



SPARKLING NEW YEAR 2019





- ✓ GLUTEN FREE
- 👤👤👤 8 SERVINGS
- 👉👉👉 EASY
- 🕒 15-20 MIN

Fruity oatmeal

INGREDIENTS:

- 3 cups steel cut oats, gluten-free, if desired
- 1 tsp ground cinnamon
- 5 cups milk, use dairy alternatives like almond, soy, or oat milk, if desired
- 1 cup mixed frozen berries, about 4 oz
- 1/2 cup walnuts, chopped
- 1/4 cup honey
- 1/4 cup chia seeds
- 1 tsp vanilla extract
- 1 cup pomegranate seeds (approx. 1 fruit), for garnish

Steel cut oats take a few minutes longer to cook, but their nuttier flavor and texture is worth the extra time! They also reheat very well, so go ahead and double this recipe!

Category: **BREAKFAST**

1. In a large saucepan, cook the oats, cinnamon and milk over medium-low heat until the oats have softened, about 10 minutes. Stir regularly to avoid mixture sticking to bottom of the pot. If mixture dries out, add more milk or water as needed.
2. Remove from heat, add remaining ingredients and mix well.
3. Sprinkle pomegranate seeds on top and serve immediately.
4. Store covered in refrigerator for up to one week.



-  VEGETARIAN
-  6 SERVINGS
-  EASY
-  45 MIN

INGREDIENTS:

- 1 large cauliflower, core and leaves removed OR 9 parsnips, peeled and chopped into chunks
- 3 Tbsp unsalted butter
- 1 medium onion, chopped 1-inch pieces
- 1 leek, white and light green parts, chopped 1-inch pieces
- 2 tsp sea salt, divided
- 4 cups half and half (or 2 cups each milk and heavy cream)
- 2 cups vegetable stock
- 1 medium red beetroot, thinly sliced, for garnish
- 1-2 cups sunflower oil, for deep-frying

Velvety Cauliflower OR Parsnip Soup

This rich creamy vegetarian soup is inspired by one of Chef Thomas Keller's creations. You can either use cauliflower or parsnip for this soup.

Category: MEALS

1. In a large pot, melt butter over a medium heat. Add onion, leek, and cauliflower/parsnip. Stir and cook until vegetables are almost tender, about 20 minutes.
2. Stir in half and half and stock and cook for a couple of minutes over medium high heat. Reduce heat and simmer for 30 minutes, stirring occasionally.
3. Remove from heat and allow the soup to cool for about 5 minutes. Pour 2-3 cups into blender and puree until smooth and velvety. Repeat until all the mixture is pureed.
4. Return puree to pot, season to taste and keep warm over low heat.

Beetroot Chips Garnish (Optional)

1. Set a cooling rack over a baking sheet and line with paper towels.
2. In medium sauté pan, heat oil over medium heat. Working in small batches of 4-5, fry beetroot slices, carefully turning them as the edges begin to curl. Fry until bubbling subsides and beetroots are crispy, about 1 to 2 minutes. Place cooked chips onto the rack and season with salt.
3. Pour warm soup in bowls and top with the beet chips.



-  GLUTEN FREE
-  4 SERVINGS
-  EASY
-  30 MIN

Spicy Thai Noodle Soup

INGREDIENTS:

- 2 Tbsp vegetable cooking oil
- 2 cloves garlic, minced
- 1 Tbsp grated fresh ginger
- 2 Tbsp Thai red curry paste
- 1 medium red onion, (about 1 cup) thinly sliced
- 1 small sweet potato (about 1 lb), washed, peeled and cut into 1-inch dice
- 1 bunch baby bok choy, washed, dried, separate stalks from leaves and cut both into 1" strips
- 4 cups vegetable or chicken stock
- 13 oz can coconut milk
- 1/2 Tbsp fish sauce
- 1/2 Tbsp brown sugar
- 1/4 lb rice vermicelli noodles
- 1 lime, cut in wedges
- Handful fresh cilantro, roughly chopped
- Sriracha, or other preferred hot sauce

Category: MEALS

1. In a large soup pot, heat cooking oil over medium heat. Add garlic, ginger, and curry paste: Sauté for 1-2 minutes.
2. Add sweet potato, bok choy stalks and stock. Bring to a boil over medium-high heat, then reduce the heat to low and let simmer for 5-7 minutes, or until the sweet potatoes are tender.
3. In medium saucepan, bring x cups of water to a boil. Once boiling, add vermicelli and cook for 2-3 minutes, or just until tender. Drain the rice noodles and set aside.
4. Once the sweet potatoes are tender, add coconut milk, fish sauce, and brown sugar. Stir, taste, and adjust seasonings as needed. Add bok choy greens and let wilt in the hot soup.
5. To serve, divide the rice vermicelli into four bowls. Ladle the soup and vegetables over the noodles, then top with cilantro, a couple of lime wedges wedge and a drizzle of hot sauce.



-  VEGETARIAN
-  6-8 SERVINGS
-  EASY
-  60 MIN

INGREDIENTS:

- 2 cups Brussels sprouts, trimmed and halved, about 1 lb
- 3 medium red onions, peeled and thinly sliced
- 1-2 Tbsp brown sugar
- 4 eggs
- 2/3 cup cream
- 3/4 cup crème fraîche
- 1/2 tsp grated nutmeg
- Salt + pepper, to taste
- 1 Tbsp vegetable oil
- 1 9-inch unbaked pie crust, homemade or shop bought
- 1 cup almond slivers, lightly toasted

Winter Vegetable Quiche

Category: MEALS

1. Pre-heat oven to 400°F and grease and dust a 9-9 1/2-inch round fluted tart pan (1-inch deep) with removable bottom, and set aside.
2. In a medium saucepan, cook Brussels sprouts in lightly salted boiling water over medium-high heat for 8-10 minutes, or until fork-tender. Strain through a colander and chill under cold running water to keep the color. Drain well.
3. In a large sauce pan, heat oil over medium heat. Add onions, and sauté stirring gently. Add sugar and continue stirring until onions are golden-brown and caramelized.
4. In a medium skillet, toast almonds without oil over medium heat, until they are slightly golden. Take care not to overcook as they will become bitter.
5. In a large mixing bowl, whisk eggs, cream, crème fraîche, and grated nutmeg. Add salt and pepper to taste.
6. If necessary, roll out chilled pastry dough, on a floured surface, to about 2-inch thickness and 14-inches in diameter. Using a rolling pin, place the pastry over tart pan. Carefully press the pastry into edges of the tart pan. Trim excess dough.
7. Spread the Brussels sprouts and onions evenly in tart shell. Pour egg mixture over vegetables, and sprinkle almond slivers on top.
8. Bake quiche 30-40 minutes or until the egg mixture has a slight wobble and the dough is slightly golden on the edges.
9. Serve quiche immediately. Will keep chilled in refrigerator for a couple of days.



-  CLEVER CHEAT
-  8 SERVINGS
-  EASY
-  100 MIN

INGREDIENTS:

- 1/2 cup vegetable oil
- 1 cup brown sugar, firmly packed
- 1/2 cup maple syrup
- 1/3 cup dark chocolate (70%), chopped
- 2 cups raw beets, coarsely grated
- 3 eggs, lightly beaten
- 1-1/2 cups self-raising flour
- 1/4 cup cocoa powder, dutch-processed

Dark Chocolate-Beet Cake

Category: **SNACKS**

1. Preheat the oven to 320°F. Grease and line a 8-inch round baking tin with parchment paper, set aside.
2. In a medium saucepan, warm oil on very low heat. Add brown sugar, maple syrup and chocolate and stir until the chocolate is thoroughly melted. Remove from heat and add beets.
3. In a small bowl, whisk eggs and then add them to mixture in saucepan. Sift flour and cocoa powder together and gently fold into the beetroot mixture.
4. Pour batter into cake tin; bake for 1 hour or until a skewer inserted comes out clean. Leave to cool for 5 minutes in the tin, before turning out onto a wire rack and allowing to completely cool.
5. Make ganache: In a small saucepan, combine all ingredients, and stir over a low heat for 5 minutes or until the chocolate is melted and the mixture is smooth and glossy. Leave to cool for 5-7 minutes until the mixture thickens slightly, then pour over the entire cake.