

Conference Recipes for Website

Pork Liver Pâté serves 10-12 adapted from a Gourmet Magazine recipe

1# pork belly, ground or finely minced
1# ground pork
1/2# pork liver, soaked in lemon juice, drained, ground
1/4# bacon, minced
1 clove garlic, crushed
1/4 tsp black pepper, ground
6 juniper berries, crushed (optional)
1 1/2 tsp salt
1/2 tsp ground mace
1 1/4 cup dry white wine (or a little less, if too wet)
2 Tbsp brandy

Thoroughly blend the meats and add the pork belly. Add the garlic and seasonings, then the wine & brandy. Mix thoroughly and let stand for an hour or two so the flavors penetrate the meat.

Turn into a large terrine (or divide between smaller baking dishes such as ramekins), about 2 1/2" deep. Cut the remaining pork belly into strips and lay across the top. Place in a baking pan filled with hot water and bake in a slow oven (320) for about 1 1/4- 1 1/2 hours. The pâté(s) are cooked when they begin to come away from the sides of the dish, but please do not overcook!

Remove from the oven being careful not to spill any fat, and allow to cool. They cut better if, when the fat is just about set, they are weighted. To do so, cover with waxed paper and a plate or board which fits, and then weight with something heavier.

If the terrine is being kept for more than a week, after cooling cover them with a generous layer of melted lard or bacon fat.

Mediterranean Chicken serves 8-10 Maureen Diaz

3# chicken pieces
1/2 cup dry white wine
1/2 cup kalamata olives
1/3 cup good quality olive oil
1 lemon, halved and juiced
12 cloves garlic, crushed and peeled
6 sprigs thyme
3 sprigs rosemary
1 bay leaf
2 tsp salt
1/2 tsp freshly ground black pepper

Mix together marinade ingredients. Lay chicken pieces in a pan and smother with the marinade. Marinate for at least several hours. Cover loosely and roast at 350 for about 40 minutes, uncover and roast for 5-10 minutes more until done. Serve over rice with pan drippings.

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Meatballs or Meatloaf *serves about 8-10* Maureen Diaz

1/2 cup powdered pork rinds
1 yellow onion, chopped
4 cloves garlic, minced
2 eggs
1/2 cup stock
1/2 cup freshly and finely grated parmigiano romano cheese
2 tsp anchovy paste (about 6 anchovy fillets)
1 Tsp each thyme & marjoram
2 Tbs soy sauce
2 tsp minced capers
2 tsp salt

Topping:

2 cups tomato puree, or bbq sauce
1 tsp salt
1 tsp ground mustard
1/2 cup grated aged cheese such as cheddar, jack, gouda, swiss

Mix first set of ingredients together, shape into 1" balls, or meatloaf. Bake at 350° for 15-45 minutes (depending on whether balls or loaf). Glaze with topping and bake for 5-10 minutes more.

If making meat balls for pasta sauce, sauté the meatballs in olive oil until lightly browned, finish cooking in sauce.

BBQ Sauce *makes about 2 cups sauce* Maureen Diaz

1 cup organic tomato sauce
1/4 cup honey
1 Tbsp apple cider vinegar
1 Tbs olive oil
1 medium onion, chopped
2 cloves garlic, minced
1 tsp Worcestershire sauce
2 tsp dijon mustard
1 1/2 tsp smoked paprika
1 tsp chili powder
1 tsp salt
1 tsp real liquid smoke
1 1/4 tsp black pepper

Cook onion & garlic in olive oil until tender. Add remaining ingredients and simmer, uncovered, for about 30 minutes, stirring occasionally.

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Osso Buco serves 6 Classic French Preparation as per Chef Gallice

6 1 1/4" thick beef shanks (traditionally, veal, but we prefer beef)

Salt & freshly ground black pepper

1/2 cup Sprouted GF flour

1/4 cup olive oil

1 Tbs unsalted butter

For the mirepoix: 3 cups finely diced yellow onion (about 2 medium), 1 cup finely diced celery (about 2), 3/4 cup finely diced carrots (about 2 small)

1 tsp dried oregano

3/4 cup dry white wine

2 Tsp tomato paste

1 28-oz can chopped, drained plum tomatoes

1 cup chicken broth

1 large sprig thyme

1 bay leaf

1 Tbs arrowroot mixed with 2 tsp broth

Heat the oven to 350°. Tie the shanks with kitchen string around the middle (horizontally) and season with salt and pepper. Dredge through the flour, shaking off excess.

In a large, heavy skill heat the oil over medium-high heat and sear each shank until nicely browned on both sides, move into a roasting pan large enough to hold them all in a single layer. Carefully pour off the fat and gently wipe out the pan, and then add the butter and 1 Tsp of oil. On medium heat add the onion, mirepoix, oregano and salt. Cook, stirring occasionally, until soft and lightly browned, about 15 minutes. Increase the heat to medium-high and add the wine. Cook, scraping up the brown bits with a spoon, until the mixture is reduced to about 1/4 cup, just a few minutes. Stir in the tomato paste, then the tomatoes with juices, broth, thyme, bay leaf, 1/2 tsp salt and about 1/4 tsp black pepper. Bring this to a boil and then pour over the shanks. Cover tightly with foil, a lid, or a Silpat.

Braise the shanks in the pre-heated oven until tender, about 1 1/2-2 hours, checking to make sure the liquid has not cooked away. Add broth if needed to keep the level of liquid to about 1/2 the thickness of the shanks.

Meat is ready when it is fork tender, meat pulls away easily with a fork. Do not over cook!

Transfer the shanks to a platter, brushing away extra chunks of vegetables from the pan. Strain the pan juices through a sieve into a saucepan, pressing through with a spatula to produce as much sauce as possible. Simmer this, and then whisk in the arrowroot mixture and cook just enough to thicken. Add 2 Tbsp of gremolata to the sauce and pour over the shanks, string removed. Top with a dollop of additional gremolata.

Gremolata

3 Tbs finely chopped fresh parsley

2 large cloves of garlic, minced

1 Tbs. finely ground lemon zest

2 anchovy fillets, minced

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Chicken Liver Paté *about 1 1/2 pint* Hector Diaz

1 1/2# chicken livers, soaked with lemon juice, rinsed, drained
1 large onion, chopped
1/2 cup rendered chicken fat (may substitute part lard or raw butter)
2 bay leaves
2 tsp salt
1/2 tsp dried thyme
1/4 tsp finely ground black pepper
1/2 cup dry white wine

In a large skillet melt the fat(s) over medium heat. Add onions and spices, cook for 5 minutes. Add the livers and cook, stirring, until lightly browned but still slightly pink. Add the salt and the wine, remove from heat and stir. The heat from within will complete the cooking of the livers, while the wine cools the mixture down to prevent over-cooking.

Cool, discard bay leaves.

Grind the mixture til smooth in a food processor, or with an immersion blender. Pack into containers and chill several hours or overnight.

Cornbread *makes about 10 servings* Maureen Diaz

1 cup sprouted cornmeal
3/4 cup GF sprouted flour
1 tsp baking powder
1/4 tsp baking soda
1/4 tsp salt

In a large bowl, mix the above. Then, in a separate bowl mix:

1 1/4 cups buttermilk
2 large eggs, lightly beaten
2 Tbs honey
2 tsp each: olive oil, lard, butter, melted

Glorified Caesar salad Dressing *makes about 1 pint* Maureen Diaz

2 whole eggs
1 egg yolk
2 cloves garlic
4 tsp anchovy paste
1 1/2 Tbs fresh lemon juice
1 1/2 Tbs brine from sauerkraut or pickles
1 Tbs kalamate olives, chopped, or black olive tapenade
2 tsp raw honey
1 tsp dijon mustard
1 tsp salt
1 ripe avocado
1/2 cup sour cream
1/2 olive oil

Let the anchovy paste rest in the juice and brine for 10 minutes, then add remaining ingredients except for fats (including avocado); puree for about 15 seconds in the blender or with an immersion blender. Add fats and process for about 30 seconds to 1 minute on high. Let rest on the counter for 1-3 hours to culture, then chill.

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Blue Cheese Salad Dressing *makes about 1 pint* Martha Stewart

2 cups buttermilk
1 cup sour cream
1/2 cup homemade mayonnaise
1/3 cup crumbled blue cheese
Salt & pepper

Mix ingredients together, chill.

Bone Marrow Custard *serves 4* Jen McGruther from Nourished Kitchen

2 pounds beef marrow bones , (or 1/4 cup marrow)
3/4 cup milk, (or coconut milk)
3 eggs
1 tablespoon vanilla extract
2 tablespoons honey
1/4 teaspoon unrefined sea salt
butter, coconut oil or lard, (for greasing the ramekins)
fresh fruit, (to serve)

Bring marrow bones to a boil and let simmer for 10 minutes. While you're waiting on the marrow preheat oven to 350°F and place four ramekins in large roasting pan.

In large bowl, whisk together egg yolks, egg, milk/coconut milk, vanilla, honey and salt. When the marrow is ready, scoop the bones out with a slotted spoon and place in a bowl to drain. After they've cooled a bit use a butter knife to extract the marrow.* Place it in a small bowl. Set aside for a minute while you pour the egg mixture into the blender or get out an immersion blender.

Spoon marrow – but not the oil that has collected at the bottom of the bowl – into the mixture and blend until smooth.

Pour custard mixture into cups, dividing equally.

Pour enough hot water into roasting pan to come halfway up sides of cups. Bake until custards are set in center, about 30-35 minutes. Remove from water and allow to cool for a few minutes before serving. Top with fruit, if desired.

*Do not add the melted fat which collects in the pan as it creates an overly beefy flavor and strange texture.

Apple Crisp *serves 6-8* Maureen Diaz

6 cups apple slices (about 7 or 8) such as Fuji or Granny Smith, peeled, sliced, cored
2 cups soft butter
1/2 cup honey
1/2 cup coconut sugar
1/2 tsp salt
1/2 cup sprouted, gf flour
1/2 cup sprouted oats
1 tsp ground chia seed
2 tsp cinnamon
1 tsp ground nutmeg
1/2 tsp ground cloves
1/2 tsp salt

Arrange slices in a baking pan. Combine remaining ingredients and spread in dollops across the surface. Bake at 350° for about 35 minutes. Top with vanilla ice cream or whipped cream.

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Vanilla Panna Cotta serves 6-8 Maureen Diaz

4 cups cream (coconut or dairy)
1/4 cup (or less) maple syrup or honey
1 Tbs good vanilla extract, or 2 vanilla beans, split
4 tsp gelatin
2 egg yolks (optional but very highly recommended)

Sprinkle the gelatin over 1/2 of the cream in a saucepan; let rest for 5 minutes to soften. If using vanilla beans, place them in the pan now. Turn the pan onto low heat, stirring constantly, until the gelatin is completely dissolved.

Beat the egg yolks into the remaining cream and add other vanilla extract and sweetener of choice. Add the warm mixture to the cold, stirring well to combine but do not beat. Pour into individual ramekins or pretty glasses, cover with plastic wrap and chill for at least 1 hour, or until set.

Pumpkin Custard serves 8-10 adapted from Pumpkin Pie Recipe, NT by Sally Fallon Morell

15 ounces pumpkin puree
1 cup sour cream
1/3 cup heavy cream
3 whole eggs
1/2 cup maple syrup
1/4 cup coconut sugar or Sucanat
3 1/2 tsp brandy or bourbon
1 tsp ground cinnamon
3/4 tsp ground ginger
1/4 tsp allspice
1/4 tsp salt

Mix all ingredients and pour into deep baking dish. Sprinkle date/nut mixture on top, if desired (or use as a crust). Bake for about 40 minutes, until set and pulling away from the sides of the pan.

Date/Nut crust:

2 cups sprouted almonds, 1 cup dates, 2 eggs, 2 tsp vanilla. Process in a food processor to a fine crumb. Press into baking dish and bake at 350° for about 10 minutes. May be broken up and used as topping instead of crust, if desired.