

## Apple Compote

<b>Amount</b>	<b>Ingredient</b>
4	Apples
¼ cup	Honey or maple syrup
¼ cup (1/2 stick)	Butter
¼ teaspoon	Salt
½ teaspoon	Cinnamon
½ teaspoon	Vanilla

### Method of Preparation:

1. Core, and dice apples.
2. Melt butter in a large sauté pan and brown slightly. Add honey or maple syrup.
3. Add apples and season. Cook until very soft about 15 minutes and caramelized. Serve warm.

## Hard Boiled Eggs

<b>Amount</b>	<b>Ingredient</b>
As needed	Eggs
As needed	Water

### Method of Preparation:

1. Place desired amount of whole eggs into an appropriately sized saucepan.
2. Cover with cold water.
3. Bring to a boil and then cook for 12 minutes.
4. Remove from water and cool completely with running cold water, ice and then sit in fridge for about 30 minutes.
5. Remove shell and serve as desired.

## Brown Rice Pudding

<b>Amount</b>	<b>Ingredient</b>
2 cups	Any dairy/nondairy milk
½ cup	Brown rice
¼ cup	Dates, pitted
As needed	Water, boiling
¼ cup	Raisins or cranberries (optional)
½ teaspoon	Vanilla
¼ teaspoon	Cinnamon
pinch	Nutmeg
pinch	Salt

### Method of Preparation:

1. In a large saucepot, bring milk to a boil. Add rice and reduce to a simmer. Cook about 45 minutes, stirring occasionally until the rice absorbs all of the milk. (Be careful not to scorch the bottom of the pot)
2. Meanwhile, place dates in a blender and pour enough water over them to cover. Soak for 15 minutes. Puree until smooth to make date syrup.
3. Stir in date syrup and remaining ingredients into finished rice. Serve warm.

## Cauliflower Pizza

Amount	Ingredient
1 head (medium size)	Cauliflower
¼ teaspoon	Salt
1 teaspoon	Basil, fresh
1 teaspoon	Oregano, fresh
½ teaspoon	Garlic powder
¼ teaspoon	Red pepper flakes (optional)
¼ cup	Parmesan, grated
¼ cup	Mozzarella, grated
1	Egg
Topping:	
	Parmesan, grated
	Mozzarella, grated
	Olives
	Pepperoni
	Sliced vegetables
	Tomato sauce (recipe follows)

### Method of Preparation:

1. Place pizza stone or baking sheet in oven and preheat to 450°F.
2. On a cutting board place a large piece of parchment paper and grease.
3. Wash and thoroughly dry cauliflower. Cut off florets into bite size pieces. Pulse in food processor until resembles a powder. (Should come out to 2-3 cups of ground cauliflower)
4. Line a large bowl with a clean kitchen towel and place the cauliflower in it. Microwave for 3-4 minutes. Cool slightly.
5. Once cool enough to handle, wrap it up in the towel and squeeze out as much water as possible.
6. Transfer to medium sized mixing bowl and add remaining ingredients. Mix until combined.
7. Form dough with hands onto greased parchment paper into a pizza shape. Transfer to hot pizza stone or sheet pan and bake about 20 minutes or until golden brown
8. Remove from oven and top as desired.
9. Return to oven and cook another 10 minutes or until cheese is melted. Cool slightly and serve

## Homemade Tomato Sauce

<b>Amount</b>	<b>Ingredient</b>
1 Tablespoon	Olive oil
3 cloves	Garlic, minced
½	Onion, chopped
1, 28 ounce can	Crushed tomatoes
1 teaspoon	Salt
1 teaspoon	Pepper
As desired	Fresh or dried basil or oregano

### Method of Preparation:

1. Heat olive oil in a medium size saucepan. Add garlic and oil and sweat until fragrant.
2. Add remaining ingredients. Bring to a boil, and then simmer for at least 20 minutes. Serve warm.

## Ricotta Cheese

<b>Amount</b>	<b>Ingredient</b>
1 Gallon	Whole milk
2/3 cup	Distilled vinegar
2 teaspoon	Salt

### Method of Preparation:

1. Place strainer in a bowl and line with a double layer of cheesecloth. (Make sure strainer is elevated so that the cheese won't sit in its own juices.)
2. Put milk in a medium saucepan and heat over medium heat until it reaches 180°F. Turn off heat.
3. Add vinegar and stir for 15 seconds. Add salt. Stir to combine.
4. Remove from stove and let sit for cheese curds to form, about 10 minutes.
5. Strain through cheesecloth into a large bowl for 30 minutes. Keep wrapped in cheesecloth and chill completely. Serve as desired.

## Chocolate Banana “Milk Shake”

<b>Amount</b>	<b>Ingredient</b>
1 cup	Soy milk (or any dairy/nondairy milk)
½ - 1 frozen	Banana (*freeze and chop prior to freezing)
4 Tablespoons	Cocoa powder (add additional if desired)

### Method of Preparation:

1. Combine all ingredients in a high-speed blender. Blend until smooth and serve immediately.

## Garlic Bread

<b>Amount</b>	<b>Ingredient</b>
½ cup (1 stick)	Butter, unsalted, softened
¼ cup	Olive oil
2 Tablespoons	Fresh herbs, chopped (basil, parsley, oregano, sage etc.)
¼ cup	Parmesan cheese (optional)
3 cloves	Garlic, minced
To taste	Salt
To taste	Pepper
1	Baguette or Italian loaf

### Method of Preparation:

1. Preheat oven to 350°F and line a baking sheet with parchment paper.
2. Combine softened butter with seasonings.
3. Cut bread in half and spread butter mixture over every nook and cranny.
4. Bake for 15-20 minutes until golden brown. Cut and serve warm.

## Ricotta Gnocchi Primavera

<b>Amount</b>	<b>Ingredient</b>
As needed	Olive oil
1	Onions
4 cloves	Garlic
1 pint	Cherry tomatoes
1 bunch	Asparagus
24 ounces	Ricotta cheese (high quality*recipe attached)
2 ounces	Parmesan cheese (plus more for serving)
1-2 cups	All purpose flour (plus more for dusting)
2	Eggs
2	Egg yolks
As needed	Salt
As needed	Pepper
¼ cup	Basil, parsley, oregano, and/or sage fresh

### Method of Preparation:

1. For ricotta: Line large plate with a few layers of paper towels, a clean dishtowel, or cheesecloth. Spread ricotta on top. Place another layer of towels on top of ricotta and press down firmly with hands to remove excess moisture. \*Measure 24 ounces after water is removed. (draining your cheese overnight is recommended)
2. Heat olive oil in a large sauté pan. Keep on medium-high heat.
3. Slice onions thinly. Mince garlic. Add both to sauté pan.
4. Remove about 1 inch of the asparagus from the bottom, discard and cut remaining into bite size pieces. Add to sauté pan.
5. Add tomatoes to sauté pan. Heat should still be high at this point. Cook tomatoes until they are blistered and begin to break apart. Season and set aside.
6. Slice thinly (or chiffonade) all herbs and set aside.
7. Combine drained ricotta, parmesan, 1 cup of flour and eggs in a medium bowl with a rubber spatula or hands. Season with salt and pepper. \*Mixture should be sticky but not loose. Add additional flour if needed.
8. Transfer dough to a floured surface, dust top with flour, cut in half and shape into 2 large disks (4-6 inch diameter each). Cut into quarters.

9. Roll each piece into a log about 6 inches long. Cut in half and roll each half into a log about 12 inches long and  $\frac{3}{4}$  inch wide. Repeat with remaining dough until you have 16 logs.
10. Bring a large pot of water to a boil. Season heavily with salt.
11. Line 2-3 large baking sheets with parchment.
12. Using a bench scraper or small plastic knife, cut each log in to about 10 gnocchi. Using the back of a fork or a gnocchi roller make ridges in each then coat lightly with flour and transfer to sheet pan. (\*At this point you can freeze gnocchi for up to 2 month. When needed, cook directly out of freezer for about 4 minutes)
13. Add 10-20 gnocchi at a time and cook about 4 minutes. (\*Should float to the top and be just firm to the touch.)
14. Using a slotted spoon, drain gnocchi and cook remaining. (\*Transfer cooked gnocchi to a large bowl and drizzle with oil to prevent sticking.)
15. When ready to serve, heat vegetable mixture and add about  $\frac{1}{2}$  cup of pasta water. Cook until begins to thicken slightly. Season to taste.
16. Add to cooked gnocchi and finish with olive oil, herbs and parmesan cheese.

## Flavored Water

Amount	Ingredient
1 quart	Water
Optional additions:	
	Lemon
	Lime
	Berries
	Cucumber
	Melon
	Herbs (basil, mint etc.)

### Method of Preparation:

1. Put water in a large pitcher.
2. Slice any large fruits/vegetables into medium size pieces.
3. Add to water and allow it to infuse at room temperature for at least 2 hours. (A longer infusion will have a deeper flavor)
4. Chill completely and serve.

## White Bean Dip

<b>Amount</b>	<b>Ingredient</b>
1, 15 ½ ounce can	Cannellini beans
1 clove	Garlic
¼ cup	Water
1 Tablespoon	Oil
To taste	Salt
To taste	Pepper
As desired	Fresh herbs

### Method of Preparation:

1. Drain and rinse beans well.
2. Add all ingredients in to a food processor or blender and process until smooth.
3. Serve with pita chips (recipe follows) and cut up vegetables.

## Pita Chips

<b>Amount</b>	<b>Ingredient</b>
1 package	Whole wheat pita
½ cup	Vegetable oil
1 teaspoon	Oregano
1 teaspoon	Garlic powder
½ teaspoon	Salt
½ teaspoon	Pepper

### Method of Preparation:

1. Preheat oven to 350°F and line baking sheet with parchment paper.
2. Cut pita into small triangles or as desired.
3. Combine oil and seasonings.
4. Coat pita with seasoning and spread onto sheet pan making sure pieces don't overlap.
5. Bake 15 – 20 minutes or until crispy. Cool slightly and serve or store in airtight containers.

## Chocolate Pastry Cream Filling

<b>Amount</b>	<b>Ingredient</b>
1/3 cup	Cocoa powder
3/4 cup	Granulated sugar
1/4 teaspoon	Salt
1/4 cup	Cornstarch
3 cups	Any dairy/nondairy milk
3 Tablespoons	Butter, unsalted
1 1/2 teaspoons	Vanilla

### Method of Preparation:

1. Combine first 4 ingredients in a large saucepan and mix well.
2. Slowly add milk whisking constantly to remove clumps. Bring to a boil and continue to whisk.
3. Lower to a simmer, cover and continue to simmer for about 10 minutes until mixture becomes a pudding consistency.
4. Remove from heat and finish with butter and vanilla.
5. Pour into a large bowl, cover and refrigerate at least 1 hour or until needed.

## Sea Salt Caramel Sauce

<b>Amount</b>	<b>Ingredient</b>
1 cup	Sugar
1/4 cup	Water
1 teaspoon	Lemon juice
1/2 cup	Any dairy/nondairy milk
2 Tablespoons	Butter, unsalted
1 teaspoon	Vanilla
1 teaspoon	Sea Salt (additional for topping)

### Method of Preparation:

1. Combine sugar, water, and lemon juice in a medium saucepan and bring to a boil. Cook for about 15 minutes until reaches a deep amber color. DO NOT STIR.
2. Remove from heat, add milk and stir vigorously until smooth. (will furiously bubble)
3. Finish with butter, vanilla, and sea salt.
4. Serve immediately or refrigerate and reheat when needed.

## Pâte à Choux-Pastry Shells

*(makes about 12 cream puffs or 20 éclairs)*

Amount	Ingredient
1 cup	Water
½ cup (1 stick)	Butter, unsalted
½ teaspoon	Salt
1 ¼ cups	All purpose flour
4	Eggs
As needed	Chocolate Pastry Cream Filling*
As needed	Sea Salt Caramel Sauce*

### Method of Preparation:

1. Preheat oven to 425°F and grease or line large sheet pan with parchment paper.
2. Combine water, butter, and salt in a large saucepan over medium heat. Stir with wooden spoons until smooth (about 1 minute).
3. Remove pan from heat and add flour all at once stirring vigorously.
4. Return to heat and cook until mixture is completely smooth (about 1 minute).
5. Remove from heat and let stand 5-10 minutes. (Should still feel very warm or 125°F)
6. Meanwhile, crack eggs into a small bowl.
7. Transfer the dough mixture to a mixer with dough attachment and beat eggs in one at a time. Beat for 2 minutes after last egg is added.
8. Transfer to a piping bag with tip (or large plastic bag with tip cut) and pipe into large circles about 4 tablespoons each for cream puffs or 5" logs about ½" in diameter for éclairs spaced apart on prepared sheet pan.
9. Bake at 425°F for 15 minutes then reduce heat to 350°F and bake an additional 25 minutes until medium golden brown color.
10. Remove from oven and cool.
11. When cool enough to handle cut a small hole in the bottom of the cream puffs or 2-3 hole in the bottom of the éclairs and pipe in cold pastry cream (recipe attached).
12. Finish with caramel sauce (recipe attached) and sea salt. Serve.