



Cooking 101

Recipes using local food



Q1: Name three top nutrients beef provides.

Q2: What protein food has the most readily available iron?

Q3: What are the three rice types? Name one dish you would use each rice type in when cooking at home.

Q4: Can you identify at least three varieties of rice grown in the U.S.?

Answer Key: **Q1:** Protein, zinc, iron and/or vitamin B12. **Q2:** Beef. 100 grams of cooked ground beef provides you with 21% of your daily needs for iron. Iron helps you make blood cells, which circulate oxygen around your body. **Q3:** Long grain rice is lighter and fluffier, is perfect for pilafs, stir-fries, salads and soups. Medium grain rice, like calrose, tends to cling together and is a good choice for dishes that have a creamier consistency like risotto or rice pudding and paella. Short grain rice is soft and somewhat chewy, with a slight springiness to the bite. It's also a good choice for creamier consistency dishes like rice pudding and Asian dishes. **Q4:** Long grain white rice, brown rice, red rice, black rice, basmati, jasmine, calrose. **Q5:** Shell colour is the only difference. They are nutritionally the same. **Q6:** 260 million dozen eggs. **Q7:** Open the can, drain and rinse in a colander, and add to the dish you are making.

Food Quiz

Q5: What is the difference between white and brown eggs?

Q6: How many eggs are produced each year in Ontario?

Q7: How do you cook canned beans?

Q8: What is “food synergy” and how do you do it? Specifically, why do beans pair so well with rice? Why do beans pair so well with beef?

Answer Key: Q8: When you eat certain foods together you optimize the nutritional contribution of both foods in the meal. Eating rice with beans makes a meal that contains all 9 essential amino acids. Pairing beans with meat like beef (like in a chili) will boost iron absorption from the beans by 150%. Plus the fibre from the beans aids in digestion.



What do egg farmers feed their hens?

Egg farmers work with nutrition specialists to ensure their hens eat a balanced and nutritious diet of grains, protein, fats, vitamins and minerals, and of course, water is always on the menu! A balanced diet is vital for maintaining the hens' health and also plays an important role in the quality of eggs produced.

Are white and brown eggs different?

Aside from the colour of the eggshell, there is no difference between brown and white eggs. The eggshell colour depends on the breed of the hen. Generally speaking, white shell eggs come from hens with white feathers, while brown shell eggs are produced by hens with brown feathers. Nutritionally both brown and white eggs are identical unless the feed has been enhanced for specialty eggs such as Omega-3.

How many dozen eggs do Ontario egg farmers produce each year?

An average of 260 million dozen eggs are produced each year by registered egg farmers in Ontario.

Eggs

Three ways to enjoy eggs – scrambled, hard-cooked and fried.

Scrambled eggs

Scrambled eggs can be enjoyed on their own, mixed into a stir-fried rice or topped with cheese and chives. This is an easy dish to get creative with.

How to make: Crack two eggs into a bowl and add some salt, pepper and 1 tbsp (15 mL) milk. Whisk the eggs, breaking up yolks, until you have a nice frothy liquid. Spray a nonstick pan with cooking spray or add a small amount of butter. Heat pan over medium heat. Pour in the egg mixture. Gently move the eggs across the bottom of the pan with a spatula, forming soft curds. Continue stirring until there is no more liquid egg in the pan, but before the eggs appear dry. Immediately remove the eggs and serve.

Hard-cooked egg

Hard-cooked eggs are an easy way to add protein to any meal! Enjoy on-the-go with a touch of salt and pepper, sliced on top of a salad or mash up with some mayo, salt and pepper to make an egg salad sandwich.

How to make: Place your eggs in a single layer on the bottom of your pot and cover with cold water. The water should be about 1 inch (2.5 cm) or so higher than the eggs. Cover the pot with a lid. Over high heat, bring your eggs to a rolling boil. Remove from heat and let stand in water for 12 minutes. Drain water and immediately run cold water over eggs until cooled.

Fried egg

Fried eggs can be placed on top of burgers, rice bowls, noodle bowls, pizza and so many other dishes – just put an egg on it!

How to make: Coat a nonstick pan with cooking spray or butter. Heat pan over medium heat. Once the butter is melted, crack your eggs into a bowl and drop the egg in the pan. Season lightly with salt and/or pepper. Let the eggs cook until white is set and the corners begin to curl ever so slightly, about 3–4 minutes.

Canned beans - easy, healthy and delicious!

Open the can of beans, place beans in a colander to drain and rinse. Stir into your favourite meal. It's just that easy!

Draining and rinsing can remove more than 40% of the sodium from canned beans (Jones, 2009) and keep an eye out for "No salt added" canned beans when grocery shopping.

Draining and rinsing your beans reduces some of the carbohydrates that cause gas. This also goes for discarding the water you have soaked dried beans in as well as the cooking water.

Dry Beans- remember, they need to soak!

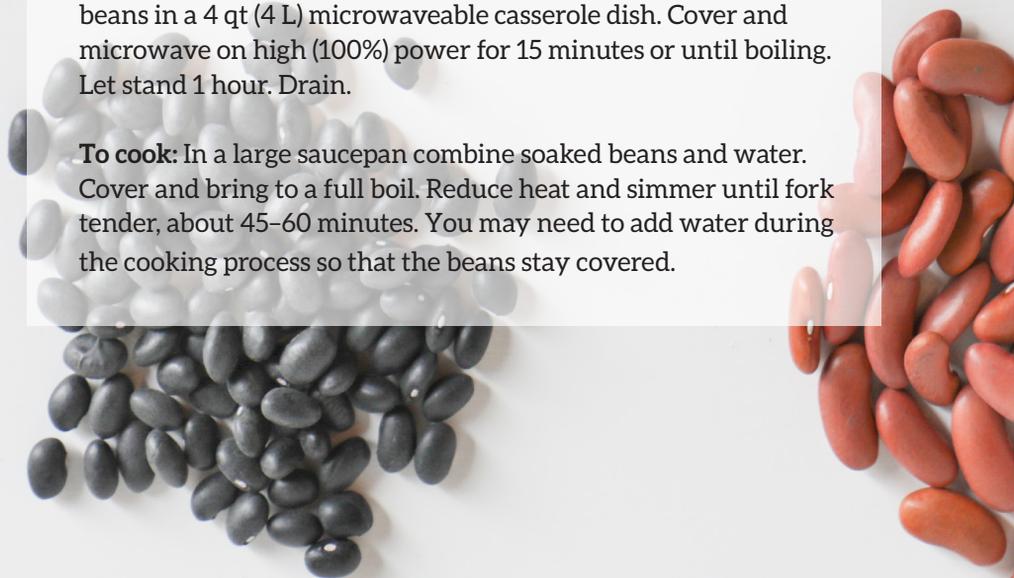
Always soak dry beans before cooking to replace moisture. Use 3 cups (750 mL) of water for each cup (250 mL) of sorted and rinsed beans. Then follow one of these methods:

Quick soak: Bring water and beans to a boil, cover and boil for 2 minutes. Remove from heat and let stand 1 hour. Drain.

Microwave soak:

Combine 3 cups (750 mL) of hot water and 1 cup (250 mL) of dry beans in a 4 qt (4 L) microwavable casserole dish. Cover and microwave on high (100%) power for 15 minutes or until boiling. Let stand 1 hour. Drain.

To cook: In a large saucepan combine soaked beans and water. Cover and bring to a full boil. Reduce heat and simmer until fork tender, about 45-60 minutes. You may need to add water during the cooking process so that the beans stay covered.



Beans

Three ways to enjoy beans – mixed, mashed and as a side.

Mixed: You can mix beans into almost any classic dish like chili, soups and any ground meat. Another way that is becoming more and more popular is a blended burger.

Mashed: Mashed beans are more common than you think. You can make your own refried beans at home to add to any Tex-Mex dish or to blend with ground meat in any dish imaginable.

As a side: From mixed bean salad to old-fashioned homemade baked beans, beans are also a great option as a standalone side! Beans are full of fibre that will help keep you feeling fuller for longer.

Food synergy – when foods work together to make you healthier!

When you eat certain foods together you optimize the nutritional contribution of both foods in the meal. For example, eating rice with beans makes a meal that contains all 9 essential amino acids. Pairing beans with meat like beef (like in a chili) will boost iron absorption from the beans by 150%. Plus the fibre from the beans aids in digestion.





Big Batch Beef How-to:

- **Cook 4 lb (2 kg) ground beef** in a Dutch oven over medium-high heat for 9-10 minutes, breaking into small chunks with back of a wooden spoon, until brown and completely cooked.
 - **Drain and return** to pot. Mix in
 - 4 diced onions and 4 minced cloves of garlic. Simmer for 12-15 minutes until vegetables are softened.
 - **Spread beef mixture** in a single layer on several foil-lined baking sheets. Freeze just until meat is firm, about 1 hour.
 - **Loosen** beef mixture into chunks. Scoop meal-sized portions into freezer bags. Freeze for up to 3 months.
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*Per 100 g extra lean ground beef, pan fried, crumbled, Health Canada, Canadian Nutrient File, 2015, code 4998.

Beef

Make seasoned Big Batch Beef and store in the freezer for cooked beef that is ready to add to soups, sauces and stir-fries. Add a scoop of BBB to fortify last minute meals with beef's powerful protein.

Teriyaki seasoning: In a small bowl whisk together 1/2 cup (125 mL) water, 2 tbsp (30 mL) soy sauce, 2 tbsp (30 mL) honey, 1 clove garlic, 1/4 tsp (1 mL) ground ginger, 1 tbsp (15 mL) cornstarch. As you are reheating 2 cups of the Big Batch Beef, stir in the teriyaki seasoning mixture. Heat stirring occasionally until bubbling and thickened.

Taco seasoning: As you are reheating 2 cups of the Big Batch Beef, stir in the following seasonings: 1 tbsp (15 mL) chili powder, 1 tsp (5 mL) oregano, 1 tbsp (15 mL) ground cumin, 1 tsp (5 mL) garlic powder, 1/4 tsp (1 mL) each salt and pepper.

Middle Eastern seasoning: As you are reheating 2 cups of the Big Batch Beef stir in the following seasonings: 1/4 tsp (1 mL) each salt and pepper, 1 tsp (5 mL) cumin, 1/2 tsp (2 mL) ground coriander, 1/4 tsp (1 mL) ground cloves, 1 tbsp (15 mL) paprika, 1/4 tsp (1 mL) ground cinnamon.

Nutritionally speaking, ground beef has a lot going for it! Here's how beef stacks up:

- 31 grams protein.* Beef is an excellent source of protein, and like all meat is a complete protein with all the amino acids humans (like you) need.
- 150% Daily Value vitamin B₁₂ – which helps boost energy and brain power. Beef is rich in vitamin B₁₂.
- 21% Daily Value iron – fuel your body with energizing iron. Beef is high in iron – one of nature's best sources.
- 78% Daily Value of zinc to strengthen your immune system. Beef is rich in zinc.

The three rice types and how to cook them:



Long grain rice:

Long grain rice has a long, slender kernel three to four times longer than its width. Due to their starch composition, cooked grains are lighter, fluffier and more separated than medium or short grain rice.

Think: pilaf, stir-fry, salad, soup and Southern dishes.



Medium grain rice:

Medium grain rice has a shorter, wider kernel than long grain rice, two to three times longer than its width. Cooked grains are moist and tender with a tendency to cling together. Medium grain rice, like calrose, is a good choice for dishes that require a creamier consistency.

Think: risotto or rice pudding, paella, as well as sushi and other Asian dishes.



Short grain rice:

Short grain rice has a short, plump, almost round kernel. Cooked grains are soft and somewhat chewy with a slight springiness to the bite. Like medium grain rice, short grain rice is a good choice for creamier consistency dishes.

Think: rice pudding and Asian dishes.



Rice

The versatility of rice is never-ending! Rice is enjoyed in so many different cultures around the world and is a base for many dishes. Think outside the box and use rice in soups, salads and sides!

Soups: Most types of rice are great for soup. White, brown, black rice, sushi rice, basmati and jasmine are all great options. My personal favourite – brown rice in a Tex-Mex soup!

Salads: Adding rice to your favourite salad is a great way to add a nice texture. Stir in cooked brown rice or make a salad with rice as the full base. Rice is the perfect canvas for a variety of different flavours.

Sides: Rice has always been considered one of the main side options in cultures around the world – but don't think that makes it boring! Use spices, fresh herbs and broths to flavour rice. Mix in veggies to add more colour and nutrients. From rice pilaf to biryani, there is lots of flavour to go around!

U.S. RICE IS LOCAL RICE

Canada does not grow rice, making U. S.-grown rice the most local source. U.S. rice is grown and milled to the highest quality standard and is readily available. Consistency of product and supply is ensured.



Food synergy is when foods work together!

When you eat certain foods together you optimize the nutritional contribution of both foods in the meal. For example, pairing beans with meat like beef (like in a chili) will boost iron absorption from the beans by 150%. Plus the fibre from the beans aids in digestion.

Blended Sliders

Prep time: 15 minutes Cooking time: 20 minutes Makes 14 sliders

Beef and beans are a perfect match both nutritionally and flavour-wise in these delicious sliders! The protein from the beef and the fibre from the beans makes a dynamite combination that helps keep you feeling fuller for longer. Both beef and beans provide iron – beef provides heme iron while beans provide non-heme iron.

Ingredients

1 tsp (5 mL)	vegetable oil
1 small	onion, diced
2 cups (500 mL)	canned black beans, drained and rinsed
	garlic powder
1/2 tsp (2 mL)	each salt and pepper
1/2 tsp (2 mL)	lean ground beef
1 lb (500 g)	egg
1	breadcrumbs
1/4 cup (60 mL)	vegetable oil
1 tsp (5 mL)	slider buns, toasted
14	tomatoes, lettuce, onion, ketchup, mustard

Toppings:

Preparation

In a medium-sized nonstick skillet heat oil. Cook onions for 3 minutes. Mash beans in a medium-sized bowl using a fork and add them to the pan with onions. Turn to low and cook for 3 minutes stirring in garlic powder, salt and pepper. Set aside to cool.

In a large bowl mix together beef, egg, breadcrumbs and bean mixture until well combined. To make sliders use your hands to form 1/4 cup (60 mL) of the beef and bean mixture into 14 patties that are about 1 inch (2.5 cm) thick and 2 inches (5 cm) wide.

Add patties to lightly oiled hot nonstick skillet or grill pan. Cook over medium-high heat for approximately 6 minutes per side, until a digital instant read thermometer inserted sideways into each patty reads 160°F (71° C). Burger done at 71!

Place sliders on toasted slider buns and top with your favourite burger toppings.



The protein from the egg, coupled with the fibre from the brown rice and beans, will help keep you feeling fuller, longer!

BLT Power Bowl

Prep time: 20 minutes **Cooking time: 25 minutes** **Serves 4**

Gaining in popularity is a BLT with the addition of sliced avocado and egg. Combine these sandwich flavours into a power bowl to make a delicious lunch!

Ingredients

1 cup (250 mL)	15-minute brown rice
2 cups (500 mL)	broth
2 tbsp (30 mL)	Everything bagel seasoning
8 strips	cooked bacon
2 cups (500 mL)	shredded lettuce
1	plum tomato, diced
4	hard-cooked eggs, diced
1 cup (250 mL)	canned black beans, drained and rinsed
1	avocado, sliced
1 cup (250 mL)	shredded cheddar cheese
2 tbsp (30 mL)	low fat mayonnaise

Preparation

Everything Bagel rice: In a medium-sized saucepan with a tight-fitting lid, mix together rice, broth and seasoning mix. Bring to a boil over high heat. Once boiling, reduce to low and cover. Cook for 15 minutes or until all liquid has been absorbed. Remove from heat and set aside covered for 10 minutes.

Split rice evenly between 4 bowls. Top with crumbled bacon, shredded lettuce, tomato, hard-cooked egg, black beans, avocado and cheese. Drizzle with mayonnaise and sprinkle with a touch of the seasoning.

Tip: To make Everything Bagel seasoning, in a small jar mix together: 2 tbsp (30 mL) black sesame seeds, 2 tbsp (30 mL) white sesame seeds, 1 tbsp (15 mL) minced dried garlic, 2 tbsp (30 mL) dried onion flakes, 1 tsp (5 mL) salt. Shake to combine all ingredients and use as needed.



Yummy beef, rice and mixed veggies served in a simple homemade stir-fry sauce. Stir-fries are a tasty way to get your veggies.



Rainbow Beef Stir-Fry

Prep time: 10 minutes

Cooking time: 40 minutes

Serves 4

Skip the takeout with this easy beef stir-fry with a simple stir-fry sauce that is so satisfying, you'll use it on everything.

Ingredients

1 cup (250 mL)	15-minute brown rice
1 small	onion, diced
2 cups (500 mL)	beef broth
1 tsp (5 mL)	garlic powder
1 tsp (5 mL)	dried onion flakes or onion powder
1 cup (250 mL)	frozen peas, thawed
1 lb (500 g)	lean ground beef
3 cups (750 mL)	mixed frozen Asian veggie mix
1/2 tsp (2 mL)	garlic powder
3 tbsp (45 mL)	soy sauce
3 tbsp (45 mL)	honey
1 tbsp (15 mL)	cornstarch
1 tbsp (15 mL)	Worcestershire sauce

Preparation

In a medium-sized saucepan mix together rice, onion, broth, garlic powder and onion powder. Bring to a boil over high heat. Reduce to low and cover with a tight-fitting lid. Cook for 15 minutes or until all liquid has been absorbed. Remove from heat, mix in peas, cover and let stand for 10 minutes.

Meanwhile, in medium nonstick skillet cook ground beef over medium-high heat for 8 minutes, breaking the beef apart with the back of a wooden spoon. Mix in frozen vegetables and cook for 2 minutes.

In a small bowl whisk together garlic powder, soy sauce, honey, cornstarch and Worcestershire sauce. Pour into the skillet. Cook stirring for 3 minutes or until sauce is bubbling and thickens.

Add beef and vegetable mixture to rice, serve and enjoy!



Food Synergy – Foods are more nourishing when eaten in combination.

Eating rice with beans makes a meal that contains all 9 essential amino acids.

Beef and eggs naturally contain all 9 essential amino acids and are considered to be complete proteins.

Golden Rice & Beef

Prep time: 10 minutes Cooking time: 30 minutes Serves 6

The colours alone could knock this one out of the park, but the sweet, savoury and somewhat exotic flavours carry it the extra mile. This is a fantastic dish for any occasion, any time of year. Big Batch Beef recipe is included at the beginning of this booklet.

Ingredients

1 tbsp (15 mL) butter
1 small onion, diced
2 cloves garlic, chopped
1/2 tsp (2 mL) each turmeric,
cardamom,
cumin, red
pepper flakes
and salt

1/4 tsp (1 mL) each cinnamon and
nutmeg
1 cup (250 mL) jasmine rice
2 cups (500 mL) Big Batch Beef
2 cups (250 mL) beef broth
1 cup (250 mL) frozen green
beans
1 cup (250 mL) mixed beans,
drained and
rinsed

Honeyed carrots:

1 tsp (5 mL) butter
1 cup (250 mL) carrot
matchsticks
2 tbsp (30 mL) honey
Pinch salt

Preparation

In a large skillet melt butter over medium-high heat. Cook onions, stirring often, for 3 minutes or until just brown. Stir in garlic, turmeric, cardamom, cumin, red pepper flakes, salt, cinnamon and nutmeg. Cook while stirring for 30 seconds.

Stir in rice and Big Batch Beef. Cook for 1 minute. Pour in broth. Bring to a boil. Cover with a tight-fitting lid and reduce to low. Cook for 15 minutes or until all liquid is absorbed. Remove from heat; stir in green and mixed beans. Cover and let stand for 10 minutes.

Honeyed carrots: Meanwhile, in a small skillet melt butter over medium-high heat. Cook carrots, honey and salt for 3 minutes. Stir carrot and honey sauce into the rice dish once it has finished standing for the 10 minutes.



Eggs are considered to be a complete protein because they contain all 9 essential amino acids.

Rice is commonly used in different cuisines from around the world and is very common in Japan.

Bento Box

Prep time: 20 minutes

Cooking time: 30 minutes

Serves 4

Bento boxes are popular and a great way to bring lunch to school! A bento box is a single portion home-packed meal common in Japanese cuisine. This recipe is all about picking and choosing your favourite food pairings, and putting them together in fun ways.

Ingredients

Rice balls:

- 1 cup (250 mL) short grain rice
- 1 cup (250 mL) water
- 2 tbsp (30 mL) rice vinegar
- 1/4 tsp (1 mL) salt
- 2 tbsp (30 mL) black sesame seeds
- 2 tbsp (30 mL) white sesame seeds

- Filling option 1:** Teriyaki meatball
- Filling option 2:** avocado, carrot and cucumber
- Filling option 3:** hard-cooked egg

Egg rollups:

- 6 eggs
- 1 tbsp (15 mL) water
- Pinch each salt and pepper
- 2 tbsp (30 mL) butter, divided
- Filling option 1:** cheese, ham and spinach
- Filling option 2:** rainbow veggies
- Filling option 3:** salsa and cheese

Serve in a bento box along with your favourite veggies and fruit.

Preparation

Rice balls: In a medium-sized saucepan mix together rice and water. Bring to a boil. Once boiling turn heat to low and cover. Cook for 15 minutes. Remove from heat and let sit covered for 10 minutes. Remove lid and stir in vinegar and salt. Set rice aside to cool.

Prepare your preferred filling for the rice balls. In a small bowl, pour 1/4 cup (60 mL) rice wine vinegar and 1/4 cup (60 mL) of cold water. Dip clean hands in the water/vinegar mixture and place 3 tbsp (45 mL) of rice in your hands. Place filling in the centre and roll rice into a ball. Use an additional 1 tbsp (15 mL) of rice to close the ball if needed. If rice starts to stick to your hands dip them in the water/vinegar mixture as needed. Repeat until all of the rice has been used. On a small plate mix together black and white sesame seeds. Roll each rice ball in sesame seeds. Optional: serve with soy sauce for dipping.

Egg rollups: Whisk together eggs, water, salt and pepper. Heat half of the butter in 10-inch nonstick skillet over medium heat. Pour in half of the egg mixture, swirling to coat bottom of pan.

Cook for 1-2 minutes or until eggs begin to set. Flip over and top with desired toppings. Cook for about 1 minute or until eggs are fully set, then transfer omelette to cutting board. Repeat with remaining egg mixture and butter to make another omelette. Roll up the omelette tightly to enclose filling. Slice each roll into 6 pieces.



**One egg has only 70 calories, but
6 grams of high-quality protein.**

Cheesy Toad in a Hole

Prep time: 5 minutes Cooking time: 10 minutes Serves 2

This recipe is a quick and easy breakfast recipe that can be enjoyed any time of day. Get creative and use different cookie cutter shapes to make your breakfast even more fun. This recipe is extra tasty with melted cheese and diced chives.

Ingredients

- 1 tbsp (15 mL) butter, softened
- 2 slices whole wheat bread
- 2 eggs
- Pinch each salt and pepper
- 1/4 cup (60 mL) shredded white cheddar cheese
- 2 tbsp (30 mL) diced chives

Preparation

Lightly butter both sides of each slice of bread. Cut a circle from centres of bread using round cookie cutter or drinking glass approximately 2 1/2 inches (6 cm) in diameter. Bread circle can be cooked along with rest of bread to be used as egg dippers.

Heat skillet over medium heat. Place bread in skillet and toast one side of bread for 4 minutes. Flip bread over and break an egg into each hole in bread, being careful not to break the yolk. Season with salt and pepper. After 3 minutes of cooking, sprinkle cheese over the edges of the bread. Cook slowly until bottom of bread is browned, egg whites are set and yolks are cooked as desired, around 4-5 minutes. You can cook one side only, or turn over and cook top of bread and egg. Serve warm sprinkled with chives. The leftover rounds are perfect for dipping into the egg!



Protein found in eggs, beef and beans helps to build lean muscle mass. The goal is to eat 0.8 g of protein per kilogram of your body weight per day.

Athletes need up to 1.5 g of protein per kilogram of body weight per day!

Huevos Rancheros Omelette

Prep time: 20 minutes

Cooking time: 30 minutes

Serves 4

This omelette style of *ranchers* eggs is packed full of protein and fibre for a hearty breakfast or meal any time of day!

Ingredients

Chili:

1 lb (500 g) extra lean ground beef
1 small onion, diced
3 tbsp (45 mL) chili powder
1/2 tsp (2 mL) each salt and pepper
1 can (28 oz) diced tomatoes, drained
1 cup (250 mL) frozen corn

Refried beans:

1 19 fl oz can white kidney beans
1/4 tsp (1 mL) each salt and pepper

Omelette:

8 eggs
1 tbsp (15 mL) water
1/4 tsp (1 mL) each salt and pepper
1 tbsp (15 mL) butter, divided

Enjoy with: corn tortillas salsa, sour cream, feta cheese, avocado and cilantro, sriracha and green onions.

Preparation

Chili: In a large stock pot cook beef on medium-high heat for 8 minutes, breaking the beef apart with the back of a wooden spoon as you cook. Stir in onion, chilli powder, salt and pepper, and cook for 2 minutes longer. Stir in canned tomatoes and corn. Bring to a simmer and cook stirring for 10 minutes.

Refried beans: Drain beans and reserve 2 tbsp (30 mL) of the liquid. Heat beans, reserved liquid, salt and pepper in a small microwaveable bowl. Microwave on high for 2 minutes. Place beans in a food processor or blender and pulse for 30 seconds or until the beans make a smooth mixture.

Omelette: In a medium-sized bowl, whisk together eggs, water, salt and pepper. Heat half of the butter in a 10-inch (25 cm) nonstick skillet set over medium heat. Pour in one third of the egg mixture, swirling to coat bottom of pan.

Cook for 2 minutes or until eggs have set. Flip over and cook for 30 seconds or until eggs are fully set. Repeat with remaining egg mixture three more times to make 4 omelettes.

Huevos Rancheros: Top omelette with refried beans and smother omelette with chili. Sprinkle with toppings of your choice.

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