

R For Spelt English Muffins

Serves 9

Ingredients

- 500 grams spelt flour (I use baker's blend)
- Splash of canola oil
- 5 grams dried yeast
- Handful of polenta for sprinkling
- 10 grams salt
- 325 milliliters warm water

Equipment

- Electric mixer
- Cast iron pan

From the kitchen of



Dr. Leah Stokes
from edibleethics.com for Fresh Energy's
2020 Virtual Benefit Breakfast



Instructions

1. *Kneading by hand:* mix flour, yeast, salt, and water in bowl to form sticky dough. Mix in a splash of oil and turn the dough out on to a clean work surface. Knead until smooth.
1. *Mixing with electric mixer:* fit the dough hook on and add flour, yeast, salt, and water to the mixer bowl. Mix on low until combined, then add a splash of oil and leave to knead for about 10 minutes until smooth.
2. Shape dough into a round, coat with a little extra oil and place in a clean bowl. Leave to rise, covered with a plastic bag, until doubled.
3. Tip dough out onto work surface and press all over to deflate.
4. Divide into 9 pieces, shape each into a round and flatten to about 1-2 centimeters. Dust them with polenta.
5. Leave to prove on linen cloth or wooden board, covered with plastic bag until doubled in size.
6. Heat up oven to about 350° F.
7. Heat your cast iron pan on medium heat.
8. Place the muffins into pan to cook, making sure not to put in too many as you will need to flip them.
9. Cook for about a minute and then gently turn over.
10. Cook slowly for a further 10 minutes, turning occasionally (you may need to adjust heat if they seem to be colouring too fast, or not fast enough).
11. Place muffins onto a tray and cook for a further 5 minutes in oven just to make sure they are cooked through.
12. Repeat the cooking process with remaining muffins.
13. Leave the muffins to cool on a rack.
14. Slice, toast, and cover in your favourite topping and enjoy!

Notes

Total rising time is approximately 1-2 hours.

R For Savory Vegan Oatmeal Porridge **Serves** 4

E **C** **I** **P** **E** **I** **n** **g** **r** **e** **d** **i** **e** **n** **t** **s**

- 1 cup organic steel cut oats (also known as pinhead oats or Irish oats)
- 4 cups water
- 1/4 teaspoon Pink Himalayan rock salt
- 1 teaspoon chia seeds
- 1 teaspoon flax seeds
- 2 tablespoons peanuts (or broken cashews) pan roasted in a trace amount of sesame oil
- 1/4 teaspoon asafoetida* powder
- 1 tablespoon chopped cilantro

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- 8 inch omelet pan
- 2 quart saucepan

F **r** **o** **m** **t** **h** **e** **k** **i** **t** **c** **h** **e** **n** **o** **f**

Raj V. Rajan, Ph.D.

Fresh Energy Board Member for Fresh Energy's
2020 Virtual Benefit Breakfast



Instructions

1. Soak steel cut oats with chia and flax seeds overnight in 2 cups cold water.
2. Bring 2 cups water and salt to a boil.
3. Add soaked oats, reduce heat to medium-low and cook, stirring occasionally, for 15 minutes.
4. Remove from heat and let sit for 2 minutes.
5. Pan roast shelled peanuts or broken cashews in sesame oil until they turn brown.
6. Sprinkle asafoetida on top of warm peanuts after turning heat off.
7. Add roasted nuts and chopped cilantro to cooked oats.

Notes

This recipe tastes better a little crunchy and less creamy.

*Asafoetida comes from the Ferula plant native to Afghanistan and Iraq. It is commonly used in Indian cuisine and is also referred to as “hing.” Asafoetida can be found in powdered form at Indian, Middle Eastern, and Asian markets. It has a strong smell, but becomes very flavorful when cooked and is often compared to leeks or garlic.

R For Krewe's Black Bean Burgers **Serves** 21

E Ingredients

- 12-ounce can black beans
- 4 cups wild rice (cooked)
- 4 cups quinoa (cooked)
- 2 tablespoons garlic powder
- 2 tablespoons onion powder
- 2 tablespoons cumin
- 2 tablespoons smoked paprika
- 4 cups panko bread crumbs
- 21 sprouted wheat buns

E Equipment

- Large mixing bowl
- Waxed or freezer paper

From the kitchen of



Chef Mateo Mackbee

Co-founder of Krewe Restaurant for Fresh Energy's 2020 Virtual Benefit Breakfast



Instructions

1. Prepare and cook wild rice and quinoa in advance. Let cool.
2. Drain and rinse the black beans.
3. Mix all ingredients together by hand in large mixing bowl.
4. Squeeze and press ingredients together until they form a patty shape.
5. Pan fry immediately or freeze separated by freezer paper or wax paper.

Notes

Visit Krewe Restaurant, a restaurant bringing to life the heritage of New Orleans in downtown St. Joseph, Minnesota. The menu changes with the seasons and includes a compelling mix of everything New Orleans culture has to offer, including Cajun, Creole, Italian, Vietnamese, and Irish-influenced dishes.

While Krewe Restaurant's logo reads "est. 1944"—which is the year co-founder Mateo Mackbee's mother, Mary Mackbee, was born—the restaurant opened in spring 2020.

Learn more about Krewe at krewemn.com.



R For Blue-Ribbon Plums in a Pie **Serves** 6-8

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Ingredients

4 cups sliced fresh blue-ribbon plums*
1/2 cup sugar
1/4 cup all-purpose flour
1/4 teaspoon salt
1/4 teaspoon ground cinnamon
1 tablespoon lemon juice
9-inch unbaked deep dish
pastry shell

Topping

1/2 cup sugar
1/2 cup all-purpose flour
1/4 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
3 tablespoons cold butter



From the kitchen of

J. Drake Hamilton

Science Policy Director, Fresh Energy

for Fresh Energy's 2020 Virtual Benefit Breakfast



Instructions

1. In a bowl, combine the first six ingredients; pour into a pastry shell.
2. For topping, combine sugar, flour, cinnamon, and nutmeg in a small bowl; cut in butter until the mixture resembles coarse crumbs. Sprinkle over filling.
3. Bake at 375° F for 50-60 minutes or until bubbly and golden brown. Cover the edges of crust with aluminum foil during the last 20 minutes to prevent overbrowning. Cool on a wire rack.
4. Serve with vanilla or cinnamon ice cream, as you wish.

Notes

This recipe is delicious for people who enjoy eating pie for brunch and makes for a tempting tart and beautiful pie! Not to mention it's a terrific way to put bountiful summer plums to use.

Do not pre-bake the pie shell.

*If you aren't a State Fair blue ribbon-winning plum grower like J., no worries! Just buy the best red or purple plums at your food co-op.

R For Bao Tse (steamed honey-filled buns) Serves 6

For the Dough

- 1 cup warm water (110° F)
- 1 package active dry yeast
- 1 teaspoon sugar
- 1 teaspoon salt
- 1/4 cup oil
- 3 1/2 cups all purpose flour, divided

Equipment

- Large mixing bowl
- Electric mixer
- Waxed or parchment paper
- Steamer

For the Honey-Sesame Seed Filling

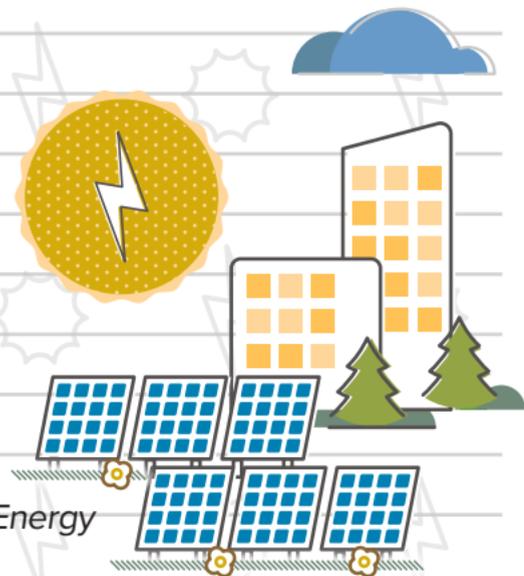
- 4 tablespoons raw Solar Grown™ honey
- 1 tablespoon peanut butter
- 2 teaspoons sesame seeds

From the kitchen of



Rob Davis

Director of Fresh Energy's Center for Pollinators in Energy
for Fresh Energy's 2020 Virtual Benefit Breakfast



First, Make the Dough

1. Pour warm water into a large bowl; sprinkle with yeast. Add 1 teaspoon sugar and let stand until bubbly (5-12 minutes).
2. Add salt, oil, and 2 cups flour. Beat with an electric mixer at medium speed for 5 minutes.
3. Stir in 1 1/4 cups more flour to make a soft dough. Sprinkle about 1/4 cup more flour on a board. Turn out dough and knead until smooth and satiny (about 10 minutes—this is where I use the dough hook attachment for my electric mixer). Transfer to a greased bowl, turn over to grease top of dough, cover, and let rise in a warm place until almost doubled (about 1 hour).
4. Punch down dough. Turn out onto a lightly floured board and knead for 1 minute. Shape into a rectangle. With a floured knife, cut rectangle into quarters, then cut each quarter

into thirds. Shape dough pieces into balls and let stand on a lightly floured board, covered, for about 20 minutes.

In the Meantime, Make the Honey-Sesame Seed Filling

1. Mix Solar Grown™ honey (crystallized may be easier to work with), 1 tablespoon peanut butter, and sesame seeds. Set aside until it's time to fill the buns.

Assemble and Steam the Buns!

1. Roll each ball into a 5-inch round. Lightly moisten edges of dough with water, add 1 tsp. of the filling, then pull edges up and twist at top to seal.
2. Place buns, sealed side down, on 2-inch squares of wax paper or parchment paper. Then set the buns, paper side down, in a steamer about two inches apart from each other. Steam the buns for about 15 minutes.

R For Paleo Oven Pancakes (Pannekoeken) **Serves** 4

E Ingredients

6 eggs

1/2 can full-fat coconut milk

1 teaspoon cinnamon

2 teaspoons pure vanilla extract

1 cup finely ground blanched almond flour

1/4 cup grass-fed butter or ghee

Sea salt to taste

Strawberries and maple syrup for topping

E Equipment

Large mixing bowl

8x8 inch baking dish
(preferably glass)

From the kitchen of

Michael and Patsy Noble
from ourpaleolife.com for Fresh Energy's
2020 Virtual Benefit Breakfast



Instructions

1. Turn the oven on to 400° F.
2. Put the un-melted butter in an 8 x 8 inch baking dish, preferably glass. Put the baking dish in the oven to melt the butter while the oven preheats.
3. While the butter is melting, whisk the eggs in a large bowl.
4. Whisk in the coconut milk, vanilla, and cinnamon until combined.
5. Add in the almond flour and whisk until smooth. You may have a few lumps from the coconut milk solids, it's not a big deal if you don't get them all.
6. Remove the baking pan from the oven (make sure you remove it before it browns or burns), swirl it around to coat the bottom and sides of the dish with butter, and pour in the batter.
7. Sprinkle some sea salt on top of the batter and put in the oven.
8. Bake for 25-30 minutes. Remove from oven when a toothpick inserted in the center comes out clean.
9. Slice and serve warm with pure maple syrup and sliced strawberries.

Notes

This recipe is best when served immediately after cooking.