

# Lunch Recipes from Wise Traditions Western Conference 2006

## Lunches prepared by Dawn Archer of Inspired Foods

*Inspired Foods* was created for the purpose of making healthy organic meals more accessible. Our food is purchased mostly from local sources to ensure freshness and reduce travel impact. We cook and store foods which are in season for the same reasons. Supporting Colorado farmers is important to us. We buy directly from them whenever possible. Contact Dawn with *Inspired Foods* at 720-837-4933.



### Fresh Herb Dressing

- 1-cup plain yogurt
- 1/4-cup mayonnaise
- 2 heaping tsp Dijon mustard
- Cayenne pepper to taste
- Large handful fresh basil, washed and de-stemmed
- 4 sprigs fresh oregano, washed and de-stemmed
- 2 sprigs fresh rosemary, washed and de-stemmed

Add all ingredients of dressing to a blender and blend until smooth. Salt and pepper to taste.

For this event I used fresh basil, but dried oregano and rosemary. I also added powdered dehydrated carrots and red peppers to sweeten it up a bit.

### Hand Beaten Mayonnaise

This recipe was adapted from the *Joy of Cooking*. Make sure the ingredients and the bowl are room temperature.

Place in a medium-sized bowl and beat with a wire whisk until lemon-colored (tends to be brighter than that when organic eggs are used):

- 2 egg yolks

Beat in:

- 1/2 teaspoon sea salt
- a few grains of cayenne pepper
- 1/2 teaspoon raw apple cider vinegar

Beat in very slowly, 1/2 teaspoon at a time:

- 1/2 cup olive oil

The mixture will begin to thicken and emulsify. Add alternately a little at a time:

- 3 1/2 tablespoons raw apple cider vinegar
- 1/2 cup oil

(You can use olive oil here, but I find it to heavy tasting if I do. Use safflower to make it light tasting if you are using it as mayonnaise. Mixed into the dressing above it is fine to use additional olive oil.)

If the oil is added slowly during constant beating, this will make a good thick sauce. The sauce will break if you have either added your oil too fast toward the end or added too much of it—figure no more than ½ -2/3 cup oil to each large yolk. It may also break if your oil has been cold and your egg yolks warm. If it breaks first try stirring in a teaspoon of warm water. If this doesn't work, the mayonnaise can be salvaged by placing another egg yolk in a fresh bowl and adding the curdled sauce to it very, very slowly, beating the mixture all the while until it thickens. According to Joy of Cooking do not try to make mayonnaise if a thunderstorm threatens or is in progress. **ADD SWEETENER OR POWDERED DRIED CARROTS TO REDUCE BITTERNESS.** makes about 1 ¼ cups

### **Dehydrated crackers**

1 cup soaked flax seeds, soak 10 hours in 2 cups water

2 cups pre-soaked nuts and seeds. I like to use combinations of almonds, pumpkin seeds, sunflower seeds and sesame seeds.

2 cups vegetable pulse. If you juice this is a great opportunity to use up the pulp, just make sure to chop up any big chunks or long strings. Otherwise food process the vegetables to a fine consistency and squeeze out juice. Use carrots, beets, zucchini, onions, celery, peppers and/or tomato.

3-4 T dry herbs—garlic powder, oregano, basil, pepper

1 T sea salt or more to taste

Process the flax seeds in a food processor until they form a goopy mixture. Process the nuts and seeds until finely chopped. Mix all ingredients together in a large bowl. Spread ¼ inch thick on parchment paper covered dehydrator trays. Uses about 4 trays. Dehydrate for 8 hours, flip and pull off paper. Dehydrate for an additional 8 hours.

### **Coconut Pudding**

1 14 OZ can organic coconut milk

1 1/3 cup (or more depending on taste) organic dry coconut flakes

½ cup organic dried currents (try dried sour cherries too)

1 tangerine, peeled and segmented

Mix all ingredients together and refrigerate. Ready as soon as it is chilled. Serves approximately 6

