



A Taste of Food Beyond
Its Nutrition

SIMPLE

12 RECIPES TO CREATE AT
HOME

By Dr. Wendy Dearborne

VOL. 1



A Taste Of Food Beyond Its Nutrition

12 Simple Recipes To Create At Home

By
Dr. Wendy Dearborne

Adassa James Institute Inc.

DEDICATION

To Mummzie.

How Do I Love Thee? Let Me Count
The Ways.

E. Barrett-Browning

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PREFACE

How did this all come into being? As a result of a question that simply asked, “does food really impact your ability to manifest what you want in life?”

Wow! That’s deep.

Professionally and personally, I can attest to the fact that food impacts your ability to consciously manifest what you want for your life...and not just a healthy, slim and trim body. Food goes way beyond its nutritional value.

For a moment, consider the value or the role that food plays in your life. Without it, there is NO LIFE. That tells you something about the importance of the role food plays in our lives.

Did you know that there is a spirituality to food? Or that the color, shape, aroma, texture, sound and even the look of food can impact your health, both positively and negatively, as well as your ability to manifest what you want for your life? We are going to explore all of that and much, much more...

Whether you are vegetarian, pescetarian, flexitarian or vegan, within these pages, you will find a tiny sample of the recipes that I have created on my whole food, plant based, pescetarian journey eating experience.

Be sure to put your own twist on them, so the end result reflects the uniqueness of you. You'll find these recipes and much more at [**foodbeyonditsnutrition.com**](http://foodbeyonditsnutrition.com)

Bon Appetit Let'z Eat!

Dr. Wendy



ACKNOWLEDGEMENTS

I give thanks for all the choices that I have made, the good the bad and the in between, for each and every ***"CHOICE"*** has made me who I am. And for the eternal flame that burns brightly within me that inspires me to want to inspire others, I give thanks.

To my husband, Eddie Lee “Dee” Dearborne without whose love, care, wisdom and support, much of what I have accomplished may have taken me several life times. Thank you for loving me!

To my Mum who made me believe that I could do and be anything I chose to be, and my Dad who taught me to question life.

I give thanks for the profound insight, wisdom and motivation that the following words have imparted into my life.

“From your cradle to your grave everything in between is created by your choice.”

INTRODUCTION

It's important to come to an understanding that food is so much more than you think it is. Yes, food keeps you alive or breathing. Yet, it does much more than that. Food has the ability to support your conscious awareness, of your connection, with the Divine or your chosen deity.

Food has the ability to influence your mood. Food has the ability to bring mental clarity. Food quickens the healing process. Anything that you require to support you in living the best life that you can, food has been designed to support you in doing that.

This ecookbook scratches the surface of what's to come and it isn't only about sharing delicious and nutritious recipes.

Food Beyond Its Nutrition is sharing the wisdom that the color of food, its shape, texture, aroma, taste and its sound, whether it comes from the animal kingdom, vegetable kingdom, marine kingdom or mineral kingdom plays a prominent role in your existence.

Bon Appetit Let'z Eat!

Let's Start With Salad



01



Crispy Fried Egg Salad

This recipe takes a humble egg and transforms it into a simple and delicious dish. This salad is prepared with a homemade sweet and sour, slightly salty, spicy Thai dressing.

Frying the eggs on a high heat makes them crispy and crunchy, which adds a unique texture to the dish. It's laden with raw vegetables and herbs too.

Crispy fried egg Thai salad can be served as a side, or main course.



Crispy Fried Egg Salad

INGREDIENTS

- 8 large eggs 2 per person
- 2 tbsp lime juice
- 3 tbsp sugar
- 3-4 tsp fish sauce or light soy
- 1/3 hothouse cucumber sliced
- 2 green onions cut into 1" pieces
- 1 small stalk of celery and the leaves chopped
- 1 tsp finely minced garlic
- 1/3 cup of red onion sliced
- 10-15 cherry tomatoes cut in half
- 1 tbsp cilantro
- 1-2 Fresno peppers chopped or Thai chili peppers
- 1/3 orange bell pepper chopped
- 2 tsp sesame seeds
- 1 cup of oil for frying



What To Do

- Make the dressing: Add lime juice, fish sauce, sugar and garlic to a large bowl.
- Mix until sugar has dissolved.
- Add red onions and chili peppers, mix well and set aside.

- In a pan, heat oil until very hot, but not smoking 375°F. Fry eggs one to two at a time for 2-3 minutes on each side. Basting continuously with hot oil. The eggs will be crisp and golden brown.

CAUTION: THE OIL CAN SPLATTER.

- Drain eggs on absorbent paper.
- The eggs will range from well done to waxy and golden brown. When cool enough to handle, cut eggs into bite size pieces.
- Add cut eggs to onions and dressing. Mix well. Add the rest of the ingredients, except **cilantro** and **sesame** seeds.
- Set aside for 5-10 minutes, gently tossing every 2 minutes.
- Before serving add cilantro and sprinkle with sesame seeds.

Notes

For a cholesterol free version use egg whites. Use soy sauce as a substitute for fish sauce.



NUTRITION

Serving: 4g | Calories: 706kcal |
Carbohydrates: 16g | Protein: 14g | Fat: 66g |
Saturated Fat: 8g | Cholesterol: 372mg |
Sodium: 503mg | Potassium: 337mg | Fiber: 1g
| Sugar: 12g | Vitamin A: 1182IU | Vitamin C:
32mg | Calcium: 82mg | Iron: 2mg

02



Quinoa Salad v, gf

A hearty scrumptious rustic salad bursting with flavor, texture, aroma and color. This salad can be served as a main course or a *bit on the side*.

Quinoa, like many other ancient grains have, in recent years been making a strong comeback. Quinoa is an amazing whole food that packs a hefty nutritional punch.

It can be used in place of rice, pasta or potatoes.



Quinoa Salad

INGREDIENTS

- 4 cups quinoa white cooked
- $\frac{1}{2}$ large Red pepper/capsicum diced
- $\frac{1}{4}$ cup red onion minced or shallots
- $\frac{1}{2}$ cup mixed vegetables defrosted and drained
- 1/3 cucumber British cubed
- 1/2 cup red cabbage finely shredded
- 1 whole pink lady apple rough chopped
- 1-2 tsp Serrano peppers finely minced or jalapeno optional
- 1-2 tbsp cilantro minced
- 1/3 cup spring onions chopped
- 1/2 cup cherry tomatoes halved
- 1 stalk celery thinly sliced
- 1/2 cup zucchini
- 1 fresh lime juiced
- 1 zest of lime
- 1/3 cup cranberries or cherries dried
- 1 tsp mint julienne
- 1/4 cup summer squash chopped



DRESSING

- 4 cloves garlic finely minced
- ½ cup extra virgin olive oil
- 1/4 cup white wine vinegar
- White wine vinegar
- 2 tbsp maple syrup honey or evaporated cane sugar
- ¼ tsp chili oil
- 1 tsp paprika smoked
- 1/2 tsp salt
- 1/2 tsp pepper black
- 1-2 tsp marsala wine optional

WHAT TO DO

- In a large salad bowl whisk, all the dressing ingredients together.
- Season with salt and pepper to taste.
- Set tomatoes aside.
- Mix the herbs and all other cut vegetables into the salad dressing.
- Add the hot quinoa mix thoroughly.
- Check for seasoning.
- Cover and allow to rest for 5-10 minutes. Before serving, fold in tomatoes.
- This salad will keep in the refrigerator in an airtight container for 2-3 days.

- When serving from cold, allow the salad to sit at room temperature for 10-15 minutes before serving.

NOTES

This salad can be made with any kind of dressing or vegetables that you want. You can add other kinds of aromatics to this salad ginger, fennel, parsley, lemongrass etc.

NUTRITION

Serving: 1g | Calories: 657kcal |
Carbohydrates: 91g | Protein: 18g | Fat: 25g |
Saturated Fat: 3g | Sodium: 221mg |
Potassium: 892mg | Fiber: 11g | Sugar: 11g |
Vitamin A: 1655IU | Vitamin C: 35mg |
Calcium: 111mg | Iron: 11mg |



Quinoa Salad

The Tofu Way



03



Char Siu Tofu

Char Siu tofu is baked with a versatile sweet, smoky and savory sauce that takes the neutral flavor of tofu to another level.

This sauce can be used on all types of fish, vegetables and meat. There are many versions of char siu.

What makes this recipe a winner is that it can be tweaked to suit your taste buds.



INGREDIENTS

- 1 pkt Tofu (firm) rinsed, patted dry and cut into square bite size pieces
- 2 large garlic cloves finely minced
- 2 tbsp cooking oil neutral flavored
- 2 tbsp hoisin sauce
- 1 tbsp soy sauce dark
- 1 tbsp sugar brown
- 1 tbsp honey or brown rice syrup
- 1 tbsp rice wine vinegar
- 1/2-1 tsp five spices
- 1/2 tbsp cooking oil
- 1/2 tbsp sesame oil
- 1 tsp sesame seeds toasted, reserve
- 1/4 tsp for garnish
- 1/2 tsp salt
- 1/2 tsp white pepper
- 2 tsp green onion tops small dice and slice on a bias or 45 angle for garnish



What To Do

1. Set green onion tops aside.
2. Place all other ingredients in a bowl.
Whisk until everything is fully incorporated.
3. Marinade tofu for 30 minutes or for 4 hours in your refrigerator.

- Preheat the oven to 475°F or 250°C. Make sure the oven rack is at the top of the oven.
- Place tofu on a greased baking tray with space in between. Reserve any left over marinade for basting.
- Bake for 10 minutes. Then turn each piece and baste with leftover marinade.
- Bake for another 10 minutes and turn each piece of tofu again.
- Baste with remaining marinade and cooking for 5-10 minutes or until caramelized and bubbly.
- Transfer to a warmed serving plate.
- Sprinkle with 1/4 tsp of sesame seeds and green onion tops.
- Serve with rice or noodles and steamed vegetables.

NOTES

Char siu is a versatile Asian sauce that can be used with your choice of protein and vegetables. It can be cooked in the oven, under the broiler or on a grill.



If you are using this sauce to marinade meat or seafood, be sure to bring the leftover marinade to a hard rolling boil, ensuring that there's no cross contamination from raw meat/seafood when basting through the cooking process.

Add chili to spice it up.

NUTRITION

Serving: 4g | Calories: 92kcal | Carbohydrates: 14g | Protein: 1g | Fat: 4g | Saturated Fat: 1g | Cholesterol: 1mg | Sodium: 741mg | Potassium: 43mg | Fiber: 1g | Sugar: 11g | Vitamin A: 38IU | Vitamin C: 1mg | Calcium: 5mg | Iron: 1mg



Char Siu Tofu

An Afterthought

The humble soybean is transformed into many different products and its use isn't limited to only culinary. The soybean plant influences many industries. Some of the most notable are products that we use in our households on a regular basis:

- Milk
- Sauce
- Tofu
- Oil
- Flour
- Texture protein - meat replacement
- Nuts
- Cheese
- Shampoo
- Conditioner
- Moisturizer
- Soaps
- Detergents
- Candles
- Household Cleaners

And the list goes on...



04



Braised Tofu Korean Style

You may not know this, but I love tofu.

One of my all-time favorite ways to prepare tofu is to braise it in a spicy sesame, garlic sauce with toasted sesame seeds.

It has a savory crispy exterior with a soft creamy flavorful interior that creates the perfect bite.

This can be eaten with rice or noodles. And can be served as a side dish or main course.



INGREDIENTS

- 14 oz tofu firm patted dry cut into 16-18 thin square slices
- 1/2 cup water
- 2 tsp sugar
- 3 tbsp soy sauce
- 1 tsp sesame oil
- 1/2 tbsp garlic minced
- 1/2 cup onion minced
- 1-2 tsp chili flakes, Korean
- 1/4 tsp sesame seeds
- 1/3 cup spring onions chopped



What To Do

- To make the braising liquid, place 1/2 cup of water in a bowl. Add the sugar, soy sauce, sesame oil, chili flakes and sesame seeds. Whisk until thoroughly combined and set to the side.
- Drain and rinse tofu. Pat dry.
- Turn tofu lengthwise and cut into half.
- Then cut into 1/4" squares. One 14 oz block of firm tofu will yield approximately 18 - 20 squares.
- Lay cut tofu on kitchen paper or a towel. Pat dry again.

- Put oil into skillet and turn on to medium high heat. Lay all the tofu in the skillet, you don't have to wait for the oil to get hot. Fry on one side until golden and crispy. Approximately 8 -10 minutes. Turn over and fry the other side until crispy and golden. Remove from skillet and drain on kitchen paper.
- Using the oil left in the skillet, add onions, garlic and spring onions, reserving 1 tsp of spring onions for garnish later.
- Stir fry until the onions and garlic have caramelized and are a light golden brown.
- Pour the braising liquid into the hot skillet with caramelized onions and garlic.
- Bring to a boil. Then cook on medium high heat until liquid has evaporated by half and thickened.
- Put the crispy tofu back into the skillet with braised sauce. Stir and coat each tofu square completely.
- Sprinkle with reserved green onions and more sesame seeds if desired.
- Serve with rice as a main course or as a side dish.

Notes

You can cut the tofu into whatever shape and thickness you desire. The main goal is to make sure that the exterior is golden and crispy.

Nutrition

Serving: 4g | Calories: 122kcal |

Carbohydrates: 8g | Protein: 11g | Fat: 6g |

Saturated Fat: 1g | Sodium: 770mg |

Potassium: 91mg | Fiber: 2g | Sugar: 4g |

Vitamin A: 231IU | Vitamin C: 3mg | Calcium:

137mg | Iron: 2mg



The Pescetarian Way



05



Salmon Stuffed With Crabmeat, Cranberries, Orange & Jalapeños

Salmon stuffed with sweet crabmeat, herbs and spices, along with cranberries, orange zest and Jalapeños gives it a spicy kick and creates that *Je ne sais quoi*.

This recipe makes the perfect festive centerpiece for any holiday dining table.

The recipe is easy to prepare and can be made in advance.



Salmon Stuffed Crabmeat, Cranberries, Orange & Jalapenos

INGREDIENTS

- 1: 3-4 lb large salmon filet, skin on scales removed. Or skin off, with a pocket cut for stuffing. *Atlantic salmon* is best for this recipe.

Crabmeat Stuffing

- 12 oz crabmeat picked over
- 1 jalapeno finely minced
- 1 medium onion chopped
- 1 tbsp garlic minced
- 1 tbsp parsley flat leaf chopped
- 1 large zest orange
- 1 tbsp fresh squeezed lime juice
- 1/2 cup dried cranberries
- 1/2 cup panko breadcrumbs
- 4-6 oz cream cheese room temperature
- 1 tsp Italian herbs
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp thyme
- 1 tsp salt
- 1 tsp black pepper
- 1/2 tsp mushroom seasoning optional
- 1 tbsp cooking oil or butter

Glaze

- 1 tbsp vegetarian oyster sauce
- 1 tbsp honey

WHAT TO DO

Preheat the oven to 400°F and place the rack in the top position.

- Over medium heat add oil to a pan and sauté onions for 1 minute. Add garlic and a pinch of salt and continue sautéing until onions are almost translucent.
- Add jalapeños, onion and garlic powder, thyme, herbs, a pinch of black pepper and mushroom seasoning if using. Sauté for 1 minute. Remove from heat and put sautéed onion mix into a large bowl and allow to cool completely.
- Mix glaze and set aside.
- Into the bowl with cool sautéed onion mix, add crabmeat, parsley, orange zest, cranberries, lime juice, cream cheese.
- Add 1/2 the remaining salt and pepper, leaving the rest to season the outside of the salmon. Mix well.
- Add panko and mix well.
- Stuff salmon pocket. Don't overfill
- Sprinkle with the rest of the salt and pepper.

Salmon Stuffed Crabmeat, Cranberries, Orange & Jalapenos



- Place the salmon with stuffing on a baking tray into a preheated oven.
- Bake uncovered for 20-30 minutes depending on size and thickness, turning the tray 1/2 way through cooking time.
- Remove from the oven and cover loosely with foil.
- Turn broiler or grill to high. Allow to heat up. Remove foil, but do not discard.
- Generously brush prepared glaze all over the salmon. Place under the hot broiler for 2 minutes. Watch closely as it can go from golden to burnt in seconds.
- Remove from the broiler and cover loosely with foil and allow to rest for 5 minutes.
- Garnish with dried or fresh cranberries and a little chopped parsley if desired.
- With a sharp knife slice into desired portions and serve.



NOTES:

Umm, this recipe was meant to have baby spinach...I about fainted when I went to my perishable pantry (refrigerator) and I didn't even have a leaf of kale, never mind spinach, so I made it without it. And you know what? I like it better this way!

You can use this crabmeat stuffing for other fish too. Trout, dover sole, flounder, bass etc. To prevent the salmon from bursting while cooking, do not overfill or pack the stuffing in too tightly.

NUTRITION



Serving: 8g | Calories: 160kcal |
Carbohydrates: 15g | Protein: 10g | Fat: 7g |
Saturated Fat: 3g | Cholesterol: 34mg |
Sodium: 783mg | Potassium: 138mg | Fiber: 1g |
Sugar: 9g | Vitamin A: 268IU | Vitamin C: 10mg |
Calcium: 52mg | Iron: 1mg



Salmon Stuffed Crabmeat, Cranberries, Orange & Jalapenos

06



Pecan Honey Shrimp

Pecan Honey Shrimp is my variation of Panda Express's version of honey walnut shrimp.

Sweet, succulent, sticky, tangy with the subtle crunch of pecans that gives texture to the dish, makes this rate as *deliciousness* on a plate.

Although recipe has a few moving parts, it is easy to make and can come together in less than 45 minutes.



Pecan Honey Shrimp

INGREDIENTS

- 1 lb 16-20 size shrimp peeled washed and deveined
- 1/3-1/2 cup cornstarch
- 1 egg whites lightly beaten
- 1/4 tsp baking powder
- 1/4 tsp garlic powder
- 1/4 tsp white pepper
- 1 tsp salt
- 1/2 tsp oil
- 1/2 cup of pecans
- 1/2 cup sugar
- 3/4 cups water
- 1/4 cup mayonnaise
- 1-2 tbsp condensed milk
- 1 tbsp honey
- 1 tsp lemon
- 1 tsp lime
- 2 cups cooking oil for frying



WHAT TO DO

Caramelized Nuts

- In a pan add sugar and water. Over high heat dissolve sugar.
- Add pecans and bring to a boil, continue boiling until sugar and water turn to a thick syrup that coats the pecans.

- Remove to a plate lined with parchment paper or foil. Set aside.

Creating The Sauce

- Mix the mayonnaise, condensed milk, honey, lime, lemon, salt and white pepper together in a large bowl and set aside.

Cooking The Shrimp

- Heat oil to 350°
- Sprinkle shrimp with salt and mix well. Set aside.
- To make batter, mix cornstarch, baking powder, garlic powder, white pepper, salt, oil and egg whites.
- Add shrimp to batter making sure all shrimp are thoroughly coated. If the batter seems too thick, keep mixing with your hand. The longer you mix the thinner it will become. If that doesn't work, wet your finger tips (only) and continue mixing.
- Allow excess batter to drain off and place shrimp into hot oil. Cook for 2 minutes and drain and cool slightly.

Double tap (second fry)

- Heat oil to 375° and double fry the shrimp for another 2 minutes, until golden brown. This makes the shrimp extra, extra crispy and less oily.
- Add hot shrimp to the caramelized pecans and prepared honey sauce. Mix gently to coat thoroughly. Serve immediately.

NOTES

Double frying the shrimp for another 2 minutes makes the shrimp extra, extra crispy and less oily.

You can use any nut of your choice. This recipe is typically prepared with walnuts.

NUTRITION



Calories: 1464kcal | Carbohydrates: 44g |
Protein: 26g | Fat: 134g | Saturated Fat: 11g |
Cholesterol: 293mg | Sodium: 1600mg |
Potassium: 172mg | Fiber: 1g | Sugar: 33g |
Vitamin A: 13IU | Vitamin C: 5mg | Calcium:
202mg | Iron: 3mg

The Pescetarian Way

A large, vibrant orange-red salmon fillet is the central focus. A single, curved slice of lemon is placed on top of the salmon, garnished with a sprig of fresh green chives. The background is a plain, light color.

Nature's bounty from the seas,
from the streams and rivers are
delivered to us in many different
ways:

- Dried
- Frozen
- Iced
- Fresh
- Smoked

07



Jamaican Salt Fish Fritters With Ginger & Hibiscus

Taking simple and delicious homestyle Jamaican saltfish fritters to another level.

The addition of steeped Jamaican hibiscus leaves, kaffir lime leaves with diced ginger, added texture, depth and a slight chewiness. The ginger brought out the natural flavor of the hibiscus by bringing it to the forefront.

Fritters can be eaten for breakfast (typically) lunch, dinner or...just because.



Jamaican Saltfish Fritter w/Ginger & Hibiscus

INGREDIENTS

- 6-9 oz salt fish prepared
- 1-2 large scotch bonnet or habanero peppers deseeded and finely minced
- 1/4 red bell pepper
- 1/4 yellow bell pepper
- 1/4 green bell pepper
- 1-2 green onions finely chopped
- 3 tsp ginger finely minced
- 3 large kaffir lime leaves cut into micro thin julienne strips with the hard stem removed or the zest of a lime or bitter orange
- 1- 1.5 tsp baking powder
- 1 tsp smoked paprika
- 1 tsp dried thyme
- 1/16 tsp ground pimento
- 1/2 medium onion finely chopped
- 1 tbsp garlic finely minced
- 1/4 cup dried hibiscus leaves prepared
- 1.5 cups all-purpose flour
- 1/2 - 1 tsp salt
- Cooking oil



WHAT TO DO

- Pre-soak the saltfish for 24 hours changing the water as many times as you can. Or overnight.
- The next day, in a large pot boil the salt fish for 15-20 minutes.
- You'll know when the fish is ready because it won't be salty. Drain and discard the water.
- Pull the fish apart creating flakes. While doing this remove all bones and any fish skin. Set aside.
- Rinse hibiscus under cold running water. Then add to a pot with enough water to cover the leaves as they expand.
- Bring to a hard boil for 1-2 minutes. Then simmer for 30 minutes.
- Remove from heat and allow to steep for another 30 minutes.
- Strain and reserve the liquid and use it to make hot or cold tea. Or as we call it in Jamaica *Sorrel*.
- With a sharp knife remove the hard bulb at the base of the hibiscus leaves. Cut the leaves into long lengthwise strands. Set aside.



Note: the hibiscus leaves can cause discoloration.

- In a large bowl add baking powder, flour and all the dried herbs and spices. Add salt and dry whisk to incorporate.
- Add prepared salt fish, all the peppers, onions, ginger, kaffir lime leaves and garlic.
- Mix well to coat everything with seasoned flour.
- Add enough cool water to make a “spoon dropping” consistency batter.
- Cover and let the batter rest in the refrigerator for 30 minutes.
- Right before cooking mix in the hibiscus strands.
- Over medium heat, add 2-3 tbsps. of oil to a pan. When the oil is hot, using a spoon drop the batter into the pan. Use the same spoon to flatten the mixture out a little bit.
- Fry on medium heat until golden, approximately 3-5 minutes.
- Flip and cook the other side.
- Remove from the pan and drain on absorbent paper.
- Garnish and serve. Eat as plain or serve with your favorite dipping sauce.



NOTES

If you don't pre-soak the salt fish, rinse away as much of the salt on the exterior as possible. Then boil for 20 minutes. Change the water and repeat the boiling process 1-2 more times. You'll know when the fish is ready, because it won't be salty to taste.

Do not overcrowd the pan, this will cause the temperature of the oil to drop dramatically and make your fritters greasy.

NUTRITION

Serving: 6g | Calories: 214kcal |
Carbohydrates: 28g | Protein: 22g | Fat: 1g |
Saturated Fat: 1g | Cholesterol: 43mg |
Sodium: 2780mg | Potassium: 497mg | Fiber: 1g |
Sugar: 2g | Vitamin A: 452IU | Vitamin C: 26mg |
Calcium: 170mg | Iron: 3mg



An Afterthought



Sometimes pairing the simplest and unlikely ingredients together, creates the most amazing dishes.

Be adventurous in your kitchen...you have everything to gain.



Jamaican Saltfish Fritter w/Ginger & Hibiscus

The Bit On the Side



08

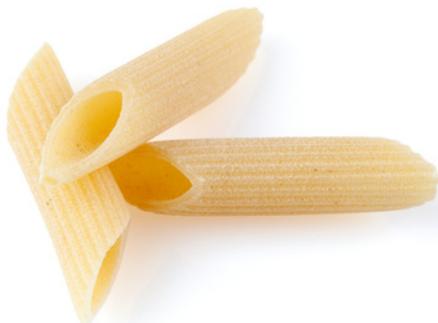


Wendy's Smoked Mac 'n' Cheese

This is one of my signature dishes and is much requested.

The comforting goodness of mac 'n' cheese is elevated to a new level with the addition of the rich smoky flavor and creamy velvety texture of Dutch Gouda cheese.

The cheeses used in this recipe are designed to complement each other and they are a game changer.



INGREDIENTS

- 8 oz or 2 cups large elbow macaroni cooked and drained
- 3 tbsp butter unsalted
- 1 clove garlic finely minced
- 3/4 tsp Italian herbs
- 1/4 tsp Italian herbs reserved optional
- 1/2 tsp salt
- 1/2 tsp white pepper
- 3 tbsp all-purpose flour
- 4 cups 1/2 & 1/2 have a little more on hand
- 4-6 oz smoked Gouda grated
- 4-6 oz sharp smoked cheese grated
- 4-6 oz mild white cheddar cheese grated
- 1/4 tsp Nutmeg freshly grated optional
- 1/4 tsp Smoked paprika optional

WHAT TO DO

Preheat oven to 350°F

- **Cook Pasta:** Bring a large pot of heavily salted water to a boil over high heat.
- Add the pasta according to instructions, but cook it to just on the edge of being overdone.
- Then drain and rinse with cold water; set aside.

- **Make the béchamel sauce:** To a large, heavy-bottomed saucepan, melt the butter over medium heat.
- Add finely minced garlic and cook for about 2 minutes.
- Add the flour, Italian herbs, salt, white pepper and whisk constantly until the mixture turns light beige in color, about 3 minutes.
- Remove from heat.
- While whisking constantly, slowly add milk to the flour mixture until evenly combined and smooth. (*It will get very thick when you first add the milk, then thin out.*)
- Return the saucepan to medium heat, whisking constantly, and cook until the sauce thickens enough to coat the back of a spoon, about 2 to 3 minutes.
- Stirring constantly and bring to a boil, then immediately remove from heat.
- Add all the cheeses. Stir until they have melted completely. The residual heat will be enough to melt the cheese.
- Check for seasoning and adjust, remembering that smoked cheese can be a little on the salty side.

- Add macaroni to the pot of cheese sauce and stir well.
- Transfer to a baking dish. Lightly sprinkle, nutmeg and Italian seasoning and smoked paprika (optional)
- Bake for 25-30 minutes until bubbling and slightly golden on top.

NOTES

Use good quality cheddar cheese. Make sure that your béchamel isn't too thick before you add the cheese, if it is, thin it out with more milk or water.

When the cheese melts it will bring the sauce to the correct consistency and thickness.

Make sure there is more sauce than macaroni and mix well.

This is one of my signature dishes and **my secret** is making sure that there is enough sauce to fill each elbow. In short, the macaroni needs to be drowning in the cheese sauce!

Secret the macaroni needs to be cooked until soft and tender, but not mushy and falling apart.

NUTRITION

Serving: 6g | Calories: 892kcal | Carbohydrates: 37g | Protein: 23g | Fat: 73g | Saturated Fat: 46g | Cholesterol: 253mg | Sodium: 641mg | Potassium: 299mg | Fiber: 1g | Sugar: 2g | Vitamin A: 2318IU | Vitamin C: 1mg | Calcium: 528mg | Iron: 1mg

09



Aromatic Pilaf Basmati Rice

Fragrant basmati rice, spiked with whole aromatic spices and garnished with green peas takes this simple side dish to another level.

As a side dish, rice acts as a compliment to the main course to enhance your dining experience. And this recipe does exactly that!



Aromatic Pilaf Basmati Rice

INGREDIENTS

- 2 cups basmati rice washed and drained
- 4 whole cloves
- 2 whole cardamoms green
- 3 whole bay leaves
- 1/2 cup shallots finely minced
- 2 cloves garlic finely minced
- 2 - 3 tbsp oil neutral flavored
- 1/2 tsp salt
- 3 cups boiling water
- 1/2 cup green peas defrosted and warmed through
- 1/2 tbsp cilantro finely chopped



WHAT TO DO

- On medium heat add cooking oil to the pot. When oil is hot add whole spices and sauté for 2 minutes.
- Add shallots and cook until transparent, but not brown.
- Add garlic and sauté for 2 minutes or until fragrant.



- Add drained basmati rice and stir fry for 3 - 5 minutes. Make sure each grain of rice is coated with aromatic oil. The grains of rice will look a little translucent around the edges.
- Add 1/2 tsp salt to the boiling water.
- Use **caution** here as the next step will bubble and splatter aggressively: Pour in hot salty water, stir well. then cover with a tight fitting lid. Turn heat down and cook rice for 25 minutes.
- Remove from heat. **DO NOT** lift the lid. Let cooked rice sit undisturbed with lid on for 5 minutes.
- Using a fork, fluff rice and remove **ALL** the whole spices.
- Fold in green peas.
- Sprinkle with cilantro and serve.

Notes

Substitutions: You can substitute the whole spices with cinnamon, ginger root, lemongrass etc. Any spice that is fragrant. Remember, a little goes a long way.

Stock can be used in place of water. And flat leaf parsley can be used in place of cilantro.



NUTRITION

Serving: 4g | Calories: 537kcal | Carbohydrates: 84g | Protein: 9g | Fat: 18g | Saturated Fat: 2g | Sodium: 312mg | Potassium: 260mg | Fiber: 4g | Sugar: 4g | Vitamin A: 185IU | Vitamin C: 10mg | Calcium: 62mg | Iron: 2mg



Aromatic Pilaf Basmati Rice

An Afterthought



Side dishes, much like good accessories do for an outfit, have the power to transform a meal into a gastronomic culinary work of art. In short, a masterpiece to behold and... to eat.

Rice is an ancient grain, boasting of over 40,000 different varieties. It comes in all sorts of sizes and shades from black, brown, red, pink and white.

With over 40,000 varieties there is a rice adventure waiting for you!



Aromatic Basmati Pilaf Rice



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Sautéed Spinach with Cherry Tomatoes (V) (GF)

This recipe makes a delicious side dish that complements any entrée. Colorful and vibrant sautéed spinach with cherry tomatoes is quick and simple to make.



Sautéed Spinach with Cherry Tomatoes (V) (GF)

Sautéed Spinach with Cherry Tomatoes (V) (GF)

INGREDIENTS

- 4 cups of baby spinach washed and spun dried.
- 1/4 red onion sliced
- 3 cloves garlic minced
- 1/4 red, orange and green bell pepper sliced
- 2 green onions cut into 1/2" pieces
- 15-20 cherry tomatoes cut in half
- 2-3 tsp marsala wine
- Salt to taste
- Black pepper to taste
- 2-3 tsp of avocado oil



WHAT TO DO

Heat oil in a large pan. Add garlic and cook until fragrant.

Turn heat to medium high to high, add onions and cook for 30 seconds.

- Add all the spinach, bell peppers along with salt and pepper to taste. Stir constantly.
- Drizzle the masala wine around the pan, mix well the spinach will be wilting.
- Add tomatoes and green onions and turn heat off immediately. Mix well.
- The residual heat will warm the tomatoes without overcooking them to mush.

NOTES

Residual heat is your best friend here. It will continue to cook without over cooking the spinach or the tomatoes.



NUTRITION

Serving: 4g | Calories: 90kcal | Carbohydrates: 7g | Protein: 2g | Fat: 2g | Saturated Fat: 1g | Sodium: 34mg | Potassium: 402mg | Fiber: 1g | Sugar: 3g | Vitamin A: 3185IU | Vitamin C: 25mg | Calcium: 49mg | Iron: 2mg



Sautéed Spinach with Cherry Tomatoes (V) (GF)

Anyone For Soup?





Wendy's Creamy Carrot, Ginger & Fennel Soup

A delicious velvety carrot soup infused with layers of flavor, imparted from the warmth from a hint of ginger, fennel and the tangy sweetness from the Jazz apple.

This soup is easy to prepare and customizable to suit most dietary lifestyles, it's also one of my signature dishes.



Wendy's Creamy Carrot, Ginger & Fennel Soup (V) (GF)

Creamy Carrot, Ginger & Fennel Soup

INGREDIENTS

- 4 med/large carrots chopped
- 1 large fennel chopped
- 1 slice ginger chopped
- 5 cloves garlic chopped
- 1 large onion chopped
- 1 stick celery chopped
- 1/2 large Jazz apple chopped
- 1 large tomato roma chopped
- 1 tbsp cumin seeds
- 1 small Serrano deseeded and chopped
- 1/8 tsp liquid smoke
- 1 cup Stock vegetable Better than
- 2 tbsp Marsala wine divided into 2
- 1/2 cup spring onions chopped
- 1 cup coconut milk full fat,
- 1 tbsp removed
- 1 tsp salt
- 1/2 tsp black pepper
- 2 tbsp cooking oil



WHAT TO DO

- In dutch oven, heat oil over medium heat.
- Add cumin seeds to the hot oil and then allow to pop; approximately 10-15 seconds.
- Add garlic and ginger and sauté until fragrant; approximately 30 seconds.
- Add onions, fennel, Serrano peppers, celery and a good pinch of salt and pepper. Cook until onions and celery are translucent and fennel has softened; approximately 5 minutes.
- Add liquid smoke, stir well.
- Cover dutch oven with a tight-fitting lid, turn heat down to low and allow the vegetables to sweat for 10 minutes.
- Turn heat up to medium high, add apples, tomatoes and carrots. Sauté for 1 - 2 minutes.
- Add the stock and 1/2 of the Marsala wine. Reserving the other 1/2 for later.
- Bring to a boil, turn heat to low and simmer for 15 minutes until carrots are tender.
- Put all the vegetables and the stock from the dutch oven into a blender. Blend on high speed until smooth and a velvety puree is achieved.



- **Note:** if using a blender, rinse the pot out before putting the puree back into it.
- Vegetables and stock can be pureed in the pot if using an immersion stick blender. Check seasoning of the puree and adjust if needed.
- Add coconut milk and heat without bringing to a boil, stirring constantly.
- Stir in the last 1/2 of Marsala wine, and check seasoning.
- Serve hot with a drizzle of reserved coconut milk and garnish with green onions.

NOTES

This is a vegan, dairy free and gluten-free recipe.

Substitutes

You can substitute carrots for parsnips. If you don't like hot and spicy leave the Serrano peppers out.

You don't like fennel, use leek instead.

This is a forgiving recipe and you can use whatever vegetables you like or have on hand.

This recipe can be made with chicken stock and heavy cream.

NUTRITION

Serving: 6g | Calories: 189kcal | Carbohydrates: 14g | Protein: 2g | Fat: 15g | Saturated Fat: 9g | Sodium: 582mg | Potassium: 416mg | Fiber: 4g | Sugar: 6g | Vitamin A: 478IU | Vitamin C: 13mg | Calcium: 54mg | Iron: 2mg



Keeping Things Simple





Hazelnut Pesto

Sometimes the simplest ingredients can create a transformational eating experience. Pesto is one of those *condiments* that has the ability to do that.

Pesto is a method of preparation, whereby ingredients are crush together using a mortar and pestle.

Hazelnuts bring another depth of flavor, warmth and texture to this versatile classic that can be used as a spread, a base for cream sauces, a dip, a condiment or as the main event over steaming hot pasta.



Hazelnut Pesto

Hazelnut Pesto

INGREDIENTS

- 1 cup hazelnuts with skin removed
- 2 cups basil leaves
- 1 cup olive oil
- 1/2 tsp lemon juice
- 1/2 cup Asiago cheese

WHAT TO DO

- Put hazelnuts into the processor and blend until it resembles a medium fine meal.
- Add basil and blend until it is finely minced. Add olive oil, lemon, salt and pepper.
- Add cheese and process until smooth.
- Serve by tossing on warm pasta or with hot Italian rustic bread.
- Store in refrigerator in a sealed container for 7 days.



NUTRITION

Serving: 6g | Calories: 478kcal | Carbohydrates: 4g |
Protein: 6g | Fat: 50g | Saturated Fat: 7g |
Cholesterol: 6mg | Sodium: 135mg | Potassium:
167mg | Fiber: 2g | Sugar: 1g | Vitamin A: 487IU |
Vitamin C: 3mg | Calcium: 136mg | Iron: 1mg



Hazelnut Pesto

Understanding The Spirituality Of Food



Food does go beyond the nutritional value that we have been taught. The color, shape, texture, sound, aroma and the growth season have a direct impact on how we live our lives. There is a spirituality to food. Just like there is a sacredness to the shape of food. And a compelling magnetism to the color of food. This is why you will eat the yellow M&M's or smarties first.

There are 9 basic colors, including black and white that can be used to categorize all foods. Let's look at a very brief overview of the color orange. It represents the birth of ideas and creativity in our lives. But above all, it supports the the ability to **feel** things on all levels.

In order for you to be able to manifest anything in your life, both good or bad, you must be able to feel it at a soul level...first!

COMMON ORANGE COLORED FOOD

- Carrots
- Squash
- Mangoes
- Apricots
- Oranges/citrus
- Cantaloupe
- Potatoes
- Pepper
- Papaya
- Peaches



One of the reasons why we crave certain foods and or always choose the certain colored M&M or smarties is because, instinctively, we are wanting to restore balance within our lives.

When you have a clear understanding of this and what each food color represents, it provides you with invaluable information on areas within your life that needs to be addressed.

In order for you to be able to manifest anything in your life, both good or bad, you must be able to ***feel*** it at a soul level.

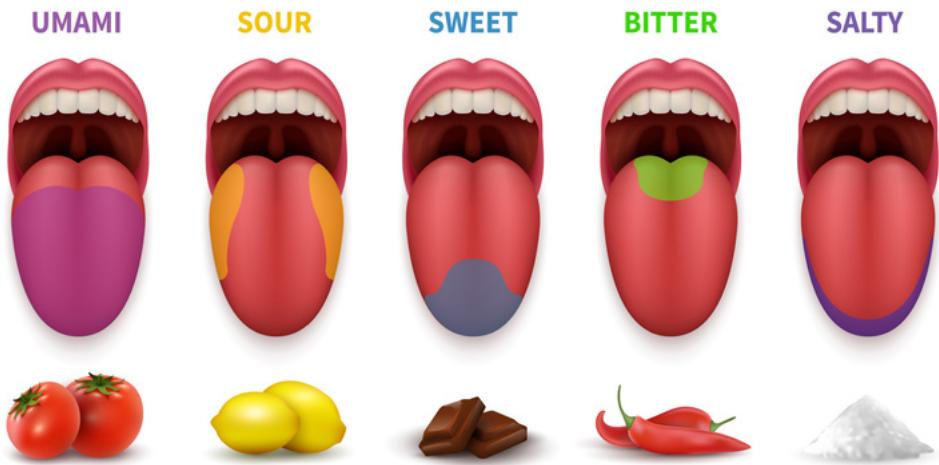
So, why is all this relevant?

Because what you eat is assimilated into your body, becomes a part of you and supports you in all ways.

To read more go to: [Beyond Food](#)

How To Identify Your Taste Profile

Online Webinar



Finding out what “intrinsically” tastes good to you is the first step in creating a dietary lifestyle that is unique to you and sustainable.

I've created a webinar and worksheet, exclusively for you to support you in doing that.

Click the link below to register for the webinar.



Webinar: How To Identify Your Taste Profile



How To Identify Your Taste Profile?

IMAGINARY BUFFET

LIST THE 6 FOOD ITEMS YOU DON'T LIKE		WHY?	EXAMPLE	WHY
			Lemon	To sour
			Cream	To Rich

WHAT YOU DON'T LIKE

When making the list on the 6 items in your imaginary buffet that you "don't like to eat," think in terms of taste: Sour, Salt, Sweet, Bitter and Umami, as your why, you don't like it.

FOOD PREFERENCES

With Food Preparation Preferences:

Think in terms of texture and the cooking method. Steamed, sauteed, deep fried, baked, broiled, grilled, boiled etc.

WHAT YOU LIKE	WHY?	SOUR	SALTY	BITTER	UMAMI
1 st CHOICE	SWEET				
2 nd CHOICE					
3 rd CHOICE					

CHECK ALL THAT APPLY TO YOU AND YOUR FOOD PREPARATION PREFERENCES

FOOD PREPARATION PREFERENCES	CRISPY	CRUNCHY	HOT	COLD	COOKING METHODS FRIED/GRILLED/BOILED ETC.

Congratulations: You have now identified your *personal taste profile*: Write down what you have discovered about you and the food you eat:

[Download Your Copy](#)



Thank you for taking the time to read, comment and create your own version of my recipes.

So, ***Bon Appetit Let'z Eat*** and be sure to check me out on YouTube. And don't forget to like, subscribe and press the notification bell. Every time I upload a new video you'll be notified in your in box. And Share!!!!

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