Almost

THE PERFECT PLANT-FORWARD UNIVERSITY

The Menus of Change University Research Collaborative
Executive Chefs Committee proudly presents:

What it looks like, how to achieve it, whom to involve, and how to measure its success.
Collectively we have the strength and ability to broadcast the importance of a plant-centric diet. Working together, sharing our successes and failures, will help ensure success for all.”

MCURC Executive Chefs Committee

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Plant-forward is more than a trend; it’s the best way forward for every eater on the planet. The science is clear that a plant-forward—also called Flexitarian, plant-rich, or plant-centric—approach to eating is best for optimizing both human and environmental health. It’s a style that elevates traditional diets of the past while incorporating the best practices of the present. Plant-forward cuisine does not exclude meat necessarily, but instead reimagines how to serve it, asking chefs and managers to adapt their plate builds to reflect the changing climate, growing population, and inquisitive tastes of our college-aged student body.

Food has never been as exciting as it is today. The world’s cuisines have never been more accessible to discovery and understanding, and today’s open-minded diners have palates groomed to enjoy diverse, culturally authentic foods. This unprecedented receptivity, combined with availability of ingredients and the push to rediscover ancient ingredients (foods, in many cases, that our great-grandparents and grandparents consumed) has made the college and university (C&U) menu more dynamic than ever.

The executive chefs in the Menus of Change University Research Collaborative (MCURC) are committed to upholding these values and driving deliciousness in all of their meals. We’re also committed to preserving the earth as a better place for our children.

What would the perfect plant-forward university dining hall look like?

We know plant-forward has to be our future, for all kinds of reasons. We also know that all of us are working in complex environments where change often needs to happen incrementally, even if at an accelerated rate. But we also risk getting derailed in our plans if we don’t collectively spend time thinking about what our vision needs to be, what success would look like, where we want to end up. So, this question is aspirational. We also want to make sure that we don’t set our aspirations so high that perfection of vision becomes the enemy of very strong work on the ground. Furthermore, anything that sits ultimately in the world of operations will be, by definition, imperfect—or almost perfect at best. So why think about “perfect” at all? Because it helps to sharpen our focus and gin up our imaginations, which we need to drive sufficient food system transformation—in the C&U sector and more broadly.

Reaching that optimal end goal is complex. But the idea of what makes a vision of the perfect plant-forward university is an exciting one—a dining hall that showcases the diversity of vegetables and legumes, dishes that celebrate ancient grains, desserts that highlight fruit’s natural sweetness and the nuttiness of whole grains.

A dining hall that celebrates the creativity of its chefs and honors diversity of cuisines across the world. It would feature a kitchen that has the space and equipment to prepare vegetable-centric dishes. Whole grains would glow in jars on shelves, and pressure cookers would steam away, rendering a variety of beans tender and unctuous. These seasonal and varied ingredients would highlight smaller, more sustainable portions of animal proteins or would also stand alone, offering our diners more choice and craveable variety.

This effort is intended as an inspiring, motivating thought exercise for years of continuous improvement—not as a box to check or finish line to cross. Especially in education, we are always learning, adjusting, correcting, and recalibrating. As culinary and dining leaders, our operations are always a work in progress. We aim to work diligently to support our aspirations, but always with the practical matters close at hand: budget realities, staffing and training constraints, and questions of student acceptance. But make no mistake: We must seek nothing less than fully transforming our approach to food and dining in C&U in the years ahead, in order to meet the challenges that face us, from COVID and the climate emergency to the myriad crises associated with obesity and diet-related disease. And of course, we must do so without ever taking our eye off the imperative of deliciousness.

Universities are microcosms of societies the world over. As such, an aspirationally perfect plant-forward university dining hall would model on a smaller scale the ways that entire cities, regions, and even nations can enjoy the Flexitarian diets that scientists tell us are optimal for sustaining both human and planetary health in the long run.
Dining halls aren’t built in a silo; they require the collaborative efforts of a number of different campus leaders including senior university administrators, executive directors and dining directors, chefs, staff, alumni, and campus partners such as farms. Faculty and students can also influence dining halls.

In dining halls, the campus community comes to learn, connect, relax, and yes, eat. But within these spaces, students also learn to make choices that will change the way they view food in the future. The undergraduates across MCURC institutions will eat 15 billion meals throughout their lifetimes. After graduation, these students will go on to open businesses, lead teams and organizations, and raise families, potentially influencing millions of meals for others. Today, we have the opportunity to teach our students the importance of and joy that’s inherent in plant-forward cooking. Tapping into the expertise of our chefs, staff, and other campus connections is an effective way to make the transition happen.

**THE KEY STAKEHOLDERS**

**CHEFS, DINING DIRECTORS, & SENIOR UNIVERSITY ADMINISTRATORS**

**STUDENTS & ALUMNI**

**VENDORS**

**CAMPUSS STAFF**

**FARMERS ON CAMPUS & OFF**

Healthy, sustainable, and delicious food programs
CHEFS

CHEFS HAVE SUPERPOWERS—THEY ARE INFLUENCERS WHO HAVE A RESPONSIBILITY TO BE THOUGHTFUL.

We encourage chefs to embrace the Menus of Change (MOC) Principles of Healthy, Sustainable Menus, as outlined by The Culinary Institute of America and the Harvard T.H. Chan School of Public Health, Department of Nutrition. These principles can guide your cooking and menu development. Throughout this document are examples of how executive chefs in the MCURC are committed to aligning their menus with these important principles.

As more meals are consumed outside the home, it’s imperative that chefs see plant-forward menus as an integral part of any dining operation’s holistic sustainability model, along with facility design and waste management. Encouragingly, the science clearly shows that foods that are good for our bodies are also good for the earth. This ethos should guide sourcing and procurement, menu development and special events to engage the campus community.

VISION

Students expect us to be leaders and agents of change on our campus. While we may work to educate them on the specifics of plant-forward dining, it has also entered the zeitgeist. Therefore, because it’s important to our customers, it’s important to us.

PASSION

• As culinarians in higher education, we set the tone for future leaders to understand how the way we eat greatly impacts the health of our planet.
• Institutions have a responsibility to take the first step toward exemplifying plant-forward principles in order to be a model for the communities they serve.
• We focus on caring for those whom we feed and those who feed us.
• At the college level, most students have a sincere and active interest in their planet and the impact of their food choices. The combination of concerned chefs and receptive student audience makes for an ideal climate to build the base of a healthier, more responsible diet for the population at large.

INSPIRATION

• In C&U dining, we have a unique opportunity to influence young adults as they learn to make food choices for themselves.
• Making plant-forward menus and dishes not only helps the environment, but also nourishes the population to a healthier body, mind, and soul.
• Our customers demand transparency in sourcing and preparation and that the food (and products) we purchase and serve are ethically responsible in terms of social justice and sustainability.

EDUCATION

Culinary Staff

• Just as your cooks need to learn how to grill the perfect steak, it’s important to dedicate that same training toward achieving the perfect wok-seared broccoli or grilled marinated carrot.
• Plant-forward inherently emphasizes whole, intact, minimally processed and slow-metabolizing foods. It’s important that the nutritional quality of plant-forward food choices be kept at the forefront during menu development and staff training. As we know, chips and soda are also plant-forward. But that’s certainly not the vision we have in designing the perfect plant-forward university.
• In working towards plant-forward dining halls, education and buy-in around the 24 Menus of Change Principles of Healthy, Sustainable Menus can help get everyone on the same page in terms of the science about food’s impact on people and planet. For example, one of the MOC Principles is “Serve Less Red Meat, Less Often.” This is because all animal-based foods don’t have the same health and environmental impacts. It’s especially important during plant-forward menu development to focus on reducing red meat in particular, including processed red meat.

The MCURC Executive Chefs Committee encourages C&U dining leaders to deliver on these key sustainability focus areas:

• Shift diets
• Reduce loss and waste in food systems
• Conserve water
• Enhance food systems transparency
• Enable individuals to make informed food choices for sustainable lifestyles

Culinary professionals in C&U should deliver a balanced approach and offering for their diners. It’s not about preaching veganism or vegetarianism. If you follow that, great. Vegan and vegetarian meal and dish options, as well as overall eating patterns, are absolutely included in the big-tent approach of plant-forward menus.

But consumer insights data tells us that the biggest opportunity for transforming menus and dining operations is with the wider segment of the population that is not trying to completely give up animal-sourced foods, but instead shift the balance towards plant-sourced foods. To that end, we offer a more nuanced and flexible approach in the form of plant-forward.

For a full suite of resources and culinary strategies, in addition to the full list of MOC Principles, please visit menusofchange.org.
VENDORS

When you can’t grow it yourself, get it from someone who can!

These are some best practices we’ve collected while working with our vendors toward the vision of a plant-forward dining hall:

- Defining specific product groups and setting parameters
- Connecting our kitchen with local products and vendors
- Innovative products
- Labor saving (precuts)
- Relationships
- Sponsor resources
- Sponsor pop-ups

UNIVERSITY OF CONNECTICUT - BUG STORY

Bugs are very good for you (and the planet, too). This was the message behind our “A Bug Feast.” At this special dining event, UConn chefs treated students to a variety of globally inspired snacks including Sriracha cricket chips served with fresh pico de gallo; beef sliders featuring weaver ants; and Asian bahn mi tacos (Italian sausage and spicy grasshopper stuffed into steamed bao buns). For dessert? Crepes made with cricket flour were topped with berry compote and chocolate-covered crickets. A growing demand for high quality protein, along with a movement toward sustainability and against processed foods, are a few of the reasons behind edible insects’ growing popularity. Of course, many countries and traditions have known this for decades, even centuries.
FARMERS ON AND OFF CAMPUS

Many universities are partnering with local community organizations and devising creative culinary solutions to minimize food waste. This is an important component in working toward the (almost) perfect plant-forward university because ultimately plant-forward eating is about ensuring optimal human and planetary health; minimizing food waste reduces greenhouse gas emissions and can address food and nutrition insecurity to ensure that everyone has access to sufficient and nourishing food. Here are just a few solutions from MCURC members.

• CU Boulder partners with FoodMaven, an innovative online marketplace that sells and delivers high-quality local, imperfect, and oversupplied foods to institutions for about half the price. The company donates unsold surplus to hunger relief non-profits.

• Stanford University Residential & Dining Enterprises donates surplus food from its dining halls and athletic concessions to Loaves and Fishes and other groups who deliver high-quality, nutritious meals to Bay Area residents who are food insecure.

• The Vanderbilt University dining team hosted a food scrap cooking competition. High-quality dishes including fish tacos with tomato, pineapple, and broccoli slaw were prepared by using a mystery box of food scraps. Co-sponsored by The James Beard Foundation, the competition aimed to raise awareness around the fact that up to 40 percent of food is thrown away in the U.S.

• Several campuses purchase deliciously imperfect local produce, so that it’s not wasted or turned back into the field as compost.

• Campus co-ops

• Cultivating relationships with individual farms, in addition to aggregate farmers

• Working together with farmers to grow products specifically for your campus dining program

• Events to engage the campus community, such as University of Colorado Boulder’s Tasty Wasty Event.

Preventing Food Waste

We collected best practices among the MCURC Executive Chefs Committee, and here’s what has worked well for engaging farms, both on and off campus.

• Campus co-ops

• Cultivating relationships with individual farms, in addition to aggregate farmers

• Working together with farmers to grow products specifically for your campus dining program

• Events to engage the campus community, such as University of Colorado Boulder’s Tasty Wasty Event.

SUSTAINABLE
We have a large population of dining employees from Nepal, but found we hadn’t been tapping into their expertise adequately. We suffered through serving inauthentic and bland Indian and Nepali cuisine, while watching these staff members prepare the recipes in angst. So we came up with a solution. We devoted two menu cycle days to one of our best Nepali chefs, Man Suba Tamang. She comes with a lifetime of cooking experience in Nepal, and has been a valuable team member for over 10 years. When her stunning menu hit the line, we were proud in knowing that CU Boulder was now serving some of the best Nepali food in Colorado. Man Suba works the station daily, so concerns as to whether dishes are “feasible” or not (a common complaint and push-back on more complex menu items) are not even of concern. The menu is fresh, vibrant, authentic, a huge crowd-pleaser, and would you know it—plant-forward.

TAPPING INTO YOUR STAFF

More than anywhere else, our team’s ability to innovate and express their creativity is key to advance healthier and more sustainable dishes in our menus. Human synergy amplifies the skills and knowledge of each member of our teams, and investing in them is paramount.

• Mentor your staff to grow, and inspire them about the many delicious and exciting opportunities presented by plant-forward menus.

• Tap into your staff for ideas; contributing their own experience, favorites, and ideas can make them feel part of something bigger.

• Relationships and buy-in are essential.

• Training takes time but goes a long way.

Elevating your Chefs' Expertise

University of Colorado Boulder
We welcomed a group of Northeastern students to the Xhibition Kitchen for our first Teaching Kitchen class of the semester. “Loveable Lentils” was a hands-on culinary tutorial where participants learned how to move legumes to the center of the plate by using plant-forward recipes. Under the guidance of campus executive chef Tom Barton, the students prepared Turkish Lentil Kofte Lettuce Wraps with Tzatziki Sauce, and Coconut and Banana Lentil Energy Bites. The event was well received by our students, and they provided excellent feedback to help enhance future Teaching Kitchen classes. Each participant received a special Xhibition Kitchen apron and a copy of the recipes to try at home.

STUDENTS, FACULTY, ALUMNI AND OTHER CAMPUS CONNECTIONS:

The university environment offers tremendous opportunities to collaborate beyond the culinary world. Students and faculty projects, whether from Earth Science, Nutrition, Law, Humanities, and many other fields, allow us to reflect on our programs and the impact we have on the food system. Because our campuses are unique, and because our purpose is to support education and research on our campuses, we can, and should, deepen the relationship with our students and faculty to use dining halls as living laboratories, and learn from our alumni who work in this field.

• Build connections with alumni who’ve opened plant-forward kitchens
• Work with faculty on ways to nudge change (see p. 24 for insights from the DISH Study)
• Use campus resources—farms, etc.
• Pop-ups can be a great source of engagement, education, and inspiration

Northeastern - Plant-Forward Implementation
Loveable Lentils Teaching Kitchen
The good news? Any kitchen can be a plant-forward kitchen. After all, we use the same tools and equipment to cook vegetables as we do meat. It’s changing the application and our techniques that makes the outcome radically different. Here are a few of our favorite tools:

- Combi Ovens
- Pizza Ovens
- Blenders: Immersion Blenders
- Pressure Cookers
- Flat Tops
- Blast Chiller
- Grill
- Smoker
- Vertical Chopping Machine
- Cryovac Machines
- Circulators
- Herb Walls/Herb Farms

INSIDER TIPS

- The right ingredients make all the difference. Investing in the best oils—whether extra virgin olive oil or fresh-pressed nut oils—is money well spent and still costs less than an 8-ounce portion of meat.
- Staying abreast of trends and highlighting new and old ingredients will keep your plates interesting and focused.
- Beans and grains provide protein and satiety. They also offer a diversity of textures and flavors.
- Seasonal vegetables add delight and color to the line and make your foods pop. They’re also a prime opportunity to educate your students.

We know we aren’t supposed to choose sides, but here are some of our favorites in the plant-forward kitchen:

- Sorghum
- Jackfruit
- Freshly milled, 100-percent whole-grain flours
- Freekah
- Kelp & seaweed
- Mankai
- Urfa pepper
- Lentils: golden & red
- Hummus with different legumes
- Vegetable purees
- Mushrooms, especially for The Blend
We asked our different chefs across campus to develop and serve an original veggie burger recipe. Students then voted on their favorites. A final head-to-head competition was organized during our “Deliberate Dining Festival,” which celebrated the many different intersections of food and sustainability on campus and in the community.

We strive to make plant-based dishes that are craveable, innovative but also familiar. The Golden Mac we served at a pop-up was a hit last year.
At UC Berkeley, we host the “Plant-Forward Recipe Challenge.” The students on the sustainability team choose two ingredients (one vegetable from a local farm and one plant-based protein), then challenge our chefs to make the most delicious dish possible. The only rule is that the vegan option needs to be equally delicious. We ask chefs to make dishes that are cost- and labor efficient so they have the potential to make it on a cycle menu. The sustainability team surveys students about their feedback and reaction to the dish. Last semester, we hosted the challenges weekly and 12 chefs (executive, sous, and cooks) participated in the challenge. This year we’re adding a challenge that includes animal protein (but the dish still needs to be plant-forward).

University of California (UC) Berkeley

University of Michigan

Executive Chef Frank Turchan has programmed a Global Chef series where he invites chefs from around the world to help educate staff and students on culturally diverse plant-based recipes.

University of California (UC) Santa Barbara

We’ve been prioritizing offering more plant-based options in our dining commons, including more vegan desserts. This last year, we’ve taken many of our traditional desserts and created equally delicious vegan versions. Some are so tasty our students contacted us thinking we’d mislabeled the item as vegan instead of vegetarian!
CONCLUSION

HOW TO MEASURE RESULTS

Here are some creative ways MCURC members have grown their plant-forward dining programs, researched their success and results, and promoted this healthier and more sustainable way of eating to their clientele.

MCURC DISH STUDY

The DISH Study—which stands for Delicious Impressions Support Healthy eating—is the first behavioral intervention of its kind to be replicated across multiple university dining halls across the country. It is the first peer-reviewed publication from the MCURC.

This research measured diners’ vegetable intake for several months at each of five universities throughout the United States. The team tracked nearly 140,000 decisions about 71 vegetable dishes that had been labeled with taste-focused, health-focused, or basic descriptions.

Those names mattered. Diners chose to put vegetables on their plates 29 percent more often when they had taste-focused versus health-focused labels and 14 percent more often when they had taste-focused versus basic labels. Diners also ate 39 percent more vegetables by weight, according to measurements of what diners served themselves versus how much ended up in compost.

THE DISH STUDY IN NUMBERS

The article had 2,801 views and downloads as of August 31st, 2020 and has been cited six times in published peer-reviewed journal articles.

It was covered in 29 news outlets and blogs, including Forbes, NIH Research Matters, US News & World Report, Association for Psychological Science, and Stanford News, putting the article in the top 5 percent among all articles ever published in Psychological Science.

The findings were presented at the CIA-Harvard T.H. Chan School of Public Health 16th Annual Worlds of Healthy Flavors Leadership Retreat, the Healthy Kids Collaborative annual meeting, and the United Fresh Produce Association.

The Edgy Veggies website had 1,273 new unique visits in the two months after the article was released.

If all member institutions of the MCURC implemented taste-focused labeling across the 800,000 meals they serve each day, this would translate to 40,000 more vegetable servings per day.

UCLA DINING SERVICES

UCLA Dining Services has implemented the use of a low and high carbon footprint icon in order to support our students in making food choices that can positively impact climate change. The green low carbon footprint icon will be added to items with 0 to 25 percent of the % Daily Value Dietary Carbon Footprint, as recommended by the EAT Lancet Commission. (Learn more at tinyurl.com/sappydp.) This includes all vegan items, some vegetarian recipes, and certified sustainable fish. The orange-red high carbon footprint icon will be added to items with more than 50% of the % Daily Value Dietary Carbon Footprint. This includes beef, lamb, bison, and items with more than 3.5 ounces of cheese.
ADDENDUM

RECIPES AND CONTRIBUTORS

We thank all the MCURC Executive Chefs who contributed their insights and time to this resource, and we hope you enjoy these recipes as bursts of inspiration.

MANKAI SMOOTHIES  Harvard University

Yield: 1 12-ounce serving

3 oz. Frozen Mankai (25%)  2.1 oz. Banana  4 oz. Cold Water and Ice Cubes
2.1 oz. Granny Smith Apples, peeled  1 oz. Dates

Blend until smooth.

CHICKPEA SALAD – AKA “TUNA-LESS” SALAD  Tufts University

Yield: 18-20 4-ounce servings

4lb Garbanzo Beans  2T Soy Sauce  3/4c Vegan Mayo
1lb Minced Celery  1T Granulated Onion  1/4z Nutritional Yeast
4oz Chopped Pickles  1/2oz Kelp Granules

Drain and dry the garbanzo beans in a low oven for 20 minutes to remove as much moisture as possible. Mash the beans with dry items. Mix with soy sauce, pickles, and celery. Fold in mayo as needed.

*** Good starting ratio: 2tsp yeast and 1 T of kelp per pound of beans***
THE STANFORD FARM POWER BOWL  Stanford University

Yield: 4 8-ounce servings

1 Cup Wild Rice
1 Cup Tri-Colored Quinoa/Sprouted Brown Rice Blend
¼ Cup Heirloom Mushrooms Whole
¼ Cup Fresh Ear of Corn
¼ Cup Diced, Butternut Squash
¼ Cup Sliced, Okra
¼ Cup Quarters, Heirloom Tomatoes
¼ Cup Pea Shoots
¼ Cup Large Diced, Baby Squash
¼ Red Cabbage Wedge
2 each Sliced, Mini Sweet Jewel Peppers
¼ Cup Edible Flowers, whole
½ Meyer or other sweet, floral Lemon
Olive Oil, newly pressed with strong peppery flavor, low acidity, and a high degree of antioxidants
Salt & Pepper to Taste

Method:

Keep vegetables separated when preparing and cooking.

Season each type of vegetable with salt and pepper to taste and drizzle with a newly pressed extra virgin olive oil.

Roast the vegetables separately at 350 F until deliciously golden brown. Do not overcook as the vegetables should still have a slight bite.

In a small sauce pot, bring to boil 4 cups of water and add 1 cup of wild rice and cover. Season with 1 tsp salt, 1 tsp fresh ground pepper. Cook for 45 minutes over medium/low heat until slightly chewy.

In a small sauce pot, bring to boil 3 cups of water and add 1 cup of Tri-Colored Quinoa/Sprouted Brown Rice Blend and cover. Season with 1 tsp salt, 1 tsp fresh ground pepper. Cook for 35 minutes over medium/low heat until slightly chewy.

When finished with cooking, fluff the rice and adjust seasoning with salt and pepper to taste.

Arrange the vegetables and rice as indicated in the picture.

Use ¼ cup of wild rice and ¼ cup of Tri-Colored Quinoa/Sprouted Brown Rice Blend per person.

Drizzle the vegetables and rice with extra virgin olive oil and a squeeze of fresh lemon juice. Eat this with friends and power through your day!
MEAN GREENS MUSTARD SEED BASMATI RICE
University of North Texas

Yield: 25 4-ounce servings

4 ¼ cups Basmati Rice
As needed Water to soak rice
1 ½ tbsp. Salt
1 tbsp. White Pepper
¼ cup Mustard Seeds
1 ea. Cinnamon Stick, 1 inch
3 ea. Bay Leaves
2 ea. Onions, medium, finely chopped
5 ½ cups Vegetable Broth

Method:

1. Cover the Basmati rice with water in a small bowl and set aside. Allow the rice to soak for 20 minutes.
2. Rinse rice under cold water until water rinses fairly clear.
3. Over medium heat, warm the canola oil in a large pot or small rondeau.
4. Add the cinnamon stick (after breaking in half), bay leaves and mustard seeds. Warm these spices for 10 to 15 seconds.
5. Add the chopped onion and sauté until the onion is well cooked, about 6 to 8 minutes.
6. Add the soaked but uncooked Basmati rice. Toast, stirring, for 20 to 30 seconds, just until lightly browned.
7. Add the vegetable broth, salt & pepper. Bring to a boil.
8. Once the water is boiling, reduce the heat to a low simmer, cover, and allow the rice to cook for 15 minutes.
9. Turn off heat and let steam for 5 minutes.
10. Fluff the rice with a fork and serve.

MEAN GREENS TOMATO MUSHROOM CURRY
University of North Texas

Yield: 25 8-ounce servings

6 cups Red Onion, Diced
1 cup Pickled Ginger
2 pounds Soft Silken Tofu
1/3 cup Canola Oil
12 cups Mushrooms, Sliced
2 cups Tomato Paste
1 cup Fresh Thyme, chopped
1 bunch Fresh Cilantro, chopped
1 ½ tbsp. Turmeric, Dried
1 tsp. Cayenne Pepper
2 ½ tbsp. Kosher Salt
2.5 tbsp. Chili Powder
8 cups Coconut Milk
4 cups Fresh Tomato, Diced
1 cup Fresh Thyme, chopped
1 bunch Fresh Cilantro, chopped
1 ½ tbsp. Turmeric, Dried
1 tsp. Cayenne Pepper
2 ½ tbsp. Kosher Salt
2.5 tbsp. Chili Powder
8 cups Coconut Milk
4 cups Fresh Tomato, Diced

Method:

1. Place red onion and pickled ginger in food processor and chop until ingredients are finely minced. Set aside.
2. Place silken tofu in blender and add 2 to 3 tbsp. of water and purée on high until a smooth purée is achieved. Add purée to the coconut milk.
3. Heat canola oil in a medium sized rondeau on medium high heat. When rondeau is smoking, add mushrooms and sauté until mushrooms are golden brown, 6 to 7 minutes.
4. Add tomato paste and brown for 4 to 5 minutes.
5. Add thyme, cilantro, turmeric, cayenne pepper, kosher salt, chili powder and quickly sauté for 1 to 2 minutes.
6. Add coconut milk and fresh tomato and turn heat down to a slow simmer. Reduce curry down to desired thickness.
7. Stir curry often to avoid it sticking to the bottom of the rondeau and burning.
8. Portion finished curry over Basmati rice or any other side dish of choice and garnish with Thai basil.
ABOUT THE MCURC

The Menus of Change University Research Collaborative is a nationwide network of colleges and universities using campus dining halls as living laboratories for behavior change. It is a collaboration of forward-thinking scholars, foodservice leaders, executive chefs, and administrators for colleges and universities who are accelerating efforts to move people toward healthier, more sustainable, and delicious foods using evidence-based research, education, and innovation.

The MCURC was co-founded and is jointly led by Stanford University, one of the world’s leading research institutions—specifically Stanford Residential & Dining Enterprises and Stanford Prevention Research Center at Stanford Medical School—and The Culinary Institute of America (CIA), the world’s premier culinary college.

It is a diverse, extensive, and inclusive network of 250 members representing 59 colleges and universities, two ex officio organizations, and five Research Collaborator organizations. Our work is made possible by the generous support of industry-leading sponsor organizations. The MCURC’s vision is cultivating the long-term wellbeing of all people and the planet—one student, one meal at a time.

For more information, please visit moccollaborative.org.