

# GUMBO + WINE COOK ALONG

WELCOME! WELCOME!

General Guidelines and Tips:

How to prepare for your class:

- For class, purchase your ingredients & gather your kitchen equipment from the list.
- Shop for ingredients intuitively. If there are any ingredients featured in this recipe that aren't your favorite or not available in your local market, don't worry! We'll use what you have. Your Chef instructor will guide you through the preparation and cooking steps.
- For a more relaxed class, group and organize kitchen equipment and ingredients for each individual menu item prior to the demo for ease of following along.
  - For example, put all of the items that you use to create the gumbo in one area. When possible, measure the ingredients before the demo begins.
- Before your class starts, it's important that you have a solid internet connection, limited background noises and distractions, and are in a brightly-lit kitchen.
- Your chef will want to see your work as much as possible. Try to prop your device on a stack of cookbooks or use a tripod to give a good view to your chef.
- We'd love to see your lovely creations. Please use the hashtag #gourmetdiva and @gourmetdiva to show off your dishes.



# Lunch at Dooky Chase

## MENU

### MAIN COURSE

#### VEGETABLE GUMBO

*This vegan gumbo recipe is hearty, savory, filling and warming.*

#### COLLARD GREEN SALAD W/ WARM MAPLE BACON VINAIGRETTE

*Fresh collards are tossed in a delicious bacon vinaigrette for a quick collard green salad*

#### RICE

**(MAKE PRIOR TO CLASS)**

# BRUNCH AT DOOKY CHASE

## GROCERY & EQUIPMENT LIST

FOR ALL RECIPES

SERVING SIZE 4 - 6 PEOPLE

### PRODUCE & DAIRY

- \* 1 medium onion
- \* 1 green bell pepper
- \* 2 celery stalks
- \* 5 garlic cloves
- \* 2 cups (200 grams) cups fresh or frozen okra
- \* 6 whole collard green leaves or kale
- \* 1 Gala/Fiji Apple
- \* 1 red onion
- \* 1 cucumber
- \* 1/2 cup cherry tomatoes
- \* 1 shallot
- \* 4 slices thick cut smoked bacon (sub turkey, tempeh bacon)

### EQUIPMENT

- \* Sharp Chef's knife 6" or longer and cutting board
- \* Measuring cups and measuring spoons
- \* Can opener
- \* Large stockpot or Dutch oven
- \* Wooden spoon or spatula
- \* Ladle
- \* Small prep bowls to keep chopped vegetables separate
  - Paper Towels
  - Side towels
  - Glasses for wine
  - wine opener

### DRY GOODS

- \* Olive Oil or Canola oil
- \* 1/4 cup wheat flour all-purpose flour
- \* 2 1/2 - 4 cups vegetable broth
- \* 1 (400 grams/14 ounce) can fire roasted tomatoes
- \* 2 cups (330 grams) mixed beans or lentils (Chickpeas, kidney beans, white beans and brown lentils)
- \* 2 tablespoons Worcestershire sauce
- \* 2 bay leaves
- \* 2 teaspoons paprika
- \* 2 teaspoons dried thyme
- \* 1 teaspoon dried oregano
- \* Cayenne pepper
- \* 1/2 teaspoon red pepper flakes or hot sauce
- \* 1 teaspoon dijon mustard
- \* 3 - 4 tablespoons maple syrup or Honey
- \* 1/4 cup apple cider vinegar
- \* Salt and pepper
- \* 1 cup glazed walnuts/pecans ,chopped (optional)
- \* White/Brown Rice (make before class)

# VEGETABLE GUMBO

## INGREDIENTS

### FOR THE VEGAN GUMBO

- \* 3 tablespoons olive oil, canola oil
- \* ¼ cup all-purpose flour
- \* 1 medium onion, diced
- \* 1 green bell pepper, diced
- \* 2 celery stalks, diced
- \* 3 garlic cloves, minced
- \* 2 ½ – 4 cups vegetable broth
- \* 1 (400 grams/14 ounce) can fire roasted tomatoes
- \* 2 cups (200 grams) cups fresh or frozen and thawed okra, tails and caps removed, cut into 1-inch pieces
- \* 2 tablespoons Worcestershire sauce
- \* 2 bay leaves
- \* 2 cups (330 grams) mixed beans or lentils (Chickpeas, kidney beans, white beans and brown lentils)
- \* 2 teaspoons paprika
- \* 2 teaspoons dried thyme
- \* 1 teaspoon dried oregano
- \* Cayenne pepper to taste
- \* Salt and pepper to taste

## INSTRUCTIONS:

1. Heat a wide saucepan over medium heat. Add the oil and sprinkle over the flour. Stir until the roux reaches a dark caramel or milk chocolate color, a bit darker than peanut butter.
2. Add the onions, then the green pepper, celery, garlic and okra. Sauté, stirring frequently until the vegetables are soft and the okra slime has disappeared.
3. Add the tomato, 2 ½ cups of stock, beans, and spices. Bring to a boil then lower the heat to medium-low and simmer for 30 minutes.
4. If you like your gumbo a bit thinner and more soup-like, add as much of the remaining stock as you want. Turn off the heat and ladle a small amount of the gumbo into a small bowl. Add salt and pepper to taste
5. Serve the gumbo with white or brown rice.

## Equipment

- \* Chef's knife and cutting board
- \* Measuring cups and spoons
- \* Can opener
- \* Large stockpot or Dutch oven
- \* Wooden spoon or spatula
- \* Ladle
- \* Small bowls to keep vegetables together

# COLLARD GREEN SALAD W/ WARM MAPLE BACON VINAIGRETTE

## INGREDIENTS:

### The Salad

- 6 whole collard green leaves or kale
- 1 Gala Apple, chopped
- ¼ red onion, thinly sliced
- 1 persian cucumber, thinly sliced
- ½ cup cherry tomato, quartered
- 1 cup glazed walnuts/pecans ,chopped (optional)

### The Dressing

- 4 slices thick cut applewood smoked bacon
- 1/4 cup Olive Oil
- 2 cloves garlic, thinly sliced
- 1 shallot, chopped
- ½ teaspoon red pepper flakes or hot sauce
- 1 teaspoon dijon mustard
- 3 – 4 tablespoons maple syrup or Honey
- 1/4 cup apple cider vinegar
- kosher salt, to taste
- freshly ground black pepper, to taste



### Kitchen Equipment:

Knife  
small skillet  
Fork  
whisk

### Directions:

#### Make the vinaigrette

- Fry the bacon pieces. Remove bacon from the skillet. Add minced shallots and garlic to the bacon grease and cook over medium heat 2–3 minutes. Stir in the olive oil, vinegar, honey, paprika, salt, and pepper and mix well. Set aside

#### Make the salad

- Cut the greens into strips and place in a large mixing bowl. Add the sliced red onions, apple slices, and cherry tomatoes. Add the vinaigrette to the bowl and toss. Add the bacon bits to the salad and serve.



## **WINE PAIRING SELECTION**

**Heres a selection of wines that will complement your meal (they are from all Black Women Winemakers)**

Pick a wine from the following list. Suggested budget, \$20/bottle. You're free to customize your shopping based on your personal budget. Some bottles will be considerably less expensive than others, so feel free to spare or splurge at your convenience! The wines can either be found online via the corresponding link or store options can be researched via the website,

**Wine Searcher: <https://www.wine-searcher.com>  
**White Wine****

### **2020 Aslina Sauvignon Blanc (\$19-\$25)**

**A full rounded tropical character Sauvignon Blanc from the Stellenbosch region. A complex bright fruit wine with lots of citrus characters and lemon zest. It has beautiful complexity and depth and a unique lingering silky finish.**

### **2020 Theopolis Yorkville Highlands Symphony (\$25.00)**

**This exquisite dry white wine warms the glass with notes of mango and dried lavender. The palate greets you with balanced acidity, notes of pear, and bright tropical fruit. The wine finishes crisp and clean.**

**<https://www.theopolisvineyards.com/shop>**

### **2019 Cherie Wine White Blend (\$27.00 )**

**Refreshing white that has a round mouthfeel. The floral and fruity aromas leap from the glass. Aromas of white flowers, citrus and stone fruit lead to honey, pineapple and lemon curd on the palate with a distinct minerality on the finish. It is fresh, floral and gulpable!**

**<https://cheramiewine.com/products/2019-cherie-wine-white-blend>**



## **WINE SELECTION**

### **Rosé Wine**

#### **2020 McBride Sisters Collection Black Girl Magic California Rosé \$19.99**

For us, rosé season is all year around. This sophisticated dry rosé has aromas of raspberry and orange blossom with delightful acidity and a mouthwatering fresh stone fruit and citrus palate. A gorgeous, bright and fresh wine that pairs perfectly with chocolate covered strawberries, grilled fish dishes and your holiday feast.

### **Red Wine Options**

#### **GRATITUDE RED BLEND (\$21.00)**

Dry, medium body with aromas of strawberry jam, plum with flavors of black pepper and sour black cherry. 50/50 Cabernet Sauvignon /Merlot.

#### **2019 McBride Sisters Collection Central Coast California Red Blend \$18.99**

Cherry and plum dominate the aromas, gently laced with cedar and vanilla. In the mouth, the wine is elegant, even understated, with perfectly balanced tannin and just the slightest hint of earthiness complimenting the fruit. Extended oak aging softens the finish and brings with it a suggestion of baking spices and cocoa.

SEE YOU AT A FUTURE CLASS

**Chef Keesha**

**Instagram** @gourmetdiva

[www.thegourmetdiva.com](http://www.thegourmetdiva.com)

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