

Almond Ginger Lime Dressing

Servings: about 1 cup of dressing

Preparation Time: 10 minutes

Cooking Time: n/a

Ingredients:

For the dressing:

¼ cup nut butter (almond, peanut or any other)

¼ cup tamari

¼ cup unpasteurized honey

Juice of 1 lime juice

2 tablespoons rice wine vinegar

1 tablespoon fresh ginger (minced)

1 teaspoon ground coriander

Use any salad ingredients you like, but this combo is very tasty:

¼ head red cabbage (small diced)

2 carrots (sliced)

1 green pepper (diced)

1 heaping cup bean sprouts

1 ½ cups or 1 can of chickpeas

About this recipe:

This delicious dressing is one of the favourites at our house. Inspired by a dinner at a friends' house, it is healthy and delicious and combined with the suggested salad mixture below is sure to deliver some smiles and warm tummies.



Photo taken by: Gregg Eligh

Variations:

- Make a double or triple batch of the dressing as it will keep in the fridge well

Method:

1. Mix all of the ingredients for the dressing and whisk together very well.
2. Toss with your desired salad veggies. Using the suggestion above, this salad will keep for many days in the fridge making it a perfect head start on your next meals!

Daikon Sesame Slaw

Servings: 4

Preparation Time: 25 minutes

Cooking Time: n/a

Ingredients:

- 1 cup carrot (shredded)
- 2 cups green cabbage (sliced very thin)
- 2 cups daikon (julienne)
- $\frac{3}{4}$ cup red onion (sliced very thin)
- $\frac{1}{2}$ cup E.V. olive oil
- 2 tablespoons sesame oil
- $\frac{1}{4}$ cup apple cider vinegar
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon fresh ground pepper
- $\frac{1}{4}$ cup sesame seeds (optional)
- $\frac{1}{2}$ cup sunflower seeds (optional)

About this recipe:

Slaws' are the best. Loads of veggies all in one shot. Big batch recipe will keep for a few days in the fridge.



Photo taken by: Gregg Eligh

Variations:

- You can make this a creamy slaw by adding in $\frac{1}{4}$ cup of mayonnaise.

Method:

1. The carrots can be shredded on the cheese grater. The cabbage and daikon can be sliced with a chef knife or a mandolin if you have one.
2. Also make sure to take your time and slice the kale as thin as possible. Kale is fibrous and tough, so slicing it thin is crucial to making it a pleasant texture.
3. Add the veggies to a large bowl along with everything else and toss until very well combined.
4. The salad can be served immediately, but if you let it marinate in the fridge for at least a few hours, preferably overnight, the vinegar will soften everything up a little. Hope you enjoy!

Upcoming Events with Chef Michael

***Lunch Lesson* Tapas and Paella @ Cook Culture**

Wednesday, May 14th from 12:00pm – 1:00pm

On the menu...

- Manchego Cheese and Serrano Ham Crepe Roll
- Chicken, Chorizo Paella

Fresh and Healthy Appy Dinner Party @ Cook Culture

Thursday, May 15th, 6:00pm – 9:00pm

On the menu...

- Buffalo Mozzarella on Chili Hazelnut Croustinis
- Mediterranean Stuffed Zucchini
- Baked Rosemary Eggplant and Goat Cheese Rolls
- Spicy Tofu and Marinated Cucumber Salad Rolls
- Steak Salad Cups with Avocado Salsa and Chorizo Mayo
- Coconut Chia Pudding with Chocolate and Strawberries

Fresh Spring Soups and Salad Rolls @ Cook Culture

Wednesday, May 21st, 6:00pm – 9:00pm

On the menu...

- Cream of Asparagus and Garlic with Spot Prawn Salad Rolls
- Roasted Mushroom, Leek and Chicken Soup with Yam Spring Rolls
- Soup of Coconut Red Curry Vegetables and Brown Basmati
- Indian Beef and Bean Stew with Baked Cauliflower Falafel



You can also hire me for private events!

- Private parties at Cook Culture
- Private lessons in your home (one-on-one or group)
- Special Event catering
- Lunch and learn functions at your office
- Speaking engagements at conferences or fairs etc.

Contact me at the email address below or call (250) 889-9779 if you would like to talk further regarding your special event. Like my facebook page if you want to be in the loop with all of my new recipes, cooking tips and events. Thank you for participating ☺

Contact : islandchefmw@gmail.com & facebook.com/chefmw