

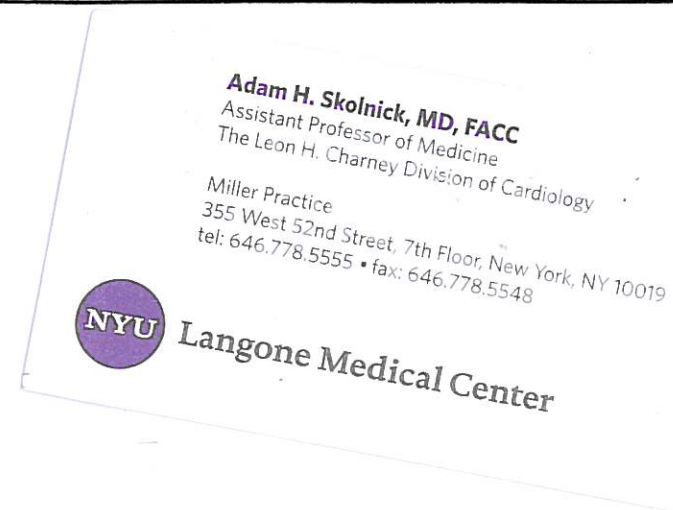
doctor skolnick's simple and sumptuous sardine snack on whole grain sourdough bread

serves 4

ingredients:

- 1 can sardines in water
- 1 teaspoon soy sauce
- 1 tablespoon sour cream
- 1 teaspoon sage leaves, chopped
- 1 teaspoon sesame oil
- 4 slices sourdough bread, toasted
- 4 slices of tomato

Mash sardines, add sage leaves, sesame oil, soy sauce and sour cream.
Toast bread
and cut into 4 triangular pieces. Top with sardine mixture and slices of
tomato. Then add salt and pepper to taste.



doctor cheetham and lady moon farms favor a bit of marmite in their salad sauces

serves 4

ingredients:

for the sauce:

- 1 teaspoon marmite
- 4 tablespoon walnut oil
- 1 tablespoon lime juice

for the salad:

- 12 leaves of organic romaine lettuce
- 1 shallot, finely chopped
- 1 tablespoon of celery leaves, chopped
- 4 radishes, sliced
- 4 cherry tomatoes, halved
- 4 slices of cucumber, halved

Mix all ingredients well

