



## Marinated Kale Salad

(Serves 4)

- 1 cup marinated or fresh shitake mushrooms\*
- 4 cups shredded kale
- ¼ cup hijiki seaweed (presoak for 2 hours, drain)
- 1 cup shredded carrots
- 1 cup julienne-cut cucumbers
- ½ cup sesame seeds to garnish

### For the Marinade

- ½ cup olive oil
- 1/3 cup fresh orange juice
- 2 ½ Tbls Nama Shoyu (fermented soy sauce)\*\*
- 2 ½ Tbls rice vinegar
- ½ Tbls sesame oil
- ½ of a jalapeno pepper finely chopped
- ¼ tsp salt

Blend all ingredients for marinade until well combined. Set aside.

Prepare salad by slicing the shiitake mushrooms into thin strips and marinate in ½ c lemon juice and ¼ cup Nama Shoyu. Set aside.

In large bowl combine kale, drained hijiki, carrots and cucumbers. Drizzle with marinade and toss until well coated. Remove shiitake mushrooms from liquid and add them to salad mixture. Toss lightly before serving.

\*Shiitake mushroom are best and more flavorful fresh but also available dried. For the mushroom marinade, slice shiitake thin and toss with ¼ cup lemon juice and ¼ cup Nama Shoyu.

\*\*Nama Shoyu - “Nama” means raw or un-pasteurized in Japanese. Full of enzymes and lactobacillus, this is by far the best soy sauce on the market.

## Oven Candied Summer Tomatoes

2-2 ½ pounds of ripe, delicious summer tomatoes. Not plum tomatoes, unless they are extremely flavorful

1 cup robust extra-virgin olive oil

Salt

1. Preheat the oven to 400 degrees. Core the tomatoes and halve vertically, but don't seed them. Leave small tomatoes in halves; cut slightly larger tomatoes into wedges.
2. In a half-sheet pan, or two 2 ½ quart shallow metal baking pans (not glass or enamel), arrange the tomato wedges cut side down and ½ to 1 inch apart. Coat the tomatoes with the olive oil. Sprinkle with salt.
3. Bake 30 minutes, then lower heat to 350 degrees and bake another 30 minutes, or until the edges are slightly darkened. If the edges are not yet colored, turn the heat down to 250 degrees and bake another 10-15 minutes.
4. Remove the tomatoes from the oven. Cool 20 minutes.
5. Layer the tomatoes in a storage container, cover them with their own oil, and refrigerate. Or freeze them in sealed plastic containers up to three months.



## Tomato Corn Salsa

Makes: about 7 pints

- 4 ears fresh corn, husked
- 4 poblano peppers, stemmed and seeded
- 2 to 4 jalapeno peppers
- 8 cups diced fresh tomatoes
- 2 cups chopped white onions
- ¼ cup lime juice
- 1 tsp. salt
- ½ cup chopped fresh cilantro

Grill or broil corn and peppers until lightly charred. Cut corn away from cob. Skin and coarsely chop poblano peppers and finely chop jalapeños.

Place all ingredients except cilantro in a large pot and bring to a boil; cook over medium heat, uncovered for 10 minutes, stirring constantly. Stir in cilantro.

Pack hot mixture into sterilized jars leaving ½ inch empty at the top and follow basic canning instructions.



- *We add this to cooked rice, soups, stews, eat it with a spoon or chips etc...  
Delicious and very versatile.*



## **Classic Rataouille**

Serves 8-10

- ¼ cup olive oil
- 2 medium onions, chopped
- 2 cloves garlic, minced
- 2 small eggplant, cut into 1-inch cubes
- 3 small zucchini, sliced
- 1 sweet red pepper, cored, seeded and cut into ½-inch cubes
- 2 stalks
- 4 plum tomatoes, seeded and quartered
- 1 Tbls fresh or ½ tsp dried basil
- 2 Tbls packed, minced fresh parsley
- 1 tsp dried oregano
- ¼ tsp dried thyme

In a heavy frying pan, over medium heat, heat 2 Tbls of the oil. Add the onions and garlic. Cook until soft, but not browned. Add the eggplant, zucchini, red peppers, green peppers, celery and remaining oil. Cover and cook gently over low heat for 30 minutes.

Add the tomatoes, basil, parsley, oregano and thyme. Cover and cook for 10 minutes, or until most of the liquid has evaporated and the mixture is thick.

To freeze: Prepare the recipe as directed. Cool quickly, then pack in freezer containers, leaving 1-inch headspace, and freeze. To serve, thaw the frozen ratatouille in the refrigerator. Place in a saucepan, cover and warm over low heat until heated through, stirring frequently.

VARIATIONS: topping for pizza  
in an omelet  
on toast topped in a poached egg  
use as a soft over pasta





## Sour Pickles

Timeframe: 1-4 weeks

Special Equipment: Ceramic crock or food-grade plastic bucket; plate that fits inside crock or bucket; 1-gallon/4-liter jug filled with water, or other weight; cloth cover

Ingredients (for 1 gallon/4liters):

- 3-4 pounds unwaxed cucumber
- 6 Tbls sea salt
- 3-4 heads fresh flowering dill or 3-4 Tbls fresh, dried leaf or seed dill
- 2-3 heads garlic, peeled
- 1 handful fresh grape, cherry, oak or horseradish leaves
- 1 pinch black peppercorns

Process:

1. Rinse cucumbers, taking care to not bruise them, and making sure their blossoms are removed. Scrape off any remains at the blossom end. If you're using cucumbers that aren't fresh off the vine that day, soak them for a couple of hours in very cold water to freshen them.
2. Dissolve sea salt in ½ gallon (2 liters) of water to create brine solution. Stir until salt is thoroughly dissolved.
3. Clean the crock, then place at the bottom of it dill, garlic, fresh grape leaves, and a pinch of black peppercorns.
4. Place cucumbers in the crock.
5. Pour brine over the cucumbers, place the (clean) plate over them, then weigh it down with a jug filled with water or a boiled rock. If the brine doesn't cover the weighed-down plate, add more brine mixed at the same ratio of just under 1 Tbls of salt to each cup of water.
6. Cover the crock with a cloth to keep out dust and flies and store it in a cool place.
7. Check the crock every day. Skim any mold from the surface, but don't worry if you can't get it all. If there's mold, be sure to rinse the plate and weight. Taste the pickles after a few days.
8. Enjoy the pickles as they continue to ferment. Continue to check the crock every day.
9. Eventually, after one to four weeks (depending on the temperature), the pickles will be fully sour. Continue to enjoy them, moving them to the fridge to slow down fermentation.

Recipe from *Wild Fermentation*, by Sandor Ellix Katz; pg 52-53

## **Red Salsa Casera**

3 Anahiem peppers – Roast by holding over a flame until skin is charred and can easily be peeled off. Turn and get all sides charred. (Can be put into paper sack until the peppers are cool – makes the skin peel easier)

1 Onion – diced

4 cloves Garlic – pressed or finely diced

3-4 Tomatoes – diced



After peppers are roasted and peeled, cut top off, remove seed and unwanted veins from inside the pepper. Rough dice cut the peppers and add to all the remaining ingredients in a sauce pan. Cook for 10 minutes, and then blend in the blender. Add ½ cup chopped cilantro. Serve or can.