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**Week 1**

**1.Apple Ketchup**

Yield: 2 cups

Projected Time: 60 minutes

Specialty Equipment: Small pot, Blender

**Amount Ingredient Note**

1 ea Onion, white

1 Tbsp Oil, Canola

2 Cloves Garlic, fresh

1 Thumb Ginger,fresh

1 qt Apple, red(peel on) 1 in dice, core removed

1/2 cup Sugar

1 Tsp Sumac

1 Tsp Turmeric

1.5 Tsp Salt

6 Tbsp Apple cider vinegar

Steps:

1. Peel onion and finely chop. Sweet in 2 qt sauce pot for low heat for 10 minutes, once translucent add minced ginger and garlic. Sweet all together for 5 minutes on low heat.
2. Once soft add apples, sugar, sumac, turmeric, and salt. Put on low heat and let slowly cook for 20 minutes.
3. After everything is cooked, place in a blender on high until smooth, add vinegar and blend again. Taste for seasoning should be almost overly sweet, acidic.
4. Cool till room temp and store for up to 3 weeks.

**2. Pear kimchi**

Yield: 1 qt- 2 qt

Projected Time: 1 hour - 2 weeks

Specialty Equipment: Mason jar, large mixing bowl

**Amount Ingredient Note**

1 head Cabbage- Napa pull apart into large leaves

4 ea Pears, any kind slice into ¼ in thickness

6 tbsp Salt-Kosher

1 head Garlic- whole

4 tbsp Chili flake- Korean

1 thumb Ginger

1 ea Carrots

2 sticks Celery

1 ea Onions-white

1 ea Bell peppers

**Steps:**

1. Wash Nappa leaves and pears together in cold water. Dry off slightly and rub with salt till evenly coated. Massage the mix gently for several minutes. Let stand for 1 hour to pull out the moisture
2. Chop the garlic and ginger into large pieces, no need to remove skins completely, just hang hard stems , loose leaves or dark spots. In a food processor combine garlic, ginger, 1 tbsp salt and chili flake. Blend till smooth, if not blending add a tbsp of water at a time till it blends. Set mix aside.
3. With the remaining vegetales wash them thoroughly,and slice into ¼ in thickness of any shape.
4. Once the cabbage mix has sat for an hour, rinse the salt off with cold water and drain well. In a large mixing bowl combine all the vegetables and chile paste together and mix well for 2-3 minutes.
5. Pack mixture into well washed mason jars, pack down thoroughly to ensure there are no air bubbles. Clean top to ensure no food is on rim or about the mix.
6. Loosely fit on a lid, preferably with cheese cloth underneath and store at room temperature
7. Every couple days for the first week, open the jar and push down the mix. After the first week let it stand for another week. Kimchi is ready to eat or let sit for up to 3 months.

**3.Banana Flatbread w/za'atar spice**

Yield:8 ea

Projected Time:8 hours

Specialty Equipment: Oven, Cast iron pan, Mixing bowl with bowl

**Amount Ingredient Note**

30 Gr Potato flakes

19 Gr Water Watery

1/2 Ea Onion Chopped and sweated w/ oil

2 Cloves Garlic Minced

2 Ea Bananas

1/2 Cups Water- 120F

10 Gr Sugar

10 Gr Active- dry yeast

8 Gr Salt

20 Gr EVOO

2 Cups Flour- AP For Rolling out

**To Finish**

A bit Olive Oil

Smidgin Salt

Sprinkles Dry Veg Za'atar

**Steps:**

1. Preheat oven to 500 F, placecast iron in oven to heat.
2. In the oven place whole bananas in a non-stick pan, roast in the oven for 20 minutes. Take out and let cool. Once cool, take out the peel and mash thoroughly.
3. With pre-cooked onions, mix in a bowl with potato flakes, water, raw garlic, and mashed bananas.
4. In a separate bowl mix 120F water with sugar and yeast, and let sit in a warm place for 10 minutes to ferment.
5. When yeast mix is nice and bubbling mix with onion mix
6. Knead dough for 15 minutes till smooth and springy.
7. Let the rest cover for 2 hours in a warm place or till doubled in size.
8. Portion into 6 oz ish balls, knead again each ball for 2-3 minutes till well rounded(outside should be slightly tacky but not sticky, in sticky add a bit of flour while kneading), dust outside with flour and let rest covered for 20 minutes
9. Once rested , dust a countertop with flour and roll our each ball into a ¼ in round disk. Slap disk onto cast iron in oven and close door quickly. Cook for 3 minutes then flip with tongs and cook for another 3 minutes.
10. Repeat for rest of dough, rolling out another while previous is cooking.
11. Once bread comes out slightly drizzle with salt, olive oil and Za'atar spice. Stack together to keep moisture in and cover with a towel.
12. Best eaten that day.

**Week 2**

**4. Dried Vegetable Za'atar**

Yield: 1 pt

Projected Time: 30 minutes

Specialty Equipment: Oven, food processor

**Amount Ingredient Note**

1 tsp Sumac

4 tsp Oregano

1 tsp Thyme, dried

2 tsp Cumin, ground

½ tsp Sugar

Dried Veg

1 head Garlic Washed stem removed

1 thumb Ginger Washed

4 ea Onion-white

1 ea Jalapeno

1 bunch Cilantro, stems

1 ea Bell pepper trim

**Steps:**

1. Wast all whole vegetables thoroughly and remove any discoloration or rotten spots.
2. Chop all as small as possible, or pulse in a food processor to mince.
3. Set the oven to its lowest setting, 180F, and place vegetables on a non-stick silicone mat placed on a sheet tray. Some sheet trays are already non-stick, these are also fine to use. Spread the veggies evenly.
4. Dry on for 8 hours till all of the vegetables are hard but not colored.
5. In a food processor put all the dried vegetables and spices. Pulse to a fine powder.
6. Enjoy on flat bread or grilled meats and veggies

**5.Camalized Garlic Aioli**

Yield: 16 oz or 1 pt

**Projected Time:** 30 minutes

Specialty Equipment:blender, small thick bottomed pot

**Amount Ingredient Note**

2 ea Apple Wash, peel

4 ea Onion Roots removed

8 cloves Garlic

2 tbsp Canola Oil

2 tbsp DistilledVinegar Or any flavor you prefer

Small pinch Chili flake

4 cracks Black pepper

½ a Lemon juice

1 cup Oil, canola or olive oil

**Steps:**

1. Dice apples, onions, and garlic and place in a pot with oil. Cook on low heat for 20 minutes.
2. Place in a blender and puree. Once smooth add vinegar, lemon juice, black pepper, salt and chili flake. Once it is incorporated, drizzle in 1 cup of oil while blender is on,still you have a smooth homogeneous mixture

**6.Pickled Onions**

Yield: 24 oz

Projected Time: 30 minutes

Specialty Equipment: Mason jar, small thick bottomed pot, cheese cloth

**Amount Ingredient Note**

Part 1:

2 ea Onion, white or red, can even use shallot or garlic

¼ ea Cabbage, green

1 ea Cucumbers

**Part 2**

3 Cups Water

2 Cups Vinegar, white distilled (or any other preferred vinegar)

1/2 Cup Sugar

1/2 Cup Honey

1/2 Tsp Black Pepper

1 Tsp Za'atar Spice

2 Tsp Dried Mulberries

1 Tsp Salt

**Steps:**

1. Start 3 cups of water and boil in a pot. Peel and thinly slice the onions, and cucumbers into approximately 1/4-inch moons. Shred the cabbage small.
2. To boiling water add the sugar, salt, vinegar, and flavorings. Stir to dissolve. And turn off.
3. Place the onions, cucumbers and cabbage in the sieve and place the sieve in the sink. Add salt to sieve and mix all vegetables into salt and let drain. Let sit for 30 minutes
4. Rinse vegetables thoroughly and drain well.
5. Put the vegetables in jars for storing. Pour the liquid over the vegetables in the containers while the liquid is boiling. Put on top and let cook at room temperatures.
6. The vegetables will be ready in about 30 minutes, but are better after a few hours. Store in the refrigerator. They will keep for several weeks, but are best in the first week**.**

**Week 3**

**7. Eastie Farm Garlic Scape Chimichurri**

Yield: 16oz(1 pt)

Projected Time: 30 minutes

Specialty Equipment: Pot of boiling water, ice bath, food processor, bowl

**Amount Ingredient Note**

2 cups Garlic Scapes, washed chopped large

1 cup Olive Oil

¼ bn Cilantro

¼ bn Basil

¼ bn Parsley

1 tsp White Distilled Vinegar

Pinch Salt

Pinch Sugar( as needed)

1 tbsp Water

1 ea Oranges juice

½ ea Lemon Zest and Juice

**Steps:**

1. Wash garlic scapes, rough chop, and blanch in a pot of boiling water for 2 minutes.
2. Take out and plunge directly into the ice bath and let cool for 5 minutes and then drain
3. In a food processor, combine all ingredients.
4. Pulse until roughly blended, but still with some texture.
5. Season to taste—add more vinegar or salt

**Week 4**

**8. Raspberry Shrub**

Yield: 8 oz

**Projected Time:** 30 minutes

Specialty Equipment: Mason jar, small thick bottomed pot

**Amount Ingredient Note**

3 clamshells raspberries, washed

2 cups granulated sugar

2 cups white vinegar

**Steps:**

1. Combine raspberries and sugar in a glass bowl or lidded container. Stir to combine.
2. Cover and refrigerate for 2-5 days. Use a fine mesh sieve and strain out all raspberry solids. Discard solids.
3. Mix raspberry mixture with vinegar and stir well. Transfer to a 1 quart mason jar and keep refrigerated.

**Week 5**

**9.Caramelized Onion Paste**

Yield: 8 oz

Projected Time: 30 minutes

Specialty Equipment: Mason jar, small thick bottomed pot, blender

**Amount Ingredient Note**

6 ea Onions

2 ea Cloves

2 pinch Salt

2 tbsp Miso

2 tbsp Oil, canola

Water

**Steps:**

1. Clean and chop onions and garlic small, save trim for stock later.
2. In a small add onions, garlic, salt, water, and oil.
3. Cook on slow heat for several hours. The onions should be slightly caramelized but not burnt.
4. Once the onions are soft and caramelized, add miso and put into the blender till smooth. Taste to make sure there is plenty of salt. It should be thick paste.

**10. Mulberry Jam**

Yield: 24 oz

**Projected Time:** 30 minutes

Specialty Equipment: Mason jar, small thick bottomed pot

**Amount Ingredient Note**

4 c Mulberries (red or white)

2 c sugar

2 ½ Tbsp powdered pectin

2 tsp lemon juice

**Steps:**

1. Prepare the jars you will be storing your jam in by washing thoroughly with warm water and soap. Set to dry. (If you will be canning the jam in a water bath canner, prepare for the canning now.)
2. In a 2 quart saucepan, mix all ingredients together.
3. Turn the heat to medium and stir occasionally until the sugar melts and the berries begin to soften.
4. Using a potato masher, mash berries to desired consistency.
5. Increase heat to high and bring the mixture to a hard boil that cannot be stirred down. Stir constantly so the jam does not stick to the pan and scorch.
6. Boil hard for 1 minute, stirring constantly. After the minute has passed, remove the pan from heat.
7. Immediately fill your glass jars with the hot jam, leaving ¼ inch of head room.
8. Process as you would any other berry jam, or let jam cool completely on the counter before refrigerating.

**11. Sweet Potato Chips**

Yield: 4 people

Projected Time: 30 minutes

Specialty Equipment: Equipment: oven, baking sheet, wire rack, bowl, mandolin,

mason jar for storing

**Amount Ingredient Note**

4 ea Sweet Potatoes, large

Salt

Oil, canola

**Steps:**

1. Preheat oven to 300°. Place two wire racks on two large rimmed baking sheets.
2. Slice sweet potatoes to 1/8th inch thick using the mandolin or a sharp knife.
3. Toss sweet potatoes in oil until evenly coated.
4. Place sweet potatoes on wire racks in a single layer. Bake for 35 minutes, until sweet potatoes look crispy and dry to touch. (They'll continue to crisp as they cool.)
5. Let them drain and cool thoroughly before putting in jars with a paper or cloth towel.

**12. Mulberry Shrub**

Yield: 24 oz

**Projected Time:** 30 minutes

Specialty Equipment: Mason jar, small thick bottomed pot

**Amount Ingredient Note**

4 c Mulberries (red or white)

2 c sugar

2 ½ Tbsp powdered pectin

2 tsp lemon juice

**Steps:**

1. Prepare the jars you will be storing your jam in by washing thoroughly with warm water and soap. Set to dry. (If you will be canning the jam in a water bath canner, prepare for the canning now.)
2. In a 2 quart saucepan, mix all ingredients together.
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5. Increase heat to high and bring the mixture to a hard boil that cannot be stirred down. Stir constantly so the jam does not stick to the pan and scorch.
6. Boil hard for 1 minute, stirring constantly. After the minute has passed, remove the pan from heat.
7. Immediately fill your glass jars with the hot jam, leaving ¼ inch of head room.
8. Process as you would any other berry jam, or let jam cool completely on the counter before refrigerating.

**Week 7**

**14. Cucumber Salad**

Yield:3 Qts

Projected Time:30 minutes

Specialty Equipment: Mixing bowl

**Amount Ingredient Note**

4 Ea Cucumbers Wash, peel

1/2 Ea Melons Peel and dice

1 Ea Red onions Sliced

4 Ea Pluots Sliced

4 Tbsp Olive oil

¼ Thumb Ginger, Peeled and minced

1 Tsp Salt, kosher

1/2 Bunch Parsley Chopped small

1 Ea Orange, fresh Zested and juiced

**Sets:**

1. Zest and juice orange into small bowl, set aside
2. Make sure all fruit and vegetables are washed and cut into 1/2-1 inch dice
3. For dressing take minced ginger, salt, parsley and olive oil with juice and zest. Mix well
4. Toss cut fruit and veggies with dressing till lightly dressed. Don't over dress.
5. Dress right before eating.

**15. Vinegar Slaw**

**Yield:** 2 qts

**Projected Time:** 20 minutes

Specialty Equipment: Mixing bowl

Amount Ingredient Note

1 Head Green Cabbage

1 Ea Bell Peppers

1 Ea Onions, white

1 Whole Zucchini

6 Leaves Kale, Chopped

2 Ea Apples Cored and Sliced

4 Tbsp Apple Vinegar

1 Tsp Salt Grind with garlic

1 Ea Garlic Ground into paste

3 Tbsp Cilantro Chopped

1/4 Tsp Paprika

Sets:

1. Make sure everything is well washed.
2. To make dressing ,mix paprika, garlic paste, and apple vinegar. Whisk together well and set aside.
3. Shred cabbage, slice bell peppers, kale, onions, zucchini, and apples thin.
4. Mix everything in a bowl, let sit for 10 minutes in the refrigerator before eating.
5. Eat within a wee

**16. Sweet potato kvass**

Yield:3 Qts

Projected Time: Prep Time10 minutes

Fermentation Time9 days

Specialty Equipment: Half Gallon Mason Jar, Tea Towel, Rubber Band, Flip Top Bottles

**Amount Ingredient Note**

2 cups Shredded sweet potatoes

¾ cup Sugar

Water as needed

Sets:

1. Combine the shredded sweet potato and sugar in a half-gallon (2-L) vessel. Fill the rest of the vessel with water, leaving 1 inch (25 mm) of headspace. Cover with a permeable lid such as a coffee filter or clean cloth secured with a rubber band or canning ring.
2. Set at room temperature to ferment for 3 to 5 days or until it is bubbly and beginning to get tangy. During this time, yeast may accumulate on the surface of the ferment. If it does, you can simply scoop it out. It will abate during the second fermentation.
3. Once the initial fermentation is underway, strain the sweet potato from the kvass and transfer the liquid to airtight bottles, leaving a bit of headspace, because the carbonation should be strong. Once bottled, leave to ferment at room temperature for at least 2 to 4 days, or until the beverage has a bit of tang and is carbonated.
4. Consume within a few days if storing at room temperature. Or, refrigerate for 1 to 2 weeks, checking the carbonation frequently to avoid the buildup of too much pressure.

**Week 8**

**17. Iceberg Lettuce Lacto Ferment**

Yield:3 Qts

Projected Time:30 minutes

Specialty Equipment: Cutting board and knife, Large bowl, Gloves, Plate and something to weigh the kimchi down, like a jar or can of beans, Colander, Clean 1-quart jar with, canning lid or plastic lid, Bowl or plate to place under jar during fermentation

**Amount Ingredient Note**

1 medium head Iceberg lettuce

1/4 cup Kosher salt

Water preferably distilled or filtered

1 tbsp Garlic (5 to 6 cloves) grated

1 tsp Ginger grated peeled fresh

1 tsp Granulated sugar

2 tbsp Fish sauce

3 tbsp Water

1 to 5 tbsp Korean red pepper flakes (gochugaru)

8 ounces Daikon radish, peeled and cut into matchsticks

4 medium Scallions, trimmed and cut into 1-inch pieces

Sets:

1. Cut the lettuce lengthwise through the stem into quarters. Cut the cores from each piece. Cut each quarter crosswise into 2-inch-wide strips.
2. Place the lettuce in a large bowl and sprinkle with the salt. Using your hands, massage the salt into the cabbage until it starts to soften a bit. Add enough water to cover the cabbage. Put a plate on top of the cabbage and weigh it down with something heavy, like a jar or can of beans. Let stand for 1 to 2 hours.
3. Rinse the cabbage under cold water 3 times. Set aside to drain in a colander for 15 to 20 minutes. Meanwhile, make the spice paste.
4. Rinse and dry the bowl you used for salting. Add the garlic, ginger, sugar, and fish sauce, shrimp paste, or water and stir into a smooth paste. Stir in the gochugaru, using 1 tablespoon for mild and up to 5 tablespoons for spicy (I like about 3 1/2 tablespoons); set aside until the cabbage is ready.
5. Gently squeeze any remaining water from the cabbage and add it to the spice paste. Add the radish and scallions.
6. Using your hands, gently work the paste into the vegetables until they are thoroughly coated. The gloves are optional here but highly recommended to protect your hands from stings, stains, and smells!
7. Pack the kimchi into a 1-quart jar. Press down on the kimchi until the brine (the liquid that comes out) rises to cover the vegetables, leaving at least 1 inch of space at the top. Seal the jar.
8. Place a bowl or plate under the jar to help catch any overflow. Let the jar stand at cool room temperature, out of direct sunlight, for 1 to 5 days. You may see bubbles inside the jar and brine may seep out of the lid.
9. Check the kimchi once a day, opening the jar and pressing down on the vegetables with a clean finger or spoon to keep them submerged under the brine. (This also releases gases produced during fermentation.) Taste a little at this point, too! When the kimchi tastes ripe enough for your liking, transfer the jar to the refrigerator. You may eat it right away, but it's best after another week or two.

**18.Vegetarian Turmeric Cabbage Stew-**

Yield:4 Qts ( serves about 4)

Projected Time:1 hour 30 minutes

Specialty Equipment: Knife, cutting board, large stewing pan

**Amount Ingredient Note**

1 head Cabbage, green cleaned and washed, shredded

2 ea Potatoes peeled and ½ inch diced

1 # Navy beans or garbanzo (one small can)

1 ea Onion small diced

4 cloves Garlic crushed small

1 thumb Ginger peeled chopped small

2 cups Veg stock or water

1 # Spinach, baby

1 tbsp Turmeric

1 tsp Cumin

½ ea Lemon

1 byn Parsley

Salt

Oil for sweating

**Sets**:

1. In a medium braising pot add oil onions, garlic, and ginger. Sautee on low heat for 5-10 minutes till translucent. To the pot add turmeric, cumin, (add chilis fresh or dried now if desired) and 2 pinches salt. Saute for 3 minutes.
2. Add diced potatoes and shredded cabbage now, sweat for 5 minutes to add a bit of color. Be sure to stir constantly. 2 cups of water of vegetable stock.
3. Let simmer for 20 minutes and until potatoes are nice and tender.
4. Once potatoes are soft add the spinach, beans, season with salt and lemon juice.
5. When serving, finish with chopped parsley.

**19. Potato Flakes**

Yield:1Qts ( serves about 4)

Projected Time:1 hour 30 minutes

Specialty Equipment: Knife,medium pot, oven, sheet pan and non stick silicone mat, stan mixer( or potato masher)

**Amount Ingredient Note**

1 # Idaho potatoes

Water to cover

Salt

**Sets:**

1. Peel the potato and cut it up into medium-size pieces.
2. Put the potato pieces into a pot and add enough water to generously cover them. It takes about 4 cups of water to cover 1 large baking potato in a medium-size pot.
3. Add a pinch of salt, if you like. It isn’t really necessary but many people prefer the flavor. I use 1 to 2 grinds of sea salt.
4. Bring the water to a full, rolling boil. Turn the heat down to about medium so the water stays at a steady boil and boil the potatoes for 15 to 20 minutes. They are done when a fork slides through them easily.
5. Take the peeled, cooked potato pieces out of the pan with a spoon and put them into a large bowl. Do not throw out the potato water. Mash the potatoes with a fork or hand potato masher.
6. Add 1/2 cup of the potato water and blend it into the potatoes. A mixer works best for this part. Blend them until they are completely smooth. Add another 1/4 cup of potato water and blend them some more. They should be the consistency of runny pudding. Add more water, if necessary, until they are the right consistency.
7. While adding water to the potatoes doesn’t make much sense, it does need to be done. The potatoes must be thin and a little runny or they will not dehydrate and break down properly.
8. Line a baking pan or pizza pan with parchment paper. Cut the parchment paper down to size so it fits neatly on the bottom of the pan. Parchment paper that extends beyond the edges of the pan will scorch.
9. Spread the mashed potatoes out evenly in a thin layer (no thicker than 1/4 inch) on the parchment paper. Place another piece of parchment paper on top and lightly smooth it over the potatoes.
10. Dehydrate the potatoes for 6 to 8 hours in a 170-degree Fahrenheit. Leave the oven door open slightly to allow the moisture to escape.
11. The potatoes will be dry, crunchy and white-gold to golden-brown when they are done.
12. Put the dehydrated potato pieces into a food processor or blender to crunch them up into flakes. Grind them up as much as you can. The finer the grind the smoother the mashed potatoes.
13. Reconstitute the potato flakes with about twice as much water as flakes. For example, 2/3 cup water and 1/3 cup flakes makes 1 serving. The amount of water required will vary so you may want to experiment. Add a little salt, 1 to 2 teaspoons of butter and about 1/4 cup of milk to the potatoes to improve flavor and texture. Put the salt in the pan with the water, bring it to a boil, remove from heat, mix in the flakes, milk and butter. You can also use coconut oil or olive oil instead of butter.
14. If you keep the potato flakes in a regular container they will last between 6 months to a year. The best way to store them would be in Mylar bags, add oxygen absorbers, keep them in a cool place and the flakes could last for 5 maybe 8 years.