



P2G Tu B'Shvat – Class Prep

You are welcomed to cook along during our virtual class.

Included are some suggestions to help you be prepared as well as the shopping list:

1. Wash and pre-chop all your ingredients per recipe instruction.
2. Set all other ingredients out, easy to reach.
3. Make sure your vegetable broth is hot, by keeping it simmering on the stove, or preheating it in the microwave.
4. Toast your almonds in a dry frying pan over medium heat and cool, or purchase toasted almonds (Trader Joe's has a few varieties).
5. Have your needed equipment handy, such as: cutting board + knife, mixing bowls, saucepan with cover, 10-12" frying pan, mixing spoons, small whisk, cookie sheet (lined with parchment).

Shopping List:

Pantry

2 cups **Freekeh**, (about 6-8oz)
1 cup extra virgin **olive oil**
3-5 cups hot vegetable broth
1/4 cup **Silan** (date syrup/molasses)
1 tablespoons Dijon mustard
1/4 cup red **wine** vinegar
1/4 cup toasted slivered almonds
4 medium **Na'an**
1/2 cup **honey**, to finish
1 cup golden **raisins**
1 cup whole **dates**, sliced
1 cup dried **figs**, sliced
1/4 teaspoon red pepper flakes
kosher salt
freshly ground black pepper

Produce:

1-pound Fresh **figs**, quartered (or dried figs, soaked in 1 cup hot water)
4 medium scallions, sliced thin
2 cups baby spinach, (or baby arugula)
2-3 teaspoons minced garlic
2 medium red onions
1 bunch fresh sage
1 bunch mint
1 bunch cilantro
1/2 cup for garnish **pomegranate** seeds

Fridge:

2 cups shredded mozzarella cheese, or a mix of cheeses
(such as Trader Joe's Quatro Formaggio)