

## Pine nut ricotta

- 1 c cashews soaked 10–12 hours
- 1 c pine nuts
- 2 T flax or olive oil
- 2 T lemon juice
- 1 t sea salt
- 1 clove garlic
- 3 T water
- 2 T fresh chives minced
- 2 T sage, or oregano minced

In food processor, process all ingredients except the chives and sage until smooth. Hand-mix in the minced chives and sage. Serve as a layer in lasagna, or top crostini with this as a spread.

## Shaved fennel salad

Sour Apple, Thyme, Jalapeno, Lemon Oil  
Serves 4

- 1 ½ c fennel bulb shaved thin
- 1 ½ c sour green apple shaved into thin batons
- 1 c baby arugula

- 1T fresh lemon zest
- 3–4 T lemon oil (see recipe)
- 1 T thyme, fresh and minced
- 1T red jalapeno seeded and finely minced
- 1 t sea salt, fine

Fresh cracked black pepper to taste

Using a mandolin, slice the fennel bulb and apple into paper thin strips

To ensure the crispness of this salad, right before serving in medium mixing bowl toss all ingredients gently.

A great variation can be by omitting the apples and adding tangerine or Clementine slices.

## Lemon oil

- ½ c fresh lemon juice
- ½ c organic high quality olive oil
- 1 clove garlic fine minced
- 1 t sea salt, fine
- 2 T lemon zest, fine

In small mixing bowl, whisk all ingredients well. Or pour all ingredients into glass jar with sealable lid and shake well. This will keep for 1 week in the refrigerator.

## Maine blueberry flan

Hazelnut Maple Cookie, Candied Citrus, Warm Yukon-Cinnamon Syrup  
Makes 6-8 flans

### Cookie (base)

- 1 ¼ c hazelnuts
- ½ c maple sugar, fine
- 1 t cinnamon
- 1 T coconut butter
- ½ t sea salt

In food processor, process all ingredients until finely minced and they have began to stick.

For service, on the plate you will serve the flan, using a hollow cylinder, press 2-3 Tablespoons of the mixture to form a round cookie base for the flan.

### Blueberry filling

- 3 c fresh blueberries
- 1 c young thai coconut meat (or ¾ cup cashews soaked)
- 3 T coconut butter
- 2 T agave
- ½ lemon juiced
- ½ t fresh nutmeg ground
- Pinch of sea salt

In high speed blender, blend all ingredients until smooth. Now using small flan cups, pour in 1 T agave in each cup coating the sides of the cup. Pour in blueberry mixture into each cup, filling to the top.

Place flan cups on tray and refrigerate overnight to set.

For service: when flan has set, using a toothpick, drag around the sides of each flan to allow to loosen up. Place hazelnut cookie in middle of each late, flip flan cup over onto cookie, and slowly lift, releasing the flan. Garnish with a drizzle of warm cinnamon syrup and candied citrus.



## Organic mulled wine

(created by Joe McCanta; organic mixologist, bar consultant for rawchef and organic sommelier for the LifeCo international; visit [www.pursip.com](http://www.pursip.com) for more information)

- 1 bottle of high quality organic red wine (I find Argentinian Malbec works best).
- 2 tbsps whole clove
- 2 cinnamon sticks
- 1 whole nutmeg roughly chopped
- 1 tsp allspice
- 3 oranges
- 3 lemons
- 1 lime

- 250ml of Cointreau or organic orange liqueur
- 2 cups organic demerara sugar

Chop up all the fruit into wheels and remove as many of the seeds as is possible. In a large (preferably glass) container cover all the fruit with Cointreau and the sugar and stir until sugar coats all the fruit. Let it stand for about 4 hours while stirring occasionally.

In the meantime combine all the spices into a spice bag or cheesecloth.

Add the wine and spice bags to the fruit and transfer to the refrigerator. Let stand for 2-4 days stirring a couple times each day. Then strain all fruit/spices and transfer to a soup pot. Place on the stove and heat over medium heat for about 20 min. Serve warm or hot and top with some freshly ground nutmeg.

