

# KOHLRABI TACOS WITH ADZUKI-MUNG BEAN SALAD

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
<i>Adzuki Bean, Mung Bean Salad</i>	
Adzuki Beans	4 oz.
Mung Beans	4 oz.
Quinoa	4 oz.
Red rice	4 oz.
<i>Dressing</i>	
Sesame Oil	1 Tbsp.
Rice wine vinegar	¼ cup
Limes, zested and juiced	3 ea.
Ginger, minced	1 Tbsp.
Garlic, minced	1 Tbsp.
Braggs amino	1 tsp.
Date sugar	1 Tbsp.
Coriander	2 tsp.
Black sesame seeds	2 tsp.
Green onion, thinly sliced	3 ea.
Cilantro, chopped	1 bu.
Daikon, fine julienne (or Yacon 3 ea.)	1 ea.
Kohlrabi, softball sized, peeled	1 ea.
Carrot, fine julienne	1 ea.
Red cabbage, fine julienne	1 ¼ ea.
<i>Miso Yogurt Crema</i>	
Yogurt	¼ cup
Cucumber juice	1 tsp.
Miso paste	¾ tsp.

## **Method**

1. *For Adzuki Bean, Mung Bean Salad:* Soak the beans overnight. Cook the beans (separately) in vegetable broth until dry, let cool. Cook quinoa and red rice (separately) in vegetable broth until tender. Set aside and allow to cool.
2. *For Dressing:* In a medium bowl, whisk together the sesame oil and rice wine vinegar. Add the zest and juice of the limes, ginger, garlic, braggs amino, date sugar and coriander. Whisk together well.
3. In a large bowl mix together the beans, red rice and quinoa. Pour the whisked dressing over the beans and rice and stir to incorporate. Finally stir in the sesame seeds, thin sliced green onion and chopped cilantro. Season with salt and pepper to taste.
4. *For Miso Yogurt Crema:* Combine all ingredients and blend. Put in squeeze bottle.

5. *For Kohlrabi:* Peel and slice on slicer 1/8" thick. Practice bending into taco shape. Form to get right thickness without snapping.
6. *To Assemble:* Fill kohlrabi taco with filling. Top with carrots, cabbage and daikon (or yacon). Zig zag with miso yogurt crema.

**Variation:**

**Note:**



# POACHED BARNEGAT SKATE WING WITH LAST OF THE SEASON TOMATO FONDUE AND BRAISED FENNEL

*Yield: 10 Portions*

Ingredients	Amounts
<i>Poached Skate</i>	
Dry white wine	4 cups
Onions, small, diced	2 ea.
Carrot	1 ea.
Celery stalks	3 ea.
Bay leaves	3 ea.
White wine vinegar	6 Tbsp.
Water	1 cup
Skate wings, large, cut into 4 oz. portions	5 ea.
 <i>Tomato Fondue</i>	
Cherry or Grape tomatoes, various colors	2 pt.
Olive oil	4 Tbsp.
Unsalted butter, cold	½ cup
Salt	½ tsp.
Thyme	1 pinch
 <i>Braised Fennel and Spinach Bed</i>	
Fennel bulb, large	1 ea. (or 2 ea. small)
Butter, divided	2 Tbsp.
Garlic clove, small	1 ea.
Parsley stems	1 bu.
Salt	as needed
Ground black pepper	as needed
Vegetable stock	¼ cup
Water	as needed
Baby spinach	1 lb.
Caper berries	as needed

## Method

7. *For Poached Skate:* In tented foil roasting pan, simmer the wine with the onion, carrot and celery and bay leaf for a few minutes. Add the vinegar and water.
8. Place the skate wings in the wine mixture and simmer until they just turn opaque.
9. Remove portions
10. *For the Tomato Fondue:* Combine tomatoes and oil in a cast iron skillet over high. Cook, stirring often, until tomatoes begin to burst, about 5 minutes. Reduce heat to medium-high; cook, stirring often, until tomatoes are mostly broken down, about 5 minutes. Stir in butter and salt until melted. Remove from heat. Sprinkle with fresh thyme.

11. *For the Braised Fennel and Spinach Bed:* Trim stalks from fennel bulb (reserve fronds) and cut each bulb lengthwise into quarters. In a rondo pan large enough to hold the fennel flat in one layer, melt 1 Tbsp. butter over moderate heat. Add fennel, garlic and toss to coat with butter; lightly caramelize. Season with salt and pepper to taste.
12. Add stock, parsley stems, and water. Bring mixture to a boil, reduce heat to a simmer and cover.
13. Transfer braise to a 250°F oven until vegetables are tender. Stir in remaining 1 Tbsp. butter. Remove parsley stems. Add 1 lb. of spinach gradually and stir and let wilt with the fennel. Season with salt and pepper
14. *To assemble:* Place spinach and fennel mixture on plate. Arrange skate portions on top of mixture. Dollop each portion of skate with tomato fondue, a caper berry and fennel fronds from stalks.

**Variation:**

**Note:**

Source:



# HONEY ROASTED BREAST OF GRIGGSTOWN POUSSIN WITH TOASTED FILBERTS

*Yield: 10 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Poussin breasts	20 ea.
Pearl onions, roasted, peeled	32 oz
Avocado oil	12 Tbsp.
Ginger, ground	3 tsp.
Cinnamon	3 tsp.
Saffron	1 Tbsp.
Lemons, zested and juiced	3 ea.
Poultry stock	¾ cup
Salt	2 Tbsp.
Ground black pepper	3 tsp.
Filberts	3 cups
Rose water	1/3 cup
Honey	2/3 cup
Green onion, bias sliced thin	1 bu.

## **Method**

15. Take the poussin breasts and French the wing, mix with the pearl onions, avocado oil, ginger, cinnamon, saffron, lemon juice, stock, salt and pepper and marinate overnight.
16. Preheat the oven to 375°F. Toast filberts till fragrant and slightly browned, rough chop and hold.
17. Transfer poussin breasts and marinade to parchment lined sheet pan skin side up. Cook for 15-20 mins.
18. Pull out poussin breasts. Mix rose water, honey and filberts to a pesto consistency. Spread onto poussin breasts. Return to oven to finish cooking the poussin.
19. Garnish poussin with scallions and lemon zest.

## **Variation:**

## **Note:**

Source:



# CRIMSON LENTIL BURGER WITH SWEET AND SPICY ARONIA BERRY CATSUP

*Yield: 8 Portions*

<b>Ingredients</b>	<b>Amounts</b>
<i>Lentil Burger</i>	
Brown rice, short grain	¾ cup
Red lentils	1 ½ cup
Avocado oil	½ cup
Onion, small, minced	1 ea.
Garlic, minced	2 tsp
Broccoli florets, shaved	½ head
Carrot, large, minced	1 ea.
Cauliflower florets, shaved	½ head
Potatoes, white, grated	6 ea.
Oyster mushrooms	1 cup
Peas, fresh	1 cup
Curry powder	1 ½ tsp.
Parsley	½ cup
Salt	as needed
Ground black pepper	as needed
Green onions	½ bu.
Cornmeal, yellow	2 cups
<i>Aronia Catsup</i>	
Aronia berries	½ cup
Mango, peeled	1 ea.
Red bell pepper	½ ea.
Yellow bell pepper	½ ea.
Lime juice	1 Tbsp.
Cilantro, chopped	¼ cup
Bermuda Onion, minced	1 Tbsp.
Honey	1 tsp.
Lime zest	1 Tbsp.
Thai bird chiles, minced	6 ea.
Avocado oil	as needed
Amaranth Sprouts	3 oz.

## **Method**

20. *For the Lentil Burger:* Cook rice until sticky, then cool on sheet tray. Cook the lentils till just past tender and cool on sheet tray.
21. Take avocado oil and add the onion and garlic and cook. Add the broccoli, carrots, cauliflower, potatoes, oyster mushrooms and fresh peas, and cook till slightly warmed. Add the curry powder and parsley, and remove pan from heat and season with salt and

pepper. Cool mixture on sheet tray and mix with rice and lentils when cool. Adjust seasoning and add scallions.

22. Scoop out 5oz of the mixture and pack it between thumb and index finger or ring mold. Compress to form 3 ½ inch patties. Dust with yellow cornmeal on outside of patties. Place the patties on a sheet tray and place in freezer until semi-frozen.
23. To cook burgers: Heat avocado oil in pan and sear burgers until evenly brown on both sides. Place on parchment lined sheet pan and continue to cook in 375°F oven till crispy outside and heated through.
24. *For Aronia Catsup:* Puree half the berries and reserve the other half. Dice ¾ of the mango and peppers for garnish in catsup and put rest in blender for puree with the berry puree.
25. Add the lime juice and puree until the mixture is smooth (add a little avocado oil to thin if necessary to get required viscosity. Stir in the reserved berries, mango, and peppers along with the cilantro, bermuda onion, lime zest, and chiles, and stir to combine. Season with salt and pepper
26. *To assemble:* Serve on toasted multi-grain discs with catsup and fresh amaranth sprouts

**Variation:**

**Note:**

Source:



# PISTACHIO COCONUT BANANA BITES

*Yield: 25 to 30 portions*

<b>Ingredients</b>	<b>Amounts</b>
Coconut flakes, unsweetened	1 cup
Sunflower seeds, unsalted	¼ cup
Cinnamon	½ tsp
Pistachios	¼ cup
Banana, peeled, mashed	½ cup (approx. 1 banana)
Green lentils, cooked	½ cup
Honey	3 Tbsp.
Cacao chips	¼ cup
Coconut oil, melted	1 Tbsp.
Coconut flour	½ cup

## **Method**

27. Place coconut flakes, sunflower seeds, cinnamon, pistachios, banana, lentils and honey into food processor. Pulse until smooth, scrape down sides and pulse again. Transfer to a bowl using a spatula.
28. Stir in chocolate chips and oil until incorporated. Stir in coconut flour until fluffy and combined.
29. Roll into bite sized balls, about 1 Tbsp. in size. Cover and refrigerate or freeze 5 to 10 minutes.

## **Variation:**

## **Note:**

Source:





# FLAX AND CHIA SEED PUDDING

*Yield: 6, 4 Ounce Portions*

## **Ingredients**

Almond milk, unsweetened  
Chia seeds  
Flaxseed, ground  
Vanilla extract  
Nutmeg

## **Amounts**

3 cup  
½ cup  
¼ cup  
5 tsp.  
¼ tsp. or to taste

## **Method**

30. Mix gently with a spoon on/off for 15 minutes
31. Refrigerate for 30 minutes, then mix again gently until smooth.
32. Add more almond milk if needed

## **Variation:**

## **Note:**

Source:

