

HOW TO TRANSFORM WHAT YOU HAVE INTO WHAT YOU WANT.

SALT, FAT, ACID, HEAT - COOKING PHILOSOPHY

How to master the 4 basic elements in your kitchen

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Salt : Is a mineral that enhances the flavour of anything we cook. Unlocks flavour compounds

When cooking vegetables add salt at the end to ensure you get nice brown caramelization not just mushy veggies.

Fat: Carries flavour and helps you get all sorts of delicious textures
-Butter, olive oil, coconut oil, coconut milk

Acid: Balances flavours and highlights the food and wakes up the taste buds. Also helps cool spicy dishes and round out the flavour.

Try adding lemon or lime juice to chilis or sour cream to curry or vinegar
-Vinegar, citrus, pickles, tomatoes, Dijon mustard

Heat: The major control to get any texture you want in all of your food.

Recipes

For these recipes you will need 1 mixing bowl and a blender or nutribullet or something like that. Non-stick pan preferred- but not required- and oil or butter.

Red Lentil wrap Recipe:

For this recipe you can sub in any lentil or even cooked rice. The key is a pancake batter consistency so add the water slowly when making substitutions you might need more or less. These wraps can be used instead of lasagna noodles or as soft taco shells. Yum!

- 1 cup of red lentils (soak lentil in 2 cups of water for 1 hr before)
- 2 cups of water (adjust water based on preferred desired thickness)
- Pinch of salt (1 teaspoon or 2 teaspoons about)
- 1-3 tablespoons of butter or oil

Step 1.

Drain the lentils that were soaking and rinse with tap water

Step 2.

Add to the blender soaked lentils and 2 cups of water and salt and blend till creamy and smooth.

Step 3.

Melt 1 tablespoon of butter in a hot pan (6-8 notch on the stove)

Pour lentil mixture into pan and flip when top look like little bubbles are forming

Cook a few minutes till lightly brown. Repeat till all the batter is gone.

Recipes continued...

Best Banana Pancakes Recipe:

I make these for my 3 year old and he loves them! I sneak other things in sometimes like a mashed up avocado, cauliflower, other fruit like blueberries, strawberries, spinach)

- 1 banana mashed up
- 1 egg
- 2 tablespoons of flour (no flour? Sub oats, any flour blend, cooked potato, cooked rice, ground up crackers or bread crumbs)
- Cinnamon
- Pinch of salt

Add all the ingredients to a bowl and mash together with a fork.

Heat a pan on Medium heat with a bit of butter or oil and add a few tablespoons of mixture to make mini pancakes. Flip after 1-2 minutes and cook till golden brown.