

CPS CHEF COUNCIL

Chef Josh Almanza



Josh brings over 2 decades of cooking and teaching experience to Common Threads, with a background in French and Italian cuisine. He also is a mushroom farm owner and operator and hopes to teach students all about the fun of sustainable urban farming. On his off time he loves to hike/camp and is also a hardcore gamer.



Common Threads is a national nonprofit that supports food as medicine. They inspire communities to embrace healthy cooking, healthy eating and the celebration of culture by providing children, families and educators with hands-on cooking and nutrition education classes.



NUTRITION
SUPPORT
SERVICES



Veggie Fried Rice

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INGREDIENTS

1 cup brown rice
2 cups water
1 t salt
2 T + ½ t olive oil
1 red bell pepper
1 large carrot
1 bunch scallions
2 cloves garlic
¼ cup soy sauce
2 cups spinach (or other greens)
1 egg
Salt and pepper, to taste

INSTRUCTIONS

Mise en Place

Mince garlic (chop into very small pieces)
Wash and dice red bell pepper (chop into ½ inch cubes)
Wash, peel, and julienne carrots (cut into very thin slices)
Wash and chop scallions
Measure out ¼ C soy sauce and 2 T + ½ t olive oil

Cook Brown Rice

Combine brown rice with 2 cups of water in a large pot. Place on the stove over medium-high heat and bring to a boil. Once at a boil, add salt, reduce simmer and let cook for 40 minutes until rice has absorbed the water. Remove from heat, fluff with a fork, and set aside.

Sauté Vegetables

Add 2 T olive oil to saute pan using medium heat, add diced red bell pepper, julienned carrots, and chopped scallions to the sauté pan. Sauté for 2-3 minutes and then add minced garlic, cooking until vegetables are tender and fragrant. Be sure to not burn your garlic, reduce heat if necessary.

Add rice and flavor elements

Add the cooked rice to the sauté pan with the vegetables. Mix thoroughly and then add soy sauce, and spinach. Cook until the spinach is wilted.

Add egg

Clear a space in the middle of the pan once all ingredients have been added by moving ingredients to the perimeter of the pan. Add ½ t of olive oil into the cleared space and quickly add egg to scramble. Stir and combine scrambled egg into the fried rice mixture.