

**Meatloaf or Meatballs serves 8-10**

2# ground beef (or half beef, half pork)

1/2 cup powdered pork rinds

1 yellow onion, chopped

4 cloves garlic, minced

2 eggs

1/2 cup stock (preferably beef or pork)

1/2 cup grated parmesan or romano cheese

2 tsp anchovy paste

1 Tbsp each thyme & marjoram

2 Tbsp soy sauce

2 tsp minced capers

1 tsp ground mustard

Topping: 2 cups tomato purée, 1 Tbsp tomato unami, 1/2 cup grated sharp cheese (romano, cheddar, provolone)

Mix first 10 ingredients together, shape into a loaf, or meatballs. Top with toppings, bake @ 375 for 40 minutes.

**PATÉ DE CAMPAGNE**

¼ cup lard

1 cup minced onion

¾ cup white wine

1 ½ lb ground pork

1 lb ground pork liver

12 oz. bacon, finely chopped, plus ~14 bacon slices (for lining pan)

3 garlic cloves, minced

Lemon (or lemon/lime) Tartlets with figs and clotted cream makes about 1 quart, enough for 10-12 tartlets

1 cup fresh juice of lemons and/or limes  
Zest of 3-6 lemons and/or limes  
1 1/2 cup butter  
3 cups coconut sap sugar  
6 large or 8 medium sized eggs  
1/4 tsp salt

Combine all in a food processor, gently heat on medium stirring constantly until set.

Use same crust as for cheesecake

Clotted cream: 1 qt heavy cream, 1 qt sour cream, 1/4 c coconut sap sugar

Thinly slice figs

Coconut Panna Cotta with Lemongrass serves 8

1 2/3 cup coconut milk  
1 1/3 cup coconut cream  
1/2 cup coconut sap sugar  
4 stalks of lemongrass, smashed with a rolling pin  
Grated zest & juice of 1 lime

1/4 cup cold water  
2 1/2 tsp gelatin

Soften the gelatin in the water.

Gently heat the first 6 ingredients over medium heat for about 20 minutes. Strain. When gelatin is softened, heat it until dissolved, about 5 minutes. Add the gelatin mixture to the coconut mixture, mixing well. Pour into individual serving dishes, cover and chill.

Maple Flan serves 12

1 3/4 cups dark maple syrup  
3 large eggs  
5 lg egg yolks  
2 1/2 cups cream  
1/2 tsp salt

Bring 1 cup of the maple syrup to a boil in a heavy pan over medium heat, turn down and reduce to 2/3 cup. Cool until the foam is reduced, pour into an 8" round pan to coat the bottom.

Gently whisk the remaining ingredients so as not to stir up foam. Place in a bain de mer in the center of the oven for about 50-60 minutes, until the edges are set but the center still wobbly. Carefully remove from the water and cool, then refrigerate for at least 4 hours.

Apple Crisp serves 8

6 cups sliced, firm apples  
2 cups butter  
1/2 cup honey  
1/2 cup coconut sap sugar  
1/2 cup lucama powder  
1/2 cup blanched almond flour (may be part coconut flour)  
2 tsp cinnamon  
1 tsp nutmeg  
1/2 tsp cloves  
1/2 tsp salt

Layer apple slices in a baking pan. Combine remaining ingredients and spread over the top. Bake at 350 for about 35 minutes.

Pumpkin Panna Cotta serves 8-10

2 1/2 cups cream (may be coconut cream/milk, if we have enough)  
1 cup puréed pumpkins  
1/2 cup maple syrup  
1/2 tsp cinnamon  
1/4 tsp nutmeg

Soften the gelatin over 1 cup of the cream. When soft, gently heat until dissolved.

Meanwhile combine the remaining ingredients, add the gelatin mixture, and pour into serving dishes, cover, and chill.