

## **Recipes for 2019 Wise Traditions Conference**

### **Meatloaf or Meatballs** serves 8-10

2# ground beef (or half beef, half pork)  
1/2 cup powdered pork rinds  
1 medium yellow onion, chopped  
4 cloves garlic, minced  
2 eggs  
1/2 cup stock (preferably beef or pork)  
1/2 cup freshly-grated parmesan or Romano cheese  
2 tsp anchovy paste  
1 Tbsp each thyme & marjoram  
2 Tbsp soy sauce  
2 tsp minced capers  
1 tsp ground mustard

Sauce for the top: 2 cups tomato purée, 1/2 cup grated sharp cheese (Romano, cheddar, provolone), 2 tsp Dijon mustard, 1-2 Tbsp honey

Mix first 10 ingredients together, shape into a loaf, or meatballs. Cover with sauce; bake @ 375 for 40 minutes.

### **Chicken Liver Paté**

1/4 cup chicken fat  
1/4 cup lard and/or butter  
1 large onion, chopped  
1 1/2 # chicken livers, soaked in lemon juice and rinsed, drained  
2 Tbsp brandy or dry sherry  
2 tsp salt  
2 bay leaves  
1/4 tsp black pepper  
1/4 tsp thyme

Melt fat in a sauce pan, add the seasonings. Cook for 5 minutes. Add chicken livers and simmer until just browned, take off heat and add brandy or sherry, cool. Discard bay leaves. Grind mixture twice, cool overnight.

### **Glorified Caesar Salad Dressing**

2 cloves garlic, minced  
1 1/2 tsp fresh lemon juice, brine from sauerkraut or other ferment, or white wine vinegar  
1 1/2 tsp juice from kraut, pickles, or other fermented condiment  
8 anchovy fillets  
2 whole eggs (may add extra yolk)

3 Tbsp. freshly grated parmesan and/or Romano cheese  
1 Tbsp olive tapenade (opt.)  
1-2 tsp honey  
1 tsp Dijon mustard  
1 ripe avocado

1/2 cup sour cream  
1/4-1/2 cup quality olive oil or combination olive & sunflower oils

With an immersion blender or in a Vita Mix combine the anchovy fillets and lemon juice/ferment brine. Let rest for 5 minutes to neutralize “fishy-ness”. Add the rest of the ingredients except the oil, combine well. Add the olive oil in a slow stream while blending until the desired consistency and flavor is reached.

### **Lemon-Lime Tartlets** serves 10-12

Crust:

2 cups crispy almonds  
1 cup dates  
2 eggs  
1/4 cup melted butter or ghee

Filling:

1 cup fresh juice of lemons and/or limes  
Zest of 3-6 lemons and/or limes  
1 1/2 cup butter, in chunks  
3 cups coconut sap sugar  
6 large or 8 medium-sized eggs  
1/4 tsp salt

Clotted Cream:

1 cup heavy cream  
1/2 cup sour cream  
1-2 tbsp coconut sugar

To make the crust, process ingredients in a food processor to crumbs. Press into a tart pan, tartlet pan, or individual ramekins.

In a heavy pan or a water bath, combine well all but the butter of the filling ingredients with a whisk. Gently heat over medium heat, stirring constantly until set. Drop in the butter last, fold in. Divide between crust-lined dishes and chill.

Whip the clotted cream ingredients. When ready to serve, pipe or drop the clotted cream onto each tartlet. Embellish with a slice or tiny wedge of fig.

### **Traditional Wise Traditions Conference Cheesecake**

Process the following in a food processor to a fine crumb:

2 cups soaked & dried blanched almonds  
1 cup pitted dates  
2 eggs, lightly beaten  
1/4 cup soft ghee or butter

Press into a 1/2 sheet baking pan and bake crust in a 350 deg oven for 10 minutes, cool

1 cup whole milk  
1 Tbsp gelatin  
4 eggs, separated  
4 cups soft cream cheese  
1/2 cup honey  
1 Tbsp vanilla  
1 Tbsp. Fresh lemon juice

Soften the gelatin in the milk for 5 minutes, then gently warm to dissolve the gelatin. Add the remaining ingredients and blend well. Pour over the cooled crust and chill covered at least 4 hours until well set. Top with a dollop of fruit compote or organic jam, if available.

### **Carrot Salad about** servings

- 4 1/2 cups of shredded carrots
- 1/2 cup of golden raisins
- 3 ounces unsweetened pineapple tidbits or crushed pineapple, drained but reserve juices
- 1 1/4 cup of homemade mayonnaise, more or less
- 1/3 cup of shredded, unsweetened coconut, optional

Drain the pineapple and reserve juice. Mix together the carrots, raisins, pineapple, coconut. Add the mayonnaise and enough reserved pineapple juice to moisten and sweeten the mixture. Refrigerate for at least 3 hours.

### **Dried Fruit Compote**

2 quarts dried cherries  
5 cups dried mango, chopped  
14 medium apples, chunked  
7 cinnamon sticks  
~1 1/2 tsp ground nutmeg (to taste)  
3/4 cup maple syrup  
3/4 cup coconut sugar  
1 1/2 cups honey  
1 3/4 cups spiced rum  
3 gallons water  
1/2 tsp black pepper

2 tsp salt

Bring all to a boil, reduce to simmer. Cook down to sauce consistency, adding water as necessary, about 40 minutes. Cool, chill.

**Chicken Liver Pate**

1/4 cup chicken fat

1/4 cup lard and/or butter

1 large onion, chopped

1 1/2 # chicken livers, soaked in lemon juice and rinsed, drained

2 Tbsp brandy or dry sherry

2 tsp salt

2 bay leaves

1/4 tsp black pepper

1/4 tsp thyme

Melt fat in a sauce pan, add the seasonings. Cook for 5 minutes. Add chicken livers and simmer until browned, add brandy or sherry, cool. Discard bay leaves. Grind mixture twice, cool overnight.