

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](http://www.gfyg.ca) All ingredients for today's demo graciously supplied by Lifestyle Market, a great source for local whole foods ingredients.