

Sauces

(Recipe sources: Juice for Life: Modern Food and Luscious Juice by Ruth Tal Brown)

These sauces can be prepared ahead of time, and stored in the fridge in a sealed glass jar for use at any time with the rice bowls, or as a stir fry sauce for your favorite stir fry.

Tahini sauce

- 2 cloves minced garlic
- ½ cup chopped parsley
- ½ tsp sea salt
- 2 Tbsp lemon juice
- 2/3 cup filtered water
- ½ cup sesame butter (tahini)

Whiz garlic, parsley, salt and lemon juice in a blender or food processor. Add the water and sesame butter. Run until smooth, scraping the sides down once or twice.

Miso tahini sauce

- 1 Tbsp miso
- 2-4 Tbsp tahini
- 2 Tbsp water
- Lemon juice

Combine ingredients in blender. Use as a salad dressing or on grains as a topping.

Simple sauce

- ½ cup tamari
- 3 tbsp sesame oil
- 1 ½ inch ginger root, peeled and minced (or 2 Tbsp ginger powder)
- 4 Tbsp lemon juice

Put all ingredients in a sauce pan. Bring to a boil and let simmer for 20 minutes. Remove from heat and let cool.

Thai peanut sauce

- 5 cloves crushed garlic
- 1 inch ginger root, peeled and minced (or 1 ½ Tbsp ginger powder)
- 1 ½ cups natural peanut or almond butter
- ¾ cup lemon juice
- 5 Tbsp tamari
- 2 Tbsp paprika
- 2 Tbsp vegetable stock or filtered water

Combine all ingredients in a bowl and whisk until smooth. Heat gently for 10 minutes, stirring often. Serve hot. (Be careful when heating this sauce, as nut butters burn very easily)
Stores up to one week in the fridge.

Miso gravy

- 4 ½ Tbsp flour
- ¼ tsp garlic powder
- ¾ cup Engevita yeast
- 1 ½ cups vegetable stock
- 1/3 cup sunflower oil
- 1 ½ tsp Dijon mustard
- 3 tbsp miso paste
- ¾ tsp sea salt

Put dry ingredients except salt in a saucepan over low heat. Whisk in veggie stock or water to make a paste. Let this come to a boil and simmer for 30 seconds. Add the oil, mustard, miso and salt to the ingredients in the saucepan. Whisk until everything is incorporated and the mixture is smooth. Serve hot.

Basic dressing

- Sesame seeds or sunflower seeds
- Flax oil
- Garlic
- Lemon Juice

Puree ingredients together until creamy and toss on pasta and rice.

Broccoli pesto

- 3 cups cut up broccoli stems and florets
- 2 cloves garlic
- 3 Tbsp olive oil
- 1/3 slivered almonds or pine nuts
- 1 Tbsp dried basil or 1/4 cup fresh basil
- 2/3 cup grated soy parmesan or dairy parmesan (***) rice parmesan is also available - Eat Healthy Foods or Nature's Best might carry it)

Cook broccoli in boiling water four to five minutes until crispy tender; drain and cool. In a food processor or blender, combine broccoli, garlic, oil, almonds and basil. Blend until coarsely chopped. Add cheese, process until well mixed. May add a bit of water for a thinner consistency.

Here are some ways to use broccoli pesto:
Salad dressing: combine 1/3 cup olive oil, 2 tbsp apple cider or brown rice vinegar and 1 tbsp broccoli pesto sauce

Dip: stir pesto into sour cream or yogurt.

Serve with veggies

Pasta: toss with hot cooked pasta

Lemony Hemp Nut Sauce

- 1 cup sesame tahini
- 2 or 3 scallions – minced
- ¼ cup fresh lemon juice
- 2 Tbsp hempseeds
- 1 Tbsp umeboshi vinegar
- 2 tsp brown rice syrup
- 2 cloves fresh minced garlic
- Pinch unrefined sea salt

Place all ingredients in blender and puree until smooth. Adjust the seasonings to taste.

This rich creamy sauce can be used over steamed greens or fresh salad, or as a dip for falafel or raw veggies.

-
- Generous pinch of cumin
-

Cashew Sauce

- 6 Tbsp raw cashews
- 1 Tbsp arrowroot powder
- ½ cup water + ¼ cup
- 1 Tbsp tamari

Grind cashews in blender. Add arrowroot and water and blend until smooth. Pour into cooking pot. Rinse out blender with another ¼ cup water and add to pot. Cook mixture on low heat, stirring, until thickened.

Add tamari before serving.

Cranberry Sauce

- 1 12 oz pkg fresh or frozen cranberries
- ½ cup honey
- ½ cup apple juice
-

Combine in saucepan. Bring to boil over medium heat. Simmer 5-10 minutes until cranberries soften.