

Workshop Title: Preparing Whole Foods

Speaker(s) & their titles: Diane Savoie, Community Food Mentor and Founder of Slow Food Cocagne Acadie (the first Slow Food Convivium in NB)

Executive Summary

Diane Savoie used local, organic, whole foods to create delicious appetizers for the audience to enjoy. She illustrated the importance of cooking with little to no waste, by using food scraps for making stocks. Diane never uses recipes, but the following notes should give you an idea of the ingredients used, and how they are prepared.

Detailed Notes

- Diane is a community food mentor
 - She volunteers in schools and kitchens throughout New Brunswick to educate the community on slow food.

Diane's « slow food » cooking demonstration showed how one can prepare whole foods without creating any garbage. Food scraps went into the stock pot, compost, etc

- Diane had pre-cooked some beans to which she added an arugula chiffonade: she rolled the arugula up like a big cigar and made very small slices along the length of the roll. A detailed account of her process is as follows :
- First, take some pre-cooked smashed beans, and mix them with sage.
 - Once you have mixed the beans and sage, Add chiffonade arugula (remove stalks)
 - Chiffonade -Take leaves and roll them up like a big cigar, make very small slices along length of roll.
 - Arugula is peppery leaf, adds crunch and flavor to beans.
 - Once beans and arugula have been blended together, cook beans and arugula on high heat.
 - When cooking is finished, add salt and pepper to taste.
- The next ingredient to add is Delicata Squash.
 - To prepare the squash, slice lengthwise, put on baking sheet and bake in oven (peel is edible).
 - Save seeds to be dehydrated (to eat) or planted.
- Once squash is in oven, prepare your kale
 - Wash kale with Dr. Bronners. Use a surgical brush (microfiber) to scrub the dirt off.

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- Take leaves off of the stem (you can eat the stem only if it is very young).
- Massage kale w/ olive oil. Helps raw kale to be more digestible.
 - Use of high quality olive oil is recommended – cloudy, pressed, virgin.
- Next, sautee shallots and garlic. Shallots go in first, then garlic is added 2-3 minutes later. Add a dollop of zesty mustard, organic cranberries, and pumpkin seeds. Allow this to simmer for 5 minutes.
- Once the shallots and garlic are golden brown, prepare carrots and celeriac. Grate the carrots and celeriac into a bowl and set aside.
- Finally, prepare the salad dressing
 - Ingredients include : Organic pear vinegar, olive oil, a little bit of cranberry juice, pepper.
- The last step is to assemble the salad as follows :
 - Layer the beans on the bottom, on top of the beans, place a slice of delicata squash, then on top of the squash goes some massaged kale, on top of that go the carrots, and celeriac, above that you add some sauteed shallots and garlic. Finish off the top of the salad with microgreens (extremely nutritious young plant sprouts), and some cheese.
- For dessert Diane made Squash Pudding
 - Ingredients included : Squash, butter, maple syrup, and cinnamon.
- Stock Making:
- Cooking scraps that may be used in a vegetable stock include : Onion ends, garlic ends, leek greens, celeriac peel, and parsley stems.
- Good resources online for recipes : [Nourished Kitchen](#), [Kitchen Vignettes by Aubergine](#)