



cultural cuisine

**CHEF VINCENT & CHEF BRIAN
HEALTHY COOKING PROGRAM**

THE GATHERING PLACE

January 24, 2012



Chilled Carrot and Blood Orange Gazpacho Oriental Marinated Faroe Island Salmon

Ingredients (for 4 people):

Soup:

1 Cup Oranges, juiced
1 Cup Blood Oranges, juiced
1 ½ Cup Carrot Juice
1 each Cucumber, peeled, seeded, chopped
½ each Orange, zested
2 each Limes, juiced
1 each Garlic Clove, chopped
2 each Basil Leaves
8 Slices White Bread, crust removed, cut into small pieces
¼ Cup Clementine Infused Olive Oil
To taste salt and pepper

Marinated Salmon:

4 Oz. Faroe Island Salmon, small dice
½ tsp. Cumin
1 Tbls. Lemon Juice
1 Tbls. Extra Virgin Olive Oil
2 tsp. Chives, chopped
To taste Salt and Pepper

Process:

1. Combine all ingredients for the soup, except the clementine oil.
2. In a kitchen blender, puree all ingredients until smooth. Adjust seasoning with salt and pepper.
3. To finish, slowly drizzle in clementine oil into soup while blender is moving. Most blenders will have a small cap, which can be removed to allow for adding items. For safety purposes, please do not remove the entire lid while adding the oil.
4. For the marinated salmon, combine all ingredients and mix thoroughly. Do not over-mix.



Gingery Lentil Soup

Ingredients:

- 2 teaspoons olive oil
- 3 medium carrots, chopped
- 1 medium onion, chopped
- 1 bundle of fresh thyme
- 2 teaspoons grated peeled fresh ginger
- 1 teaspoon minced garlic
- 1 1/2 teaspoons curry powder
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 4 cups chicken broth, plus extra if needed
- 1 cup lentils, soaked and cooked
- 2 cup diced tomatoes, drained

Preparation

1. Heat oil in a large saucepan over medium heat. Add carrot and onion; cover and cook three minutes or until softened. Stir in ginger and garlic; cook 1 minute. Add curry, salt, and pepper; cook 30 seconds.
2. Stir in diluted broth and lentils; bring to a boil. Reduce heat; simmer, covered, 20 to 25 minutes or until lentils are tender. Stir in tomatoes; cover and simmer 5 minutes. Divide soup evenly among 4 bowls.



Miso Soup with Tofu

Ingredients:

1 bundle soba noodles, cooked
4 cups vegetable stock
3-4 Tbl miso paste
3 oz firm tofu, medium diced
1 handful of fresh watercress
3 green onions, tops removed and thinly sliced
12-14 cilantro leaves

Preparation

Cook the soba noodles in salted water, drain, run cold water over the noodles to stop them from cooking, shake off any excess water and set aside.

In a medium sauce pan bring 4 cups of vegetable stock to a boil. Reduce the heat to a gentle simmer, whisk in the miso paste and remove from heat. Taste, and then add more until it is to your liking. Note: some miso pastes are less salty than others, so you may need to add a bit of salt here. Add the tofu, remove from the heat, and let it sit for just a minute or so.

Split the noodles between three or four bowls, and pour the miso broth and tofu over them. Add some watercress, green onions and cilantro.