

Vegan!

BUTTERNUT SQUASH CUSTARD



INGREDIENTS

- 1/2 a butternut squash
- 1 can of full fat coconut milk
- 5 Tablespoons of Ground Flaxseed
- 1/2 cup of cashew milk + 8 Tblspn
- 1/4 cup brown sugar
- 1/4 cup honey or maple syrup
- 4 Tablespoons of Cinnamon
- 1 Teaspoon of Nutmeg
- 2 Teaspoons of salt
- 1/2 cup of cashews
- 1 Tablespoon of a starch (corn/tapioca/rice)

*This recipe makes roughly 6, 1 cup servings. Top with Fig Jam Recipe!

By: Julia deGruchy

DIRECTIONS

1. Cut the squash in half, scrape out the seeds with a spoon. Drizzle with oil and put in a glass roasting dish, skin side up. Fill the roasting dish with just enough water to cover the bottom. Tightly cover with tin foil. Roast at 400 for 35 min (fork tender).
2. Meanwhile, in a small bowl add 5T of ground flaxseed to 8T of cashew milk. Stir and let sit. (This is your egg substitute, you want it to set with a slight jiggle like an egg yolk, add water in teaspoon increments as you see fit)
3. Open the coconut milk can and scoop out 1 cup of cream from the top. Put in a small sauce pan. (If needed, put the can in the fridge to let the cold separate the cream from the milk.) Add the 1/2 cup of cashew milk, corn starch, sugar, cinnamon and nutmeg, Whisk the contents of the saucepan on high until it bubbles and starts to thicken. Turn down to low, add cashews and salt. Let sit for 3 min. Turn off heat.
4. Once the squash is done cooking, use a spoon to scoop it out of the skin. Add 3 cups of squash to a large blender. Add your flaxseed mixture and blend on your highest setting. Once that is smooth add your cashew cream mixture and blend again on high until smooth. Taste and re-season with more sugar or spices to suit your taste.
5. Strain the mixture through a fine mesh sieve into custard cups (bake-able ceramic cups) Put the cups into a high-lip pan and fill the pan with water until its halfway up the custard cups side. Bake at 350 for 35-40 minutes. Refrigerate once done.

FRESH FIG JAM



INGREDIENTS

- 1/2 cup of water
- 1 Tablespoon of lemon juice
- 2 cups of cut figs
- optional sweetener: 3

Tablespoons of sugar, agave or honey.

*The figs in this recipe can be replaced by other fruits such as: Blueberries, Blackberries, Cherries, Raspberries, Strawberries or a mix!

By: Julia deGruchy

DIRECTIONS

1. Put all ingredients in a small non-stick or heavy bottom sauce pan. Turn heat on high till the water begins to boil. Let it boil for 1 minute.

2. Bring down the heat to medium-low and simmer, stirring occasionally, pressing on the berries to burst them.

3. You are constantly stirring the pot to prevent the berries from burning. You are also looking for a thick consistency that will coat the back of a spoon. Make sure to keep macerating the berries as you stir.

4. Turn off the heat once all the liquid is gone. The jam will firm up as it cools. After it cools put in a blender if you want a smoother consistency.

EXTRA: canning your jam for later. I like to save my old glass jars, they keep out bacteria and don't disintegrate like plastic containers. BEFORE you put your jam in an empty glass jar, make sure you sterilize it by covering it with boiling water for at least 10 minutes. Let cool and then add your jam. If your jar has a 'button' on its cap, press this button down as you close your jar to seal it. It will last roughly 3 months unopened.

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BUTTERNUT SQUASH CURRY



INGREDIENTS

- 1 Butternut or Acorn Squash
- 3 cups of coconut milk
- 1 1/2 cups of vegetable stock
- 1/4 cup of hot curry powder OR
1/2 a tin of curry paste
- 2 Tablespoons of smoked paprika
- 1 onion
- 3 Tablespoons of crushed garlic
- 1/2 a bunch of cilantro
- 1/4 cup of salt + 2 Tablespoons
- 2 tablespoons of pepper
- 4 bay leaves
- 2 Tablespoons of coconut or olive oil

Top with chives and chili peppers!

By: Julia deGruchy

DIRECTIONS

1. Crush the garlic with the flat back of a knife. Peel the onion, cut in half and cut off the top. Slice into thin strips along the width of the onion, discard the end. Set aside.
2. Heat your oven to 400. In a roasting pan add just enough water to cover the bottom. Cut your squash in half, scoop out the seeds, and place in the roasting pan skin side up. Cover with foil and bake 35-40 minutes. (Fork tender)
3. Place a large pot on medium heat, add 2T of coconut or olive oil to the pot. Add the onion, garlic and 2T of salt. Stir gradually with a wooden spoon or spatula until onions are deep translucent brown, or caramelized. Add the curry paste to the onions and stir for 1 minute.
4. Add the coconut milk, stock and spices to your pot. Let simmer on medium-low heat. It is ok if the contents are slightly bubbling, as long as it isn't a rolling boil. Meanwhile chop the stems off of the cilantro and discard. Chop the leaves finely and add to the pot.
5. Once your squash is finished cooking, scoop out its contents and add to the pot. Use a whisk to mash the squash and stir it into the liquid. Let simmer for 5 minutes longer.
6. Remove the bay leaves if you can find them. Blend till smooth with a stick blender in the pot, or scoop the curry into a stand blender and process till smooth. Taste and season again with salt or pepper to your liking!

PECAN CRUSTED SALMON

with apricot coulis & wilted vegetables



INGREDIENTS

- 1lb of salmon filets, skin on is fine.
- 1 cup of crushed pecans
- 1/4 cup of corn starch
- 3 Tablespoons of salt
- 1 Tablespoon each: chili powder, black pepper, garlic powder, onion powder, & dried parsley.
- 1 Tablespoon of butter
- 1/2 a celeriac root (celery root)
- 2 cups of spinach
- 1 cup of dried apricots
- 1/4 cup of lemon juice
- 1/4 cup of apple cider vinegar + 1T
- 1 teaspoon each: turmeric, chili powder & salt
- 1 Tablespoon of a neutral oil

By: Julia deGruchy

DIRECTIONS

1. *Apricot Coulis:* In a small saucepan add 1 teaspoon of salt, 1 cup of water, 1/4 cup ACV & dried apricots. Cover with a lid and bring to a boil for 5-7 minutes. Without opening the lid, turn down the heat to a simmer for another 5 minutes. This is rehydrating the apricots, they should be plump once you open the lid, and only a bit of liquid should remain. Cool for 5 min then put all of the pots' contents into a blender with the lemon juice, spices, 1T ACV and oil. Blend till shiny & silky smooth.

2. *Wilted vegetables:* Use a very sharp knife to slice off the bumpy ends of the celery root. Peel off the layer of rough skin. Celery root is naturally off-white with some discoloring. Cut it in half, save the 2nd half. Use your vegetable peeler to shave the root into long strips; start on the flattest side. Try to get the most complete strips you can. Take your spinach and put the leaves on top of each other in little piles, slice each pile into 1in strips. Put all veg in a bowl and massage 1T of salt into the mixture. Let sit for at least 10 minutes.

3. *Turn oven on to 400.* In a medium bowl whisk the pecans, corn starch, 2T of salt & dried spices. Coat your salmon portions lightly in oil with either a paper towel or back of a spoon. Put a heavy bottom pan (cast iron/non-stick) on high heat. Dredge your salmon in the dry mixture, press gently to adhere the mixture to the salmon. Add 1T of butter to your pan, lay the salmon in the butter and turn the heat to medium. 2 minutes per side, baste the top of the salmon in butter before flipping. Put in the oven for 5 minutes.

Pecan Salmon Plating

To plate your salmon dish, as shown in the picture, you can take your salmon out of the pan and let the excess oil drip off onto a paper towel.

Meanwhile you can drain your vegetables by placing them in a strainer and gently pressing out any excess liquid. The celery root can be rolled tightly into a cylinder, keep wrapping more pieces around it to create a rose. Place on the plate, arrange the wilted spinach on the plate around it, like the leaves of a rose.

Using a spoon, dollop a tablespoon of apricot coulis onto the plate, smear in a straight line with the back of the spoon. Place your salmon on top. Add any extra dots of apricot coulis around the plate using a spoon.



SEARED SCALLOPS

with roasted beet puree, pickled cranberries, dried mushrooms & chard



INGREDIENTS

- 10 large scallops (NOT frozen)
- 2 Tablespoons of butter
- 3 cups of thinly sliced chard
- 1/4 cup pecan pieces (optional!)
- 1 cup of roasted beets (see recipe)
- 1/2 an onion
- 2 Tablespoons lemon juice
- 3 Tablespoons of olive oil
- 1/2 cup of dried cranberries
- 2 teaspoons yellow mustard seed & 1 Tablespoon of juniper berries
- 1/4 cup sugar
- 1 Tablespoon of salt
- 1/4 cup white wine vinegar
- 1/4 cup white wine
- 1 1/2 cups brown or white mushrooms, stems cut off (not pre-sliced)
- 2 Tablespoons olive oil

By: Julia deGruchy

DIRECTIONS

1. *Roasted Beet Puree:* Cut off the top of your onion. Slice into thin strips along the width of the onion, discard the end. Place a small pan on medium heat, add 1T of olive oil to the pan, add the onion slices & 1teaspoon salt. Stir gradually with a wooden spoon or spatula until onions are deep translucent brown, or caramelized. Cut the roasted beets into 1in pieces & place in a bullet or high speed blender. Add the lemon juice, olive oil, caramelized onions & 2 teaspoons of salt. Gradually add 1/4 cup of water to blend if it needs thinning out. Should be the consistency of ketchup.

2.*Crispy Mushrooms:* Turn oven on to 400. Using a very sharp knife, slice the mushroom caps very thinly & place on a sheet tray lined with parchment paper or foil. Once all sliced, use the back of a spoon or a basting brush to lightly coat the mushrooms in oil. Sprinkle with salt. Put in the oven for 10 min with the oven door cracked (using a rolled hand towel or rolled oven mitt). The escape of moisture is what helps the mushrooms dehydrate. Drain oil if the mushrooms are sitting in it while cooking. Once the timer goes off, transfer them immediately to a paper towel & let cool to crisp up.

3.*Put the dried berries in a plastic container that has a lid. Heat a small sauce pan on high with the mustard seeds, juniper berries, sugar, salt, white wine vinegar and wine. Let boil for 5-7 minutes. Taste after 5 minutes, this is your pickling brine. Pour over the dried berries and cover for 10-20 minutes, until rehydrated.*

Cooking your scallops & plating:

If your scallops are fresh they might have their muscles still attached. This will look like part of the scallop, but slightly protruding on the side & iridescent.

You can peel this off gently with your fingers & discard.

Pat the scallops dry with a paper towel, sprinkle with 3 Teaspoons of salt. Put a small heavy-bottom pan on high heat, add 2T butter to the pan, let the butter get bubbly & drop your scallops in the pan.

Don't touch them, let them sear for 1 1/2 minutes on one side before flipping.

Flip gently with a spatula or spoon. Once flipped, tilt the pan slightly towards you to pool the butter in the side of the pan, scoop & toss the butter with a spoon over the scallops repeatedly & quickly. This is basting. Do this for 1 minute & the scallops will start to brown further.

Remove the scallops from the pan, & let rest to drain on a paper towel.

Take your thinly sliced chard (no stems!) & drizzle some of the cranberry pickling liquid over them in a bowl. Massage the chard with the liquid & 2 teaspoons of salt until it starts to wilt.

When plating, as seen in the picture, scoop a generous spoonful of the beet puree onto the plate & smear across with the back of a spoon. Lay the wilted chard on top or next to the puree, put the scallops on top of the chard.

Sprinkle the rehydrated cranberries over the scallops (try to minimize the liquid). Sprinkle the mushrooms & pecan pieces over that.



ROASTED BEETS



INGREDIENTS

- 5-8 Beets
- A slow cooker or an oven
- 3 Tablespoons of Salt & 2 Tablespoons of pepper
- 1/4 cup of olive oil

By: Julia deGruchy

DIRECTIONS

1. *Cut the stems and ends off the beets. Peel the skin off with a vegetable peeler.*

2. *If roasting in the oven, turn the oven on to 450, get out a roasting dish and fill with just enough water to cover the bottom. Put the beets in whole, drizzle with olive oil, salt and pepper. Cover with foil and cook for 45 minutes to an hour. You should be able to insert a fork in easily to the center when they're done.*

3. *If using a slow cooker, fill the cooker with 1 cup of water, or enough to have 1 inch of water at the bottom. Add the beets, sprinkle with olive oil, the salt and pepper. Cover the top with foil before putting the lid on. Cook on high for 1.5-2 hours, or until you can insert a fork in easily to the beet center.*

***Once done, let them cool before you cut them. They can be used in salads, smoothies, hummus, in dinner recipes, etc.*

4. IF YOU WANT BEET JUICE LEFTOVER!

Great for smoothies, or adding nutrients to your water!

*Cover the beets at least halfway in water in the roasting dish, or fill the slow cooker nearly to the top with water. **DO NOT drizzle with oil salt or pepper.***

5. *Once they're done cooking drain the liquid through a strainer into a glass jar or container. Cut and serve the beets as described above!*

PUMPKIN HUMMUS



INGREDIENTS

- 1 16oz can of chickpeas
- 1/2 a can or 2/3 cup of pumpkin
- 1 Tablespoon of Apple Cider Vinegar
- 1 Tablespoon of tamari or soy sauce
- 2 Tablespoons of smoked paprika
- 1/4 cup lemon juice
- 1/4 cup olive oil
- 1/3 cup tahini
- 3 tablespoons of salt
- 2 Tablespoons of pepper
- 1 tablespoon of onion powder
- 2 Tablespoons of minced garlic
- 2 Teaspoons of chili powder
- 1 Tablespoon of dried rosemary

By: Julia deGruchy

DIRECTIONS

1. *Drain your can of chickpeas through a mesh strainer. Leave in the strainer as one by one you pull the translucent shell off the chickpeas and put them in the food processor. Discard the shells. This will create a creamier hummus.*
2. *Add all ingredients except the olive oil to the food processor. Turn on medium-high & blend thoroughly for 1 minute . Without turning off the processor, slowly pour the oil into the bowl through the spout. Keep blending for another minute. Stop & taste. Add more spice, salt or pepper as needed.*

NUT BUTTER



INGREDIENTS

- 2 cups of any kind of nut
- 1/2-2/3 cup of a neutral oil; canola, vegetable, sunflower
- 2 Teaspoons of salt
- 2 Teaspoons of sugar or maple syrup
- optional: 2-3 Tablespoons of any spice you'd like: cinnamon, chili powder, pumpkin spice, etc.

******You must have a food processor for this recipe!

By: Julia deGruchy

DIRECTIONS

1. *Add everything except oil to the food processor. Start blending on low for 20 seconds before slowly starting to pour the oil in through the spout. As you pour the oil in through the spout, turn up the speed.*
2. *If your processor is having trouble getting through the thickness of the nut butter, add water one teaspoon at a time to loosen it up.*
3. *EXTRA: canning your nt butter for later. I like to save my old glass jars, they keep out bacteria and don't disintegrate like plastic containers. BEFORE you put your nut butter in an empty glass jar, make sure you sterilize it by covering it with boiling water for at least 10 minutes. Let cool and then add your butter. If your jar has a 'button' on its cap, press this button down as you close your jar to seal it. It will last roughly 4 months unopened.*