



Black bean and chorizo tostadas – seasoned black beans are combined with spicy fresh chorizo and grilled knob onion on a crisp tortilla, topped with cilantro chimichurri and cotija cheese.

Ingredients:

corn tortillas	12 each
Mexican chorizo, no casing	1 lbs
red bell pepper julienne	½ cup
onion julienne	½ cup
cooked black beans	recipe below
chicken stock	½ cup
knob onions, grilled, chopped	½ cup
chimichurri sauce	recipe below
cotija cheese, grated	¼ cup

1. Fry corn tortillas in oil until crispy. Set aside.
2. Combine chorizo, red bell pepper and onion in a saucepan over medium heat and cook, stirring regularly, until chorizo is cooked and rendered and vegetables are soft.
3. Add cooked black beans and chicken stock and stir until combined, heated through and consistency tightens up a bit.
4. Spread 2 tablespoons of chorizo mixture onto a tortilla and add 2 teaspoons of knob onions, 2 teaspoons of chimichurri and a sprinkle of cotija cheese.

Black Beans –

Ingredients:

black beans	1 lb
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bay leaf	1 each
minced garlic	2 tsp
kosher salt	1 tsp
cumin	1 tsp
dry thyme	½ tsp
dry oregano	½ tsp

Method of Preparation:

1. Soak beans in water for 8 hours or overnight.
2. Drain and rinse beans and place in a large saucepan with 6 cups of water and all remaining ingredients.
3. Bring to a boil, reduce to a simmer and cook 45 minutes to an hour or until beans are tender but not falling apart.
4. Remove from heat and let beans cool in liquid for 30 minutes.
5. Drain and reserve beans.

Chimichurri –

Ingredients:

packed parsley leaves	½ cup
packed cilantro leaves	½ cup
garlic clove, peeled	1 each
kosher salt	½ tsp
ground cumin	¼ tsp
crushed red pepper flakes	¼ tsp
extra virgin olive oil	½ cup
red wine vinegar	2 Tbsp

Method of Preparation:

1. Combine parsley, cilantro, garlic, salt, cumin and crushed red pepper flakes in bowl of food processor and process 20 seconds or until finely chopped, scraping sides and bottom of bowl as needed.
2. Add olive oil in a slow steady stream with machine running followed by vinegar until fully incorporated.

Chef's Tip:

Sauce can be made up to a day in advance by omitting the vinegar and adding it right before serving.



Chicken and waffles – chickpea flour is used to make a socca batter that is cooked crisp in a waffle iron then topped with a juicy piece of boneless buttermilk brined fried chicken thigh drizzled with spiced honey.

Ingredients:

boneless, skinless chicken thighs	1 lb
buttermilk brine	recipe below
seasoned flour	recipe below
socca waffle	recipe below
spiced honey	recipe below

Method of Preparation:

1. Cut chicken thighs into 2 ounce pieces and marinate in buttermilk brine 8 hours or overnight.
2. Preheat deep fryer to 350°F.
3. Drain chicken and dredge in seasoned flour.
4. Deep fry until golden brown, crispy and cooked through.
5. Place chicken on top of waffle and drizzle with spiced honey.

Buttermilk Brine -

Ingredients:

buttermilk	1 quart
minced garlic	2 Tbsp
tabasco	2 Tbsp
kosher salt	2 Tbsp.

Method of Preparation:

1. Combine all ingredients in a bowl and whisk until salt is dissolved.

Seasoned Flour –

Ingredients:

all purpose flour	2 cups
cornstarch	1 cup
cayenne Pepper	1 tsp
dark brown sugar	4 tsp
kosher salt	4 tsp
granulated garlic	2 tsp

Method of Preparation:

1. Combine all ingredients in a bowl and whisk until well mixed.

Spiced Honey –

Ingredients:

honey	½ cup
water	1 Tbsp
kosher salt	1 tsp
granulated garlic	1 tsp
cayenne pepper	½ tsp

Method of Preparation:

1. Combine all ingredients in a small saucepan over low heat and stir until combined.

Waffle –

Ingredients:

chickpea flour	1-3/4 cup
water	2 cups
salt	¾ tsp
extra virgin olive oil	2 Tbsp
egg whites	2 each

Method of Preparation:

1. Whisk together chickpea flour, water, salt, and olive oil until smooth, then let rest one hour in the refrigerator.

2. Preheat a waffle iron to high heat.
3. Whisk egg whites to soft peaks, then fold into the batter.
4. Brush waffle iron generously with olive oil and cook waffle until golden brown and crisp.



Decadent black bean brownie – these fudgy brownies are endowed with natural sweetness from maple syrup, dates, and coconut sugar.

Ingredients:

melted coconut oil	¼ cup
maple syrup	¼ cup
medjool dates	4 each
eggs	2 each
cooked black beans	1-1/2 cups
cocoa powder	3 Tbsp
rolled oats	½ cup
sea salt	¼ tsp
coconut sugar	2 Tbsp
vanilla extract	2 tsp
baking powder	½ tsp
dark chocolate chips	2/3 cup

Method of Preparation:

1. Preheat oven to 350°F and line an 8-inch x 8-inch baking pan with parchment paper.
2. Soak dates in hot water to soften, remove pit and set aside.
3. Blend coconut oil, maple syrup, dates, eggs, and black beans in blender until smooth.
4. Add all remaining ingredients and blend until well combined.
5. Pour the brownie batter into prepared pan and bake 15-18 minutes.
6. Let cool 10 minutes before serving.



Dijon lentil salad with smoked salmon – chilled beluga lentils are combined with shallots, dill, and a touch of Dijon mustard served on toasted dark rye, topped with thin sliced, silky smoked salmon and dill crème fraiche.

Ingredients:

dark rye toast	6 pieces cut in half
beluga lentils	recipe below
Dijon vinaigrette	recipe below
smoked salmon	6 ounces
dill crème fraiche	recipe below

Method of Preparation:

1. Dress beluga lentils with Dijon vinaigrette.
2. Spread 1-2 tablespoons of dressed beluga lentils on toast.
3. Add 2 teaspoons of dill crème fraiche.
4. Top with ½ ounce slice of smoked salmon.

Beluga Lentils -

Ingredients:

beluga lentils	1 cup
carrot, peeled	1 each
celery	1 stalk
onion, small, peeled, halved	1 each
garlic cloves	3 each
bay leaf	1 each
Kosher salt	2 tsp
chicken stock	2-1/2 cups

Method of Preparation:

5. Rinse lentils under cool running water.
6. Combine all ingredients in a medium sauce pan over medium high heat.
7. Bring to a bowl, reduce heat to medium low and simmer 20-25 minutes until lentils are tender, but not falling apart.
8. Remove from heat and let lentils cool in liquid 15-20 minutes.
9. Drain lentils and spread in an even layer on a baking sheet to cool quickly.
10. Discard carrot, celery, onion, garlic and bay leaf.

Dijon Vinaigrette –**Ingredients:**

white wine vinegar	2 Tbsp
Dijon mustard	4 Tbsp
kosher salt	½ tsp
black pepper	¼ tsp
extra virgin olive oil	½ cup
minced shallots	2 Tbsp
chopped dill	1 Tbsp
minced garlic	1 tsp

Method of Preparation:

1. Combine vinegar, mustard, salt and pepper in a blender.
2. Add oil in a slow stream with blender running until fully incorporated.
3. Transfer contents to a small bowl and fold in shallots, dill and garlic.

Dill Crème Fraiche -**Ingredients:**

Crème fraiche	1 cup
Lemon juice	1 Tbsp
chopped dill	2 Tbsp

Method of Preparation:

1. Combine all ingredients in a small bowl and whisk together.



Panisse with duck rillettes – chickpea flour is made into small panisse rounds and fried until crispy then topped with luxurious duck rillettes and a peppery arugula pesto.

Ingredients:

panisse	recipe below
duck rillettes	4 ounces
arugula pesto	recipe below

Method of Preparation:

1. Fry panisse in olive oil over medium high heat until golden brown and crispy on both sides. Remove to a paper towel lined plate, season with coarse sea salt and fresh black pepper, and let cool for a minute or so.
2. Spread 2 teaspoons of duck rillettes on the panisse.
3. Top with 1 teaspoon of arugula pesto.

Panisse -

Ingredients:

water	1 quart
extra virgin olive oil	2 tsp
kosher salt	$\frac{3}{4}$ tsp
chickpea flour	2-1/4 cups
olive oil, for frying	
coarse sea salt	
freshly cracked black	

Method of Preparation:

1. Lightly oil a 13x9 inch baking dish

2. Heat the water with the oil and salt in a saucepan. Once hot, but not boiling, remove from heat and whisk in the chickpea flour a little at a time over the course of 5 minutes until fully incorporated.
3. Return saucepan to medium heat and continue whisking until mixture thickens, about 3-5 minutes.
4. Switch to a wooden spoon or heatproof spatula, and continue to cook, stirring constantly, for 5-7 minutes longer until very thick and the batter holds its shape.
5. Scrape into the oiled baking dish and spread the batter until it is flat and smooth. Let cool.
6. Cut cooled panisse into 2-inch circles using a ring cutter.

Arugula Pesto -

Ingredients:

arugula leaves, stems removed	1 cups of packed
toasted walnut pieces	¼ cup
grated parmesan cheese	¼ cup
roasted garlic	3 cloves
minced raw garlic	½ tsp
kosher salt	½ tsp
extra virgin olive oil	¼ cup

Method of Preparation:

1. Combine arugula, walnuts, parmesan, roast garlic, raw garlic and salt in bowl of food processor and pulse until well combined.
2. Add olive oil in a slow steady stream with processor running until fully incorporated and smooth consistency. Stop and scrape sides of bowl as needed.



Pinto bean avocado toast – multigrain toast is topped with creamy fresh avocado puree, chilled pinto beans, pickled jalapeno and red onion, shaved radish, and toasted California walnuts.

Ingredients:

multigrain toast	6 pieces cut in half
avocado puree	recipe below
chilled pinto beans	recipe below
pickled red onion	recipe below
pickled jalapeno	recipe below
red radish, julienne	¼ cup
chopped toasted walnuts	½ cup

Method of Preparation:

1. Spread 1-2 tablespoons of avocado puree on toast
2. Top with 2 tablespoons of beans.
3. Garnish with pickled onions, jalapenos, radish and walnuts.

Avocado Puree -

Ingredients:

ripe hass avocados	2
lime juice	2 Tbsp
kosher salt	1 tsp

Method of Preparation:

1. Split and pit the avocados and scoop the flesh into a bowl.
2. Add the lime juice and salt and mash to desired consistency with a fork.

Pinto Beans -

Ingredients:

pinto beans	1 lb
bay leaf	1 each
minced garlic	2 tsp
kosher salt	1 tsp
worcestershire	1 tsp
dry thyme	½ tsp
dry oregano	½ tsp
hot sauce	½ tsp

Method of Preparation:

1. Soak beans in water for 8 hours or overnight.
2. Drain and rinse beans and place in a large saucepan with 6 cups of water and all remaining ingredients.
3. Bring to a boil, reduce to a simmer and cook 45 minutes to an hour or until beans are tender but not falling apart.
4. Remove from heat and let beans cool in liquid for 30 minutes.
5. Drain and reserve beans.

Pickled Onions -

Ingredients:

red onion, sliced	1 each
kosher salt	1 Tbsp
lime juice	2/3 cups
orange juice	1/3 cup

Method of Preparation:

1. Place red onions in a bowl.
2. Bring 2 cups of water to a boil in a saucepan and pour over onions.
3. After 10 seconds, drain onions, shake off excess water and return onions to the bowl.
4. Add salt, lime juice and orange juice and stir to combine.
5. Refrigerate for at least one hour and up to one week.

Pickled Jalapenos -

Ingredients:

jalapeno peppers, sliced	3 each
kosher salt	1 Tbsp
lime juice	2/3 cups
orange juice	1/3 cup

Method of Preparation:

1. Place jalapenos in a bowl.
2. Bring 2 cups of water to a boil in a saucepan and pour over jalapenos.
3. After 10 seconds, drain jalapenos, shake off excess water and return jalapenos to the bowl.
4. Add salt, lime juice and orange juice and stir to combine.
5. Refrigerate for at least one hour and up to one week.



Louisiana red beans and rice – kidney beans are simmered in a rich broth made with smoked ham hocks, aromatic vegetables, and smoked sausage, served over rice.

Ingredients:

kidney beans	1 lb
smoked ham hocks	1 lb
chicken stock	3 quarts
water	1 quart
smoked sausage	½ lb
bacon fat or vegetable oil	2 Tbsp
½ inch dice onion	2 cups
½ inch dice green pepper	1 cups
½ inch dice celery	1 cups
kosher salt	½ tsp
black pepper	½ tsp
dry thyme	½ tsp
dry oregano	½ tsp
cayenne pepper	1 pinch
minced garlic	¼ cup
bay leaves	3
scallions, sliced	¼ cup

Method of Preparation:

1. Soak kidney beans in cold water for 8 hours or overnight.
2. Combine ham hocks, chicken stock and water in a large stock pot and bring to a boil. Reduce heat and simmer for 2 hours or until ham hocks are soft and volume is reduced to 3 quarts.

3. Remove ham hocks from stock and when cool enough to handle, pick meat from ham hocks and reserve. Discard bones and skin.
4. Cut sausage in half lengthwise and then into ½-inch pieces.
5. Drain and rinse kidney beans.
6. Heat bacon fat in a large stock pot or dutch oven over medium-high heat and brown sausage.
7. Remove sausage and all but 2 tablespoons of fat from pot.
8. Add onions and sauté for one minute, scraping up brown bits from bottom of pot with wooden spoon.
9. Add green pepper, celery, salt, pepper, thyme, oregano and cayenne and sauté 3 minutes or until vegetables begin to soften.
10. Add garlic and cook 1 minute.
11. Add kidney beans, stock and bay leaves, stir well and bring to a boil.
12. Reduce heat to medium low and simmer gently until beans are tender, about 2 hours.
13. Remove about ¾ cup of cooked beans to a small bowl and mash with a fork until smooth.
14. Add mashed beans back to pot and stir well.
15. Add reserved sausage and ham hock meat and simmer 20-25 minutes until bean broth is thick and creamy.
16. Serve over cooked white rice and garnish with sliced scallions.

Chefs tip:

Ham hock stock can be made and ham hock meat picked the day before and kept in the fridge until ready to use.



Red lentil Thai curry with duck - red lentils are simmered in coconut milk with red curry paste and topped with sliced duck breast, charred pineapple, fresh tomato, and cilantro.

Ingredients:

coconut oil	2 Tbsp
red curry paste	4 ounces
minced onion	½ cup
water	1 cup
coconut milk	2 13 ounce cans
red lentils	1 cup
palm sugar or brown sugar	2 Tbsp
lime juice	2 Tbsp
fish sauce	2 tsp
boneless duck breast	4 each
grilled pineapple, diced	¼ cup
roma tomato, seeded, diced	¼ cup
chopped cilantro	¼ cup

Method of Preparation:

1. Heat coconut oil in medium sauce pan over medium high heat.
2. Add curry paste and sauté 1-2 minutes until fragrant.
3. Add onion and cook while stirring 1 minute.
4. Add water to deglaze and stir while scraping bottom of pan.
5. Add coconut milk and lentils and bring to a simmer for 10-15 minutes or until lentils are tender.
6. Add palm sugar, lime juice, and fish sauce and stir to combine.
7. Cook the duck breast in a skillet to medium rare and let rest before slicing.

8. Place a portion of lentils in a serving dish, top with slices of duck and garnish with pineapple, tomato and cilantro.



Socca fish tacos - chickpea flour is used to make a socca batter that is cooked into small tortillas which are filled with blackened mahi mahi and topped with a fresh mango salsa.

Ingredients:

mahi mahi, 2 inch pieces	1 lb
blackening spice	2 Tbsp
socca taco shell	recipe below
mango salsa	recipe below

Method of Preparation:

1. Season mahi mahi with blackening spice and sear in a hot pan with vegetable oil until cooked through.
2. Place mahi mahi in the socca taco shell and top with mango salsa.

Socca Taco Shell -

Ingredients:

fine chickpea flour	2 cups
water	3 cups
extra virgin olive oil	5 Tbsp
kosher salt	1 tsp
cumin	1-1/2 Tbsp
granulated garlic	1-1/2 tsp

Method of Preparation:

1. Whisk ingredients together until smooth and let rest in fridge at least one hour. Preheat griddle or non-stick pan and spray with non-stick spray.

2. Pour a scant 1 oz of batter onto griddle to make 3-inch pancakes. When pancake is set and bubbles appear, flip carefully to cook the other side.
3. Drape pancakes over a wooden dowel that has been wrapped in aluminum foil to form the taco shell shape, and bake in a 300°F oven for 10 minutes. Taco shell should be firm and sturdy, but still pliable.

Mango Salsa –

Ingredients:

mango, small dice	1 cup
tomatoes, small dice	¼ cup
red bell pepper, small dice	¼ cup
lime juice	3 Tbsp
red onion, very small dice	2 Tbsp
chopped chives	2 Tbsp
jalapeno, very small dice	1 Tbsp
kosher salt	1 tsp

Method of Preparation:

1. Combine all ingredients in a bowl and fold together.



Split pea, bacon and eggs - yellow split peas with warm spices like cumin, coriander, and cinnamon are made into pan fried, bite sized patties, and topped with brown sugar candied bacon and a sunny quail egg.

Ingredients:

yellow split peas	1 cup
chick pea flour	¼ cup
minced onion	¼ cup plus 2 Tbsp
minced garlic	1 tsp
kosher salt	1 tsp
ground cumin	1 tsp
ground coriander	1 tsp
ground turmeric	1 tsp
ground cinnamon	½ tsp
black pepper	¼ tsp
chopped cilantro	¼ cup
chopped parsley	2 Tbsp
thick cut bacon	6 strips
brown sugar	2 Tbsp
quail eggs	18 each
flaky sea salt	1 Tbsp

Method of preparation:

1. Soak split peas in cold water 6 hours or overnight in the refrigerator.
2. Drain split peas and add to bowl of food processor with chickpea flour, onion, garlic, salt, spices, cilantro and parsley.
3. Pulse until coarse meal forms, scraping sides of bowl as needed. Process until the mixture resembles texture of couscous and will stay together

when squeezed into a ball. If too crumbly, process longer, being careful not to make puree.

4. Transfer mixture to mixing bowl and mix with fork to even out consistency and remove any large chunks. Cover with plastic and set aside in refrigerator for 1-2 hours or overnight.
5. Form mixture into 2-inch diameter patties that are about ½ inch thick.
6. Preheat oven to 350°F.
7. Lay bacon strips on a parchment lined baking sheet and spread 1 teaspoon of brown sugar over each strip.
8. Bake for 12-15 minutes until bacon is cooked and caramelized.
9. Cut bacon strips to fit on split pea cakes.
10. Heat ¼ inch oil in skillet over medium heat. Oil should be deep enough to come halfway up sides of split pea cakes.
11. Handle patties gently as you place in oil. Fry patties 1-2 minutes per side until golden brown and crispy.
12. Cook quail eggs sunny side up in a non-stick pan until whites are set and yolks are still runny.
13. Place a piece of candied bacon on top of the split pea cake and place a quail egg on top of the bacon.
14. Garnish with a flake or two of sea salt.

Chefs Tip:

Patties can be made ahead and kept frozen. Pan fry or deep fry directly from frozen.



Turtle bean Ice cream – turtle beans are cooked in a mixture of brown sugar and maple syrup with a touch of soy sauce, then combined with ice cream custard flavored with honey and sesame.

Turtle Beans -

Ingredients:

turtle beans	1 cup
water	2-1/2 cups
soy sauce	¼ cup
brown sugar	1 Tbsp
maple syrup	2-1/2 Tbsp
sesame oil	½ tsp
tsp sesame seeds	½ tsp

Method of Preparation:

1. Soak turtle beans in water for 3 hours or overnight in the refrigerator.
2. Combine the beans and 2-1/2 cups of water in a small saucepan over high heat and bring to a boil.
3. Boil on high for about 15-20 minutes or until water is reduced by half.
4. Add soy sauce, maple syrup and brown sugar, reduce heat to medium and cook another 20 minutes or until the liquid is almost gone. (Beans will be cooked, but still very firm)
5. Transfer beans to a baking sheet and spread in an even layer to cool quickly.
6. Toss beans with sesame oil and sesame seeds.
7. Set aside in refrigerator.

Ice Cream –

Ingredients:

Milk	1-1/2 cups
Heavy cream	1-1/2 cups
granulated sugar	¼ cup
egg yolks	5 each
Kosher salt	¼ tsp
honey	½ cup
sesame seeds, toasted	½ cup

Method of Preparation:

1. Toast sesame seeds in a dry pan over medium heat. Stirring constantly until fragrant, golden brown and beginning to crackle. Remove from pan and let cool.
2. Heat milk and cream in a large sauce pan over medium heat to 175°F.
3. Whisk egg yolks and sugar together in a bowl until smooth and pale in color.
4. Temper hot milk and cream into yolks and return to sauce pan.
5. Cook while stirring and scraping the bottom of the pot constantly until temperature reaches 180°F.
6. Strain through a fine mesh sieve into a large container set over ice.
7. Whisk in salt and honey until thoroughly combined.
8. Let mixture cool over ice until room temperature and whisk in toasted sesame seeds.
9. Cover container tightly, refrigerate and let seeds infuse at least 24 hours.
10. Strain seeds from base and spin in ice cream machine and place in freezer until set.
11. Scoop ice cream into serving dish and top with black beans.



White bean brandade fritters – pureed white beans are added to the classic salt cod and potato dish and formed into bite size croquettes which are breaded, fried crispy, and served with a spicy arrabiata sauce.

Arrabiata sauce -

Ingredients:

extra virgin olive oil	4 Tbsp
minced garlic	2 Tbsp
red pepper flakes	1 Tbsp
white wine	½ cup
crushed tomatoes	1 can (28 oz)

Method of Preparation:

1. Heat olive oil with garlic in medium sauce pan until fragrant.
2. Add red pepper flakes and cook 30 seconds.
3. Add white wine and bring to a simmer.
4. Add tomato puree and bring to a simmer for 5 minutes.

White Bean Brandade Fritters -

Ingredients:

boneless salt cod, skinless	2 lbs
milk	2 cups
thyme	4 sprigs
bay leaf	2 each
peppercorns	10 each
coriander	20 each
russet potatoes, peeled, 1-inch dice	1 lb
cooked white beans	1 lb

roasted garlic puree	4 Tbsp
extra virgin olive oil	1/3 cup
egg yolks	6
cayenne pepper	¼ tsp
all purpose flour	2 cups
eggs	4 each
water	4 Tbsp
panko bread crumbs	3 cups

Method of Preparation:

1. Soak cod in cold water 24 hours under refrigeration (change water every few hours).
2. Combine milk, 2 cups water, thyme, bay leaf, peppercorns and coriander in medium saucepan and bring to simmer.
3. Add cod and simmer gently 12 -15 minutes. Let cod cool in liquid.
4. Cook potatoes in lightly salted water until tender.
5. Break cod into flaky pieces and remove any bones.
6. Combine garlic puree and EVOO.
7. Mash potatoes and beans through ricer and fold in garlic EVOO, egg yolk and cod.
8. Season with cayenne and salt and pepper to taste.
9. Shape mixture into small croquettes and chill until set.
10. Set up a three step breading station with flour, eggs beaten with water, and panko in separate bowls.
11. Carefully dredge croquettes in flour, then egg wash, then panko.
12. Deep fry croquettes in 350°F oil until golden brown.

Chefs tips:

Arrabiata sauce can be made a day ahead of time and reheated for service.
Brandade fritters can be made up to step 11 and kept frozen for up to a month. Fry from frozen as needed.