Basic Marinara Sauce
Serves 4-6

Ingredients
- 32oz can of Whole Peeled Tomatoes- San Marzano style, organic is preferred
- 3 cloves of garlic
- ¼ cup Extra Virgin Olive Oil – California Ranch
- Red Pepper Flakes
- Kosher Salt
- Fresh ground black pepper
- 1 lb of high quality durum wheat spaghetti (Rustichella is easy to find and a great one)
- Basil Leaves from 4-5 stems

Equipment
- 8 qt heavy bottom pot
- Cutting board
- Chef’s knife
- Pepper Mill with black pepper
- Large cooking spoon- wooden or otherwise
- Small bowls for mise en place
- Can Opener

Method:
Crush garlic with side of knife; remove skin and chop roughly, place into a small bowl. Tear basil leaves into medium size pieces- put in a small bowl. Open the can of tomatoes, remove tomatoes from liquid and crush with hands, set the crushed tomatoes in the bowl, pour the juice from the tomatoes into the bowl, add 1 cup of water to the can and ‘rinse’ the tomato can into the bowl. Heat skillet over medium flame, add olive oil and crushed garlic, stir often, cook until garlic is soft and fragrant, but not browned. (If the garlic browns or burns, dump it out and start over.) Add a pinch of salt, a pinch of chili flakes and a few turns of the pepper mill. Add the tomatoes in their juice, turn heat to high and cook until reduced by about half-15-20 mins. Add about half of the basil, stir well, taste the sauce and adjust- more salt, more chili flakes, more pepper as needed. At this point, you have basic marinara sauce.

Things you can do with Basic Marinara:
Serve over Pasta
Use to simmer eggs for breakfast or dinner
As a base to cook seafood or fish
A topping for polenta
Sardine & Avocado Sandwiches

Ingredients
- 1 can of whole or filet sardines packed in oil
- 1 clove of garlic (optional)
- ¼ cup Extra Virgin Olive Oil – California Ranch
- Red Pepper Flakes
- Kosher Salt
- Fresh ground black pepper
- Two slices of good whole grain bread
- 1 avocado
- ½ head of fennel shaved or pickled onions (optional)
- ½ fresh lemon

Equipment
- Toaster or broiler
- Cutting board
- Chef’s knife
- Pepper Mill with black pepper
- Butter knife for spreading
- Japanese Mandolin for shaving the fennel (optional but a handy tool to have, find at Daiso)
- Can Opener

Method:
Toast bread in your toaster or with your broiler until golden brown, peel your garlic clove and lightly rub it on one side of the bread. Cut your avocado in half, remove the pit, scoop each half of the avocado onto each side of bread and mush and spread it across the bread. Sprinkle lightly with salt and fresh ground pepper. Open the sardine can, drain off the oil, place the sardines on the avocado and top with shaved fennel or pickled onions, or both. Give another squeeze of lemon juice, close the sandwich and enjoy.

- Matiz (the lemon packed variety is particularly mild) or Wild Planet are great brands
- I also enjoy this sandwich with anchovies, Albacore tuna or canned wild salmon
- This is also a great appetizer for a party or a healthy snack on seeded crackers
Mung Bean & Spinach Dal with Tomatoes

Ingredients
- 1 bag of triple washed spinach
- 1 cup split mung dal
- 4 cups water
- 1T crushed, finely chopped garlic
- 1tsp minced ginger (A micro plane or fine grater works well for this)
- Approx. 2 tsp salt (TT)

For the Tadka (seasoning paste)
- 1 T vegetable or coconut oil
- 1 tsp cumin seeds whole
- 1 tsp cayenne pepper
- 1 cup small dice onions (look for precuts)
- 3 ripe medium sized red tomato (not heirloom) or 1 small 8oz can of whole tomatoes, drained of liquid and chopped

Equipment
- 8 qt pot
- Cutting board
- Chef’s knife
- Frying or Sauté pan for the ‘tadka’
- Micro plane for mincing garlic & ginger (optional but a handy tool to have)
- Wooden Spoon or Kitchen spoon for stirring
- Can Opener (if using canned tomatoes)

Method:
- In your 8qt pot, add water and dal, bring to a boil, add the salt, ginger and garlic. Meanwhile, heat the oil in your frying pan, when it is hot, add cumin seeds and fry for about 15secs- don’t let them burn! Add your onions and cayenne pepper, cook over medium heat until the onions are soft and fragrant, stir often to prevent burning. Add the tomatoes and simmer for about 5mins. Check the dal to be sure it is tender and cooked through, when it is, add the tomato onion mixture to the pot of dal, stir well, add the spinach and simmer all together for 5mins. Season to taste with more salt or cayenne as needed.
- Serves 6
- This will be a soupy dish, best served with Red, Brown or Basmati Rice.
- You can cook it longer to make it thicker or add more liquid if you prefer it thinner
Vegetable Crudité with Sesame Miso Dip

Ingredients

- Assorted raw or blanched vegetables
  - Carrots
  - Cucumber
  - Jicama
  - Radish
  - Broccoli and/or Cauliflower
  - Ripe cherry tomatoes
  - Asparagus in season
  - Boiled potatoes
  - Kale or chard leaves
  - Romaine Leaves or Little Gem Lettuce

- 1 cup Tahini (White Sesame Paste)
- ¼ cup Extra Virgin Olive Oil – California Ranch
- ¼ cup water
- ¼ cup white or country miso (not sweet white miso, that will make it too sweet)
- Squeeze of fresh lemon juice
- Tiny pinch of salt
- Toasted Sesame seeds for garnish (optional)

Equipment

- Mixing Bowl
- Whisk

Method:

- Combine all ingredients, except lemon and salt, in bowl and mix well. You may need to add more water if the mixture looks grainy, is hard to stir or seizes up. Once the desired texture is achieved, taste and add salt and lemon as needed. Remember the miso paste is salty, so be sure to taste it first.
Turmeric Honey Tea

**Ingredients**

- 1 large piece of fresh Turmeric- found in Asian specialty shops near the ginger and sometimes at Whole Foods (you can use approx. 1 T ground turmeric if fresh is unavailable)
- 1 small finger of fresh ginger
- 1 qt water
- 1 lemon
- 3-6 Tbs honey or To Taste

**Equipment**

- 8 qt pot
- Cutting board
- Chef’s knife

**Method:**

- Smash the turmeric and ginger on the cutting board (be sure to use a different board than the one you use to chop garlic and onions!). Place the Turmeric and Ginger in your pot, add the water, bring to a simmer and cook for around 5-10mins. Turn off the heat, add the honey and lemon juice to taste and enjoy hot or cold. You can refresh this mixture with more water a few times before you will need to discard the ginger and turmeric.