

A decorative background featuring a repeating pattern of stylized flowers and green foliage. The flowers are in various colors, including light pink, pale blue, and soft yellow, with some buds. The leaves are a muted green. The overall style is delicate and watercolor-like.

Cookin' In Quarantine

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Let's face it, COVID-19 has made things boring. But... my friends in Oregon, have been baking so many new things. Some recipes are inspired by others but the rest are completely random concoctions that are so obvious yet impossible to come up with on your own. You will meet two amateur chefs, including myself, who are gracious enough to share their recipes with you.

Meet Lilah. She was born and raised in Portland, OR, but headed off to California for college. Whilst under her parents roof she loved to cook but would only do so occasionally. However, once she headed to college she stopped. This unfortunate pandemic has allowed her to rekindle her love for baking.



What shes been making:

Bread

Chickpea Salad Sandwich

Thai Coconut, Broccoli, Cilantro soup

Overnight Oats

Hello! I'm Claire. Just like Lilah I am fom portland, OR and love to cook! While at school I would cook a lot, however, I didn't have access to an oven so making things I love made that a little more difficult. I like following recipes but I am also constantly creating some random conction that somehow work.



What I've been making:

Tomato, Sweet Pepper, and Goat Cheese Toast

Easy Salmon

Summer Pasta

Olive Oil Cake

Banana Bread

Chia Seed Pudding

Chickpea Salad Sandwich

Drain one 15oz can of Chickpeas, place in a large bowl and smash.

Add to the bowl:

1 thinly sliced stalk of celery
 3 thinly sliced green onions
 2 tbs mayonaise
 1 tbs fresh lemon juice
 1 to 2 tbs dried dill
 1/2 tbs tumeric (Optional)
 a few medium sized cubes of butternut squash, smashed
 1/4 tsp kosher salt
 Fresh ground pepper to taste

To assemble spread hummus or goat cheese on bread, place the salad and top with veggies of your choice. We recommend microgreens, arugula, tomato, and advocado.



Bread

In big bowl mix:

3 c of flour (up to one can be whole wheat)

2 tsp salt

1/4 tsp yeast

Stir in 1 5/8 cup of water until it makes a ball.

(you can also add chopped rosemary if you want extra flavor!)

Cover with a dish towel for about 18 hours

Dump out onto floured surface and fold over a few times. After 15 mins shape into a ball. Cover with plastic wrap and dish towel over the plastic wrap. Let sit for 2 hours.

30 minutes before the two hours is up, put baking pan in oven and preheat to 450. After that 30 minutes is up and the dough has been sitting for 2 hours, take the pan out of the oven and put the dough in. Bake for 45 minutes. It can be finished after about 25-30 so keep a close eye on it after about 30 minutes. Top of it should be brown. (if pan has lid take it off after 30min of cooking)



Thai Coconut, Broccoli, and Cilantro Soup

In a medium to large sauce pan place
 1/2 c Green Curry paste (store-bought)
 Cook for about 1 minute medium heat
 Once fragrant add:
 7 oz canned coconut milk
 1 1/2 c water
 seasalt and cracked pepper
 Bring to a boil

Add 1/2 lbs broccoli florretts
 cook until tender

Remove from heat and add
 2 c baby spinach leaves
 1 c chopped cilantro
 1/2 advocado
 2 scallions, chopped

Use an immersion blender and blend until smooth.
 Serve with a side of garlic naan or foccatia bread.



Easy Salmon

Adjust ingredients to size of salmon

1lb piece of salmon (rec. chinook or sockeye salmon)
 Marinate with:
 2-3 tbs of soy sauce
 3 tbs olive oil
 1-2 large cloves of minced garlic
 Juice of 1/4 lemon

Cook salmon skin down at 325 degrees for around 12 minutes.

The fish tastes best if it is cooked on a food grade cedar plank

Garnish with large grain salt to taste.
 Serve with wild rice and roasted veggies.



Tomato, Sweet Pepper, and Goat Cheese Toast

In a medium sized pan, over medium high heat put
 1/3-1/2c water
 1 tbs olive oil
 1/2 large red bell pepper
 Cover and cook until soft, as peppers cook you may
 need to add more water.

Once the peppers are tender, drain remaining water.
 Then add to the peppers
 1 tbs olive oil
 1 medium sized tomato, sliced
 aprox. 3 tbs balsamic vinegar
 Cook over meduim low heat until tomato becomes
 mushy.

Toast 1 piece of bread (pumpernickle is recommended)

Spread generous amount of soft goat cheese or hum-
 mus on the toast. Place arugula, microgreens, and any
 other desired toppings on the bread. Then place cooked
 pepper and tomato on top and drizzle with remaining
 sauce from the pan on top.

It may not look pretty but it is delicious!



Summer Pasta

Fill a pot with water and salt, cook any type of pasta accordingly

In a medium size pan over medium high heat place:

2 tbs olive oil

1/2 c water

2 c chopped broccolini

1 medium yellow squash sliced

1 zucchini sliced

1 large garlic clove, sliced

Cover and let broccolini soften

In a separate pan, over medium heat

1/2 a medium white onion, diced

Cook until they are soft and slightly browned then add

3 large cloves of garlic, minced

Cook for about 1 minute, or until fragrant

Combine the two pans and add

2 c fresh spinach, packed

1/2 c white wine

Cover and let the spinach wilt

Drain pasta and add to the pan alongside

2 c halved cherry tomatoes.

Cover and let sit while choice of meat cooks.

I recommend spicy sausage. Combing the meat and pasta, serve on top of arugula, add salt and pepper to taste then top with fresh grated parmesan and red chili flakes.



Chia Seed Pudding

In a close-able container combine

3/4 c milk of choice (I recommend oat milk)

1/4 c chia seeds

1tbs maple syrup (agave or honey work too)

1/2 tsp vanilla extract

1/4 cup mashed strawberries

Mix ingredients and close container. Leave in the fridge over night, or at least until liquid has been absorbed.

Garnish with chopped strawberries and mint!



Overnight Oats

In a close-able container

1 c old fashion oatmeal

Mash in

1 ripe banana

Add

1/2 c frozen blueberries

1 1/4 c milk of choice (I recommend coconut milk)

1 tbs chia seeds

1 tbs ground flax seed

1 tsp vanilla extract

Close the container and shake until all ingredients are thoroughly combined. Leave in the fridge overnight, or at least until liquid has been absorbed.



Banana Bread

Pre-heat oven to 350 degrees

Combine

1 c all-purpose flour

3/4 c whole wheat flour

In another bowl beat until creamy

1/3 c margarine

1/2 c white sugar

Blend in

2 eggs

1 1/4 c ripe banana pulp

Mix dry ingredients into wet ingredients.

Then fold in

3/4 c dark chocolate chips

1/2 c crushed walnuts

Place batter into a greased pan. Bake for about 1 hour or until knife comes out clean.



Olive Oil Cake

Pre-heat oven to 350 degrees and grease 9in springform pan, line the bottom with parchment paper.

In medium bowl combine:

2 c flour

1 1/2 c white sugar

1 tsp salt

1 tsp baking powder

1/2 tsp baking soda

In a larger bowl combine:

1/4 c melted butter

2/3 c oat milk

2/3 c olive oil

3 eggs

2 tbs grapefruit juice

2 tbs orange zest

2 tsp lemon zest

1/4 c fresh grapefruit juice

3 tbs fresh orange juice

2 tbs fresh lemon juice

Bake for 45min to 1hr or until top is golden and springs back with lightly pressed. Let cool and top with powdered sugar.





Bonus Recipe!

Fresh Lime Soda

In 12 oz. glass combine
1 tbs agave nectar
2-3 tbs fresh lime juice
Mix thoroughly then add
1 1/2 c sparkling water

ENJOY!

*Some recipes are inspired by others
that can be found online or in the
newspaper