

Protective Diet Class #276

Mastering PD Cooking Techniques featuring Plant-Based Stroganoff

This class highlights several basic Protective Diet flavor-building techniques and time-saving kitchen systems in the context of preparing a [meal](#). When these foundational cooking skills become second nature, meal prep becomes more like a “kitchen dance”.

Announcements

- Engage in our support group, [Protective Diet Living \(PDL\)](#). Find friends who will celebrate optimal health with you.
- Shop www.protectivediet.com/bulk for many [PD staples in bulk](#) at low prices.

Vocabulary

Dry Steaming	Dry Browning Technique	Beta Glucan Fiber	Day Fasting	Workplace For Wellness
Defrosted Tofu	Pressure Cooking Pasta	Plant Fiber	Carcinogen	Capsaicin
Kitchen Efficiency	Herb Storage Box	Endothelium	Epithelium	Gut Microbes
Kitchen Systems	Food Additive	50/50 Plate Practice	Neurotransmitter	Sulforaphane
Nitric Oxide	Blood Flow	Cruciferous	Fresh Restock	Set Up For Success (SUS)

Cooking Techniques to Master

- **Implement Foundational Time-Saving PD Kitchen Systems**
 - Manage your [Protective Diet Pantry](#) so you always have needed dry goods on hand (PD-Ed classes [#032](#), [#033](#), [#087](#)).
 - Regularly restock fresh staples (PD-Ed classes [#034](#), [#117](#)). The [Fresh Restock](#) completes your essential inventory.
 - Create a regular rhythm of restocking fresh staples, and [Set Up For Success \(SUS\)](#) of needed [condiments](#) for the week.
 - Remove the guesswork. Read through the [recipe](#) completely before beginning to cook. There is education in every section.
 - Set up your kitchen for efficiency. Prep Time listed on the recipe takes into account a kitchen set up for efficiency.
 - Post frequently used recipes inside the cupboard door of your prep area for quick reference.
 - Clean as you go with the goal of touching each item only once: use it, rinse it, load it in the dishwasher or put it away.
 - Plate your food and pack lunch up for tomorrow before you sit down to eat.
- **Dry Steaming Greens**
 - Clean salad and cooking greens when you get home from the grocery store for quick and easy addition to meals all week.
 - [Dry steam greens](#) as the first step of meal preparation each day. If you are just getting started, add this layer of protection when you begin your [50/50 plate practice](#) to boost nitric oxide production for endothelial health & perfect blood flow.
- **Tofu Techniques**
 - Protective Diet recipes use [tofu prepared in one of three ways](#): fresh, fresh-pressed, or frozen-defrosted-pressed.
 - Stock tofu in both the [refrigerator](#) and freezer. An inventory of four boxes in each location is recommended.
 - Differentiate frozen tofu by marking it with an “X” using a permanent marker before freezing.
 - As part of your weekly SUS, pull a box of tofu out of the freezer to defrost in the fridge for meals that include [Crumbles](#).
 - If the tofu in your refrigerator is approaching its expiration date, mark it with an “X” and transfer to the freezer indefinitely.
 - If a recipe uses fresh-pressed tofu, squeeze it in a [tofu press](#) for several hours—overnight is recommended.
 - Defrosted tofu presses instantly. Break into fourths, wring out like a sponge, crumble, and press/toss into marinade.
- **Dry Browning Technique**
 - [This technique](#) builds a meaty, deep, caramelized flavor. Don’t skip it. Free flavor/aroma therapy for only the price of heat.
 - Use the right size pan for even browning. The [Cuisinart 5.5 quart casserole pan](#) or a [Dutch oven](#) work well.
 - Fit the burner to your pan for even heating. Small pan on large burner = burned edges. Start the heat at medium high.
 - Allow browning to happen without stirring. Turn pan for even browning. Let vegetables release their liquid and boil off.
 - Have garlic, liquid and spices ready to quickly add at just the right time. Add garlic just before deglazing liquid so it kisses the heat of the pan w/o overbrowning and becoming bitter. Add spices quickly to prevent liquid loss through evaporation.
- **Pressure Cooking Pasta**
 - Pasta Choice: invite family members to choose the pasta. Both white and whole grain pasta are acceptable on a Protective Diet. Whole wheat pasta offers more plant fiber, which gut microbes digest/ferment into short-chained fatty acids, creating an anti-inflammatory effect and repairing the gut lining (Epithelium), keeping pathogens out of the bloodstream.
 - Quick release pressure and toss the hot starchy pasta into the prepared sauce for a restaurant quality pasta dish.
 - If the pasta seems undercooked, put the lid back on and let it sit for an additional minute or two to soften & soak up liquid.
 - Remove the bowl from the instant pot before serving to keep the ridge of the cooking base clean.

• Herb Box Management

- [Storing herbs properly](#) will keep them fresh for weeks and give you an easy, protective flavor addition to every meal.
- Keep trying fresh parsley. It's so protective and aromatic. Add it with the dry spices. The flavor will mellow while cooking.
- Place a [towel](#) under the [cutting board](#) to maintain the sharp knife blade. Cutting herbs with a sharp knife is a pleasure.

• Daily Salad Prep

- Boxes of mixed greens make it easy to get a salad on the table when the salad isn't the star of the meal.
- Mix [salad dressing](#) early in the week, on your set up day, or quickly after dinner one night. It only takes a few minutes.
- Use delicate, tender greens first so they don't go bad. Save romaine, cabbage and heartier greens for later in the week.
- Don't dig into baby greens. Gently take some off the top. Bruising will introduce moisture and cause them to go bad faster.
- Toss mixed greens and protective dressing in a big bowl then plate it, rather than just drizzling dressing over top.
- [Fermented](#) fruits and vegetables are already chopped and ready to add protection and flavor to quick salads.

Cooking Tips

- A burn signal on the [Instant Pot](#) indicates you forgot to add the water or [the lid needs to be cleaned](#) of starch build-up.
- Always pre-heat the oven before adding food or starting bake time. Replace [silicone mats](#) if they lose their non-stick quality.
- The [onion powder](#) linked in Protective Diet [recipes](#) is highly recommended for superior flavor.
- Save used [tamari](#) bottles with the pour top—perfect for storing [sauces](#) in the refrigerator or [PD Betterment Mouthwash](#).
- Time Saver: When you chop an onion, chop a second one and store for later. On a PD you will use multiple onions each week.
- Glass cutting boards are actually counter protectors & will dull your [knife](#).
- Flash freeze extra tomato paste in 1T. portions and transfer to a freezer bag for convenient addition to future recipes.
- Set some mushrooms aside for another meal. Wrap and store in the coldest part of the fridge. No need to wash them.
- Mushroom alternative = Eggplant (prepare ahead of time and stir into sauce at the end) or just leave the mushrooms out:
 - Preheat oven to 450°. Dice eggplant, with skin on. Spread on lined [baking sheet](#). Roast 20-25 minutes until browned.

Student Q&A

- Q: When pressing tofu to use in a recipe, how long do you press it?
- Q: What would you say if someone had an allergy or taste aversion to mushrooms?
- Q: Is it okay to use coconut aminos instead of [Tamari](#)?
- Q: Could you use an air fryer to prepare [Ground Crumbles](#)?
- Q: Overall how many servings do your recipes create?
- Q: What brand of [nutritional yeast](#) do you use?
- Q: Do you ever use miso paste?
- Q: Would it work to substitute lentils for tofu in a recipe?

Encouragement

- I love food. I want you to continue experiencing global cuisine and your comfort food favorites right in your own home.
- Being a walking billboard of health is your ticket to say whatever you want. Friends/medical professionals will not question you.
- Healthy is the new wealthy--to have our health and not be tied to medications and held down by doctor's appointments.

"Follow along with me every step of the way and you will be making meals like this and your family will be eating alongside of you."

Recommended Recipes

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| <input type="checkbox"/> Plant Based Stroganoff | <input type="checkbox"/> Dry Steamed Kale | <input type="checkbox"/> Banana Bread Under Pressure with Appeal |
| <input type="checkbox"/> Plant Based Etouffee | <input type="checkbox"/> Za'atar Vinaigrette | <input type="checkbox"/> Garlic Lovers Breadsticks |
| <input type="checkbox"/> Bolognese Sauce | <input type="checkbox"/> Ruby Raw Kraut | <input type="checkbox"/> Homemade Lasagna |
| <input type="checkbox"/> Kids Spaghetti | <input type="checkbox"/> Plant Based Yogurt | <input type="checkbox"/> Strawberry Cheezecake Nice Cream |
| <input type="checkbox"/> Arrabbiata Pasta | <input type="checkbox"/> Preserved Lemons | <input type="checkbox"/> Instant Pot Steam Reheat |
| <input type="checkbox"/> Stovetop Red Lentil Chili | <input type="checkbox"/> Fermented Cherry Tomatoes | <input type="checkbox"/> Sugar-Free Kettle Corn |
| <input type="checkbox"/> Mushroom Gravy | <input type="checkbox"/> Cranberry Probiotic Poppers | <input type="checkbox"/> Peppermint Bark Popcorn |
| <input type="checkbox"/> Mexican Pizza | <input type="checkbox"/> Pico de Gallo | <input type="checkbox"/> Pressure Cooked Pasta |

Recommended Classes

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| <input type="checkbox"/> #117 Fresh Restock | <input type="checkbox"/> #096 Kitchen Set Up For Efficiency | <input type="checkbox"/> #265 What's Your Food Mood |
| <input type="checkbox"/> #118 Set Up For Success | <input type="checkbox"/> #087 Pantry Par Stocking System | <input type="checkbox"/> #272 Allergies and the Microbiome |
| <input type="checkbox"/> #236 Weeknight Set Up (SUS) | <input type="checkbox"/> #040 Recipes For Success | <input type="checkbox"/> #170 Slimming Down w/ Biscuits and Gravy |
| <input type="checkbox"/> #154 Daily Application | <input type="checkbox"/> #039 Lunch Packing | <input type="checkbox"/> #148 Sulforaphane Protection |
| <input type="checkbox"/> #230 Fermented Hot Sauce | <input type="checkbox"/> #270 Protective Diet Pro Tips | <input type="checkbox"/> #072 PD Practice Checkup: 50/50 Plate |