

Local Foods Demo, with Chef Laura Moore, of The Good For You Gourmet



Braised Local Greens

with Brown Rice, Garlic & Lime Flax oil dressing,
and Sesame Hemp Gomasio

Saturday, February 18th, 12:30 PM (vegetarian & gluten-free)
Quick & tasty way to use local greens, wholesome & delicious.
All ingredients available at Lifestyle Markets: *try this at home!*

Braised Local Greens

Blanche & drain:

2 bunches Lacinato Kale, de-stem & chop **1 Head Broccoli**, trim & chop
1 bunch Other Greens, de-stem & chop

Saute until golden:

1 Tbs. Sesame Oil **1 Onion**, cut into half moons **1 fat Garlic Bulb**, minced

Then ADD blanched greens, stir to heat through. Remove from heat: stir in dressing,
and serve with timbale of cooked rice or other grains, or side of soba noodles.

Garlic & Lime Flax Oil Dressing

Whisk together:

1/2 cup Flax oil **1/4 cup WF Tamari** **Juice of 1 Lemon OR Lime**

Short Grain Brown Rice

2 cups Short Grain Brown Rice, soak overnight & drain **3 cups Vegetable Broth**
Bring to a simmer in medium pot: cover, lower heat to cook 30 minutes, remove from
heat and let stand covered for 10 minutes. To serve, pack into timbale: invert on plate,
serve with greens & gomasio. Garnish with arame if desired.

Sesame & Hemp Heart Gomasio

Roast sesame seeds & hemp hearts together in a dry pan over medium-low heat:

1 cup Brown/Black Sesame Seeds **1/2 cup Hemp Hearts** **3-4 tsp Sea Salt**

Remove from heat, let cool: **ADD Sea Salt**, and grind together with mortar & pestle
until coarse & granular. **For use as a condiment with cooked grains, especially with Asian foods.*

Today's demo facilitated by whole foods Chef Laura Moore, of the Good For You Gourmet. For more information about GFYG personal chef and catering services, visit our website: www.gfyg.ca All ingredients for today's demo graciously supplied by Lifestyle Market, a great source for local whole foods ingredients.