
ULTRATRUFFLE

Welcome to the Ultratruffle Grab 5!

Slow Food, Less Effort, One Ingredient at a Time

Plant-based, healthy, food for the whole family with less effort, so you can slow down and enjoy life.

Plant-Focused Seasonal Cuisine

Ultratruffle recipes feature plant-based recipes using seasonal ingredients.

Subscribers

- ◆ New recipes delivered right to your inbox
- ◆ Early notification of new offers

Enjoy these 5 Fan Favorite Recipes and 5 of my top ingredients or cooking tools recommendations. Let's get cooking!



Top 5 Favorite Ingredients and Tools Recommendations

- Low Country Olive Oil
18 year Dark
Balsamic Vinegar
(www.lowcountryoliveoil.com)
- Palouse Brand Hard
Red Winter Wheat
Berries (Available on
Amazon)
- TuttoCalabria
Crushed Red Chili
Peppers (available on
Amazon)
- Cheat Sheets
Modular Sheet Pan
Dividers for Roasting
Vegetables (available
on Amazon)
- Trudeau Mini Muffin
Silicone Baking Tray
(available on
Amazon)



One Bowl Chocolate Chip Biscotti Cookies

Prep Time:
5 minutes

Refrigeration Time:
15 minutes

Cook Time:
15-18 minutes

Yield:
24 cookies

Every year around the holidays, I make almond chocolate chip biscotti: LOTS of them. Everyone seems to want a batch: I even start getting texts from the neighbors in early November asking if it's almost biscotti time.

However, I don't always have time to make the classic twice baked cookies. I was looking for a way to incorporate our favorite biscotti flavors into a version that could be prepared quickly for a weeknight dessert. You can mix this dough in just a few minutes and store in the refrigerator until ready to bake in the oven.

My almond biscotti cookies feature a subtle anise flavor that is not overpowering and kid approved. In fact, these are my kid's favorite cookies!



INGREDIENTS

- 1 1/2 cups oat flour*
- 1 1/2 cups flour*
- 3/4 tsp coarse sea salt
- 1 1/2 tsp baking soda
- 2-3 tsp anise seed
- 3/4 cup brown sugar
- 1/2 cup sugar
- 1/2 cup creamy almond butter
- 1/3 cup unsweetened non-dairy milk You may need 2-4 tsp more if batter is a bit dry.
- 2 cups 72% chocolate chips
- 1/2 tsp vanilla bean paste optional

INSTRUCTIONS

- Add all ingredients to the bowl of a stand mixer. Start with 1/3 cup of non-dairy milk. Mix for a few minutes until dough starts to come together. Turn off mixer and knead the batter by hand a few times. Add additional almond milk if needed. The batter will continue to bind in the refrigerator while resting. Place batter in the refrigerator for 15 minutes or until ready to bake.
- Use an ice cream scoop to measure out each cookie. Place cookies on a baking sheet lined with parchment paper and bake at 350 for approximately 15-18 minutes.
- If you can stand it, let cookies rest for 10 minutes before diving in. We like to store any leftovers (if they last that long) in the freezer. They taste awesome frozen.

Shiitake Mushroom Lentil Soup

Prep Time:
10 minutes

Cook Time:
50 minutes

Yield:
4-6 servings

This dish is an umami powerhouse, drawing flavor from fresh shiitake mushrooms, leeks, carrots, garlic, and a variety of fresh herbs.

I like to use French green lentils in this soup as they retain their shape and texture very well while cooking. In contrast, yellow and red lentils tend to break down and blend into the soup base. If you have any homemade vegetable stock on hand, this is definitely the recipe to use it.



INGREDIENTS

- 4 cups fresh shiitake mushrooms, sliced
- 2 cups carrots, diced
- 2 cups celery, diced
- 1/2 cup leek, diced
- 1/2 cup onion, diced
- 6 cloves garlic, minced
- 3/4 cup French green lentils
- 1/4 cup nutritional yeast
- 7 cups vegetable stock (see recipe for homemade stock)
- 8 fresh sage leaves
- 2 dried bay leaves
- 1 tbsp fresh rosemary, minced
- 1 tbsp fresh thyme, minced
- 1 tbsp fresh oregano, minced
- 1 tbsp fresh parsley, minced
- 1 lemon juiced
- 1 tbsp olive oil
- salt to taste
- red pepper flakes (optional to taste)

Note: substitute dried herbs if needed. 1 tsp of each of rosemary, thyme, oregano, and parsley.

INSTRUCTIONS

- Heat olive oil over medium heat. Add mushrooms, leek, onion, carrots, celery, and garlic. Add a pinch of salt. Cook for 8 minutes.
- Add herbs, bay leaves, broth, lentils, nutritional yeast and lemon juice. Bring to a simmer and cook 45 minutes until lentils are tender. Taste and adjust seasonings.
- Serve with fresh pita bread, toasted baguettes or your favorite crackers.

Sage Hot Honey Vinaigrette with a Roasted Asian Pear, Parsnip, & Pecan Salad

Prep Time:

10 minutes

Cook Time:

1 hour for roasting

Yield:

4-6 servings

Hot Habanero pepper infused honey balances the sweetness of Asian pears and brings a little heat to the roasted parsips and pecans. Incorporating hot honey, fresh sage, and lemon into the vinaigrette enhances the flavor of the parsnips and pears. Crunchy toasted Georgia pecans and popped whole grain sorghum provide a wonderful crunch to round out the textures. If you can grab a few pears and parsnips at your local farmer's market this is an easy, elegant salad perfect for a weeknight healthy meal or as a wonderful addition to your next dinner party.



INGREDIENTS

Hot Honey Sage Vinaigrette

- 1 tbsp hot honey (I use Habanero infused honey)
- 1 tbsp regular honey
- 10 fresh sage leaves
- 3/4 cup water
- 2 tbsp dijon mustard
- 1 tbsp apple cider or white vinegar
- 1 lemon juiced
- salt to taste

Pear Parsnip Pecan Salad

- 3 Asian Pears sliced
- 2 tbsp hot honey
- 5 small parsnips, peeled and thinly sliced
- 1 cup raw pecans
- 1/4 cup dry sorghum (optional)
- 1 tsp oil
- Mixed greens of choice for salad base

INSTRUCTIONS

Hot Honey Sage Vinaigrette

- Combine water, 1 tbsp hot honey, 1 tbsp of regular honey and fresh sage leaves in a small saucepan.
- Heat over medium until simmering. Cook 15 minutes at a very low simmer. Remove from heat and cool for 10 minutes.
- Add honey sage mixture to a blender with the mustard, vinegar, lemon juice, and salt. Process until smooth. Set aside.

Roasted Pears, Parsnips and Pecans

- Heat oven to 400 degrees.
- Toast pecans on a baking sheet lined with silicone or parchment 7-8 minutes. Remove from oven and drizzle with 2 tsp of hot honey. Return to oven for 1-2 minutes to finish toasting until golden brown. Keep a close eye on the pecans as they can burn quickly.
- Toss prepared pears and parsnips with the remaining 4 tsp of hot honey. Roast in oven for approximately 40-45 minutes until tender. Remove from oven and allow to cool slightly.

Toasted Sorghum (optional)

- Heat oil in a cast iron skillet over medium-high heat. Add dry sorghum. Toast until most of the sorghum has popped into what looks like mini popcorn. Remove from heat.

Salad Composition

- Toss with mixed greens with half of the vinaigrette. Taste and add more vinaigrette and salt and pepper to taste. Add toasted pecans, pears, and parsnips and toss again. Top each salad with toasted sorghum before serving.

10-Minute Gluten Free Whole Grain Waffles

Prep Time:
5 minutes

Cook Time:
10 minutes

Yield:
6 servings

Millet stands out for many reasons; it is rich in protein and vitamin B, has a low glycemic index, gluten-free, and works in sweet or savory preparations. In my home, weekends are for pancakes and waffles. I love the simplicity of this recipe. Prepare the batter in less than a minute in a blender. Next, cook batter either in a waffle maker or as pancakes on a griddle. Top with your favorite breakfast condiment for a wonderful, filling, healthy meal. Better yet, make the batter the night before and store in the refrigerator. Leftover waffles freeze well and taste wonderful reheated in a toaster.



INGREDIENTS

- 1 cup whole grain millet (uncooked)
- 2 cups old fashioned rolled oats (use gluten free if desired)
- 2 cups oat milk (I prefer low fat Oatly.)
- 2 Meyer lemons zested and juiced
- 1 tsp baking soda
- 1/2 tsp salt
- 6 pitted Medjool dates

INSTRUCTIONS

- Combine the milk with lemon zest and juice. Set aside for 5 minutes to create plant-based buttermilk.
- Add milk mixture and remaining ingredients to a blender and process until smooth. Add more milk or water if batter is too thick. (Batter consistency will depend on the oats and milk used).
- Cook batter in a waffle maker according to its directions or use as pancake batter on a griddle.
- Top with your favorite fresh fruits, jam, syrup, or honey.

Parsley Thyme Lemon Vinaigrette

Prep Time:
10 minutes

Yield:
4 servings

A tangy, vibrant vinaigrette drizzled over a medley of roasted beets, cauliflower and pickled fennel and onion and Kamut. I love the ease and versatility of this recipe. Serve this tasty vinaigrette over your favorite roasted veggies, mixed greens, and rice or grains.



INGREDIENTS

- 1/3 cup fresh parsley
- 4 sprigs fresh thyme
- 1 tbsp mustard
- 1 lemon juiced
- 1 tsp honey (substitute sweetener of choice if vegan)
- salt and pepper to taste

INSTRUCTIONS

- Add all ingredients to the blender and process until smooth. Store in refrigerator until ready to use.