

, COMFORT FOODS COOKING CLASS RECIPES
Wise Traditions Conference 2018

SESSION I

Meat Loaf (and Rissoles)
He-Man Sauce
Mashed Potatoes
Steamed Spinach
Potassium Broth
Spice Cookies

SESSION 2

Pork Hock Enchiladas
South-of-the-Border Salad (recipe included but not on video)
Fried Plantains in Honey Orange Sauce

SESSION 3

Southern Fried Chicken
Sweet Corn in Butter
Tomato Salad
Peach Ice Cream

SESSION 1 Recipes

MEAT LOAF

Serves 6-8

1 carrot, peeled and finely diced
1 small onion or large shallot, peeled and finely diced
2 tablespoons butter
1 teaspoon dried thyme or Italian seasoning
½ teaspoon red chili pepper flakes
2 pounds ground grass-fed beef
¾ cup grass-feed chicken livers
2 eggs
2 cups sourdough bread crumbs
1 cup cream
1 teaspoon pepper
2 teaspoons Red Boat fish sauce
1 7-ounce jar organic tomato paste

Sauté carrot and onion or shallot in butter until soft. Stir in thyme and red chili flakes. Allow to cool. Meanwhile add cream to bread crumbs, stir well and allow to soak for several minutes.

Place all ingredients except for tomato paste in a large bowl. Mix together well with your hands and form a loaf set in a rectangular Pyrex pan. Ice with tomato paste and add about ½ cup water to the pan. Bake at 350 degrees for about 1 hour.

VARIATION: Rissoles

Form the meat loaf mix into patties and fry about 8 minutes per side in a cast iron skillet

HE-MAN SAUCE

Makes 2 cups

1 cup natural ketchup (preferably fermented)
2 tablespoons Dijon mustard
2 tablespoons fresh lemon juice
6 tablespoons butter
4 tablespoons dry sherry
2 teaspoons Red Boat fish sauce
Dash Tabasco sauce
½ teaspoon sea salt
½ teaspoon freshly ground pepper

Place all ingredients in a Pyrex pitcher set in simmering water. Stir occasionally until butter is melted and sauce is warmed through

MASHED POTATOES

Serves 6-8

5-6 organic baking potatoes
½ cup (1 stick) butter
½ cup crème fraîche
1 teaspoon sea salt

Peel potatoes and place in the top of a two-part vegetable steamer. (Place skins in a pan, cover with water and bring to a simmer for potassium broth.) Cut butter into pieces and place in a large bowl. When potatoes are tender, dump into the butter. Mash with a potato masher. Add crème fraîche and salt and continue mashing. For very smooth mashed potatoes, finish with a handheld mixer. If necessary, thin with a little water or raw milk.

STEAMED SPINACH

Serves 6-8

1 11-ounce box organic baby spinach
½ cup water
¼ cup (1/2 stick) butter

Place spinach in a large pot with water. Steam over medium heat until spinach is completely wilted. Remove to a serving bowl using a slotted spoon. Mash out and drain all the juice with a potato masher (the juice can be added to the potassium broth). Cut up the spinach and mash and drain again. Place butter on top and keep warm until time to serve.

POTASSIUM BROTH

Makes 2 quarts

Peelings from 4 potatoes
2 quarts filtered water
Juice from cooked spinach (optional)

Place potato peels in a pot with water. Bring to a simmer and simmer for about ½ hour. Juice from cooked spinach may be added as well. Let cool, strain and serve in mugs.

ALMOND SPICE COOKIES (Gluten Free)

Makes 18-20

1 ½ cups crispy almonds
1 cup arrowroot powder
½ cup maple sugar
½ teaspoon sea salt
1 teaspoon vanilla
¼ teaspoon ground cloves
¼ teaspoon finely ground white pepper
¼ teaspoon ground cardamom
¼ teaspoon ground coriander
½ cup (1 stick) butter

Prepare two stainless steel cookie pans by greasing with a little butter and dusting with arrowroot powder

In a food processor, grind the almonds to a powder. Add the arrowroot, maple sugar, salt and spices and process until well blended. Cut the butter into slices and distribute over the mixture. Process until well blended.

Form the paste into balls and set on the prepared cookie pans. Flatten each slightly with a fork. Bake at 325 degrees for 20-30 minutes, until lightly browned. Remove from the oven and let cool before removing the cookies from the pan. Store in the refrigerator.

SESSION 2 Recipes

PORK HOCK ENCHILADAS

Serves 8-10

4 large pork hocks
Filtered water
1 onion, cut into quarters
2 bay leaves
1 tablespoon peppercorns
¼ cup red wine vinegar
Sea salt
About 24 corn tortillas
About ½ cup lard
2 quarts enchilada sauce
3 bunches green onions, ends removed and chopped (for garnish)
4 or more cups grated mild cheese (for garnish)

Place the pork hocks in a slow cooker along with onion, bay leaves, peppercorns and vinegar. Cover with filtered water. Cook overnight on low.

Ladle the broth through a strainer into Pyrex measuring pitchers and chill for later use. Add more water to the slow cooker and cook again on low, until the evening or even until the next day.

Remove the hocks and allow to cool. Ladle the broth through a strainer into Pyrex measuring pitchers and chill for later use. Remove the meat, fat and skin from the hocks and chop finely. Add sea salt to taste.

Heat lard in a cast iron skillet and place a tortilla in the lard. Almost immediately turn over and then transfer to a platter lined with a paper towel. (The tortillas should just be softened in the lard, not fried.) Repeat with remaining tortillas.

Grease two rectangular Pyrex pans with a little lard. Roll up each tortilla with some of the chopped hock meat. Place in the pans with the overlapped tortilla edges down. Spread about 3-4 cups enchilada sauce (reserving the remainder) over the enchiladas and bake at 300 degrees for about 20 minutes or until the sauce is bubbling.

Serve the enchiladas with the remaining warmed sauce, chopped onions and grated cheese for garnish.

ENCHILADA SAUCE

Makes about 3 quarts

½ cup lard
2 medium onions, peeled, quartered and sliced
8 ounces ground New Mexico red chile (Los Chileros brand)
1 teaspoon ground cumin
2 quarts homemade chicken or pork broth
2 cloves garlic, peeled and mashed
1 7-ounce jar organic tomato paste
¼ cup or more maple syrup
Sea salt to taste

Sauté the onions gently in the lard until golden (at least one hour). Stir in the ground red chile and cumin. Add the broth, stirring with a whisk. Add the remaining ingredients and simmer for 10-15 minutes. If the sauce is too thick, add a little more broth; if too thin, simmer until it thickens. For a completely smooth sauce, blend with a handheld blender.

SOUTH OF THE BORDER SALAD

Serves 6-8

2 heads organic romaine lettuce
2 carrots, peeled and grated
1 small red onion or large shallot, peeled, quartered and sliced
1 bunch cilantro, chopped
1 cup corn tortillas, thinly sliced and fried in lard
¾ cup South-of-the-Border salad dressing
2 cups mild cheese, grated (for garnish)

Remove the ends and outer leaves of the lettuce heads and slice thinly. Place lettuce, grated carrots, sliced onions, chopped cilantro and tortilla strips in a salad bowl and toss together. Toss with salad dressing. Serve with grated cheese for a garnish.

SOUTH OF THE BORDER SALAD DRESSING

Makes about ¾ cup

½ cup extra virgin olive oil
3 tablespoons red wine vinegar
Juice of 1 lime

½ teaspoon maple sugar
1 clove garlic, peeled and mashed
½ teaspoon dried oregano
¼ teaspoon chile powder

Place all ingredients in a bowl and stir vigorously with a fork.

FRIED PLANTAIN BANANAS IN HONEY ORANGE SAUCE

Serves 8

8 very ripe large plantain bananas
About ½ cup lard
1 cup fresh orange juice
1/3 cup honey
1 teaspoon cinnamon
Crème fraiche for garnish

Peel bananas and cut lengthwise. Sauté in batches in lard, transferring with a slotted spatula to a rectangular Pyrex dish. Whisk honey with orange juice and cinnamon. Pour over bananas and bake at 300 degrees for about 15 minutes. Serve in bowls with a dollop of crème fraiche.

SESSION 3 Recipes

SOUTHERN FRIED CHICKEN

Serves 8-10

2 small chickens, preferably free range
Livers from 2 small chickens
1 quart yogurt
About 2 cups unbleached white flour
1 tablespoon sea salt
1 teaspoon black pepper
½ teaspoon cayenne pepper
1 teaspoon paprika
About 2 cups lard

Remove the wings, drumsticks and thighs from the chicken. Remove the wishbone and then remove breast from the bone (keeping skin on). Remove the tender from the breast. Cut the breast in half. Reserve the carcass for making broth and reserve the tenders for other uses. You will have 10 pieces for each chicken (2 wings, 2 drumsticks, 2 thighs, 4 pieces of breast). Cut the livers into individual lobes, removing the connecting membrane.

Place all the chicken and liver pieces in a large bowl and toss with the yogurt. Cover and refrigerate for several hours.

Melt about 1 cup lard in a large cast iron casserole. Meanwhile, in a bowl mix the flour and seasonings. Shake the yogurt off several pieces of chicken and dredge well in the flour. Fry 5-6 pieces at a time, 10 minutes uncovered, then turn and 10 minutes covered. Reserve to a heated platter while frying the remaining pieces.

SWEET CORN IN BUTTER

Serves 8-10

10 pieces corn on the cob

1 cup (2 sticks) butter

Sea salt to taste

Melt butter in a large skillet. Remove husks and silk from the corn and rinse thoroughly. Dry well. Cut the corn kernels off the cobs into the skillet. Sauté gently until tender, about 10 minutes. Season to taste with sea salt.

TOMATO SALAD PLATTER

Serves 8-10

About 8 large ripe organic tomatoes

1 medium red onion, peeled, quartered and thinly sliced

2 teaspoons finely chopped parsley or cilantro

3 tablespoons red wine vinegar

6 tablespoons olive oil

Slice tomatoes thinly and arrange on a large flat platter. Sprinkle thinly sliced onion and chopped parsley or cilantro over the tomatoes. Sprinkle red wine vinegar over the salad, and then sprinkle olive oil over the salad. Let rest, covered with a light towel, at room temperature for at least 30 minutes.

PEACH ICE CREAM

Serves 5-6

1 quart puree of ripe peaches, pureed with strained juice of 1 lemon to prevent browning

1 cup cream

¼-1/2 cup maple sugar

Mix cream with ¼ cup maple sugar. Blend in the pureed peaches. Taste for sweetness and add more maple sugar if needed. Make ice cream in an automatic ice cream maker.