

Accessible Cooking



Recipe Book
1st Edition



**Society for
Students with a
Disability**

Acknowledgements

We acknowledge and respect the ləkʷəŋən (Songhees and Esquimalt) Peoples, on whose unceded territories the University of Victoria stands, and the ƵSÁNEĆ Peoples, whose historical relationships with the land continue to this day. For generations, these Indigenous communities have stewarded the land and waters, cultivating a deep connection to the natural resources that have sustained them.

As we engage in cooking and sharing food, we honor the traditional knowledge and practices of the ləkʷəŋən and ƵSÁNEĆ Peoples, recognizing that the ingredients and techniques we use are part of a broader tapestry of cultural heritage. We are grateful for the opportunity to learn and grow on this land, and we commit to fostering a spirit of respect, inclusivity, and community in all our culinary endeavors.

We extend our heartfelt gratitude to the Society for Students with a Disability (SSD) Council and collective members for their unwavering support and dedication in making the Accessible Cooking Class Program a reality. Your commitment to fostering inclusivity and empowerment has been instrumental in bringing this initiative to life.

We also sincerely thank the Fairfield Gonzales Community Association for providing their community space, for our in-person sessions. Your welcoming environment has greatly contributed to the success of our program.

Together, we've created a program that not only imparts valuable cooking skills but also builds community and confidence among participants.

Introduction

Cooking is more than just preparing meals—it's about independence, creativity, and connection. At the Society for Students with a Disability (SSD), we believe that everyone should have the opportunity to feel confident in the kitchen, regardless of experience or ability.

This recipe book is a companion to our Accessible Cooking Class Program, a six-lesson series designed to teach essential cooking skills in a supportive and adaptive environment. Whether you joined us in person, attended online, or are exploring these recipes on your own, we hope this resource helps you build practical skills, enjoy nourishing meals, and discover the joy of cooking.

Inside, you'll find step-by-step recipes, cooking tips, and lesson highlights from our program, which covered everything from basic knife skills to preparing complete dishes. These recipes focus on affordability, accessibility, and adaptability, making it easier for you to create meals that fit your needs and lifestyle.

Cooking should be enjoyable, not intimidating—so grab your ingredients, get creative, and let's get cooking!

Our Team

Hey! My name is Dan. I'll be your culinary instructor for the accessible cooking classes! I am originally from

Ottawa, ON and have worked in professional kitchens for about 5 years now. My goal with these lessons is to show people that cooking is for everybody and with a little knowledge how effort, you too can develop the skills you need to confidently tackle new recipes and expand your culinary horizons.



Hi! I'm Marissa Donaldson (she/they), the Education Coordinator at SSD and a grad student in Educational Psychology at UVic. My background includes working in restaurants, bakeries, and leading cooking camps for kids. I'm excited to bring these skills to SSD to help disabled students gain confidence in the kitchen, learn adaptive techniques, and develop transferable skills for university, work, and life.



KNIFE SKILLS AND VEGETABLE SOUP (VEGAN AND GF)

Ingredients:

- Soup
- 1 Parsnip
- 3 small potatoes
- 1 can pumpkin puree (or fresh pumpkin)
- 2 small yellow onions
- 3 cloves garlic
- 2 broccoli heads
- Chicken or veggie stock (2 cups)
- Water (2 cups)
- ½Tbsp Tomato paste
- 250 mL Coconut milk
- 1 lemon
- 2 tsp Ground cinnamon
- 2 tsp Ground Nutmeg
- Basil (fresh)
- Thyme (fresh)
- Rosemary (fresh)
- Salt
- Pepper
- Olive oil
- Garnish
- Chives
- Sour cream
- Sourdough bread
- Pumpkin seeds





Instructions:

Vegetable Prep (Mise en place)

1. Wash and peel potatoes and turnips. Preheat oven to 375 F
2. Dice pumpkin (if fresh), turnip, potatoes, onions, and broccoli into ½ inch pieces Set aside
3. Mince garlic. Set aside
4. Finely chop chives. Set aside

Roasted veggies

1. In a large bowl. Coat pumpkin (if fresh, skip if using pumpkin puree) and parsnips in oil, salt and pepper and place on a baking sheet and bake until tender. ~30-40 mins

Soup

1. Heat a large pot over medium heat. When hot, add oil to coat the bottom of the pot and
add onions. Stir occasionally until golden brown color is achieved.
2. Add Garlic, cinnamon and nutmeg and continue to cook for 1-2 mins or until fragrant.
3. Add tomato paste and stir to combine. Allow to cook down for 5 mins.
4. Add in roasted veggies from the Roasted veggies section and potatoes.
Allow to cook
for 5 more minutes stirring occasionally.
5. Add in coconut milk and allow to come to a boil. Cook for ~5 mins
6. Add in chicken or veggie stock and water. Bring to a boil. Cover and allow to simmer over medium-low heat for 20-25 mins. Check with a fork that vegetables are soft and cooked through.
7. Add in lemon juice, thyme, rosemary and basil. Allow to cook for ~5 mins. Remove from the heat when done. Season to taste with salt and pepper.

Serving

1. In a large bowl, serve soup to the desired amount. Top with sour cream, fresh chives and
pumpkin seeds.
2. Serve with bread toasted or dry. Enjoy

LESSON 2 - THAI GREEN CURRY (VEGAN AND GF)

Ingredients:

For the rice

- 1 ½ cups jasmine rice (washed)
- 1 small onion, diced
- 3 cloves garlic, minced
- 2 ¾ cups water
- 1 tsp salt

For the Curry

- 1 large onion
- 3 cloves garlic
- 1 parsnip
- 3-4 tbsp green Thai curry paste
- 2-3 small-medium potatoes
- 2 cans (800mL) coconut milk
- 1 vegetable stock cube
- 2 cups water
- 200g tofu, diced
- 1 bunches Swiss/arctic chard
- 1 limes
- 5 cilantro stalks
- 1 tbsp brown sugar
- Salt
- Pepper
- canola oil



Ingredients:

Equipment

Large mixing bowl
 1 Large pot
 1 medium Saucepan
 Rice cooker (Or small pot and lid)
 Knife
 Cutting board
 Vegetable peeler
 Wooden spoon/spatula
 Ladle



Instructions:

Summary

This week, participants continued to hone in on their knife skills and added an additional element: cooking rice. This gradual progression allowed participants to feel comfortable and cook a similar style of meal (soup-like base with veggies), while also learning about cooking rice as a pantry staple.

Recipe

Cooking rice without a rice cooker

If you do not have a rice cooker, follow all steps as directed before adding it to the rice cooker. Then, in a small pot, add in rice, cooked garlic, salt and onion and water. Cover and put on high heat. As soon as water comes to boil, reduce heat to low and cook for 30 minutes. Do not remove the lid to check rice while cooking.

Instructions

For the rice

1. In a large mixing bowl add rice and wash with cold water 2-3 times or until water runs clear. Set aside to rest.
2. Finely chop onion and garlic and set aside
3. Heat a saucepan over medium heat. Add in oil to coat the bottom and add onions and cook until translucent.
4. Add in garlic and cook, make sure the garlic does not burn.
5. Combine everything in the rice cooker and add water. Turn on and allow rice to cook
(30-40 mins)

Instructions:

For the curry

1. Peel and dice potatoes and parsnips. Dice the tofu. Clean and finely chop chard. Finely chop cilantro Set aside
2. Finely chop onion and mince garlic
3. Heat a large pot over medium heat. Add in oil to coat the bottom. Add in onions and a pinch of salt and reduce heat to medium-low and allow to cook, stirring occasionally.
4. Once onions have colour, add in garlic and stir occasionally. Do not let the garlic burn!
5. Once garlic is aromatic and fragrant, add in curry paste and stir to combine, allow to cook down for 2-3 minutes or until very fragrant.
6. Add in parsnips, potatoes, coconut milk, stock pods and water. Allow to come to a boil and allow to simmer at medium low for 15- minutes or until potatoes and parsnips begin to soften.
7. Add in tofu, allow to continue cooking for 5-10 minutes or until parsnips and potatoes are soft but not mushy.
8. Add in chard and allow to cook for 2-3 more minutes.
9. Add in juice of 2 limes and brown sugar. Season to taste with salt and pepper

LESSON 3 - SPICY RED PEPPER PASTA (VEGETARIAN, CAN BE MADE VEGAN OR GF)

Ingredients:

Sauce

4 large red peppers
800mL Coconut milk
1½ cups non-alcoholic wine or
veggie stock
2 large Onions
4 stalks Celery
2 large carrots
8 cloves Garlic
2 tsp chili flakes
1 bunch parsley
1 bunch basil



Pasta

Salt
Water
Pasta Of choice (500-700g dry,
depending how saucy you like it)

Toppings

2 large onions
5 cloves Garlic
1lb Mushrooms
Cauliflower
2 bunches Swiss or arctic chard
Parsley
Parmesan

Ingredients:

Equipment

Large saucepan
Large pot
Blender (regular or stick)
Wooden spoon
Knife
Cutting board
Micro plane (small grater)

Instructions:

Participants continued to gain cooking skills this week through a multi-step recipe. Dan taught us how to cook multiple parts to make one whole recipe and how to make all the parts come together for a delicious result. This can be made vegan by omitting the parmesan cheese and gluten-free by using GF pasta. Check out the recipe to make it yourself!

**For the pasta**

1. Bring a large pot of water to a boil. Liberally add salt until as salty as the ocean.
2. Put pasta in pot and stir to avoid sticking. Allow to cook for 7-8 minutes or until al dente
(Firm but not undercooked)
3. Reserve 1 cup of pasta water and drain pasta. Add small amount of oil to prevent sticking and set aside

**For the sauce**

1. Dice onions, celery, carrots, and garlic.
2. Heat a large saucepan or medium pot to medium heat. Add in oil and cook onions, celery, and carrots until good colour is achieved and veggies are soft. Add in garlic and allow to cook for an additional 3 minutes.
3. Deglaze pot with non-alcoholic wine/veg stock and scrape the bottom with a wooden spatula.

4. Dice red peppers and add to the pot. Allow to cook for 10 minutes or until peppers are soft and cooked through.
5. Add in chili flakes and salt and pepper to taste.
6. Add in coconut milk and pasta water and allow to come to a boil.
7. Add in chopped parsley and basil. Using a hand blender, blend until smooth. If sauce is too thick add additional water to achieve desired consistency.



Instructions:

Toppings

1. Heat a large saucepan over medium heat. Add in mushrooms and onions and cook until a browning occurs.

2. Add in garlic and cauliflower and allow to cook until cauliflower is cooked through.

Serving.

1. Add in desired amount of sauce to toppings until coated

2. Add in sauce to mix with pasta and stir to combine.

3. Plate pasta and top with fresh parsley and parmesan if desired enjoy!

For home cooking: This recipe is applicable as written to home cooks if you are making a very large amount of pasta for meal prep. This recipe can be reduced to fit needs



LESSON 4 - MUSHROOM RISOTTO (GF, CAN BE MADE VEGETARIAN OR VEGAN)

Summary

This week, Chef Dan continued to build on our foundational skills to make a fancier night-in meal of mushroom risotto. Dan added a lesson of cooking chicken breast, and Marissa taught the plant-based crowd how to cook and add tofu to this dish. This recipe can be made vegan by using vegetable stock, margarine, and plant-based parmesan cheese (or no cheese). Continue to build your kitchen skills with us through this recipe and lesson video!



Ingredients:

2 cups Arborio rice
1 lb button mushrooms
1 large onion
6 cloves garlic
1 large bunch kale
1 lemon
1 bunch fresh onion parsley
Parmesan cheese
8 cups vegetable stock (Chicken stock can be used as well)
1 cup water (Or white wine)
6 Tbsp butter or margarine

Ingredients:

Equipment

1 Large saucepan
1 Medium pot
Wooden spoon
Knife
Cutting board

Instructions

1. In a pot, heat stock over medium heat and reduce to a simmer once stock boils. Roughly chop kale and set aside.
2. Finely chop mushrooms and onions. Mince garlic and set aside
3. Heat a large saucepan over medium heat. Add in oil and add in mushrooms. Allow to cook for 5 minutes or until browning begins.
4. Add in onions and continue cooking. Allow to cook until onions become translucent. About 5-7 mins.
5. Add in garlic and continue cooking until fragrant.
6. Add in unwashed rice and stir well. Allow rice to toast lightly for roughly 2 minutes.
7. Deglaze pan with water or wine. Stir continuously. Once liquid has been almost completely absorbed by rice, add in one ladle of stock at a time and repeat process. Continue to cook until you can no longer see individual rice grains. (Taste rice for doneness to ensure fully cooked. Rice should be cooked but not mushy) When rice is nearly fully cooked, add in kale and allow to cook until slightly wilted.
8. Add in grated Parmesan (optional but recommended) and choice of butter and margarine. Stir to combine.
9. Add in lemon juice and parsley.
10. Season to taste with salt and pepper. Serve with additional Parmesan and parsley on top. Enjoy!



Note: You can add your protein of choice to this recipe if desired. Watch the video to see Chef Dan and Marissa teach our participants how to add chicken breasts and tofu to this dish!

LESSON 5 - MEXICAN - STYLE CORN AND BLACK BEAN SALAD (GF)

Summary

In our final cooking lesson of this series, Chef Dan taught us a quick and easy meal to make that is also nutritious and great for meal prep! This recipe is gluten free and can be made vegan by not adding crema or using plant-based sour cream. We suggest using shrimp or tofu as a protein for this meal, however you're welcome to use whatever protein you enjoy the most.

Ingredients:

2x300 mL can of Beans
500g sweet Corn (fresh, frozen, or canned; if frozen, thaw before use)
2 Red peppers
2 Onions
½can Chipotle peppers in adobo sauce
2 Limes
1 bunch Cilantro
2 tbsp Cumin
2 tbsp Paprika
Salt
Pepper
3 avocados Avocado



Protein

500g Shrimp or tofu
2 tbsp Butter or plant-based butter
3 cloves Garlic
1 Lime
5 sprigs Cilantro
2 tsp Cumin
2 tsp Paprika
Olive oil

Cilantro lime Crema

1 cup Sour cream
Lime zest of 1 lime
Juice of 1 lime
5 bunches Cilantro
Salt
Pepper

Equipment:

- Large mixing bowl
- Small mixing bowl
- Large skillet or frying pan
- Cutting board
- Knife
- Can opener
- Colander or sieve
- Measuring spoons
- Zester or grater
- Wooden spoon or spatula
- Mixing spoon or tongs

Instructions

For the crema

1. Finely chop cilantro and set aside.
2. Zest 1 lime set aside.
3. In a bowl, mix sour cream, cilantro and lime zest. Add in juice of 1 lime and season to taste with salt and pepper.
4. Set aside in refrigerator.
5. For the salad
6. Drain the beans and corn. Set aside.
7. Cut onions, red peppers, cilantro and chipotle peppers.
8. Mix everything together in a large bowl. Add in juice of 2 limes. Mix in cilantro and season to taste with salt and pepper.

For the protein

1. Peel shrimp (devein if necessary) or Cut tofu into ½ inch cubes
2. In a large pan, heat over medium heat. Add in oil and 2 tbsp butter. Allow butter to brown slightly.
3. Add in shrimp or tofu and garlic. Allow to cook roughly 2 minutes each side.
4. Add in lime juice, cilantro, cumin and paprika. Allow to cook for an additional 30 seconds.

Serving

1. Serve a large portion of salad. Top with freshly sliced avocado and crema if desired.
2. Enjoy!