



Sustainable Solano
NURTURING INITIATIVES FOR THE GOOD OF THE WHOLE

BE. LOVE. FARM.

Recipes – Cooking Class with Terces Engelhart of Be Love Farm April 30, 2021

Asian Rice Bowls with Sauce

Rice (brown or white)

Seasonal fresh vegetables (used today: golden beets, chard, carrots, onions, fresh snap peas)

About 2 garlic cloves

Sauce of choice (see below!)

Prepare rice per instructions, set aside.

Harvest or purchase, clean and chop fresh vegetables in season. Set aside.

Mince a little garlic.

In a skillet put some olive oil (Be Love Farm makes their own!)

Turn the skillet on to medium-high heat and saute the garlic.

Add the other vegetables and stir or toss as the vegetables cook. (Hard veggies need to be added first, followed by smaller/softer/leafier ones.)

You can always put a lid on them and turn the heat down for a little while.

Be careful when you take the lid off as condensation will have formed, turn the lid over when you lift it off.

When the vegetables are nearly done, add the rice, or if you prefer you can serve on top of the rice.

Stir occasionally.

Then add the sauce to finish and cook only enough to blend in the sauce.

Serve in a bowl.

Spicy Cashew Cheese Sauce

1/2 cup raw cashews (no need to soak them)

Water as needed

1 t. salt

fresh or dried chilies, to taste

1 small garlic clove

1 t. nutritional yeast

Put 1/2 cup raw cashews in a blender. Add water to cover. Add all remaining ingredients and blend until smooth.

Ginger Soy Sauce

1/2 cup soy sauce or tamari
1 clove garlic
1 piece fresh ginger (start with a small slice) or ginger powder
1 T. water

Put all ingredients in a blender and blend well.

Homemade Almond Milk

1 cup fresh, raw almonds (skin on)
Water, as needed
Pinch of salt
Vanilla extract, to taste (optional)

Soak the fresh, raw almonds overnight. When ready to make the almond milk, rinse them a couple of times then drain off the water.

Place almonds in a blender, add a pinch of salt and if you like vanilla, add a splash of vanilla extract. Cover with enough water to be three times above the almonds (about 3 cups).

Blend well.

Strain through a cheesecloth or mesh and chill.

The finished almond milk will keep for about 5 days in the refrigerator.

Enjoy!

**Buy local! Get produce for this recipe from Be Love Farm
and other small Solano County farms!**

Visit <http://sustainablesolano.org/local-food/> for resources and information.