

THINKING OF LUNCH

MAGAZINE



The Mean Greens Issue
Seasonal Recipes & Ideas
May 2017

THINKING OF SALAD

I dare you to Google “woman eating salad”. You will get a flurry of bright eyed women, finding comic relief at the bottom of their bowl of field greens. All internet signs indicated that I was along in my salad-induced woes.

Salad was something we either had to eat with our meal, or as a meal (if our jeans were getting too tight that month). The word conjured images of wilted iceberg, illuminated by fluorescent cafeteria lights or boiled string beans that accompanied burnt veal chops at the dinner. Greens were either a sad but necessary side kick to more exciting things or a tasteless punishment we graze on as we dream of hand cut fries and bacon. Neither role is exciting, but greens have always had a “nourishing” role in the North American diet. With some growing pains and experimentation greens are able to transition to the starring role of the meal packed with flavour, texture, and colour. We are here to ease the transition.

For our May issue, we celebrate the transition of sgreens from the side of our plates to the center. May is a month of in between- between spring and summer- where changes leap out to delight us. As cabbage heads and carrot leaves pop out of the ground, we shed the cold and dampness of April and delight in the lightness and abundance that lies ahead. This issue invites you to celebrate transition and experimentation. Savour the freshness of change, instead of dwelling on the “salad days”.

Marissa Cristiano

WTF
AM I
DOING
!?!?!?!?



WHAT'S IN SEASON



Green Things

Carrots

Leafy Greens +Lettuce

Radishes

Spinach

Rhubarb

Collard Greens

Strawberries

Kale

Asparagus

Cabbage

SHIT YOU NEED



A sharp ass knife – sharp enough to cut through all the bullshit

A huge bowl- Rick Ross size, before he started eating pears.

A cutting board – The type that can take a couple of Gordon Ramsay sized whacks without breaking

A good ass pan – so smooth, oil glides like a Sade song

A wide oven tray – Because you're gonna need to roast harder than Martha Stewart on a comedy special

A wooden spoon- Good for stirring shit up. Traditionally doubles as a disciplinary tool in Italian households.

LET'S GET BASIC

I have nightmares of running out of these pantry essentials.

Garlic- Repeat after me: Salt, Garlic, Olive oil. This is your trinity.

Olive oil- Is the George Clooney of oils. It's classic and versatile, and my GOD does it ever get better with age.

Salt- duh.



Vinegar- Some things are terrible on their own, but glorious when mixed into the crowd.

Onion: There are few things that cannot be fixed by a beautifully fried onion.

Ginger-Remember that kid in class who was really quiet, but every now and then said the smartest thing you ever heard? That's ginger, don't underestimate it.



Chili flakes-You're a grown up, you can't always whip the Sriracha bottle out when you need a little zing.

Turmeric-Turmeric is that stranger who has a tissue on hand when you sneeze on public transit.

Honey- Sometimes you just need to make life a little sweeter.





The Root Cause Salad

Full of root vegetables whose leafy ends are slowly popping up from the ground. The freshness of fennel offsets the bitterness of radish and tartness of pomegranate. A perfect companion to crostini and goat cheese for an afternoon snack.

Ingredients

- 1 package pomegranate seeds
- 1 bunch radishes
- ½ bunch parsley
- 1 bulb of fennel
- ½ a cup of olive oil
- ¼ cup honey
- 1-2 tbsp. dijon
- 3 tbsp. apple cider vinegar
- salt, to taste

Finely slice fennel bulb and radish, or use a mandolin to shred into thin pieces.

Tear parsley leaves from stems.

Place fennel, radish, pomegranate, and parsley in a bowl.

In another bowl whisk together olive oil, honey, salt, Dijon mustard and apple cider until a slightly creamy consistency is reached.

Pour the dressing over chopped vegetables and toss.

The Bieber Roast

Because it's heavily roasted, but a banger of a salad that will make you get Hearty winter flavours meet crispy fresh romaine for a contrast that will make you want to get up and dance.



Produce
1 broccoli
4 beets
1 can chickpeas
6 carrots
1 medium squash
1 package spinach or romaine

Dressing
½ cup tahini
3 tbsp. Lemon juice
4 garlic cloves
salt

Spices
turmeric
ginger
cumin
paprika

The Bieber Roast

In a large pot, boil 3-5 beets until tender. Drain, peel and set aside.

Empty and drain can of chickpeas.

Cut broccoli into florets. Peel and halve carrots.

Line an oven tray with parchment paper or aluminum foil and apply a thin layer of olive oil.

Place chickpeas, carrots, broccoli, and squash on the oven tray. Drizzle with olive oil and sprinkle with the turmeric, cumin, paprika and ginger. Bake in the oven at 350 degrees watching out for when chickpeas start to harden slightly on the outside (usually 15-20 minutes depending on the oven). Broil at 500 degrees for 5 more minutes, or until parts of the vegetables start to turn dark brown on the outside.

Peel and deseed squash. The skin of the squash is easier to peel once it is cooked. Cut into cubes.

Place chopped greens in a large bowl. Place broccoli, carrots, beets, cucumber, squash, chickpeas in a bowl, drizzle with tahini dressing and toss. Top with pumpkin seeds and dried cranberries for extra crunch.

For dressing

In a blender combine 4 cloves of garlic, ½ cup of tahini, 3 tbsp. of lemon juice and warm water. Add water to thin to desired consistency.





The Cuffing Salad

Inspired by the YYZ bowl at Fresh, this transition salad, uses fresh spring ingredients like pea shoots and avocados, while offering winter warriors like cabbage a second life, via pickling. An ode to hanging on to your winter loves .

Produce
avocado
cucumber
cabbage
carrots
pea shoots
brown rice
pumpkin
seeds
dried
cranberries
sesame seeds

**For
marinade**
soy sauce
honey
For dressing
peanut sauce
lime juice
soy sauce
honey
garlic powder
ginger powder
water

For tofu
In a small bowl whisk equal parts soy sauce and honey to make a teriyaki marinade. Submerge tofu pieces in the teriyaki marinade, set aside for 1 - 12 hours for flavours to infuse. Place submerged tofu pieces in the oven at 350 degrees for 20 minutes, turn up heat to 500 for 5-7 minutes so edges start to crisp.

How to pickle any vegetable
Chop veggies up into small pieces. In a large bowl, whisk together ½ a cup of apple cider vinegar, ½ a cup of warm water and 1 tbsp. of sugar or honey. Pour mixture over your chopped veggies and seal the jar. Place in fridge and wait two- three days and wait for the magic to happen.

For rice base
In a small pot, boil rice of your choice, as per package instructions.

For peanut dressing
In a large bowl, whisk together 1/2 cup of peanut butter, 1/4 cup of soy sauce, 3 tbsp. of lime juice, 3 tbsp. of honey, 1 tbsp. garlic powder, 1 tsp. ginger powder and 1/4 cup of water until a smooth consistency is reached.

Place rice in a bowl, top with tofu, cabbage, pickled carrots, pea shoots. Sprinkle with peanuts, pumpkin seeds and dried cranberries. Drizzle with peanut sauce.

Nacho Business Bowl

Produce:

onion
garlic
black beans
jalapeno
sweet potato
avocado
tomato

Spices:

chili powder
paprika
turmeric
ginger

optional:

jalapeno
sour cream
shallots
Lime

Cut sweet potato into small squares. Drizzle with olive oil and sprinkle with paprika, chili powder, cumin and salt. Place on a baking tray and bake at 350 until the potatoes are tender.

Cut one white onion into small squares. Warm olive oil on low in a pan over the stove. Add in onion pieces and cook until the onion is soft and starts to brown. Add in fresh ginger, ground turmeric and salt to turn onions yellow. Add in garlic cloves and one can of black beans, drained. Cook for 5 more minutes. Place cooked beans and potatoes together, top with avocado, chopped tomato, cilantro, shallot, jalapeño and sour cream. Drizzle with lime juice.

Smoky, spicy and creamy, this bowl can be enjoyed at any meal, especially on Cinco de Mayo!



The Flaker

Usually we hate flakers... but not here. The fatty comforts of winter meet fresh grilled tastes of spring in this easy to devour entree. Not quite a salad...but definitely a more indulgent way to get your greens.

Ingredients

pastry dough
semi soft cheese like : cheddar,
mozzarella, gouda, monterey
goat cheese
asparagus
olive oil
flour
salt
black pepper

Roll a large sheet of wax paper on the table. Spread an even layer on flower over the sheet.

Break off a piece of dough with your hand and roll the dough out using a rolling pin into small sheets. Place asparagus spears, shredded cheese and goat cheese on each rolled out little sheet. Drizzle with olive oil, salt and black pepper.

Bake in the oven for 15-20 minutes or until the edges of the tarts start to golden. Let sit for 10 minutes.



TEN REASONS WE DRANK IN APRIL



1. Kendrick Lamar releases DAMN. The album cover instantly becomes a beloved meme.
2. A passenger is violently dragged off an overbooked United Airlines flight, reminding passengers worldwide to fly Delta.
3. The last issue of *Lucky Peach* is being released, much to the chagrin of millennial food hipsters worldwide.
4. In his wisest political move to date, Donald Trump called Kim Jong-Un a “smart cookie.”
5. A woman climbs a crane in Toronto and becomes and trailblazer for “crane-climbing” fashion.
6. Kendall Jenner’s Pepsi ad shows us how racism is alive and well in North American boardrooms.
7. JaRule’s Frye Festival is perhaps the best troll of the 21st century, at a cool 12k a ticket.
8. A grandmother resembling Scarlett Johansson, is invited out by Scarjo for a drink, pushing the outer limits of the doppelganger curse.
9. The internet erupts in exaltation and outrage for “13 Reasons Why.”
10. Jeff Goldblum opens up a food truck called “Chef Goldblum”, cementing his silver-foxness in history.



BRAIN CHOW



Twelve p.m. strikes in the office of a large North American city. A woman sits at her desk, eating a leafy salad with light dressing, offset by the glow of her computer screen. She is surrounded by a multitude of other women joylessly grinding their teeth to assorted brassicas.

This ubiquitous scene in the North American office, skews undeniably female. Why and how did the “sad desk salad” become a female plat-du-jour? And more importantly, what does it mean?

Here is the simplest way I can think of it: For women, salad is a social symbol. It signifies sensory sacrifice for aesthetic gain. Consider that prior to ordering a salad, comes the word “just”. I’ll “just” have a salad, says Jerry Seinfeld to the ridicule of his friends in one episode. Salad places a woman within the realm of health and discipline and outside the realm of mindless hedonism. Deprivation of pleasure, breeds status. Eating a salad is a way of publicly signaling that health and beauty are top of mind. In an office, where cleanliness, appearance and attention to detail are rewarded, salad is just another way of declaring your worth. There is a silent tyranny to salad too: notice how the cheeseburger never makes a desk appearance. We exit the building, and eat it outside the judging eyes and social codes of the office.

The darker side of salad is couched in sensual pleasure. We bury leaves so deeply in thick dressings and croutons, to please our palates, that they lose their inherent “healthiness”. We find ways to signal health and discipline while easing the bitter taste of deprivation.

So why write a whole issue on greens, when we associate them with deprivation? The goal of this issue is not to get you eating salad every day, or to signal health and discipline to those around you. We simply hope that we can give you some delicious, crunchy ways to incorporate greens into your life and ENJOY them. We hope these recipes make you fee like less of a rabbit and more of a human,!

The Humans at Thinking of Lunch

[Brain Chow:
Extended Reading
on Salad](#)

[Jim Gaffigan,
Food : A Love
Story](#)

[Women Laughing
Eating Salad](#)

[Lam, Bouree-
America Loves](#)

[Salad](#)

[Beack, Julie- The
Sad Ballad of
Salad](#)



WE ARE THINKING OF LUNCH

Thoughts? Comments? Snacks? thinkingoflunchstudio@gmail.com



See you in June!