



**ARRELL
FOOD INSTITUTE**
AT THE UNIVERSITY of GUELPH



Black History Month Cooking Session with Chef Bashir Munye

Virtual Cooking Guide | February 24, 2022





WELCOME TO THE KITCHEN!

**This is going to get us started down the
delicious path...**

Are you excited? We sure are, especially when we know
we can share our recipes with a few new friends.

Here is your TOOLKIT, that outlines the dishes and
recipes from Chef Bashir to get you ready for our fun
session together demonstrating four African and
Mediterranean dishes.



“ It has always been important to me as a chef in creating food within the intersection of fresh, local, seasonal ingredients and cultural diversity within the same plate. I love making soup during the fall season and I’m excited to cook along with you. “

Bashir Munye
Chef, Educator, Advocate



RECIPES

In this session, you will learn simple skills and tips to make three traditional recipes from Chef Bashir Munye.

1. King Oyster Mushrooms “Tagine”

Tagine dishes are slow-cooked savory stews, typically made with sliced meat, poultry or fish.

2. Za’atar Roasted Cauliflower with Tahini

A fragrant spice mixture that includes the herb of the same name, Za’atar makes cauliflower sing in perfect harmony with a creamy tahini dressing.

3. Couscous

My take on the classic North African side dish features currants, pistachios and fresh herbs.

4. Sumac Roasted Eggplants, Labneh, Pomegranate and Mint

Roasted eggplant gets a citrusy zing from sumac, complemented by the thick Middle Eastern yoghurt known as labneh.



King Oyster Mushroom “Tagine”

Ingredients

- 1/4 cup Grapeseed or sunflower oil
- 1 Medium onion, thinly sliced
- 1 tbsp Ras El Hanout
- 2 cups vegetable stock
- Sea Salt to taste
- 8 large King Oyster Mushrooms cut in half lengthwise
- 1 garlic clove, crushed
- Large pinch of saffron threads
- 2 cups chopped tomatoes

Method

1. Heat 3 tablespoon oil in a large pan and sear the cut mushrooms
2. Remove from pan
3. Cook the onions and garlic for a minute on medium low heat.
4. Add Ras El Hanout and saffron cook for 1 minute or until aromatic. Stir in tomatoes, King Oyster Mushrooms.
5. Add just enough vegetable stock or water to cover. Salt to taste.
6. Simmer for 15 minutes with the lid on.

RAS EL HANOUT

Ingredients

- 1tablespoon ground cumin
- 1 tablespoon ground ginger
- ½ tablespoon freshly ground black pepper
- ½ tablespoon ground cinnamon
- ½ tablespoon paprika
- ½ tablespoon ground coriander seeds
- ½ tablespoon cayenne
- ½ tablespoon ground allspice
- ½ tablespoon ground cloves
- 1tablespoon ground cardamom

Method

- Mix spices together

You can also find prepared Ras el Hanout in the spice section of your local international grocery.



Za'atar Roasted Cauliflower with Tahini Sauce

Roasted Cauliflower Ingredients

- 1 Cauliflower cut into 2" florets
- 3 tablespoon of olive oil
- 1 tablespoon Za'atar
- ½ tablespoon sea salt

Method

1. Pre heat the oven at 425 degrees
2. In a large bowl mix all ingredients
3. Spread the cauliflower evenly on a baking tray
4. Bake for 15 minutes (or until tender)

Tahini Sauce Ingredients

- 4 medium-to-large cloves garlic, pressed or minced
- ¼ cup lemon juice
- ½ cup tahini
- ½ teaspoon fine sea salt
- Pinch of ground cumin
- 6 tablespoons water, more as needed
- Salt for seasonings

Method

1. Keep Tahini out of the fridge for at least an hour
2. Add all the ingredients in the food processor and mix until smooth. (or until tender)





Couscous

Ingredients

- 2 cups vegetable broth or water
- Extra virgin olive oil
- Sea Salt
- 2 cups dry instant couscous (most grocery stores sell instant)
- 1 to 2 garlic cloves, minced and sauteed in extra virgin olive oil
- 2 green onions, chopped
- Fresh herbs to your liking (I use parsley)
- ¼ cup of currants (or raisins)
- ¼ cup of pistachio (toasted)

Method

1. In a saucepot, add broth or water. Add a drizzle of extra virgin olive oil and a pinch of sea salt. Bring to a boil.
2. Toast the couscous in a non-stick skillet or pan,
3. Heat about 1 to 2 tbsp extra virgin olive oil.
4. Add the couscous and toss around with a wooden spoon until golden brown. (This is an optional step but can really add a great nutty flavor.)
5. Stir couscous in the broth (or water) and immediately turn the heat off.
6. Cover and let sit for 10 minutes or until couscous has completely absorbed the water.
7. Uncover and fluff with a fork.
8. Add currants, toasted pistachio, parsley and chopped green onions and fresh herbs.

Sumac Roasted Eggplants, Labneh, Pomegranate and Mint

Ingredients

- 1 large eggplant cut in 2 (approximately 1 pound)
- 3 tablespoon of olive oil
- 1 tablespoon sumac (dried spice)
- ½ tablespoon sea salt
- 3 to 5 tablespoon Labneh (it's a thick yoghurt- you can find this at Loblaw's or NoFrills)
- ½ cup pomegranate seeds
- 6 to 8 leaves mint roughly torn by hand

Method

1. Preheat the oven at 425 degrees.
2. In a large bowl mix well eggplants, olive oil, salt and sumac
3. Rest on a baking tray lined with parchment paper (spread them so they don't overlap)
4. Bake for 12 to 15 minutes

Plating

In a plate spread generously the Labneh, add the eggplants on it. Sprinkle with more sumac, pomegranates and fresh mint.





@ChefBashir



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@BashirMunye

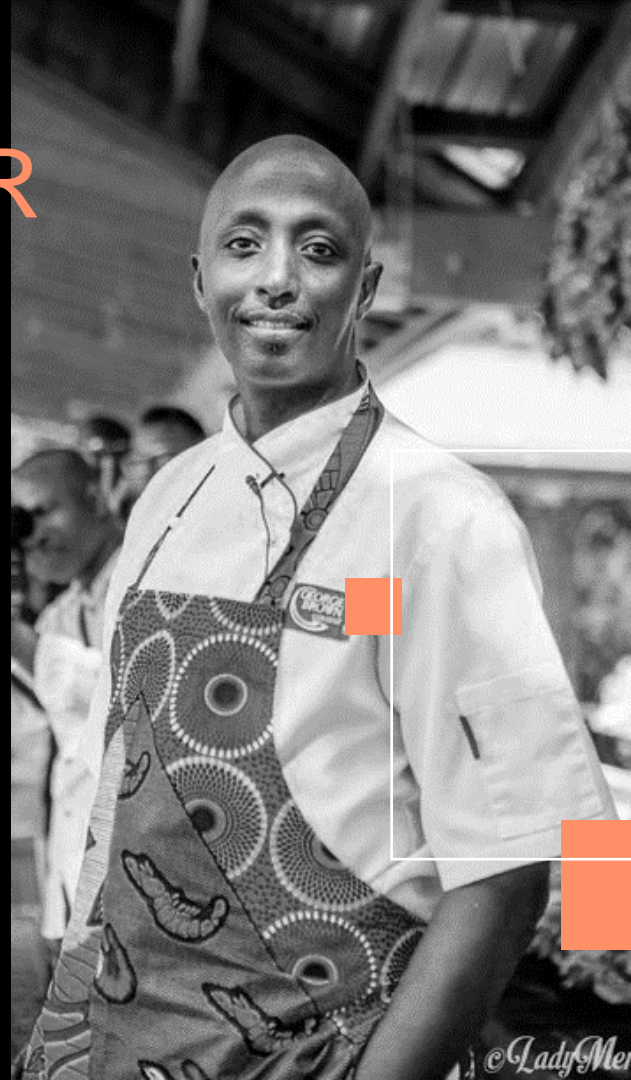
BASHIR MUNYE

A true global child, Bashir's experience of food embraces many geographical and cultural boundaries. Proudly born in Somalia, and raised in Italy, he has called Toronto his home for the past 22 years.

Growing up in the Mediterranean, being surrounded by fresh, seasonal foods was the norm. Those sensory memories resonate until today and Chef Bashir continues this tradition through his farmer's market operations. He connects with local farming and artisan food business communities and imparts his connection with terroir and the community.

His simple, yet beautifully complex approach to cooking continues to also represent and promote diverse foods of urban and multicultural communities.

Currently, Bashir is a Culinary Professor at George Brown College, Food Consultant, Recipe Developer, and an Academic Researcher. He is the founder of the acclaimed "Nomadic Comfort Food" cooking series and is a sought after contributor for both publications and television including being a regular the popular program, The Social.





MAKE CHANGE WITH US. ■

We are proud and honoured to represent Bashir at Quell.

Bashir is part of a united collective that represents the portal to today's consumers and is a true industry leader, recognized for his important contributions to the lifestyle and entertainment space.

Quell is a purpose-driven agency aimed at fostering meaningful opportunities and inclusive work for our diverse talent. We aim to redefine and create a more equitable and inclusive community within the hospitality industry, and beyond.

Let's get cooking!

More questions?

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