



A TASTE OF AUTUMN with PAMELA SALZMAN

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September 13, 2021

Click [here](#) for Sharsheret in the Kitchen webinar – A Taste of Autumn with Pamela Salzman
Recipes from this webinar: <https://sharsheret.org/wp-content/uploads/2021/09/SITK-September-2021-Pamela-Salzman-Recipes-with-list.pdf>

Follow Pamela:

Kitchen Matters Cookbook: <https://www.amazon.com/Kitchen-Matters-Eat-Wholesome-Nourishing-Unforgettable/dp/073821924X>

Quicker Than Quick Cookbook: <https://www.amazon.com/Pamela-Salzmanns-Quicker-Than-Quick/dp/0738285676>

Website: <https://pamelasalzman.com/>

Instagram: <https://www.instagram.com/pamelasalzman/>

Tips from Pamela:

- 400 degrees is usually the best temperature to roast vegetables. High-moisture vegetables (like zucchini, cherry tomatoes) can go to higher temperatures.
- [Bob's Red Mill Farro](#) takes 30 minutes, there is 10-minute quick cook farro available at Trader Joe's. They are not gluten-free, so feel free to sub in brown rice, quinoa, etc.
- The farro can be made in advance and used a day later to add everything in.
- You can mix your dressing directly on the farro; no need to whisk!
- Substitutions for butternut squash: roasted sweet potatoes, parsnips, raw veggies, anything you like!
- Substitutions for fennel: thinly sliced granny smith apples, radish, cucumber, celery, anything!
- Biggest tip to be a better chef and enjoy cooking more: sharpen your knives! They don't need to be fancy, expensive knives, just sharpened!
- To get your roasted vegetables nicely caramelized instead of burned, make sure to give them space and don't chop them too small (Pamela cut her squash into 1-inch cubes and roasted them at 400 degrees for about 30 minutes). Just know that ovens vary, so learn your oven and adjust recipes accordingly.
- A recent study showed that olive oil is actually safe to use in the oven at higher temperatures than originally thought. If you notice your oil is smoking, that's when it becomes an issue.

- Herbs: you can use them as whole leaves, chop them, or just rip them with your hands (especially if your knives aren't sharp so you don't bruise them!), whatever you like! Fresh herbs take your cooking up a notch and make it healthier. Parsley supports the liver.
- Mint substitute: chives, parsley, or just omit; don't use dried herbs in a salad.
- You could add pomegranate seeds to the salad as well.
- [Maldon Sea Salt Flakes](#) is a perfect finishing salt. It's great on everything- even an apple!
- If your dried fruits are too dry, plump them up in some hot water for a few minutes, then drain them!
- [The Tahini Goddess Tahini](#) is Pamela's favorite. Just know that often brands really differ on their tahini consistency. They can be more watery or less; just adjust the water that you add to the recipe accordingly. Tahini is very high in calcium, so it is great for those who aren't having dairy.
- You can make tahini dressing ahead of time, but note that it will harden a bit in the fridge, so make sure to take it out early enough that it can come to room temperature. You might need to mix in a little water to get it to the right consistency.
- The roasted cauliflower recipe can be done on any kind of roasted vegetables. It's quicker to use cut up vegetables. It can also be elevated by using different color cauliflower as well.
- Chicken thighs are more forgiving than white meat; they don't dry out as easily.
- Pumpkin seeds can be toasted in a dry skillet (with nothing else) until lightly browned. Remove from heat, add a tiny drop of oil (1/8 tsp) and a pinch of salt and toss to coat.
- If using multiple sheet pans or high moisture vegetables, try the convection setting in your oven by adjusting the oven temperature to 25 degrees less than the recipe indicates. Same cook time, but it's always a good idea to check it a little early.
- Citrus juice, such as lemon juice can be squeezed a few days in advance and stored in the fridge.

CANCER GENETICS FAST FACTS



EVERYONE who carries a cancer gene mutation has a **50%** chance of passing it on to the **NEXT GENERATION**.



Multi-gene panel testing can **IDENTIFY MUTATIONS** in genes other than BRCA1 or BRCA2, such as ATM, CHEK2, Lynch or PALB2, that may predispose you to a variety of cancers including male breast, colon, pancreatic, prostate, uterine and melanoma.



If the results of genetic testing in a family are negative, it is **STILL POSSIBLE** that the cancer in the family is **INHERITED**, resulting from genetic mutations that we do not yet know how to identify.

Email info@sharsheret.org to connect with Sharsheret support, Sharsheret's genetic counselor, or to bring Sharsheret to your school, doctor's office, or community.



1 IN 40

Ashkenazi Jews, **BOTH MEN AND WOMEN**, carries a BRCA1 or BRCA2 gene mutation.



Individuals who carry genetic mutations should **HAVE THE OPPORTUNITY** to make choices about high risk screening and risk-reducing surgery and treatment that can **SAVE THEIR LIFE**.



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