

Recipes

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0.1 Carrot Soup (Healthy)

Ingredients:

- 800g of carrots (Chopped)
- 1 Onion
- Olive oil
- 2 cups of vegetable stock (no salt)
- 2 cups of water
- 1 teaspoon spoon of minced ginger
- 3 strips of orange

Directions:

- Put oven on 375F (190C), add **carrots** and **onion** into a tray.
- Sprinkle **olive oil**.
- Roast for 30-45' and/or until slightly brown.
- Put **onions**, **carrots**, **stock**, **water**, **ginger** and **orange** on a saucepan and simmer for 30'
- Remove **orange**
- Blend everything

0.2 Tomato Soup (Healthy)

Ingredients:

- 1.2kg of tomatoes
- 1 Onion
- Olive oil
- 2 cups of vegetable stock (no salt)
- 2 cups of water

Directions:

- Put oven on 375F (190C) and add **tomatoes** and **onion** into a tray.
- Sprinkle **olive oil**.
- Roast for 30-45' and/or until slightly brown.
- Put **onions**, **tomatoes**, **stock** and **water** simmer for 90'
- Blend everything

0.3 Asparagus Soup (Healthy)

Ingredients:

- 800g of asparagus
- 1 Onion
- Olive oil
- 2 cups of vegetable stock (no salt)
- 2 cups of water
- 1 table spoon of yogurt

Directions:

- Put oven on 375F (190C) and add **onion** into a tray.
- Sprinkle **olive oil**.
- Roast for 30-45' and/or until slightly brown.
- Put **onions**, **asparagus stock** and **water** simmer for 30'
- Blend everything
- Add **yogurt**

0.4 Beet Pistachio Bars**Ingredients (Dry components):**

- 1/4 cup brown sugar
- 1 cup brown rice flour
- 1/4 cup coconut flour
- 2 teaspoons baking powder
- 2 teaspoon cinnamon
- 1/2 teaspoon salt
- 1/2 cup dark chocolate chips (optional)
- 1/2 cup unsalted shelled pistachios
- Zest of 1 lemon

Ingredients (Wet components):

- 2 large eggs
- 1/3 cup melted coconut oil
- 1/2 cup low-fat milk
- Some oil for roasting the beets, e.g. sunflower/avocado oil.
- 1 pound beets (about 4 medium-sized), peeled and chopped

Directions:

- Roast **beets** on 400F (200C) for 35'. Let them cool.
- On a blender add all wet ingredients (Except eggs)
- Once blended, move to a container and add eggs.
- On a separate container, mix the dry ingredients.
- Mix both containers well.
- Using a baking pan, add parchment paper and spread evenly. Bake for 30'.

0.5 Vegetable stock

Ingredients:

- 1 ounce (30g) dried mushrooms*
- 4 Tbsp olive oil
- 4 cups chopped onion
- 2 cups chopped celery
- 3 cups chopped carrot
- 1 cup chopped fennel bulb (optional)
- 2 large garlic cloves, smashed (can leave skins on)
- 1 Tbsp tomato paste
- 1 Tbsp fresh rosemary
- 2 teaspoons dried thyme
- 1 teaspoon black peppercorns
- 4 bay leaves
- 1/2 cup chopped parsley

Directions:

- Rehydrate **dried mushrooms**: Place the dried mushrooms in a large bowl and pour 1 quart (1L) of boiling water over them.
- Heat the olive oil over high heat in a large stockpot. Add the chopped **onions**, **celery**, **carrots**, and **fennel** (if using) and stir to coat. Given that there are so many vegetables, and they have a high moisture content, it may take more heat and longer time to brown than you would expect. Cook until the vegetables begin to brown.
- Add **garlic** and **tomato paste**. Add the garlic and tomato paste and stir to combine. Cook, stirring often, for 2-3 minutes, or until the tomato paste begins to turn a rusty color.
- Add the **mushrooms** and their soaking water, the **rosemary**, **thyme**, **onion skins** (if using), **peppercorns**, **bay leaves**, **parsley** and 3 additional quarts (3L) of water.
- Bring to a simmer and then drop the heat until you just get a bare simmer. The surface of the stock should just barely be bubbling. Cook for 1 1/2 hours.
- Strain the stock: Using a spider skimmer or slotted spoon, remove all the big pieces of vegetable and mushroom. Discard or compost.