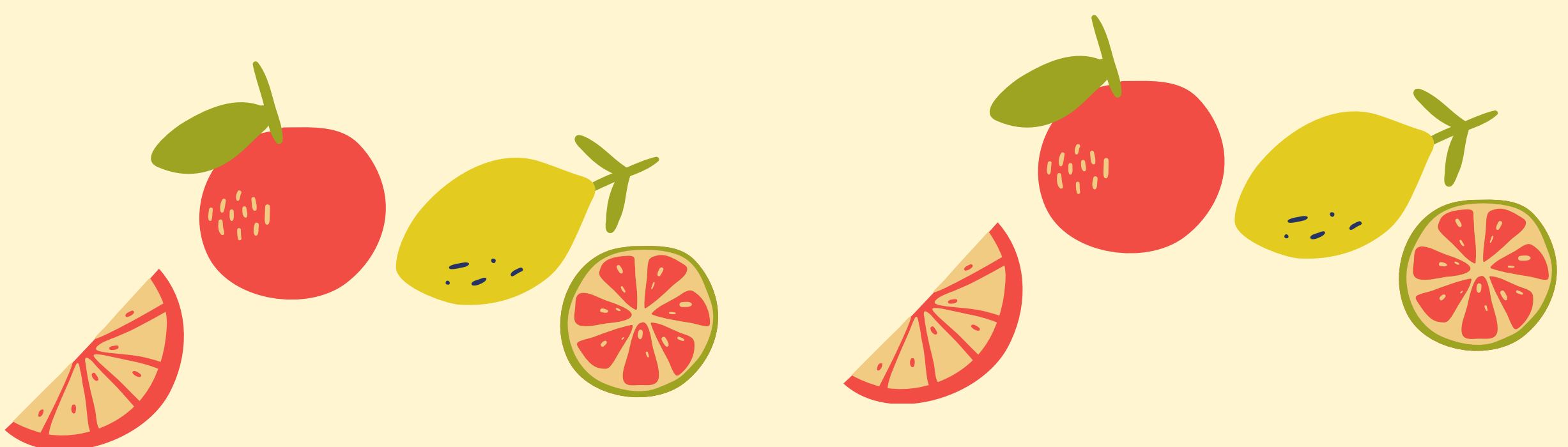
Transfer all the chocolate into the top of the double-boiler or a heatproof bowl and set this over the simmering water. Let the chocolate melt, stirring occasionally, until no more lumps remain. Remove the bowl with the chocolate from heat.

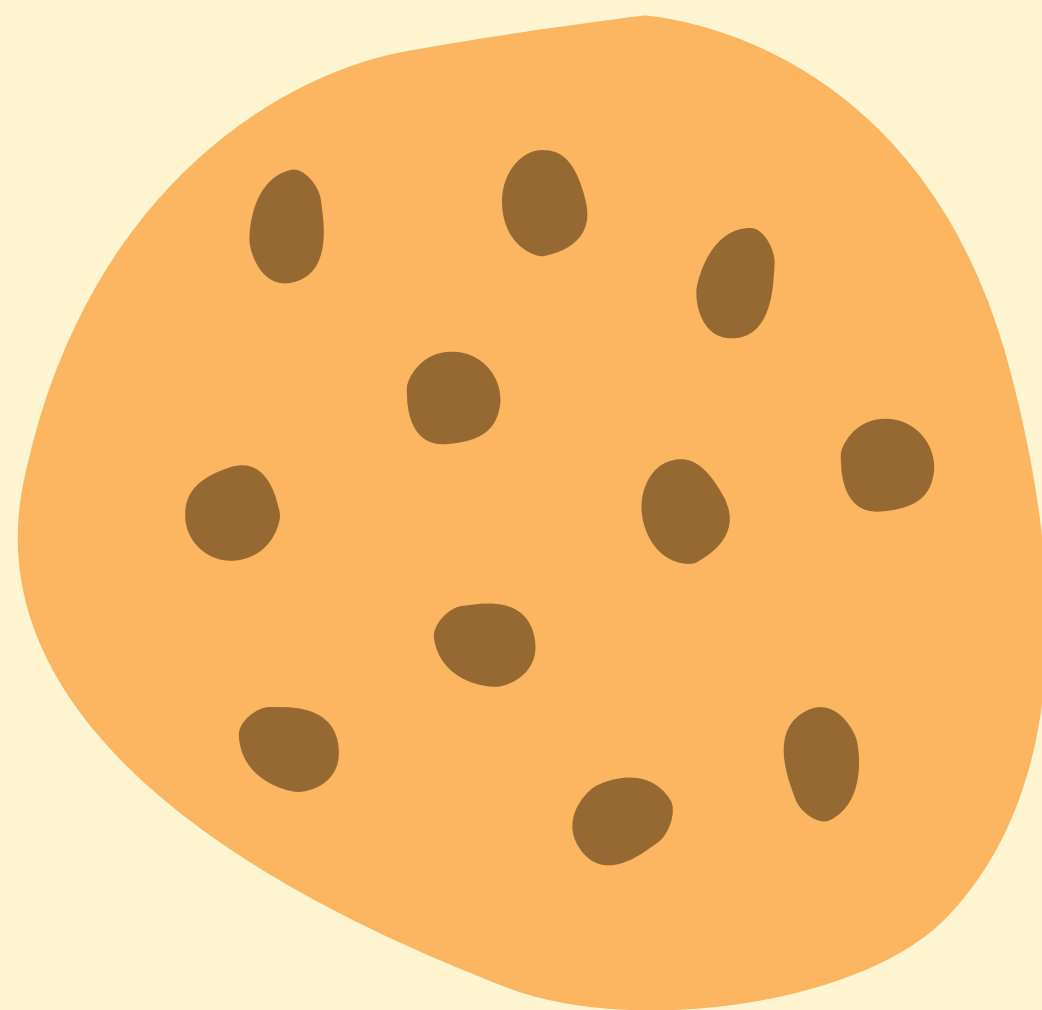
Prepare your workspace. Set the bowl of melted chocolate in front of you on a towel. Place the dry fruit pieces to your left. Line a baking sheet with parchment paper and place this on your right. (Reverse if you are left-handed.) Dip the fruits. Working with one fruit piece at a time, pick up a strawberry by the top leaves and dip it into the chocolate.

Turn or swirl the strawberry as needed to completely coat it in chocolate. Lift the strawberry out and shake gently to remove any excess chocolate.

Carefully lay the dipped strawberry on its side on the baking sheet. Repeat with dipping the remaining strawberries. Let the chocolate set. Let the fruits sit until the chocolate coating is set and dry to the touch. You can put the baking sheet in the refrigerator to speed this along. Once the chocolate is set you can serve.

Keep the chocolate fruits refrigerated until eaten.





# Banana Breakfast Cookie

- 2 Bananas ripe
- 1 cup oats
- 1 teaspoon honey
- 1/4 cup pumpkin seeds
- 1/4 cup raisins or other dried fruit
- 1 1/2 teaspoon coconut oil or other vegetable oil
- 1 teaspoon cinnamon

Preheat oven to 350 degrees F. Makes 8 cookies.

Mash the bananas in a bowl until smooth, add all other ingredients and mix well. Shape cookies into 8 equal portions (I shaped them into ovals) and place on cookie sheets. Cook for 20 minutes, turn over and bake 10 minutes. I prefer crisp cookies if you prefer softer cookies bake for less time.

# Apple Crisp

## Filling Ingredients-

3 medium-large apples mix of sweet and tart

1 lemon, juiced

1/4 cup sugar

1/2 tsp ground cinnamon

1 Tablespoons flour

1 pinch nutmeg (optional)



## Topping ingredients-

1/2 cup rolled oats

1/2 cup unbleached all-purpose flour

1/4 cup sugar

1/4 cup brown sugar

1/4 cup pumpkin seeds

1/4 tsp sea salt

1/2 tsp ground cinnamon

1/4 cup melted coconut oil or olive oil

Preheat oven to 350 degrees F. Peel apples, quarter, remove cores, and use a paring knife to thinly slice lengthwise. Add to a large mixing bowl and top with remaining filling ingredients. Toss to combine. Add to a 8 inch pan. Rinse and wipe out your mixing bowl and add all topping ingredients. Stir to combine, then use fingers to break down any clumps of muscovado sugar. Pour over apples in an even layer. Bake for 30-45 minutes (uncovered) or until the filling is bubbly, the apples are very fork tender (especially in the center of the dish), and the topping is deep golden brown.

# Vegetable Dumplings

## Ingredients-

25 wonton wrappers  
4 cups shredded cabbage  
1/2 lb mushrooms  
1 cup carrots, grated  
4 thinly sliced scallion greens  
1 inch nub ginger, grated

3 cloves garlic, grated  
1 tbsp soy sauce  
1/2 tsp dark sesame oil  
+ extra cabbage leaves to line the steam basket

## For the dumpling filling:

put shredded cabbage, chopped mushrooms, scallions and carrots into a bowl. Using a microplane grater, shave garlic, ginger, into the vegetables and mix together. Put 3 tablespoons of water into a large sauté pan over medium heat. Add vegetable mixture and stir to soften for about 5-10 minutes. The veggies should just wilting but brightly colored and the water should have evaporated. Cool filling before wrapping.

Assemble the dumplings by placing dumpling wrappers on a flat surface. With a bowl of water near by, dip a finger or two in the water and wet the perimeter of the dumpling so when you fold it all up it will stick together. Place 1 heaping tablespoon of cooked filling in the center and fold together by adjoining the two opposite corners, sealing the edges together as you go with a fork.

Repeat until all filling has been used.

Cook the the dumplings in a sauté pan heated with a tablespoon of oil, add dumplings careful not to crowd the pan. When the dumplings are slightly browned, add enough water to cover the bottom of the pan and cover for 3 minutes. Remove cover and allow the water to evaporate.

The dumplings will begin to sauté and are done when the bottoms are browned.

