

SOUPS

Carrot Curry Ginger Soup and Beet Soup

CARROT CURRY GINGER SOUP

6 carrots, roughly chopped

1 small onion, roughly chopped

1 large yellow potato, skinned, roughly chopped

2 tablespoons olive oil

1 tablespoon curry powder

1 tablespoon grated ginger

4-5 cups water

Salt and freshly ground pepper

Garnish: roasted chopped cashews, chopped fresh mint and cilantro, drizzle of olive oil, freshly ground black pepper

BEET SOUP

1 beet, peeled, roughly chopped

1 turnip, peeled, roughly chopped

1 yellow potato, peeled, roughly chopped

4 cups water

1 tablespoon olive oil

Salt and freshly ground pepper

Garnish: yogurt or sour cream, chopped fresh dill, drizzle olive oil, freshly ground black pepper

HERBS

Herbs, Pan Souffle Eggs, Green Sauce

FINE HERBS:

Parsley, tarragon, chives, fennel, basil, sorrel, dill, mint, summer savory

AROMATIC HERBS:

Oregano, marjoram, sage, rosemary, thyme, winter savory

PAN SOUFFLE EGGS

5 eggs, separated (whites beaten in separate bowl to be folded in)

1-2 cups vegetables, cooked or raw, chopped

1/3 cup chopped fresh fine herbs (dill, basil, chives)

1/3 cup grated cheese

2 tablespoons olive oil

Grated lemon zest (optional

Salt and freshly ground black pepper

GREEN SAUCE

1/3 cup chopped fresh fine herbs

1/3 cup olive oil

Grated lemon zest

Salt and Freshly ground black pepper

Lemon juice just before serving

Optional: Chili, garlic, ginger, shallots, capers

MEAL SALADS

Meal Salad Plan, Asian Dressing and Lemon Dressing

THE MEAL SALAD PLAN (adapted from Anna Jones)

1. The Base: Grain or bean (beans, pearled barley, brown rice, quinoa, rice noodles, pasta)
2. The Texture: 1-3 vegetables, chop, grate, shave (can be a combo of raw and cooked)
3. More Texture: Light greens (spinach, arugula, romaine lettuce, kale)
4. The Flavor: Fresh herbs, dried fruits, chilies, cheese, capers, sun-dried tomatoes, pickles
6. The Garnish: Be creative. Choose from above flavors ingredients

ASIAN DRESSING

2 tablespoons lime juice or rice vinegar
2 tablespoon soy sauce
1 tablespoon sesame oil or neutral oil
1 tablespoon honey, maple syrup or sugar
1 tablespoon grated fresh ginger
Sriracha sauce or chili (optional)

LEMON DRESSING

3 tablespoons olive oil
1 tablespoon lemon juice
1 tablespoon grated lemon rind
1 large clove garlic, grated
Salt and freshly ground black pepper or chili
Additions: yogurt and or mustard

GALETTES

Pastry Recipe, Apple Tart, Mushroom Savory Tart

THE PASTRY

2 1/2 (250 g) cups unbleached organic flour

1/2 teaspoon salt

1 1/2 (170 g) sticks unsalted butter, cut into 1/4-inch cubes

Small glass ice water (4-5 tablespoons)

FOR FOOD PROCESSOR

- * Add flour and salt into processor bowl. Pulse couple of times.
- * Add butter, pulse 5-10 times until mixture forms pea size crumbs.
- * Add 4 tablespoons water and run processor to gather into a ball.
- * Transfer to a bowl and work into a ball, add tablespoon more water as needed until holds together.
- * Divide dough into two parts, flour lightly and flatten into a patty. Cover and refrigerate for at least 30 minutes.

APPLE TART

4 Granny Smith apples or tart apples

1/3 cup sugar

3 tablespoon butter, cut into pieces

1 egg yolk, beaten for crust

FRUIT TART

2-4 ripe fresh fruit, nectarines, plums, apricots, pear, raspberries, blueberries or a combination

Toss fruit with:

2 tablespoons flour or cornstarch

1/3 cup sugar

1 teaspoon cinnamon (optional)

1 egg yolk, beaten for crust

Bake tart at 400 degrees F for 35-45 minutes

GALETTES CONTINUED

SAVORY TART

1 pound mushrooms, sliced

2 garlic cloves, minced

1/2 cup creme fraiche

1 bunch (about 1cup) Italian parsley, finely chopped

Salt and freshly ground pepper

Bake at 400 degrees F for 30 minutes

BLACK BEAN SOUP

Black Bean Soup with Sweet Potatoes, Orange Salad, Essential Oil Play Dough

BLACK BEAN SOUP WITH SWEET POTATOES

1 cup dried black beans, soaked overnight
1 medium onion, peeled and chopped
6 cups water
2 medium carrots, peeled and cut into 1/2-inch pieces
2-3 sweet potatoes, peeled and cut into 1/2-inch pieces
Salt to taste

Sauce

3 tablespoons vegetable oil
1 can (15 ounces) diced tomatoes
2 large cloves garlic, peeled and finely chopped
3 tablespoons chopped fresh oregano or 2 teaspoons dried
1 teaspoon ground cumin
1 teaspoon salt
1/4 teaspoon cayenne pepper

ORANGE SALAD

3-4 oranges, peeled and sliced
3 tablespoons extra virgin olive oil
Salt and freshly ground pepper
Fresh mint, basil or fennel, chopped

Let sit at room temperature for two hours to allow juices to mingle.

BLACK BEAN SOUP CONTINUED

ESSENTIAL OIL PLAY DOUGH

1 1/2 cups all-purpose flour

1 1/2 cups water

3/4 cup salt

3 tablespoons cream of tartar

1 1/2 tablespoons vegetable oil

Food Coloring: 10 drops or more in each divided dough

Essential Oils: Lavender, sweet orange

JAM MILK

1 cup milk or dairy free

1 tablespoon jam

