

In the kitchen with...

DORIS KUN, THE PEA POD, PORT ELGIN



Doris Kun, owner of The Pea Pod, in Port Elgin, moved to Canada from Jerusalem when she was four years old. The daughter of Hungarian parents, she grew up in a home that was constantly filled with fresh food – delicious casseroles and lots of potatoes. Her parents never followed recipes, instead creating their own dishes through experimentation or just knowing “the good old food from the good old country.” From a young age she worked alongside them in the kitchen. Doris has her certificate in Vegan Nutrition through Cornell University, and adores cooking plant-based meals.

Five minutes with the Chef

Grey-Bruce Boomers (GBB):

What would your last meal be?

Doris Kun (DK): Mashed potatoes made by my Dad, and a traditional Hungarian dish prepared by my Mom. The dish includes crepes filled with a creamy mushroom sauce and drizzled with sour cream.

GBB: What is your favourite thing to cook?

DK: Curry or samosas. There are so many wonderful ways to combine so many delicious flavours with curry dishes.

GBB: What three ingredients can you not live without?

DK: Onions, garlic and salt. Those bring any meal to life, and I start most of my meals with them.

GBB: If you weren't a chef, what would you do?

DK: If I could be anything in the world, I'd be an author. I absolutely adore reading and have always wanted to publish my own novel.

GBB: What are your tips for home cooks?

DK: Spice it up! Don't be afraid to use spices and try different combinations of spices. Give your dish real flavour by experimenting.

GBB: What inspires you?

DK: My inspiration comes from creating meals that are plant based, yet most people don't believe are. I love to turn traditional meals into a plant-based feast.

GBB: What do you do in your down time?

DK: I love to spend time with my family and friends. I adore cooking even in my time off, I am also a certified yoga teacher, and I love to meditate. My family and I enjoy board games, going for hikes, and just spending real quality time together in and out of the kitchen. ■

CREAMY BUTTERNUT SQUASH SOUP

INGREDIENTS

¼ cup olive oil
4 cups cooking onions, chopped
10 cloves garlic, diced
4 organic vegetable bouillon cubes
1 medium squash cubed (approximately 6 cups)
4 cups yellow potatoes cubed
6 cups boiling water

DIRECTIONS

Heat a large pot with oil and then sauté onions for about five minutes. Add in garlic and continue to sauté until translucent and beginning to brown.

Place bouillon cubes in boiling water to dissolve (use a kettle to boil the water and place cubes with water in a glass measuring cup). Once cubes have dissolved, pour over onions and garlic. Allow to come to a boil and add squash and potatoes. Cover with lid and boil for 30 minutes or until squash and potatoes become fork-tender, stirring occasionally.

Once fully cooked you can turn off the heat and use your immersion blender to blend the soup. Blend it until there are no chunks and it is creamy. If you do not own an immersion blender you can carefully scoop your soup into a high speed blender as well.

Serve the soup with fresh black pepper on top and a sprinkle of paprika, as well as a drizzle of Organic Apple Cider Vinegar.

You can find Doris at The Pea Pod, 671 Goderich St., Port Elgin. Learn more at www.thepeapod.ca.