

Recipes From A Taste of Bauman College: 2009

*Enjoy the delicious recipes from our Taste of
Bauman College events at home!*

Beet and Horseradish Salad- Served on Caraway Flax Crackers

Ingredients:

6 small red beets, roasted
1 ½ T horseradish, freshly grated
1 small onion, finely diced
3 T olive oil
2 T apple cider vinegar
salt and pepper, to taste
crème fraiche, for garnish
1 bunch parsley, for garnish

1. When beets are cool enough to handle, peel and grate them into a bowl. Add the horseradish and onion.
2. Whisk together the olive oil and vinegar in a small bowl and pour over the beets. Stir to combine and season to taste with salt and pepper.
3. To serve, place some of the salad on a caraway flax cracker and dollop with a little crème fraiche. Garnish with chopped parsley.

Servings: 25

Yield: about 50 1 T scoops

Mini Collard Dolmas with Red Quinoa, Goat Feta, and Cranberries

Ingredients:

1 cup red quinoa
2 cups water or stock
1 bunch large collard greens
1/2 cup almonds, toasted and finely chopped
1/2 cup unsweetened cranberries
1/2 cup crumbled goat feta cheese
1 T orange zest
1/2 tsp salt

1. Combine quinoa, water or stock, and a pinch of salt in a pot and bring to a boil. Reduce heat and simmer, covered, for 20 minutes. Remove from heat and place it in a bowl to cool.
2. Meanwhile, blanch collard leaves for 1 minute, then remove to ice bath to stop cooking. Drain and pat dry, lying flat, on towels. Gently remove stems and cut each half of the collard greens into quarters, crosswise. You should get about 8 pieces from each collard if they are large collards.
3. When quinoa is slightly cooled, stir in almonds, cranberries, feta, orange zest, and salt.
4. Lay out each collard piece and put a small spoonful of the quinoa mixture in the center of the leaf. Fold sides in then roll up tightly, trimming edges if necessary. Repeat for remaining leaves. Make sure that they make small dolmas, a good size for an appetizer.
5. Serve at room temperature.

Servings: 30

Yield: about 60 dolmas

Onion and Caraway Flax Crackers

Ingredients:

2 1/2 cups flax seeds, soaked for 1-2 hours in 2 1/2 cups water
1/4 medium red onion, minced
3 cloves garlic, minced
2 1/2 T caraway seeds
1 1/2 tsp sea salt
1 1/2 T lemon juice (optional)

1. Strain the flax seeds of excess water and mix with the rest of the ingredients.
2. Using a teaspoon, dollop dots of batter and spread them out on the dehydrator sheet to make round crackers.
3. Dehydrate at 105 for at least 24 hours, until they are crispy.

Servings: 50

Yield: 100 crackers

Quinoa, Dried Apricot, and Pistachio Salad with Moroccan Mint Vinaigrette

Ingredients:

1 ½ cups quinoa
2 T raisins
1/4 tsp ground coriander
1/8 tsp ground cumin
1 medium lemon, juiced
1/2 medium orange, juiced
2 T plain yogurt
1/4 tsp red pepper flakes
1/2 cup mint leaves
1/3 cup olive oil
salt, to taste
1/2 cup dried apricots
1/2 cup pistachios, toasted

1. Thoroughly rinse quinoa. Place it in a medium saucepan with 3 cups of water or stock, bring to a boil, then reduce heat and cook, covered, for 20 minutes. Remove to a sheet pan and spread out grain to cool.
2. Place raisins, coriander, cumin, lemon, orange, yogurt, red pepper flakes, and mint in blender. Blend on high to combine, scraping sides as needed. Add olive oil slowly to emulsify. Salt to taste.

Servings: 15, ¼ cup servings

Herb, Pecan and Sun-Dried Tomato Stuffed Mushrooms

Ingredients:

50 medium crimini mushrooms, cleaned, stems removed
olive oil, for brushing
1 cup pecans
1 T chopped thyme
1 T minced rosemary
1/2 cup chopped parsley
2 oz. Sun-dried tomatoes, re-hydrated in warm water, patted dry, and finely chopped
1/2 tsp salt
1/4 tsp black pepper
1 pinch red pepper flakes
salt and pepper
Extra chopped herbs, for garnish.

1. Preheat the oven to 350. Brush each mushroom with a little olive oil. Place on parchment-lined baking sheets and bake for about 15-20 minutes, until tender.
2. In the meantime, toast the pecans in the oven for about 7 minutes, until fragrant. Place in a food processor and pulse until it becomes the consistency of coarse bread crumbs (not too fine).
3. Place the chopped herbs, sun-dried tomatoes, salt, pepper, and red pepper flakes in a bowl and mix together.
4. Add the chopped pecans and gently combine.
5. When the mushrooms are cooked, pat them dry if they have become juicy. Season with salt and pepper.
6. Stuff the mushrooms with the stuffing mixture and store, covered, in the fridge. Before serving, allow mushrooms to come to room temp or heat briefly in the oven. Garnish with extra chopped herbs.

Servings: 25

Yield: 50 stuffed mushrooms

Ginger-Wasabi Vegetable Sushi Rolls

Ingredients:

1 ½ cups short grain brown rice
3 T brown rice vinegar
¼ - ½ tsp wasabi paste
1 ½ T rapadura
1 large carrot, Asian matchstick
½ avocado, thinly sliced
1 package daikon sprouts
1 container, pickled ginger (good quality, organic, non-dyed)
6 sheets nori

1. Rinse rice well under water until the liquid runs clear. Combine rice with 3 cups cold water in heavy saucepan and bring to a boil. Reduce heat to low and cook, covered, 45-50 minutes until liquid is absorbed and rice is tender.
2. While rice is cooking, prepare vegetables as directed and set aside.
3. Combine rice vinegar, wasabi paste, and rapadura in a small bowl, stirring until sweetener and wasabi dissolve. Fold mixture into the warm cooked rice. Allow rice to cool by spreading it out on sheet pan.
4. Place one sheet of nori on the counter. Dampen hands with water. Pat a thin layer of rice onto the nori, about ¼" thick leaving ¼" plain nori border around the 4 edges. Layer the carrot, avocado, daikon sprouts, and pickled ginger and roll.
5. Cut off the very ends of the rolls and then cut each roll into 8 pieces. You want them to be bite-size sushi rolls.

Servings: 30

Yield: about 60 rolls

Flax Truffles

- 1/3 cup honey -- or agave nectar
- 1/4 cup almond butter
- 2 tablespoons coconut oil
- 1 cup oats
- 1/3 cup oat bran
- 1/4 cup flax seed -- slightly ground if desired
- 1/2 cup coconut flakes
- 1/2 cup raisins -- or one kind of dried fruit or a mixture such as; apricots, cherries, cranberries, blueberries, etc.

1. In a large sauce pan, melt honey, almond butter, and coconut oil. Turn off the heat.
2. Stir in the remaining ingredients.
3. Using a small ice cream scoop, scoop out mixture and roll into small truffles. Lay out on a sheet pan and refrigerate.

Servings: 20