

MEAL PLAN #456

11th May 2020

- [1] Mushroom Soup with Brown Butter Walnuts & Crispy Sage 30m*
- [2] Smoky Eggplant & Sausage Bowls 30m*
- [3] Malaysian Golden Egg Curry 20m*
- [4] Easy Japanese Burgers 30m*
- [5] Beautiful Broccoli with Creamy Tuna Sauce 15m*
- [6] SWEET TREAT: Dark Chocolate! 5m*
- [7] EXTRA VEG: Beautiful Broccoli 15m*

★ Approximate time required. m = minutes. h = hours.

VARIATIONS

Pantry-friendly: [1] Mushrooms = onions. [2] Eggplant = sweet potato or frozen cauliflower. Spinach = frozen greens. [3] Lime juice = rice vinegar. [4] Skip green onions. Serve with steamed frozen greens. [5] Frozen broccoli. Cream = 2 beaten eggs or butter. Skip herbs. Lemon = vinegar or skip it. [7] Frozen broccoli.

Vegetarian: [2] Sausage = chickpeas. [4] Add miso to these [zucchini burgers](#). [5] Tuna = feta or eggs.

More Substantial (Low Carb): [1] [Almond bread](#). Extra butter. [2] Roast nuts or avocado. [3] Extra egg. Cashews. [4] Extra mayo. Avocado. [5] Extra tuna. Olives.

Carb Lovers / More Substantial: [1] Crust bread. [2] Cooked Pasta. [3] [Steamed Rice](#). [4] [Fried rice](#). Roast sweet potato. [5] Pasta.

Carnivore: [1] Bacon or sausages. [3] Chicken. [5] Bacon or sausages.

Paleo (Grain, Legume & Dairy-Free): [1] Butter = olive oil. Or serve with mayonnaise. [2] Feta = roast almonds. [5] Cream = extra virgin olive oil or [cashew sauce](#).

Keto / Ultra Low Carb: [5] Replace 1/2 the broccoli with baby spinach. [7] Broccoli = baby spinach or salad.

SHOPPING LIST

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VEGGIES

900g (2lb) mushrooms [1]
1 small bunch sage [1]
2 medium eggplant [2]
2 bags baby spinach [2&4]
1/4 large white cabbage [3]
1 lime [3]
2-4 green onions [4]
4 heads broccoli [5&7]
1 bunch parsley or chives (optional) [5]
1 lemon [5]

PROTEIN

4 sausages [2]
4 eggs [3]
500g (1lb) minced (ground) beef [4]

DAIRY

8T salted butter [1]
100g (3.5oz) feta [2]
8T whipping cream [5]

PANTRY

extra virgin olive oil
salt & pepper
2 cups chicken or veg stock [1]
2 handfuls walnuts [1]
2-3t smoked paprika [2]
3-4t curry powder [3]
1 can coconut milk (400mL / 14oz) [3]
1T fish sauce (or soy) [3]
4t miso paste [4]
1/2C mayonnaise [4]
handful sunflower or sesame seeds [4]
1 large can tuna (400g / 14oz) [5]
2T capers [5]
dark chocolate [6]

OTHER

[add your other items here]

NOTES + SUBSTITUTES

[number] refers to the recipe using that ingredient. Recipes serve 2.

Vegetarian [2] Sausage = chickpeas. [4] Add miso to these [zucchini burgers](#). [5] Tuna = feta or eggs.

Carb Lovers [1] Crust bread. [2] Cooked Pasta. [3] [Steamed Rice](#). [4] [Fried rice](#). Roast sweet potato. [5] Pasta.

't' = teaspoon 'T' = tablespoon

Unless otherwise stated all cans are 400g / 14oz. Standard bag of salad = approx 150g (5oz).

MUSHROOM SOUP WITH BROWN BUTTER WALNUTS & CRISPY SAGE

Enough for 2
Takes 30 minutes

*900g (2lb) mushrooms, sliced
6-8 tablespoons salted butter
2 cups chicken or veg stock
1 small bunch sage, leaves picked
2 handfuls walnuts*

1. Heat 2 tablespoons of your butter with a little drizzle of oil in a medium saucepan on a medium high heat. The oil prevents the butter from burning. When the butter has melted, add the mushrooms and cook, stirring for 5 minutes or until mushies are starting to brown.
2. Add stock. Cover and bring to a simmer. Simmer, covered for 10 minutes, or until mushrooms are tender.
3. While the mushrooms are cooking, melt the remaining 4-6 tablespoons butter in a small frying pan on a medium high heat. When the butter starts to foam add the sage and walnuts and cook, stirring frequently for a few minutes until the walnuts are toasted and the butter goes a deep golden brown colour. Remove from the heat.

4. When the mushrooms are tender. Remove pot from the heat and puree soup using a stick blender. It's up to you how smooth you make it. Taste soup and season with salt as needed.

5. Divide soup between two bowls and top with walnuts, sage and the beautifully nutty brown butter.

SMOKY EGGPLANT & SAUSAGE BOWLS

Enough for 2
Takes 30 minutes

*2-3 teaspoons smoked paprika
3 tablespoons olive oil
2 medium eggplant, diced into 2cm (1in) cubes
4 sausages
baby spinach leaves, to serve
100g (3.5oz) feta, crumbled*

1. Preheat your oven to 250C (480F). Combine paprika and oil in a cup and season well with salt. Place eggplant on a baking tray large enough to hold it in a single layer. Toss eggplant in the spiced oil. Roast for 15 minutes.
2. Remove sausage casings and pinch the meat into bite sized chunks. Stir the eggplant and scatter over the sausages. Roast for another 10-15 minutes or until eggplant is soft and sausages are well browned and cooked through.

3. Divide baby spinach between two bowls. Top with eggplant and sausages and crumble over the feta.

MALAYSIAN GOLDEN EGG CURRY

Enough for 2
Takes 20 minutes

*1/4 large white cabbage
3-4 teaspoons curry powder
1 can coconut milk (400mL / 14oz)
1 tablespoon fish sauce (or soy)
2 tablespoons lime juice
4 eggs*

1. Heat a medium saucepan on a medium high heat. Finely slice cabbage and add to the pot with a little oil and a pinch of salt. Cover and cook, stirring often until cabbage is softened but not mushy. About 5 minutes.
2. Divide cabbage between two bowls. Return pot to the heat and add curry powder, coconut milk, fish sauce and lime juice. Taste and season with salt or more fish / soy sauce if needed. Bring to a simmer.
3. Add eggs and simmer for 3 minutes or until whites are set and yolks are still runny.
4. Top cabbage with 2 eggs each and spoon over the sauce. Serve hot.

EASY JAPANESE BURGERS

Enough for 2
Takes 30 minutes

500g (1lb) minced (ground) beef
2-4 green onions, finely sliced
2 teaspoons miso paste + 2 teaspoons for the mayo
1/2 cup *mayonnaise*
large bag baby spinach or other greens
handful sunflower or sesame seeds

1. Combine beef, green onions and 2 teaspoons miso paste in a large bowl. Divide mixture into 4 and form each into a burger patty about 1/2 inch (1 1/2cm) thick. Rub each patty generously with oil.
2. Heat a BBQ or frying pan on a high heat. When the pan is very hot sear burgers for 4-5 minutes on each side or well browned and cooked to your liking.
3. Meanwhile, combine extra 2 teaspoons miso with the mayonnaise. Divide miso mayo between two plates smearing in an off-center circle.
4. When the burgers are cooked place two burgers on each plate on top of your pool of mayo.

5. Return the pan to the heat and cook spinach or greens, stirring often until just wilted. Divide cooked greens between two plates. Top with seeds and enjoy!

BEAUTIFUL BROCCOLI WITH CREAMY TUNA SAUCE

Enough for 2
Takes 15 minutes

1 medium can tuna (200g / 7oz)
1 tablespoon capers, rinsed if in salt
3-4 tablespoons cream
1 head broccoli
1 small bunch parsley or chives, chopped (optional)
squeeze lemon

1. Bring about 1cm (1/2 in) salted water to the boil in a medium saucepan. Meanwhile, chop your broccoli into bite sized little trees and slice the stems. When the water is boiling add the broccoli to the pot and cover. Simmer for 4 minutes or until the broccoli is no longer crunchy, drain.

2. Return the pot to a medium heat. Add tuna and the oil from the can. Or if your tuna comes in water or brine drain it first and add a few tablespoons of extra virgin olive oil to the pan. Add the capers and cook for a minute, stirring to break up the tuna. When the tuna is hot add the cream and bring to a simmer.

3. Add the drained broccoli and stir to coat in the sauce. Remove from the heat and stir through parsley or chives (if using). Serve with lemon squeezed over as you like.

HOW TO HOST A CHOCOLATE TASTING

STEP 1. Choose three different chocolates.

It's up to you what type of chocolate you offer for tasting. I'd advise steering away from filled centers. For chocolate purists they just can't compete with the pleasure of real chocolate on its own.

You could choose three different brands of say 70% cocoa solids chocolate and have a bit of a comparison. You'll be surprised just how different they will be.

Another option is to go for a white, milk and dark from the same producer so you can get everyone to explore which is their favourite type. Or you could try three different dark chocolates with different levels of cocoa solids. Or a cheap cooking chocolate, a mid range and a more expensive... the possibilities are endless really.

STEP 2. Plonk them in the middle of the table.

For an added level of complexity, you could serve them unlabelled or 'blind' as we professional tasters like to say. But this can make it a little intimidating for some people. Maybe save this for a follow up session.

STEP 3. Explore, discuss and enjoy.

You can make it as in depth or as casual as you like. I like to keep it very conversational and fun. Just let everyone taste and talk about what they are experiencing – their likes and dislikes.

If your guests want to get a bit more serious about their chocolate appreciation, you could give them a few pointers as to what the professionals look for. I've pulled together a bit of a guide below.

BEAUTIFUL BOILED BROCCOLI

Takes 15 minutes

2 heads broccoli (or more)

- 1.** Bring a medium pot of salted water about 2cm (1in) deep to the boil. Meanwhile slice broccoli stems and cut florettes into bite sized trees.
- 2.** Add broccoli to the boiling water. Cover and simmer for 5 minutes.
- 3.** Drain and spread out on a plate or baking tray to allow to cool and let the steam escape.

To access the meal plans & recipes online go to:

www.stonesoupvirtualcookeryschool.com

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