



# AssetMark

## A Virtual Cooking Experience

### November 5<sup>th</sup>, 2021

Through fun and educational hands-on cooking classes, culinary demonstrations, and lectures taught by top chefs and food professionals, we demystify home cooking and entertaining.

**Hands-on & Virtual Cooking Classes • Private & Corporate Cooking Events • Nutrition Education**

Welcome AssetMark!

Join Chef Olive and Nutrition Consultant Lisa Miller from Kitchen on Fire Cooking School to learn how to make Avocado, Artichoke, and Roasted Kale Dip paired with a Ginger Mint Fizz Mocktail.

Log-in to Zoom – adjust your name so the chef can answer questions directly to you. Learn from Chef Olive as he shares his tips and tricks and answers your questions.

Then use the following shopping list and recipes to gather your ingredients and create the meal at home with fun flavors that the whole family can enjoy!

So, you had a great time today? Write a review on Yelp! [www.yelp.com](http://www.yelp.com)

Take a photo of your favorite dish? Tag us on Instagram! [@kitchenonfire](https://www.instagram.com/kitchenonfire)

Book a private party at Kitchen on Fire!  
Email [events@kitchenonfire.com](mailto:events@kitchenonfire.com) for more information

We are excited to be sponsored by Anolon Cookware and KitchenAid.  
Please visit [anolon.com](http://anolon.com) and [kitchenaid.com](http://kitchenaid.com) for more information.



## AssetMark Happy Hour - Health Fair November 2021

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**[a]** Ginger Mint Gin Fizz ...

**[b]** Avocado, Artichoke & ...

### Bread & Bakery

- 6 pita bread, cut in triangles [b]

### Fruits & Vegetables

- 2 avocados [b]
- 2 cups curly kale, leaves chopped 2 inch size [b]
- 2 tablespoons fresh lemon juice [b]
- 2 eachs fresh limes, divided [a]
- 2 cloves garlic, minced [b]
- 1/2 teaspoon ginger root, shredded [a]
- 2 tablespoons hemp seeds, shelled, hemp hearts, optional [b]
- 1 teaspoon jalapeno, minced, optional [a]

### Herbs & Spices

- 2 tablespoons fresh basil leaves,

cut in ribbons [b]

- 8 leaves fresh mint [a]
- salt and pepper to taste [b]

### Canned Goods & Soups

- 15 ounces artichoke hearts can, drained and chopped [b]

### Frozen Foods

- 2 cups ice [a]

### Beverages

- 8 ounces club soda [a]
- 3 ounces gin [a]

### Oils & Dressings

- 1 tablespoon olive oil [b]



# Avocado, Artichoke & Roasted Kale Dip

SERVINGS  
6

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RECIPE SOURCE  
**Kitchen on Fire**

PREP TIME  
**10 MIN**

COOKING TIME  
**5 MIN**

TOTAL TIME  
**15 MIN**

## Ingredients

2 cloves garlic, minced  
2 tablespoons hemp seeds, shelled, hemp hearts, optional  
2 cups curly kale, leaves chopped 2 inch size  
1 tablespoon olive oil  
15-ounce artichoke hearts can drained and chopped  
2 avocados  
2 tablespoons fresh lemon juice  
2 tablespoons fresh basil leaves, cut in ribbons  
salt and pepper to taste  
6 pita bread, cut in triangles

## Cooking Instructions

Preheat the oven at 300F

Lay the kale on a baking sheet and toss with olive oil and salt. Bake until crisp, turning the leaves halfway through, about 15-20 minutes. Transfer the kale to a cutting board and chop it into small pieces. Let cool.

While the kale is cooking, quarter the artichoke hearts.

Scoop the flesh from the avocados into a food processor along with the lemon juice, hemp seeds, garlic, sea salt, and black pepper. Process until completely smooth.

Transfer the avocado mixture, kale, and artichoke hearts to a bowl and gently mix together with a spoon.

Serve alongside tortilla chips, pita chips, rice crackers, or sliced vegetables.

## Recipe Tags

measuring spoons  
parchment paper sheet tray  
chef's knife





# Ginger Mint Gin Fizz Mocktail or Cocktail

SERVINGS  
2

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RECIPE SOURCE  
**Kitchen on Fire**

## Ingredients

3 ounces gin  
8 leaves fresh mint  
1/2 teaspoon ginger root, shredded  
1 teaspoon jalapeno, minced, optional  
8 ounces club soda  
2 each fresh limes, divided  
2 cups ice

## Cooking Instructions

Squeeze 1 lime into 2 highball glasses.

Add 4 mint leaves with 2 lime quarters in each glass each. Add the jalapeno if using.

Pour 1 1/2 oz. of gin into the glass. Muddle the contents together with a muddler or a heavy spoon.

Let set for about 2 minutes.

Add some ice and club soda. Garnish with a fresh leaf with limes wedges if desired.

## Recipe Tags

muddler or wooden spoon  
chef's knife high ball glass  
highball glasses muddler or  
heavy spoon paring knife



# Virtual Class and Event Cooking Safety Protocol

Your participation in this class or event shall be acceptance of our terms and conditions. You acknowledge the inherent risks of cooking. By participating in this cooking event, I agree on behalf of myself that I understand and agree to comply with the Safe Practice Rules of Kitchen on Fire listed below.

## **KITCHEN SAFETY – Read before class!**

Get ready for a fun, educational experience! To start we need to allow adequate time to prepare to cook, be prepared to be flexible and paying attention to what you are doing in the kitchen as well as to the instructor. We will be using recipes as a guide in our classes; however, we should be prepared for variations in the exact measurements, size of vegetables, time things take to cook, and more fun aspects about the art and science of cooking. Preparation and Safety is an important aspect of cooking.

### **Preparing to Cook**

1. Wash hands thoroughly – at least 20 seconds with warm soapy water.
2. Wear close-toed shoes.
3. Gather all tools and ingredients.
4. Wash produce prior to using.
5. Avoid cross contamination – use separate cutting boards and tools when preparing raw meats and veggies.
6. Prepare your workstation to allow space to use your knife safely.
7. Secure your cutting board by laying a flat damp towel underneath the board, if needed.

### **Knife Safety**

1. Holding knives correctly will increase your safety. The most effective way to hold a knife is with a pinch grip.
2. Protect your other hand by using the 'claw'. The chefs will demonstrate.
3. Have small bowls handy to place cut foods.
4. When not using your knife, set it above your cutting board with the blade facing away.

### **Heat Safety**

1. Always assume the oven, stovetop, pots, and pans are hot.
2. Turn pot and pan handles to the back of the stove to avoid bumping them.
3. Keep the stovetop clean and clear of utensils, dish towels, or other items that could catch fire. Always tie your hair back and avoid loose clothing.
4. Keep a well-tested fire extinguisher and smoke detector in the kitchen. Never leave food unattended while cooking.