

#### **MAKE THE TAMARIND WATER**

Put the pulp in a large mixing bowl and add 5 cups of hot tap water. Let the tamarind soak and soften for 30 minutes. Every 5 minutes or so, use a whisk or sturdy spoon to break up large chunks and stir vigorously since the tamarind flesh sticks to the pod and fibers and dislodging it takes a bit of force.

Set a fine-mesh strainer over a medium mixing bowl. Pour the mixture into the strainer, then stir, press, and smash the solids to extract as much liquid and pulp as possible. Return the remaining solids to the mixing bowl and add 1½ cups of hot tap water and vigorously stir it (I like to use a whisk) to get the last bits of pulp off the pods and fibers. Strain the mixture again through the strainer into the bowl and this time discard the solids.

The tamarind water will keep in an airtight container in the fridge for up to 3 weeks and in the freezer (in small, cup portions for ease of use) for up to 3 months. Stir well before each use.

#### **PALEO-FRIENDLY FLOUR BLEND**

Makes about 8 cups

Gluten-free and Paleo-friendly baking can be a little tricky. Luckily, this quick mix is a quick fix that can go cup for cup with wheat flour in most cakes and muffins. With almond flour for body, coconut flour for structure, and tapioca flour to fill the spaces in between, this blend is lower carb, higher protein, and full of nutrients.

Because it's part of several recipes in this book, I recommend this big batch to make baking that much easier. When you cook, keep in mind that these flours have different properties than wheat flour. For instance, inserting a knife into the center might be a great test for traditional baked goods, but not for those baked with this flour blend, as even if the knife came out clean they would not be sufficiently cooked. Instead, I use a thermometer. At 200°F, you're good.

4 cups extra-fine almond flour

2½ cups tapioca flour

1½ cups coconut flour

#### **MAKE THE BLEND**

Sift the ingredients through a fine-mesh strainer into a large mixing bowl, breaking up any clumps, and stir very well. The flour blend keeps in an airtight container in the pantry for up to 6 months.