

6-Course Holiday Menu

Hibiscus Pineapple Elixir

2 cups dried hibiscus 4 cups distilled water
1 whole pineapple (ripe)
Juice of 1 lemon
¼ inch ginger (more if you like a stronger taste)

Preparation

Juice ginger & pineapple(save the skin). Brew tea naturally – Place the hibiscus petals in a jar and add the water. **Let it sit overnight** in a warm area of the kitchen. The next day, strain the hibiscus tea and combine with pineapple juice and lemon juice.

Chill & enjoy 4 ounces before a meal to boost digestion!

Coconut Carrot Ginger Soup

Fresh coconut Milk (4 cups shredded dry coconut & 10 cups warm water -> blend/strain) 4 cups peeled sliced carrots
1 med. Yellow onion - sliced
4 – 5 large cloves of garlic – remove skins 2 heaping tablespoons freshly grated ginger – or more if you like 2TBSP sesame seed butter (tahini)
1 TBSP ground cumin
1 TBSP fresh turmeric
2 tsp salt (or to taste)
2 inches of fresh lemon grass

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1 cup raw diced carrot

Preparation

1. In a large soup pot, place onions, carrots, lemon grass, grated ginger, cumin, salt, turmeric, and garlic.
2. Pour just enough coconut milk to cover veggies and let simmer on low until tender 10 – 15 mins
3. Pour the mixture into the blender
4. Add sesame butter(tahini)
5. Blend until smooth – now is a good time to taste - adjust flavors if needed
6. Pour back into the soup pot. Add low heat
7. Pour the remaining coconut milk into the mixture.
8. Mix and simmer for 5 – 10 mins (stir occasionally to avoid burning).
9. Pour into a serving bowl (When consuming, add in some diced carrots for texture).
Enjoy!

Kale & Fennel Stuffed Lentil Pecan Loaf

¾ cup lentils - dry

¾ cup black rice - dry

1 cup pecan – dry

¼ cup beet pulp

6 tsp ground flaxseed

1 cup of your favorite BBQ sauce

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Prep/Night before:

Lentils: Soak lentils in pure water overnight. Rinse the next day – Add to the rinse lentils 2 tsp taco powder/1 tsp sage powder/ 4 cloves garlic- grated/ 1 tsp cumin/1/4 cup cilantro-stalks included/4 drops liquid smoke/salt to taste. Add ½ cup of water. Cover on a low heat to simmer. Stir occasionally. Do not overcook. The lentils need to be grainy. Once cooked, turn off the stove. Make sure the lentils are tasty and well-seasoned. Adjust flavors if needed.

Once cooked, add to food processor and pulse. Do not over pulse.... keep grainy

Rice: steam black rice with 1 tsp of each - salt/cumin/sage/liquid smoke (rice should be slightly grainy). **After you have steamed/cooked the rice, pulse in the food processor**

Pecan: Soak overnight. Rise in the morning and replace with fresh water. When ready to cook, drain water and place in a warm oven to dry out excess water/moisture. Once dry to the touch(doesn't have to be fully dry), **pulse in a food processor to break down to a crumble.**

Kale & Fennel Stuffing: Add ¼ cup water, carrots, kale, rosemary, fennel, and grated garlic to a pot. Cover the pot and let the veggies simmer on low heat. Don't overcook. The veggies should still be crunchy. Once cooked, stir in lemon juice and salt to taste.

Ingredients

- bunches of purple kale – stems removed/wash/Chiffonade about 6 – 8 cups ○
- 1/2 cup chopped fennel stalks(the white part) ○ cup diced carrots for kale ○
- cloves garlic for kale ○ 2 tablespoons fresh rosemary ○ ½ cup plain water

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Onions and Celery: in a skillet, sauté celery & red onion in a little water ○

1/2 cup diced red onion

○ 1 cup diced celery

Let's make the loaf

In a large mixing bowl, add & mix together lentils, beet pulp, rice, and pecans. Mix well - best to use hands.

Add sautéed onion and celery to the mixture – gently incorporate.

Add ground flax a little at a time/ just enough to get a sticky texture – mix in 2tsp @ a time.

Note: Taste - You may need to add/adjust spices – if needed (salt, sage, cilantro, cumin, liquid smoke)

The loaf mixture should stick together when you squeeze it between your fingers.

Rolling the loaf

1. When ready, spread a generous piece of foil over your baking tray – enough to fold over the loaf
2. Spread 2 sheets of parchment paper over the foil – enough to fold over the loaf
3. Turn on the oven at 350 F.
4. Spread the mixture evenly on the baking tray (9 by 11 inches), with 1 to 1 ½ inches thickness (you may not full the entire tray/that is okay.
5. Lightly coat the loaf mixture with **your favorite BBQ sauce**
6. Add the sautéed/steamed Kale(drain any excess liquid from the kale). Spread evenly over the loaf mixture.
7. Now roll the loaf tightly into a log. Coat the log lightly with BBQ sauce.

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8. Fold/wrap the loaf with the parchment paper, then fold over with the foil tightly
9. Bake in the oven for 30 – 45 mins.
10. Remove from the oven
11. Open foil and parchment paper.
12. Coat with BBQ sauce and bake open in the oven for 15 more mins.
13. Let cool before slicing.

Roasted Cauliflower Mash

1 large head of cauliflower/remove green

Leaves.

1 cup thick nut milk

1 cup dry almonds

½ cup dry Brazil nuts

1 cup dry mac or pine nuts (or mac or cashews)

6 cloves garlic

¼ cup lemon juice

1tsp salt

½ cup diced sauteed celery

½ cup diced sauteed yellow onion

¼ cup chopped parsley

1tsp onion powder

1 tsp garlic powder

Preparation

1. *Roast Cauliflower and 4 cloves of garlic in a Dutch oven pot or other roast pot 25 – 30 mins – nice golden brown top. Remove from oven and let cool.*
2. ***Soak all almonds and Brazil nuts overnight** – double the measurement of the nuts for the soaking water. Next morning, throw the water away, rinse, and add fresh*

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3. *water for soaking. Soak pine nuts now. Before food prep: throw out water/rinse and set aside nuts*

Nut Cream: *In a food processor, add lemon juice, salt, 2 cloves garlic, and soaked nuts. process until creamy. Add nut milk a little at a time to get a thick & creamy texture.*

Do not add too much water - The mixture must be thick and creamy.

4. *Remove most of the cream into a bowl – leave like 1 cup of cream in the food processor.*
5. *Chop cauliflower into smaller pieces.*
6. *Add roasted garlic and cauliflower to the food processor with the nut cream.*
7. *Process until nice and creamy(add additional nut cream if needed).*
8. *Remove creamy cauliflower from food processor and add to a baking bowl.*
9. *Whisk in onion powder, garlic powder (optional), ½ cup sauteed yellow onion, and ½ cup sautéed celery.*
10. *Taste – adjust flavors if needed*
11. *Bake for 15 mins in the oven - 350 degrees*
12. *Top with fresh parsley when removed from the oven*

Sweet Potato Rosemary Dinner Rolls

¾ cups warm nut milk

3 tsp active yeast

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¾ cups sweet potato puree (I steamed my potatoes to avoid excess liquid)

2 TBSP oil – I used coconut oil

3 cups of einkorn flour (2 cups all-purpose & 1 cup whole wheat) 1 tsp

salt

2 TBSP dried Rosemary

2 tbsp oil for brushing rolls

Preparation

1. *Mix yeast in warm milk – let sit for 5 - 10 min in a warm area of the kitchen*
2. *Place the mixture in a mixing bowl Add cooled sweet potato puree to the milk and yeast mixture – blend well.*
3. *Add ½ cup whole wheat flour to the mixture. Mix well – remove any lumps*
4. *Cover and set aside for 40 mins.*
5. *Add oil, 1 and ½ cups all-purpose flour to the mixture – Fold in well with a spatula*
6. *Add the remaining flour a little at a time.*
7. *Use your hands to shape the dough into a roll – it will still feel a bit sticky – that is okay.*
8. *Cover and set aside to rise – 1 hr. or more.*
9. *Flour the surface area and scrape dough onto the floured surface*
10. *Cut the dough into 10 equal parts*
11. *Form into individual rolls with hands. May need to flour hands*
12. *Place in a greased/parchment paper lined 10 or 12 inch cast iron pan (baking trays may dry out the bottom of the bread before they are finished baking).*
13. *Brush the top of the rolls with oil*
14. *Cover and set aside rolls for 30 mins or until it doubles in size.*
15. *Pre-heat the oven at 285 degrees F Bake for 20 – 25mins.*
16. *After baking, brush with oil.*
17. *Enjoy!*

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Upside Down Apple Cranberry Cake – No Bake

You will need for the apple/cranberry layer:

- 10 Sweet Apples – remove Core
- 1 cup Fresh whole cranberries – sliced ¼ cup whole cranberries - frozen (try to get the deep red ones.) 1 tsp ginger
- 1 tsp lemon zest
- 2 tsp orange zest
- 1 tsp pwd vanilla (2 tsp liquid)
- Juice of 1 lemon
- Juice of 1 orange
- 4 Tablespoon Maple syrup

Nut Filling layer:

- 5 cups dry pecans – soak overnight/rinse in the morning and add fresh water until ready for use. Remove from water/dry in a warm oven to remove excess moisture when ready to use. 14 dates – pit removed
- Pinch salt
- 2 tsp chia
- 1 tsp orange zest
- 1 tsp ginger zest
- 2 tsp Vanilla bean powder
- 3 tablespoon coconut oil – cold press

Preparation

1. Cut apples in half. Hand-slice them very thin. Add to a bowl. Add sliced cranberries.
2. Season apple/cranberries with maple syrup/vanilla/ginger/lemon zest/orange zest/ juice of lemon & oranges

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3. Gently mix together with hands to coat all the apple slices

Set aside to marinate – Adjust flavors if needed after marinating

4. In a food processor, add pecans, chia, dates, salt, all the zests, vanilla, and coconut oil.
5. Pulse until the mixture has a crumbled texture and somewhat sticky when squeezed.

Assembly:

1. Remove the ¼ cup frozen berries from the freezer – let the berries thaw slightly so you can slice them into halves
2. Grease and line with parchment paper the bottom of an 8 or 9-inch spring form pan
3. Sprinkle the berries on the bottom of the pan
4. Separate your apple mixture into 3 equal parts
5. 1st layer of apples. Ensure that you place the skin side of the apple slices towards the outer edges around the pan
6. Ensure that you have at least 6 cups of the nut mixture
7. Add 2 cups of the nut mixture evenly over the apple layer
8. Press down on the nut layer so that it is compact and has no spaces
9. Alternate until you are finished – 3 apple layers & 3 nut layers.
10. End with nut layer – the nut layer should be level with the top of the pan
11. Place pan in the fridge to set overnight
12. When ready, place a flat plate over the top of the spring form pan.
13. Flip the pan with the plate
14. Let the pan remain upside down on the plate for about 10-15 mins 15. Gently remove the springform pan and parchment paper - slice and enjoy!

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Chef Natalie Palmer

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Contact me to register for the “Zoom In Your Kitchen Program**” provides
1 : 1 guidance for making these dishes for the holidays**

Donations can be made via:

Cash App – Use your camera to scan the QR Code



Zelle: Natalie Palmer or 732- 890-6372

Thank You! & God Bless!

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