

## RECIPES FROM WISE TRADITIONS CONFERENCE 2021

**Pork Liver Pâté** serves 12 as an appetizer, 6-8 as an entrée

1 lb pork belly, ground  
1 pound veal or pork, ground  
1/2 lb pork liver, soaked in lemon juice and rinsed  
1/4 lb good quality bacon, separated with 1/2 minced  
1 clove garlic, minced  
6 black peppercorns, crushed  
8 juniper berries, crushed  
2 tsp salt  
1/2 tsp ground mace  
1/4 cup dry white wine  
2 Tb brandy

Thoroughly blend the meats (minus 4 whole slices of bacon) & liver, grinding together if possible. Add the seasonings & wine, combine well and, if possible, let stand for 1 hour for the flavors to penetrate the meat. Turn into a quart capacity terrine or heavy loaf pan. Cut the remaining bacon into thin strips and arrange it across the top of the loaf. Place in a baking pan filled with hot water and bake, at 320°, for about 1 1/4 hours. The loaf should come away from the sides of the pan when done; do not overcook!

Remove from the water bath, being careful not to lose any of the fat. Cover with a piece of parchment paper and weigh this down with something heavy, if possible (not absolutely necessary, but helpful). Allow to cool and serve cold, or room temperature.

The pâté may be kept for up to a week refrigerated, well wrapped and sealed with fat.

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**Chicken Liver Pâté** makes about 1 pint

By Hector Diaz

1 1/2 lbs chicken liver, soaked in lemon juice, rinsed, drained

1/2 cup rendered chicken fat, or part raw butter or lard if necessary  
1 large onion, chopped  
1/4 cup dry white wine  
2 bay leaves 1/4 tsp freshly ground black pepper  
1/2 dry thyme  
1 tsp salt

1. In a large skillet melt the fat(s) over medium heat. Add spices & onion (not salt), cook for 5 minutes.
  2. Add the livers and cook, stirring, until lightly browned, still slightly pink. Add the salt and wine, remove from heat and stir. The heat from within will complete the cooking of the livers, while the wine cools it down enough to not over cook.
  3. Cool the mixture, discard bay leaves.
  4. Grind the mixture twice or finely mix in food processor, using the finest knife of a food grinder. Pack into containers, cover, and chill overnight.
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### **Texas Organ Meat Chili** serves 10

1/4 cup olive oil  
2 lbs. ground beef & pork  
1 lb organ meat (heart, kidney, liver, etc.), soaked in lemon juice, rinsed, drained, ground  
1 cup beef broth  
2 cups beer (lager or ale)  
1 large onion, chopped  
4 cloves garlic, minced  
1 cup tomato purée  
1/4 cup chili powder  
1 T oregano  
1 T cumin  
2 tsp salt  
1/2 tsp black pepper, ground  
1/2 tsp cayenne pepper, ground

Sauté the onions, garlic and meats in the olive oil until meat is browned. Add all other ingredients and simmer on medium low for 1 1/2-2 hours. Serve with sour cream, grated cheddar cheese, chopped scallions, and tortilla chips.

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**Apple Kraut** makes about 1 quart

By **Maureen Diaz**

1 medium-sized head of red cabbage  
1 # Granny Smith apples  
1-2 Tb salt

Shred the cabbage and grate the apples into a large bowl. Add 1 Tb salt, work together with your hands, squishing and squeezing to bring out juices. Taste the brine to test for saltiness, add up to a second Tb. If needed. Pack into a quart-sized jar or crock, pressing down to release air pockets. Add a little filtered or spring water if needed, to provide about 1" of brine to top off. Cover with a lid loosely, or a fermentation air lock. Let sit at room temperature for 5-7 days, refrigerate.

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**Dilly Kraut** makes about 1 quart

By **Maureen Diaz**

1 medium-sized head of cabbage  
1 bunch fresh dill  
1-2 cloves of fresh garlic, smashed  
1-2 Tb salt

Shred the cabbage into a large bowl. Chop the aerial parts of dill and add this, along with the garlic and 1 Tb salt, to the bowl. Mix well, squishing and squeezing to produce brine. Taste and add another Tb of salt if needed. Pack into a quart-sized jar or crock, pressing down to release air pockets. Add a little filtered or spring water if needed, to provide about 1" of brine to top off.

Cover with a lid loosely, or a fermentation air lock. Let sit at room temperature for 5-7 days, refrigerate.

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### **3 Beet Honey Dijon Salad Dressing** makes about 1/2 pint

By **Maureen Diaz**

1/4 cup dijon mustard  
1/4 cup olive oil  
1/4 cup apple cider vinegar  
2 Tb honey  
1 T Doctor Cowan's Garden 3-Beet Powder  
1 clove garlic, minced  
1 tsp salt

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### **Coconut-Lemongrass Panna Cotta** serves 8

By Rosie Ueng

2 cups full-fat coconut milk  
1/3 cup coconut sugar or sweetener of choice  
2 stalks lemongrass, smashed with a rolling pin  
2 tsp gelatin  
1/4 cup cold water  
Grated zest & juice of 1 lemon

Soften the gelatin in the water for about 5 minutes until it "blooms". Add the other ingredients and simmer, slowly, until the gelatin is dissolved. Pour into individual serving dishes, or a 3-4 cup glass or stoneware container. Cover with plastic wrap and chill for at least an hour, until set.

## **Vanilla Panna Cotta** serves 8

By **Maureen Diaz**

4 cups cream, preferably raw  
1/4 cup maple syrup  
2 egg yolks, beaten  
4 tsp gelatin softened in 1/4 cup water  
1 Tb Vanilla extract

After softening the gelatin in the water, add the cream, egg yolk and maple syrup. Gently simmer until the gelatin is fully dissolved; add the vanilla off-heat. Pour into 6-8 individual serving dishes or 1 glass or ceramic dish, cover, and let chill for at least 1 hour, until set.

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## **Maple Flan** serves 12

By **Maureen Diaz**

1 3/4 cups dark maple syrup  
3 large eggs  
5 large egg yolks  
2 1/2 cups cream  
1/2 tsp salt

Bring 1 cup of the maple syrup to a boil in a heavy pan over medium heat, turn down and reduce to 2/3 cup. Cool until the foam is reduced, pour into an 8" round pan or ramekins to coat the bottom.

Gently whisk the remaining ingredients so as not to stir up foam. Pour into the baking dish or ramekins and gently place in a bain-de-mer in the center of a pre-warmed 325° oven for about 50-60 minutes, until the edges are set but the center still wobbly. Carefully remove from the water and cool, then refrigerate for at least 4 hours. Turn over onto a dessert plate or plates to serve.