



August 15, 2020

The Art of Sensory Cooking

With Shalini Singh, a culinary artist, based in Brooklyn, New York and Hojat Mohseni, a green living community builder, based in Shiraz, Iran.



From the sound of sizzling spices, the texture and delightful aromas of fresh vegetables, to the abundant colors that fill up our plates, and the satisfaction as we take the first bite, cooking is a multi-sensory creative experience that allows us to engage and connect with our minds and bodies.

In this playshop, we will take a culinary journey through our senses to create colorful and flavorful dishes, using fresh, seasonal ingredients and everyday spices. We may also come away with fun artworks made of peels and scraps. All natural and nothing wasted!



Suggested ingredients and kitchen equipment:

For the Salad Dressing:	For the Salad Base:
<ul style="list-style-type: none"> • 1 high quality oil that you like (such as extra virgin olive oil, avocado oil, hemp seed oil, or pumpkin seed oil) • 1 acidic element of your choice (vinegar such as balsamic, red wine vinegar, white wine vinegar, rice vinegar, apple cider vinegar etc, or, fresh juice of lemon, lime or a citrus fruit) • 1 or more fresh or dried herbs and spices of your choice (such as basil, parsley, cilantro, fenugreek leaves, thyme, oregano, cumin, coriander, ginger, garlic, shallots etc.). • A sweet element (optional) - such as honey or agave. • Salt and Pepper 	<ul style="list-style-type: none"> • Your choice of basic leafy greens (such as arugula, lettuce, spinach, kale, or mixed greens) • A few fruits/vegetables and other toppings of your choice with different colors, textures and flavors, for example: <ul style="list-style-type: none"> ○ Apples, carrots, radish, peppers and onions etc. ○ Nuts/Seeds (pumpkin seeds, sunflower seeds, walnuts, pistachios etc) ○ kiwi, avocado, citrus fruit, dragon fruit, berries ○ Any other ingredients you enjoy in a salad. • A protein of your choice if you like (cheese such as Parmigiano-Reggiano, feta, pecorino, cheddar etc, or boiled egg, cooked chickpeas, cooked black beans, cooked quinoa etc.)

Fruit Skins of Your Choice (from watermelon or orange, for example), dried or fresh

Equipment Needed:

- Chopping board, knives, cutter or peeler
- Bowls to make salad, bowl to make dressing, and plate or bowl for serving salad
- Whisk
- Plate or other flat surface for fruit skin art