

## Hearts of Palm Scallops

### Ingredients

2 teaspoons olive oil  
4 hearts of palm  
1 teaspoon lemon juice  
2 teaspoons sherry vinegar  
2 teaspoons vegan butter  
Black pepper to taste

### Instructions

Cut each heart of palm stalk into 4-5 sections using a sharp. You want each piece to be about as tall as it is wide.

Heat olive oil in a sauté pan over medium heat.

Add the heart of palm pieces to the pan, flat side down. Let them brown undisturbed for 2-3 minutes.

As you are flipping the scallops you want to be careful with them because they are a little delicate. To flip them, use a pair of tongs to gently hold each piece while sliding a thin spatula under it and then flip it to brown the other side for about 2 more minutes.

Once all the pieces are browned, remove the pan from the heat.

Add the lemon juice and sherry vinegar and gently swirl the pan to coat all the pieces.

Remove the hearts of palm from the pan and set aside.

Add the vegan butter and black pepper and scrape up any brown bits clinging to the pan.

Serve the scallops with the pan sauce drizzled on top.

## Pickled Beet Salad

### Ingredients

1 cup arugula or salad green of choice  
1 cup quick pickled beets\*  
1 orange, segments separated  
¼ cup slivered almonds, toasted  
2 teaspoons extra virgin olive oil (use the best you've got!)

### Instructions

Compose salad by arranging ½ cup of arugula on each plate. Top with ½ cup of drained pickled beet mixture, orange segments & almonds. Drizzle each salad with 1 teaspoon of your best extra virgin olive oil. Season with salt & pepper to taste.

Yield: 2 salads

## **\*Quick Pickled Beets**

### **Ingredients**

½ teaspoon coriander, whole  
½ teaspoon, black peppercorns, whole  
½ teaspoon mustard seeds  
2 bay leaves  
1 cup rice wine vinegar  
1 cup water  
2 tablespoons honey  
¼ teaspoon salt  
2 cups beets, peeled & cut into matchsticks  
1 cup red onion, thinly sliced  
¼ cup arame

### **Instructions**

Heat a sauce pan over medium high heat. Toast coriander, black pepper, and mustard seed in the heated pan for about 1 minute until fragrant. Add bay leaves, vinegar, water honey and salt and bring to a boil. Take the mixture off the heat. Add the beets, onion & arame. Let the mixture cool to room temperature. Put the mixture in a sealed container and store in the refrigerator for up to 1 month. They can be eaten as soon as they are cooled but they will taste much better after a few days in the refrigerator.

## **Black Rice Risotto**

### **Ingredients**

2 teaspoons extra virgin olive oil  
1 medium carrot, finely diced  
2 celery stalks, finely diced  
1 small yellow onion, finely diced  
1 cup black rice  
3 cups mushroom or vegetable broth  
1 cup cashew cream\*  
½ lemon  
½ teaspoon salt  
Black pepper to taste

### **Instructions**

Heat olive oil in sauce pot over medium high heat. Add carrot, celery and onion and sauté stirring frequently until onions are translucent, 2-3 minutes. Add rice and stir, cooking for 2-3 more minutes until rice is toasted and smelling aromatic. Add broth, turn the heat to high and bring to a

boil then reduce heat to a simmer and cook for about 20 minutes until the rice is tender and the liquid is absorbed. Turn off the heat. Add the cashew cream and stir to full incorporate it. Squeeze in juice of half a lemon. Add salt a pepper.

## **\*Cashew Cream**

### **Ingredients**

2 cups cashews

Hot water to cover

### **Instructions**

Cover cashews in enough hot water to fully submerge for at least 30 minutes or as long as overnight. Drain cashews reserving the soaking water. Put cashews in a blender with ½ cup of reserved water and blend until smooth. Continue adding water 1 tablespoon at a time until the mixture is the consistency of heavy cream.

## **Tofu Pudding with strawberry Chia Jam**

### **Ingredients**

1 pound silken tofu

3 cups chocolate chips dairy free

1 Tbl vanilla extract

1 pint strawberries

1 tsp lemon juice

1 tsp maple syrup

2 tsp chia seeds

### **Instructions**

Melt chocolate in double boiler until smooth

Add tofu. Melted chocolate and vanilla extract to a food processor and blend until smooth. Transfer to a refrigerator and chill completely. Slice strawberry or chop into fine pieces. Cook strawberries until tender and “jam like.” Add lemon juice, maple syrup, and chia seeds and simmer for 3-5 minutes. Cool mixture.

Arrange in parfait cups and serve.

## **Mocktail**

### **Ingredients**

Juice & zest from ½ blood orange

1-2 sprigs fresh rosemary (3” long pieces)

½ teaspoon honey

2-3 dashes Angostura bitters

Ice

Soda water

### **Instructions**

In the bottom of a rocks glass muddle orange juice, rosemary, honey and bitters. Fill the glass with ice. Top with soda water and give everything a gentle stir. Garnish with a rosemary spring and a zest of orange.

Tofu recipe by Megan Huff

Original recipes by Kip Hardy & Mike Bacha