

April 2021 ... Cook2Care Grill Masters Edition

Join us as we ZOOK (zoom cook) a delicious dinner for ourselves and our neighbors in need. Our host will be TST's social action grill master Richard Leroy
A surprise guest may add some comic relief too!!

Tuesday, April 27th - 6:00pm ZOOK (zoom cook)

****can't join the zoom, no problem, cook at your leisure and deliver on Wednesday**

****can't BBQ, no problem, cook in your oven or stove top**

Wed, April 28th - 9am-12pm: Deliver donation meals to Shaaray Tefila

****Donations will then be delivered to the Community Center of Northern Westchester**

Goal: 160 meals - if we have 40 participants we will reach our goal and help to feed our neighbors who are truly struggling .

Menu: Grilled Chicken /Grilled Veggies/Polenta/Corn Shopping Lists

Misc:

- 4 tupperware to hold 4 individual meals (see below)

Ingredients for Chicken Marinade (or ANY nut free marinade of your choice)

- 2 small oranges juiced
- 1 lime juiced
- 4-5 garlic cloves crushed
- 1 tbs oregano
- 1 tsp salt
- 1 tsp pepper
- 2 tbs olive oil or avocado oil
- 1 tsp cumin

Chicken Ingredients:

- 2 lbs (4 pieces) boneless chicken breasts, cut butterfly style and lightly pounded until thin or you can also buy 4 thinly sliced chicken cutlets
- 1-2 limes cut in halves or quarters
- Freshly chopped cilantro

Ingredients for Grilled Vegetables & Polenta (or any spring vegetable of your choice)

- Tin Foil
- Olive Oil / salt / pepper
- 2 Zucchini
- 2 Squash
- 2 Red Peppers
- 1 Onions
- 2 Garlic cloves
- 4 Corn (or 2 split in ½)
- 1 Tube Polenta- removed from casing, cut into 3/4-inch slices, and patted dry with paper towels

*****Avocado Salsa is Optional for the Donation Meal**

Ingredients for Avocado Salsa:

- 1 ripe but firm avocado cut in slices or diced
- ½ small red onion sliced or diced
- 1 red Fresno chili pepper or your choice of hot pepper seeded and deveined, finely diced – adjust to taste, can also use mini sweet peppers for a non-spicy option
- 1 lime juiced
- 1 tablespoon of olive oil or avocado oil
- 1 tbs finely chopped cilantro
- Salt to taste

To Prep Before we Zoom

Chicken Marinade

1. To prepare the chicken marinade combine all the ingredients in a small bowl and mix well.
2. Pour the marinade over the chicken breasts and let marinate for at least an hour, overnight is ideal

Avocado Salsa Preparation:

1. Mix all the ingredients – diced avocado, diced red chili pepper, onions, lime juice, cilantro, oil, and salt to taste – in a bowl.
2. You can prepare the avocado salsa right before cooking the chicken or a few hours before – it can be refrigerated until ready to serve.

Cooking Dinner Directions

Set grill to medium / high

To cook the chicken:

1. Heat the grill, griddle or pan that you will be using to a high temperature. You can lightly grease with a drizzle of oil if it is prone to sticking.
2. Grill the chicken breast fillets for about 5 minutes on each side or until fully cooked – the exact time will vary based on the thickness of the chicken filets as well as the temperature of the griddle.
3. Remove the chicken from the griddle, drizzle with lime juice and sprinkle with freshly chopped cilantro.

To cook the Vegetables:

1. Brush vegetables with olive oil, salt and pepper
2. Place on a grill vegetable tray or in tin foil on the grill - 8-10 minutes
3. If you're cooking on your own, inside, please choose the above mentioned vegetables or whichever vegetable you want and cook as you please

** You may choose to keep the **corn** uncooked if that's easier for you

To cook the Polenta:

1. Brush ¾" rounds with olive oil and salt
2. Grill for 7-10 minutes on each side. Do not move while cooking so that you get the grill marks

Packing and Delivering The Donation Dinners

1. Place one chicken breast (avocado salsa is optional), some vegetables, corn and polenta in a tupperware.
2. Repeat three more times to make four dinners to donate
3. Deliver dinners Wednesday morning between 9-12 to Temple Shaaray Tefila.
4. Questions?

Thank you for participating.

Email with any questions... socialaction@tst.org



The Talmud explains that each Jewish community must establish a public fund to provide food for the hungry, and our sages explain that feeding the hungry is one of our most important responsibilities on earth: "When you are asked in the world to come, 'What was your work?' and you answer: 'I fed the hungry,' you will be told: 'This is the gate of the Lord, enter into it, you who have fed the hungry'" (Midrash to Psalm 118:17).