



TASTE THE FUTURE

Event Kit

Updated: November 2018

Welcome

Thank you for your interest in hosting a ***Taste the Future*** induction cooking party in your community. These events explain how to cook faster and better, while improving your indoor air quality and caring for the planet. We will help you organize your event. This Kit will help you host a fun, informative and memorable event.

This kit includes: a to-do checklist, sample menu, sample invite and a timeline to get everything organized so you can enjoy the party! We tried to think of everything, but of course you should only print the pages you need. Please email: info@heetma.org if you have any questions, and don't forget to send us pictures and feedback from your event, so we can spread the word.

WHY Cooking Parties

For many people, one of the biggest challenges to converting their home to cleaner, renewable power is that they will have to give up their gas stove. By hosting induction cooking parties, we show that induction stovetops can out-perform gas and make our homes healthier. Seeing *and tasting* is believing.

Induction cooktops are masters of versatility—delicate enough to melt butter and chocolate, but powerful enough to bring six cups of water to a boil in just three minutes. Although the technology is already popular in Europe, it's not yet well known in the U.S. The key to induction cooktops is that the pots and pans must be made from a magnetic material to work with this system (anything that a magnet will stick to). The induction cooktop will induce the electrons in a magnetic material to move around, creating an electric current. This current generates heat in the pot but the cooktop surface itself stays cool. No fumes, no smell and you don't have to worry about burning your hand on a burner that's cooling down. And, it's safer for any kids who may be running around.



Who should host an event?

Do you love gathering friends around a delicious meal? And want to promote renewable energy and spread the word about cleaner cooking options?

--Then **you** should host a cooking party!

What you need?

- **Space.** You need room to host 20-40 guests.
 - Don't have your own space? Let us know, we can partner you with a host who has space. You bring a guest list, they provide the space.
- **Countertop.** If you don't already have an induction stovetop, no worries. We can lend you one so you can even have a cook-off between your gas stove and the \$200 portable induction stovetop (remind guests that an installed one will work even better).
- **Chef.** This doesn't have to be a professional but should be someone who loves to cook. We have provided some menu suggestions in this Kit but they can cook whatever they desire.
- **Pots.** Pots and pans must be made from a magnetic material to work with this system (anything that a magnet will stick to will work).
- **Drink.** Your house, your rules. Serve whatever you want.
- **Guests.** You should invite anyone who loves good food and gathering with like-minded people concerned about climate change.
 - Don't know 20-40 people? Let us know, we can partner you with a host how has a guest list.

- **Welcome table** (person) for sign-in.
- **Screen/large TV** to show (the templated Powerpoint - also in the Google Drive).
- **Photographer.** Someone in your group to take some photos of the event.

We Provide

- **Online** Registration tool.
- **Sign in** forms.
- **Hand-outs** and facilitator.
- **Induction top** (if needed) - two available.
- **Chef/** or finance chef.
- **Finance** the food if necessary (up to \$100).
- A **Facilitator** to help you with the Powerpoint.
- The **Powerpoint** that explains how induction stovetops fit with climate change.

Sample Invitation

You're invited! I'm hosting a party to cook, eat, and learn about how induction stovetops can out-perform gas and make our homes safer and healthier.

It's time for our homes and neighborhoods to be powered by clean, local, renewable energy. But who wants to give up their gas stove?

*OUR TOWN's own Chef **NAME** will show us that induction can boil water in a fraction of the time and delicately melt chocolate.*

Then they'll prepare a meal for us all to share.

Come see for yourself that induction is faster, easy to control, and now affordable.

Learn why gas is the past, how it harms our health and our climate.

Hear about solutions you can implement in your home.

Enjoy delicious food with fun people.

*Please join us on **DATE**, at **TIME**, at **ADDRESS***

*Seeing and **tasting** is believing!*



Menu Ideas

- Pad Thai
- Pasta Carbonara
- Shrimp Fajitas
- Avocado Scrambled Eggs
- Chocolate Fondue
- Chocolate Dulce de Leche Bars

Pad Thai

YIELD: Makes 10 servings

In the mood for something a little spicier? How about Pad Thai? An induction cooker will boil the water, fry the eggs and sauté the veggies in no time. ** Don't forget to check for peanut allergies with your guests.

Ingredients:

- 15 ounces rice noodles
- 5 cloves garlic, chopped
- 10 tablespoons soy sauce
- 10 teaspoons rice vinegar
- 10 teaspoons brown sugar
- 3 tablespoons canola or vegetable oil
- 5 cups bean sprouts
- 5 shredded carrots
- 5 large egg
- 5 tablespoons of lime juice
- Handful of chopped peanuts (optional).

Directions

In a small pan, bring water to a boil over medium heat on your Induction Cooktop and cook the noodles until tender. Meanwhile in a small bowl mix together the garlic, soy sauce, vinegar and sugar. Remove the noodles from the cooker and drain them, then replace the pan with a small skillet. Heat the oil over medium heat, then add the bean sprouts and carrots and sauté for 2 minutes. Next, fry the egg in the pan and break into smaller pieces. Add the noodles and sauce mix to the pan and combine well over low heat. Transfer to a bowl, add a spritz of lime, top with peanuts and enjoy.

Recipe: Oster.com

Pasta Carbonara

YIELD: Makes 2 servings

With its fast boiling time, induction cooktops are perfect for making pasta dishes. Pasta carbonara is a classic Italian dish that's flavorful, filling and easy to make.

Ingredients:

- Salt
- 3 ounces spaghetti or linguine
- 1-2 slices of bacon or pancetta, cut into pieces
- 1/2 clove garlic, chopped
- 1 large egg
- Ground black pepper
- 1/3 cup grated parmesan cheese.

Directions

Boil water for the pasta in a pan over the induction cooktop, adding salt to taste. Cook the pasta, then remove the pan and drain. In a small skillet, cook the bacon for 2-3 minutes, then add the garlic and cook together for an additional minute. Remove from heat and then whisk together the egg, pepper and cheese in a small bowl. Pour the pasta into a large mixing bowl and then add the bacon and garlic and the egg mix. Toss until the pasta is fully coated and serve.

Recipe: Oster.com



Shrimp Fajitas

YIELD: Makes 4 fajitas

With just an induction cooktop, you can create shrimp fajitas that burst with color and flavor and have just enough spice to give them a little kick.

Ingredients:

- 2 teaspoons vegetable oil
- 1/2 red pepper, sliced
- 1/2 yellow pepper, sliced
- 1/2 small yellow onion, sliced
- 3 ounces shrimp, peeled and deveined
- 1/2 teaspoon chili powder
- 1/4 teaspoon red pepper flakes
- 1/4 teaspoon cumin
- 1/4 teaspoon paprika
- 4 Flour tortillas.

Directions

In a small skillet placed on the induction cooktop, heat the oil over medium heat. Add the peppers and onions and sauté until tender. Then add the shrimp to the pan and cook fully. Toss with the spices and peppers and onions. To serve, distribute a small serving of the mix into a tortilla - you can heat the tortillas in another skillet over the induction cooktop before serving for an extra treat.

Recipe: Oster.com

Avocado scrambled Eggs

YIELD: Makes 2 servings

Fluffy scrambled eggs are heavenly on a lazy weekend morning, and this recipe takes the basic breakfast up a notch with avocados. The precision cooking capabilities of induction cooktops means that eggs come out perfectly cooked.

Ingredients:

- 2 teaspoons olive oil
- 1/2 green pepper, chopped
- 1 large egg
- Dash of finely chopped chives
- 1/2 avocado, diced
- Salt and pepper to taste.

Directions

Heat the oil in a skillet over the induction cooktop at medium heat. Add the pepper and sauté for 2-3 minutes. In a bowl, whisk the egg with a fork to break up and combine with the chives. Remove the peppers from the pan and add the egg. Cook over medium-low heat, being sure to constantly move the egg around the pan. Once the eggs are fluffy, add the avocado, salt and pepper. Enjoy with a basket of bread and pastries for a satisfying brunch.

Recipe: Oster.com

Chocolate fondue



YIELD: Makes 8 servings

Ingredients:

- 1 15-ounce can sweetened cream of coconut (such as Coco López)
- 12 ounces bittersweet (not unsweetened) or semisweet chocolate, finely chopped
- 1/4 cup whipping cream
- 1/4 teaspoon coconut extract
- Assorted fresh fruit (such as whole strawberries, 1-inch-thick slices banana, 1-inch cubes peeled cored pineapple, and tangerine segments)

Directions

1. Combine sweetened cream of coconut and 12 ounces chocolate in heavy large saucepan. Stir mixture over very low heat until chocolate melts and mixture is smooth. Stir in whipping cream and extract. (Fondue can be prepared 8 hours ahead. Cover; store at room temperature. Stir over low heat to rewarm before serving.)
2. Transfer mixture to fondue pot. Place over candle or canned heat burner. Serve with fruit for dipping.

Recipe: Epicurious.com



Chocolate Dulce de leche bars

Fudgy cookies go Latin with an infusion of *dulce de leche*, a sweet milk caramel similar to *cajeta* and *arequipe*. These treats are a snap to make on the induction stovetop and are portable on their crisp shortbread crusts – just note, they need 2 hours to chill so should be made at the beginning of the party.

Ingredients

For shortbread crust:

- 1 stick unsalted butter, softened
- 1/3 cup packed light brown sugar
- 1/2 teaspoon pure vanilla extract
- 1/2 teaspoon salt
- 1 cup all-purpose flour

For chocolate dulce de leche:

- 1 cup heavy cream
- 1 cup dulce de leche
- 4 large egg yolks
- 5 ounces 60%-cacao bittersweet chocolate, finely chopped (preferably in a food processor)

Directions

Make shortbread crust:

Preheat oven to 375°F with rack in middle. Butter a shallow 9- to 9 1/2-inch square baking pan (1 to 1 1/2 inches deep). Line bottom and 2 sides with parchment paper, leaving an overhang. Butter parchment. Blend together butter, brown sugar, vanilla, and salt in a bowl with a fork. Sift in flour and blend with fork until a soft dough forms.

Spread dough evenly in baking pan using an offset spatula or back of a spoon, then prick all over with fork. Bake until golden, 15 to 20 minutes, then cool completely in pan on a rack, about 30 minutes.

Make chocolate dulce de leche:

Bring cream and dulce de leche to a simmer on the induction stovetop, stirring with a wooden spoon until dulce de leche has dissolved. Whisk together yolks in a bowl, then slowly whisk in hot cream mixture. Return to pan and cook over medium heat, stirring constantly, until pan is visible in tracks of spoon and mixture registers 170°F on an instant-read thermometer. Remove from heat and whisk in chocolate until melted.

Make bars:

Pour chocolate mixture over cooled shortbread and chill, uncovered, until cold and set, about 2 hours. Run a small knife around edges to loosen, then transfer to a cutting board using parchment. Cut with a hot clean knife (dip in hot water and wipe clean between cuts) into 24 bars. Chill until ready to serve.

Recipe: Epicurious.com

Checklist

One month before the event:

- Pick your team – who will help you:
 - Shop: _____
 - Greet/welcome guests: _____
 - Food Prep (helps prepare and tidy): _____
 - Chef: _____
 - Photographer: _____
 - Mind the children/pet(s): _____
- Make your menu and grocery list
- Contact Facilitator to arrange for delivery of Induction Stovetop(s)
- Check you have enough pots/plates/glassware/cutlery
- Post the event/make invites
- Make your event day to do list

Two weeks before the event:

- Pick up any things you need for décor (candles, napkins, etc.)
- Plan the set-up:
 - Where will the welcome table go?
 - Where will you place coats/umbrellas, etc.?
 - Which screen will you use?
 - How will the table be laid? Do you have enough platters/plates?

Two days before the event:

- Pick up the ingredients for the party
- Purchase beverages
- Fill ice trays (or pick up extra ice)
- Make a playlist

The day before:

- Prepare as much food as possible
- Clean up your home, especially areas where guests will be: living room, dining room, kitchen, bathroom. Make sure the countertop is clear and the trash and dishwasher is empty
- Pick up flowers or any other perishable items
- Confirm arrival times of your helpers
- Check the guest list for cancellations

The day of:

- Here's a hint from pro-chefs: prepare a *mise en place*, setting out all of the ingredients, sauces and garnishes you'll need to finish your dishes around a counter area with a cutting board and good knives. Line up small bowls and fill them with everything you or your chef will need
- Prepare any last-minute dishes
- Set the table and arrange any décor

Two hours before:

- Arrange any food you've prepared on the table
- Set out any snacks or drinks and pitchers or bottles of water
- Review your event plan with your helpers
- Start your playlist
- Wait for your guests to arrive

ENJOY!

Two days after:

- Send the party photos and a snapshot of the registration sheet to info@heetma.org



Thank you

#tastethefuture

www.heetma.org