

Cooking Demonstration

March 2, 2023

Presenter: Chef Marisa Peña from Bread Line, Inc.

Topics: How to cook frozen fruits and vegetables

How to cook dry or canned beans

**How to cook frozen fruits and vegetables**

IQF - individually quick frozen; each piece of food is frozen individually rather than all together as one icy slab.

*Top 5 benefits of using IQF foods:*

1. *A great way to preserve food* - IQF foods can last up to 6 months as long as it is stored properly
2. *Frozen foods can be more nutritious* - IQF foods maintain their freshness and so retain all of their nutrients; tend to have no added salt or preservatives
3. *IQF foods are cheaper* - food waste is reduced; makes fresh food more readily available
4. *Frozen fruits and vegetables are always in season* - IQF foods are often frozen at the peak of their season so access to fresh, seasonal ingredients becomes possible year round.
5. *Food quality is better maintained* - the IQF process ensures that the frozen food stays at its best in terms of freshness and nutritional value.



**Recipe: Frozen vegetable Fried Rice**

Prep time: 10 minutes

Cook time: 15 minutes

*Ingredients:*

2 tbsp. Vegetable oil

1 tbsp. Fresh ginger, peeled and minced

1 garlic clove, minced

1 ½ cups frozen vegetables (peas, carrots, corn or a combination)

2 cups cooked white or brown rice

1 tbsp. Low sodium soy sauce

Pepper to taste

2 large eggs, beaten

*Instructions:*

1. Heat 1 tablespoon of oil in a large skillet over medium-high heat. Add eggs and stir until scrambled, about 5 minutes. Set aside.
2. Heat the rest of the oil in the same skillet. Add ginger, garlic, rice, soy sauce and pepper. Saute for 5 to 10 minutes.
3. Add frozen vegetables and saute for another 5 minutes until vegetables are heated through.
4. Add scrambled eggs back to the pan and stir everything together until mixed well.
5. Serve immediately.



**How to cook dry or canned beans**

* Beans provide **protein, fiber, folate, iron, potassium and magnesium** while containing little or no total fat, trans-fat, sodium and cholesterol
* Beans are versatile and can be added to any dish. They take on the flavor of any dish easily.
* Beans are readily available all year round and are very affordable.
* ***Dry beans*** need to be soaked overnight before cooking or boiled for 45 minutes to 2 hours before they are ready to eat.
* ***Canned beans*** must be rinsed and drained before adding to any dish.

**Recipe: Beannaise (White Bean Mayonnaise)**

*Ingredients:*

1 ¾ cups cooked white beans (or one 15 oz can)

2 tbsp. Fresh lemon juice

1 tbsp. White wine vinegar or additional lemon juice

½ tsp. Salt

¼ mustard

⅓ cup extra virgin olive oil

⅓ cup canola or vegetable oil

*Instructions:*

1. Place beans, lemon juice, vinegar, salt and mustard in a blender or food processor. Process until very creamy.
2. With the processor still running, slowly drizzle in the oils in a slow and steady stream.
3. Continue to process until well blended and completely smooth, stopping to scrape down the sides of the container as needed.
4. Chill thoroughly before using.
5. Lasts about 7 days in the refrigerator or may be frozen.