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**Creamy Cauliflower & Mushroom Soup**

**By Chef Hillori**

**Serves: 4**   
  
**Ingredients:**  
1 medium onion, chopped  
2 clove garlic, chopped  
1 head cauliflower, cut into small pieces  
3/4 lb. cremini mushrooms, chopped  
4 cups chicken or veggie broth

Nori sea weed sheet, cut into chiffonade\*

Shitake Mushroom\*

Green Onion\*  
salt & pepper, to taste  
  
**Directions:**   
Sauté onions in olive oil in soup pot or instant pot.   
Add garlic and sauté until fragrant.  
Add broth, cauliflower and mushrooms.   
Simmer with lid on until vegetables are tender.   
Remove from heat and blend with an immersion blender.   
Season with salt and pepper.   
Optional: Sauté shiitake mushrooms and a chopped spring onion sprinkled over the top for garnish. Additionally add some Nori sea weed strips, for added nutrition.

Note: If using an Instant Pot, set manual button to 8 minutes and release steam immediately.

**Seabass Steamed with Lemongrass Coconut Consommé**

**By Chef Hillori**

**Serves 4**

**Ingredients:**

½ cup fish broth or bottled clam juice

3 tablespoons coconut aminos

1 – 2 tsp red boat fish sauce

½ cup unsweetened coconut milk

1 teaspoon curry powder or 1 tablespoon curry paste

2 lemongrass stalks, crushed

2 tablespoons ginger, minced

¼ tsp crushed red pepper flakes (optional)

1 bunch green onions

1 - 2 cups shitake, stems removed and sliced

1 baby bok choy, halved and sliced lengthwise into wedges.

Lettuce leaves, for lining the steamer basket

Four 6 – 8 ounce boneless sea bass fillets\*

Salt and pepper, to taste

**Directions:**

Pour the broth, aminos, fish sauce and coconut milk into a heavy bottomed pot that is the same diameter as your bamboo steaming basket and bring the mixture to a simmer for about 5 minutes. Add the curry, lemongrass, ginger, chili flakes, green onion, shitake mushrooms and bok choy and simmer for another 10 minutes to let the flavors mingle.

Arrange a layer of lettuce leaves in the steamer basket to keep the fish from touching the bamboo and season the filets with salt and pepper. Set them in the steamer basket and simmer over the simmering liquid, steaming gently for about 8 minutes.

Remove the steamer from the pot. Use tongs to remove the bok choy and mushrooms from the liquid and divide them decoratively among 4 dinner plates or wide, shallow bowls. Arrange the fish fillets on top of the vegetables on each plate.

Using tongs remove the lemongrass from the broth and ladle the broth over the fish on each plate. Scatter some scallions over each and serve.

**Cultured Daikon Radish Pickles**

**by Chef Hillori**

**What you will need:**

Glass mason jars (pint, quart or half gallon)

Food grade plastic lids or fermentation lids from @kraut\_source

Natural Sea Salt (if using fine salt, use a little less)

Fresh Dill

Fresh Garlic Cloves, peeled and smashed/large chop to release flavor

Dried chili peppers (optional)

Pickling Spices (optional)

Fresh Daikon Radish or any radish like watermelon, cut into ¼ inch rounds

Filtered Water

**What to do:**

Use 1 rounded tablespoon of sea salt for every quart of pickles (if using a pint size, use half that amount) and if using fine sea salt, use a little less.

Fill your jar about half way with filtered water and add the amount of salt based on jar size.

Dilute your salt in the water and then add your ingredients.

Add in garlic (about 1 - 2 cloves per quart).

Add in your dill and start to fill your jar with daikon rounds, spices, peppers and any other ingredient you like.

Fill your cucumbers, herbs and spices to the top of the jar, leaving about 1-2 inches of head space.

Top your jar with fermentation lids or plastic mason jar lids and place jar in a bowl to catch any liquid that may spill out (liquid will expand as the pickles ferment).

Store in a cool, dry place out of sunlight and let it culture away.

Taste the pickles after a few days. If they seem to salty, let sit for a couple more days.

After about 1 week or less, (depending on temperature of your house) the pickles will be fully sour.

Store them in the fridge to slow down fermentation and enjoy atop your favorite sandwich, in a lovely potato salad or just by themselves.

Note: You can also ferment cucumbers, carrots, green beans or any veggie that you love to munch on.

**Cinnamon Spiced Apples with Cashew Cream**

**By Chef Hillori**

**Serves: 4**

**Ingredients:**

**4 – 5 medium sized tart/sweet apples, peeled and sliced into ¼ - ½ inch slices.**

**2 tablespoons melted coconut oil or ghee**

**2 tsp cinnamon**

**Pinch sea salt**

**¼ apple juice or water**

**Directions:**

**Combine apples, coconut oil, cinnamon, salt and juice in a baking dish.**

**Cover with parchment and then aluminum foil and bake at 400 degrees for 30 minutes.**

**Uncover and stir to combine. Let cool a bit then serve vanilla cashew cream over the top.**

**Vanilla Cashew Cream**

**Ingredients:**

3/4 cup raw cashews, soaked 2-3 hours and rinsed

2 tablespoons coconut oil, melted  
3 tablespoons pure maple syrup  
1 tablespoon vanilla  
1 – 2 teaspoons fresh lemon juice

2-4 tablespoons water, as needed for blending

**Directions:**

Combine the first six ingredients in a high powered blender, and blend until smooth and creamy, adding water as necessary to facilitate blending.