

Amaranth Pepper Salad

This recipe features Amaranth, one of the world's oldest grains. Amaranth is a South American grain that can be used in place of rice. It is free of gluten and wheat. It is very high in protein and selected amino acids essential for replenishing brain cells. Amaranth's naturally nutty, malty flavor can be enhanced through toasting. It can be cooked like rice with water or chicken stock. It is also delicious as a breakfast grain served with fruits, nuts and milk.

10 Servings

- ½ lbs. Roasted Red Pepper, Cut into Strips
- 2 ounces Raisins, soaked in warm water
- ¾ cup Balsamic Vinaigrette, prepared
- ½ cup Tomato, seeded, diced
- 2 ounces Red Onion, julienned thin
- 2 ounces Black Olives, halved
- ½ ounce Garlic, Minced
- ½ ounce Jalapeno, Minced
- ¼ pound Amaranth, toasted, cooked
to taste Salt

Cover raisins with warm water and soak for 15 minutes or until plump. Drain and reserve.

Lightly toast Amaranth on a 350 degree oven for 10 minutes on a cookie sheet. Remove and allow to cool. Cook amaranth in boiling water until al dente. Remove, cool and reserve.

Combine the red peppers, amaranth, raisins and remaining ingredients. Toss well. Refrigerate for at least 2 hours or up to 24 hours before service.

Grilled Kibbe Kabobs

Kibbe is a popular dish in Levantine cuisine. It is widespread in Syria, Lebanon, Palestine, Jordan, Israel, Iraq, Iran, Egypt (where it is called kebbah or koubeiba), Cyprus (where it is called koupes), the Arabian Peninsula, Turkey (where it is called içli köfte), and several Latin American nations which received part of the Lebanese and Syrian diaspora during the late 19th and early 20th centuries, such as Argentina, Brazil, Colombia, Cuba, the Dominican Republic, Haiti, Honduras and Mexico.

Bulgur (also bulghur, burghul or bulgar) is a cereal food made from the groats of several different wheat species, most often from durum wheat. It is most common in European, Middle Eastern, and South Asian cuisine. The word *bulgur* is of Turkish origin.

Compared to *unenriched* white rice, bulgur has more fiber and protein, a lower glycemic index, and higher levels of most vitamins and minerals.

One cup of dry bulgur contains approximately:

Energy: 1717 kJ (412 kcal)

Dietary fiber: 25.6 g

Protein: 17.21 g

Carbohydrate: 69 g whereof 0.8 g sugars

Fat: 1.86 g whereof 0.2 g saturated fat

Potassium: 574 mg

Glycemic Index: 48

Iron: 3.44 mg

10 Servings

- 4 ounces Fine Grind Bulghur
- 1 pound Chicken Thigh meat, ground
- 7 ounces onions, fine dice
- 2 ounces jalapeno, fine dice
- 1 ounce yogurt, plain
- 2 tablespoons Olive Oil
- 1 ounce parsley, fine chop
- 2 ounces cilantro, fine chop
- 1 ounce mint, fine chop
- 2 teaspoons cumin
- 1 teaspoon allspice
- ½ teaspoon cinnamon
- ½ teaspoon black pepper
- ½ teaspoon cayenne
- 1 tablespoon molasses
- 1 tablespoon soy sauce
- 1 tablespoon olive oil

Rinse and soak the Bulghur in warm water for 15 minutes. Drain in a strainer for 20 minutes.

Combine the bulghur with the chicken, onions, jalapeno, yogurt, oil, parsley, cilantro, mint, cumin, allspice, cinnamon, pepper, and cayenne in a food pro and pulse to fully incorporate.

Mold 3 oz. portions of the mixture onto 8 inch wooden skewers that have been soaked in water for 1 hour.

Mix together the glaze ingredients; molasses, soy sauce and oil.

Brush the meat mixture with the glaze just before cooking. Grill or saute in hot oil for 3 minutes per side. Serve immediately.

Korean BBQ Mushroom Tacos

Farro is a food product composed of the grains of certain wheat species in whole form. The exact definition is debated. It is sold dried and is prepared by cooking in water until soft, but still crunchy (many recommend first soaking overnight). It may be eaten plain, though it is often used as an ingredient in dishes such as salads and soups. It is sometimes ground into flour and used to make pasta or bread.

Gogigui literally "meat + roasting", or Korean barbecue refers to the Korean method of grilling beef, pork, chicken, or other types of meat. Such dishes are often prepared at the diner's table on gas or charcoal grills that are built into the table itself. Some Korean restaurants that do not have built-in grills provide portable stoves for diners to use at their tables.

The most representative form of gogigui is *bulgogi* usually made from thinly sliced beef sirloin or tenderloin. Another popular form of it is *galbi* made from marinated beef short ribs. However, gogigui also includes many other kinds of marinated and non-marinated meat dishes, and can be divided into several categories. Korean barbecue is not only popular among Koreans, but has gained popularity internationally.

7 ounces Portobello Mushroom, stemmed, gills trimmed and cut into chunks or thick strips

3 ounces Paprika

1 tablespoon garlic or Korean black garlic, minced

1 tablespoon ginger, minced

1 tablespoon sesame oil

Korean BBQ Marinade

12 flour or corn tortillas

3 ounces hoisin sauce

1 cup apple, thin sliced

- 2 ounces Napa cabbage, shredded thin
- 2 ounces green onion, thinly sliced
- 3 ounces Honey roasted peanuts, chopped
- 2 ounces Farro, cooked al dente

Prepare Farro per package instructions making sure not to over cook. The grain should be al dente but cooked through. Reserve.

Stem and trim the gills from portobello mushrooms, cut into cubes or thick strips.

Prepare the Korean BBQ marinate per recipe. In a large container marinade the mushrooms for at least 2 hours but no more than 8. Drain mushrooms thoroughly for 20 minutes.

Heat vegetable oil in a pan and saute the garlic and ginger over medium heat until fragrant - about 1 minute. Turn up the heat and add the drained mushrooms, and paprika. Saute until the mushrooms begin to release their water. Turn the heat down and add the farro. Incorporate and heat through for one minute. Add sesame oil, blend in and immediately remove and reserve under heat.

Assemble the tacos: Smear a small amount of Hoisin on a heated tortilla. Add the mushroom/farro mixture and top with Napa, apple slices, green onion, and peanuts. Serve immediately.