Recipes for 2019 Wise Traditions Conference

Meatloaf or Meatballs serves 8-10
2# ground beef (or half beef, half pork)
1/2 cup powdered pork rinds
1 medium yellow onion, chopped
4 cloves garlic, minced
2 eggs
1/2 cup stock (preferably beef or pork)
1/2 cup freshly-grated parmesan or Romano cheese
2 tsp anchovy paste
1 Tbsp each thyme & marjoram
2 Tbsp soy sauce
2 tsp minced capers
1 tsp ground mustard

Sauce for the top: 2 cups tomato purée, 1/2 cup grated sharp cheese (Romano, cheddar, provolone), 2 tsp Dijon mustard, 1-2 Tbsp honey

Mix first 10 ingredients together, shape into a loaf, or meatballs. Cover with sauce; bake @ 375 for 40 minutes.

Chicken Liver Paté
¼ cup chicken fat
¼ cup lard and/or butter
1 large onion, chopped
1 ½ # chicken livers, soaked in lemon juice and rinsed, drained
2 Tbsp brandy or dry sherry
2 tsp salt
2 bay leaves
¼ tsp black pepper
¼ tsp thyme

Melt fat in a sauce pan, add the seasonings. Cook for 5 minutes. Add chicken livers and simmer until just browned, take off heat and add brandy or sherry, cool. Discard bay leaves. Grind mixture twice, cool overnight.

Glorified Caesar Salad Dressing
2 cloves garlic, minced
1 1/2 tsp fresh lemon juice, brine from sauerkraut or other ferment, or white wine vinegar
1 1/2 tsp juice from kraut, pickles, or other fermented condiment
8 anchovy fillets
2 whole eggs (may add extra yolk)

3 Tbsp. freshly grated parmesan and/or Romano cheese
1 Tbsp olive tapenade (opt.)
1-2 tsp honey
1 tsp Dijon mustard
1 ripe avocado

1/2 cup sour cream
1/4-1/2 cup quality olive oil or combination olive & sunflower oils

With an immersion blender or in a Vita Mix combine the anchovy fillets and lemon juice/ferment brine. Let rest for 5 minutes to neutralize "fishy-ness". Add the rest of the ingredients except the oil, combine well. Add the olive oil in a slow stream while blending until the desired consistency and flavor is reached.

Lemon-Lime Tartlets serves 10-12
Crust:
2 cups crispy almonds
1 cup dates
2 eggs
1/4 cup melted butter or ghee

Filling:
1 cup fresh juice of lemons and/or limes
Zest of 3-6 lemons and/or limes
1 1/2 cup butter, in chunks
3 cups coconut sap sugar
6 large or 8 medium-sized eggs
1/4 tsp salt

Clotted Cream:
1 cup heavy cream
1/2 cup sour cream
1-2 tbsp coconut sugar

To make the crust, process ingredients in a food processor to crumbles. Press into a tart pan, tartlet pan, or individual ramekins.

In a heavy pan or a water bath, combine well all but the butter of the filling ingredients with a whisk. Gently heat over medium heat, stirring constantly until set. Drop in the butter last, fold in. Divide between crust-lined dishes and chill.

Whip the clotted cream ingredients. When ready to serve, pipe or drop the clotted cream onto each tartlet. Embellish with a slice or tiny wedge of fig.

Traditional Wise Traditions Conference Cheesecake
Process the following in a food processor to a fine crumb:

2 cups soaked & dried blanched almonds
1 cup pitted dates
2 eggs, lightly beaten
¼ cup soft ghee or butter

Press into a ½ sheet baking pan and bake crust in a 350 deg oven for 10 minutes, cool

1 cup whole milk
1 Tbsp gelatin

4 eggs, separated
4 cups soft cream cheese
½ cup honey
1 Tbsp vanilla
1 Tbsp. Fresh lemon juice

Soften the gelatin in the milk for 5 minutes, then gently warm to dissolve the gelatin. Add the remaining ingredients and blend well. Pour over the cooled crust and chill covered at least 4 hours until well set. Top with a dollop of fruit compote or organic jam, if available.