



**Sharsheret in the Kitchen -
Prep + Rally with Dini Klein
@preandrally
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October 13, 2022**

Prep + Rally
BY DINI KLEIN

- Click [here](#) for Sharsheret in the Kitchen webinar – Prep + Rally with Dini Klein
- **Recipes from this webinar:** <https://sharsheret.org/wp-content/uploads/2022/10/SITK-October-2022-Dini-Klein-Recipes-10-13-22-Updated.pdf>

FOLLOW DINI HERE:

- **Website:** <https://preandrally.com/>
- **Instagram:** <https://www.instagram.com/preandrally/>
- **Facebook:** <https://www.facebook.com/preandrally/>
- **Buy Dini's cookbook, *Prep And Rally: An Hour of Prep, A Week of Delicious Meals*:** <https://www.amazon.com/Prep-Rally-Hour-Delicious-Meals/dp/0358645565>

DINI'S TIPS:

Pita Pockets

- These are great in lettuce cups if you're gluten-free or if you don't have pita, you could eat it on crackers, cut-up bell peppers, in an egg roll wrapper, etc.
- You can cut the chicken however you like: shredded, chopped any size you prefer, etc.
- You can use any herbs (fresh or dried) or you can omit them. Dini used tarragon, which she thinks many people don't use because it can taste like licorice, which not everyone prefers.
- Chopping the capers can make them more appetizing (they disperse more easily)
- Fried capers are delicious too (dry them off and pan fry them in oil); great on top of any roasted veggie.
- The sundried tomatoes packed in oil are better than without the oil. Without the oil, they tend to be dry. Dini saves the oil to use in pastas, salad dressing, anything you like. Adding lemon zest any time you use lemon juice packs more flavor punch.
- Using a micro-plane is Dini's favorite way to zest a lemon. They're cheap on amazon and last for a long time.
- You can omit the mayo, but it makes it much creamier.
- You can also make a fish salad with this same recipe using any leftover fish you have.
- Grinding fresh pepper is much better than pre-ground pepper because it has much more flavor that way- with full whole peppercorns, not the already broken up ones.
- You can cut them up to make them easier for kids to hold or to pack in a picnic lunch.

- Dini would use a light-tasting olive oil if you prefer that to avocado oil, and make sure it has a high smoke point. Macadamia nut oil is also good for high-heat cooking.
- Any leftover chicken works, even rotisserie chicken from the grocery.

Miscellaneous

- Her recipes are designed for 4 servings, but can be halved or doubled/adjusted however you like.
- Dini prefers using her immersion blender in mason jars instead of a blender to be the most efficient possible (you can prep, serve, and save all in one dish), and only one thing to clean.
- Dini also recommends using one cutting board by planning ahead: i.e. cut veggies before meat.
- You can usually use lime or lemon interchangeably, but she prefers lime for Mexican-style dishes and lemon for most other recipes, but you can decide based on your personal preference.
- Dini prefers glass storage containers because you can serve, heat, and save all in the same dish; it's also easier to see what you have so it doesn't get wasted because it gets lost in the fridge.


Flautas

- You can fry them or bake them; baking is a little easier so you don't have to do them one at a time.
- If you bake them, make sure to put them "seam-side" down so they stay closed.
- Corn tortillas can be a little finicky, but they're easier to use if you warm them up on the bottom of the pan (will roll without breaking).
- You can also use flour tortillas, or whole wheat wraps, but Dini prefers the taste of the corn; whatever you prefer!
- You can dip them in any sauce or salsa you want.
- For the salsa roja, you can use parsley, cilantro, and any herb you like, or omit the herbs.
- Make sure to season as you go, adding salt and pepper to your preference.
- You can use Anaheim chiles or chipotles in adobo (no soaking needed)
- You can fully puree the salsa or just blitz it a few times so it's chunkier; whatever you prefer!
- The salsa saves for a week in the fridge and use to make chilaquiles (the recipe is in the cookbook).







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