

# **Edible Holiday Gifts**

Workshop Instructor : Rashmi GC

## Awesome Bangalorean Cuisine

speak.to.abc@gmail.com  
<http://awesomebangaloreancuisine.blogspot.com/>  
<https://www.youtube.com/user/abcgoodies>  
<https://www.facebook.com/abc.goodies>



In this workshop, we will be talking about the trendy concept of giving gifts in a Mason jar for the holiday season. Each participant will make a jar of edible gift and take home what they make. We encourage participants to discuss about food as gifts, gift wrapping, family recipes, homemade gifts etc. Everyone is welcome to share gifting practices they follow during the holiday season!

### **1. Bean and Lentil Rainbow Soup Mix in a Jar**

- Layer the following ingredients in a quart size mason jar: 3/4 cup red lentil, 3/4cup split green peas, 3/4 cup black eyed beans, 3/4 cup kidney beans, 3/4 cup great northern beans, 3/4 cup dried black beans.
- Prepare a Spice mix sachet using parchment paper. Put the following into it: 2 tablespoons dried onion flakes, 2 tablespoons Italian herbs, 1 teaspoon chilli powder, 1 teaspoon table salt, 1 teaspoon garlic powder, 1 teaspoon ground pepper, 1 vegetable bouillon cube. 2 teaspoons sweetened lemonade drink mix.
- Place this spice mix sachet on top of the beans and close the jar.

Attach a bow with a note that includes the following:

- Remove seasoning packet from the jar and set to the side.
- Rinse beans and place beans in large microwave-safe dish. Cover with water 1" to 2" over top of beans. Cover dish loosely with plastic wrap. Microwave on high for 15 minutes, rotating after 7 minutes.
- Drain and rinse beans very well; place in a large pot. Add 8 cups water, one 15 ounce can crushed tomatoes and seasonings from packet. Cover, bring to boil.
- Lower heat, cover pan and simmer 1 1/2 hours or until beans are tender. Stir occasionally.

### **2. Spicy Pongal in a Jar**

- Layer the following ingredients in a 250ml mason jar: 1/3 cup red lentil, 1/3 cup split moong dal, 1/3 cup white rice grain.
- Prepare a Spice mix sachet using parchment paper. Put the following into it: 1/2 teaspoon cumin, 1 teaspoon black pepper corns, 1/4 teaspoon mustard seeds, 1/2 teaspoon table salt, 1/4 teaspoon turmeric powder.
- Place this spice mix sachet on top of the rice and close the jar.

Attach a bow with a note that includes the following:

- Heat 2 tablespoons of ghee (or vegetable oil) in a stove top pressure cooker (or Instapot or slow cooker). Add the contents of the spice mix sachet to it.
- Next, pour all ingredients of the jar into it and sauté for a minute.
- Add 4 cups of water to it and cook well. Serve hot!

### 3. **Cranberry Pecan Overnight Oats in a Jar**

- Layer the following ingredients in a jar: 2/3 cups rolled oatmeal, 2 tablespoons chia seeds, 3 tablespoons dried cranberries, 3 tablespoons unsweetened dried coconut, 3 tablespoons dried pecans. Close the jar.

Attach a bow with a note that includes the following:

- Place all ingredients of the jar in a large bowl and mix 1/2 cup vanilla Greek yogurt and 3/4 cup unsweetened almond milk.
- Let sit in the fridge overnight or for at least 2 hours before you consume.

### 4. **Hot Chocolate Mix in a Jar**

- Using 4-ounce mason jar, layer the ingredients in the jar as follows: 1 tablespoon granulated sugar, a pinch salt, 2 tablespoons cocoa, 2 tablespoons instant dried milk, 1 tablespoon shaved semisweet chocolate and 12 mini marshmallows. Close the jar.

Attach a bow with a note that includes the following:

- Take out the marshmallows and keep aside.
- Tip the hot chocolate mix from the jar into a mug and top up with 1 cup boiling water.
- Mix well, add the marshmallows and Enjoy!

### 5. **Chocolate Chip and Oatmeal Cookie Mix in a Jar**

- Mix together 1 1/3 cup all purpose flour, 1 teaspoon baking powder, 1 teaspoon baking soda and 1/4 teaspoon salt. Pour into a 1-quart mason jar and level. Make sure that the ingredients are tightly packed.
- Pour 1 cup cooking oats over the flour mixture.
- Pour 1 cup semi-sweet chocolate chips over the oats.
- Pack 1/2 cup light brown sugar over the chocolate chips.
- Pour 1/2 cup white sugar over the brown sugar.
- Close the mason jar using the cap, place a square of fabric over the cap and then tightly screw on the rest of the cap.

Attach a bow with a note that includes the following baking directions:

- Preheat the oven to 350 degrees and prepare a baking sheet with parchment paper.
- Pour the contents in the mason jar in a large bowl and mix with 1/2 cup melted butter, 1 egg and 1/2 teaspoon vanilla extract.
- Roll cookies into 1/2 inch balls, place on the prepared baking sheet and bake for 10 minutes.