



Chef AJ's Virtual Cooking Class – Ingredients

**PRODUCE:**

1 head whole cauliflower, about 2 pounds  
2 pounds Hannah Yams (called white sweet potatoes, or use orange sweet potatoes)  
1 large white onion  
8 cloves garlic  
6 cups apples, about 3-4 depending on their size (Chef AJ prefers *Envy* or *Gala*)  
2 bulbs of fennel, shaved  
1 cup fresh mint, chopped  
1 cup pomegranate arils (optional, use when in season)

**PANTRY/DRY GOODS:**

4 cups leftover cooked rice (like organic brown rice)  
6 cups no-sodium vegetable broth  
5 Tablespoons salt-free stone ground mustard (like *Westbrae*)  
6 cups unsweetened non-dairy milk  
1 cup unsweetened apple juice (optional if you want a sweeter rice pudding)  
2 cups golden raisins  
1 cup dry quinoa  
2 cups water  
1/2 cup lemon juice  
2 to 2 1/2 cups fresh pitted dates (like Medjool)  
1 Tablespoon poppy seeds  
2 teaspoons chia seeds  
Sparkling water, plain unflavored  
1-2 Tablespoons Balsamic Vinegar (a fruity flavor like lemon, peach, or cherry)

4 Tablespoons Lemon Balsamic vinegar  
2 cups raw walnuts (or use raw cashews)  
1/2 cup cocoa powder

**SPICES:**

2 Tablespoons dried dill  
2 Tablespoons *Benson's Table Tasty* (or your favorite salt-free seasoning)  
1 Tablespoon SMOKED paprika (different than regular paprika)  
1/4 teaspoon chipotle powder  
4 Tablespoons nutritional yeast (optional)  
1 Tablespoon Apple Pie Spice (or use 2.5 tsp of cinnamon and 1/2 tsp nutmeg)  
1 teaspoon vanilla powder (or vanilla extract)  
1/4 teaspoon ground cardamom  
1 tsp onion powder

**KITCHEN EQUIPMENT:**

8x8 Square Pan – can use silicone mold, glass, or metal pan  
Baking/Cookie Sheet  
Blender  
Cutting Board  
Food Processor  
InstantPot, Slow Cooker, or Stovepot  
Knives for dicing, chopping vegetables  
Large Mixing Bowl  
Oven  
Parchment Paper  
Tall Drinking Glass