

Recipes from Sunday Supper on July 30, 2023

Head Chef Susan Hyne (unit 57)

Blueberry Soup

Makes 3 cups

- 1/2 c. pineapple juice concentrate
 - 2/3 c. water
 - 1 t lemon juice
 - 1 t vanilla extract
 - 3 c. blueberries
1. Combine pineapple and lemon juices, water and blueberries in blender.
 2. Puree until desired consistency.
 3. Stir in vanilla extract.
 4. Refrigerate at least 1 hour before serving.

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Chickpea, Quinoa, and Parsley Salad with Lemon and Tahini

8 servings

- 1 c chickpeas, dry (or sprout 1/3 c chickpeas)
 - 1 c quinoa (uncooked, rinsed)
 - 2 c water
 - 1/2 c fresh parsley, chopped
 - 2 shallots (chopped)
 - 2 cloves garlic (minced)
 - 1/2 c lemon juice
 - 1/4 c tahini
 - 2 T olive oil
 - sea salt
 - black pepper
1. Place the dry chickpeas in a saucepan, and cover with several inches of water. Combine the quinoa with 1 cup of water in a small saucepan. Set both aside to soak overnight.
 2. The following day, pour the soaking water off of the chickpeas, and fill with fresh water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until the chickpeas are tender, about 1 hour. Drain and set aside.
 3. Meanwhile, bring the quinoa to a boil over high heat in its soaking water. Reduce heat to low, and simmer until tender, about 10 minutes; set aside.
 4. Combine the drained chickpeas and quinoa in a mixing bowl with the parsley; set aside.
 5. In a separate bowl, whisk together the shallot, garlic, lemon juice, tahini, and olive oil. Season to taste with sea salt and pepper.
 6. Pour the dressing over the chickpea mixture, and stir gently before serving.

Life-Changing Crackers

- 1 c sunflower seeds
 - 1/2 c flax seeds
 - 1/3 c pumpkin seeds
 - 1/4 c sesame seeds
 - 1 1/2 c rolled oats
 - 2 t chia seeds
 - 3 t psyllium husk powder
 - 1 1/2 t salt
 - 1 t maple syrup
 - 3 t coconut oil or ghee
 - 1 1/2 c water
1. In a large bowl combine all dry ingredients. Whisk maple syrup, oil and water together in a measuring cup. Add to the dry ingredients and mix very well until everything is completely soaked and dough is very thick (if too thick to stir, add one or two teaspoons of water until the dough is manageable).
 2. Divide dough into three. Gather one part into a ball and place it between two sheets of baking paper. Using a rolling pin, firmly roll out into a thin sheet. Remove top layer of baking paper and using the tip of a knife, score the dough into shapes you like. Repeat with remaining sections of dough. Cover and let sit out on the counter for at least 2 hours, or all day or overnight.
 3. Preheat oven to 350°F. Using the baking paper, slide the dough onto a cookie sheet and bake for 20 minutes. Remove cookie sheet from oven, flip the whole cracker over (if it breaks a bit, don't worry!) and peel the baking paper off the back. Return to oven to bake for another 10 minutes, until fully dry, crisp, and golden around the edges.
 4. Let cool completely, then break crackers along their scored lines and store in an airtight container for up to 3 weeks.

Deviled Duck Eggs

- 4 duck eggs, hard-boiled
 - 1 dill pickle
 - 1/4 cup mayonnaise
 - 1 teaspoon Dijon mustard
 - 1 tablespoon lemon juice fresh, or substitute with pickle juice
 - salt to taste
 - pepper to taste
 - 1 tablespoon red bell pepper diced fine
 - Paprika to garnish
1. Start by carefully slicing your hard-boiled eggs in half, followed by spooning out the yolks into a separate bowl, taking care not to break the whites; set the whites aside for later use.
 2. Next finely chop the pickle, reserving a bit for garnishing before throwing the rest in a mixing bowl. In your mixing bowl, add the mayonnaise, Dijon mustard, lemon juice (or pickle juice) and egg yolks, mixing well with a fork.
 3. Season with salt and pepper to desired taste before using a small spoon to transfer the egg yolk mixture back into the egg white halves. Garnish with your pickle garnish, red bell pepper bits, and a sprinkle of paprika before storing in an airtight container in the refrigerator for up to 2 days if not serving immediately.

Carrot and Parsley Salad

- 3 1/2 c. grated carrots
- 1 bunch parsley, finely chopped (about 2 c.)
- 1 garlic clove, minced
- 3 T. fresh lemon juice
- 1/4 c. vegetable oil
- 1/2 t. salt
- Plenty of freshly ground black pepper, to taste

1. Combine the ingredients and toss well.

Cucumber Onion Marinated Salad

- 3 cucumbers
- 1-2 green onions, thinly sliced
- 1 T fresh dill (dried 2 T)
- 1/4 c cider vinegar
- 1/4 c white vinegar
- 1 1/2 T sugar
- 3 T salt

1. Thinly slice cucumbers.
2. Place cucumber in a large bowl adding salt throughout the cucumbers.
3. Place a plate over the cucumbers to add weight. This step is to withdraw as much extra water as possible. Cover for 1 hour.
4. Mix vinegars, sugar and dill, taste, making adjustments for that tangy taste.
5. Empty excess water from cucumbers and add shallots, onions, and vinegar dressing.
6. Ideally let sit for another hour.