

The Occasion Table

One hundred special-occasion recipes from the Harvest 100

Every recipe is built from the Harvest 100, the food list of The Earth Diet (earthdietproject.com). US customary measures; olive oil means extra-virgin; oven temperatures are in Fahrenheit. Treat each recipe as a template and swap within color families freely.

I. Canapés & Amuse-Bouches

A party begins in the hand, not at the table. These ten bites are built to be eaten standing up with a glass in the other hand: whipped beans, cured fish, oysters, roasted fruit, and the one date everyone will ask about. Every one can be made ahead, which is the real secret of a relaxed host.

0001 Whipped Cannellini Crostini, Rosemary Oil, Pomegranate

makes 16 pieces • Harvest 100 #060 #042 #038 #007 #024

INGREDIENTS

- 1 can (15 oz) cannellini beans, drained and rinsed
- 1 small clove garlic
- 1 tbsp fresh lemon juice
- 1/4 cup plus 2 tbsp olive oil, divided
- 1/2 tsp salt
- 1 sprig fresh rosemary, leaves stripped
- 16 thin slices whole-grain baguette
- 1/4 cup pomegranate seeds
- flaky salt and black pepper

METHOD

1. Warm 2 tbsp of the oil with the rosemary over low heat 3 minutes until fragrant; strain and reserve the oil, keeping a few crisp leaves.
2. Blend the beans, garlic, lemon, salt, and 1/4 cup oil for a full 2 minutes until cloud-light, adding a tablespoon of water if needed.
3. Brush the baguette slices with a little oil and bake at 400°F for 8 minutes until crisp at the edges.
4. Pipe or spoon the bean cream onto each crostini, dot with pomegranate, drizzle the rosemary oil, and finish with flaky salt and pepper.

Plating. Serve on a dark board so the ruby seeds and green oil read from across the room.

Why it fits. Legumes and olive oil, the two pillars of the Mediterranean trial record, dressed as a canapé; pomegranate adds punicalagins for color and chemistry.

Provides: fiber • plant protein • carnosic acid • oleic acid • olive polyphenols • punicalagins • vitamin C

0002 Smoked Salmon Rillettes on Rye Crisps

makes 20 pieces • Harvest 100 #083 #088 #024 #040

INGREDIENTS

- 6 oz hot-smoked salmon, skin removed and flaked
- 3 oz cold-smoked salmon, finely chopped
- 1/2 cup plain Greek yogurt
- 1 tbsp olive oil
- 1 tbsp fresh lemon juice
- 1 tsp lemon zest
- 2 tbsp fresh dill, chopped, plus fronds to garnish
- 1 tbsp fresh parsley, chopped
- 1/4 tsp black pepper
- 20 thin rye or whole-grain crackers (see Occasion 81)

METHOD

1. Fold the two salmons together with the yogurt, oil, lemon juice and zest, dill, parsley, and pepper; do not overmix, the texture should be coarse.
2. Chill 1 hour so the flavors marry and the rillettes firm up.
3. Quenelle a heaping teaspoon onto each crisp with two spoons dipped in warm water.
4. Garnish each with a dill frond and a few grains of lemon zest.

Plating. Quenelles in a single straight line down a slate; restraint is the luxury.

Why it fits. Two kinds of salmon for EPA and DHA, yogurt standing in for the crème fraîche; the whole bite is omega-3s and live cultures on a whole-grain crisp.

Provides: EPA & DHA omega-3s • astaxanthin • live cultures • protein • vitamin C • apigenin • vitamin K

0003 Oysters on the Half Shell, Cucumber-Ginger Mignonette

serves 6 (two dozen oysters) • Harvest 100 #086 #026 #024 #055

INGREDIENTS

- 24 fresh oysters, scrubbed
- 1/3 cup rice vinegar
- 2 tbsp shallot, minced
- 2 tbsp cucumber, seeded and very finely diced
- 1 tsp fresh ginger, finely grated
- 1/2 tsp black pepper, coarsely cracked
- 1 lemon, cut into wedges
- crushed ice

METHOD

1. Stir the vinegar, shallot, cucumber, ginger, and pepper together and chill at least 30 minutes.
2. Shuck the oysters just before serving, keeping every drop of liquor in the shell.
3. Nest the shells in crushed ice on a rimmed platter so none tip.
4. Spoon a scant half-teaspoon of mignonette on each and offer lemon alongside.

Plating. Count the oysters out in rows of six; the geometry is the garnish.

Why it fits. The densest zinc on earth, raw and unadorned, with ginger and vinegar in place of a sugary cocktail sauce.

Provides: zinc • gingerols • vitamin C • quercetin

0004 Miso-Glazed Shiitake Skewers with Black Sesame

makes 12 skewers · Harvest 100 #057 #093 #081 #026 #100

INGREDIENTS

- 24 medium shiitake mushrooms, stems removed
- 2 tbsp white miso
- 1 tbsp mirin or 1 tsp raw honey plus 2 tsp water
- 1 tsp fresh ginger, grated
- 1 tbsp olive oil
- 1 tsp toasted sesame oil
- 2 tsp black sesame seeds
- 12 short bamboo skewers, soaked 30 minutes
- 2 scallions, green parts sliced on the bias

METHOD

1. Whisk the miso, mirin, ginger, olive oil, and sesame oil into a glaze.
2. Thread two mushrooms on each skewer, cap sides facing the same way, and brush generously with glaze.
3. Broil 4 inches from the element 4 minutes, brush again, and broil 3 minutes more until caramelized at the edges.
4. Scatter black sesame and scallion while hot.

Plating. Lay the skewers in a fan on a long plate with a small dish of the extra glaze.

Why it fits. Ergothioneine from the mushrooms and live-culture miso in the glaze; the sweetness is a thread of mirin, not a cup of sugar.

Provides: ergothioneine · live cultures · calcium · sesamin · gingerols · trace polyphenols

0005 Beet Tartare in Endive Cups, Horseradish Yogurt

makes 18 pieces · Harvest 100 #008 #088 #040 #069 #024

INGREDIENTS

- 3 medium beets (about 1 lb), roasted, peeled, and cut into 1/8-inch dice
- 1 tbsp shallot, minced
- 1 tsp capers, chopped
- 2 tsp red wine vinegar
- 1 tbsp olive oil
- 1/4 tsp salt
- 1/2 cup plain Greek yogurt
- 2 tsp prepared horseradish
- 1 tsp fresh lemon juice
- 18 endive leaves (2 heads)
- 2 tbsp walnuts, finely chopped
- fresh chives, minced

METHOD

1. Toss the diced beets with shallot, capers, vinegar, oil, and salt; rest 15 minutes.
2. Stir the yogurt with horseradish and lemon juice; season with a pinch of salt.
3. Set the endive leaves on a platter, spoon a small dot of horseradish yogurt into each, and mound a tablespoon of beet tartare on top.
4. Finish with walnuts and chives.

Plating. Alternate red and white endive if you can find both; the spears should all point the same way.

Why it fits. Dietary nitrate from the beets, probiotic yogurt doing the work of crème fraîche, and a bite that eats like steak tartare without the steak.

Provides: dietary nitrate · live cultures · protein · apigenin · vitamin K · omega-3 ALA · vitamin C

0006 Sardine Escabeche on Toast Points with Orange

makes 16 pieces • Harvest 100 #084 #018 #055 #038 #013

INGREDIENTS

- 2 tins (about 4 oz each) sardines in olive oil, drained and halved lengthwise
- 1/4 cup olive oil
- 1 small red onion, sliced paper-thin
- 1 carrot, cut into fine julienne
- 1 clove garlic, sliced
- 1/4 cup sherry or white wine vinegar
- 1 orange, zested and juiced
- 1 bay leaf
- 1/2 tsp sweet paprika
- 1/4 tsp salt
- 16 small triangles whole-grain toast
- fresh parsley leaves

METHOD

1. Warm the oil in a small pan, soften the onion, carrot, and garlic 4 minutes without coloring, add the vinegar, orange juice, bay, paprika, and salt, and simmer 2 minutes.
2. Lay the sardines in a shallow dish, pour the hot marinade over, cool, then refrigerate at least 4 hours or overnight.
3. Bring to room temperature, lift a piece of sardine onto each toast point with a tangle of the pickled vegetables.
4. Finish with orange zest and a parsley leaf.

Plating. Serve slightly cool, never cold; the oil should glisten, not seize.

Why it fits. The cheapest omega-3 in the sea, cured Spanish style with vinegar and citrus; edible-bone calcium and vitamin C in one bite.

Provides: EPA & DHA omega-3s • calcium • vitamin C • hesperidin • quercetin • oleic acid • olive polyphenols • beta-carotene

0007 Roasted Grape and Walnut Crostini with Kefir Cheese

makes 16 pieces • Harvest 100 #009 #069 #089 #042 #038

INGREDIENTS

- 2 cups plain kefir cheese (labneh; see Occasion 85) or thick Greek yogurt
- 2 cups red seedless grapes
- 1 tbsp olive oil, plus more for the bread
- 1 tsp fresh rosemary, minced
- 1/4 tsp salt
- 1/3 cup walnuts, toasted and chopped
- 16 thin slices whole-grain baguette, toasted
- 1 tsp raw honey
- black pepper

METHOD

1. Toss the grapes with the oil, rosemary, and salt and roast at 425°F for 15 minutes until blistered and jammy.
2. Spread each toast with a tablespoon of kefir cheese.
3. Spoon the warm grapes and their juices over, scatter walnuts, and finish with a few drops of honey and pepper.

Plating. Let a little grape juice run onto the board; it looks generous and it is.

Why it fits. Polyphenols concentrated by roasting, omega-3 ALA from walnuts, and a cultured cheese made from kefir rather than cream.

Provides: grape polyphenols • omega-3 ALA • probiotics • carnolic acid • oleic acid • olive polyphenols

0008 Edamame Hummus Tartlets, Pomegranate and Mint

makes 24 tartlets · Harvest 100 #036 #081 #007 #024 #054

INGREDIENTS

- 2 cups shelled edamame, cooked and cooled
- 3 tbsp tahini
- 2 tbsp fresh lemon juice
- 1 small clove garlic
- 2 tbsp olive oil
- 1/2 tsp salt
- 2 to 4 tbsp cold water
- 24 whole-grain phyllo cups (store-bought, or cut from whole-wheat phyllo and baked 8 minutes at 375°F)
- 1/4 cup pomegranate seeds
- 24 small mint leaves

METHOD

1. Blend the edamame, tahini, lemon, garlic, oil, and salt until very smooth, adding water as needed for a pipeable texture.
2. Transfer to a piping bag fitted with a star tip.
3. Pipe a rosette into each cup no more than 30 minutes before serving so the shells stay crisp.
4. Top each with three pomegranate seeds and one mint leaf.

Plating. Green, ruby, and gold in a single bite; arrange in a tight grid.

Why it fits. Complete plant protein with isoflavones, in a form that disappears at a party before the cheese does.

Provides: complete plant protein · isoflavones · calcium · sesamin · punicalagins · vitamin C · allicin

0009 Chilled Watermelon-Tomato Gazpacho Shots with Basil Oil

serves 10 as shots · Harvest 100 #006 #001 #041 #038 #024 #055

INGREDIENTS

- 3 cups seedless watermelon, cubed
- 2 cups ripe tomatoes, chopped
- 1/2 cucumber, peeled and chopped
- 1 tbsp shallot, minced
- 1 tbsp sherry vinegar
- 1 tbsp fresh lemon juice
- 3 tbsp olive oil
- 1/2 tsp salt
- 1/4 tsp black pepper
- 2 tbsp Basil Oil (Occasion 71)
- 10 tiny basil leaves

METHOD

1. Blend the watermelon, tomatoes, cucumber, shallot, vinegar, lemon, oil, salt, and pepper until completely smooth.
2. Pass through a fine sieve for a silky texture and chill at least 2 hours.
3. Taste cold and correct the salt and acid; chilled soups need more of both.
4. Pour into shot glasses, float a few drops of basil oil on each, and crown with a basil leaf.

Plating. Serve on a tray of crushed ice; the glasses should sweat.

Why it fits. Lycopene twice over (watermelon and tomato), citrulline for the vessels, and not a grain of sugar beyond what the fruit brought.

Provides: lycopene · citrulline · herb polyphenols · oleic acid · olive polyphenols · vitamin C · quercetin

0010 Pistachio-Stuffed Dates with Orange Zest and Black Pepper

makes 20 pieces • Harvest 100 #071 #018 #097 #100 #038

INGREDIENTS

- 20 large Medjool dates, slit and pitted
- 1/2 cup pistachios, roasted
- 1 tsp orange zest, plus more to finish
- 1 tbsp olive oil
- 1 tsp raw honey
- 1/4 tsp flaky salt
- 1/4 tsp black pepper, coarsely cracked

METHOD

1. Pulse the pistachios with the zest, oil, honey, and a pinch of salt to a coarse, sticky paste.
2. Press a teaspoon of the paste into each date and close it gently so the filling shows through the slit.
3. Warm on a tray at 350°F for 5 minutes, just enough to make the dates glossy.
4. Finish with flaky salt, cracked pepper, and a last grating of zest.

Plating. Line them up like jewels; serve warm with an espresso at the end of the night if not at the start.

Why it fits. Whole-fruit sweetness with its fiber intact, pistachio's lutein and plant protein, and pepper for the surprise; the honey is a teaspoon across twenty pieces.

Provides: lutein • plant protein • vitamin C • hesperidin • piperine • trace polyphenols • oleic acid • olive polyphenols

II. Crudo, Tartare & Raw

Raw preparations are where restaurant cooking shows its discipline: the freshest fish, the sharpest knife, acid and oil in balance, and nothing to hide behind. They are also where the Earth Diet's chemistry survives whole, because nothing has been cooked away.

0011 Salmon Crudo, Blood Orange, Pink Peppercorn, Olive Oil

serves 4 • Harvest 100 #083 #018 #038 #024

INGREDIENTS

- 10 oz sushi-grade salmon, skin and bloodline removed
- 2 blood oranges (or 1 navel orange), 1 segmented and 1 juiced
- 2 tbsp best olive oil
- 1 tsp pink peppercorns, crushed
- 1/2 tsp flaky salt
- 1 small shallot, shaved paper-thin
- a few micro greens or small basil leaves

METHOD

1. Chill the plates. Slice the salmon against the grain into 1/8-inch slices with a long, wet knife.
2. Shingle the slices on the cold plates, slightly overlapping.
3. Spoon the orange juice over, then the oil, then scatter the segments, shallot, peppercorns, and salt.
4. Serve within 10 minutes of dressing.

Plating. White plates, nothing in the center; the fish is the color.

Why it fits. Raw salmon keeps its full omega-3 load and astaxanthin; citrus brings vitamin C, and the only fat is the olive oil.

Provides: EPA & DHA omega-3s • astaxanthin • vitamin C • hesperidin • oleic acid • olive polyphenols

0012 Trout Tartare, Avocado, Lime, Cucumber Ribbons

serves 4 • Harvest 100 #085 #034 #024 #040

INGREDIENTS

- 10 oz very fresh trout fillet, skinned and pin-boned
- 1 ripe avocado, diced 1/4 inch
- 1 tbsp shallot, minced
- 1 tbsp chives, minced
- 2 tbsp fresh lime juice
- 1 tbsp olive oil
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 cucumber, shaved lengthwise into ribbons
- 1 tsp lime zest

METHOD

1. Dice the trout 1/4 inch with a very sharp knife and keep it over ice.
2. Fold the trout with shallot, chives, half the lime juice, oil, salt, and pepper no more than 15 minutes before serving.
3. Toss the avocado gently with the remaining lime juice and a pinch of salt.
4. Press a ring mold with a layer of avocado and a layer of tartare, lift the mold, and wrap each stack loosely with cucumber ribbons; finish with zest.

Plating. Height matters here: a two-inch ring, lifted cleanly.

Why it fits. Low-mercury omega-3 fish with monounsaturated avocado, which multiplies absorption of the plate's carotenoids; raw, so nothing is lost to heat.

Provides: EPA & DHA omega-3s • monounsaturated fat • vitamin C • apigenin • vitamin K

0013 Beet Carpaccio, Goat Cheese Snow, Pistachio, Arugula

serves 4 · Harvest 100 #008 #071 #029 #038 #024

INGREDIENTS

- 3 medium beets (mix of red and golden if possible), roasted, peeled, and chilled
- 2 oz firm goat cheese, frozen 1 hour
- 1/4 cup pistachios, chopped
- 2 cups baby arugula
- 2 tbsp olive oil
- 1 tbsp fresh lemon juice
- 1/4 tsp flaky salt
- black pepper

METHOD

1. Shave the beets paper-thin on a mandoline and lay them in overlapping circles on four plates.
2. Whisk the oil and lemon and brush lightly over the beets; season with salt and pepper.
3. Scatter pistachios and a few arugula leaves dressed in the same vinaigrette.
4. Grate the frozen goat cheese over the plates with a microplane so it falls like snow.

Plating. The snow goes on at the table if you can manage it.

Why it fits. Nitrate-rich beets raw-shaved for texture, pistachio lutein, and a cheese used as seasoning in grams rather than as a course.

Provides: dietary nitrate · lutein · plant protein · oleic acid · olive polyphenols · vitamin C

0014 Shaved Zucchini Carpaccio, Lemon, Basil, Toasted Hazelnut

serves 4 · Harvest 100 #033 #024 #041 #073 #038

INGREDIENTS

- 3 small firm zucchini (green and yellow if possible)
- 3 tbsp olive oil
- 1 lemon, zested and juiced
- 1/2 tsp flaky salt
- 1/4 tsp black pepper
- 1/3 cup hazelnuts, toasted and roughly chopped
- 12 small basil leaves
- 1 oz Parmesan, shaved (optional)

METHOD

1. Shave the zucchini lengthwise into translucent ribbons on a mandoline.
2. Toss gently with the oil, lemon juice, salt, and pepper and let stand 10 minutes to soften.
3. Arrange the ribbons in loose folds on a platter, catching the juices.
4. Finish with hazelnuts, basil, lemon zest, and the Parmesan if using.

Plating. Build it tall and loose; flat ribbons look like coleslaw.

Why it fits. Raw summer squash with lutein and water, hazelnut vitamin E, and the olive oil that makes the carotenoids count.

Provides: lutein · vitamin C · herb polyphenols · folate · vitamin E · oleic acid · olive polyphenols

0015 Tomato Tartare with Capers, Shallot, and Basil Seed Vinaigrette

serves 4 · Harvest 100 #001 #041 #055 #038 #024

INGREDIENTS

- 4 large ripe heirloom tomatoes
- 1 tbsp shallot, minced
- 1 tbsp capers, rinsed and chopped
- 1 tbsp fresh basil, chiffonade
- 1 tbsp olive oil
- 1 tsp sherry vinegar
- 1/2 tsp salt
- 1 tsp basil seeds or chia seeds, soaked 10 minutes in 2 tbsp water
- 2 tbsp olive oil for the vinaigrette
- 1 tbsp fresh lemon juice
- 4 slices whole-grain toast, cut into batons

METHOD

1. Blanch the tomatoes 20 seconds, shock, peel, quarter, and remove the seeds; dice the flesh 1/4 inch and drain in a sieve 20 minutes.
2. Fold the tomato with shallot, capers, basil, 1 tbsp oil, vinegar, and salt.
3. Whisk the soaked seeds with 2 tbsp oil and the lemon juice into a loose, speckled vinaigrette.
4. Mold the tartare in a ring, spoon the vinaigrette around, and serve with toast batons.

Plating. A ring mold and a steady hand; the vinaigrette pooled in a moat.

Why it fits. Raw tomato for vitamin C alongside the lycopene you get from the cooked versions elsewhere; the seeds add fiber and plant omega-3s.

Provides: lycopene · herb polyphenols · quercetin · oleic acid · olive polyphenols · vitamin C

0016 Beet-Cured Salmon (Gravlax) with Dill and Mustard-Yogurt

serves 8 · Harvest 100 #083 #008 #088 #040

INGREDIENTS

- 1 1/2 lb salmon fillet, skin on, pin-boned
- 1/4 cup kosher salt
- 2 tbsp raw honey
- 1 tbsp black peppercorns, crushed
- 2 medium raw beets, grated
- 1 bunch fresh dill, chopped, plus more to serve
- 1 tbsp lemon zest
- 1/2 cup plain Greek yogurt
- 2 tsp whole-grain mustard
- 1 tsp fresh lemon juice
- thin whole-grain crispbread, to serve

METHOD

1. Mix the salt, honey, pepper, grated beets, dill, and zest into a wet cure.
2. Lay the salmon skin-side down on plastic wrap, pack the cure over the flesh, wrap tightly, set on a tray with a weight on top, and refrigerate 48 hours, flipping once.
3. Scrape off the cure, rinse briefly, pat dry, and slice paper-thin on the bias away from the skin.
4. Stir the yogurt with mustard and lemon juice; serve the gravlax with the sauce, fresh dill, and crispbread.

Plating. The beet stains the outer edge a deep magenta; slice to show the gradient.

Why it fits. Cured, not cooked, so the omega-3s are untouched; honey replaces the usual sugar cure in a fraction of the amount, and the sauce is cultured yogurt.

Provides: EPA & DHA omega-3s · astaxanthin · dietary nitrate · live cultures · protein · apigenin · vitamin K

0017 Oyster and Kiwi Ceviche-Style Cups with Lime and Chili

serves 6 · Harvest 100 #086 #035 #012 #024 #055

INGREDIENTS

- 18 fresh oysters, shucked, liquor reserved
- 2 ripe kiwis, peeled and finely diced
- 2 tbsp red onion, minced
- 3 tbsp fresh lime juice
- 1 tsp lime zest
- 1 small serrano or a pinch of cayenne
- 1 tbsp olive oil
- 1 tbsp fresh cilantro or parsley, chopped
- 1/4 tsp salt
- 6 small glasses or clean shells

METHOD

1. Chop the oysters coarsely and keep them in their liquor on ice.
2. Fold the kiwi, onion, lime juice and zest, chili, oil, herbs, and salt together.
3. Combine with the oysters no more than 10 minutes before serving so the acid brightens without over-curing.
4. Spoon into chilled glasses or back into the cleanest shells.

Plating. Bright green against pewter grey; serve very cold.

Why it fits. Zinc from the oysters and a vitamin C champion in the kiwi; the acid is lime, the fat is olive oil, and there is nothing else.

Provides: zinc · vitamin C · capsaicin · quercetin

0018 Avocado and Mango Tartare, Lime, Toasted Pumpkin Seed

serves 4 · Harvest 100 #034 #019 #079 #024 #012

INGREDIENTS

- 2 ripe avocados, diced 1/4 inch
- 1 ripe mango, diced 1/4 inch
- 2 tbsp red onion, minced
- 3 tbsp fresh lime juice
- 1 tbsp olive oil
- 1/2 tsp salt
- 1 pinch cayenne
- 1/4 cup pumpkin seeds, toasted
- 1 tbsp fresh cilantro, chopped
- 4 baked whole-grain tortilla chips or nori crisps

METHOD

1. Toss the avocado with half the lime juice immediately so it keeps its color.
2. Toss the mango with onion, the remaining lime, oil, salt, and cayenne.
3. Layer in a ring mold: mango on the bottom, avocado on top, pressed gently; lift.
4. Crown with pumpkin seeds and cilantro and lean a chip against each tower.

Plating. Two clean layers, orange under green; the seeds give it a crunchy roof.

Why it fits. Monounsaturated fat and carotenoid-rich fruit on the same fork, which is precisely how carotenoids absorb best; zinc from the seeds.

Provides: monounsaturated fat · vitamin A · vitamin C · zinc · capsaicin

0019 Raw Purple Cauliflower Tabbouleh with Herbs and Pomegranate

serves 6 · Harvest 100 #046 #040 #007 #024 #038

INGREDIENTS

- 1 small head purple cauliflower, pulsed to couscous-sized grains (about 4 cups)
- 2 cups fresh parsley, finely chopped
- 1/2 cup fresh mint, chopped
- 4 scallions, sliced thin
- 1 cup cherry tomatoes, quartered
- 1/2 cup pomegranate seeds
- 1/4 cup olive oil
- 3 tbsp fresh lemon juice
- 3/4 tsp salt
- 1/2 tsp ground allspice

METHOD

1. Pulse the cauliflower florets in a processor in batches until they resemble bulgur; do not purée.
2. Toss with the herbs, scallions, tomatoes, and pomegranate.
3. Whisk the oil, lemon, salt, and allspice and dress the salad; rest 15 minutes.
4. Taste for lemon; tabbouleh should be sharp.

Plating. Mound it high on a wide platter and ring it with the smallest, most perfect mint leaves.

Why it fits. Sulforaphane's family and anthocyanins in a single raw vegetable, with parsley as a green rather than a garnish.

Provides: anthocyanins · glucosinolates · apigenin · vitamin K · punicalagins · vitamin C · oleic acid · olive polyphenols

0020 Carrot Tartare, Smoked Paprika, Cumin, Yogurt Swoosh

serves 4 · Harvest 100 #013 #011 #080 #088 #024

INGREDIENTS

- 4 large carrots, peeled
- 1 tbsp olive oil
- 1 tsp smoked paprika
- 1/2 tsp ground cumin
- 1/2 tsp salt
- 1 tbsp shallot, minced
- 1 tbsp fresh lemon juice
- 1 tsp capers, chopped
- 1 tbsp fresh parsley, chopped
- 1/2 cup plain Greek yogurt
- 1 tsp lemon zest
- 2 tbsp sunflower seeds, toasted

METHOD

1. Roast the whole carrots rubbed with oil, paprika, cumin, and salt at 400°F for 25 minutes until just tender and charred in spots; cool.
2. Dice the carrots 1/4 inch and fold with shallot, lemon juice, capers, and parsley; season.
3. Stir the yogurt with lemon zest and a pinch of salt; swoosh across each plate with the back of a spoon.
4. Mold the carrot tartare beside the swoosh and scatter sunflower seeds.

Plating. The swoosh should be one confident stroke; practice on the first plate.

Why it fits. Beta-carotene made bioavailable by roasting and olive oil, vitamin E from the seeds, and cultured yogurt as the sauce.

Provides: beta-carotene · carotenoids · vitamin E · live cultures · protein · vitamin C

III. Soups, Broths & Velvets

A fine-dining soup is a lesson in restraint: a single clear idea, a texture that was passed through a sieve twice, and a garnish set in the empty bowl before the soup is poured at the table. None of these uses cream; the body comes from the vegetables themselves, from beans, or from nuts.

0021 Roasted Butternut Velouté, Toasted Pumpkin Seed Oil, Sage

serves 6 · Harvest 100 #016 #079 #055 #038 #054

INGREDIENTS

- 1 large butternut squash (about 3 lb), halved and seeded
- 3 tbsp olive oil, divided
- 1 onion, sliced
- 2 cloves garlic, smashed
- 5 cups vegetable broth
- 1 tsp salt
- 1/4 tsp white pepper
- 1/4 tsp freshly grated nutmeg
- 2 tbsp toasted pumpkin seed oil (or 1/4 cup pumpkin seeds blended with 3 tbsp olive oil and strained)
- 12 fresh sage leaves
- 1/4 cup pumpkin seeds, toasted

METHOD

1. Roast the squash cut-side down with 1 tbsp oil at 400°F for 45 minutes until collapsing; scoop the flesh.
2. Sweat the onion and garlic in 1 tbsp oil 8 minutes without color, add the squash, broth, salt, pepper, and nutmeg, and simmer 15 minutes.
3. Blend until perfectly smooth and pass through a fine sieve; adjust with broth to a pouring consistency.
4. Fry the sage leaves in the remaining oil 30 seconds until crisp. Pour the soup at the table over the seeds and sage, then drop the seed oil in beads.

Plating. Pour from a jug at the table; the garnish sits in the empty bowl first.

Why it fits. Carotenoids in the squash, zinc in the seeds, and a velvet texture built from a sieve rather than cream.

Provides: carotenoids · zinc · quercetin · oleic acid · olive polyphenols · allicin

0022 Clear Mushroom Consommé, Barley Pearls, Thyme

serves 6 · Harvest 100 #057 #062 #056 #054

INGREDIENTS

- 2 lb mixed mushrooms (cremini, shiitake, oyster), sliced
- 1 oz dried porcini
- 2 leeks, sliced and rinsed
- 4 cloves garlic, smashed
- 6 sprigs fresh thyme
- 10 cups water
- 2 tbsp soy sauce or tamari
- 1 tsp salt
- 1/2 cup pearl barley, cooked
- 6 small shiitake caps, sliced thin and sautéed in 1 tsp olive oil
- chives, minced

METHOD

1. Roast the sliced mushrooms on two sheet pans at 425°F for 25 minutes until deeply browned.
2. Combine the roasted mushrooms, porcini, leeks, garlic, thyme, and water in a stockpot; bring to a bare simmer and hold 1 hour without boiling.
3. Strain through a sieve lined with damp cheesecloth without pressing; season with soy and salt. The broth should be clear and mahogany.
4. Warm the barley and sautéed shiitake in the bottom of each bowl, pour the hot consommé over, and finish with chives.

Plating. Clarity is the whole point; strain twice if you must and never press the solids.

Why it fits. Beta-glucan from barley and ergothioneine from mushrooms in a broth that proves depth does not need animal fat.

Provides: ergothioneine · beta-glucan · inulin · allicin

0023 Chilled Pea Velouté, Mint, Kefir Foam

serves 6 · Harvest 100 #037 #089 #024 #056 #038

INGREDIENTS

- 5 cups green peas (frozen is ideal)
- 1 leek, white part only, sliced
- 2 tbsp olive oil
- 4 cups vegetable broth
- 1/2 cup fresh mint leaves
- 1 tbsp fresh lemon juice
- 1 tsp salt
- 1/4 tsp white pepper
- 3/4 cup plain kefir, well chilled
- 1 tsp lemon zest
- pea shoots or small mint leaves

METHOD

1. Sweat the leek in the oil 5 minutes without color, add the broth and bring to a boil, add the peas and cook exactly 3 minutes to keep them bright.
2. Add the mint, blend immediately until smooth, pass through a sieve, and chill the soup over ice; season with lemon, salt, and pepper once cold.
3. Whisk the kefir with the lemon zest and a pinch of salt until frothy (an immersion blender tilted at the surface works).
4. Pour the cold soup into chilled bowls and spoon the kefir foam in the center with a shoot on top.

Plating. Serve in glass if you have it; the green should be almost fluorescent.

Why it fits. Plant protein and fiber from the peas, probiotics in the foam, and a cooking time short enough to keep the folate.

Provides: plant protein · fiber · probiotics · vitamin C · inulin · oleic acid · olive polyphenols

0024 Golden Lentil and Coconut Soup, Crisp Chickpeas, Lime

serves 6 · Harvest 100 #066 #025 #067 #097 #026 #024

INGREDIENTS

- 1 1/2 cups red lentils, rinsed
- 1 onion, diced
- 3 cloves garlic, minced
- 1 1/2 tbsp fresh ginger, grated
- 1 1/2 tsp ground turmeric
- 1 tsp ground cumin
- 1/2 tsp ground coriander
- 1/2 tsp black pepper
- 2 tbsp olive oil
- 5 cups vegetable broth
- 1 can (14 oz) coconut milk
- 1 tsp salt
- 2 limes, 1 juiced and 1 in wedges
- 1 cup Crispy Roasted Chickpeas (Harvest Kitchen R081)
- fresh cilantro leaves

METHOD

1. Sweat the onion, garlic, and ginger in the oil 6 minutes; bloom the spices 1 minute.
2. Add the lentils, broth, and salt and simmer 20 minutes until the lentils fall apart.
3. Stir in the coconut milk, simmer 5 minutes, blend half the pot for body and leave half textured.
4. Finish with lime juice; ladle into bowls and top with crisp chickpeas, cilantro, and a lime wedge.

Plating. Golden soup, golden chickpeas, green leaves; serve in shallow bowls so the toppings stay crisp.

Why it fits. Curcumin with the black pepper that makes it absorbable, lentil fiber and iron, and chickpeas standing in for croutons.

Provides: iron · folate · fiber · curcumin · plant protein · piperine · gingerols · vitamin C

0025 Roasted Tomato and Red Pepper Soup, Basil Oil, Black Pepper Croutons

serves 6 · Harvest 100 #001 #002 #041 #038 #054 #055

INGREDIENTS

- 3 lb ripe tomatoes, halved
- 3 red bell peppers, quartered
- 1 onion, quartered
- 6 cloves garlic, unpeeled
- 1/4 cup olive oil
- 1 tsp salt
- 1 tsp smoked paprika
- 2 to 3 cups vegetable broth
- 1 tbsp sherry vinegar
- 3 tbsp Basil Oil (Occasion 71)
- 2 slices whole-grain bread, cubed
- 1 tbsp olive oil and 1/2 tsp black pepper for the croutons

METHOD

1. Roast the tomatoes, peppers, onion, and garlic with the oil, salt, and paprika at 425°F for 40 minutes until charred at the edges; squeeze the garlic from its skins.
2. Blend with 2 cups broth until smooth, pass through a sieve, and thin with more broth as needed; warm through and finish with vinegar.
3. Toss the bread cubes with oil and pepper and bake at 400°F for 10 minutes until golden.
4. Ladle into bowls, bead the basil oil over the surface, and add the croutons at the last second.

Plating. Dark bowls make the red glow; the green oil should float in distinct drops, not blend in.

Why it fits. Roasting is the lycopene move; red peppers add more vitamin C than an orange, and the croutons are the only bread, measured.

Provides: lycopene · vitamin C · herb polyphenols · oleic acid · olive polyphenols · allicin · quercetin

0026 Miso Dashi with Salmon, Nori, and Scallion Oil

serves 4 · Harvest 100 #093 #083 #090 #026 #057

INGREDIENTS

- 6 cups water
- 1 piece kombu (4 inches)
- 1 oz dried shiitake
- 3 tbsp white miso
- 1 tbsp soy sauce or tamari
- 12 oz salmon fillet, skinned and cut into 4 pieces
- 1 tsp fresh ginger, grated
- 1 sheet nori, cut into thin strips
- 4 scallions, green parts
- 3 tbsp olive oil
- 1 tsp toasted sesame oil

METHOD

1. Steep the kombu and shiitake in the water at a bare simmer 20 minutes; remove the kombu, slice the shiitake, and keep the broth hot but not boiling.
2. Blanch the scallion greens 20 seconds, shock, squeeze dry, and blend with the olive and sesame oils; strain for a vivid green oil.
3. Whisk the miso, soy, and ginger into a ladle of broth, then back into the pot off the heat.
4. Poach the salmon pieces in the broth 6 minutes at a gentle steam. Serve in deep bowls with the shiitake, nori, and a spiral of scallion oil.

Plating. A single piece of salmon centered in a wide, shallow bowl; the oil drawn in one green circle.

Why it fits. Live-culture miso added off the heat, omega-3 salmon poached below the boil, and iodine from kombu and nori.

Provides: live cultures · EPA & DHA omega-3s · astaxanthin · iodine · gingerols · ergothioneine

0027 Cauliflower Velvet, Hazelnut Gremolata, Lemon Oil

serves 6 · Harvest 100 #058 #073 #024 #056 #054 #038

INGREDIENTS

- 1 large head cauliflower, cut into florets
- 2 leeks, white parts, sliced and rinsed
- 3 cloves garlic, sliced
- 3 tbsp olive oil, plus 2 tbsp for the lemon oil
- 5 cups vegetable broth
- 1 tsp salt
- 1/4 tsp white pepper
- 1/3 cup hazelnuts, toasted, skinned, and chopped
- 2 tbsp fresh parsley, finely chopped
- 1 lemon, zested
- 1 small clove garlic, grated

METHOD

1. Sweat the leeks and sliced garlic in 3 tbsp oil 8 minutes without color, add the cauliflower, broth, and salt, and simmer 15 minutes.
2. Blend until silky, pass through a sieve, and season with white pepper.
3. Mix the hazelnuts, parsley, half the lemon zest, and grated garlic into a gremolata.
4. Whisk the remaining zest into 2 tbsp olive oil. Serve the soup with a spoon of gremolata and a drizzle of lemon oil.

Plating. Pale soup, green and brown gremolata set to one side like a small island.

Why it fits. Crucifer chemistry in its gentlest form, hazelnut vitamin E and folate, and a velvet texture that owes nothing to cream.

Provides: glucosinolates · folate · vitamin E · vitamin C · inulin · allicin · oleic acid · olive polyphenols

0028 Clear Beet Broth with Dill and Horseradish Kefir

serves 6 · Harvest 100 #008 #089 #055 #054 #024

INGREDIENTS

- 3 lb beets, scrubbed and grated
- 1 onion, chopped
- 2 carrots, chopped
- 3 cloves garlic, smashed
- 8 cups water
- 2 bay leaves
- 1 tsp salt
- 2 tbsp apple cider vinegar
- 1 tsp raw honey
- 1/2 cup plain kefir
- 2 tsp prepared horseradish
- 3 tbsp fresh dill, chopped
- 1 small beet, roasted and diced, to garnish

METHOD

1. Simmer the grated beets, onion, carrots, garlic, bay, and salt in the water 45 minutes, never boiling hard, so the broth stays clear and crimson.
2. Strain without pressing; season with vinegar and honey. The balance should be sweet-sour and clean.
3. Stir the kefir with the horseradish and a pinch of salt.
4. Serve the broth hot in cups with a spoon of diced beet, a swirl of horseradish kefir, and dill.

Plating. Serve in clear glass cups; hold them to the light before they go out.

Why it fits. Dietary nitrate in a form you can drink, probiotic kefir instead of sour cream, and horseradish for the glucosinolates.

Provides: dietary nitrate · probiotics · quercetin · allicin · vitamin C

0029 Black Bean Soup, Cumin, Lime Crema, Avocado

serves 6 · Harvest 100 #052 #088 #034 #012 #055 #054

INGREDIENTS

- 3 cans (15 oz each) black beans, with their liquid
- 1 onion, diced
- 1 red bell pepper, diced
- 4 cloves garlic, minced
- 2 tbsp olive oil
- 1 tbsp ground cumin
- 1 tsp dried oregano
- 1/2 tsp cayenne
- 1 tsp salt
- 3 cups vegetable broth
- 2 limes, 1 juiced and 1 zested
- 1/2 cup plain Greek yogurt
- 1 ripe avocado, diced
- fresh cilantro leaves

METHOD

1. Sweat the onion and pepper in the oil 6 minutes, add the garlic and spices 1 minute, then the beans and broth; simmer 20 minutes.
2. Blend two-thirds of the soup until smooth and return it to the pot for a soup that is thick but not pasty; finish with half the lime juice and salt to taste.
3. Stir the yogurt with the lime zest and remaining juice into a crema.
4. Serve with a spoon of crema, diced avocado, and cilantro.

Plating. A dark bowl, a white spiral of crema, green avocado off-center.

Why it fits. The legume every long-lived culture shares, with cultured yogurt in place of sour cream and avocado fat to carry the pepper's carotenoids.

Provides: fiber · plant protein · live cultures · protein · monounsaturated fat · capsaicin · quercetin · allicin

0030 Ribollita, Refined: White Bean, Kale, and Rosemary Oil

serves 8 · Harvest 100 #060 #028 #042 #038 #001 #013

INGREDIENTS

- 3 cans (15 oz each) cannellini beans, drained
- 1 bunch lacinato kale, stemmed and chopped
- 1 onion, diced
- 2 carrots, diced
- 2 ribs celery, diced
- 4 cloves garlic, sliced
- 1 can (14 oz) crushed tomatoes
- 1/4 cup olive oil, plus 1/4 cup for the rosemary oil
- 2 sprigs fresh rosemary
- 6 cups vegetable broth
- 1 1/2 tsp salt
- 1/2 tsp black pepper
- 4 slices day-old whole-grain bread, torn
- Parmesan rind (optional)

METHOD

1. Sweat the onion, carrots, and celery in 1/4 cup oil 10 minutes, add the garlic 1 minute, then the tomatoes, beans, broth, salt, pepper, and Parmesan rind; simmer 30 minutes.
2. Mash a cup of beans against the pot to thicken, stir in the kale and bread, and simmer 15 minutes more until the bread dissolves into the soup.
3. Warm the remaining 1/4 cup oil with the rosemary over low heat 5 minutes; strain.
4. Rest the soup 20 minutes (it is better the next day), then serve in wide bowls with a generous drizzle of rosemary oil.

Plating. Ribollita is rustic; the refinement is the oil and the bowl, nothing more.

Why it fits. Beans, greens, whole grain, and olive oil in one pot: the Tuscan peasant dish that reads like a Mediterranean trial protocol.

Provides: fiber · plant protein · vitamin K · lutein · glucosinolates · carnosic acid · oleic acid · olive polyphenols · lycopene · beta-carotene

IV. Composed Salads & Garden Plates

A composed plate is a salad that has decided what it wants to say. These ten put one vegetable at the center, give it a cultured sauce or a nut crust, and arrange the colors deliberately. They are first courses for a seated dinner or, doubled, a lunch worth dressing for.

0031 Roasted Beet, Blood Orange, Pistachio, Labneh

serves 4 · Harvest 100 #008 #018 #071 #089 #029 #038

INGREDIENTS

- 4 medium beets (red and golden), roasted, peeled, and cut into wedges
- 2 blood oranges, segmented, juice reserved
- 1 cup kefir cheese (labneh; Occasion 85) or thick Greek yogurt
- 1/3 cup pistachios, toasted and chopped
- 2 cups arugula or watercress
- 3 tbsp olive oil
- 1 tbsp sherry vinegar
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 tsp fresh thyme leaves

METHOD

1. Whisk the reserved orange juice with the oil, vinegar, salt, and pepper; toss the warm beets in half of it and let them sit 15 minutes.
2. Spread a quarter cup of labneh across each plate with the back of a spoon.
3. Arrange the beets and orange segments over the labneh, tuck in the greens dressed in the rest of the vinaigrette.
4. Finish with pistachios and thyme.

Plating. Keep the red and golden beets separate until plating so the gold stays gold.

Why it fits. Nitrates, vitamin C, lutein, and a cultured cheese made from kefir; four colors on one plate.

Provides: dietary nitrate · vitamin C · hesperidin · lutein · plant protein · probiotics · oleic acid · olive polyphenols

0032 Charred Broccoli, Tahini, Pomegranate, Toasted Almond

serves 4 · Harvest 100 #030 #081 #007 #070 #024 #054

INGREDIENTS

- 2 heads broccoli, cut into long florets with stems
- 3 tbsp olive oil
- 1/2 tsp salt
- 1/4 cup tahini
- 2 tbsp fresh lemon juice
- 1 small clove garlic, grated
- 3 to 4 tbsp cold water
- 1/3 cup pomegranate seeds
- 1/4 cup sliced almonds, toasted
- 1/4 tsp red chili flakes
- 1 tbsp fresh mint, chopped

METHOD

1. Toss the broccoli with oil and salt and roast at 475°F on a preheated sheet pan for 15 minutes until deeply charred at the edges.
2. Whisk the tahini with lemon, garlic, a pinch of salt, and water until it is the consistency of heavy cream.
3. Spoon the tahini across a platter, pile the hot broccoli on top.
4. Scatter pomegranate, almonds, chili, and mint.

Plating. Hot vegetable on cool sauce; the contrast is the dish.

Why it fits. Sulforaphane concentrated by high heat, sesame calcium in the sauce, punicalagins from the seeds, and vitamin E from the almonds.

Provides: sulforaphane · calcium · sesamin · punicalagins · vitamin E · magnesium · vitamin C · allicin

0033 Kale Caesar Reimagined: Sardine-Garlic Dressing, Rye Croutons

serves 4 · Harvest 100 #028 #084 #054 #024 #038 #087

INGREDIENTS

- 1 large bunch lacinato kale, stemmed and thinly sliced
- 2 sardine fillets from a tin in olive oil (in place of anchovy)
- 1 clove garlic
- 1 egg yolk
- 1 tsp Dijon mustard
- 2 tbsp fresh lemon juice
- 1/3 cup olive oil
- 1 oz Parmesan, finely grated, plus shavings to finish
- 1/4 tsp black pepper
- 2 slices rye or whole-grain bread, torn into rough croutons
- 1 tbsp olive oil for the croutons

METHOD

1. Pound the sardines and garlic to a paste, whisk in the yolk, mustard, and lemon, then stream in the oil to emulsify; stir in the grated Parmesan and pepper.
2. Massage the kale with a spoonful of dressing for 1 minute until it darkens and softens.
3. Toss the bread with oil and bake at 400°F for 10 minutes until crisp.
4. Dress the kale fully, fold in the croutons, and finish with Parmesan shavings and more pepper.

Plating. Pile it high in the center of a cold plate; croutons on top where they stay loud.

Why it fits. Omega-3 small fish doing anchovy's job, kale's vitamin K and glucosinolates, and the yolk's choline in a dressing without a drop of mayonnaise.

Provides: vitamin K · lutein · glucosinolates · EPA & DHA omega-3s · calcium · allicin · vitamin C · oleic acid · olive polyphenols · choline · complete protein

0034 Heirloom Tomato, Fig, Basil, and Aged Balsamic

serves 4 · Harvest 100 #001 #050 #041 #038 #053

INGREDIENTS

- 4 ripe heirloom tomatoes of different colors, sliced thick
- 6 fresh figs, halved or quartered
- 12 fresh basil leaves
- 8 Kalamata olives, pitted and torn
- 3 tbsp best olive oil
- 2 tsp aged balsamic vinegar (thick, traditional style)
- 1/2 tsp flaky salt
- 1/4 tsp black pepper
- 2 oz fresh mozzarella or burrata, torn (optional)

METHOD

1. Lay the tomato slices on a platter, alternating colors, and salt them 10 minutes ahead so they weep a little.
2. Nestle the figs and olives among the tomatoes; add the cheese if using.
3. Drizzle the oil, then the balsamic in thin threads.
4. Tear the basil over at the last moment and crack pepper across the whole platter.

Plating. No stacking; let the slices lie flat and overlap like roof tiles.

Why it fits. Peak-season lycopene with the raw vitamin C intact, fig fiber and potassium, and olive polyphenols from both fruit and oil.

Provides: lycopene · fiber · potassium · herb polyphenols · oleic acid · olive polyphenols · hydroxytyrosol · monounsaturated fat

0035 Black Rice, Edamame, Pickled Carrot, Sesame-Ginger

serves 6 · Harvest 100 #051 #036 #013 #081 #026 #045

INGREDIENTS

- 2 cups cooked black rice, cooled
- 1 1/2 cups shelled edamame, cooked
- 2 carrots, cut into fine julienne
- 1/4 cup rice vinegar
- 1 tsp raw honey
- 1/2 tsp salt
- 1 cup purple cabbage, shredded
- 3 tbsp tahini
- 1 tbsp white miso
- 1 tbsp fresh ginger, grated
- 1 tbsp soy sauce or tamari
- 1 tbsp rice vinegar (for the dressing)
- 3 tbsp water
- 2 tbsp toasted sesame seeds
- 4 scallions, sliced

METHOD

1. Toss the carrots with 1/4 cup rice vinegar, honey, and salt and let pickle 30 minutes; drain.
2. Whisk the tahini, miso, ginger, soy, 1 tbsp vinegar, and water into a smooth dressing.
3. Fold the rice, edamame, and cabbage with most of the dressing.
4. Mound on a platter, top with pickled carrot, sesame, and scallions, and drizzle the rest of the dressing.

Plating. Black, green, orange, purple: the plate should look like a textile.

Why it fits. Anthocyanin-dark whole grain, complete soy protein, live-culture miso, and quick pickles with a teaspoon of honey across six servings.

Provides: anthocyanins · whole grain · complete plant protein · isoflavones · beta-carotene · calcium · sesamin · gingerols · glucosinolates

0036 Shaved Brussels Sprout, Apple, Walnut, Lemon-Mustard

serves 6 · Harvest 100 #031 #010 #069 #024 #038

INGREDIENTS

- 1 lb Brussels sprouts, trimmed and shaved paper-thin
- 1 crisp red apple, julienned, skin on
- 1/2 cup walnuts, toasted and chopped
- 1 oz Pecorino, finely grated (optional)
- 3 tbsp olive oil
- 2 tbsp fresh lemon juice
- 1 tsp Dijon mustard
- 1 tsp raw honey
- 1/2 tsp salt
- 1/4 tsp black pepper
- 2 tbsp fresh chives, minced

METHOD

1. Whisk the oil, lemon, mustard, honey, salt, and pepper into a sharp vinaigrette.
2. Toss the shaved sprouts with the vinaigrette and let them soften 15 minutes.
3. Fold in the apple, most of the walnuts, and the Pecorino.
4. Finish with the remaining walnuts and chives.

Plating. A shallow, wide bowl; the salad should look like confetti, not a heap.

Why it fits. Raw crucifer with its glucosinolates intact, quercetin and pectin in the apple skin, and the omega-3 nut.

Provides: fiber · vitamin K · glucosinolates · quercetin · pectin · omega-3 ALA · vitamin C · oleic acid · olive polyphenols

0037 Asparagus Mimosa with Hazelnut Vinaigrette and Soft Egg

serves 4 · Harvest 100 #032 #087 #073 #024 #038 #040

INGREDIENTS

- 1 1/2 lb asparagus, trimmed
- 3 eggs
- 1/3 cup hazelnuts, toasted and skinned
- 3 tbsp olive oil
- 1 tbsp hazelnut oil (optional)
- 1 tbsp sherry vinegar
- 1 tsp Dijon mustard
- 1 tbsp shallot, minced
- 1/2 tsp salt
- 1/4 tsp black pepper
- 2 tbsp fresh parsley and chervil, chopped

METHOD

1. Boil two eggs 9 minutes and one egg 6 minutes; cool, peel, and keep the 6-minute egg whole.
2. Blanch the asparagus in salted water 3 minutes, shock in ice water, and dry.
3. Whisk the vinegar, mustard, shallot, salt, and pepper, stream in the oils, and fold in the chopped hazelnuts.
4. Lay the asparagus on a platter, spoon the vinaigrette over, grate the hard eggs through a sieve over the top, and halve the soft egg in the center with the herbs.

Plating. Spears aligned, egg snow across the middle third only, the soft egg split to show the yolk.

Why it fits. Prebiotic inulin from the spears, choline and lutein from the eggs, and vitamin E from the nuts; a classic with the butter removed and nothing missed.

Provides: inulin · folate · choline · lutein · complete protein · vitamin E · vitamin C · oleic acid · olive polyphenols · apigenin · vitamin K

0038 Watermelon, Kalamata, Mint, and Whipped Yogurt-Feta

serves 6 · Harvest 100 #006 #053 #088 #024 #038

INGREDIENTS

- 6 cups seedless watermelon, cut into 1-inch cubes
- 1/2 cup Kalamata olives, pitted and halved
- 1/4 cup fresh mint leaves
- 3 oz feta
- 1/2 cup plain Greek yogurt
- 2 tbsp olive oil
- 1 tbsp fresh lemon juice
- 1 tsp lemon zest
- 1/4 tsp black pepper
- flaky salt

METHOD

1. Blend the feta, yogurt, and 1 tbsp oil until completely smooth; chill.
2. Chill the watermelon cubes at least 1 hour so they are cold through.
3. Spread the whipped feta across a platter, arrange the watermelon and olives on top.
4. Dress with lemon juice, remaining oil, zest, pepper, and a very little flaky salt; tear the mint over last.

Plating. Pink, black, white, green; serve on the coldest platter you own.

Why it fits. Lycopene and citrulline in the fruit, olive polyphenols, and a feta cut by half with yogurt so the salt stays in balance.

Provides: lycopene · citrulline · hydroxytyrosol · monounsaturated fat · live cultures · protein · vitamin C · oleic acid · olive polyphenols

0039 Roasted Carrots, Harissa-Style Paste, Yogurt, Pistachio Dukkah

serves 6 · Harvest 100 #013 #011 #012 #088 #071 #054 #081

INGREDIENTS

- 2 lb small carrots, halved lengthwise
- 3 tbsp olive oil, divided
- 1 tsp smoked paprika
- 1/2 tsp cayenne
- 1 tsp ground cumin
- 1 tsp ground coriander
- 2 cloves garlic, grated
- 1 tbsp tomato paste
- 1 tbsp fresh lemon juice
- 3/4 tsp salt
- 1 cup plain Greek yogurt
- 1/3 cup pistachios
- 2 tbsp sesame seeds
- 1 tsp coriander seeds
- 1 tsp cumin seeds
- 2 tbsp fresh cilantro or parsley, chopped

METHOD

1. Stir 2 tbsp oil with paprika, cayenne, ground cumin, ground coriander, garlic, tomato paste, lemon, and salt into a harissa-style paste; toss the carrots in it.
2. Roast at 425°F for 30 minutes, turning once, until caramelized and tender.
3. Toast the pistachios, sesame, coriander, and cumin seeds in a dry pan 3 minutes; cool and pound coarsely with a pinch of salt for dukkah.
4. Spread the yogurt on a platter, pile the carrots over, drizzle the last tablespoon of oil, and shower with dukkah and herbs.

Plating. Leave the carrot tops on, trimmed to an inch, if they are fresh.

Why it fits. Beta-carotene made bioavailable by fat and heat, capsaicin and paprika carotenoids, cultured yogurt, and a seed-and-nut crust for zinc and calcium.

Provides: beta-carotene · carotenoids · capsaicin · live cultures · protein · lutein · plant protein · allicin · calcium · sesamin

0040 Purple Cabbage and Persimmon Slaw, Lime, Pumpkin Seed

serves 6 · Harvest 100 #045 #021 #079 #024 #038 #026

INGREDIENTS

- 1/2 head purple cabbage, shaved paper-thin (about 6 cups)
- 2 Fuyu persimmons, sliced into thin half-moons
- 1/3 cup pumpkin seeds, toasted
- 3 tbsp olive oil
- 3 tbsp fresh lime juice
- 1 tsp lime zest
- 1 tsp fresh ginger, grated
- 1 tsp raw honey
- 3/4 tsp salt
- 1/4 cup fresh cilantro leaves
- 2 scallions, sliced thin

METHOD

1. Whisk the oil, lime juice and zest, ginger, honey, and salt.
2. Toss the cabbage with the dressing and massage 1 minute; rest 20 minutes so it relaxes and turns glossy.
3. Fold in the persimmons and scallions gently so the fruit stays whole.
4. Finish with pumpkin seeds and cilantro.

Plating. Violet and orange are complementary colors; this plate knows it.

Why it fits. Anthocyanins and glucosinolates in one cheap head, carotenoids from a true autumn fruit, zinc from the seeds.

Provides: anthocyanins · glucosinolates · carotenoids · vitamin C · zinc · oleic acid · olive polyphenols · gingerols

V. Grains, Pasta & Risotto

Whole grains can be luxurious; the technique is the same as for white rice and the result has twice the fiber and a texture restaurants now prefer. Farro, barley, black rice, oats, and quinoa each take a turn as the center of the plate here, with mushrooms, squash, lentils, and small fish as their partners.

0041 Farro Risotto with Wild Mushrooms, Thyme, and Parmesan Crisp

serves 6 · Harvest 100 #063 #057 #056 #038 #054

INGREDIENTS

- 1 1/2 cups farro
- 1 lb mixed wild mushrooms, torn
- 2 leeks, white parts, finely sliced
- 3 cloves garlic, minced
- 1/2 cup dry white wine
- 6 to 7 cups warm vegetable broth
- 1/4 cup olive oil, divided
- 1 tbsp fresh thyme leaves
- 1 tsp salt
- 1/2 tsp black pepper
- 2 oz Parmesan, finely grated, divided
- 1 tbsp fresh lemon juice

METHOD

1. Spread half the Parmesan in six thin rounds on parchment and bake at 375°F for 6 minutes until lacy and golden; cool into crisps.
2. Sear the mushrooms in 2 tbsp oil in a wide pan over high heat until deeply browned, about 8 minutes; season and set aside.
3. Soften the leeks and garlic in the remaining oil, add the farro and toast 2 minutes, add the wine and let it evaporate, then add broth a ladle at a time, stirring, for 30 to 35 minutes until the farro is creamy but chewy.
4. Fold in the mushrooms, thyme, remaining Parmesan, lemon, salt, and pepper. Serve with a crisp standing in each bowl.

Plating. A wide, shallow bowl; the crisp goes in at a 45-degree angle.

Why it fits. An intact ancient grain in place of white arborio, ergothioneine from the mushrooms, and cheese used in grams for flavor rather than as the base.

Provides: whole grain · fiber · ergothioneine · inulin · oleic acid · olive polyphenols · allicin

0042 Forbidden Black Rice Risotto with Beet and Horseradish

serves 6 · Harvest 100 #051 #008 #088 #056 #038 #054

INGREDIENTS

- 1 1/2 cups black rice, rinsed
- 2 medium beets, roasted, peeled, 1 puréed and 1 diced small
- 1 leek, white part, finely sliced
- 2 cloves garlic, minced
- 1/2 cup dry white wine
- 6 cups warm vegetable broth
- 3 tbsp olive oil
- 1 tsp salt
- 1/2 tsp black pepper
- 1/2 cup plain Greek yogurt
- 2 tsp prepared horseradish
- 1 tbsp fresh chives, minced
- 1 tsp lemon zest

METHOD

1. Soften the leek and garlic in the oil 5 minutes, add the rice and toast 2 minutes, add the wine and let it absorb.
2. Add warm broth a ladle at a time, stirring often, 35 to 40 minutes until the rice is tender with a slight bite.
3. Stir in the beet purée, diced beet, salt, and pepper; the risotto will turn a deep garnet.
4. Whisk the yogurt with horseradish and zest. Serve the risotto with a spoon of horseradish yogurt and chives.

Plating. Garnet rice, white yogurt, green chives; nothing else on the plate.

Why it fits. Anthocyanins from both the grain and the beet, nitrates for the vessels, probiotic yogurt sharpened with horseradish.

Provides: anthocyanins · whole grain · dietary nitrate · live cultures · protein · inulin · oleic acid · olive polyphenols · allicin

0043 Barley Risotto with Roasted Butternut, Sage, and Hazelnut

serves 6 · Harvest 100 #062 #016 #073 #038 #055 #054

INGREDIENTS

- 1 1/2 cups pearl barley
- 3 cups butternut squash, diced 1/2 inch
- 1 onion, finely diced
- 3 cloves garlic, minced
- 1/2 cup dry white wine
- 6 cups warm vegetable broth
- 1/4 cup olive oil, divided
- 12 fresh sage leaves
- 1/3 cup hazelnuts, toasted and chopped
- 1 tsp salt
- 1/2 tsp black pepper
- 1/4 tsp freshly grated nutmeg
- 1 oz Parmesan, grated (optional)

METHOD

1. Roast the squash with 1 tbsp oil and a pinch of salt at 425°F for 20 minutes until caramelized.
2. Soften the onion and garlic in 2 tbsp oil, add the barley and toast 2 minutes, add the wine, then broth a ladle at a time, stirring, for 35 to 40 minutes.
3. Fry the sage leaves in the last tablespoon of oil 30 seconds until crisp.
4. Fold the squash, nutmeg, salt, pepper, and Parmesan into the barley; serve topped with sage and hazelnuts.

Plating. Golden squash should show in the barley like stained glass, not vanish into it.

Why it fits. Beta-glucan barley for cholesterol, carotenoids from the squash, hazelnut vitamin E; the autumn harvest in a bowl.

Provides: beta-glucan · carotenoids · folate · vitamin E · oleic acid · olive polyphenols · quercetin · allicin

0044 Whole-Grain Pappardelle with Slow Lentil Ragù

serves 6 · Harvest 100 #066 #001 #013 #055 #054 #038

INGREDIENTS

- 1 lb whole-grain pappardelle or tagliatelle
- 1 1/2 cups brown or green lentils, rinsed
- 1 onion, finely diced
- 2 carrots, finely diced
- 2 ribs celery, finely diced
- 4 cloves garlic, minced
- 3 tbsp olive oil
- 2 tbsp tomato paste
- 1/2 cup dry red wine
- 1 can (28 oz) crushed tomatoes
- 2 cups vegetable broth
- 2 bay leaves
- 1 tsp dried oregano
- 1 1/4 tsp salt
- 1/2 tsp black pepper
- 1 oz Parmesan, grated
- fresh basil

METHOD

1. Sweat the onion, carrots, and celery in the oil 10 minutes until soft and sweet; add the garlic and tomato paste and cook 2 minutes.
2. Add the wine and reduce by half, then the lentils, tomatoes, broth, bay, oregano, salt, and pepper; simmer gently 45 minutes until the lentils are tender and the sauce thick.
3. Cook the pasta in well-salted water until al dente; reserve a cup of the water.
4. Toss the pasta with the ragù and a splash of pasta water; serve with Parmesan and torn basil.

Plating. Twirl the pasta into a nest with tongs and spoon extra ragù into the center.

Why it fits. A Sunday ragù with lentils carrying the iron, folate, and fiber; whole-grain pasta keeps the glucose curve flat.

Provides: iron · folate · fiber · lycopene · beta-carotene · quercetin · allicin · oleic acid · olive polyphenols

0045 Pasta con le Sarde, Earth Style: Sardines, Walnut, Roasted Grape

serves 4 · Harvest 100 #084 #069 #009 #054 #055 #038 #040

INGREDIENTS

- 12 oz whole-grain spaghetti or bucatini
- 2 tins (about 4 oz each) sardines in olive oil
- 1 cup red grapes, halved
- 1/3 cup walnuts, toasted and chopped
- 1 small fennel bulb, finely sliced, fronds reserved (optional)
- 1 onion, finely diced
- 3 cloves garlic, sliced
- 3 tbsp olive oil
- 1 pinch saffron threads soaked in 2 tbsp warm water
- 1/4 tsp red chili flakes
- 1/2 cup whole-grain breadcrumbs toasted in 1 tsp oil
- 1/4 cup fresh parsley, chopped
- 1/2 lemon, zested and juiced
- salt and pepper

METHOD

1. Roast the grapes at 425°F for 12 minutes until blistered.
2. Soften the onion, fennel, and garlic in the oil 8 minutes, add the saffron water and chili, then break in the sardines with their oil and warm 2 minutes.
3. Cook the pasta al dente in salted water; reserve a cup of water and toss the pasta in the pan with the sauce, grapes, walnuts, parsley, lemon zest and juice, loosening with pasta water.
4. Serve with the toasted breadcrumbs scattered over the top.

Plating. Breadcrumbs are the Sicilian Parmesan; be generous with them.

Why it fits. The Sicilian classic rebuilt without sugar-sweetened raisins: roasted grapes do the sweet work, walnuts add omega-3 ALA to the sardines' EPA and DHA.

Provides: EPA & DHA omega-3s · calcium · omega-3 ALA · grape polyphenols · allicin · quercetin · oleic acid · olive polyphenols · apigenin · vitamin K

0046 Quinoa Pilaf with Pistachio, Dried Apricot, and Orange Blossom

serves 6 • Harvest 100 #064 #071 #020 #018 #055 #038

INGREDIENTS

- 2 cups quinoa, rinsed
- 3 1/2 cups vegetable broth
- 1 onion, finely diced
- 3 tbsp olive oil
- 1 cinnamon stick
- 4 green cardamom pods, cracked
- 1/2 tsp ground turmeric
- 1/2 cup dried apricots (unsulfured), slivered
- 1/2 cup pistachios, toasted and chopped
- 1 orange, zested and juiced
- 1/2 tsp orange blossom water
- 3/4 tsp salt
- 1/4 cup fresh mint, chopped
- 1/4 cup fresh parsley, chopped

METHOD

1. Soften the onion in the oil 6 minutes with the cinnamon and cardamom; add the quinoa and turmeric and toast 2 minutes.
2. Add the broth, apricots, orange juice, and salt; cover and simmer 15 minutes, then rest off the heat 10 minutes.
3. Fluff with a fork, remove the whole spices, and fold in the zest, orange blossom water, and herbs.
4. Pile on a platter and crown with the pistachios.

Plating. Serve from a mound with the pistachios cascading down one side.

Why it fits. A complete plant protein that eats like a grain, carotenoids from the apricots, lutein from the pistachios, and sweetness from fruit alone.

Provides: complete plant protein • lutein • plant protein • carotenoids • potassium • vitamin C • hesperidin • quercetin • oleic acid • olive polyphenols

0047 Brown Rice Congee with Soft Egg, Ginger, Scallion Oil, Nori

serves 4 • Harvest 100 #065 #087 #026 #090 #057 #093

INGREDIENTS

- 1 cup short-grain brown rice, rinsed
- 9 cups water or light vegetable broth
- 2 tbsp fresh ginger, julienned
- 1 tsp salt
- 4 eggs
- 6 shiitake mushrooms, sliced and sautéed in 1 tsp oil
- 4 scallions, green parts
- 3 tbsp olive oil
- 1 tsp toasted sesame oil
- 1 tbsp soy sauce or tamari
- 1 sheet nori, cut into strips
- 1 tsp white miso (optional, stirred in off the heat)

METHOD

1. Simmer the rice, water, ginger, and salt, partly covered, stirring occasionally, 90 minutes until the grains burst and the porridge is silky.
2. Boil the eggs 6 1/2 minutes, cool in ice water, and peel.
3. Blanch the scallion greens 20 seconds, shock, squeeze, and blend with the olive and sesame oils; strain.
4. Ladle the congee into bowls, halve an egg into each, add shiitake, nori, soy, and a spiral of scallion oil.

Plating. The egg yolk should still be jammy; it is the sauce.

Why it fits. Whole-grain rice cooked to comfort, choline and lutein from the egg, iodine from the nori, and ginger for the gingerols.

Provides: whole grain • choline • lutein • complete protein • gingerols • iodine • ergothioneine • live cultures

0048 Savory Oat Risotto with Spinach, Lemon, and Parmesan

serves 4 · Harvest 100 #061 #027 #024 #056 #054 #038

INGREDIENTS

- 1 1/2 cups steel-cut oats
- 1 leek, white part, finely sliced
- 2 cloves garlic, minced
- 3 tbsp olive oil
- 1/2 cup dry white wine
- 4 to 5 cups warm vegetable broth
- 5 oz baby spinach
- 1 lemon, zested and juiced
- 1 oz Parmesan, grated
- 3/4 tsp salt
- 1/2 tsp black pepper
- 1/4 cup toasted walnuts, chopped

METHOD

1. Soften the leek and garlic in the oil 5 minutes, add the oats and toast 2 minutes, add the wine and let it absorb.
2. Add broth a ladle at a time, stirring, for 20 to 25 minutes until the oats are creamy and tender.
3. Wilt in the spinach, then stir in the lemon zest and juice, Parmesan, salt, and pepper.
4. Serve with walnuts and a thread of oil.

Plating. Serve in a warm bowl with a well in the center for the walnuts and oil.

Why it fits. Beta-glucan from oats in a savory setting, lutein and folate from spinach, and a texture no one will guess came from breakfast.

Provides: beta-glucan · lutein · folate · dietary nitrate · vitamin C · inulin · allicin · oleic acid · olive polyphenols

0049 Barley and Mushroom Stuffed Cabbage Rolls in Tomato

serves 6 (12 rolls) · Harvest 100 #062 #057 #045 #001 #055 #054 #069

INGREDIENTS

- 1 head savoy or green cabbage, 12 large leaves blanched 2 minutes
- 1 1/2 cups cooked pearl barley
- 1 lb mushrooms, finely chopped
- 1 onion, finely diced
- 3 cloves garlic, minced
- 1/3 cup walnuts, chopped
- 3 tbsp olive oil
- 1 tbsp fresh dill, chopped
- 1 tsp smoked paprika
- 1 tsp salt
- 1/2 tsp black pepper
- 1 can (28 oz) crushed tomatoes
- 1 tbsp apple cider vinegar
- 1 tsp raw honey
- 1/2 cup vegetable broth

METHOD

1. Sauté the onion and garlic in 2 tbsp oil 5 minutes, add the mushrooms and cook until dry and browned, 10 minutes; fold in the barley, walnuts, dill, paprika, salt, and pepper.
2. Shave the thick rib from each leaf, place 1/3 cup filling near the stem end, fold in the sides, and roll.
3. Stir the tomatoes with the vinegar, honey, broth, and remaining oil; spread half in a baking dish, nestle the rolls seam-side down, and spoon the rest over.
4. Cover and bake at 375°F for 45 minutes, uncover for 15 more. Serve with the sauce.

Plating. Two rolls per plate on a pool of sauce, a little dill on top.

Why it fits. Barley's beta-glucan and mushroom ergothioneine wrapped in a crucifer and baked in lycopene; a grandmother's dish with the ground meat replaced and nothing lost.

Provides: beta-glucan · ergothioneine · anthocyanins · glucosinolates · lycopene · quercetin · allicin · omega-3 ALA

0050 Saffron Quinoa Paella with Shrimp, Peas, and Roasted Peppers

serves 6 · Harvest 100 #064 #037 #002 #054 #055 #001 #038 #024

INGREDIENTS

- 2 cups quinoa, rinsed
- 1 lb large shrimp, peeled and deveined
- 1 onion, finely diced
- 4 cloves garlic, minced
- 2 red bell peppers, roasted, peeled, and sliced
- 1 cup green peas
- 1 can (14 oz) diced tomatoes, drained
- 1 tsp smoked paprika
- 1 large pinch saffron threads
- 3 1/2 cups warm vegetable or fish broth
- 1/4 cup olive oil
- 1 tsp salt
- 1/4 cup fresh parsley, chopped
- 1 lemon, cut into wedges

METHOD

1. Steep the saffron in the warm broth 10 minutes.
2. In a wide paella pan or skillet, soften the onion in 3 tbsp oil 6 minutes, add the garlic, paprika, and tomatoes and cook 3 minutes, then the quinoa, stirring to coat.
3. Pour in the saffron broth and salt, arrange the peppers on top, and simmer uncovered without stirring 15 minutes.
4. Press the shrimp and peas into the surface, drizzle the last tablespoon of oil, cover with foil, and cook 6 minutes until the shrimp are pink. Rest 5 minutes; finish with parsley and lemon.

Plating. Bring the pan to the table; the socarrat (the toasted bottom) is the prize.

Why it fits. A complete-protein seed in place of white rice, lean shellfish, lycopene from the tomatoes, and peppers for vitamin C; saffron for the ceremony.

Provides: complete plant protein · plant protein · fiber · vitamin C · allicin · quercetin · lycopene · oleic acid · olive polyphenols

VI. From the Sea

The Earth Diet's protein, at its most refined: salmon poached in olive oil at 125°F, trout roasted whole on the bone, sardines grilled over a hot fire, oysters under a spinach crust. The techniques are classical; the butter is gone and the omega-3s are intact because nothing here is cooked hard.

0051 Olive-Oil-Poached Salmon, Cucumber, Dill, Mustard Seed

serves 4 · Harvest 100 #083 #038 #040 #024 #088

INGREDIENTS

- 4 salmon fillets (6 oz each), skinned
- 1 1/2 to 2 cups olive oil (enough to just cover in a small pan)
- 2 cloves garlic, smashed
- 2 strips lemon peel
- 1 tsp salt
- 1 English cucumber, shaved into ribbons
- 2 tbsp fresh dill, chopped
- 1 tsp yellow mustard seeds, toasted
- 1 tbsp white wine vinegar
- 1/2 cup plain Greek yogurt
- 1 tsp Dijon mustard
- flaky salt

METHOD

1. Season the salmon with salt 20 minutes ahead. Warm the oil with garlic and lemon peel to 125°F (barely warm to the finger) in a pan that fits the fish snugly.
2. Slide in the salmon and hold at 120 to 130°F for 15 to 18 minutes, until the flesh flakes but is still translucent at the center. A thermometer is the whole technique.
3. Toss the cucumber ribbons with dill, mustard seeds, vinegar, and a pinch of salt.
4. Stir the yogurt with Dijon. Lift the salmon out with a slotted spatula, serve on the cucumber with a spoon of mustard yogurt and flaky salt. Strain and refrigerate the oil for the next fish.

Plating. The salmon should look raw and taste cooked; that contradiction is the plate.

Why it fits. Gentle poaching below 130°F keeps the omega-3s from oxidizing; the oil is reused, the sauce is cultured, and the fat is the Mediterranean default.

Provides: EPA & DHA omega-3s · astaxanthin · oleic acid · olive polyphenols · apigenin · vitamin K · vitamin C · live cultures · protein

0052 Whole Roasted Trout, Lemon and Rosemary, Salsa Verde

serves 4 · Harvest 100 #085 #024 #042 #040 #038 #054

INGREDIENTS

- 2 whole rainbow trout (about 1 lb each), cleaned and scaled
- 2 lemons, 1 sliced and 1 juiced
- 4 sprigs fresh rosemary
- 4 cloves garlic, sliced
- 3 tbsp olive oil
- 1 tsp salt
- 1/2 tsp black pepper
- 1 cup Salsa Verde (Occasion 75)

METHOD

1. Pat the trout dry inside and out, score the skin three times per side, and season inside and out with salt and pepper.
2. Stuff the cavities with lemon slices, rosemary, and garlic; rub the skins with oil.
3. Roast on a preheated sheet pan at 450°F for 16 to 18 minutes until the flesh at the backbone flakes.
4. Squeeze the lemon juice over and serve whole with salsa verde on the side; fillet at the table.

Plating. Whole fish on a long board, head on; the drama is the point of the occasion.

Why it fits. A low-mercury omega-3 fish cooked on the bone, which keeps it moist without butter, and a sauce that is nothing but herbs, capers, lemon, and oil.

Provides: EPA & DHA omega-3s · vitamin C · carnosic acid · apigenin · vitamin K · oleic acid · olive polyphenols · allicin

0053 Miso and Black Pepper Glazed Salmon with Charred Broccolini

serves 4 · Harvest 100 #083 #093 #097 #030 #026 #100

INGREDIENTS

- 4 salmon fillets (6 oz each), skin on
- 2 tbsp white miso
- 1 tbsp raw honey
- 1 tbsp rice vinegar
- 1 tsp fresh ginger, grated
- 1 1/2 tsp black pepper, coarsely cracked
- 1 lb broccolini, trimmed
- 2 tbsp olive oil
- 1/2 tsp salt
- 1 tsp toasted sesame seeds
- 1 lemon, cut into wedges

METHOD

1. Whisk the miso, honey, vinegar, ginger, and 1 tsp of the pepper into a glaze; brush half over the salmon flesh and marinate 20 minutes.
2. Toss the broccolini with oil and salt and char on a very hot grill pan or under the broiler 6 minutes, turning once.
3. Sear the salmon skin-side down in a hot ovenproof skillet 3 minutes, brush with the remaining glaze, and finish under the broiler 4 to 5 minutes until lacquered and just cooked.
4. Finish with the remaining cracked pepper and sesame; serve with the broccolini and lemon.

Plating. Crisp skin up, glaze blistered, the broccolini crossed beneath like a raft.

Why it fits. Omega-3 salmon, live-culture miso, piperine from the pepper, and sulforaphane from the charred crucifer; one tablespoon of honey across four plates.

Provides: EPA & DHA omega-3s · astaxanthin · live cultures · piperine · sulforaphane · gingerols · trace polyphenols

0054 Grilled Sardines, Chermoula, Charred Lemon

serves 4 · Harvest 100 #084 #040 #012 #024 #054 #011 #038

INGREDIENTS

- 12 fresh sardines, cleaned and scaled (about 2 lb)
- 2 tbsp olive oil
- 1 tsp salt
- 1/2 cup Chermoula (Occasion 78)
- 2 lemons, halved
- flaky salt

METHOD

1. Pat the sardines very dry, rub with oil and salt, and let them sit 15 minutes while the grill gets hot.
2. Grill over high heat 2 to 3 minutes per side until the skin blisters and releases cleanly; do not move them early.
3. Grill the lemon halves cut-side down 2 minutes until charred.
4. Spoon chermoula over the hot sardines and serve with the charred lemons and flaky salt.

Plating. Fish fanned head-to-tail on a platter, the green sauce spooned in a band across the middle.

Why it fits. The highest omega-3 per dollar in the sea, eaten whole with its edible-bone calcium, under a sauce of herbs, garlic, cumin, and cayenne.

Provides: EPA & DHA omega-3s · calcium · apigenin · vitamin K · capsaicin · vitamin C · allicin · carotenoids · oleic acid · olive polyphenols

0055 Salmon en Papillote with Leeks, Ginger, and Miso-Olive Oil

serves 4 · Harvest 100 #083 #056 #026 #093 #038 #024

INGREDIENTS

- 4 salmon fillets (6 oz each), skinned
- 2 leeks, white and light green parts, cut into fine julienne
- 1 tbsp fresh ginger, julienned
- 1 tbsp white miso
- 2 tbsp olive oil
- 1 tbsp dry white wine or water
- 1 tsp lemon zest
- 1/2 tsp salt
- 1/4 tsp black pepper
- 4 sheets parchment (15 inches)
- chives, to finish

METHOD

1. Whisk the miso with the oil, wine, zest, and pepper into a loose paste.
2. Fold each parchment sheet in half, open it, and lay a bed of leeks and ginger on one side; set the salmon on top, season with salt, and spoon the miso paste over.
3. Fold the parchment over and crimp the edges tightly in overlapping folds to seal.
4. Bake on a sheet pan at 425°F for 12 minutes. Serve the packets closed and tear them open at the table.

Plating. The puffed parchment and the breath of steam when it opens are the presentation.

Why it fits. Steam-cooking in its own juices, no added fat beyond two tablespoons of olive oil for four, prebiotic leeks, live-culture miso.

Provides: EPA & DHA omega-3s · astaxanthin · inulin · gingerols · live cultures · oleic acid · olive polyphenols · vitamin C

0056 Hazelnut-Crusted Trout with Lemon and Olive Oil Emulsion

serves 4 · Harvest 100 #085 #073 #024 #038 #040 #087

INGREDIENTS

- 4 rainbow trout fillets (6 oz each), skin on
- 3/4 cup hazelnuts, toasted, skinned, and finely chopped
- 1/4 cup whole-grain breadcrumbs
- 1 tbsp fresh parsley, minced
- 1 tsp lemon zest
- 1 egg white, lightly beaten
- 1/2 tsp salt
- 1/4 tsp black pepper
- 2 tbsp olive oil for the pan
- For the emulsion: 1/3 cup olive oil, 2 tbsp fresh lemon juice, 1 tsp Dijon mustard, 2 tbsp warm water, 1 pinch salt

METHOD

1. Mix the hazelnuts, breadcrumbs, parsley, zest, salt, and pepper. Brush the flesh side of each fillet with egg white and press the crust on firmly.
2. Heat the oil in a nonstick skillet over medium heat; lay the fillets crust-side down and cook 3 minutes until golden, then turn carefully and cook skin-side 2 minutes.
3. Whisk the mustard, lemon juice, water, and salt, then stream in the olive oil while whisking until it thickens into a light, glossy sauce.
4. Spoon the emulsion on warm plates and set the trout crust-side up on top.

Plating. Pale sauce, golden crust; a few parsley leaves and nothing else.

Why it fits. Vitamin E and folate in the hazelnut crust, omega-3 trout, and a beurre blanc's job done by an olive oil emulsion.

Provides: EPA & DHA omega-3s · folate · vitamin E · vitamin C · oleic acid · olive polyphenols · apigenin · vitamin K · choline · lutein · complete protein

0057 Oysters Rockefeller, Earth Style: Spinach, Garlic, Whole-Grain Crumb

serves 6 (two dozen) • Harvest 100 #086 #027 #054 #038 #024 #055

INGREDIENTS

- 24 oysters on the half shell, liquor reserved
- 10 oz baby spinach
- 4 scallions, finely sliced
- 3 cloves garlic, minced
- 3 tbsp olive oil, divided
- 2 tbsp Pernod or dry white wine
- 1/4 tsp cayenne
- 1/2 tsp salt
- 1/2 cup whole-grain breadcrumbs
- 2 tbsp Parmesan, grated
- 1 tbsp fresh parsley, minced
- 1 lemon, cut into wedges
- rock salt for the pan

METHOD

1. Wilt the spinach in 1 tbsp oil 2 minutes, squeeze very dry, and chop fine.
2. Soften the scallions and garlic in 1 tbsp oil 2 minutes, add the Pernod and let it cook off, then fold in the spinach, cayenne, and salt.
3. Mix the breadcrumbs with the remaining oil, Parmesan, and parsley.
4. Set the oysters on a bed of rock salt, top each with a spoon of spinach and a pinch of crumb, and broil 4 inches from the heat 4 to 5 minutes until bubbling and golden. Serve with lemon.

Plating. The rock salt holds each shell level and radiates heat; it is both tool and table.

Why it fits. Zinc-dense oysters under lutein-rich spinach, with the butter of the original replaced by olive oil and the crumb kept whole-grain.

Provides: zinc • lutein • folate • dietary nitrate • allicin • oleic acid • olive polyphenols • vitamin C • quercetin

0058 Seared Salmon, Beet-Horseradish Purée, Dill Oil

serves 4 · Harvest 100 #083 #008 #088 #040 #038 #024

INGREDIENTS

- 4 salmon fillets (6 oz each), skin on
- 1 tbsp olive oil, plus 2 tsp
- 1/2 tsp salt
- 1/4 tsp black pepper
- 3 medium beets, roasted and peeled
- 1/4 cup plain Greek yogurt
- 2 tsp prepared horseradish
- 1 tbsp fresh lemon juice
- 3 tbsp Dill Oil (Occasion 73)
- 1 small raw beet, shaved paper-thin
- dill fronds

METHOD

1. Blend the roasted beets with yogurt, horseradish, lemon, and a pinch of salt until perfectly smooth; warm gently.
2. Pat the salmon skin very dry, season, and lay skin-side down in a hot skillet with 1 tbsp oil; press 20 seconds, then cook 5 to 6 minutes until the skin is crisp and the flesh is two-thirds opaque.
3. Flip for 30 seconds only and remove.
4. Spoon a stroke of beet purée on each plate, set the salmon on it skin-side up, bead dill oil around, and finish with shaved raw beet dressed in 2 tsp oil and dill fronds.

Plating. Magenta purée, crisp bronze skin, emerald oil: three colors, each in its own zone.

Why it fits. Nitrate-rich beets puréed with yogurt rather than cream, the salmon's omega-3s under a skin crisped in olive oil.

Provides: EPA & DHA omega-3s · astaxanthin · dietary nitrate · live cultures · protein · apigenin · vitamin K · oleic acid · olive polyphenols · vitamin C

0059 Cioppino-Style Fish Stew with Tomato, Saffron, and Mussels

serves 6 · Harvest 100 #001 #054 #085 #086 #055 #038 #040 #002

INGREDIENTS

- 1 lb firm fish (trout, cod, or halibut), cut into 2-inch pieces
- 1 1/2 lb mussels, scrubbed and debearded
- 1 onion, diced
- 1 red bell pepper, diced
- 5 cloves garlic, sliced
- 1/4 cup olive oil
- 1/4 tsp red chili flakes
- 1 tbsp tomato paste
- 1 cup dry white wine
- 1 can (28 oz) crushed tomatoes
- 3 cups fish or vegetable broth
- 1 large pinch saffron
- 1 bay leaf
- 1 tsp salt
- 1/2 tsp black pepper
- 1/3 cup fresh parsley, chopped
- 6 thick slices whole-grain sourdough, grilled and rubbed with garlic

METHOD

1. Soften the onion and pepper in the oil 8 minutes, add the garlic, chili, and tomato paste and cook 2 minutes.
2. Add the wine and reduce by half, then the tomatoes, broth, saffron, bay, salt, and pepper; simmer 25 minutes to deepen.
3. Add the fish and simmer 4 minutes, then the mussels, cover, and cook 4 to 5 minutes until they open; discard any that stay shut.
4. Shower with parsley and serve in deep bowls with the garlic toast.

Plating. Serve with an empty bowl for shells and more napkins than seems reasonable.

Why it fits. Lycopene concentrated by long simmering, lean seafood for protein and omega-3s, and bread that is whole-grain and grilled rather than white and buttered.

Provides: lycopene · allicin · EPA & DHA omega-3s · zinc · quercetin · oleic acid · olive polyphenols · apigenin · vitamin K · vitamin C

0060 Salmon and Nori Roulade, Black Rice, Pickled Ginger

serves 4 · Harvest 100 #083 #090 #051 #026 #081 #034 #024

INGREDIENTS

- 1 salmon fillet (1 1/4 lb), skinned, butterflied into a thin even sheet
- 2 sheets nori
- 1 cup cooked black rice, seasoned with 1 tsp rice vinegar
- 1 ripe avocado, sliced thin
- 2 tbsp white miso
- 1 tsp toasted sesame oil
- 1 tsp salt
- 2 tbsp pickled ginger
- 1 tbsp sesame seeds, toasted
- 1 lime, cut into wedges
- butcher's twine

METHOD

1. Lay the butterflied salmon flat, season with salt, and spread a thin layer of miso mixed with sesame oil over the flesh.
2. Cover with the nori sheets, then a thin layer of rice and a line of avocado along one edge.
3. Roll tightly from the avocado edge, tie with twine at 1-inch intervals, and chill 30 minutes to set.
4. Roast at 400°F for 18 to 20 minutes until just cooked; rest 5 minutes, snip the twine, slice into 1-inch rounds, and serve with pickled ginger, sesame, and lime.

Plating. Slice to show the spiral: pink, black, green, white.

Why it fits. Omega-3 salmon wrapped in iodine-rich nori around an anthocyanin-dark whole grain, with avocado fat to carry the whole plate's carotenoids.

Provides: EPA & DHA omega-3s · astaxanthin · iodine · anthocyanins · whole grain · gingerols · calcium · sesamin · monounsaturated fat · vitamin C

VII. Vegetable Mains & Legume Entrées

These are the main courses for a dinner that happens to be mostly plants: a whole cauliflower carried in and carved, an eggplant steak au poivre, a lentil Wellington, a mushroom bourguignon over barley. Each is built to anchor the table the way a roast does, with the Blue Zones' beans and the Mediterranean's olive oil doing the structural work.

0061 Whole Roasted Purple Cauliflower, Tahini, Pomegranate, Herb Oil

serves 6 as a centerpiece • Harvest 100 #046 #081 #007 #038 #054 #024 #040

INGREDIENTS

- 1 large head purple cauliflower, leaves trimmed, stem flattened
- 1/4 cup olive oil
- 1 tsp ground turmeric
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1 tsp salt
- 1/3 cup tahini
- 3 tbsp fresh lemon juice
- 1 clove garlic, grated
- 4 to 5 tbsp cold water
- 1/3 cup pomegranate seeds
- 3 tbsp Herb Oil (Occasion 73, parsley version)
- 1/4 cup toasted pine nuts or almonds

METHOD

1. Whisk the oil with turmeric, cumin, paprika, and salt and brush over every surface of the cauliflower.
2. Steam the whole head 10 minutes (a steamer basket over an inch of water), then roast at 425°F for 35 to 45 minutes, basting twice, until a skewer meets no resistance and the crust is deeply bronzed.
3. Whisk the tahini with lemon, garlic, a pinch of salt, and water until it is pourable.
4. Set the cauliflower on a pool of tahini, spoon more over the top, and finish with pomegranate, herb oil, and nuts. Carve at the table.

Plating. A centerpiece carried in whole; the first cut should be made in front of guests.

Why it fits. Two defenses in one floret (glucosinolates and anthocyanins), sesame calcium in the sauce, and the theater that a roast usually supplies without the roast.

Provides: anthocyanins • glucosinolates • calcium • sesamin • punicalagins • oleic acid • olive polyphenols • allicin • vitamin C • apigenin • vitamin K

0062 Eggplant Steak au Poivre, Green Peppercorn and Miso Sauce

serves 4 · Harvest 100 #048 #093 #097 #055 #038 #057

INGREDIENTS

- 2 large globe eggplants, cut into 4 thick center-cut steaks (1 1/4 inch), skin on
- 3 tbsp olive oil
- 1 tsp salt
- 1 tbsp black peppercorns, coarsely cracked
- 1 shallot, minced
- 1 tbsp green peppercorns in brine, drained and lightly crushed
- 1/4 cup brandy or dry white wine
- 1 cup mushroom or vegetable broth
- 1 tbsp white miso
- 1 tsp Dijon mustard
- 2 tbsp olive oil for the sauce
- 1 tbsp fresh parsley, chopped

METHOD

1. Score the eggplant steaks in a diamond pattern on both faces, salt them, and let them sit 20 minutes; pat dry.
2. Press the cracked black pepper into both sides, brush with oil, and sear in a hot cast-iron pan 4 minutes per side, then transfer to a 425°F oven for 12 minutes until custardy inside.
3. In the same pan, soften the shallot in 1 tbsp oil, add the green peppercorns and brandy and reduce by half, add the broth and reduce by a third, then whisk in the miso, mustard, and the last tablespoon of oil off the heat.
4. Spoon the sauce over the steaks and finish with parsley.

Plating. Serve like a steakhouse: the steak, the sauce, a bundle of greens, nothing else.

Why it fits. Nasunin in the skin, piperine in the crust, live-culture miso giving the pan sauce its body in place of cream.

Provides: nasunin · live cultures · piperine · quercetin · oleic acid · olive polyphenols · ergothioneine

0063 Roasted Squash Steak with Black Bean Mole

serves 4 · Harvest 100 #016 #052 #099 #012 #001 #055 #054 #079

INGREDIENTS

- 1 large butternut or kabocha squash, cut into four 1-inch cross-section steaks, seeds removed
- 2 tbsp olive oil
- 1/2 tsp salt
- 1 can (15 oz) black beans, drained
- 1 onion, chopped
- 3 cloves garlic
- 2 dried ancho chiles, stemmed, seeded, and soaked in hot water 20 minutes
- 1 can (14 oz) fire-roasted tomatoes
- 2 tbsp almond butter
- 1 oz 85 percent dark chocolate
- 1 tsp ground cumin
- 1/2 tsp ground cinnamon
- 1/4 tsp cayenne
- 1 cup vegetable broth
- 1 tsp salt
- 1/4 cup pumpkin seeds, toasted
- fresh cilantro
- lime wedges

METHOD

1. Brush the squash steaks with oil and salt and roast at 425°F for 30 to 35 minutes, turning once, until caramelized and tender.
2. Blend the drained anchos, onion, garlic, tomatoes, almond butter, cumin, cinnamon, cayenne, and broth until smooth.
3. Simmer the mole 15 minutes, stir in the chocolate until melted, add the black beans, season with salt, and simmer 5 minutes more.
4. Spoon the mole generously over the squash steaks and finish with pumpkin seeds, cilantro, and lime.

Plating. Dark sauce under a golden steak; the seeds give it a halo.

Why it fits. Carotenoids from the squash, the Blue Zones' bean, cocoa flavanols, and capsaicin, in a sauce whose depth comes from chiles rather than sugar.

Provides: carotenoids · fiber · plant protein · cocoa flavanols · capsaicin · lycopene · quercetin · allicin · zinc

0064 Lentil, Walnut, and Mushroom Wellington

serves 8 • Harvest 100 #066 #069 #057 #055 #054 #027 #042

INGREDIENTS

- 2 cups cooked brown lentils
- 1 1/2 cups walnuts, toasted
- 1 lb cremini mushrooms, finely chopped
- 1 onion, finely diced
- 4 cloves garlic, minced
- 3 tbsp olive oil
- 2 tbsp tomato paste
- 1 tbsp soy sauce or tamari
- 1 tsp dried thyme
- 1 tbsp fresh rosemary, minced
- 1/2 cup rolled oats
- 1 egg plus 1 egg for egg wash
- 1 tsp salt
- 1/2 tsp black pepper
- 10 oz baby spinach, wilted and squeezed very dry
- 1 sheet whole-wheat or all-butter puff pastry (about 14 oz), thawed

METHOD

1. Cook the onion in the oil 6 minutes, add the mushrooms and garlic and cook until dry and browned, 12 minutes; stir in the tomato paste, soy, thyme, and rosemary and cool.
2. Pulse the lentils, walnuts, and oats to a coarse crumb; fold into the mushroom mixture with 1 egg, salt, and pepper. Shape into a log 10 inches long on parchment and chill 30 minutes.
3. Roll the pastry to a 12 by 14 inch rectangle, lay the spinach in a band down the center, set the log on it, wrap, seal the seam underneath, and trim the ends. Score the top in a lattice and brush with egg wash.
4. Bake at 400°F on the parchment for 40 to 45 minutes until deep golden. Rest 10 minutes before slicing thick.

Plating. Carve at the table in one-inch slices; serve with a jug of mushroom gravy if you have time, and a sharp green salad.

Why it fits. Lentil fiber and iron, walnut omega-3s, mushroom ergothioneine; the pastry is the occasion's one indulgence, and it wraps a filling with more fiber than a steak has in a lifetime.

Provides: iron • folate • fiber • omega-3 ALA • ergothioneine • quercetin • allicin • lutein • dietary nitrate • carnolic acid

0065 Chickpea Panisse Fries with Romesco

serves 6 · Harvest 100 #067 #002 #070 #054 #038 #001

INGREDIENTS

- 2 cups chickpea flour
- 4 cups water
- 3 tbsp olive oil, plus 1/4 cup for frying
- 1 1/2 tsp salt
- 1/2 tsp black pepper
- 1 tbsp fresh rosemary, minced
- 1 1/2 cups Romesco (Occasion 74)
- flaky salt
- lemon wedges

METHOD

1. Whisk the chickpea flour into cold water with salt and pepper until smooth; bring to a boil whisking constantly, then cook over low heat, stirring, 8 to 10 minutes until very thick and pulling from the pan. Stir in 3 tbsp oil and the rosemary.
2. Pour into an oiled 9 by 13 inch pan, smooth, and chill 2 hours until firm.
3. Cut into fries 3/4 inch thick. Fry in batches in 1/4 cup hot olive oil, 3 minutes per side, until golden and crisp; or roast at 450°F for 25 minutes, turning once.
4. Serve hot with flaky salt, lemon, and a bowl of romesco.

Plating. Stack them like a log cabin with the romesco in a small bowl inside.

Why it fits. The chickpea workhorse in its Provençal form, with a red pepper and almond sauce carrying vitamin C and vitamin E; fried in olive oil, not seed oil.

Provides: fiber · plant protein · vitamin C · vitamin E · magnesium · allicin · oleic acid · olive polyphenols · lycopene

0066 Mushroom Bourguignon with Pearl Barley

serves 6 · Harvest 100 #057 #062 #013 #055 #054 #038

INGREDIENTS

- 2 lb mixed mushrooms (cremini, portobello, king oyster), cut into large chunks
- 1 cup pearl onions, peeled
- 3 carrots, cut into thick coins
- 4 cloves garlic, minced
- 1/4 cup olive oil, divided
- 2 tbsp tomato paste
- 2 tbsp whole-wheat flour
- 2 cups dry red wine
- 2 cups vegetable or mushroom broth
- 2 bay leaves
- 4 sprigs fresh thyme
- 1 tsp salt
- 1/2 tsp black pepper
- 1 1/2 cups pearl barley, cooked
- 1/4 cup fresh parsley, chopped

METHOD

1. Sear the mushrooms in batches in 2 tbsp oil over high heat until deeply browned; set aside.
2. Brown the pearl onions and carrots in the remaining oil 6 minutes, add the garlic and tomato paste 1 minute, sprinkle in the flour and stir 1 minute.
3. Add the wine, scraping the pan, and reduce by a third; add the broth, bay, thyme, salt, pepper, and the mushrooms, and simmer gently 35 minutes until the sauce coats a spoon.
4. Serve over the barley with a great deal of parsley.

Plating. Deep bowls, the barley as a bed, the sauce glossy and dark.

Why it fits. Beef's job done by mushrooms and red wine; beta-glucan barley, carotenoid carrots, and quercetin from the onions in a dish worthy of a cold night.

Provides: ergothioneine · beta-glucan · beta-carotene · quercetin · allicin · oleic acid · olive polyphenols

0067 Cannellini and Kale Cassoulet with Rosemary Crumb

serves 6 · Harvest 100 #060 #028 #042 #054 #055 #001 #038

INGREDIENTS

- 3 cans (15 oz each) cannellini beans, drained
- 1 bunch lacinato kale, stemmed and chopped
- 1 onion, diced
- 2 carrots, diced
- 4 cloves garlic, minced
- 1/4 cup olive oil, divided
- 1 can (14 oz) crushed tomatoes
- 1 cup vegetable broth
- 2 sprigs fresh rosemary, 1 whole and 1 minced
- 1 tsp smoked paprika
- 1 tsp salt
- 1/2 tsp black pepper
- 1 cup whole-grain breadcrumbs
- 1 tbsp fresh parsley, chopped

METHOD

1. Soften the onion and carrots in 2 tbsp oil 8 minutes, add the garlic and paprika 1 minute, then the tomatoes, broth, beans, whole rosemary sprig, salt, and pepper; simmer 15 minutes.
2. Stir in the kale until wilted; transfer to a baking dish.
3. Toss the breadcrumbs with the remaining oil, minced rosemary, and parsley; scatter over the beans.
4. Bake at 400°F for 25 minutes until the crumb is golden and the beans bubble at the edges. Rest 10 minutes.

Plating. Serve from the dish, cracking the crust at the table.

Why it fits. Beans, greens, tomato, and olive oil under a whole-grain crust: the French farmhouse classic with the confit replaced by fiber and nothing left to want.

Provides: fiber · plant protein · vitamin K · lutein · glucosinolates · carnosic acid · allicin · quercetin · lycopene · oleic acid · olive polyphenols

0068 Eggplant Involtni with Herbed Tempeh Ricotta

serves 4 · Harvest 100 #048 #094 #041 #001 #054 #038 #024

INGREDIENTS

- 2 large eggplants, sliced lengthwise 1/4 inch thick (about 12 slices)
- 3 tbsp olive oil
- 1 tsp salt
- 8 oz tempeh, steamed 10 minutes and crumbled
- 1/2 cup plain Greek yogurt
- 1/4 cup fresh basil, chopped
- 2 tbsp fresh parsley, chopped
- 1 tbsp fresh lemon juice
- 1 tsp lemon zest
- 2 cloves garlic, grated
- 1/4 tsp black pepper
- 2 cups simple tomato sauce
- 2 tbsp Parmesan, grated (optional)

METHOD

1. Brush the eggplant slices with oil and salt and roast on sheet pans at 425°F for 15 minutes until pliable and lightly browned.
2. Pulse the tempeh with yogurt, basil, parsley, lemon juice and zest, garlic, pepper, and a pinch of salt into a ricotta-like crumble.
3. Spread 1 cup of tomato sauce in a baking dish. Place 2 tbsp filling at the wide end of each eggplant slice, roll, and set seam-side down in the sauce; spoon the remaining sauce over.
4. Bake at 400°F for 20 minutes; finish with Parmesan and more basil.

Plating. Three rolls per plate standing in a pool of sauce, basil torn over at the last second.

Why it fits. Fermented soy protein standing in for ricotta, the eggplant's nasunin kept in its skin, and lycopene in the sauce.

Provides: nasunin · fermented protein · fiber · herb polyphenols · lycopene · allicin · oleic acid · olive polyphenols · vitamin C

0069 Sweet Potato Gnocchi, Sage, Walnut, and Olive Oil

serves 4 · Harvest 100 #014 #069 #042 #038 #087 #054

INGREDIENTS

- 2 lb sweet potatoes
- 1 egg yolk
- 1 1/4 to 1 1/2 cups whole-wheat pastry flour, plus more for dusting
- 1 tsp salt
- 1/4 tsp freshly grated nutmeg
- 1/4 cup olive oil
- 16 fresh sage leaves
- 2 cloves garlic, sliced
- 1/2 cup walnuts, toasted and chopped
- 1 oz Parmesan, grated (optional)
- black pepper

METHOD

1. Roast the sweet potatoes whole at 400°F for 1 hour until completely soft; scoop the flesh and pass through a ricer; spread on a tray to steam dry 10 minutes.
2. Mix the potato with the yolk, salt, and nutmeg, then fold in flour just until a soft dough forms; do not knead. Roll into ropes 3/4 inch thick and cut into 1-inch pillows.
3. Boil in salted water in batches until they float plus 30 seconds; lift out.
4. Warm the oil with the sage and garlic until the sage crisps, add the gnocchi and toss to glaze, then serve with walnuts, Parmesan, and pepper.

Plating. Shallow bowls; the sage leaves on top should be whole and glassy.

Why it fits. Beta-carotene in a dumpling, whole-grain flour, walnut omega-3s, and olive oil doing what brown butter usually does.

Provides: beta-carotene · slow carbohydrate · omega-3 ALA · carnosic acid · oleic acid · olive polyphenols · choline · lutein · complete protein · allicin

0070 Black Lentil Dal, Tomato, Kefir Swirl

serves 6 · Harvest 100 #066 #001 #089 #025 #026 #054 #055 #097

INGREDIENTS

- 2 cups black (beluga) lentils, rinsed
- 1 onion, finely diced
- 4 cloves garlic, minced
- 1 1/2 tbsp fresh ginger, grated
- 3 tbsp olive oil
- 1 tsp ground turmeric
- 2 tsp ground cumin
- 1 tsp garam masala
- 1/2 tsp cayenne
- 1/2 tsp black pepper
- 1 can (14 oz) crushed tomatoes
- 5 cups water
- 1 1/4 tsp salt
- 1/2 cup plain kefir
- 1/4 cup fresh cilantro, chopped
- 1 lime, cut into wedges
- cooked brown rice or whole-wheat flatbread, to serve

METHOD

1. Sweat the onion in the oil 8 minutes, add the garlic and ginger 1 minute, bloom the turmeric, cumin, garam masala, cayenne, and pepper 1 minute.
2. Add the lentils, tomatoes, water, and salt; simmer gently 45 minutes, stirring now and then, until the lentils are tender and the dal is thick and glossy.
3. Mash a cup of the dal against the side of the pot for body; adjust salt and lime.
4. Serve in bowls with a swirl of kefir, cilantro, and lime, alongside rice or flatbread.

Plating. A dark bowl, a white spiral, a scatter of green; luxury by restraint.

Why it fits. The cream and butter of dal makhani replaced by a kefir swirl, with curcumin and piperine together and lentil iron and fiber doing the heavy lifting.

Provides: iron · folate · fiber · lycopene · probiotics · curcumin · gingerols · allicin · quercetin · piperine

VIII. Sauces, Oils, Powders & Garnishes

What separates a restaurant plate from a home plate is rarely the main ingredient; it is the three small jars within reach: a green oil, a nut cream, a seed crumble. These ten are the toolbox the rest of this page draws on, and each is built from the Harvest 100 without cream, butter, or sugar.

0071 Basil Oil, Chlorophyll-Green

makes about 3/4 cup · Harvest 100 #041 #038

INGREDIENTS

- 2 cups fresh basil leaves, packed
- 1/2 cup fresh parsley leaves
- 3/4 cup olive oil
- 1/4 tsp salt
- ice water

METHOD

1. Blanch the basil and parsley in boiling water 10 seconds, shock in ice water, and squeeze completely dry.
2. Blend with the oil and salt at high speed 1 minute until the oil is bright green and slightly warm.
3. Strain through a coffee filter or fine cloth without pressing for a clear, vivid oil (30 minutes).
4. Keep refrigerated up to 5 days; bring to room temperature before using.

Plating. Drop it from a spoon in beads, never a drizzle; the beads hold their shape.

Why it fits. Herb polyphenols suspended in olive oil, and the single most useful trick in the fine-dining toolbox for the price of a bunch of basil.

Provides: herb polyphenols · oleic acid · olive polyphenols

0072 Beet Powder and Beet Crisps

makes about 1/4 cup powder and 24 crisps · Harvest 100 #008

INGREDIENTS

- 3 medium beets, scrubbed
- 1 tsp olive oil
- 1 pinch flaky salt

METHOD

1. For crisps: slice 1 beet paper-thin on a mandoline, toss with the oil, lay on parchment in a single layer, and bake at 275°F for 50 to 60 minutes, turning once, until dry and crisp; cool (they crisp further as they cool).
2. For powder: slice the remaining beets thin and dehydrate at 200°F for 3 to 4 hours (or in a dehydrator overnight) until brittle.
3. Grind the dried beet in a spice grinder to a fine magenta powder and pass through a sieve.
4. Store both airtight; the powder keeps for months and dusts plates, yogurt, and rims.

Plating. A tap of powder through a small sieve onto the edge of a plate is how restaurants sign their work.

Why it fits. Dietary nitrate and betalain pigment concentrated into a garnish; no dye on earth is this color and this harmless.

Provides: dietary nitrate

0073 Herb Oils: Dill, Parsley, and Chive

makes about 3/4 cup each · Harvest 100 #040 #038

INGREDIENTS

- 2 cups fresh dill, parsley, or chives (one herb per batch)
- 3/4 cup olive oil
- 1/4 tsp salt
- ice water

METHOD

1. Blanch soft herbs (dill, parsley) 10 seconds and shock; chives need no blanching.
2. Squeeze dry and blend with the oil and salt on high 1 minute.
3. Strain through a coffee filter without pressing.
4. Refrigerate up to 5 days. Dill oil for fish, parsley oil for vegetables, chive oil for anything with potato or egg.

Plating. Three small squeeze bottles in the refrigerator door change everything about plating.

Why it fits. Apigenin, vitamin K, and chlorophyll carried in olive oil; flavor and color without a gram of sugar or starch.

Provides: apigenin · vitamin K · oleic acid · olive polyphenols

0074 Romesco

makes about 2 cups · Harvest 100 #002 #070 #054 #001 #038 #011

INGREDIENTS

- 3 red bell peppers, roasted, peeled, and seeded (or 1 jar, 12 oz, drained)
- 1/2 cup almonds, toasted
- 1/4 cup hazelnuts, toasted and skinned
- 2 cloves garlic
- 1 slice whole-grain bread, toasted and torn
- 2 tbsp tomato paste
- 2 tbsp sherry vinegar
- 1 tsp smoked paprika
- 1/4 tsp cayenne
- 1/2 cup olive oil
- 3/4 tsp salt

METHOD

1. Pulse the nuts, garlic, and bread to a coarse crumb.
2. Add the peppers, tomato paste, vinegar, paprika, cayenne, and salt; pulse to a thick, textured paste.
3. Stream in the oil with the motor running until the sauce is spoonable but not smooth.
4. Rest 30 minutes; adjust vinegar and salt. Keeps a week refrigerated.

Plating. Serve at room temperature in a wide, shallow bowl with a spoon standing in it.

Why it fits. Red pepper vitamin C, almond vitamin E, hazelnut folate, and olive polyphenols in the Catalan sauce that makes any grilled vegetable or fish a dish.

Provides: vitamin C · vitamin E · magnesium · allicin · lycopene · oleic acid · olive polyphenols · carotenoids

0075 Salsa Verde

makes about 1 cup · Harvest 100 #040 #054 #024 #038 #041

INGREDIENTS

- 1 cup fresh parsley, finely chopped
- 1/4 cup fresh basil or mint, finely chopped
- 2 tbsp capers, rinsed and chopped
- 2 anchovy fillets or 1 sardine fillet, minced (optional)
- 1 clove garlic, grated
- 1 tsp Dijon mustard
- 2 tbsp fresh lemon juice
- 1 tsp lemon zest
- 2/3 cup olive oil
- 1/4 tsp black pepper
- salt to taste

METHOD

1. Stir the herbs, capers, anchovy, garlic, and mustard together.
2. Add the lemon juice and zest, then the oil, stirring to a loose, spoonable sauce.
3. Season with pepper and only a little salt; the capers and anchovy carry it.
4. Rest 20 minutes; use the same day for the brightest green.

Plating. Spoon it beside whole roasted fish, over beans, or onto a boiled egg; it improves everything it touches.

Why it fits. Parsley treated as a green rather than a garnish, olive oil as the body, and small fish for the umami that the original owes to anchovy.

Provides: apigenin · vitamin K · allicin · vitamin C · oleic acid · olive polyphenols · herb polyphenols

0076 Pomegranate Reduction, Unsweetened

makes about 1/2 cup · Harvest 100 #007 #024

INGREDIENTS

- 4 cups 100 percent pomegranate juice (no added sugar)
- 1 tbsp fresh lemon juice
- 1 pinch salt

METHOD

1. Simmer the juice in a wide pan over medium heat, uncovered, skimming any foam.
2. Reduce for 45 to 60 minutes until thick enough to coat a spoon and about 1/2 cup remains; it will thicken more as it cools.
3. Stir in the lemon and salt; cool and bottle.
4. Keeps 3 months refrigerated. Drizzle over roasted vegetables, grilled fish, labneh, or dark chocolate desserts.

Plating. A few threads drawn across a plate with the tines of a fork.

Why it fits. Punicalagins concentrated tenfold without a grain of added sugar; the Persian pantry's secret sauce.

Provides: punicalagins · vitamin C

0077 Walnut Cream

makes about 1 1/2 cups · Harvest 100 #069 #054 #024 #038

INGREDIENTS

- 1 1/2 cups walnuts, soaked in water 4 hours or in boiling water 30 minutes, drained
- 3/4 cup water
- 1 small clove garlic
- 1 tbsp fresh lemon juice
- 1 tbsp olive oil
- 1/2 tsp salt
- 1 pinch white pepper

METHOD

1. Blend the soaked walnuts with the water, garlic, lemon, oil, salt, and pepper at high speed 2 full minutes until completely smooth.
2. Adjust with water to the consistency of heavy cream.
3. Pass through a fine sieve for a restaurant finish.
4. Keeps 4 days refrigerated; thin with water to reuse. Fold into soups, spoon under roasted vegetables, or finish a pasta.

Plating. Warm gently; never boil, or it will split.

Why it fits. Omega-3 ALA, protein, and body for sauces with no dairy and no starch; the nut that keeps showing up in the mortality data, as a sauce.

Provides: omega-3 ALA · allicin · vitamin C · oleic acid · olive polyphenols

0078 Chermoula

makes about 1 cup · Harvest 100 #040 #012 #054 #024 #011 #038 #025

INGREDIENTS

- 1 cup fresh cilantro, chopped
- 1 cup fresh parsley, chopped
- 3 cloves garlic
- 1 tsp ground cumin
- 1 tsp sweet paprika
- 1/2 tsp ground coriander
- 1/4 tsp cayenne
- 1/4 tsp ground turmeric
- 1 preserved lemon, rind only, minced (Occasion 90), or 1 tsp lemon zest
- 3 tbsp fresh lemon juice
- 1/2 cup olive oil
- 1/2 tsp salt

METHOD

1. Pound the garlic and salt to a paste in a mortar (or pulse in a processor).
2. Add the herbs and pound or pulse to a coarse purée.
3. Work in the spices, preserved lemon, and lemon juice, then the oil, to a loose sauce.
4. Rest 30 minutes; keeps 5 days refrigerated. Spoon over grilled fish, roasted carrots, or chickpeas.

Plating. Serve in a mortar if you made it in one; the tool is the presentation.

Why it fits. North Africa's herb sauce: cumin, paprika, turmeric, and cayenne carried in olive oil, with parsley and cilantro by the cup.

Provides: apigenin · vitamin K · capsaicin · allicin · vitamin C · carotenoids · oleic acid · olive polyphenols · curcumin

0079 Tahini-Miso Emulsion (the Beurre Blanc Stand-In)

makes about 1 cup · Harvest 100 #081 #093 #024 #026 #038

INGREDIENTS

- 1/4 cup tahini
- 1 tbsp white miso
- 1 tsp fresh ginger, grated
- 2 tbsp fresh lemon juice
- 1 tsp rice vinegar
- 1/2 cup warm water, plus more as needed
- 2 tbsp olive oil
- 1 pinch white pepper

METHOD

1. Whisk the tahini and miso with the ginger, lemon, and vinegar; the mixture will seize and thicken.
2. Whisk in warm water a tablespoon at a time until it loosens into a glossy sauce the consistency of heavy cream.
3. Whisk in the oil and white pepper.
4. Serve warm or at room temperature; it keeps a week and reheats gently with a splash of water.

Plating. Pool it under roasted vegetables or fish the way a classic kitchen pools beurre blanc.

Why it fits. Sesame calcium, live-culture miso, and olive oil doing the job of a sauce built on a stick of butter.

Provides: calcium · sesamin · live cultures · vitamin C · gingerols · oleic acid · olive polyphenols

0080 Crispy Shallots, Garlic Chips, and Seed Dukkah

makes about 2 cups total · Harvest 100 #055 #054 #081 #079 #080 #070 #038

INGREDIENTS

- 4 shallots, sliced into thin rings
- 6 cloves garlic, sliced paper-thin
- 3/4 cup olive oil
- 1/2 tsp salt
- 1/3 cup almonds, toasted
- 3 tbsp sesame seeds
- 3 tbsp pumpkin seeds
- 2 tbsp sunflower seeds
- 1 tbsp coriander seeds
- 2 tsp cumin seeds
- 1/2 tsp black peppercorns
- 1/2 tsp flaky salt

METHOD

1. Start the shallots in cold oil over medium heat and cook, stirring, 12 to 15 minutes until evenly golden; lift onto paper towels and salt. In the same oil, fry the garlic slices 60 to 90 seconds until pale gold; drain. Keep the fragrant oil.
2. Toast the sesame, pumpkin, sunflower, coriander, cumin, and peppercorns in a dry pan 3 minutes until they smell nutty.
3. Pound or pulse the seeds with the almonds and flaky salt to a coarse, sandy crumble; do not make a paste.
4. Store each airtight: shallots and garlic chips for 3 days, dukkah for 3 weeks.

Plating. These three jars are the difference between a plate and a restaurant plate.

Why it fits. Quercetin, allicin, zinc, calcium, and vitamin E in crunch form, fried in the one oil the Earth Diet cooks with.

Provides: quercetin · allicin · calcium · sesamin · zinc · vitamin E · magnesium · oleic acid · olive polyphenols

IX. Breads, Crackers & the Ferment Course

Bread and ferments are the oldest luxuries. A whole-grain sourdough that took two days, a seed crispbread, a jar of kefir cheese under herbed oil, pickles in three colors, a fermented hot sauce, preserved lemons: the course that replaces the cheese board and the breadbasket at once.

0081 Rye and Seed Crispbread

makes about 30 crackers · Harvest 100 #076 #080 #079 #081 #078

INGREDIENTS

- 1 cup rye flour
- 1/2 cup whole-wheat flour
- 1/3 cup sunflower seeds
- 1/3 cup pumpkin seeds
- 3 tbsp sesame seeds
- 2 tbsp chia seeds
- 2 tbsp ground flaxseed
- 1 tsp salt
- 3 tbsp olive oil
- 3/4 cup warm water
- flaky salt and 1 tsp caraway (optional)

METHOD

1. Mix the flours, seeds, flax, and salt; stir in the oil and water to a stiff dough. Rest 20 minutes.
2. Roll between two sheets of parchment as thin as you can, about 1/16 inch; peel off the top sheet, score into rectangles, and scatter flaky salt and caraway.
3. Bake at 350°F for 25 to 30 minutes until dry and golden; rotate the pans halfway.
4. Cool completely and snap along the score lines; keeps 2 weeks airtight.

Plating. Stand them upright in a glass on the table; serve with the rillettes, the labneh, or the gravlax.

Why it fits. Whole rye, five seeds, and olive oil: fiber, lignans, zinc, and vitamin E in the cracker that carries every canapé.

Provides: fiber · omega-3 ALA · vitamin E · zinc · calcium · sesamin · lignans

0082 Overnight Whole-Wheat Sourdough Boule

makes 1 loaf · Harvest 100 #063 #038

INGREDIENTS

- 400 g (3 1/4 cups) whole-wheat bread flour
- 100 g (3/4 cup) bread flour
- 375 g (1 2/3 cups) water, room temperature
- 100 g (1/2 cup) active sourdough starter
- 10 g (2 tsp) salt
- 1 tbsp olive oil for the bowl

METHOD

1. Mix the flours and water and rest 1 hour (autolyse). Add the starter and salt and squeeze through to combine.
2. Over the next 3 hours, give the dough four sets of stretch-and-folds, 30 to 45 minutes apart, in the oiled bowl; it should grow by about half and feel airy.
3. Shape into a tight boule, place seam-up in a floured banneton or towel-lined bowl, and refrigerate 12 to 16 hours.
4. Heat a Dutch oven at 500°F for 45 minutes. Turn the loaf in, score it, cover, bake 20 minutes, uncover, reduce to 450°F, and bake 22 to 25 minutes more until deep brown. Cool fully, 2 hours, before cutting.

Plating. Bring the whole loaf to the table and cut it there; the crackle of the crust is a course of its own.

Why it fits. Whole grain fermented slowly by wild yeast and bacteria, which lowers its glycemic impact and pre-digests the grain; the bread of every long-lived kitchen before the factory.

Provides: whole grain · fiber · oleic acid · olive polyphenols

0083 Barley and Walnut Soda Bread

makes 1 loaf · Harvest 100 #062 #069 #089 #061

INGREDIENTS

- 1 1/2 cups whole-wheat flour
- 1 cup barley flour
- 1/2 cup rolled oats
- 1 1/2 tsp baking soda
- 1 tsp salt
- 3/4 cup walnuts, chopped
- 1 3/4 cups plain kefir or buttermilk
- 1 tbsp raw honey
- 1 tbsp olive oil, plus more for the pan

METHOD

1. Whisk the flours, oats, soda, salt, and walnuts.
2. Stir the kefir with the honey and oil, pour into the dry mix, and stir just until it comes together; the dough will be shaggy.
3. Shape into a round on an oiled sheet pan, cut a deep cross in the top, and bake at 400°F for 40 to 45 minutes until it sounds hollow when tapped.
4. Cool 30 minutes on a rack; best the day it is made.

Plating. Serve warm in wedges with good olive oil in a saucer, not butter.

Why it fits. No yeast, no waiting, two whole grains, oats for beta-glucan, walnuts for omega-3s, and kefir for the rise.

Provides: beta-glucan · omega-3 ALA · probiotics

0084 Whole-Grain Olive and Rosemary Focaccia

makes one 9 by 13 inch pan · Harvest 100 #038 #042 #053 #063

INGREDIENTS

- 2 cups whole-wheat flour
- 1 1/2 cups bread flour
- 1 1/2 tsp instant yeast
- 1 1/2 tsp salt
- 1 1/2 cups warm water
- 1/3 cup olive oil, divided
- 1/2 cup Kalamata olives, pitted and halved
- 2 tbsp fresh rosemary leaves
- 1 tsp flaky salt

METHOD

1. Stir the flours, yeast, and salt; add the water and 2 tbsp oil and mix into a wet, sticky dough. Cover and let it rise 1 1/2 hours, folding once halfway.
2. Oil a 9 by 13 inch pan with 2 tbsp oil, turn the dough in, and gently stretch to the corners; rest 30 minutes.
3. Dimple deeply with oiled fingers, press in the olives, scatter rosemary and flaky salt, and drizzle the remaining oil.
4. Bake at 450°F for 22 to 25 minutes until golden and crisp at the edges. Cool 10 minutes in the pan.

Plating. Cut into long fingers and stack them crosswise; the dimples should glisten.

Why it fits. Whole-grain flour, olive oil by the third of a cup, and brine-cured olives: the bread of the Mediterranean trial, with the white flour cut by more than half.

Provides: oleic acid · olive polyphenols · carnosic acid · hydroxytyrosol · monounsaturated fat · whole grain · fiber

0085 Kefir Cheese (Labneh) Balls in Olive Oil and Herbs

makes about 20 balls · Harvest 100 #089 #088 #038 #042 #081

INGREDIENTS

- 4 cups plain whole-milk kefir or Greek yogurt
- 1 tsp salt
- 1 cup olive oil
- 2 sprigs fresh rosemary
- 1 tsp dried oregano
- 1 tsp sesame seeds
- 1/2 tsp chili flakes
- 1 strip lemon peel

METHOD

1. Stir the salt into the kefir, pour into a cheesecloth-lined sieve over a bowl, and refrigerate 24 to 48 hours until it is as thick as cream cheese.
2. Roll into walnut-sized balls with oiled hands and set on a tray; chill 2 hours to firm.
3. Pack the balls into a clean jar with the rosemary, oregano, sesame, chili, and lemon peel, and cover completely with oil.
4. Keeps 2 weeks refrigerated. Serve at room temperature with crispbread; use the herbed oil on salads.

Plating. A jar on the table, a spoon beside it: let people fish their own.

Why it fits. Live cultures concentrated into cheese without rennet or heat, preserved in the Earth Diet's fat.

Provides: probiotics · live cultures · protein · oleic acid
· olive polyphenols · carnosic acid · calcium · sesamin

0086 Quick Pickle Platter: Carrot, Cauliflower, Beet

makes 3 pint jars · Harvest 100 #013 #058 #008 #054 #026 #024

INGREDIENTS

- 3 carrots, cut into sticks
- 2 cups cauliflower florets
- 2 small beets, peeled and sliced thin
- 3 cups apple cider or rice vinegar
- 3 cups water
- 2 tbsp salt
- 1 tbsp raw honey
- 6 cloves garlic, halved
- 1 tbsp coriander seeds
- 1 tbsp mustard seeds
- 1 tsp black peppercorns
- 3 bay leaves
- 1 inch fresh ginger, sliced (for the carrot jar)
- 1 strip lemon peel (for the cauliflower jar)

METHOD

1. Pack each vegetable into its own clean pint jar with 2 garlic halves and a bay leaf; add ginger to the carrots and lemon peel to the cauliflower.
2. Bring the vinegar, water, salt, honey, coriander, mustard seeds, and peppercorns to a boil.
3. Pour the hot brine over the vegetables to cover, tap out air bubbles, and seal.
4. Cool and refrigerate; ready in 24 hours, best after 3 days, good for a month.

Plating. Serve the three colors in a row on a white board with a fork in each jar.

Why it fits. Crisp vegetables kept raw in acid, with a tablespoon of honey across three jars; the sharp palate-cleanser a rich table needs.

Provides: beta-carotene · glucosinolates · dietary nitrate · allicin · gingerols · vitamin C

0087 Fermented Cayenne Hot Sauce

makes about 2 cups · Harvest 100 #012 #054 #013 #002

INGREDIENTS

- 1 lb fresh red chiles (cayenne or Fresno), stemmed and roughly chopped
- 1 red bell pepper, chopped
- 1 carrot, chopped
- 6 cloves garlic
- 2 tbsp salt
- 4 cups water
- 2 tbsp apple cider vinegar

METHOD

1. Dissolve the salt in the water to make a 3 percent brine.
2. Pack the chiles, pepper, carrot, and garlic into a clean quart jar, cover with brine, weight the vegetables under the surface, and cover loosely.
3. Ferment at room temperature 7 to 14 days, burping daily, until pleasantly sour and the brine is cloudy.
4. Blend the solids with 1 cup of the brine and the vinegar until smooth; strain if you like it thin. Keeps 3 months refrigerated.

Plating. A small bottle with a hand-written label is a better host gift than wine.

Why it fits. Capsaicin and carotenoids made by lactic fermentation rather than vinegar and sugar; live cultures in a hot sauce.

Provides: capsaicin · allicin · beta-carotene · vitamin C

0088 The Cheese Course, Reconsidered: Kefir Cheese, Fig, Walnut, Honeycomb

serves 6 · Harvest 100 #089 #050 #069 #100 #009 #042

INGREDIENTS

- 1 1/2 cups kefir cheese (Occasion 85, before rolling into balls) or thick Greek yogurt
- 6 fresh figs, halved
- 1/2 cup walnuts, toasted
- 1 small piece raw honeycomb (about 2 oz) or 1 tbsp raw honey
- 1 cup red grapes, on the stem
- 1 oz aged Pecorino or Manchego, shaved (optional)
- 1 tsp fresh rosemary, minced
- black pepper
- Rye and Seed Crispbread (Occasion 81)

METHOD

1. Spread the kefir cheese in a wide, shallow bowl and dust with rosemary and pepper.
2. Arrange the figs, walnuts, grapes, and shaved cheese around a wooden board.
3. Set the honeycomb on a small dish with a knife.
4. Serve with crispbread and let guests build their own bites.

Plating. The board replaces dessert at a dinner that has already had enough; serve it with the last of the wine.

Why it fits. Live cultures as the centerpiece, fruit and walnuts for the sweetness and fat, and an aged cheese measured in shavings; honey from the comb, as the first tables had it.

Provides: probiotics · fiber · potassium · omega-3 ALA · trace polyphenols · grape polyphenols · carnolic acid

0089 Pickled Grapes with Rosemary and Black Pepper

makes 1 pint • Harvest 100 #009 #042 #097 #024

INGREDIENTS

- 2 cups red seedless grapes, stems removed
- 3/4 cup white wine vinegar
- 1/2 cup water
- 1 tbsp raw honey
- 1 tsp salt
- 1 sprig fresh rosemary
- 1 tsp black peppercorns
- 1 strip lemon peel

METHOD

1. Pack the grapes into a clean pint jar with the rosemary, peppercorns, and lemon peel.
2. Bring the vinegar, water, honey, and salt to a boil and pour over the grapes.
3. Cool, seal, and refrigerate at least 24 hours.
4. Keeps a month; serve with the cheese course, on salads, or beside roasted vegetables.

Plating. Two or three on a plate beside something rich; they pop like capers that went to finishing school.

Why it fits. Grape polyphenols preserved in acid, rosemary's carnosic acid, piperine; the sweet-sour note that a sugar chutney would otherwise provide.

Provides: grape polyphenols • carnosic acid • piperine • vitamin C

0090 Preserved Lemons

makes 1 quart • Harvest 100 #024

INGREDIENTS

- 8 to 10 organic lemons, scrubbed
- 1/2 cup kosher salt
- 2 bay leaves
- 1 tsp black peppercorns
- fresh lemon juice as needed to cover

METHOD

1. Cut each lemon from the top almost to the base in quarters, keeping it attached; pack 1 tbsp salt into the cuts.
2. Press the lemons tightly into a clean quart jar, layering with the remaining salt, bay, and peppercorns, pushing down so juice rises.
3. Top with fresh lemon juice to cover completely and seal.
4. Keep at room temperature 3 to 4 weeks, turning the jar every few days, then refrigerate up to a year. Rinse and use the rind, minced, in chermoula, salads, grains, and fish dishes.

Plating. A jar of these on the counter is the mark of a cook who plans ahead.

Why it fits. Vitamin C and citrus flavonoids concentrated by salt and time; the oldest preserved condiment of the Mediterranean and North African table.

Provides: vitamin C

X. Desserts & Petits Fours

Dessert at a special occasion should feel like an indulgence and leave no regret in the morning. Every one of these ten uses fruit, dates, or a tablespoon of honey where a pastry kitchen would use a cup of sugar, and the darkest chocolate on the shelf. Portions are small on purpose; the pleasure is in the last bite, not the third helping.

0091 Dark Chocolate and Olive Oil Mousse (Aquafaba)

serves 6 · Harvest 100 #099 #038 #067 #018

INGREDIENTS

- 7 oz 70 to 75 percent dark chocolate, chopped
- 1/4 cup olive oil (fruity, not peppery)
- 3/4 cup aquafaba (the liquid from 1 can of chickpeas)
- 1/4 tsp cream of tartar
- 1 tbsp raw honey
- 1 tsp vanilla extract
- 1 pinch salt
- 1 tsp orange zest
- flaky salt and a few drops of olive oil to finish

METHOD

1. Melt the chocolate gently with the olive oil, vanilla, and salt; cool to barely warm.
2. Whip the aquafaba with the cream of tartar to soft peaks (5 to 8 minutes with a mixer), add the honey, and whip to firm, glossy peaks.
3. Fold a third of the foam into the chocolate to loosen it, then fold in the rest gently with the orange zest until no streaks remain.
4. Spoon into six small glasses and chill 3 hours. Finish with flaky salt and a drop of oil.

Plating. Small glasses; this is rich, and three spoonfuls is a portion.

Why it fits. Cocoa flavanols and olive polyphenols in a mousse with no cream, no egg, and one tablespoon of honey across six servings; the foam is chickpea water.

Provides: cocoa flavanols · oleic acid · olive polyphenols · fiber · plant protein · vitamin C · hesperidin

0092 Roasted Fig Tart, Walnut-Oat Crust, Honey and Thyme

serves 8 · Harvest 100 #050 #069 #061 #100 #088

INGREDIENTS

- 1 1/2 cups walnuts
- 1 cup rolled oats
- 1/2 cup whole-wheat flour
- 1/4 tsp salt
- 1/4 cup olive oil
- 2 tbsp raw honey, divided
- 1 tbsp water
- 1 1/2 cups plain Greek yogurt or kefir cheese
- 1 tsp vanilla extract
- 1 tsp lemon zest
- 10 fresh figs, halved
- 1 tsp fresh thyme leaves
- 1/4 cup walnuts, chopped, to finish

METHOD

1. Pulse the walnuts, oats, flour, and salt to a coarse meal; add the oil, 1 tbsp honey, and water and pulse until it clumps. Press into a 9-inch tart pan and bake at 350°F for 18 minutes until golden; cool.
2. Stir the yogurt with vanilla and zest and spread in the cooled shell.
3. Roast the figs cut-side up at 425°F for 10 minutes until jammy; cool slightly.
4. Arrange the figs on the yogurt, drizzle the remaining honey, and scatter thyme and walnuts. Serve within 2 hours.

Plating. Figs in concentric rings, cut-sides up; the thyme is the surprise.

Why it fits. Whole fruit, whole grain, walnut omega-3s, cultured dairy; two tablespoons of honey in a tart that serves eight.

Provides: fiber · potassium · omega-3 ALA · beta-glucan · trace polyphenols · live cultures · protein

0093 Spiced Poached Plums with Cardamom Yogurt

serves 6 · Harvest 100 #049 #088 #095 #096 #018

INGREDIENTS

- 12 ripe plums, halved and pitted
- 2 cups 100 percent pomegranate or red grape juice
- 1 cinnamon stick
- 4 whole cloves
- 2 strips orange peel
- 1 star anise
- 1 tbsp raw honey
- 1 1/2 cups plain Greek yogurt
- 1/2 tsp ground cardamom
- 1 tsp orange zest
- 1/4 cup pistachios, chopped

METHOD

1. Bring the juice to a simmer with the cinnamon, cloves, orange peel, star anise, and honey.
2. Slide in the plums and poach gently 6 to 8 minutes until tender but holding their shape; lift them out.
3. Reduce the poaching liquid by two-thirds to a syrup, 10 to 12 minutes; strain.
4. Stir the yogurt with cardamom and zest. Serve the plums warm over the yogurt with syrup and pistachios.

Plating. Serve in shallow bowls with the syrup spooned over at the table.

Why it fits. Stone fruit polyphenols, a syrup made from juice rather than sugar, and clove, one of the most antioxidant-dense foods ever measured.

Provides: polyphenols · bone support · live cultures · protein · cinnamon polyphenols · eugenol · vitamin C · hesperidin

0094 Pistachio and Orange Cake, Date-Sweetened

serves 10 · Harvest 100 #071 #018 #070 #087 #038

INGREDIENTS

- 1 1/2 cups pistachios
- 1 cup almond flour
- 1/2 cup whole-wheat pastry flour
- 1 1/2 tsp baking powder
- 1/4 tsp salt
- 10 Medjool dates, pitted and soaked in hot water 10 minutes
- 3 eggs
- 1/3 cup olive oil
- 1/2 cup plain Greek yogurt
- 2 oranges, zested; 1 juiced
- 1 tsp vanilla extract
- 1/2 tsp orange blossom water (optional)
- 2 tbsps pistachios, chopped, and 1 tsp raw honey to finish

METHOD

1. Grind the pistachios finely with the almond flour, pastry flour, baking powder, and salt.
2. Blend the drained dates with the eggs, oil, yogurt, orange juice, zest, vanilla, and orange blossom water until smooth.
3. Fold the wet into the dry, pour into an oiled, parchment-lined 9-inch pan, and bake at 350°F for 35 to 40 minutes until a skewer comes out clean.
4. Cool 20 minutes, turn out, brush with the honey, and scatter pistachios.

Plating. Serve in thin wedges with a spoon of yogurt; it keeps 3 days and improves on the second.

Why it fits. Sweetened entirely by whole dates with their fiber, pistachio lutein and protein, olive oil, and citrus; a cake that does not spike.

Provides: lutein · plant protein · vitamin C · hesperidin · vitamin E · magnesium · choline · complete protein · oleic acid · olive polyphenols

0095 Blackberry and Lemon Verrine, Chia and Kefir

serves 6 · Harvest 100 #044 #024 #076 #089 #070

INGREDIENTS

- 3 cups blackberries, divided
- 1 tbsp raw honey
- 1 lemon, zested and juiced
- 1/3 cup chia seeds
- 2 cups plain kefir
- 1 tsp vanilla extract
- 1/3 cup almonds, toasted and chopped
- 6 small mint leaves

METHOD

1. Simmer 2 cups of blackberries with the honey and lemon juice 5 minutes until jammy; crush with a fork and cool.
2. Whisk the chia into the kefir with the vanilla and half the zest; rest 10 minutes, whisk again, and chill 2 hours until set.
3. Layer in six glasses: a spoon of berry compote, chia-kefir, more compote, more chia.
4. Top with the remaining fresh berries, almonds, zest, and a mint leaf.

Plating. Clear glasses, clean layers; wipe the rims.

Why it fits. Anthocyanins and eight grams of fiber per cup from the berries, chia fiber, probiotic kefir, and a single tablespoon of honey in six desserts.

Provides: anthocyanins · fiber · vitamin C · omega-3 ALA · probiotics · vitamin E · magnesium

0096 Pomegranate and Blood Orange Granita

serves 8 · Harvest 100 #007 #018 #024

INGREDIENTS

- 3 cups 100 percent pomegranate juice
- 1 cup fresh blood orange or orange juice
- 2 tbsp fresh lemon juice
- 1 tbsp raw honey
- 1 pinch salt
- 1/2 cup pomegranate seeds
- orange zest

METHOD

1. Warm 1/2 cup of the pomegranate juice with the honey and salt just until dissolved; stir into the remaining juices.
2. Pour into a shallow metal pan and freeze.
3. Every 30 minutes for 3 hours, scrape with a fork into icy crystals.
4. Serve in chilled glasses with pomegranate seeds and zest.

Plating. Frost the glasses in the freezer first; the granita should look like crushed garnets.

Why it fits. Punicalagins and vitamin C as ice, with a tablespoon of honey where a sorbet carries a cup of sugar.

Provides: punicalagins · vitamin C · hesperidin

0097 Dark Chocolate Truffles with Prune, Walnut, and Sea Salt

makes about 24 · Harvest 100 #099 #049 #069 #098

INGREDIENTS

- 1 cup pitted prunes
- 1 cup walnuts, toasted
- 4 oz 85 percent dark chocolate, melted
- 2 tbsp unsweetened cocoa powder, plus 1/4 cup for rolling
- 1 tbsp olive oil
- 1 tsp instant espresso powder (optional)
- 1/2 tsp vanilla extract
- 1/4 tsp flaky salt

METHOD

1. Pulse the prunes and walnuts to a sticky, fine rubble.
2. Add the melted chocolate, 2 tbsp cocoa, oil, espresso, vanilla, and a pinch of salt; pulse until it comes together. Chill 30 minutes.
3. Roll into 1-inch balls, then roll in cocoa powder.
4. Top each with a few flakes of salt and chill until firm; keeps 2 weeks refrigerated.

Plating. Serve in a small box lined with parchment; they are a gift as much as a dessert.

Why it fits. Flavanol-dense chocolate, bone-friendly prunes supplying all the sweetness, walnut omega-3s; a truffle with fiber.

Provides: cocoa flavanols · polyphenols · bone support · omega-3 ALA · coffee polyphenols

0098 Apple Tarte Tatin, Honey-Caramel, Walnut Oat Crust

serves 8 · Harvest 100 #010 #069 #061 #095 #100 #038

INGREDIENTS

- 6 firm apples, peeled, halved, and cored
- 3 tbsp raw honey
- 2 tbsp olive oil
- 1 tbsp fresh lemon juice
- 1 tsp ground cinnamon
- 1 pinch salt
- 1 cup rolled oats
- 3/4 cup walnuts
- 1/2 cup whole-wheat flour
- 1/4 cup olive oil (for the crust)
- 2 tbsp water
- 1/4 tsp salt (for the crust)
- plain Greek yogurt, to serve

METHOD

1. In a 10-inch ovenproof skillet, warm the honey, 2 tbsp oil, lemon, cinnamon, and salt until bubbling, 2 minutes; arrange the apple halves cut-side up in tight concentric circles and cook over medium heat 15 minutes until the juices turn amber.
2. Pulse the oats, walnuts, flour, and salt to a meal, add the oil and water, and press into a disc between parchment to the diameter of the pan.
3. Lay the crust over the apples, tuck the edges in, and bake at 375°F for 30 minutes until the crust is golden.
4. Rest 5 minutes, run a knife around the edge, and invert onto a plate. Serve warm with yogurt.

Plating. Invert in front of guests if you dare; the apples should be glossy and caramel-dark.

Why it fits. Pectin and quercetin from the apples (the peel is the sacrifice this once), whole grain and walnuts in the crust, and three tablespoons of honey standing in for a cup of sugar.

Provides: quercetin · pectin · omega-3 ALA · beta-glucan · cinnamon polyphenols · trace polyphenols · oleic acid · olive polyphenols

0099 Persimmon Pudding with Cinnamon and Clove

serves 8 · Harvest 100 #021 #095 #096 #087 #061 #072

INGREDIENTS

- 2 cups very ripe Hachiya persimmon pulp (about 4 persimmons)
- 2 eggs
- 1/2 cup plain kefir or buttermilk
- 3 tbsp olive oil
- 2 tbsp raw honey
- 1 tsp vanilla extract
- 1 cup whole-wheat pastry flour
- 1/2 cup oat flour (blended rolled oats)
- 1 tsp baking soda
- 1 1/2 tsp ground cinnamon
- 1/4 tsp ground clove
- 1/4 tsp freshly grated nutmeg
- 1/2 tsp salt
- 1/2 cup pecans, chopped
- plain Greek yogurt, to serve

METHOD

1. Whisk the persimmon pulp with the eggs, kefir, oil, honey, and vanilla.
2. Whisk the flours, soda, spices, and salt; fold into the wet mixture with the pecans.
3. Pour into an oiled 8-inch square pan and bake at 325°F for 50 to 55 minutes until set and dark at the edges; it will fall slightly as it cools, which is correct.
4. Serve warm in squares with cold yogurt.

Plating. An old Indiana dessert, served the way grandmothers did: warm, in squares, with something cold.

Why it fits. Carotenoid-rich persimmon supplying nearly all the sweetness, whole grains, pecan flavonoids, and clove and cinnamon from the spice rack.

Provides: carotenoids · vitamin C · cinnamon polyphenols · eugenol · choline · lutein · complete protein · beta-glucan · flavonoids

0100 Date and Hazelnut Petits Fours in 85 Percent Chocolate

makes about 24 • Harvest 100 #073 #099 #018 #097

INGREDIENTS

- 24 Medjool dates, pitted
- 24 whole hazelnuts, toasted and skinned, plus 1/4 cup finely chopped
- 4 oz 85 percent dark chocolate, chopped
- 1 tsp olive oil
- 1 tsp orange zest
- 1/4 tsp flaky salt
- 1 pinch black pepper

METHOD

1. Press a whole hazelnut into each date and close it around the nut.
2. Melt the chocolate with the oil gently; stir in the zest and pepper.
3. Dip half of each date in chocolate, set on parchment, and scatter the chopped hazelnuts and a flake of salt on the wet chocolate.
4. Chill 20 minutes until set. Keeps a week in a cool place.

Plating. Two per person, with coffee, at the very end; the last thing anyone tastes should be chocolate and salt.

Why it fits. Whole-fruit sweetness, hazelnut folate and vitamin E, and the darkest chocolate on the shelf: a petit four with nothing refined in it.

Provides: folate • vitamin E • cocoa flavanols • vitamin C • hesperidin • piperine

The Earth Diet is educational and culinary, not medical advice; adjust for your own allergies, medications, and your physician's counsel. Quantities are home-cook honest rather than laboratory precise. Be well, and eat your colors.