

Directions for the BYOGB Cook-Along

Use these recipe steps for your group's synchronous cook-along. Choose a leader for each step, modify the steps to suit your team, remember to keep the pace moving, and most of all, have fun!

Step 1. Welcome

Greet your participants!

Have them preheat their ovens to 400°F if roasting squash or sweet potato for their bowl.

Review needed ingredients and tools.

Introduce them to the other folks leading steps and hand off for the next step.

Step 2. Rice

Rinse the rice and start cooking it according to directions and preferences.

Step 3. Squash

Toss butternut squash in olive oil, salt, and pepper.

Spread squash on a sheet pan and put into the oven.

(This will now roast for about 25-30 mins.)

Step 4. Egg

Fill a medium pot with water to cover your raw egg.

Put the pot on the stove and heat the water to a boil.

While the egg boils, fill a mixing bowl with cold water and set near the stove.

Step 5. Kale

Get out kale and begin de-stemming and tearing up large leaves.

Wash and dry kale in a colander or lettuce spinner.

Step 6. Egg

Carefully remove egg from pot when cooked to your satisfaction

(beware the potentially divisive issue of soft boiled “doneness”!) and place in cold water in a bowl.

Pour hot water out of the pot and place the pot back on the stove.

Step 7. Garlic, Jalapeño, and Kale

Pour a bit of olive oil into the (egg) pot and set heat to medium-low.

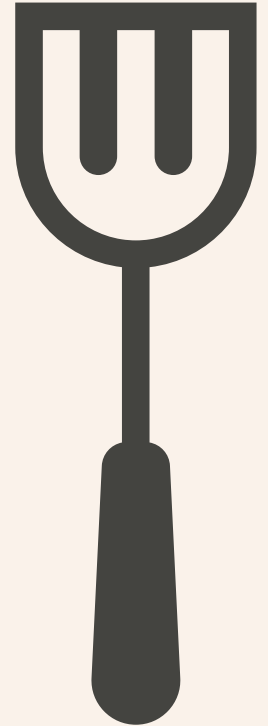
Sauté optional garlic and jalapeño for a moment until fragrant.

Add kale. Toss and continue sautéing kale with tongs or spatula while adding a splash of rice vinegar.

Turn heat to low.

Step 8. Squash

Check the roasting squash and gently stir it to loosen as needed.



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(continued)

Step 9. Egg and Pomegranate

Remove egg from cold water and set aside.

Pour out egg water and fill the bowl again with fresh cold water.

With your knife and cutting board, carefully quarter the pomegranate.

In the sink, hold one pomegranate quarter in your less dominant hand over the bowl with the aril side facing the water.

Using your dominant hand to wield the spoon, whack the pomegranate's skin side to get out the arils.

Repeat with other pomegranate quarters.

Drain the water from the bowl.

Step 10. Kale

Check kale. Turn off heat if necessary.

Step 11. Orange

On the same cutting board as pomegranate, trim orange skin and membranes to make segments (also known as "supremes").

Leave as segments or cut into chunks and set aside.

Step 12. Cilantro

Chop cilantro.

Step 13. Bowl Building

Peel egg. (Many may offer opinions on how to accomplish this.)

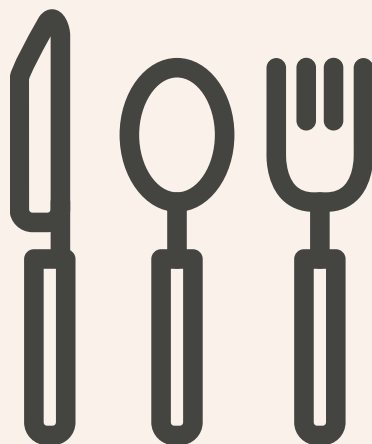
Have participants fluff rice with a fork and dish some up in their serving bowls.

Ask folks to assemble their bowls with an eye toward displaying all the delicious ingredients and colors.

Prompt everyone to drizzle with olive oil to finish.

Step 14. BYOGB Group Screenshot

Everyone shows off for the camera and enjoys their personalized grain bowl while someone grabs a screenshot for posterity.



Visit the original post at clarity-innovations.com/blog to find lists of ingredients and a sample group screenshot.