



ROASTED VEGGIES

Boosting Immunity
&
Supporting Digestion

Contents

- CRAFTSMANSHIP -	OVEN ROASTING basics & usage ✓	1
- CRAFTSMANSHIP -	Hasselback - Sweet Potato ✓	2
- CRAFTSMANSHIP -	Hasselback - Zucchini ✓	3
- CRAFTSMANSHIP -	Oven roasted Brussels Sprouts ✓	4
- CRAFTSMANSHIP -	Oven roasted Carrots ✓	5
- CRAFTSMANSHIP -	Oven roasted Cauliflower ✓	6
- CRAFTSMANSHIP -	Oven roasted Fennel ✓	8
- CRAFTSMANSHIP -	Oven roasted Onions ✓	9
- CRAFTSMANSHIP -	Oven roasted Potatoes ✓	10
- CRAFTSMANSHIP -	Oven roasted Red Beets ✓	11

- CRAFTSMANSHIP - OVEN ROASTING basics & usage ✓

Courses: Oven roasted veggies

Collections: PURPOSE & HISTORY

Source: OCTOPUS OCEAN - Germany



Ingredients

Passion for a Chef

To be a truly great chef takes talent & imagination.

It also takes a sense of adventure, an ingredient a chef must have mastered.

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

For galley crew sailing on all oceans

FACEBOOK

Directions

Roasting vegetables is a healthy way to serve them because it doesn't require large amounts of oil or butter to do.

However, cooking vegetables at very high temperatures can sometime result in nutrient loss. But doing it the right way preserves the nutrition of the vegetables without sacrificing flavour.

Toss your vegetables in oil and salt before roasting.

And don't forget the ground pepper.

Other seasonings - dry rubs, spice blends, or heartier herbs like thyme & rosemary - can be tossed with the veggies prior to roasting

200° C is the best temperature for most roasted vegetables.

If you are cooking other items in the oven & need to adjust the temperature to accommodate, anywhere from 190° C to 220° C should work well.

It is not recommended roasting vegetables at 175° C.

MOVIE copy & paste

- CRAFTSMANSHIP -

Hasselback - Sweet Potato ✓

Courses: Oven roasted veggies

Collections: Modern culinary creation

Source: OCTOPUS OCEAN - Germany



Ingredients

- ☐ 8 Medium sweet potatoes
- ☐ 4 tbsp Butter
- ☐ 2 Garlic cloves, thinly sliced
better puréed
- ☐ 2 tbsp squeezed Lemon juice
- ☐ 2 tsp Thyme, dried
- ☐ 2 tsp Rosemary, dried
- ☐ Salt & ground black Pepper

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

For galley crew sailing on all oceans

FACEBOOK

Craftsmanship - a culinary voyage

Directions

Preheat the oven to 200° C.

Line a baking tray/sheet with aluminium foil; set aside.

Wash & scrub the sweet potatoes; pat them dry with paper towel.

Carefully slice each sweet potato 3-4 mm slits (or slices) along the tops, stopping one cm from the bottom.

Be careful not to apply too much pressure or you may cut straight through.

Prepare the Garlic Butter using this recipe.

Melt the butter; mix the lemon juice, thyme, rosemary, salt & pepper (to taste) through the butter. Set aside

NOTES

Unbelievably versatile, Hasselback sweet potatoes can be served with absolutely anything as a side or as a main on their own. Crispy on the outside and fork-tender on the inside, this is one of the best ways to roast or bake a sweet potato, Cut the

usual baking time in half with a method I've been using for years; load them up with this easy garlic butter. Prepare for your sweet potato life to be changed.

The only time consuming step with Hasselback sweet potatoes is slicing them into evenly measured slices (or sort of) while trying not to cut straight through onto your chopping board. The rest is super easy.

MOVIE copy & paste

- CRAFTSMANSHIP - Hasselback - Zucchini ✓

Courses: Oven roasted veggies

Collections: Modern culinary creation

Source: OCTOPUS OCEAN - Germany



Ingredients

- ☐ 4 slices of Bacon
- ☐ 1 kg Zucchini
- ☐ 4 tbsp Butter
- ☐ 500 gr Gouda cheese, shredded
- ☐ 0,5 tsp Salt
- ☐ 0,5 tsp Pepper black, ground

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

For galley crew sailing on all oceans

FACEBOOK

Craftsmanship - a culinary voyage

Directions

1. Preheat an oven to 200° Celsius.
2. Prepare the bacon by cooking it until crispy in a skillet on high heat.
3. Set the bacon aside to cool and chop it into bits when ready.
4. Prepare the zucchini by slicing thin slices through-out the squash without slicing all the way through.
5. Remove the end of each zucchini as well.
6. Place the sliced zucchini in a baking dish nicely oiled.
7. Slice the 4 tbsp of cold butter into thin slices - about ten or more. Push the butter slices in between various slices of zucchini.
8. Next, sprinkle the Gouda cheese, chopped bacon, salt, and pepper evenly across each zucchini.
9. Bake the zucchini, uncovered, in the oven for 30 min. until the squash is easy to pull apart with a fork and the cheese turns golden.

NOTES

Hasselback zucchini are just as good as Hasselback potatoes, if not better! About 4 zucchinis should make the amount your recipe calls for, which is perfect for 8 crew members!

MOVIE copy & paste

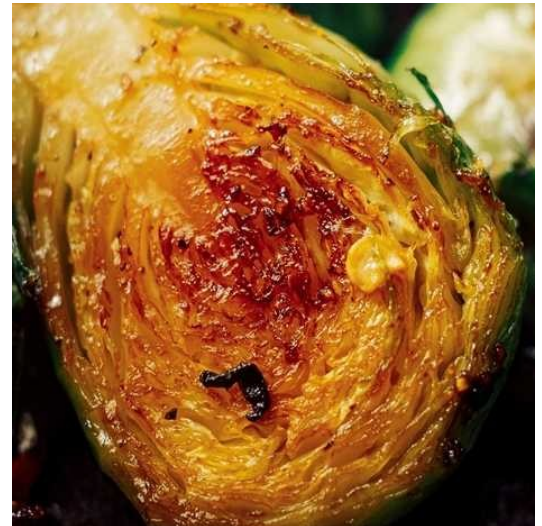
- CRAFTSMANSHIP -

Oven roasted Brussels Sprouts ✓

Courses: Oven roasted veggies

Collections: Modern culinary creation

Source: OCTOPUS OCEAN - Germany



Ingredients

Roasted Sprouts are a revelation!

The best roasted Brussels sprouts are crisp and golden on the outside, and tender on the inside. They're full of irresistible caramelized flavour, which is both sweet & nutty.

- ☐ 2 kg fresh Brussels sprouts
- ☐ 4 tbsp vegetable Oil
- ☐ 1 tsp Salt

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

For galley crew sailing on all oceans

FACEBOOK

Craftsmanship - a culinary voyage

Directions

1. Preheat the oven to 200° Celsius.
If desired, line a large, rimmed baking sheet with parchment paper for easy clean-up.
2. To prepare your Brussels sprouts, slice off the nubby ends & remove any discoloured or damaged leaves.
3. Cut each sprout in half from the flat base through the top.
4. On your baking sheet, combine the halved sprouts, oil & salt. Toss until the sprouts are lightly & evenly coated.
5. Arrange the sprouts in an even layer with their flat sides facing down.
6. Roast the sprouts until they are tender & deeply golden on the edges, about 17 to 25 min.
Roasted Brussels are best served warm, but they are also good at room temperature.
7. Leftovers will keep for up to 4 days in the refrigerator.

MOVIE copy & paste

- CRAFTSMANSHIP -

Oven roasted Carrots ✓

Courses: Oven roasted veggies

Collections: Modern culinary creation

Source: OCTOPUS OCEAN - Germany



Ingredients

- ☐ 2 kg Carrots
- ☐ 4 tbsp Oil
- ☐ 1 tsp Salt
- ☐ ground black Pepper, to taste
- Optional garnish:
 - ☐ 2 tsp chopped fresh green Onions, parsley
- For the spiced version**
you'll also need
 - ☐ 2 to 3 tsp Chili powder
 - ☐ 1 tsp Cinnamon, ground
 - *For the honey butter version, you'll also need*
 - ☐ 2 tbsp Butter
 - ☐ 2 tbsp Honey

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

For galley crew sailing on all oceans

FACEBOOK

Craftsmanship - a culinary voyage

Directions

Preheat the oven to 200° C.

To prepare your carrots, peel them & then cut them on the diagonal so each piece is about ½" thick at the widest part.

Place the carrots on the baking sheet.

Add the oil, salt & a few twists of pepper.*

Toss until the carrots are lightly coated in oil & seasonings.

Arrange them in a single layer.

Roast the carrots until they're caramelized on the edges & easily pierced through by a fork, tossing halfway.

Sprinkle fresh herbs over the roasted carrots, if using.

Serve the carrots warm, straight from the sheet pan or from a serving dish.

Leftover carrots will keep well, covered and refrigerated, for 3 to 4 days.

Gently reheat before serving.

MOVIE copy & paste

- CRAFTSMANSHIP -

Oven roasted Cauliflower ✓

Courses: Oven roasted veggies

Collections: Modern culinary creation

Source: OCTOPUS OCEAN - Germany



Ingredients

- ☐ 1 large head of Cauliflower
- ☐ 2 to 3 tbsp vegetable Oil
- ☐ 0,25 tsp Salt
- ☐ Pepper black,
freshly ground

For the Italian version

- ☐ 100 gr Parmesan, finely grated
- ☐ 1 tsp Parsley, finely chopped
- ☐ Lemon zest, finely grated
for garnish
- ☐ Red pepper flakes,
for garnish

For the Mexican version

- ☐ 0,5 tsp ground cumin
- ☐ 0,25 tsp chili powder
- ☐ 60 gr cup raw pepitas
(hulled pumpkin seeds)
- ☐ 1 tsp Cilantro, finely chopped
- ☐ Finely grated lime zest,
for garnish

For the Indian version

- ☐ 0,5 tsp curry powder
- ☐ 1 tsp Cilantro, finely chopped
- ☐ Red Pepper flakes,

Directions

Raw cauliflower transforms into golden, caramelized deliciousness in the oven. If you roast it with just olive oil, salt and pepper, it's a tasty snack.

This roasted cauliflower recipe is the perfect simple side dish for your fall and winter meals.

-1-

Preheat the oven to 200° C and line a large, rimmed baking sheet with parchment paper for easy clean-up.

-2-

To prepare the cauliflower, use a chef's knife to slice off the nubby base, then quarter it into four even wedges. Slice off just the inner core areas, leaving the rest intact. Cut across each piece to make ½ wide slices, then use your fingers to break apart any florets that are stuck together.

-3-

Place the cauliflower on the prepared baking sheet, drizzle with 2 tbsp vegetable oil, and sprinkle with the salt and some pepper. Toss until the ingredients are evenly distributed and the cauliflower is lightly coated in oil, adding another drizzle of oil only if necessary.

-4-

If you're making basic roasted cauliflower, arrange the cauliflower in an even layer and bake until it's deeply golden on the edges, tossing halfway, about 25 to 35 min.

-5-

If you're making the Italian version, arrange the cauliflower in an even layer and bake for 15 min. Remove from the oven, toss & then sprinkle the Parmesan over the cauliflower (try to concentrate the cheese on the actual florets, more than on the pan). Return to the oven and bake until the cauliflower is deeply golden on the edges, about 10 to 20 more min. Sprinkle the cauliflower with parsley,

for garnish

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

For galley crew sailing on all oceans

FACEBOOK

Craftsmanship - a culinary voyage

lemon zest & red pepper flakes (if using).

-6-

If you're making the Mexican version, sprinkle the cauliflower with cumin & chili powder & toss until well blended. Arrange the cauliflower in an even layer and bake for 15 min. Remove from the oven, toss, & sprinkle the pepitas over the centre area of the pan (if you sprinkle them too close to the edges, they might burn). Return to the oven and bake until the cauliflower is deeply golden on the edges, about 10 to 15 more min. Sprinkle the cauliflower with cilantro & lemon zest.

-7-

If you're making the Indian version, sprinkle the cauliflower with curry powder and toss until well blended. Arrange the cauliflower in an even layer & bake until it's deeply golden on the edges, tossing halfway, about 25 to 35 min. Sprinkle the cauliflower with cilantro & red pepper flakes (if using).

MOVIE copy & paste

VARIATION

Spicy Whole Roasted Cauliflower with Hummus

<https://www.facebook.com/reel/1977492589520986>

- CRAFTSMANSHIP -

Oven roasted Fennel ✓

Courses: Oven roasted veggies

Collections: Modern culinary creation

Source: OCTOPUS OCEAN - Germany



Ingredients

- ☐ 6 fresh Fennel
- ☐ 2 tbsp Sugar
- ☐ 2 tsp Salt
- ☐ Pepper black, ground
- ☐ 125 ml vegetable Oil
- ☐ 2-3 tbsp Balsamic vinegar

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

For galley crew sailing on all oceans

FACEBOOK

Craftsmanship - a culinary voyage

Directions

Mix sugar, pepper, salt, vegetable oil, balsamic vinegar.

Beat the sauce with a whisk.

Cut the green fennel stalks.

Cut fennel into slices, keeping the stalk.

Put fennel slices on a baking sheet, grease each slice with sauce, using a brush.

Roast fennel for about 10-15 min. at 200° C.

NOTES

Oven-baked / roasted fennel with balsamic vinegar a fast & truly tasty side dish to try suitable as a side dish of fish or even boiled meats, a simple & quick side dish to prepare in a short time.

MOVIE copy & paste

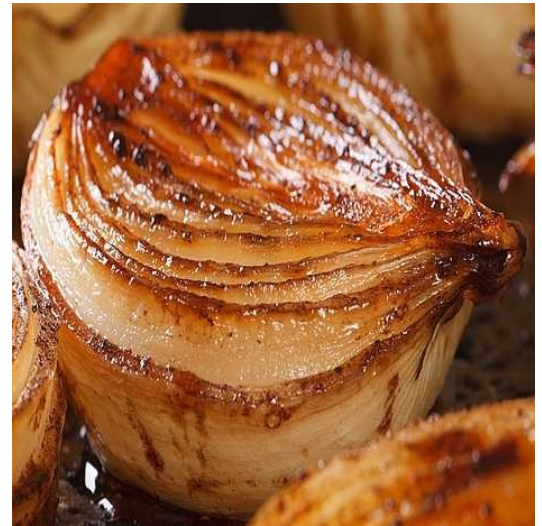
- CRAFTSMANSHIP -

Oven roasted Onions ✓

Courses: Oven roasted veggies

Collections: Modern culinary creation

Source: OCTOPUS OCEAN - Germany



Ingredients

Roasting is magic.

It's as simple as that.

The cut surfaces turn
a rich caramel brown.

- ☐ 4 Onions yellow, medium size
and **unpeeled**
- ☐ 2 tbsp vegetable Oil
- ☐ Salt & fresh ground Pepper
- ☐ 2 tbsp Balsamic vinegar

ASSESSEMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

For galley crew sailing on all oceans

FACEBOOK

Craftsmanship - a culinary voyage

Directions

Adjust oven rack to lowest position; heat to 200° Celsius.

Cut onions in half; toss with oil and a generous sprinkle of salt & pepper.

Place, cut-side down, on a lipped cookie sheet.

Roast until tender and cut surfaces are golden brown, 25 to 30 min.

Afterwards remove the peel.

Drizzle with balsamic vinegar.

MOVIE copy & paste

- CRAFTSMANSHIP -

Oven roasted Potatoes ✓

Courses: Oven roasted veggies

Collections: Modern culinary creation

Source: OCTOPUS OCEAN - Germany



Ingredients

- ☐ 2 kg Potatoes , scrubbed clean
- ☐ 2 tbsp Oil
- ☐ 2 tsp Garlic powder
- ☐ 0,5 tsp Salt

Option

- ☐ 2 tbsp Rosemary, dried

Optional garnish:

- ☐ 4 tsp Parsley, fresh
finely chopped
- ☐ Black pepper,
ground, to taste

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

For galley crew sailing on all oceans

FACEBOOK

Craftsmanship - a culinary voyage

Directions

1.)

Preheat the oven to 220° C. with a rack in the middle of the oven. Line a large, rimmed baking sheet with parchment paper to prevent the potatoes from sticking.

2.)

Slice the potatoes into 5 cm chunks (slice small potatoes in half, larger potatoes into quarters, and so on). Place them on the prepared baking sheet.

3.)

Drizzle the oil over the potatoes, then sprinkle on the garlic powder, salt, and rosemary, if using.

Toss with your hands until the potatoes are evenly coated in the mixture (it might seem like you don't have enough oil, but you do—keep going!). Arrange the potatoes in an even layer across the pan with their flat edges against the pan.

4.)

Roast the potatoes for 40 to 45 min, stirring halfway, until the potatoes are deeply golden (check the undersides) and easily pierced through by a fork.

5.)

Stir in the parsley, if using, and season to taste with additional salt and some black pepper (careful, the potatoes are hot).

Serve promptly.

MOVIE copy & paste

- CRAFTSMANSHIP -

Oven roasted Red Beets ✓

Courses: Oven roasted veggies

Collections: Modern culinary creation

Source: OCTOPUS OCEAN - Germany



Ingredients

These roasted beets feature lightly caramelized, tender-but-not-quite-crisp exteriors & deep, condensed flavour. With this method, simply scrub the beets well before baking. No need to peel before or after baking. The skin, which is perfectly edible, just seems to disappear during the baking process.

- ☐ 2 kg pounds Beets
(about 9 large or
15 small-to-medium)
- ☐ 3 tbsp vegetable Oil
- ☐ 1 tsp Salt, to taste
- ☐ 0,5 tsp Pepper black, ground

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

For galley crew sailing on all oceans

FACEBOOK

Craftsmanship - a culinary voyage

Directions

1.
Preheat the oven to 200° C and line a large, rimmed baking sheet with parchment paper for easy clean-up. Scrub the beets well with a vegetable brush under running water (no need to peel them at any point).
2.
using a sharp chef's knife, slice off the base of each beet to create a flat surface & slice off the skinny pointy ends as well. Place each beet with its flat side against the cutting board and slice the beets in half, then slice the beets into wedges of even thickness, about 2,5 cm thick on the widest edge.
3.
Place the beet wedges on the prepared baking sheet. Drizzle the beets with the oil & sprinkle with the salt. Toss until the beets are evenly coated, then arrange them in a single layer across the pan. Roast for 35 to 40 min., tossing halfway, until you're able to pierce through the beets with a fork with light pressure.
4.
Season with additional salt, to taste, if desired.

MOVIE copy & paste