

1

00:00:00,000 --> 00:00:05,600

Hey everyone, welcome to episode 14 of Food of AQ. I'm Mariela.

2

00:00:05,600 --> 00:00:07,100

And I'm Eric.

3

00:00:07,100 --> 00:00:13,300

And today we're talking about vegetables your kids will eat more precisely summer vegetables

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00:00:13,300 --> 00:00:16,300

your kids will eat, which is a big one.

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00:00:16,300 --> 00:00:19,100

I don't have children, but I assume that's a...

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00:00:19,100 --> 00:00:20,600

But you have a Ryan.

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00:00:20,600 --> 00:00:21,600

And Ryan.

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00:00:21,600 --> 00:00:26,600

I have Ryan, and he is a very picky guy.

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00:00:26,600 --> 00:00:28,100

He doesn't.

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00:00:28,100 --> 00:00:31,000

He eats only very certain vegetables.

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00:00:31,000 --> 00:00:32,000

Right.

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00:00:32,000 --> 00:00:35,900

And we have to be cooked a very particular way.

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00:00:35,900 --> 00:00:38,200

So you know exactly what we're talking about, Keater?

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00:00:38,200 --> 00:00:41,400

I know exactly what I'm talking about.

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00:00:41,400 --> 00:00:45,800

And what I love even more about today is that these recipes we did together...

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00:00:45,800 --> 00:00:47,800

Because we got together!

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00:00:47,800 --> 00:00:49,800

And we were in DC with me.

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00:00:49,800 --> 00:00:52,100

And we did recipes together.

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00:00:52,100 --> 00:01:00,900

So it was a whirlwind of just cooking nonstop, and I'm still detoxing from all the food

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00:01:00,900 --> 00:01:01,900

we consumed.

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00:01:01,900 --> 00:01:02,900

Yeah.

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00:01:02,900 --> 00:01:06,700

We ate so much of food, and it was vegetable, you know?

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00:01:06,700 --> 00:01:10,300

No, it was all vegetables, but these vegetables were going to talk about the next couple

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00:01:10,300 --> 00:01:14,900

episodes, and they were delicious and decadent.

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00:01:14,900 --> 00:01:15,900

Yes.

26

00:01:15,900 --> 00:01:18,600

And some of these vegetables could be the entire meal.

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00:01:18,600 --> 00:01:23,160

So, I mean, it's kind of fun because we're going to talk about things that will be full

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00:01:23,160 --> 00:01:24,160

as non-vegetarians.

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00:01:24,160 --> 00:01:29,000

We could have full vegetarian meals, which is good for you once in a while.

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00:01:29,000 --> 00:01:30,400

Without complaint.

31

00:01:30,400 --> 00:01:31,900

Without complaint.

32

00:01:31,900 --> 00:01:32,900

You...

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00:01:32,900 --> 00:01:35,000

I'm not going to say you want this meat, because you know what?

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00:01:35,000 --> 00:01:36,000

They always say that.

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00:01:36,000 --> 00:01:37,000

You're not going to miss the meat.

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00:01:37,000 --> 00:01:39,200

And I do every fucking time.

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00:01:39,200 --> 00:01:46,760

But it will be hardy and satisfying and delicious, where you just consciously have to

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00:01:46,760 --> 00:01:48,560

say, "I'm not going to have meat."

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00:01:48,560 --> 00:01:51,480

It's this meal and do it.

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00:01:51,480 --> 00:01:52,480

So...

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00:01:52,480 --> 00:01:53,480

And it still tastes good.

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00:01:53,480 --> 00:01:55,160

And it still tastes amazing.

43

00:01:55,160 --> 00:01:58,160

So, you kick it off, Mady.

44

00:01:58,160 --> 00:02:00,760

You came up with this one, so you kick it off.

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00:02:00,760 --> 00:02:05,080

Well, I mean, I didn't come up with it, but I adopted it from the famous Thomas Keller

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00:02:05,080 --> 00:02:08,120

Zucchini recipe that everyone raves about.

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00:02:08,120 --> 00:02:11,240

And I'd seen it coming up in my feed over and over again.

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00:02:11,240 --> 00:02:13,800

You had seen it coming up over and over again.

49

00:02:13,800 --> 00:02:14,800

Yep.

50

00:02:14,800 --> 00:02:16,040

So we took a stab at it.

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00:02:16,040 --> 00:02:17,040

This is what it is.

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00:02:17,040 --> 00:02:25,720

You kick it off, you slice the ends off, you cut it in half, lengthwise, and you do a cross-hatch

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00:02:25,720 --> 00:02:31,120

cut, which means you cut from edge to edge and as diagonal, and then from one side to the

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00:02:31,120 --> 00:02:36,920

other, and then you do it the opposite way, creating kind of like a little triangles all

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00:02:36,920 --> 00:02:37,920

the way down.

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00:02:37,920 --> 00:02:43,920

Then you sear it on a pan, a hot pan with olive oil until it gets a little bit of color.

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00:02:43,920 --> 00:02:44,920

The recipe...

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00:02:44,920 --> 00:02:49,640

I couldn't really tell you how it is because I just kind of looked at it.

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00:02:49,640 --> 00:02:52,240

We looked at it and we were like, "Okay, got it."

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00:02:52,240 --> 00:02:53,240

We got this.

61

00:02:53,240 --> 00:02:54,240

Yeah.

62

00:02:54,240 --> 00:02:55,240

This...

63

00:02:55,240 --> 00:02:56,240

We got this.

64

00:02:56,240 --> 00:02:57,240

Yeah, suck it, Thomas Keller.

65

00:02:57,240 --> 00:02:58,240

You're going to get an error.

66

00:02:58,240 --> 00:02:59,240

Got this.

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00:02:59,240 --> 00:03:01,240

Who are you anyway, Thomas?

68

00:03:01,240 --> 00:03:02,240

Right.

69

00:03:02,240 --> 00:03:03,240

Yes, whatever.

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00:03:03,240 --> 00:03:04,240

So what we did is...

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00:03:04,240 --> 00:03:05,240

I don't know what they do.

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00:03:05,240 --> 00:03:10,240

I think they finished it off in the oven, right, in the pan.

73

00:03:10,240 --> 00:03:11,240

Right.

74

00:03:11,240 --> 00:03:14,240

And I was like, "Let's just use the air fryer because the air fryer is my favorite thing

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00:03:14,240 --> 00:03:17,960

to use in the kitchen when I want to make anything kind of crispy and crunchy, and I don't

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00:03:17,960 --> 00:03:19,560

want to turn on the oven."

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00:03:19,560 --> 00:03:23,120

And for us, we were like really cooking, so the oven was already banging.

78

00:03:23,120 --> 00:03:24,120

Yeah.

79

00:03:24,120 --> 00:03:26,520

By the time we started up with the zucchini.

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00:03:26,520 --> 00:03:27,520

So we popped it in the zucchini.

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00:03:27,520 --> 00:03:29,040

I mean, oh yeah, yeah.

82

00:03:29,040 --> 00:03:33,160

We popped it in the air fryer.

83

00:03:33,160 --> 00:03:35,480

I think it was at 400 for about what?

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00:03:35,480 --> 00:03:36,480

8 to 10 minutes?

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00:03:36,480 --> 00:03:37,480

8 to 10 minutes.

86

00:03:37,480 --> 00:03:38,480

8 minutes.

87

00:03:38,480 --> 00:03:39,480

8 minutes.

88

00:03:39,480 --> 00:03:40,480

8 minutes.



89

00:03:40,480 --> 00:03:41,480

8 minutes.

90

00:03:41,480 --> 00:03:42,480

8 minutes.

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00:03:42,480 --> 00:03:43,480

And then we...

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00:03:43,480 --> 00:03:46,720

We made like an olive oil infused with garlic and...

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00:03:46,720 --> 00:03:47,720

Was it?

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00:03:47,720 --> 00:03:48,720

Was it time?

95

00:03:48,720 --> 00:03:49,720

No, it wasn't.

96

00:03:49,720 --> 00:03:50,720

We're going on time.

97

00:03:50,720 --> 00:03:51,720

Time.

98

00:03:51,720 --> 00:03:52,720

Time.

99

00:03:52,720 --> 00:03:55,200

Yes, tarragon would be really good in this though, I think.

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00:03:55,200 --> 00:03:56,200

That's going to be good.

101

00:03:56,200 --> 00:03:57,520

Oh, we should do that.

102

00:03:57,520 --> 00:03:58,520

Okay.

103

00:03:58,520 --> 00:04:02,840

And then after it came out of the air fryer, we put a little bit of that oil on top, and

104

00:04:02,840 --> 00:04:03,840

it was good.

105

00:04:03,840 --> 00:04:05,160

What do you think, Peter?

106

00:04:05,160 --> 00:04:06,760

We had some criticisms of the recipe.

107

00:04:06,760 --> 00:04:07,760

Okay.

108

00:04:07,760 --> 00:04:12,120

So I will say, and I know that you were like a little back and forth with this, but I

109

00:04:12,120 --> 00:04:17,880

will say that I do like the fact that we put on when it came out of the air fryer and

110

00:04:17,880 --> 00:04:21,800

we put the garlic with the olive oil and time.

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00:04:21,800 --> 00:04:22,800

It was raw garlic.

112

00:04:22,800 --> 00:04:23,800

It was not heated up.

113

00:04:23,800 --> 00:04:24,960

We didn't fuse the olive oil.

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00:04:24,960 --> 00:04:26,640

I like that part.

115

00:04:26,640 --> 00:04:28,720

Just kind of felt it was really fresh.

116

00:04:28,720 --> 00:04:34,960

What I found a little interesting with the zucchini was, you know, the zucchini kind of

117

00:04:34,960 --> 00:04:38,760

after like a sponge and it kind of soaked up a lot of that olive oil.

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00:04:38,760 --> 00:04:39,760

Yeah.

119

00:04:39,760 --> 00:04:45,000

And so the zucchini itself ended up very oily and it was delicious.

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00:04:45,000 --> 00:04:46,000

Don't get me wrong.

121

00:04:46,000 --> 00:04:47,880

You serve the zucchini.

122

00:04:47,880 --> 00:04:49,440

People are going to eat this up.

123

00:04:49,440 --> 00:04:50,440

Yes.

124

00:04:50,440 --> 00:04:55,280

This is something that when you serve as a side dish, just know it is going to fill people

125

00:04:55,280 --> 00:04:58,000

up very fast because of the oil.

126

00:04:58,000 --> 00:05:01,840

And so I think if I were to remake it, I would score it.

127

00:05:01,840 --> 00:05:06,600

I would maybe brush it with olive oil and use the air fryer the entire time.

128

00:05:06,600 --> 00:05:07,600

Bingo.

129

00:05:07,600 --> 00:05:09,880

And then you just score it and it will still get those nice score marks on it.

130

00:05:09,880 --> 00:05:11,880

It should still get that nice sort of a char on it.

131

00:05:11,880 --> 00:05:14,920

But I think I would just brush it and put it in there.

132

00:05:14,920 --> 00:05:16,680

Maybe I'm too much of a purist when it comes to vegetables.

133

00:05:16,680 --> 00:05:19,120

I think vegetables have like their own really good flavor and they just seem a little

134

00:05:19,120 --> 00:05:20,120

bit of help.

135

00:05:20,120 --> 00:05:21,200

That was my only thing.

136

00:05:21,200 --> 00:05:23,920

I felt that it was just very oily.

137

00:05:23,920 --> 00:05:24,920

Yes.

138

00:05:24,920 --> 00:05:27,040

And that's what I do not like about it.

139

00:05:27,040 --> 00:05:28,040

Yes.

140

00:05:28,040 --> 00:05:29,840

I agree with the whole time cooking in the air fryer.

141

00:05:29,840 --> 00:05:32,480

I think it will do it plenty of justice.

142

00:05:32,480 --> 00:05:36,800

And I think if you add the infused oil, just the way it is with the raw garlic and all

143

00:05:36,800 --> 00:05:37,800

that.

144

00:05:37,800 --> 00:05:42,040

But also what like we had mentioned we were talking today with a little bit of vinegar, a red

145

00:05:42,040 --> 00:05:45,320

wine vinegar to cut the fat a little bit.

146

00:05:45,320 --> 00:05:46,320

Yeah.

147

00:05:46,320 --> 00:05:48,120

That would be slam and with some steak.

148

00:05:48,120 --> 00:05:54,520

I think a little red wine vinegar, I think with balsamic vinegar, I think even a little

149

00:05:54,520 --> 00:05:58,800

bit of a little bit of like a rice wine vinegar, a little bit of that because a little bit

150

00:05:58,800 --> 00:05:59,800

of a long way.

151

00:05:59,800 --> 00:06:01,280

And I think you're right.

152

00:06:01,280 --> 00:06:06,320

I think with like a steak or chicken grilled shrimp, anything like that.

153

00:06:06,320 --> 00:06:07,480

It would go very well with it.

154

00:06:07,480 --> 00:06:09,520

I think it was a great recipe.

155

00:06:09,520 --> 00:06:10,520

I love it.

156

00:06:10,520 --> 00:06:15,400

I would just cut the oil back a lot significantly.

157

00:06:15,400 --> 00:06:18,720

And let's say you did want to see it in the pan first.

158

00:06:18,720 --> 00:06:19,720

Go ahead and do it.

159

00:06:19,720 --> 00:06:25,400

But again, I would just use like the tiniest of oil just to cover it, just to get that sear

160

00:06:25,400 --> 00:06:28,560

and then maybe brush it before you put it in the oven.

161

00:06:28,560 --> 00:06:32,960

But other than that, I would just brush it and put in the air fryer and let it go.

162

00:06:32,960 --> 00:06:36,280

I think what I loved about it is how that

163

00:06:36,280 --> 00:06:39,120

crossed the, what is it, the cross hatching?

164

00:06:39,120 --> 00:06:42,880

Yeah, the, it changes the zucchini 100%.

165

00:06:42,880 --> 00:06:43,880

It really does.

166

00:06:43,880 --> 00:06:45,640

It changes the whole flavor of it.

167

00:06:45,640 --> 00:06:46,640

Yes.

168

00:06:46,640 --> 00:06:49,960

So there's a texture thing on there that's really good about it.

169

00:06:49,960 --> 00:06:50,960

Yes.

170

00:06:50,960 --> 00:06:56,440

I would have crossed it every single thing I can because it's really good.

171

00:06:56,440 --> 00:06:58,120

It gives it a contrast.

172

00:06:58,120 --> 00:06:59,120

It does.

173

00:06:59,120 --> 00:07:03,120

Well, and it allowed the top of it to be a little crispy, right?

174

00:07:03,120 --> 00:07:06,000

Which was kind of nice, which I liked.

175

00:07:06,000 --> 00:07:07,720

I love a good crispy vegetable.

176

00:07:07,720 --> 00:07:09,080

I like a good char.



177

00:07:09,080 --> 00:07:10,080

Mm hmm.

178

00:07:10,080 --> 00:07:12,200

Yeah, that did it.

179

00:07:12,200 --> 00:07:14,200

I wonder, can I know what that would work?

180

00:07:14,200 --> 00:07:15,960

Because you would still put me oven, so maybe not.

181

00:07:15,960 --> 00:07:19,160

Cause I wouldn't even grill it with a ground, or a cross hatch.

182

00:07:19,160 --> 00:07:20,160

No, my fault is hard.

183

00:07:20,160 --> 00:07:21,160

That's one thing, then.

184

00:07:21,160 --> 00:07:22,760

I think it might not cook fully.

185

00:07:22,760 --> 00:07:23,760

Yes.

186

00:07:23,760 --> 00:07:27,560

Yeah, I might, I think it'll fall through the greets because it starts to get a little limp

187

00:07:27,560 --> 00:07:31,320

on the inside and then become like, yeah.

188

00:07:31,320 --> 00:07:36,360

But what I do like, it takes a very humble vegetable and it is absolutely elevated.

189

00:07:36,360 --> 00:07:37,360

That's delicious.

190

00:07:37,360 --> 00:07:40,080

I would do it again, hands down.

191

00:07:40,080 --> 00:07:41,640

I would make it a staple in my home.

192

00:07:41,640 --> 00:07:44,680

I would just do a little bit different without the extra olive oils.

193

00:07:44,680 --> 00:07:48,600

I'm going to try all these tricks together tomorrow because I'm craving the zucchini.

194

00:07:48,600 --> 00:07:50,840

I'm craving zucchini, which is important.

195

00:07:50,840 --> 00:07:54,120

That's a very interesting thing because that is not a vegetable.

196

00:07:54,120 --> 00:07:56,840

I crave those people say God, I love zucchini.

197

00:07:56,840 --> 00:07:57,840

You know.

198

00:07:57,840 --> 00:08:01,040

So what do you got for me, KK?

199

00:08:01,040 --> 00:08:03,280

So you and I had a little bit of fun.

200

00:08:03,280 --> 00:08:06,600

We had these vegetables around us.

201

00:08:06,600 --> 00:08:11,800

I think you and I went and like blew a couple hundred bucks at Trader Joe's, just some vegetables

202

00:08:11,800 --> 00:08:12,800

alone.

203

00:08:12,800 --> 00:08:13,800

Yeah.

204

00:08:13,800 --> 00:08:18,280

And so what we did is we chopped up some carrots.

205

00:08:18,280 --> 00:08:20,680

We chopped up eight plants.

206

00:08:20,680 --> 00:08:25,920

When you do chop up eight plants, you do have to salt it for about 15, 20 minutes.

207

00:08:25,920 --> 00:08:26,920

Yeah.

208

00:08:26,920 --> 00:08:29,680

We'll let it salt and pat, dry it.

209

00:08:29,680 --> 00:08:31,320

Obviously don't rinse it.

210

00:08:31,320 --> 00:08:32,320

Don't make the mistake.

211

00:08:32,320 --> 00:08:33,960

He didn't rinse it out.

212

00:08:33,960 --> 00:08:37,120

Pat dry the, the, the, they were still good.

213

00:08:37,120 --> 00:08:41,360

They were still very good, but I just literally had to lick it back into the whole thing.

214

00:08:41,360 --> 00:08:42,360

So Pat dry it.

215

00:08:42,360 --> 00:08:45,360

We chopped up some, left over zucchini.

216

00:08:45,360 --> 00:08:46,880

We chopped up some squash.

217

00:08:46,880 --> 00:08:52,440

We chopped up some onions, put olive oil on top of it, salted everything, put it in a

218

00:08:52,440 --> 00:08:53,440

beets.

219

00:08:53,440 --> 00:08:56,560

Oh, so beets, beets in there.

220

00:08:56,560 --> 00:09:00,640

And actually, if just a time, but you know, you, I think if you put beets in there, you

221

00:09:00,640 --> 00:09:02,040

can probably omit carrots.

222

00:09:02,040 --> 00:09:03,040

Mm-hmm.

223

00:09:03,040 --> 00:09:05,160

Just because they're going to give us the same sweet flavor, but you could also leave the

224

00:09:05,160 --> 00:09:06,160

carrots in there too.

225

00:09:06,160 --> 00:09:07,160

Good for your eyesight.

226

00:09:07,160 --> 00:09:09,160

So anyway, so go in there.

227

00:09:09,160 --> 00:09:11,240

Five hundred degrees.

228

00:09:11,240 --> 00:09:12,240

We did it for about an hour.

229

00:09:12,240 --> 00:09:14,320

I would probably do it for about 45 minutes.

230

00:09:14,320 --> 00:09:16,240

We forgot about it because we were zucchini making.

231

00:09:16,240 --> 00:09:19,240

We were zucchini in zucchini head.

232

00:09:19,240 --> 00:09:21,240

Good for needy, even zucchini.

233

00:09:21,240 --> 00:09:22,240

Needy in zucchini.

234

00:09:22,240 --> 00:09:23,760

And we're not talking about penises.

235

00:09:23,760 --> 00:09:25,760

We're talking about real zucchini.

236

00:09:25,760 --> 00:09:27,760

We're making eggplants.

237

00:09:27,760 --> 00:09:29,760

We're making eggplants.

238

00:09:29,760 --> 00:09:31,760

[laughter]

239

00:09:31,760 --> 00:09:36,000

Well, everything was phallic, now that I think about it.

240

00:09:36,000 --> 00:09:39,960

It was a phallic vegetation around us.

241

00:09:39,960 --> 00:09:40,960

Wow.

242

00:09:40,960 --> 00:09:46,080

So 45 minutes, take it out, put it in.

243

00:09:46,080 --> 00:09:49,080

I let it cool for about 20 minutes, not even.

244

00:09:49,080 --> 00:09:55,080

And then we put it in the blender with a little bit of olive oil and about, I think it

245

00:09:55,080 --> 00:09:57,800

was a cup of Greek yogurt.

246

00:09:57,800 --> 00:09:58,800

Good Greek yogurt.

247

00:09:58,800 --> 00:10:03,000

Yeah, it was good Greek yogurt, about 2% fat, but it was really good Greek yogurt.

248

00:10:03,000 --> 00:10:06,560

Like it could, it could have been a part of sour cream.

249

00:10:06,560 --> 00:10:07,560

Like it was really good.

250

00:10:07,560 --> 00:10:08,560

It was good.

251

00:10:08,560 --> 00:10:11,720

And you put it in there and then what else do we put?

252

00:10:11,720 --> 00:10:13,840

We put some smoked paprika.

253

00:10:13,840 --> 00:10:14,840

Done.

254

00:10:14,840 --> 00:10:17,080

Mariela's favorite.

255

00:10:17,080 --> 00:10:18,480

And sriracha.

256

00:10:18,480 --> 00:10:19,480

And sriracha.

257

00:10:19,480 --> 00:10:20,480

Mm-hmm.

258

00:10:20,480 --> 00:10:24,800

And we blended it up and it comes out this gorgeous purple color.

259

00:10:24,800 --> 00:10:26,800

And it is delicious, it is amazing.

260

00:10:26,800 --> 00:10:27,800

Yes.

261

00:10:27,800 --> 00:10:35,120

You know, with crackers, with pita chips, later that night, we ordered fuff for dinner and

262

00:10:35,120 --> 00:10:38,960

I had the idea of just taking some noodles and a little bit of the fubroth and I then

263

00:10:38,960 --> 00:10:44,240

mixed this vegetable dip in with noodles and a fubroth and it became a sauce.

264

00:10:44,240 --> 00:10:45,240

And it was fricking delicious.



265

00:10:45,240 --> 00:10:49,960

And I tried it because let's give a little background story.

266

00:10:49,960 --> 00:10:51,960

Okay, do it.

267

00:10:51,960 --> 00:10:57,720

I came into town and I was, I contracted the bubba, the plague or something.

268

00:10:57,720 --> 00:11:02,620

But I really wanted to cook with Eric and I went over there anyway.

269

00:11:02,620 --> 00:11:03,620

No.

270

00:11:03,620 --> 00:11:06,800

Yeah, like Mariela's dragon ass like food greater, I was dead.

271

00:11:06,800 --> 00:11:07,800

I was dead.

272

00:11:07,800 --> 00:11:08,800

I was dead.

273

00:11:08,800 --> 00:11:09,800

I was dead.

274

00:11:09,800 --> 00:11:10,800

I was dead.

275

00:11:10,800 --> 00:11:11,800

I was dead.

276

00:11:11,800 --> 00:11:12,800

I was dead.

277

00:11:12,800 --> 00:11:13,800

I was dead.

278

00:11:13,800 --> 00:11:14,800

I was dead.

279

00:11:14,800 --> 00:11:15,800

I was dead.

280

00:11:15,800 --> 00:11:16,800

I was dead.

281

00:11:16,800 --> 00:11:17,800

I was dead.

282

00:11:17,800 --> 00:11:18,800

I was dead.

283

00:11:18,800 --> 00:11:19,800

Dead to the world.

284

00:11:19,800 --> 00:11:20,800

Oh my God.

285

00:11:20,800 --> 00:11:21,800

No, we were trying to rally.

286

00:11:21,800 --> 00:11:25,600

I was dead there as well, you know, aside from it, it's just good.

287

00:11:25,600 --> 00:11:26,960

You didn't put your jalapenos in there?

288

00:11:26,960 --> 00:11:28,640

I tried it, but I don't know.

289

00:11:28,640 --> 00:11:30,040

I was so spocked up.

290

00:11:30,040 --> 00:11:31,040

Eric.

291

00:11:31,040 --> 00:11:32,040

You were out of it.

292

00:11:32,040 --> 00:11:35,960

You ate that and then you ate like an ice cream sandwich and you were just like, bye.

293

00:11:35,960 --> 00:11:38,040

Yeah, the ice cream sandwiches were good.

294

00:11:38,040 --> 00:11:39,840

Okay, I'm not going to wrap this up.

295

00:11:39,840 --> 00:11:40,840

But they were good.

296

00:11:40,840 --> 00:11:42,720

But yeah, you just ate that pasta in the couch.

297

00:11:42,720 --> 00:11:44,440

I didn't see you till we're on Zoom right now.

298

00:11:44,440 --> 00:11:45,440

It was a lot of time.

299

00:11:45,440 --> 00:11:48,440

I got a text message on the plane.

300

00:11:48,440 --> 00:11:53,240

Yeah, you really were sick.

301

00:11:53,240 --> 00:11:55,160

You powered through the kitchen.

302

00:11:55,160 --> 00:11:58,680

So the vegetable dip was mixed in with far broth, which was also delightful.

303

00:11:58,680 --> 00:11:59,680

Spice with like cardamom.

304

00:11:59,680 --> 00:12:01,720

I've never had anything so good.

305

00:12:01,720 --> 00:12:03,440

The far broth that this place is really good.

306

00:12:03,440 --> 00:12:04,440

Holy crap.

307

00:12:04,440 --> 00:12:05,760

Anybody wants to know?

308

00:12:05,760 --> 00:12:11,120

It's called fo7 and it's in the end of Virginia and it is so freaking good.

309

00:12:11,120 --> 00:12:12,720

They're full of offers and credible.

310

00:12:12,720 --> 00:12:18,360

Anyway, so we learned that this vegetable dip could also become a sauce.

311

00:12:18,360 --> 00:12:24,160

It can, you can use it to put it on sandwiches instead of mayonnaise because sometimes I've

312

00:12:24,160 --> 00:12:26,160

used hummus on a sandwich is really good.

313

00:12:26,160 --> 00:12:28,000

It's like a vegetable hummus.

314

00:12:28,000 --> 00:12:29,000

It's exactly.

315

00:12:29,000 --> 00:12:30,840

That's exactly basically what we made.

316

00:12:30,840 --> 00:12:33,160

You can even say he needs a whatever feeling.

317

00:12:33,160 --> 00:12:35,120

You could say he needs to it.

318

00:12:35,120 --> 00:12:36,120

It was incredible.

319

00:12:36,120 --> 00:12:37,120

This vegetable dip was really good.

320

00:12:37,120 --> 00:12:40,520

This is definitely a do-again.

321

00:12:40,520 --> 00:12:44,280

And I think just putting it in for 45 minutes instead of an hour, I will say it is better

322

00:12:44,280 --> 00:12:45,280

warm.

323

00:12:45,280 --> 00:12:46,280

Yeah.

324

00:12:46,280 --> 00:12:51,600

It's cold, so heated up and we did notice that as it sat a little bit longer, you're going

325

00:12:51,600 --> 00:12:54,800

to get more of a char taste and something went like that.

326

00:12:54,800 --> 00:12:56,200

And I do like that.

327

00:12:56,200 --> 00:12:59,360

And your kids will eat it, which is absolutely wobble this up.

328

00:12:59,360 --> 00:13:02,560

This did not taste like vegetables.

329

00:13:02,560 --> 00:13:03,560

It did not.

330

00:13:03,560 --> 00:13:04,560

It was really good.

331

00:13:04,560 --> 00:13:07,920

And I would have had a little more sriracha in it just to make it more spicy or if you

332

00:13:07,920 --> 00:13:11,280

want to add a little bit of cayenne pepper in it, be careful with it, but add a little

333

00:13:11,280 --> 00:13:12,280

bit of cayenne.

334

00:13:12,280 --> 00:13:16,080

I really, I kind of discovered through racha on this trip because I kind of shy away

335

00:13:16,080 --> 00:13:17,080

from spicy food.

336

00:13:17,080 --> 00:13:21,760

It doesn't agree with me, but yeah, and sriracha is delicious and I'm very late to this party.

337

00:13:21,760 --> 00:13:22,760

I use sriracha.

338

00:13:22,760 --> 00:13:26,160

You know, it's, it's economy, I always keep my home.

339

00:13:26,160 --> 00:13:27,160

I'm going to start.

340

00:13:27,160 --> 00:13:31,000

And it's just something just, you know, when you use it as an accompaniment to something

341

00:13:31,000 --> 00:13:34,040

else, it's really good.

342

00:13:34,040 --> 00:13:39,080

You know, I don't really like sriracha, just like sprayed all over a piece of meat, you

343

00:13:39,080 --> 00:13:42,720

know, and it has to be in something mixed in with something else.

344

00:13:42,720 --> 00:13:45,440

It just gives it such a good spice and such a good kick.

345

00:13:45,440 --> 00:13:48,160

It has that really nice vinaigery taste to it.

346

00:13:48,160 --> 00:13:49,160

Yeah.

347

00:13:49,160 --> 00:13:50,760

So this is good.

348

00:13:50,760 --> 00:13:54,560

This roasted, vegetable dip, everybody needs to try it.

349

00:13:54,560 --> 00:13:55,560

Absolutely.

350

00:13:55,560 --> 00:13:56,560

And super healthy.

351

00:13:56,560 --> 00:13:57,560

We yogurt and vegetables.

352

00:13:57,560 --> 00:13:59,040

It's basically which is really nice.



353

00:13:59,040 --> 00:14:02,480

And I was surprised because you know, we were making it and I was like, this is going to

354

00:14:02,480 --> 00:14:05,800

taste like shit because of the yogurt and vegetables.

355

00:14:05,800 --> 00:14:10,440

And when we both tasted it, we looked at each other in our eyes and our mouths all became

356

00:14:10,440 --> 00:14:13,000

the same shape and we were like, huh, right.

357

00:14:13,000 --> 00:14:14,000

It's delicious.

358

00:14:14,000 --> 00:14:15,360

Like this is actually good.

359

00:14:15,360 --> 00:14:16,360

Oh, Hannah.

360

00:14:16,360 --> 00:14:17,360

Yeah.

361

00:14:17,360 --> 00:14:20,560

Because you would think, make all this, it's going to taste like shit because literally it's

362

00:14:20,560 --> 00:14:21,560

vegetables and yogurt.

363

00:14:21,560 --> 00:14:22,560

Vegetables and yogurt.

364

00:14:22,560 --> 00:14:23,560

No.

365

00:14:23,560 --> 00:14:24,560

It's flipping good.

366

00:14:24,560 --> 00:14:25,560

This was good.

367

00:14:25,560 --> 00:14:26,560

All right.

368

00:14:26,560 --> 00:14:27,560

So your kids will eat this.

369

00:14:27,560 --> 00:14:32,640

I promise you and you can always hide the vegetables, like we said, and add them to pasta

370

00:14:32,640 --> 00:14:33,640

because kids eat pasta.

371

00:14:33,640 --> 00:14:36,480

No matter who this kid is, they're going to like pasta.

372

00:14:36,480 --> 00:14:37,480

I love that.

373

00:14:37,480 --> 00:14:40,280

And they also like the zucchini, I feel because it's cute.

374

00:14:40,280 --> 00:14:41,280

No, it is zucchini.

375

00:14:41,280 --> 00:14:45,160

I think what they're like about to spend the dip, it doesn't look like vegetables.

376

00:14:45,160 --> 00:14:46,160

Mm-hmm.

377

00:14:46,160 --> 00:14:47,160

It feels like a pretty dip.

378

00:14:47,160 --> 00:14:50,200

Do zucchini, as long as they try it, they're going to go back for it.

379

00:14:50,200 --> 00:14:51,200

I agree.

380

00:14:51,200 --> 00:14:55,280

I'm going to make it for my kids to an all-report back because I only had it over there and

381

00:14:55,280 --> 00:14:57,880

I've been recuperating from whatever the fuck this is.

382

00:14:57,880 --> 00:14:59,640

So I haven't been able to make it again for them.

383

00:14:59,640 --> 00:15:00,640

Right.

384

00:15:00,640 --> 00:15:03,040

And we'll test them with them and tell you guys how that went.

385

00:15:03,040 --> 00:15:04,840

And also, I wanted to give like a quick mention.

386

00:15:04,840 --> 00:15:06,240

I made these zucchini muffins.

387

00:15:06,240 --> 00:15:08,480

They're from the, what's that woman's name?

388

00:15:08,480 --> 00:15:09,480

I love her recipes.

389

00:15:09,480 --> 00:15:12,800

Her name is simply Sally's baking addiction.

390

00:15:12,800 --> 00:15:14,800

Have you tried her recipes before?

391

00:15:14,800 --> 00:15:15,800

I haven't.

392

00:15:15,800 --> 00:15:16,800

Nope.

393

00:15:16,800 --> 00:15:21,600

I find her recipes work 85% of the time, which is kind of a big deal when you consider how many

394

00:15:21,600 --> 00:15:23,680

shit recipes are on the internet.

395

00:15:23,680 --> 00:15:28,400

So you take her zucchini recipe, which is very normal ingredients, brown sugar, white

396

00:15:28,400 --> 00:15:34,320

sugar, the zucchini itself, baking powder, all the normal dry ingredients.

397

00:15:34,320 --> 00:15:39,320

And what I did is I took three very ripe bananas because I had them and to me throwing away

398

00:15:39,320 --> 00:15:41,640

a ripe banana is sacrilegious.

399

00:15:41,640 --> 00:15:46,600

And I smashed them up and I put them inside the muffin batter and I baked them off.

400

00:15:46,600 --> 00:15:47,680

And they weren't so good.

401

00:15:47,680 --> 00:15:50,120

The kids cannot wait to eat them.

402

00:15:50,120 --> 00:15:52,280

Delicious, delicious muffins.

403

00:15:52,280 --> 00:15:56,440

And I also wanted to give you guys a few tips when you make muffins.

404

00:15:56,440 --> 00:15:59,760

When you mix the batter, go ahead and rest it for about 15 minutes.

405

00:15:59,760 --> 00:16:04,880

It gives, I cannot recommend this enough for really most baked goods, particularly cookies.

406

00:16:04,880 --> 00:16:07,520

Eric and I have a disagreement on this, I think.

407

00:16:07,520 --> 00:16:13,000

I keep trying to make him rest cookie dough and he refuses, okay?

408

00:16:13,000 --> 00:16:17,240

Refuses to rest cookie dough.

409

00:16:17,240 --> 00:16:18,560

He is knee deep in that bitch.

410

00:16:18,560 --> 00:16:23,640

Every time he makes it, he's like rolling balls and he's baking them off and he's in it.

411

00:16:23,640 --> 00:16:24,640

That's correct.

412

00:16:24,640 --> 00:16:25,640

Rolling balls.

413

00:16:25,640 --> 00:16:26,640

Oh my god.

414

00:16:26,640 --> 00:16:30,840

There's a lot of dick jokes in this episode.

415

00:16:30,840 --> 00:16:33,360

This is all the phallic vegetables.

416

00:16:33,360 --> 00:16:34,360

Oh my god.

417

00:16:34,360 --> 00:16:36,160

There's a lot of phallic stuff.

418

00:16:36,160 --> 00:16:40,400

Anyway, so rest your batter 15 minutes and allows the flour to hydrate the flavors to

419

00:16:40,400 --> 00:16:41,400

melt.

420

00:16:41,400 --> 00:16:46,960

And then my next tip is to fill the muffin little crevices full.

421

00:16:46,960 --> 00:16:50,840

It creates that pretty dome top with full.

422

00:16:50,840 --> 00:16:56,760

And then turn on the oven at 425, bake the first seven minutes and then lower it to 350 for

423

00:16:56,760 --> 00:17:00,880

the remaining time, which depending on your muffin size will vary.

424

00:17:00,880 --> 00:17:04,800

But these will give you the pretty bakery muffins with the pretty domes and they're fat

425

00:17:04,800 --> 00:17:07,520

and juicy and muffinee.

426

00:17:07,520 --> 00:17:08,800

I hate flat top muffins.

427

00:17:08,800 --> 00:17:10,120

They really pissed me off.

428

00:17:10,120 --> 00:17:13,360

Others, they're not even a muffin, but I'm calling them.

429

00:17:13,360 --> 00:17:14,360

Yes.

430

00:17:14,360 --> 00:17:19,000

So and your kids will absolutely anything in a muffin shape that is sweet.

431

00:17:19,000 --> 00:17:21,960

No matter what, everybody says a muffin top is amazing.

432

00:17:21,960 --> 00:17:22,960

Muffin top is amazing.

433

00:17:22,960 --> 00:17:23,960

Muffin top is amazing.

434

00:17:23,960 --> 00:17:24,960

Fucking great.

435

00:17:24,960 --> 00:17:25,960

You need to get a muffin top.

436

00:17:25,960 --> 00:17:26,960

You can make it.

437

00:17:26,960 --> 00:17:27,960

Please celebrate them.

438

00:17:27,960 --> 00:17:31,040

You can also add carrots to this.

439

00:17:31,040 --> 00:17:34,780

I mean, really add any vegetable you want your kid to eat to a muffin.

440

00:17:34,780 --> 00:17:35,780

And you'll be fine.



441

00:17:35,780 --> 00:17:38,620

There will consume this guaranteed.

442

00:17:38,620 --> 00:17:39,620

Right.

443

00:17:39,620 --> 00:17:40,620

That's awesome.

444

00:17:40,620 --> 00:17:42,020

Yeah, these are super quick recipes.

445

00:17:42,020 --> 00:17:43,740

I feel most of them are fast.

446

00:17:43,740 --> 00:17:44,740

Not that I'm looking at them.

447

00:17:44,740 --> 00:17:45,740

Yeah, really fast.

448

00:17:45,740 --> 00:17:52,060

The zucchini, the honestly, the, probably the longest would be just roasted in vegetables

449

00:17:52,060 --> 00:17:53,060

when the muffin's baked.

450

00:17:53,060 --> 00:17:54,820

Like that would be the longest thing.

451

00:17:54,820 --> 00:17:58,340

But I think the population of everything is really quick.

452

00:17:58,340 --> 00:17:59,340

Yes.

453

00:17:59,340 --> 00:18:04,460

And you could introduce all these vegetables to their diet without any rigour or bullshit

454

00:18:04,460 --> 00:18:06,260

because I know how kids are.

455

00:18:06,260 --> 00:18:08,460

They have a real hard time trying new things sometimes.

456

00:18:08,460 --> 00:18:09,780

And we don't want to raise chicken nugget kids.

457

00:18:09,780 --> 00:18:12,620

I always tell Eric, like, I'm not raising chicken nugget children.

458

00:18:12,620 --> 00:18:15,820

I have a chicken nugget adult in my home.

459

00:18:15,820 --> 00:18:19,460

And you always try to expand his rights.

460

00:18:19,460 --> 00:18:22,740

In some years, you don't, you don't even know our anniversary, do you?

461

00:18:22,740 --> 00:18:23,740

Just let you know we have no idea.

462

00:18:23,740 --> 00:18:24,740

But it's been several years.

463

00:18:24,740 --> 00:18:28,740

I've never liked fine plain tickets and figured out.

464

00:18:28,740 --> 00:18:29,740

It's been several years.

465

00:18:29,740 --> 00:18:32,740

And just getting it to eat stuff now.

466

00:18:32,740 --> 00:18:33,740

I mean, you were here.

467

00:18:33,740 --> 00:18:38,020

You know, it's like, well, he ate four.

468

00:18:38,020 --> 00:18:40,060

Well, he lost five, right?

469

00:18:40,060 --> 00:18:41,060

Yeah.

470

00:18:41,060 --> 00:18:43,060

He's opening up a little bit.

471

00:18:43,060 --> 00:18:44,060

A little bit.

472

00:18:44,060 --> 00:18:48,060

But if he had started when he was your kid's age, totally.

473

00:18:48,060 --> 00:18:49,620

It would be a different power.

474

00:18:49,620 --> 00:18:50,620

And I love that.

475

00:18:50,620 --> 00:18:52,700

But you don't want chicken nugget children.

476

00:18:52,700 --> 00:18:53,700

Hello.

477

00:18:53,700 --> 00:18:57,860

But you know, also, I'm blessed that my children do not have allergies because I can't

478

00:18:57,860 --> 00:19:01,780

even imagine what a shithole it is to deal with that.

479

00:19:01,780 --> 00:19:04,140

Yeah, mine goes out a lot of allergies.

480

00:19:04,140 --> 00:19:06,380

Yes, which is new.

481

00:19:06,380 --> 00:19:07,380

And God, I don't know.

482

00:19:07,380 --> 00:19:11,380

I if I had to avoid the like 90% of everything because everything has peanuts.

483

00:19:11,380 --> 00:19:13,580

It would be a pain in the ass.

484

00:19:13,580 --> 00:19:19,060

So anyway, these are offerings to you for vegetables that your kids eat.

485

00:19:19,060 --> 00:19:21,300

My friend Emily asked for this episode.

486

00:19:21,300 --> 00:19:22,300

Hank, girl.

487

00:19:22,300 --> 00:19:23,540

No, we made it.

488

00:19:23,540 --> 00:19:24,860

We made it just for you, baby.

489

00:19:24,860 --> 00:19:25,860

Yeah.

490

00:19:25,860 --> 00:19:28,100

Emily in mind for all of us.

491

00:19:28,100 --> 00:19:29,420

Yes.

492

00:19:29,420 --> 00:19:31,060

So we hope you enjoy these.

493

00:19:31,060 --> 00:19:32,060

Give them a try.

494

00:19:32,060 --> 00:19:33,060

Drop us a line.

495

00:19:33,060 --> 00:19:34,060

Leave us a review.

496

00:19:34,060 --> 00:19:36,500

We're not pictures coming up, Mary Ella.

497

00:19:36,500 --> 00:19:37,500

Oh my gosh.

498

00:19:37,500 --> 00:19:38,500

We're totally.

499

00:19:38,500 --> 00:19:44,180

We made some videos of us actually cooking together.

500

00:19:44,180 --> 00:19:48,940

We have to edit them once I'm over whatever the this is, whatever this is.

501

00:19:48,940 --> 00:19:50,540

That has been following me.

502

00:19:50,540 --> 00:19:51,860

And I have energy.

503

00:19:51,860 --> 00:19:54,980

And poor Eric, he was really such a fantastic nurse.

504

00:19:54,980 --> 00:19:55,980

Both of them.

505

00:19:55,980 --> 00:19:56,980

You're so grateful.

506

00:19:56,980 --> 00:19:58,660

I was taken care of you.

507

00:19:58,660 --> 00:20:02,260

I know, but we still banged it out.

508

00:20:02,260 --> 00:20:06,180

And yeah, we have so many cool recipes that we work time.

509

00:20:06,180 --> 00:20:07,900

We are so excited about one in particular.

510

00:20:07,900 --> 00:20:08,900

Yes.

511

00:20:08,900 --> 00:20:10,180

I'm not waiting to talk about it.

512

00:20:10,180 --> 00:20:13,300

I tell him, it's going to blow your mind.

513

00:20:13,300 --> 00:20:15,820

We're taking the old school baby into the new school.

514

00:20:15,820 --> 00:20:16,820

Yes.

515

00:20:16,820 --> 00:20:17,820

That's good.

516

00:20:17,820 --> 00:20:19,260

And you're going to freaking lose it.

517

00:20:19,260 --> 00:20:20,260

But you got to try it, y'all.

518

00:20:20,260 --> 00:20:21,260

Yeah.

519

00:20:21,260 --> 00:20:22,260

You got to make it.

520

00:20:22,260 --> 00:20:23,260

Yes.

521

00:20:23,260 --> 00:20:24,260

Like, you hear about it?

522

00:20:24,260 --> 00:20:26,380

Don't just talk about it.

523

00:20:26,380 --> 00:20:27,380

Yeah.

524

00:20:27,380 --> 00:20:28,380

You sit on this one, baby.

525

00:20:28,380 --> 00:20:29,380

Yes.

526

00:20:29,380 --> 00:20:30,380

You got to make all of this.

527

00:20:30,380 --> 00:20:31,380

It's really good.

528

00:20:31,380 --> 00:20:32,380

It's great.



529

00:20:32,380 --> 00:20:33,380

This is a healthy too.

530

00:20:33,380 --> 00:20:34,380

So healthy.

531

00:20:34,380 --> 00:20:35,380

We're making healthy meals.

532

00:20:35,380 --> 00:20:36,380

Yeah.

533

00:20:36,380 --> 00:20:37,380

We're not known for that.

534

00:20:37,380 --> 00:20:38,380

And there's not booze in this one at all.

535

00:20:38,380 --> 00:20:39,380

Sadly.

536

00:20:39,380 --> 00:20:40,380

But a lot of dick jokes.

537

00:20:40,380 --> 00:20:42,380

You can't listen to it with your children.

538

00:20:42,380 --> 00:20:43,380

Correct.

539

00:20:43,380 --> 00:20:46,380

This is a cold, a food aftertube.

540

00:20:46,380 --> 00:20:47,380

This is a dull time.

541

00:20:47,380 --> 00:20:51,380

This is a cold time for this a food aftertube aftertube.

542

00:20:51,380 --> 00:20:52,380

Oh my goodness.

543

00:20:52,380 --> 00:20:55,140

Well, anyway, we love you guys.

544

00:20:55,140 --> 00:20:59,140

Don't forget to communicate with us.

545

00:20:59,140 --> 00:21:01,140

And soon you'll be seeing us live on your feed.

546

00:21:01,140 --> 00:21:03,140

So give us a follow over on Instagram.

547

00:21:03,140 --> 00:21:04,140

The link is in the show notes.

548

00:21:04,140 --> 00:21:09,340

I'm going to put the link to the recipe for the zucchini muffins with my recommendations

549

00:21:09,340 --> 00:21:10,340

in there too.

550

00:21:10,340 --> 00:21:12,340

Yeah, we'll see you next time.

551

00:21:12,340 --> 00:21:13,340

Thank you so much for listening.

552

00:21:13,340 --> 00:21:14,340

Bye-bye.