

Chef Elaina Love



FLAVORS OF CHINA



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CHINESE RICE WITH TENDER VEGETABLES

Serves 6

½ pound wild rice soaked 48 hours (although this rice is roasted in the harvesting process, my body seems to do really well with this as the starches are not activated like they are when cooked. This rice acts as a broom in the intestines.)

½ head green cabbage,

1 red onion

3 large cloves garlic, chopped

3 Tbsp. grated ginger root

1 julienned and chopped red bell pepper

2 heads broccoli cut into small florets, stems peeled and shredded

2 carrots, shredded

1 bunch cilantro, de-stemmed and chopped

1 bunch flat leaf parsley, chopped

10 oz. frozen or fresh peas (snow, English or sugar snap)

½ cup lemon juice

¾ cup olive oil

¾ cup sesame oil

zest and juice of 1 orange

¼ cup wheat free tamari

1 ½ tsp. Celtic sea salt

¼ tsp. Ground Habanero powder (dehydrate peppers and grind in spice grinder) or ½ tsp. Cayenne pepper

1. Take the dry wild rice and puree in a food processor to make it very small bits. This will help it absorb the water more quickly and remove some of the black color. Cover with double the amount of water and let soak for 2 days rinsing daily.
2. Pulse the cabbage, onion, garlic and ginger in a food processor until minced.
3. Mix all ingredients together and allow to set 2 or more hours to let flavors meld.
4. This dish will keep for 1 week.

LO MEIN

Serves 6

- 1 celery root, peeled and spiralized into angel hair sized noodles**
- 2 bags kelp noodles (www.kelpnoodles.com)**
- 1 red bell pepper, julienned**
- 15 crimini mushrooms, sliced and marinated**
- 4 tsp. wheat free tamari and 1 Tbs. lemon juice to marinade mushrooms in**
- 1 stalk thinly sliced celery**
- 20 snow peas cut in ½**
- 2 tsp. grated ginger**
- 3 green onions, thinly sliced**
- 3 cups thinly sliced green cabbage**
- 1/8 red onion, sliced and marinated in 1 tsp. tamari**
- 2 Tbs. Apple cider vinegar**
- ¼ c. sesame oil**
- 1 tsp. Braggs seasoning sprinkle**
- 1 tsp. Himalayan salt crystals**
- 1 Tbs. agave nectar or honey**
- 1 tsp. onion powder**
- 1 tsp. garlic powder**
- 1/16 tsp. black pepper**
- ¼ tsp. kelp powder**
- 1 tsp. psyllium husk powder as a thickening agent**

1. Rinse the kelp noodles well and chop them with the celery root noodles into smaller sized noodles.
2. Marinate the mushrooms while preparing the other vegetables.
3. Squeeze the mushrooms well with your hands to create a cooked effect
4. Mix everything together in a bowl including the mushroom marinade and let sit for 20 or so minutes before serving. You can also place the dish in a dehydrator at 105 degrees for 20 minutes.
5. Serve and enjoy!
6. Lasts 4-5 days refrigerated

POT STICKERS (GYOZA)

Wrap #1:

- 2 medium parsnips, peeled and chopped**
- 4 cups yellow zucchini or peeled green zucchini (about 2)**
- 2 medium avocados, chopped**
- 1 tsp. Celtic or Himalayan salt**
- 1 cup water**
- 2 Tbs. psyllium powder**

1. Blend everything together until smooth.
2. Add psyllium and blend again.
3. Pour 1 1/2 cup of batter onto a 16x16 inch teflex sheet. Spread evenly and place in the dehydrator for about 5-6 hours at 105 degrees.
4. When they are ready, the wraps will peel right off the teflex.
5. Cut into 3 inch rounds using a scissors or dumpling maker. You may need to dip the wraps in a bowl of water and let sit on a teflex sheet for a minute if they are too hard to fold. If they are flexible enough to fold, do not wet them, but you will need to moisten the edges with water to seal them well.

OR

WRAP #2:

- 1 1/2 cups young coconut meat (about 3 coconuts)**
- 1/3 cup plain water (not coconut water)**
- 1/4 scant tsp. high mineral salt**
- 1 tsp. psyllium husk powder**

1. Blend coconut water and salt until smooth.
2. Sprinkle in the psyllium while the blender is running and incorporate.
3. Spread the entire batter on a 14x14 dehydrator tray with drying sheet until evenly spread out to all 4 corners using an offset metal spatula for best results.
4. Let dry for about 6-8 hours at 105 degrees until the wrappers are quite firm but not so dry they crack.
5. If you get them too dry, you can always rub water on them and let them sit until softer.
6. Remove from the drying sheet and cut into circles using a dumpling maker or cookie cutter.

FILLING:

½ green cabbage
2 carrots
1 stalk celery, thinly sliced and chopped or 4 water chestnuts, chopped
1 tsp. grated ginger
1 clove crushed garlic
3 green onions, minced
3 Tbs. olive or raw sesame oil
1 tsp. toasted sesame oil or sesame chili oil
a pinch of chili flakes
¼ tsp. Himalayan salt crystals

1. Put the cabbage and the carrots through a champion juicer. Save the pulp (should be about 1 ³/₄ cups of loose pulp) and drink or discard the juice.
2. Mix the pulp in with the remaining ingredients and fill the wraps with about 1 tsp. of filling.
3. Fold the wrap in ½ and crimp the edged with your fingers or a dumpling maker.
4. Place in the dehydrator at 105 degrees for 1 hour and serve or store for up to 3 days in the refrigerator or freeze for up to 3 weeks.

DIP #1:

TRADITIONAL POT STICKER SAUCE

4 Tbs. wheat free tamari
2 tsp. chili sesame oil
1 Tbs. apple cider vinegar
1 tsp. grated ginger
1-2 tsp. minced green onion

Mix together using a whisk and serve in little soy sauce dishes alongside the potstickers.

Dip option #2

HOISIN DIPPING SAUCE

- 1 Tbs. wheat free tamari**
- 2 Tbs. almond and/or pumpkin seed butter**
- 1 Tbs. agave or honey**
- 2 tsp. apple cider vinegar**
- 1/8 tsp. garlic powder**
- 2 tsp. sesame oil**
- 1/4 tsp. chili sauce or chili oil**
- 1/8 tsp. cayenne pepper**

Blend until smooth. Put 1/2 tsp. inside each pot sticker or use it as a dipping sauce.

Dip option # 3

SWEET & SOUR DIPPING SAUCE

- 1/3 cup packed, pitted dates**
- 1/2 cup water**
- 3 Tbs apple cider vinegar***
- 2 Tbs tamari**
- 1/16 tsp cayenne**
- 3 Tbs olive or sesame oil**

1. Blend until smooth
2. Optional: Place in a dipping bowl and top with a pinch of whole sesame seeds and 1/2 chopped scallion

CHINESE BROCCOLI-OYSTER MUSHROOMS

3 Heads of broccoli, stemmed and cut into tiny florettes
¼ cup julienned or minced red onion (optional)
20 oyster mushrooms

MARINADE:

½ cup hemp or flax oil
2 Tbs. lemon juice or to taste
1 tsp Celtic sea salt or to taste
1 clove of garlic, crushed
1 tsp Thyme
1 tsp Oregano
•2 tsp Basil

- ♥ Put all the ingredients in a jar just big enough to squeeze it in, cover it and marinate it for 4-6 hours in a dehydrator.

DURIAN ICE CREAM

Serves 4-6

1 durian
optional: coconut water

1. Open the durian and remove fleshy pods.
2. Take the seeds out of the pods
3. Freeze on a cookie sheet for 2+ hours then place in a zip lock bag in the freezer.
4. Run through a food processor or champion juicer until smooth OR blend with just enough coconut water to make a soft serve consistency in a Vitamix.
5. Enjoy!

Durian should be eaten on an empty stomach for best digestion.