

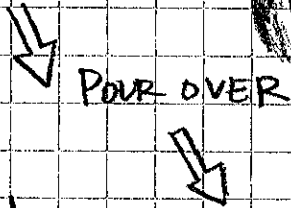
MIXED SALAD with ORANGE JALAPENO DRESSING!

by: Dietrich

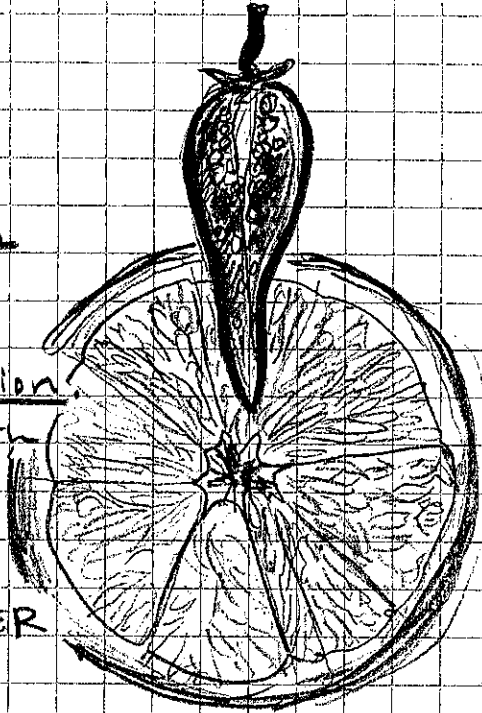
dressing:

- peel + section 2 oranges
- seed + mince 1/2 jalapeno
- add 1 T lemon/lime juice
- 1 t paprika
- 1/2 t salt

- (optional) 1/4 c thinly sliced onion
- Mix well. sweeten with honey if desired.



POUR OVER



a mixed salad!

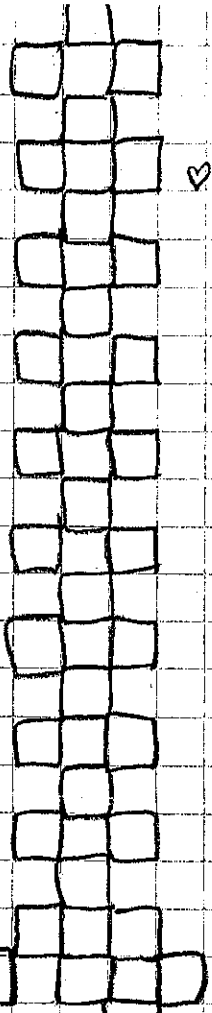
suggestions:

- lettuce
- spinach
- sliced sunchoke
- broccoli (steamed + chilled)
- cucumbers
- beets
- nuts (almonds, walnuts, sunflower seeds, etc...)
- apples

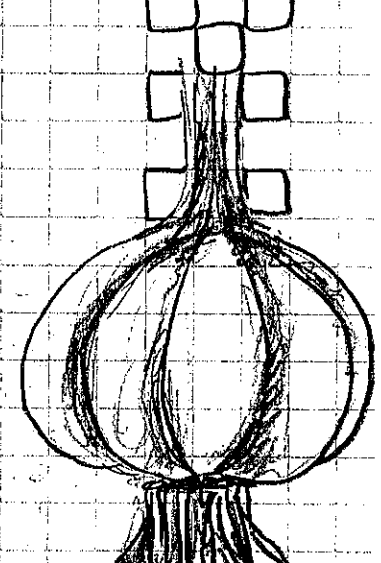
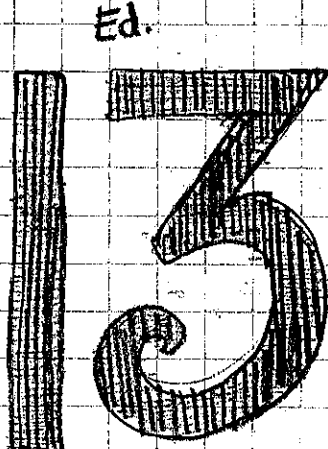
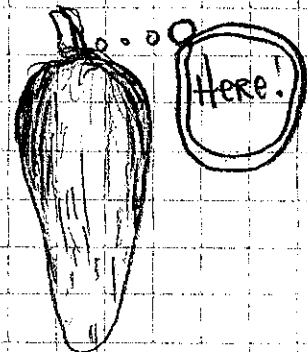
- Questions?
- Comments?
- Concerns!
- Suggestions?
- Quips?
- Quotes?
- Random phrases?

Contact Andrea

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Edible Alchemy Formulae



Chicago, IL

Fennel

"*Foeniculum vulgare*" ♡ ♡ ♡

→ 'Marathon' means "place of fennel" - the fabled battle supposedly took place on a field of fennel.

→ A primary ingredient of Absinthe.

Store: bulb in a bag in the fridge. fronds in a damp cloth.

Prepare: the bulb is a crisp hardy root vegetable. Sauté, stew, braise, grill, bake, or eat raw.

• the fronds can be chopped & used like dill - or made into a tea.

→ Has Vitamin A, Calcium, Potassium, + Iron.

→ Fennel relaxes the intestines & reduces digestive bloating. Good also for bronchial troubles, poor eyesight, & nervous conditions.

ROASTED FENNEL with Olive Oil & Balsamic

• Preheat oven to 400°F.

• Cut off stalks (use like celery!).

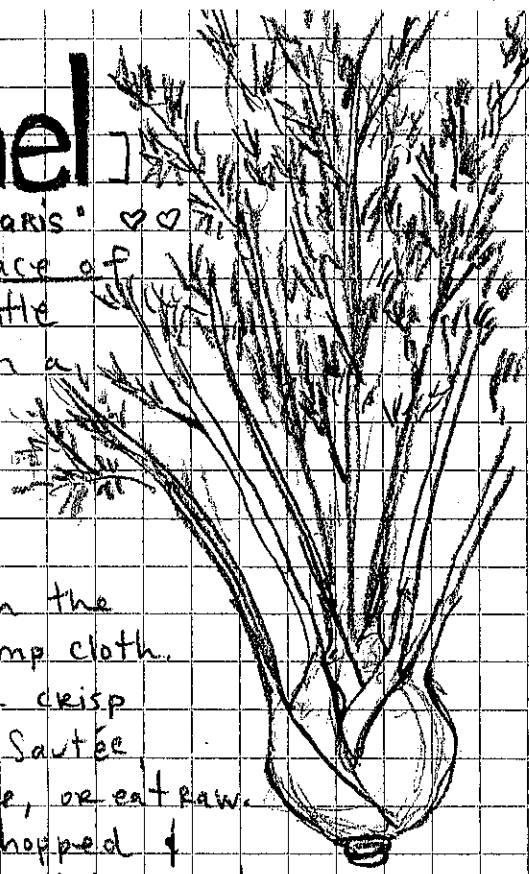
• Slice bulb, as desired.

• Rub with just enough olive oil to coat bulb.

Sprinkle on balsamic.

• Line baking dish with aluminum foil.

• Lay out fennel, roast 15-20 minutes, until cooked through & begins to caramelize.

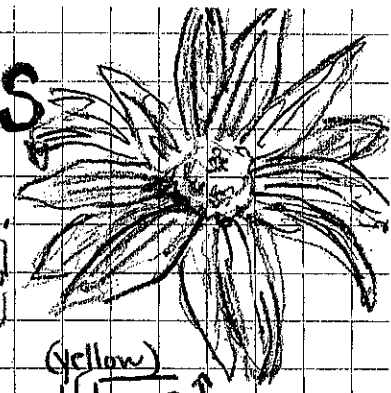


Sunchokes

"*Helianthus tuberosus*"

→ in the sunflower family.

aka Jerusalem Artichoke, sunroot, earth apple, or topinambur.



(yellow) flower ↑



root ↑

• a native US plant, it was first cultivated by the Native Americans. (neither from Jerusalem nor an artichoke)

• High in Iron + Niacin

• 'Starch free'. Contains INULIN, a sweet blood sugar regulator.

• The roots are eaten, & flowers lovely. ♡

• Mild, sweet, 'nut-like' flavor. Use like any other root vegetable (from potato to carrot!)

• Store in the fridge. Can soak in ice water to revive crispness.

• Prior to cooking, scrub dirt off! Peeling is optional.

• Prepare Raw (slaws + salads), sautéed, stir-fry, steam, or simmer. Bake whole 350°F for 30-40 minutes. Fry into chips.

Mashed sunchokes can thicken soups or be a side dish. Grate and fry into latkas.