



Seeds
of
Nourishment
Recipes from
Harmony Hill Retreat Center

Chef Jessie Gregor
In collaboration with
Gretchen Schodde, Paula Bartholomy,
Aleksandra Jaksic and Cheryl Sesnon

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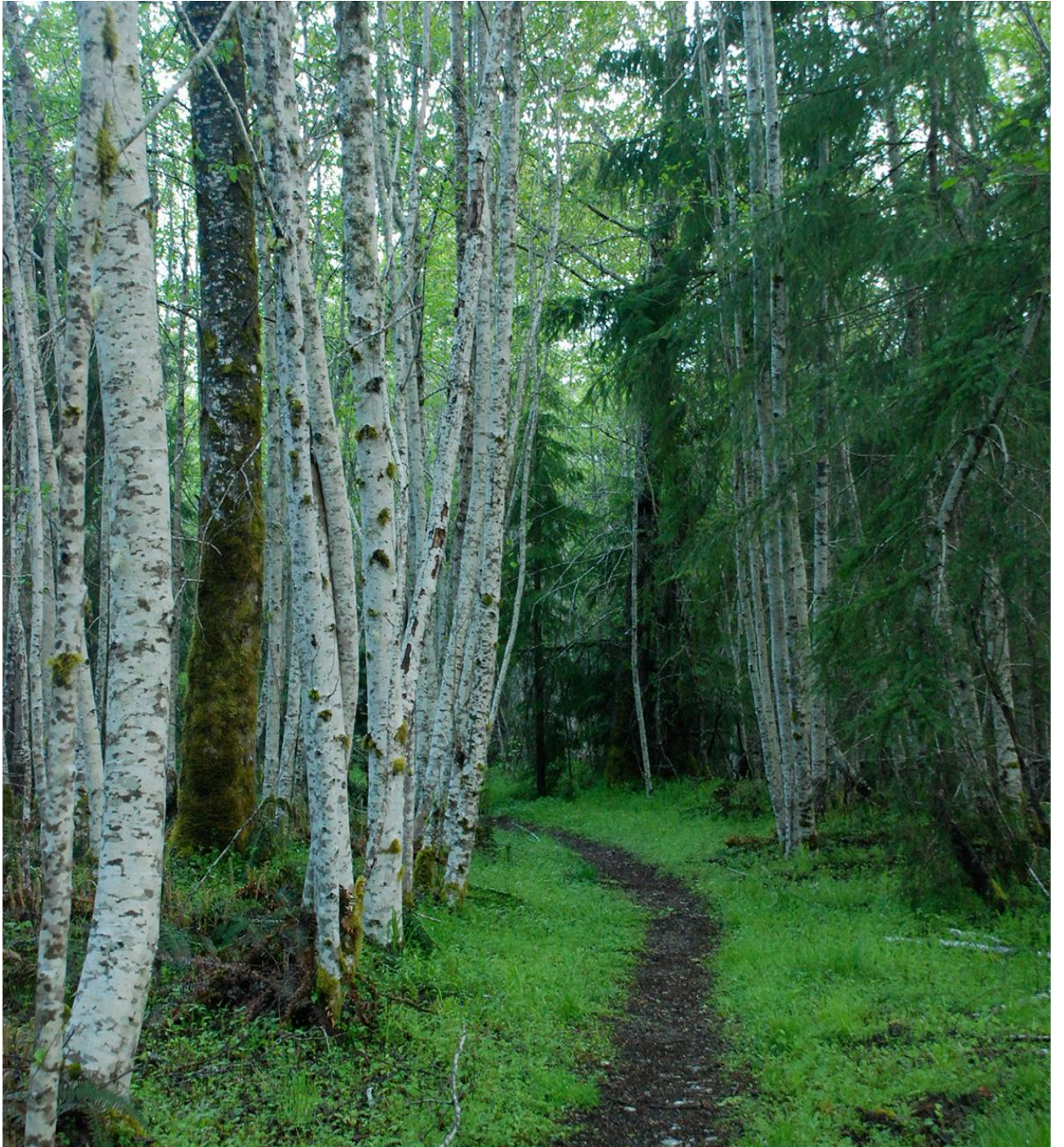
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Harmony Hill Retreat grounds

HARMONY HILL MISSION

Inspiring healthy living for all and
transforming the lives of those
affected by cancer.

Dedication

This book is lovingly dedicated to the
thousands of cancer retreat participants
who have found comfort and nourishment
at Harmony Hill.

May they be blessed on their journey toward healing.

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Foreword

Food means many things to people.

It's energy to rev the body.

It's a vehicle of nutrients for health and wellness.

It's a form of medicine or healing.

It's emotionally comforting during times of stress.

It's even a vessel of love.

In my experience, Harmony Hill has always delivered on each of these facets at every meal. They create and serve wholesome food in such a way that when you eat it, you can't help but feel the **energy**, the **nutrients**, the **emotions**, and the **love** that went into it.

For years, I taught nutrition during the cancer retreats. After being in the nutrition field since 1992, I know that talking food is a challenging topic since everyone has their own take on it. However, at the cancer retreat, when the group would go to the dining hall to eat after my nutrition talk, I felt that we let go of our judgments, opinions, and dogma, to share in the warmth of that sacred space together.

We were taking in more than nutrition. It was ***soul-full nourishment***.

In fact, I was so in awe of Harmony Hill: its garden, greenhouse, as well as care and attention to food preparation, that I decided to get married there in 2012. The entire event, which lasted the whole weekend, was incredible. Each meal punctuated our experience there with joy. Years later, my family and friends are still talking about the experience. Some even say it was the best wedding they had ever attended.

Throughout these years, I encouraged Gretchen to have the staff put together an updated cookbook with the Harmony Hill recipes. These meals were **works of art** that people savored, enjoyed, and delighted in throughout all the events I participated in at Harmony Hill, from the cancer retreats, to retreats I personally led there, and even during the course of my wedding weekend. They were meant to be shared and replicated—to extend the **ripple effect of goodness** from Harmony Hill.

And now it's here!

I am thrilled that it has made it to the finish line. It's not easy to put together a book like this one because there is an intuitive flair that goes into preparing these meals. I'd like to thank the team behind the scenes who took the time to compile this treasure trove! It's a cookbook like no other. After all, it's not just a listing of ingredients and amounts, but it holds the energy of love, healing, and nourishment in a way that only Harmony Hill can blend together...

Deanna Minich, PhD
Nutritionist, Author, Educator

October 2020

Acknowledgments

I would first like to thank Paula Bartholomy and Aleksandra Jaksic for taking an idea and transforming it into reality with both experience and creativity. This book is beautiful and you both had such a huge role in what it became. All of the selfless hours spent on it really shows.

To Gretchen Schodde, you have supported this book in a multitude of ways and because of you, it has become much more than expected. Thank you for your unwavering faith in the work that the staff in the kitchen at Harmony Hill do. We love to make you proud.

Thank you to Cheryl Sesnon for keeping the train on the tracks and offering full support to the team of people who wove this project together. Your leadership has been invaluable to its creation and it couldn't have existed without you as it does. Lois Hendricksen Oberg, you inspire us in all seasons with your attention to the food that we prepare and the grounds that you keep. We will always strive to turn your hard work into something that people savor.

Thank you to all Harmony Hill board members, past and present, for offering your skills and support and leading us with experience so we can share ourselves with the world. And thank you to the staff for tirelessly engaging in the mission of Harmony Hill. It took several years and a collection of minds to produce this book and every single contribution can now be appreciated by everyone Harmony Hill reaches.

Chef Jessie Gregor



Harmony Hill Retreat grounds



View from Harmony Hill Great Hall, overlooking Hood Canal

About Harmony Hill

Harmony Hill began when Gretchen Schodde felt a calling to create a retreat center where people could experience **renewal and deep well-being**. In 1986 Harmony Hill opened its doors as a nonprofit retreat facility focusing on wellness. Later, the Cancer Program was added, to support those affected by cancer.

The heart of the mission is to support the survivorship of people affected by cancer—including their caregivers and health care professionals—with hope, healing, and tools for positive change. Our **Cancer, Healing & Survivorship programs** provide support to enhance, not replace, conventional medical treatment. Generous donors help to fund the cancer programs, allowing us to offer full scholarships to participants.

We also offer **Health Professional programs** to help physicians, nurses, social workers, and other clinicians—as well as entire workplace teams—enhance their own resilience and well-being. **Wellness** is important for everyone, and in that spirit we offer public workshops to help individuals live a more healthy, joyful and creative life. Harmony Hill continues to grow, expand, and improve offerings while serving people from all over the country. We are celebrating our thirty-fifth anniversary in 2021. One of the constants in all those years has been the exceptionally healthy and **delicious food** we serve. We use much of our own homegrown produce, which starts in our aquaponics greenhouse, fertilized by our fat and happy fish. Then it is transferred into our gardens where it is lovingly tended to by our groundskeeper, Lois Oberg. The most frequent comments we hear from retreat attendees are about our extraordinary meals. Chef Jessie Gregor, Sous Chef Kenny Brown, and Baker Kathy Albro are sharing some of their favorite recipes. They say the secret to their food is the love behind the preparation.

ENJOY!

Cheryl Sesnon

Harmony Hill—Executive Director



Yoga in the Great Hall

Harmony Hill Food Philosophy

To have the **broadest** and **best impact** on our community and world, our kitchen has dedicated itself to several food practices that enrich our dishes with the most **nutritious** ingredients that we can obtain. That set of practices brings a sense of real **pride** to the work we do because we know we've done our best to provide our guests with nutritiously dense, high-quality ingredients while also working hard to maintain a healthy budget. These practices include purchasing local, organic, and whole ingredients, growing food on-site and constantly shifting our menus to focus on seasonal ingredients. We also participate in **composting** for our gardens and **recycle** all qualifying materials to ensure we are being as efficient as we can be for our planet.

Purchasing locally means we are directly having an impact on our **local food systems**. This participation encourages growth in those systems and enables us to provide ingredients at their peak freshness, which means more nutritional density. It also reduces the amount of energy required for transport and storage of those items.

A focus on organic, non-GMO products means we are supporting those farm systems that take a more **unadulterated** approach to growing. By eliminating chemical pesticides, genetic modification, and herbicides farmers are taking a larger risk with their crops, but the benefits of this are incredibly important and deserve strong support.

Whole ingredients, those that have not been majorly processed, provide the most nutrition and are very rewarding to learn to work with. The more focus is put on starting with **unprocessed whole foods**, the healthier food tends to be. It is higher in fiber, vitamins, and minerals and just tastes better.

Growing our own food means it goes straight from the **ground to the plate** and adds to our participation in our food ecosystem. Our groundskeeper is very dedicated to utilizing our land for culinary contribution, which enriches the mission of Harmony Hill and brings us even closer to our sacred land. The food grown is a reflection of the practice to utilize seasonal ingredients to enrich our guests' experience and connect them as much as possible to the experience of *Harmony Hill*.

A Few Notes about this Cookbook

Our kitchen is generally asked to provide **vegetarian** or **vegan** meals that are also **gluten-free**. Because of this, our cookbook reflects those practices and is truly an example of what we love to produce. We welcome the opportunities every new guest and group brings and strive to provide unique and enjoyable food experiences. Each menu is **tailored** to each group's needs and **seasonal availability**. It is an honor to be able to draw from our culinary knowledge to bring new foods and preparations to our guests. Don't be afraid to experiment or add things to these recipes. These are meant to be a great place to start when learning to work with these flavors and a strong example of what is possible.

The serving size for all recipes is four unless otherwise stated. We wanted to provide recipes that can be shared with a small gathering of friends and family with the goal that they can be scaled up or down easily.

You will notice that for many recipes, the amount of salt is "**to taste**." This is because everyone's opinion and experience with salt is different and personal. Salt has an enormous effect on how the flavor of a dish is perceived so we **encourage** individuals to **practice** their seasoning skills regularly. Understanding how to season is one of the most fundamental and important skills in cooking and the more practice you have with it, the more confident and competent you will become.

It is encouraged to have several items in your kitchen equipment inventory to make these recipes correctly. A high-speed blender, a standing mixer, and a food processor will assist you in creating the **flavors** and **textures** from our kitchen, but if you don't have those items, a good sharp knife is at least the most important!



Founder, Gretchen Schodde

Breakfast



Banana Cacao Smoothie

Banana Cacao Smoothie

(Gluten-Free and Vegan)

INGREDIENTS

- 1 ripe frozen banana, sliced into 5–6 pieces
- 2 tbsp. chia seed
- 4 dried Medjool dates, pits removed
- 2 tbsp. cacao powder
- 2 cups ice
- 1 cup coconut cream

PROCEDURE

Put the ingredients in a blender in order, starting with the frozen banana and finishing with the coconut cream. Put the lid on and cover with a towel. Begin by pulsing the blender to help break down the ice. Once the ice has been crushed down a bit, turn the blender on low and work up to the high setting, pulsing if necessary. Blend until smooth and enjoy.

CHEF'S NOTES

This smoothie has no added sugar and is a fantastic way to start the day off strong, or it's great as a dessert at the end of the day when you're getting a chocolate craving. Fresh strawberries can be added in place of the cacao for a strawberry banana smoothie or frozen raspberries in place of the banana for a raspberry cacao shake. You can also add your favorite protein or peanut powder for a nutritional boost.

Harmony Hill Granola

(Gluten-Free and Vegan)

Yield: 8 cups

INGREDIENTS

4 cups rolled oats	2 cups dried fruit (cherries, cranberries, or raisins)
2/3 cup oat bran	2 tbsp. candied orange peel, diced
2/3 cup unsweetened coconut flakes, toasted	2/3 cup avocado oil
1/4 cup plus 2 tbsp. hemp seeds	1/3 cup brown rice syrup
1/4 cup plus 2 tbsp. raw sunflower seeds	1/2 tsp. vanilla extract
1/2 cup pumpkin seeds	1/2 tsp. cinnamon
1/2 cup nuts (sliced almonds, walnuts, or pecans), toasted	1/4 tsp. sa

PROCEDURE

Preheat the oven to 300 degrees. Line two cookie sheets with parchment. Combine the oats, oat bran, hemp seeds, sunflower seeds, and pumpkin seeds in a large bowl. Then combine avocado oil, brown rice syrup, vanilla, cinnamon, and salt in a small saucepan over medium heat and bring to barely a simmer. Pour liquid mixture over oat mixture, stir to combine and then stir in the coconut sugar. Divide the mixture between the two prepared sheet pans. Bake granola for 30 minutes, removing pans at 10-minute intervals to gently stir the mixture. When the granola is a deep golden color and fragrant, remove from the oven and leave undisturbed to cool for 30 minutes. Transfer the granola to a bowl and gently stir in toasted nuts, dried fruit, and candied citrus. The granola can be kept in a sealed container at room temperature.

CHEF'S NOTES

We serve our popular granola at every breakfast as an easy vegan option. This recipe results in beautiful golden clusters that are not too sweet and packed full of nutrition. If you are gluten-intolerant, be sure to purchase oats that are certified gluten-free as many are typically not entirely because of the milling process.



Almond Muffins with Dried Cherries

Almond Muffins with Dried Cherries

(Gluten-Free and Vegetarian)

INGREDIENTS

- 1 cup almond flour
- 1/2 cup sweet rice flour
- 1/2 cup oat flour
- 1/4 cup millet flour
- 2 tsp. baking powder
- 1/2 tsp. baking soda
- 1/4 tsp. salt
- 1/2 cup sugar
- 2 large eggs
- 1/2 cup plain yogurt
- 1/4 cup plus 2 tbsp. olive oil
- 3/4 tsp. vanilla
- 1/2 tsp. almond extract
- 2 cups dried tart cherries
- 1/4 cup demerara or decorator sugar
- 2/3 cup sliced almonds

PROCEDURE

Preheat the oven to 350 degrees and line a muffin tin with liners. Sift the flours together with the baking powder, baking soda, and salt. In the bowl of a stand mixer blend sugar, eggs, yogurt, oil, vanilla, and almond extract. On low speed blend in the flour mixture one scoop at a time and mix until smooth. Fold in the dried cherries and distribute the batter evenly among the prepared muffin cups. Top each muffin with 1 teaspoon of demerara sugar and sliced almonds. Bake muffins until golden, about 18–22 minutes.

CHEF'S NOTES

This muffin batter is versatile and can be used in a variety of ways. One suggestion for a play on this batter is to use 1¾ cup skinned and chopped fresh apples in place of the cherries and to switch out the extracts for 2 teaspoons of finely chopped fresh rosemary.

Coconut Quinoa Pancakes

(Gluten-Free and Vegetarian)

Makes 20 pancakes

INGREDIENTS

- 1 cup quinoa soaked in water overnight
- 1 cup rolled oats
- 1½ cups dried unsweetened shredded coconut, divided
- 2 cups almond milk
- ¼ cup coconut sugar
- 2 eggs
- ¼ cup coconut oil, melted
- 1½ tsp. vanilla
- 2 tsp. baking powder
- 1 tsp. cinnamon
- ¼ tsp. sea salt
- 1 orange, zested

PROCEDURE

Drain and rinse the quinoa and place it in a blender along with the oats, ½ cup shredded coconut, almond milk, eggs, sugar, coconut oil, vanilla, baking powder, cinnamon, and salt. Blend on high speed for 45 seconds or until completely smooth. Pour the batter into a medium bowl. Add the remaining coconut and orange zest and stir to combine. Heat a nonstick skillet over medium heat. Add 1 teaspoon of the coconut oil. Spoon the batter into ¼-cup portions into the prepared skillet. Cook for 3 minutes. Flip and cook for another 1–2 minutes. Serve with maple syrup, fruit compote, toasted pecans, and chocolate chips, or any other favorite toppings.

CHEF'S NOTES

These gluten-free pancakes are a great option when you want a fresh alternative to a breakfast classic. They are a fantastic way to get lots of protein in the morning and taste wonderful with any accompaniment.

Salads,
Dressings
&
Snacks



Greek Salad with Arugula and Lemon Vinaigrette (next page)

Greek Salad with Arugula and Lemon Vinaigrette

(Gluten-Free and Vegetarian)

INGREDIENTS

Dressing

2 lemons, both juiced, one zested
2 tbsp. white wine vinegar
1 tsp. Dijon mustard
1 tbsp. fresh oregano, finely chopped
1 tsp. fresh parsley, finely chopped
2 garlic cloves, minced
1/2 tsp. salt
1/2 tsp. ground black pepper
1/2 cup extra virgin olive oil

Salad Components

1 large English cucumber, seeds removed and sliced 1/4-inch thick
1 pint grape or cherry tomatoes, halved
1/2 red bell pepper, thinly sliced
1/2 medium red onion, small dice
1/2 cup Kalamata olives
1 cup crumbled feta cheese (optional)
2 cups fresh baby arugula

PROCEDURE

Begin by making the salad dressing. Add all of the vinaigrette ingredients except the olive oil into a medium bowl. Begin whisking vigorously while drizzling in the olive oil slowly until the dressing thickens. Place in the refrigerator to cool and marry. Add all of the salad components except the cheese and arugula to a large bowl and dress with vinaigrette. Fold in the feta and then the arugula right before serving.

CHEF'S NOTES

Greek salad is a staple of the Harmony Hill kitchen. Especially in the summer when the gardens are bursting, it's a wonderful way to make cucumbers and tomatoes delectable without a lot of effort and is a perfect side dish or main course, especially with the addition of brined (pg.66) or herb-marinated grilled chicken. If you are looking for a vegan option, simply omit the feta. It is still a robust and satisfying dish without it. The lemon vinaigrette is also a great dressing on its own or a fantastic marinade. Other greens such as spinach, romaine, or spring mix also work great as a base.



Curtido (next page)

Curtido

(Gluten-Free and Vegan)

INGREDIENTS

- ½ medium head green cabbage, cored and thinly shredded
- 1 large carrot, grated
- ½ medium yellow onion, grated
- ½ jalapeno, small dice (optional)
- ¼ cup water
- ¼ cup apple cider vinegar
- ½ cup distilled white vinegar
- 1 tsp. sugar or agave syrup
- 2 tsp. salt
- ½ tsp. cracked black pepper
- 1 tsp. dried Mexican oregano
- 1 bay leaf

PROCEDURE

In a large, heat-resistant bowl, combine cabbage, carrot, onion, and jalapeno. In a medium saucepan over high heat, bring the remaining ingredients to a rolling boil. Once achieved, remove the pot from the heat and immediately pour the liquid over the cabbage mixture. Spend a few minutes with your hands massaging the liquid and herbs into it until everything is well-incorporated and the cabbage has softened slightly. Place the bowl in the refrigerator and allow to cool and marry for at least an hour.

CHEF'S NOTES

Curtido is a fantastic way to really get excited about cabbage. It's the kind of side dish that actually gets better the longer it's allowed to sit before it's served. It is even better the next day but is great fresh as well. Traditionally it is served with the El Salvadorian pupusa (pg. 49) but is great with enchiladas, or as a filler for fish tacos or chicken tostadas. If you are looking for a light and healthy snack, curtido can be a salty, savory, and crunchy option.

Coconut Quinoa Kale Salad with Cashews

(Gluten-Free and Vegan)

INGREDIENTS

Quinoa

- 1 cup quinoa, rinsed and drained
- 1 cup coconut milk
- 1 cup water
- 1 tsp. kosher salt

Salad Dressing

- 1 cup cilantro, packed
- 4 cloves garlic
- ½ lime, zested and juiced
- 2 tbsp. agave syrup
- 1 pinch sweet or hot chili flakes, optional
- ½ cup olive oil
- salt and pepper to taste

Salad

- 1 bunch of green kale, washed, stemmed, and chopped
- ½ small red onion, small dice
- 1 large carrot, shredded
- ¼ cup coconut flakes, toasted
- ½ cup cashews, toasted and roughly chopped

PROCEDURE

Place rinsed quinoa, coconut milk, water, and 1 teaspoon salt in a medium pot and turn on medium-high heat. When it comes to a boil, stir it and turn down the heat to simmer. Stir occasionally. Cook until all of the little tails have popped out and most of the liquid has been absorbed. More water can be added, a quarter cup at a time, if the liquid is absorbed before the quinoa is fully cooked. Turn the quinoa out onto a sheet pan, spread out with a spoon, and place in the refrigerator to cool.

To make the dressing, put cilantro, garlic, lime, agave, and chili flakes into a food processor and pulse a few times to start combining the ingredients. Turn the processor on low and begin adding the olive oil through the top slowly, $\frac{1}{4}$ cup at a time. Add salt and pepper.

Place the prepared kale in a large bowl and add the dressing. Massage the dressing gently into the kale with your hands until it is all coated well. Add the red onion, carrot, half the coconut, and half the cashews to the bowl and toss (reserving the rest of the coconut and cashews for topping the salad). Place the salad in the fridge to marry and macerate until the quinoa has completely cooled. Once it has cooled, add the quinoa and any residual cooking liquid to the salad and toss once more until evenly distributed. Top the salad with the rest of the coconut flakes and cashews.

CHEF'S NOTES

One of the biggest secrets about making kale palatable is making sure the dressing is relatively sweet and has a high enough acid content to break down the kale. This process, known as maceration, is key to releasing the mustard oils and removing the bitterness that turns so many people away from this truly nutritionally powerful green. Quinoa is also a challenge for some but cooking it in coconut milk adds a luscious quality that only helps to enhance its nuttiness. This salad is nutritionally packed and really worthy of being a main dish, especially if a piece of grilled salmon or chicken is added. Curry powder can be added to the dressing to enhance its international flavor, if desired.

Red Cabbage Coleslaw

(Gluten-Free and Vegan)

INGREDIENTS

Dressing

- 1 lime, zested and juiced
- ¼ cup cilantro, packed
- 3 cloves garlic, minced
- ¾ cup extra virgin olive oil
- 1 tsp. Dijon mustard
- 1 tsp. cumin
- 1 tsp. agave
- 2 pinches hot chili flakes (optional)
- salt and pepper to taste

Coleslaw

- 1 medium head of cabbage, quartered and sliced thin
- 2 medium carrots, peeled and grated
- 1 green onion, sliced

PROCEDURE

To make the coleslaw dressing, combine all of the ingredients into a blender and process on medium speed until creamy and smooth. Season with salt and pepper and refrigerate until cool. Put the cabbage and carrot into a large bowl and add the dressing. Toss to combine. Garnish with green onion and serve immediately.

CHEF'S NOTES

Red cabbage offers a great source of antioxidants and tends to be a bit sweeter than its green counterpart, although green cabbage is a fine substitute. This simple recipe is creamy without containing dairy and can be used in fish and shrimp tacos for a wonderful crunch. The addition of grilled corn and peppers in the summertime is also a guaranteed hit. The dressing in this recipe is great as a sauce on its own, a marinade or for a summer salad.

Jason's Salty & Sweet Nut Mix

(Gluten-Free and Vegan)

INGREDIENTS

- 1 cup walnuts
- 1 cup pecans
- 1 cup almonds
- 2 tsp. vegan Worcestershire sauce
- 1/3 cup olive oil
- 2 tsp. salt
- 1 tsp. black pepper
- 1/2 tsp. onion powder
- 1/2 tsp. garlic powder
- 1/3 cup agave syrup
- 1 cup dried fruits (cherries, raisins, cranberries, etc.)

PROCEDURE

Preheat the oven to 325 degrees. Combine the nuts, oil, Worcestershire and spices in a large bowl and mix until they are well-coated. Put the nuts on a sheet pan and bake for 8 minutes. Stir and bake again for another 2 minutes. Remove from the oven and immediately add agave and dried fruit and stir until the glaze has hardened. Let the mix cool and store in an air-tight container.

CHEF'S NOTES

Although you can never predict what flavors might be in our next nut mix, this recipe was left with us by one of our kitchen friends and has always been very popular. It has simple ingredients but is a sure way to deliver a lot of flavor. In its place, maple syrup can be swapped for agave syrup, or omitted for a savory mix. Other things like chocolate or toasted coconut flakes can be added as well for more variety. Just make sure to cool completely before adding things that might melt.

SOUPS



Confit Garlic Mushroom Miso Soup (next page)

Confit Garlic Mushroom Miso Soup

(Gluten-Free and Vegan)

INGREDIENTS

Confit Garlic

- 1 bulb garlic, sliced through the center to make 2 disks (if they fall apart, it's okay)
- 2 bay leaves
- 5 black peppercorns
- approximately 1 cup olive oil (enough to just cover the garlic)

Dashi Broth

- 1 sheet of Kombu (about 4 x 6-inch)
- any mushroom stems
- 2-3 dried shitake mushrooms
- a 1-inch knob of ginger, skin removed and sliced
- 5 cups water
- ¼ cup bonito flakes (optional, will not be vegan)
- ¼ cup white miso
- 3 tbsp. soy sauce
- salt to taste

Internal Soup Components

- 1 bunch enoki mushrooms, 2/3 stems cut off (add to the dashi broth)
- ½ cup firm tofu, small dice
- ¼ cup sliced scallions

PROCEDURE

To prepare the garlic, place the disks of garlic flat side down in a small saucepan and add the bay leaves and peppercorns. Pour the olive oil over the garlic until it is just covered. Depending on the size of the pot, you may need more or less. Cook on very low heat until the garlic is just slightly golden brown and soft. Strain the oil, discard the bay leaf and peppercorn, and let the garlic cool. Although the infused oil will not be used in this recipe, it can be placed in the refrigerator to be used for other cooking endeavors. While the garlic is cooling, begin preparing the stock by putting the Kombu, mushroom stems, dried mushrooms, ginger, and water into a medium pot and bring to a boil. Once it has reached a boil, reduce the heat to a simmer and cook for 15 minutes. Turn off the heat and carefully strain out the liquid into another container and retain the Kombu, discarding everything else. After the Kombu has cooled a bit, cut 1/3 of the sheet off lengthwise and discard the rest. Slice the sheet into very thin strips and add it into the medium pot (optional). If using bonito flakes, add it to the hot liquid and allow it to “steep” for 5 minutes. Again, strain the liquid making sure not to squeeze the bonito flakes because it may leave a less desirable flavor behind. Return the liquid to the pot. Turn the heat back on low. With the back end of a spoon, scoop out the confit garlic from half of the bulbs and then use the spoon-end to smash it and work it into a paste; add that paste to the broth. You will see it turn cloudy. Using a whisk, incorporate the miso into the soup and season with soy sauce and salt. Finish the soup by adding the mushrooms, tofu, and scallions. Serve immediately.

CHEF'S NOTES

Miso soup is one of those wonderfully comforting things that is also very light but seems incredibly hearty. It can be a main dish or a balancing and centering component to a meal. Leftovers are always great to have as it reheats easily and quickly. The confit garlic in this recipe can be omitted but adds a different level to the flavor profile and enhances miso's natural thickening. If enoki mushrooms are hard to find, a half cup of any other mushrooms can be used in their place, such as shiitake or cremini, but they should be stemmed and sautéed in 2 tsp. of olive oil and a pinch of salt.

Creamy Carrot Soup

(Gluten-Free and Vegan)

INGREDIENTS

½ tbsp. olive oil
½ large onion, medium dice
5 cloves of garlic, roughly chopped
1½ pounds carrots, peeled, large dice
2 13.5 oz. cans coconut milk
1 13.5 oz. can coconut cream
1 quart vegetable stock
2–3 tbsp. white balsamic vinegar
salt and pepper to taste

PROCEDURE

Over medium heat, add the olive oil and onion into a medium, heavy-bottomed soup pot. Cook until the onion is translucent and then add the carrots and garlic. Sauté until slightly browned and softened. Then add the coconut milk, cream, and water or stock. Turn down the heat and simmer until the carrots are cooked through, about an hour. Remove from the heat and allow to cool slightly before transferring it into a blender. Because it will be hot, carefully turn on the blender (covering the lid with a towel) and blend on medium to high speed until smooth. Add the vinegar, salt, and pepper and blend one more time to incorporate.

CHEF'S NOTES

This wonderfully creamy soup is a guest favorite and appropriate for all seasons (especially autumn and winter). A lovely pairing with Hispanic dishes, especially with the addition of half of a canned chipotle pepper with a little adobo. Pumpkin or squash such as butternut can be used in place of the carrot with this recipe as well, with a little fresh nutmeg. This recipe can also be made with cow's milk and cream with 2 tablespoons of sugar to replace the sweetness lost from the coconut product.

Navy Bean Soup

(Gluten-Free and Vegan)

INGREDIENTS

1½ cups raw navy beans or other white beans, covered and soaked in water overnight in the refrigerator
1 tbsp. olive oil
½ yellow onion, small dice
1½ cup carrots, small dice
1 cup celery, small dice
4 cloves garlic, minced
1 bay leaf
1 tsp. dried thyme
1 tsp. dried oregano
1 tsp. dried basil
1 tsp. fresh rosemary, very finely chopped
4 cups water or vegetable stock
salt and pepper to taste

PROCEDURE

In a large soup pot on medium heat, heat the olive oil and add the onion. Stir and cook until the onion becomes slightly translucent, about a minute, and then add the carrot and celery. Sauté until the vegetables begin to develop color, about 2 minutes and then add the garlic, bay leaf, dried herbs, and rosemary. Continue to cook for another minute and then deglaze with the water or vegetable stock. Drain the soaked beans and add to the pot. Leave the soup on medium heat until it begins to simmer and then turn the heat down to hold it at a simmer. Cook until the beans soften and the broth begins to thicken slightly, another 30–45 minutes. Season with salt and pepper and serve.

CHEF'S NOTES

Navy bean soup is so hearty and comforting, especially in the winter months. It's a great counterbalance to a hearty green salad with lemon vinaigrette (pg. 27) and a fantastic pairing with herbed maple-glazed yams (pg. 45). If you miss the pork flavor present in some recipes, substitute smoked salt for regular salt or you can use a smoked ham hock if desired when the beans are added. Adding shredded chicken is also great if you want to boost the protein content even more.

Vegetables & Side Dishes



Cauliflower Vindaloo with Peas (next page)

Cauliflower Vindaloo with Peas

(Gluten-Free and Vegan)

INGREDIENTS

- 1 whole large head cauliflower, stem and leaves removed but left intact
- 4 tbsp. olive oil
- 1 small yellow onion, large dice
- 4 cloves garlic, roughly chopped
- 1 tsp. ginger, minced
- ¼ tsp. cayenne
- ¼ tsp. ground coriander
- ¼ tsp. turmeric
- ¼ tsp. ground cardamom
- ¼ tsp. ground cinnamon
- 1 tsp. paprika
- ¼ tsp. ground black pepper
- ½ tsp. cumin
- ¾ tsp. ground mustard
- 1 bay leaf
- ¼ cup water
- 1 - 13.5 oz. can coconut cream
- 1½ tbsp. distilled white vinegar
- 1 tsp. brown sugar
- salt to taste
- ½ cup frozen peas
- 1 tbsp. cilantro, roughly chopped (optional)

PROCEDURE

In a medium saucepan over medium low heat, add 2 tbsp. olive oil and sauté the onion until translucent. Add the garlic and ginger and cook until slightly soft. Turn down the heat to low and add all of the dry ground spices and the bay leaf, allowing them to bloom. Cook for a minute or two, allowing them to become fragrant. Then add the water, coconut cream, vinegar, and brown sugar. Simmer until the sauce has thickened and reduced by half. Remove the pan from the heat and allow to cool until it is safe to put the sauce in a blender and process until smooth. Return the finished sauce to the saucepan it was cooked in. Preheat the oven to 400 degrees. In a medium baking pan or dish, oil the head of prepared cauliflower liberally with 2 tbsp. olive oil and salt it to taste. Bake the cauliflower for 8–10 minutes or just until it begins to soften slightly. Remove the pan from the oven and with a brush, baste the cauliflower with the vindaloo sauce, coating the entire head well. Put the cauliflower back in the oven and roast until the sauce begins to brown. Repeat this process of basting and browning two more times and then check with a knife to make sure the cauliflower is soft. If it is not, repeat again. In the remaining sauce add the frozen peas and heat on medium heat until hot and serve with the cauliflower. To finish, slice the cauliflower into 8 to 10 wedges, like a pizza, and serve over the remaining sauce and peas. If desired, garnish with cilantro.

CHEF'S NOTES

Although this process seems a little involved for a cauliflower dish, trust us, it is well worth it. It might just change your perception of the humble cauliflower forever. When in season, Romanesco is also wonderful in the cauliflower's place. Serve it with fragrant basmati with raisins and cashews (pg. 44) and cooling Indian Raita (pg. 63) for a hearty vegetarian meal or skip the raita and keep it vegan. It can also be served as a unique side dish at your next family gathering. The warming spices in the vindaloo complement holiday dinners surprisingly well.

Fragrant Brown Basmati Rice with Raisins & Cashews

(Gluten-Free and Vegan)

INGREDIENTS

- ½ tbsp. olive oil
- 1/8 cup yellow onion, small dice
- 2 cloves garlic, minced
- ½ tsp. ginger, minced
- 1/2 tsp. whole cumin seed
- 2¾ cups water
- 1 cup long-grain brown basmati rice
- ¼ tsp. salt
- ¼ tsp. freshly ground black pepper
- 1 cardamom pod
- 1 whole cinnamon stick
- 1 allspice berry
- 1 bay leaf
- ¼ cup raisins, golden or another variety
- ¼ cup cashews, toasted and roughly chopped
- A few cilantro leaves (optional)

PROCEDURE

In a small sauté pan over medium heat, add the olive oil and onions and cook until translucent. Then cook the garlic, ginger, and cumin seeds until the garlic and ginger begin to soften, 1–2 minutes. Remove from the heat and set aside. In a medium saucepan with a tight-fitting lid, bring the water to a boil. Add the rice, the cooked items from the sauté pan, and all other ingredients except for the raisins and cashews. Stir once and cover. Turn the heat down to low and cook for 45 minutes. Then turn off the heat and let sit for another 15. Remove the lid and pull out the cardamom pod, cinnamon stick, allspice, and bay leaf; fluff the rice with a fork. Fold in raisins and put it into a warmed serving dish. Top with chopped cashews and cilantro.

CHEF'S NOTES

If switching white rice for healthier brown rice is a challenge, this recipe might help. The addition of cashews and raisins, along with the various fragrant spices, brings a lot of character to the humble brown basmati. It is a wonderful base for dishes like our green coconut chickpea curry (pg. 54) and cauliflower vindaloo (pg. 42) and can be served alongside Indian Raita (pg. 63) or your favorite fruit chutney.

Herbed Maple-Glazed Yams

(Gluten-Free and Vegetarian)

INGREDIENTS

2 tbsp. fresh rosemary, chopped
½ tbsp. fresh sage, chopped
½ tbsp. fresh thyme, chopped
¼ cup butter (or dairy-free substitute)
⅔ cup grade A or B maple syrup
¼ tsp. granulated garlic
1 tbsp. salt
3 lbs. garnet yams, skin-on, scrubbed, large dice
¼ cup olive oil
1 tbsp. Montreal seasoning
2 cups pecans (optional), lightly toasted, salt and pepper to taste

PROCEDURE

Preheat the oven to 375 degrees. To prepare the glaze for the yams, add the rosemary, sage, thyme, butter, and maple syrup to a medium saucepan. Cook over medium heat until it begins to bubble, and reduce to a simmer, stirring occasionally. Reduce until the mixture thickens and coats spoon. Pull from the heat and set aside. In a large bowl, combine the yams, oil, and Montreal seasoning. Toss until coated evenly and turn out onto a sheet pan while keeping the mixing bowl for glazing. Bake until the yams begin to soften and brown, approximately 12–15 minutes. Pull the pan out of the oven, scrape the yams into the mixing bowl, add the glaze, and stir with a spoon until evenly coated. Turn the yams out onto the sheet pan again and return them to the oven for another 2 minutes to set the glaze. Pull the yams and stir with the spoon until they slightly cool and the glaze begins to stick to them. Add the pecans and mix with the spoon until combined.

CHEF'S NOTES

We do not typically remove the skin from yams in our kitchen. Leaving the skin on yams is a fantastic way to boost the fiber content and preserve the nutritional value of this versatile starch. It also enhances the flavor and texture. This herbaceous preparation is a great way to incorporate herbs from the garden and make the humble yam more interesting. It might become your go-to for thanksgiving dinner or even just an anytime side dish

Crispy Roasted Broccoli with Sundried Tomatoes & Pistachios

(Gluten-Free and Vegan)

INGREDIENTS

- 1/4 cup raw pistachios, shelled
- 1 tbsp. olive oil
- 1/2 tsp. salt
- 1/4 cup sundried tomatoes in olive oil, tomatoes strained and reserve 1 tbsp. oil
- 2 large heads broccoli, cut into medium florets
- salt and pepper to taste

DIRECTIONS

Preheat the oven to 350 degrees. Put the pistachios in a small bowl along with 1/2 tbsp. olive oil and 1/2 tsp. salt and toss to coat evenly. Put the nuts on a sheet pan and toast in the oven until the nuts start to turn golden brown. This should take 6–8 minutes. Remove from the oven and turn the heat up to 400 degrees. Next, place the broccoli florets in a large mixing bowl, add the reserved sundried tomato oil, the other 1/2 tbsp. olive oil, and season with salt and pepper. Toss to coat evenly and turn out onto a sheet pan. Bake until the tops of the florets begin to brown and crisp, about 12–15 minutes. Remove the broccoli from the oven and add the sundried tomatoes to the pan. Stir until well-combined. Put the broccoli and tomato in a warmed dish and top with the toasted pistachios.

CHEF'S NOTES

Broccoli is a vegetable rich in vitamins and fiber that really deserves to be part of your next meal. This side dish is a wonderful pairing of brine and crunch that works in harmony with our Greek salad with lemon vinaigrette (pg. 27). Cauliflower or broccolini can easily be used in place of the broccoli, depending on the seasonal availability. Marcona almonds, which come already salted, work wonderfully in place of the pistachios as well.

Main Courses



Red Cabbage and Manchego Pupusa (next page) and Curtido, (page 29)

Red Cabbage & Manchego

Cheese Pupusa

(Gluten-Free and Vegetarian)

INGREDIENTS

Pupusa Filling

- ½ small yellow onion, small diced
- 1 tbsp. garlic, minced
- ½ cup shredded red cabbage
- ¼ cup grated carrot
- ½ bell pepper of any color, small dice
- ½ jalapeno, minced (optional)
- ½ tsp. mild chili powder
- ½ tsp. cumin
- salt to taste
- 1 cup Manchego cheese or another mild cheese that melts well, shredded

Pupusa Dough

- 2 cups masa harina, yellow or white
- 2 tsp. kosher salt
- 2 tsp. garlic powder
- 2 tsp. olive oil plus 3 tbsp. for frying
- 1½ cups warm water (up to 1¾ cups)

PROCEDURE

Begin by cooking the onion and garlic in a medium nonstick frying pan over medium-low heat until the onions become translucent. Then add the cabbage, carrot, bell pepper, and jalapeno and continue to cook until all ingredients have softened. Finally add the chili powder, cumin, and salt and combine, allowing the seasonings to “bloom” for about a minute. Remove from the heat, place on a large plate or small sheet pan and cool in the refrigerator.

To prepare the dough, put the masa harina into a medium bowl with $\frac{1}{2}$ tsp. salt, garlic powder, and 2 tsp. olive oil. Add $1\frac{1}{2}$ cups warm water and knead the dough with your hands until all of the water has been incorporated. If necessary, add more water until the dough has the consistency of playdough. Turn the dough out onto the counter and divide with a butter knife or bench knife into 8 equal portions and cover with a wet paper towel. Once the filling has cooled, mix with the cheese in a medium bowl and set aside.

Wet your hands or put on food-safe gloves to prevent the dough from sticking. Using one portion of the dough, flatten and turn the dough in your hands, using your thumbs to form a cup that has slightly thicker sides. Put about 2–3 tbsp. of the filling into the cup and then begin to pull the sides of the cup together to close it at the top. Once the hole is closed, use flat hands to press the stuffed dough into a round disk, as thinly as possible. Repeat with the other 7 dough balls and place under a wet paper towel again. If some of the filling pokes through, that’s fine as long as there are big no holes. Heat a large nonstick or cast iron skillet to medium heat and add the remaining oil. Drop in each pupusa gently, making sure to drop it away from your body so you will not be splattered by hot oil. Let each pupusa fry for 2–3 minutes until it is browned and even a little charred, especially if you’re using a cast iron pan. Flip and repeat until both sides have a golden brown crust. Remove from the pan and place on a paper towel to remove excess oil. Serve immediately.

CHEF'S NOTES

These wonderful little masa cakes are a staple of El Salvadorian cuisine and are traditionally served with curtido (pg. 29) and refried red beans. Manchego is a creamy and mild soft Spanish cheese that is produced using sheep’s milk. Some people can tolerate goat and sheep products better than cow and it has a slightly sweet, very buttery and nutty flavor. Although typically stuffed with primarily cheese, we chose to introduce more vegetable to this dish. Substituting vegan cheese or skipping the cheese entirely would make them vegan and are still delicious and satisfying.



Korean Pajeon (next page)

Korean Pajeon

(Savory Egg Pancake)

(Gluten-Free and Vegetarian)

INGREDIENTS

Dipping Sauce

- 3 tbsp. soy sauce or tamari
- 2½ tsp. rice vinegar
- 1 garlic clove, minced
- ½ tsp. sesame oil
- ¾ tsp. honey or agave nectar
- ¼ tsp. gochugaru chili flakes or crushed red pepper
- ½ tsp. toasted sesame seeds

Batter and Filling

- ¾ cup rice flour
- ¼ cup tapioca starch
- 1 tsp. salt
- 1 tsp. garlic powder
- 1 cup ice-cold water (water that has been poured over ice)
- 3 large eggs, beaten until frothy
- 1 tsp. soy sauce or tamari
- ½ red bell pepper, grated, squeezed, and drained to remove extra moisture
- 1 large carrot, grated
- 1 medium zucchini, grated, squeezed, and drained to remove extra moisture
- 6–10 scallions (depending on size), sliced in half lengthwise, those sections cut in half
- 4 tbsp. olive oil

PROCEDURE

To prepare the dipping sauce, whisk together all ingredients and set aside to marry.

To make the batter, sift the rice flour, tapioca starch, and salt into a large bowl. Add the water, eggs, and soy to the dry ingredients and whisk until well-incorporated, leaving no lumps.

Incorporate the bell pepper, carrot, and zucchini by folding into the batter. Move the prepared batter into a pitcher that is easy to pour from.

In a medium, nonstick skillet over medium-high heat, add one tablespoon of the olive oil, pull the pan off the heat and add a quarter of the prepared scallion sections to the pan, spreading them out to make a scaffolding. Pour one quarter of the batter, starting from the inside and working out toward the edge in a spiral fashion. Return the pan to the heat and shake and roll the pan a few times to encourage the batter to settle and spread out into an even pancake. Once the edges start to bake, use a silicone spatula to run around the edge of the batter to ensure it is not stuck to the pan. As the batter starts to set, use the spatula to lift an edge to check on the doneness underneath. The batter should be slightly brown and the green onions should almost look charred. Once you have reached that point, check to make sure the pancake is free and flip it. Allow the other side to cook for about half the time. Slide the pancake onto a plate, put in a warm oven and repeat the cooking process again 3 more times. Cut the finished pancakes into 4 or 6 pieces and serve with the dipping sauce.

CHEF'S NOTES

These lovely Korean offerings are a great way to celebrate the humble egg and vegetables. The salty, piquant sauce enhances the savory flavor while still keeping it light and fresh. It pairs really well with the confit garlic miso soup (pg. 36), especially with the addition of a 1/4 cup of kimchi and a small, sliced and sautéed zucchini or yellow squash added to the internal components of the soup. If it's not important for the recipe to be gluten-free, 1 cup of AP flour can be used in place of the rice flour and tapioca starch.

Green Coconut Chickpea Curry

(Gluten-Free and Vegan)

INGREDIENTS

2 13.5 oz. cans coconut cream
1/2 medium yellow onion, skinned but left whole
4 garlic cloves
1-inch knob ginger, roughly chopped
1 bay leaf
2 cardamom pods
4 whole cloves
1 tsp. ground coriander
1 tsp. ground turmeric
1/2 cup green onion, root removed, roughly chopped
1/2 cup cilantro with stems, lightly packed
1/8 cup fresh parsley leaves
salt to taste
1 tbsp. olive oil
1/2 medium yellow onion, medium dice
2 large carrots, medium dice
1 red bell pepper
1 3/4 cup cooked chickpeas or 1 16 oz. can, drained, and rinsed

PROCEDURE

Begin with the sauce. Add the coconut cream, the half onion, garlic cloves, ginger, bay leaf, cardamom, and cloves to a medium saucepan and cook on medium-high heat until the liquid begins to bubble. Reduce the heat until the liquid is bubbling but not rising. Stir occasionally and reduce the liquid by half until the sauce thickens enough to coat a spoon well. Strain all of the solids out and return the liquid to the pot. Then add the ground coriander and turmeric and cook on low heat for 10 minutes to allow the spices to bloom. Move off heat and allow to cool for 5 minutes. Place the green onion, cilantro, parsley, and 3 tablespoons of the coconut cream liquid into a blender or food processor and pulse until the leaves and stems are chopped fine but not completely blended. Fold the herb mixture into the coconut cream and season with salt. Heat olive oil in a large skillet over medium-high heat, and add the onion. Once it begins to develop a little color, add the carrots and cook until they begin to soften slightly. Follow with the bell pepper and cook until tender. Finally, add the chickpeas and heat thoroughly. Pour the sauce into the skillet and cook until everything is hot, then remove from the heat and serve so the sauce does not turn brown.

CHEF'S NOTES

Chickpeas are a fantastic source of fiber and protein that do a wonderful job taking the place of meat. This bright green coconut-based sauce is, however, complementary to meat like chicken, beef, and lamb if desired. Curries like this are a great way to incorporate vegetables while still perceiving the dish as being luscious and flavorful. This recipe is best served over rice like our fragrant basmati rice with raisins and cashews (pg. 44) or with your favorite naan bread if you are not gluten-free.



Glass Noodle Salad with Grilled Kimchi Marinated Shrimp (next page)

Glass Noodle Salad with Grilled Kimchi Marinated Shrimp

(Gluten-Free and Dairy-Free)

INGREDIENTS

Kimchi Shrimp Marinade

- ½ pound large shrimp (shells removed)
- 1 cup kimchi (any spice level)
- 1 tbsp. olive oil
- 1 tbsp. tamari or soy sauce
- 1 tbsp. rice vinegar
- 1 tsp. sesame oil
- ½ tsp. sugar
- 3 cloves garlic
- 1 tbsp. water
- salt to taste, depending on the salt level of the kimchi

Dressing

- ½ lime, zested and juiced
- 1 tbsp. agave or sugar
- 3 tbsp. tamari or soy sauce
- 1 tsp. sesame oil
- 1 tbsp. olive oil
- 1 tbsp. rice vinegar
- 1 tsp. salt
- ½ tsp. sambal or garlic chili paste

Internal Noodle Salad Components

- 7 oz. dry sweet potato (glass) noodles
- ½ cup julienne or grated carrots
- ¼ cup yellow onion
- ½ cup thinly sliced red cabbage
- 2 tbsp. cilantro leaves, roughly chopped
- 2 scallions, thinly sliced

PROCEDURE

Place the shrimp in a medium container with a lid. To prepare the marinade, put all of the ingredients into a high-speed blender and blend until smooth. Pour the marinade over the shrimp and stir to coat. Refrigerate overnight.

To make the noodle salad, combine all of the dressing ingredients and put in the refrigerator to marry. In a large pot, bring water to a rolling boil and cook the glass noodles according to the package directions until just tender. Drain and run cold water over them in a colander until chilled. Put the noodles, carrots, yellow onion, and cabbage in a large bowl and add the dressing. Toss to combine and return to the refrigerator to marry for at least 30 minutes. Over medium-high heat on a grill or grill plate, cook the shrimp until just firm, 2–3 minutes per side. Put on a plate and cool in the refrigerator until cold. Add the green onion and cilantro to the noodle salad; toss gently to combine. Plate the noodles, top with the shrimp, and serve.

CHEF'S NOTES

Without the shrimp, the noodle salad is a lovely vegan dish as well. The kimchi marinade can also be used with pressed firm tofu. It should be allowed to marinate for 24 to 48 hours. Any noodles (rice, soba, etc.) can be used in place of the glass noodles.

Sauces, Spreads & Brines



Chimichurri (next page)

Chimichurri

(Gluten-Free and Vegan)

INGREDIENTS

- 1 bunch parsley, large stems removed and coarsely chopped
- 1 bunch cilantro, large stems removed and coarsely chopped
- ¼ cup oregano, coarsely chopped and packed
- ¼ cup fresh mint, coarsely chopped and packed
- 4 garlic cloves, coarsely chopped
- 2 limes zested and juiced
- ¼ cup white distilled vinegar
- 1 tsp. sweet red chili flakes
- 1 jalapeno, seeded and coarsely chopped (optional)
- 1 cup olive oil
- salt and pepper to taste

PROCEDURE

Add all of the fresh herbs, garlic, lime, vinegar, chili flakes, jalapeno, and ¼ cup of the olive oil to a food processor. Pulse on low until all of the ingredients have been broken down to a large mince. Pour the mixture into a medium bowl and add the rest of the olive oil. Mix with a spoon until combined and season with salt and pepper.

CHEF'S NOTES

Chimichurri is a wonderful way to utilize a high volume of herbs, especially in the summer when the local farms and your gardens are producing an abundance. It's very useful to bring a punch to meat, vegetables, and starches. Use our simple meat brine (pg. 66) on a skirt steak, grill it and top with chimichurri and a side salad for a simple but bold low-carb meal. Marinate prawns in chimichurri for 2–3 hours and grill or sauté. Roast small, waxy potatoes or carrots and toss them in chimichurri for a punchy side dish.

Hummus

(Gluten-Free and Vegan)

INGREDIENTS

- ½ cup raw (dry) chickpeas
- 6 cups cold water
- 1 bay leaf
- ½ lemon, zested and juiced
- 2 tbsp. tahini
- 2 tsp. black pepper (fresh-cracked is best)
- ½ bulb confit garlic (see pg. 36)
- 2 tbsp. confit garlic oil (see pg. 36)
- ¼ cup olive oil
- ¼ cup water
- salt to taste

PROCEDURE

Put the chickpeas in a container with the 6 cups of cold water and allow to soak overnight. Drain the liquid from the chickpeas and put in a medium-size pot. Cover the chickpeas again with water, filling 3 inches above the level of the beans. Add a bay leaf and cook the chickpeas on medium-high heat at a low boil until tender but not falling apart (about 45 minutes to an hour). Drain the chickpeas and turn them out onto a sheet pan. Put them in the refrigerator and allow them to cool. While they are cooling, add the lemon juice, zest, tahini, black pepper, and all of the confit garlic and garlic oil to a food processor and blend until the ingredients are combined well. Add the cooled chickpeas, oil, and water and process again until the desired consistency is reached. While you are processing the chickpeas, it's a good idea to also start adding salt, stopping to taste along the way so if you want a chunkier hummus, it's not over-processed before it is seasoned. If you would like a hummus that is a little less rich but still fluffy, simply substitute ¼ cup of water for ¼ cup of olive oil.

CHEF'S NOTES

Hummus is wonderfully versatile and protein-packed. Whether you serve it with fresh vegetables or a pita, as a filling or spread, it delivers amazingly zesty flavor while still being nutritious. In place of chickpeas, other beans such as white beans and edamame can be used. We also love to use it as a canvas for other flavors like roasted bell peppers, extra garlic, basil, pesto, and even beets so don't be afraid to experiment. Canned chickpeas can be used instead of raw, just make sure to rinse the liquid off the beans in a strainer before processing them.

Indian Raita

(Gluten-Free and Vegetarian)

INGREDIENTS

- ¾ cup plain Greek yogurt
- ½ large cucumber, seeded, grated, and squeezed to remove excess liquid
- 1 tbsp. green onion, sliced thin
- 2 tbsp. fresh cilantro leaves, roughly chopped
- 1 tbsp. lime juice
- ¼ tsp. granulated garlic
- ¼ tsp. ground coriander
- ½ tsp. ground cumin
- ¼ tsp. marash or other sweet chili flakes
- salt and pepper to taste

PROCEDURE

Combine all the ingredients in a medium bowl and place in the refrigerator to chill and marry for at least 30 minutes. Suggested garnishes include ground paprika, diced cucumber, and/or toasted cumin seeds.

CHEF'S NOTES

Raita is a wonderfully fresh and cooling condiment, similar to tzatziki, which goes incredibly well with spicy curries and meats. If a dairy-free or vegan version is desired, substitute your favorite dairy-free, plain yogurt alternative such as coconut milk yogurt.

Orange Gremolata

(Gluten-Free and Vegan)

INGREDIENTS

1 orange, zested and 2 tbsp. juice
1 lemon, zested
½ cup fresh parsley, finely chopped
½ tbsp. extra virgin olive oil
4 garlic cloves, minced
¼ tsp. sweet chili flakes
salt and pepper to taste

PROCEDURE

Combine all ingredients in a small bowl and place in the refrigerator to marry for at least an hour.

CHEF'S NOTES

Gremolata, traditionally made with only lemon in place of orange, is a wonderful condiment that can be used on a variety of items. It can be used as a topping on vegetables like asparagus, broccoli, or cauliflower. Add a little pink peppercorn and it becomes a colorful, pungent topping for brined salmon (pg. 66) or keep it as-is and serve it over white fish like halibut. Using a little cilantro in place of half the parsley gives it a Hispanic flair that pairs well with grilled shrimp. It can even be used as a layer of flavor on a crostini, especially with the addition of chopped Kalamata olives, tomato, and feta. The possibilities are truly endless with this simple recipe.

Salsa Verde

INGREDIENTS

- 2 tbsp. olive oil
- 3 garlic cloves
- 8 large tomatillos, husks removed and washed
- ½ medium onion
- 1 large poblano chili
- 1 jalapeno or serrano pepper (optional)
- ½ cup cilantro
- ½ lime, juiced
- salt and pepper to taste

PROCEDURE

Preheat the oven to 375 degrees. In a small glass dish, put 1 tbsp. of the olive oil and the garlic cloves together. The dish should be small enough to allow the garlic to be covered by the olive oil. To a medium bowl, add the tomatillos, onion, poblano, jalapeno, the remaining oil, and a couple pinches of salt. Toss to coat. Place all of the oiled vegetables, along with the dish of garlic and oil, onto a baking sheet and roast until they begin to brown and soften, about 15–20 minutes. Remove from the oven and let cool until all of the items are only warm, not hot. Place all ingredients into a food processor (herbs on top) and process until the consistency is in-between chunky and smooth, or consistency desired. Season and serve.

CHEF'S NOTES

Verde is a wonderful sauce for enchiladas, tacos, soups and chilis, and tortilla chips; and it's a fantastic simmer sauce for meat like chicken, beef, and pork. It can be folded into cooked rice for a deliciously creamy side dish. We grow a lot of tomatillos in the Harmony Hill garden and sometimes we end up with an abundance. Because of this, we will make a lot of this delicious sauce at one time. Luckily, it freezes remarkably well and can be saved for a rainy day. If you have a smoker available to you, as we do, the tomatillos can be hot-smoked in place of roasting and take on a lovely savory quality.

Simple Brine for Meat

INGREDIENTS

- 1 cup white sugar
- 1 cup kosher salt
- 1 gallon water
- 2 tbsp. whole peppercorns
- 1 tbsp. whole mustard seeds
- 1 tsp. crushed red pepper flakes
- 5 bay leaves
- 10 fresh thyme sprigs
- 5 fresh rosemary sprigs

PROCEDURE

Add all ingredients to a large, heavy-bottomed soup pot and bring to a boil. While the mixture is heating, make sure to stir until the salt and sugar have dissolved so it doesn't burn. After it boils for about a minute, pull off the heat and transfer the liquid carefully to a shallow vessel and place in the refrigerator to cool. Place your meat item in a large container and pour the cold brine over until it covers. This should accommodate up to two large chickens or 10 pounds of fish. Poultry can be left in the brine overnight but should be removed after no longer than 24 hours. Fish such as salmon or trout should only be left in the brine for 3–6 hours. The longer it stays, the sweeter and saltier it will be. After it has been in for the desired amount of time, rinse the meat well.

CHEF'S NOTES

If salt and sugar are not an issue for you, we recommend brining most meats, especially before grilling or roasting. This helps to enhance the natural flavor and promotes charring when grilling. If you decide to brine your meat, you do not need to season it afterward. This applies to chicken, beef, pork (especially lean pork like loin), salmon, and trout. If sugar is something you avoid, we recommend marinating with lots of herbs and garlic instead.

Desserts



Walnut Dulce de Leche Cookies (next page)

Walnut Dulce de Leche Cookies

(Gluten-Free and Vegetarian)

Servings: 2 dozen 2-inch sandwich cookies

INGREDIENTS

Cookies

- 1/2 cup coconut flour
- 1½ cups walnut pieces
- 1/4 tsp. baking powder
- 1/2 tsp. salt
- 1 cup plus 2 tbsp. sugar
- 6 tbsp. unsalted butter, very soft
- 1 tsp. vanilla extract
- 1 large egg white

Dulce de Leche

- 1 -14 oz. can sweetened condensed milk
- 1/2 tsp. cinnamon

PROCEDURE

Combine the coconut flour, walnuts, baking powder, salt, and sugar in the bowl of a food processor.

Process until the mixture has the texture of coarse meal, 15–20 seconds. Add the butter, vanilla, and egg white, pulsing until the dough comes together smoothly. Form the dough into a 10-inch log on parchment or wax paper. Wrap the cylinder tightly and chill in the refrigerator for at least 2 hours or overnight. Heat oven to 350 degrees and cut the chilled dough into ¼-inch thick discs. Place one inch apart on lined baking pans and bake for 9–11 minutes until cookies are deep golden. Remove from the oven and cool completely. While the cookies are cooling, turn up the oven to 425 degrees. Place the sweetened condensed milk in a glass baking dish and cover tightly with foil. Place the baking dish in a roasting pan and pour enough hot water into the roasting pan to reach halfway up the sides of the glass dish.

Bake in the middle of the oven 45 minutes. Check the water level and continue baking for an additional 45 minutes or until the mixture is thickened and caramel-brown in color. Cool the dish of dulce de leche, then stir in cinnamon and chill until thickened. To finish the cookies, sandwich 2 tsp. of dulce de leche between 2 cookies.

CHEF'S NOTES

Dulce de leche is so easy to make but one of the most luxurious ingredients that can be used in all sorts of ways as a spread, sauce, or drizzle. The cookies in this recipe are great on their own, especially dipped in coffee. If a dairy-free cookie is desired, a butter substitute can be used.

Almond Butter Brownies

(Gluten-Free and Vegan)

Servings: 15 2 x 3-inch squares

INGREDIENTS

1/2 cup pitted dates
1½ cups whole grain, gluten-free flour blend (see pg. 80)
3/4 cup unsweetened cocoa powder
1½ tsp. baking powder
1/4 cup plus 2 tbsp. almond butter
3/4 cup olive oil
3/4 cup maple syrup
3/4 cup raw sugar
1/4 cup plus 2 tbsp. almond milk
1/2 tsp. sea salt
2 tsp. vanilla extract
3/4 cup dark chocolate morsels (vegan if preferred), divided
1/2 cup sliced almonds
flaky sea salt to taste.

PROCEDURE

Soak the dates in hot water for 20 minutes. Preheat the oven to 350 degrees. Line a 9 x 13-inch pan with oiled parchment paper. Sift together the flour, cocoa powder, and baking powder into the bowl of a stand mixer with a paddle attachment. Place the drained dates, almond butter, olive oil, maple syrup, sugar, almond milk, salt, and vanilla in a food processor and blend until smooth. Pour into reserved flour mixture and mix on medium-low speed until combined.

Reserve a ¼ cup of the chocolate morsels, stirring the remaining ½ cup into the batter. Spread evenly into the prepared pan. Sprinkle with chocolate, sliced almonds, and a large pinch of flaky sea salt. Bake for 30 minutes or until edges pull away from sides of pan and a toothpick inserted in center comes out nearly clean. Remove from the oven and allow to cool completely.

CHEF'S NOTES

These gooey, indulgent brownies are a huge hit with our guests here at Harmony Hill and the gluten and eggs are not missed in the least. If you are a chocolate lover, these will absolutely hit the spot, and this recipe will become a go-to that's friendly to a variety of dietary needs!

Crispy Coconut Wafer Cookies

(Gluten-Free and Dairy-Free)

Servings: 3 dozen 3-inch cookies

INGREDIENTS

1/2 cup sugar
3 large egg whites
1 cup plus 2 tbsp. unsweetened dried shredded coconut
3 tbsp. coconut oil, melted
1 lime, zested
1/4 tsp. salt

PROCEDURE

Preheat oven to 300 degrees. Line sheet pans with parchment paper. Grease thoroughly with nonstick spray. In the bowl of a stand mixer with a whisk attachment on medium speed, mix together the sugar, egg whites, and lime zest until frothy. Add the shredded coconut and whisk until incorporated. Drizzle in the coconut oil and mix until well-blended. Allow the cookie batter to rest for 10 minutes to hydrate the coconut. Stir again. Drop 1 tbsp. amounts of batter on prepared baking sheet, 3 inches apart. Using an off-set spatula, spread batter into a 3-inch disc, 1/4-inch thick. Bake for 15–20 minutes or until cookies are golden brown, rotating the pans halfway through the baking time. Allow to cool thoroughly before removing from pans.

CHEF'S NOTES

These tropical little cookies can be eaten on their own, or are great stuck in a bowl of ice cream. They've got a wonderful crunch and are light and airy. Lemon or orange zest can be used in the lime's place for a different flavor profile.

Classic Almond Tart Crust

(Gluten-Free and Vegetarian)

Servings: one 9-inch round tart crust

INGREDIENTS

- 1/2 cup blanched almond meal
- 1/2 cup sweet rice flour
- 1/2 cup oat flour
- 2 tbsp. tapioca flour
- 1/4 cup sugar
- 6 tbsp. cold unsalted butter, diced
- 1 tsp. vanilla
- 2–3 tbsp. cold water

PROCEDURE

Spray a 9-inch tart pan with nonstick spray. Combine the flours, sugar, and salt in the bowl of a stand mixer. Distribute the diced butter and vanilla over the mixture and mix with paddle attachment on low speed, about 3 minutes. Add the water just until dough begins to clump and do not overmix. Dump the crumbs into the prepared pan and press the mixture up sides and along bottom of the pan. Preheat the oven to 375 degrees and place the tart shell in the freezer for 15–30 minutes. Remove from the freezer and place the tart shell on baking pan and bake until golden and firm to the touch, around 15–20 minutes.

CHEF'S NOTES

Fillings for this gluten-free tart shell are practically endless. Apples, pears, cherries, and peaches all complement the crust perfectly, as well as pumpkin filling with some added nutmeg or a custard. The chocolate filling from the chocolate tart recipe (pg.73) also works very well. If you need a dairy-free crust, a dairy-free butter alternative can be substituted.



Chocolate Coconut Tart (next page)

Chocolate Coconut Tart

(Gluten-Free and Dairy-Free)

Servings: one 9-inch tart

INGREDIENTS

Tart Shell

- 2½ tbsp. coconut flour
- 3 tbsp. unsweetened cocoa powder
- 1 cup plus 2 tbsp. unsweetened dried shredded coconut
- ¼ tsp. baking powder
- ½ tsp. salt
- 6 tbsp. non-dairy butter
- 1 large egg white

Filling

- ½ cup sugar
- 1½ cups coconut cream
- ¼ cup plus 2 tbsp. sugar
- 8 ounces semisweet chocolate, coarsely chopped
- pinch of salt

PROCEDURE

To prepare the crust, preheat the oven to 350 degrees. Grease a 9-inch tart pan with nonstick spray. Add all ingredients in a stand mixer with a paddle attachment and mix on medium speed until well-combined. Press the mixture into the bottom and up the sides of the prepared tart pan with your hands. Place the tart pan on a sheet pan and bake for 12–15 minutes. Remove shell from oven and lightly press the crust along bottom and sides with a measuring cup, making sure it is flat and even. To prepare the filling, bring the coconut cream and sugar to a simmer in a saucepan over medium heat. Remove from the heat, add the chopped chocolate, and whisk until smooth. Add the salt and return to heat.

Cook over very low heat for 10 minutes, stirring frequently. Do not allow the mixture to bubble or boil. Remove from the heat and let cool for 15 minutes. Scrape the filling into the baked, cooled tart shell and refrigerate until set, about two hours. Decorate with toasted shredded coconut.

CHEF'S NOTES

This tart is so incredibly luscious and smooth and can be a great base to play with. You can add lime or orange zest to the filling, put a layer of fruit jam down under the chocolate filling, like raspberry or strawberry, or serve it with a whipped topping. Everyone always asks for this recipe.



Harmony Hill Carrot Cake (next page)

Harmony Hill Carrot Cake

(Gluten-Free and Vegetarian)

Servings: one 9 x 13-inch or two 9-inch round cakes

INGREDIENTS

Cake

1¼ cups avocado oil
2 cups organic sugar
1½ cups plus 1 tbsp. white rice flour
4 large eggs
¾ cup plus 1 tbsp. oat flour
1 tsp. baking soda
2 tsp. baking powder
1½ tsp. ground cinnamon
½ tsp. ground ginger
½ tsp. ground nutmeg
¼ tsp. ground cloves
½ tsp. kosher salt
3 cups lightly packed peeled, shredded carrots
1 cup toasted pecans, chopped

Cream Cheese Frosting

(make after cakes are cooled)

16 oz. cream cheese, softened
8 oz. butter, softened (2 sticks)
8 cups powdered sugar, sifted
1 tbsp. vanilla extract

PROCEDURE

Preheat the oven to 350 degrees and grease the cake pans. Combine the oil, sugar, and eggs in the bowl of a stand mixer. Mix on medium speed with the paddle attachment until lightened in color, about 2 minutes. Combine rice and oat flours, baking soda, baking powder, spices, and salt in a medium bowl and add to the liquid ingredients. Beat on low speed until the mixture is smooth. Add carrots and nuts and beat until combined. Scrape batter into the prepared baking dishes and bake for 30 minutes. Reduce heat to 325 degrees and bake an additional 30 minutes until a toothpick inserted in the center comes out clean. Allow the cakes to completely cool in the pan over a wire rack, at least two hours. For the frosting, place cream cheese and butter in bowl of stand mixer. Beat on medium speed with paddle attachment until smooth. Add powdered sugar and vanilla. Beat until creamy. Carefully remove the cakes from the pans and assemble them as desired, decorating with the frosting and pecans.

CHEF'S NOTES

If you're looking for an amazing offering to bring to your next get-together or you have carrots to use up from a heavy harvest, this cake will please everyone with gluten concerns and trick those who don't have them. This recipe is used to produce cakes that go to local auctions and makes an appearance every year in our annual gala dessert dash.

General Purpose Gluten-Free Flour Blend

(Gluten-Free and Vegan)

Yield: 5 cups

INGREDIENTS

3 cups brown rice flour
1/2 cup white rice flour
1/2 cup tapioca starch
1/2 cup potato starch
2 tsp. xanthan gum

PROCEDURE

Whisk all flours together to incorporate thoroughly. Store flour blend, refrigerated, in an air-tight container.

Whole Grain Gluten-Free Flour Blend

(Gluten-Free and Vegan)

Yield: 6 cups

INGREDIENTS

- 1 cup buckwheat flour
- 1 cup millet flour
- 2 cups brown rice flour
- 1 cup sweet rice flour
- 1 cup almond flour

PROCEDURE

Whisk all flours together to incorporate thoroughly. Store flour blend, refrigerated, in an air-tight container.

About the Contributors

Chef Jessie Gregor

Chef Jessie has worked in food and hospitality for close to fifteen years now. She brings with her experience from many different genera of food service including fine dining, barbeque, and German cooking. She's inspired every day by the mission of **Harmony Hill** to create **nutritious, sustainable** dishes that highlight local, seasonal, and organic offerings and **healthy living** for all. Her main mission is to inspire people to participate in their **local food systems** and to incorporate more natural sources of nutrition into their diets.

Paula Bartholomy

Paula Bartholomy believes in the principle of **Food is Medicine**, is a founder of Hawthorn University and has been in the field of health and nutrition for over four decades in both academia as well as clinical practice. Paula attended a retreat at Harmony Hill with Dr Deanna Minich in September 2019 where she met Harmony Hill founder, Gretchen Schodde, and discussed her goal of creating a cookbook that **reflected their guiding principles** as well as the many ways nourishment is offered. Paula was so moved by Gretchen's mission and her experience at Harmony Hill she promptly joined the board to make this dream come true. You are now holding the beautiful result of this creative project. **May you feel nourished by every delicious morsel!**

Gretchen Schodde

Gretchen Schodde, MN, ARNP, is a family nurse practitioner, a former UW Assistant Professor, and one of the **first nurse practitioners** in the State of Washington, with a lifelong commitment to community health and wellness. Also, Gretchen is a board-certified Integrative Nurse Coach. She is known for her **vision** and **compassion**.

Gretchen is the Founder and Executive Director Emerita of **Harmony Hill Retreat Center**, a nonprofit **wellness** and **cancer retreat** center on Hood Canal. For over twenty-five years, Harmony Hill has been the only retreat center of its kind in the Pacific Northwest, providing powerful retreats for people diagnosed with cancer, their loved ones, and care providers. Inspired by Commonweal—a cancer retreat center featured in Bill Moyer's documentary *Healing and the Mind*, Harmony Hill was selected to be in their first training offered in 1993.

Throughout her career, she has contributed to **community service** including Chairperson of the inaugural WSNA Nurse Practitioner group, American Red Cross Disaster relief volunteer, Firefighter & Emergency Responder for eleven years with MC Union volunteer fire department, and Heart & Sole Breast Cancer Foundation volunteer. She has received numerous awards for her community contributions.

Aleksandra Jaksic

Aleksandra Jaksic graduated from Hawthorn Universities Master of Science in Health and Nutrition Education program with the Summa Cum Laude designation and also holds a Bachelor's of Science in Psychology. She embraces nature by living off the grid in the woods of northern California where she works and volunteers for non-profit organizations. Aside from nutrition and wellness, she actively enjoys reading, gardening, beekeeping, handcrafting natural skin products, and baking. Some of her topics of interest are ecopsychology, traditional (indigenous) ecological knowledge and herbalism.

Alex has been instrumental in the creation of this cookbook.

Cheryl Sesnon

Cheryl Sesnon has been involved in the **nonprofit sector** for over twenty years. Much of that was in the role of Executive Director for three separate organizations: FareStart—a food service training program for homeless men and women; Washington CASH (Community Alliance for Self Help)—a microfinance and micro enterprise training organization, helping people with low-incomes start their own small businesses; and Jubilee Women's Center—helping homeless women rebuild their lives through housing, training, and support. She has also served as a consultant and trainer for nonprofits, working locally, nationally, and internationally. Cheryl has a Masters in Nonprofit Leadership and served as adjunct professor at Seattle University. Prior to her time in the nonprofit sector, she worked in the **hospitality industry**. Cheryl has a Culinary Arts Degree from Seattle Culinary Academy and was a small business owner with a custom cake and catering company. For over twenty years she has been a member of the Seattle Chapter of Les Dames d'Escoffier. Much of Cheryl's passion for Harmony Hill comes from her own **experience with breast cancer**, and understanding the importance of support, community, and love during that life-changing experience.

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