



# DELICIOUS DRESSINGS



## A TOUCH OF FRANCE

1tbsp organic red wine vinegar, 1 tbsp mild olive oil, 1 tsp finely minced shallots, 1 tsp of Dijon mustard, sea salt and ground black pepper to season. Whisk all the ingredients together in a glass dressings jar. Taste and adjust the balance of flavours to your taste, as needed. Use 1 tsp of pure maple syrup if you want to add a sweet note.

## CELEBRATING MEDITERRANEAN FOOD

2 tbsp fresh lemon juice, 1 tbsp macadamia oil (or a beautiful olive oil), a grate or two of lemon zest, 1 garlic clove crushed (or use 3 roasted garlic cloves – sweeter and delicious), 1 tsp of wholegrain mustard, 1-2 tsp of raw honey (or maple syrup), Celtic sea salt and freshly ground black pepper to season. Whisk all the ingredients together. Taste and adjust to your palate.

## JAPANESE SESAME DRESSING

3 tbsp Carwari Mirin (a sweeter rice wine vinegar), 1 tbsp Carwari toasted black sesame oil, 1 tbsp Niulife coconut aminos (lower salt) or you can use tamari, 1 tsp crushed organic toasted black sesame seeds (or 1 tsp sesame paste – tahini), 1 tsp finely grated ginger (or Carwari organic ginger paste), 1 tsp dark balsamic vinegar for a hint of sour to balance the sweet flavours. Whisk all the ingredients in a bowl.

I find this dressing is sweet enough, but if you want to add extra sweetness, use 1 tsp organic brown rice syrup (or 100% pure maple syrup), or leave out the balsamic vinegar.

I use Niulife Organic Naked coconut aminos made from fermented coconut palm sap as a soy sauce substitute because it has about 70% less sodium (salt) than soy sauce or tamari, and it's gluten-free.

I also like to add a teaspoon of finely grated Daikon in this dressing too, which is a white Japanese radish. I use the rest of the radish in salads.

Serve in a bowl with a spoon, and dress with a few slices of spring onion greens and a sprinkle of Aleppo pepper.

I love this dressing with rice, quinoa, cucumber salad, noodle dishes, or as a sushi dipping sauce. I buy organic black toasted sesame seeds, but you can always toast your own or just use organic raw sesame seeds.

Crush the sesame seeds in a mortar and pestle, if you have one, to release the nutty umami flavour.

You can also add a tablespoon or two of organic mayonnaise to make a creamy Japanese dressing.



# DELICIOUS HUMMUS



## WHITE BEAN HUMMUS

### Ingredients

- 1 can of organic cannellini or white beans (425g).
- 1 large shallot finely diced and fried until a light golden colour (shallot is sweeter than onion).
- 1-2 tablespoons of organic hulled white tahini (hulled is less bitter for dressings).
- 1 tablespoon of cold-pressed white chia seed oil.\*
- Juice of half a large lemon.
- 1/4 teaspoon of lemon zest.
- 2-3 teaspoons of capers.
- 1 teaspoon of pure maple syrup to balance the flavour elements.
- 1/2 teaspoon of ground cumin.
- 1-3 crushed garlic cloves (optional).
- 1 tablespoon of finely chopped fresh chives (optional).

### Directions

- Drain and rinse the beans.
- Marinate the garlic in the lemon juice and maple syrup for 5 minutes.
- Add all of the ingredients except for the chives and fried onions into a food processor – or use a stick blender and bowl.
- Blend until creamy. Scrape down the sides as needed.
- Taste and adjust the ingredients to suit your palate.
- The beauty of this recipe is you can make it your way.
- You can add more salt (capers) or sweet (maple) notes.
- You can add more garlic or leave it out.
- Keep blending and adjusting until the flavour is perfect for you.
- If the hummus is too thick, add small amounts of water at a time until you get a creamy, flowing consistency.
- The final step is stirring through the chopped chives and fried shallots, using a spatula.
- Pour into a sealed glass container and refrigerate so the flavours have time to settle and combine.
- Store in the fridge and eat within three days.

### Recipe Notes

- When you store hummus in the fridge, add a swirl of oil (very thin layer) over the top to stop it drying out. I also add a swirl of dark balsamic vinegar. My favourite is pumpkin seed oil but you can also use a mellow olive oil.
- The next time I use the hummus, I stir the oil and balsamic through the hummus and it pops with flavour and remoistens the hummus.