

Cooking for Nourishment

An Appetite for Life event



JOHNSON & WALES
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CHARLOTTE CAMPUS



UNC

NUTRITION
RESEARCH INSTITUTE

Johnson & Wales University (JWU) is a recognized leader, worldwide, in culinary education. Through knowledge and collaboration, its College of Culinary Arts is changing the way America eats.

The **UNC Nutrition Research Institute (NRI)** works to discover genome-based solutions to common health challenges by researching how nutrient requirements differ from person to person.

Appetite for Life is a series of community programs produced by the NRI that brings the latest nutrition science research down to earth in educational and interactive lectures, demonstrations and events. NRI and JWU are pleased to collaborate to bring you this evening's program.

For more information visit
jwu.edu and **uncnri.org**

PRESENTER BIOGRAPHIES

Itzel Vazquez-Vidal, Ph.D.

UNC Nutrition Research Institute

Itzel received her Ph.D. in Food Science and Human Nutrition from the University of Illinois Urbana-Champaign in June 2014. Her doctoral research focused on the impact of Fatty Acid Desaturase (FADS) genotypes on the relationship between serum lipids and dietary fat intake in young Mexican college students. In Dr. Voruganti's lab at the Nutrition Research Institute her primary research focus is investigating the gene-by-nutrient interactions on the risk of chronic kidney disease and cardiovascular disease in minority populations.

Peter Reinhart, CCP, MFA

Johnson & Wales University

Peter Reinhart is the author of 10 books on bread, food and culture, and he won James Beard Awards for four of them. Reinhart has been teaching baking at the Johnson & Wales University Providence and Charlotte campuses since 1999. As Chef-on-Assignment, he represents JWU at numerous international conferences, teaches and guest lectures at all four campuses and serves as a goodwill ambassador to the Charlotte community. Prior to coming to JWU, Reinhart was the co-founder of the award winning Brother Juniper's Bakery and Cafe in Sonoma County, California. He is currently part of the editorial team for the upcoming *Modernist Breads*, a massive three-volume book series on the past, present and future of bread.

Megan Lambert, B.S., R.D.

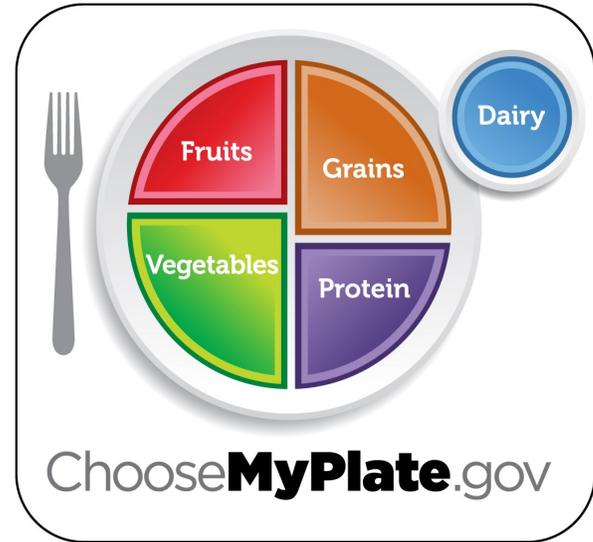
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Megan Lambert attended the Pennsylvania State University, earning a bachelor's degree in Nutrition and a bachelor's degree in Hotel, Restaurant, and Institutional Management. After attending a dietetic internship at Syracuse University, she passed the exam to become a registered dietician. Lambert earned a Certificate in Baking and Pastry Arts from the Culinary Institute of America at Greystone in St. Helena, Calif. She has worked in various baking and pastry settings from fine dining to large-scale bakery. Most recently, she owned and operated The Flour Shop Bakery in Morrisville, N.C. Lambert teaches baking formula technology and introduction to baking and pastry.

CHOOSE A HEALTHIER DIET

Good health depends on eating a variety of foods that contain the right amounts of carbohydrate, protein, and fat, as well as vitamins, minerals, fiber and water. For teenagers and adults, a healthy daily meal plan includes at least:

- ◆ 2 to 3 servings of nonstarchy vegetables
- ◆ 2 servings of fruits
- ◆ 6 servings of grains, beans and starchy vegetables
- ◆ About 6 oz of meat or meat substitutes
- ◆ 2 servings of low-fat or fat-free milk
- ◆ 5-6 teaspoons of healthy oils (olive oil, canola oil, nuts, avocado, fish)
- ◆ Small amounts of sugar and sodium



SLOW-ROASTED CHERRY TOMATOES WITH HERBED CHEVRE

Tomatoes are an excellent source of vitamins C, A, K, biotin, the mineral molybdenum. They are also a very good source of copper, potassium, manganese, dietary fiber, vitamin B6, folate, niacin, vitamin E, and phosphorus.

A ½ cup chopped **tomato** counts as ½ cup in the MyPlate.gov vegetable group. Each ½ cup serving of **tomatoes** contains 15% of the recommended daily value of vitamin A and 20% of vitamin C.



Ingredients

- ◆ 1 pint cherry tomatoes
- ◆ 1 tablespoon olive oil
- ◆ salt and pepper to taste
- ◆ fresh basil, parsley, thyme to taste
- ◆ 2 - 4 oz. local chevre

Preheat oven to 250F.

Slice cherry tomatoes in half, toss in olive oil, and salt and pepper to taste.

Place onto a sheet pan with parchment paper, and into the oven.

Slow roast the tomatoes until they are softened, shriveled, and browning in a few places.

In a bowl, mix together the chevre and chopped fresh herbs.

Spread roasted tomatoes on toasted, sprouted grain bread with herbed chevre.

PETER REINHART'S SPROUTED GRAIN BREAD

Ingredients

- ◆ 16 oz. sprouted whole wheat flour
- ◆ 0.25 oz. salt
- ◆ 0.16 oz. instant yeast
- ◆ 14.5 oz. water (room temp.)



Mix on slow speed with the paddle (not the hook) for 1 minute. Let the dough rest for 5 minutes, then increase to medium speed and mix for 2 minutes. Remove the dough to a lightly oiled work surface and perform one stretch and fold. Transfer the dough to an oiled container and perform three additional stretch and folds at 5 minute intervals. After the final stretch and fold, place the dough in an oiled bowl, cover, and ferment for 60-90 minutes at room temperature. Shape the dough into a loaf or hearth baking. Mist the top of the loaf with pan spray and cover loosely with plastic wrap (for hearth baking you can use a *couche*). Proof for 60 to 80 minutes, or as needed. For hearth bread, bake at 450°F with steam for approximately 30-35 minutes. For sandwich loaf, bake at 375°F for approximately 45-55 minutes.

Sprouted grains are low in saturated fat, high in dietary fiber and contain zero cholesterol.

Sprouting grains increases key nutrients like B vitamins, vitamin C and essential amino acids often lacking, like lysine and thiamin.

Sprouting makes grains easier to digest and reduces blood sugar and insulin responses in the body. It also lowers cholesterol and blood pressure, and protects against fatty liver.

Sweet potatoes contain more than 100% of the daily value of vitamin A as beta-carotene. Their unique combination of potassium, fiber, and vitamins A and C make them especially heart healthy.

One medium sweet potato counts as 1 cup in the MyPlate.gov vegetable group, and provides more than a day's worth of vitamin A and 35% of the daily recommended amount of vitamin C.

Orange-fleshed sweet potatoes are one of nature's best sources of beta-carotene, a powerhouse antioxidant.

SWEET POTATO HASH

Ingredients

- ◆ 2 teaspoons olive oil
- ◆ 2 sweet potatoes, 1/2" dice
- ◆ 1 onion
- ◆ 2 -3 peppers
- ◆ 1 clove garlic
- ◆ 1/4 cup fresh parsley
- ◆ salt and pepper to taste



Preheat oven to 400F.

Dice sweet potatoes, toss with olive oil. Place onto papered sheet pan and into the oven for 10 - 15 minutes, until tender.

Finely dice onion and peppers. Mince the garlic. Chop the parsley. Add the onions, peppers, and garlic to the sweet potato. Add additional oil, if needed, just enough to coat the vegetables.

Roast vegetables all together until lightly browned.

Garnish with fresh parsley.

SPROUTED CORNBREAD

Ingredients

- ◆ 3 ¼ cup sprouted corn meal flour/
sprouted corn grits
- ◆ 1/2 cup sugar
- ◆ 1 ½ tablespoons baking powder
- ◆ ½ teaspoon baking soda
- ◆ 1 teaspoon salt
- ◆ 2 ½ cups buttermilk
- ◆ 2 eggs
- ◆ 2 tablespoons unsalted butter (melted)
- ◆ 2 tablespoons bacon fat (or melted butter)

Preheat oven to 350F. In a mixing bowl, stir together the sprouted corn meal, sugar (if using), baking powder, baking soda, and salt. In a separate bowl, whisk together the buttermilk, eggs, and 2 tablespoons of melted butter (if using honey, agave, or liquid stevia add it into the wet ingredients). Add the liquid ingredients to the dry ingredients and stir with a large spoon or whisk for about 1 minute to make a smooth, pourable batter. Add optional ingredients such as corn kernels or diced vegetables and stir to evenly distribute.

Grease a 9-inch round cake pan or an 8-inch square baking pan (you can use a larger pan for a thinner cornbread) with either 2 tablespoons of bacon fat or 2 tablespoons of melted butter. Place the pan in the oven for about 2 minutes, or until the fat almost starts to smoke or the butter starts to brown (browned butter is good, but not blackened butter). Remove the pan from the oven and pour the batter into it to fill evenly (sprinkle the optional bacon pieces over the top, if using), and place the pan on the middle shelf of the oven. Bake for 25 minutes, then rotate the pan and continue baking for another 25 minutes, or until the corn bread is firm and springy when poked in the center (a toothpick should come out clean if inserted into the center). Bake longer if needed (if using corn kernels it will probably take an additional 5 minutes or longer). Cool the cornbread in the pan for 20 minutes before cutting and serving.

BRAISED COLLARDS



Ingredients

- ◆ 1 onion
- ◆ 1 tablespoon oil
- ◆ 1 bunch collards
- ◆ 1 cup apple cider
- ◆ 2 teaspoons smoked paprika
- ◆ salt and pepper to taste

Chop onion. Cut the collard leaves off of the stems and chop into 1” pieces. Heat the oil in a large skillet over medium high heat.

Add the onion and sauté for a few minutes, until translucent and tender. Add the collards and sauté for a few minutes to coat with oil. Add the apple cider, cover the pan with a lid, and reduce heat to medium low. Braise the greens for 10 – 15 minutes.

Remove the lid. Add the smoked paprika, salt, and pepper.

If there is a lot of juice left in the pan, turn the heat up to bring it to a boil and evaporate it away.

Serve the collard greens with sprouted corn bread or grits.

Collard greens are an excellent source of vitamins A, C and K, folate, iron, potassium, manganese, dietary fiber and calcium.

Antioxidants and phytochemicals in **collards** may help to reduce the risk of some forms of cancer.

There are only 56 calories in 1 cup of fresh cooked **collards**.

The USDA recommends you consume 2 cups of **collard greens** 4-5 times per week.

A 1-cup serving of **cooked collards** provides 32% of vitamin C and nearly 21% of the recommended daily of calcium.

APPLE CRANBERRY CRISP WITH SPROUTED OATS AND PECANS

Apple Crisp Ingredients

- ◆ 6-8 apples (3 lbs.)
- ◆ 1 cup fresh cranberries
- ◆ 1/2 cup sugar
- ◆ 2 tablespoons corn starch
- ◆ 1-2 tablespoons fresh grated ginger

Crisp Topping Ingredients

- ◆ 1/2 cup sprouted oats
- ◆ 1/2 cup sprouted whole wheat flour
- ◆ 1/2 cup brown sugar
- ◆ 1/2 cup butter (1 stick)
- ◆ 1 teaspoon cinnamon
- ◆ 1/2 cup finely chopped pecans

Preheat oven to 360F.

Core and slice apples. It is not necessary to peel them.

Toss the apple slices together with the cranberries, sugar, cornstarch, and fresh ginger. Place into a sprayed baking dish.

Mix together sprouted oats, whole wheat flour, brown sugar, and cinnamon in a bowl. Cut butter into pieces and add to the mixture. Rub the butter through the mixture with fingertips, until it is in lentil-sized pieces. Mix in the pecans.

Sprinkle the mixture over the apple filling in the casserole dish.

Bake the crisp in the oven until the filling is boiling in the middle of the dish and the topping is well browned.



BLACKBERRY COULIS QUENELLE OF 5-SPICED CHANTILLY CREAM

Puree blackberries and strain to remove seeds. Place the blackberry puree into a small pot. Add a small amount of sugar and lemon or lime juice and taste the sauce. It should be well balanced, neither too sweet nor too sour.

To thicken the sauce, mix the cornstarch with an equal amount of water to make a slurry. Mix the slurry into the sauce and bring to a boil. Taste, and adjust the flavor and thickness of sauce.

Place the cream, powdered sugar, and 5-spice into a bowl. Whisk vigorously until the cream holds stiff peaks.

Use a spoon dipped in hot water to make quenelles.

Blackberry Coulis Ingredients

- ◆ 2 cups blackberries
- ◆ 1/4 -1/2 cup sugar
- ◆ 1-2 teaspoons cornstarch
- ◆ 1 tablespoon lemon or lime juice

5-Spiced Chantilly Cream Ingredients

- ◆ 1 cup heavy cream
- ◆ 1 tablespoon powdered sugar
- ◆ 1/2 teaspoon Chinese 5 Spice powder

Berries of all kinds are packed with vitamins and minerals. They are rich in phytochemicals, which function as antioxidants, promote immunity, help repair damage to DNA, and increase cell communication in the body.

Strong scientific evidence exists that eating **blueberries, blackberries, raspberries, cranberries, and other berry fruits** has beneficial effects on the brain and may help prevent age-related memory loss.

Blackberries are rich in vitamin C and bioflavonoids. One cup has only 62 calories, less than 1 gram of fat, 2 grams of protein, no cholesterol and only 1 gram of sodium.

LOCALLY SOURCED INGREDIENTS

Sweet Potatoes - Scott Farm, Lucama, NC

Cherry Tomatoes - Sunny Creek Farms, Tyron, NC

Peppers - JJ Farms, White Pine, TN

Collards - WP Rawls, Pelion, SC

Basil - Tega Hills, Rock Hill, SC

Eggs - Egglard's Best, Asheville, NC

Apple Cider - Lowe Orchard, Alexander, NC

Goat Cheese - Looking Glass Creamery, Buncombe, NC

Blackberries - Various farms, NC, SC

Heavy Cream - Milkco, Asheville, NC

Trout - NC

Whole Wheat Flour - Carolina Ground, Asheville, NC

The UNC Nutrition Research Institute and Johnson & Wales University extend gratitude to the sponsors of tonight's Appetite for Life event.



Additional thanks go to JWU students for their work on program design, food preparation and food service.