



Jessa's Birthday Menu

About 2 weeks ago I celebrated my 31st birthday. I love to cook, so on my day I decided to cook my own meal. [note from Ben: What? OK. Hooray.]

Now - our family has been 100% gluten-free for about two months now and even though I am a pretty good baker I wanted to keep our diet clean - even on my birthday. I also find it to be a fun challenge.

Another challenge I wanted to throw in there was cooking with a new ingredient. I picked Kohlrabi.

I had seen Kohlrabi in the super market and been wanting to try it out. Turns out it is much like a turnip. So I knew what to do with it right away. Roast it with some great seasoning!

Kohlrabi is very nutrient dense and very low in calories. I generally use Turnips in place of potatoes and you could do the same with Kohlrabi.

I also picked some other favorite ingredients. For example, arugula happens to be one of my favorite greens. It is from the dandelion and just like the dandelion it is packed full of vitamins and healing properties. The flavor you cannot beat. It has a spicy nutty flavor. If you are novice gardener, arugula is a great veggie to start with because it grows like a weed.

Salmon was the main dish and one that I cannot get enough of. Here in the Northwest, we have an abundance of Salmon. Plus salmon is full of great fat. For the glaze on the salmon, I chose to use coconut sugar rather than the traditional brown sugar. Coconut sugar really isn't much healthier than brown

sugar - it is just not as refined as brown sugar.

For the roasted salad there wasn't anything special, but roasting the veggies gives this salad a flavor to die for. The dressing is a snap: just olive oil, salt and pepper.

The dessert was my biggest challenge. We try to avoid non-cultured pasteurized dairy along with gluten. And I wanted to make a chocolate cream pie!

This is tough when you don't do dairy and gluten. For the crust, I decided to go with a raw vegan crust that I had been working on over the years. For the filling I went with a coconut milk pudding rather than a milk pudding. I had never made coconut milk pudding. So I made it up and it worked out beautifully!

Overall I was quite pleased with the out come and was happy to present my family with a meal that was clean and healthy but still celebratory.

Here are the recipes!

Jessa Greenfield

Kohlrabi fries with Arugula Yogurt Dipping Sauce

8 Kohlrabi trimmed of greens and peeled and cubed.

Seasoning

1 tsp cumin
1/2 tsp dry mustard
1/4 tsp paprika
salt and pepper to taste

Throw all the seasoning in a freezer bag. Place cubed Kohlrabi in bag and give a really good shake to coat the Kohlrabi.

Arugula Yogurt Dipping Sauce

1 cup packed Arugula
1 cup Greek yogurt
1 lemon juiced
salt and pepper to taste

Throw in a food processor. Chill for at least an hour.

Cedar Plank Dijon Glazed Salmon

1 filet of salmon
1 Tbl soft butter
2 Tbl of Dijon mustard
2 Tbl coconut sugar
½ tsp smoked paprika

Soak Cedar plank for 2 hours.

With your fingers rub butter all over the Salmon. Then rub the Dijon mustard on top of the filet. Sprinkle coconut sugar over the Dijon. Sprinkle the paprika over the coconut sugar. Salt and pepper the filet. Place Salmon on the pre soaked cedar plank. Heat grill to 350 degrees. Cook salmon for 15-20 min - or until you can flake the flesh with a fork.

Roasted Veggie Salad

Chopped Red Bell Pepper
Quartered zucchini
Onions cut in wedges

Skewer veggies and BBQ till tender.

2 cups of Arugula
3 cups of Spinach
1/2 cup Feta cheese
1/4 chopped walnuts (soaked and dehydrated preferably)

Toss Roasted veggies and all ingredients together in a bowl. Sprinkle the salad with olive oil and salt and pepper to taste.

Berry Coconut milk Chocolate Pudding Pie (Raw nut crust)

Filling

4 egg yolks
1 can of whole coconut milk
6 Tbl coco powder
1/8 tsp xanthan gum
2 Tbl maple syrup
pinch of salt

Start warming the coconut milk in a double boiler or on low heat. Whisk coco powder into the milk while heating. Do not boil the milk. Whisk egg yolks in a

separate bowl. When milk get fairly hot slowly add coconut milk mixture to the eggs. Continuously whisk eggs while pouring in coconut milk. The reason is you don't want to scramble the eggs. You want it to thicken. Now you combine the egg, coconut milk mixture to the coconut milk in the double boiler. Again you want to do this slowly while continually whisking so that the eggs do not cook too quickly. After about 5 min of cooking in the double boiler, add in the maple syrup and the xanthan gum. I like to sift my xanthan gum in because it can get lumpy if you don't. Cook for another 5 min. You will see it thicken quite quickly during these last 5 min. so stir continuously. Remove the pudding from the heat and let cool for 2 hours or more.

While the pudding is cooling you can make the crust for your pie.

Crust

1 cup pecans, soaked for 12 hours, drained and dehydrated for 12 hours
1 cup walnuts, soaked for 12 hours, drained and dehydrated for 12 hours
1/2 tsp. salt
1/4 pound organic dates, seeds removed
2 Tbl of coconut oil

Place all ingredients in a food processor and process until it begins to form a ball. Remove small amounts of piecrust. Press into a pie plate. Continue until entire pie plate is covered. Wrap in plastic until ready to fill. Chill crust.

Assembly of the pie

Take pie crust and fill the bottom with slice strawberries or any berries that you like or non at all. Then spoon chilled pudding over the berries. Give the pie a little jiggle to help the pudding settle into the berries. Chill pie over night.

When ready to serve dust the pie with cocoa powder.