

THREE SISTERS BLUE ZONE TACOS

Submitted by Chef Michael J. Millben at Mayo Clinic

SERVES 4-8

INGREDIENTS

1 1/3 cup canola oil
1/2 cup yellow onion, diced
4-5 cloves garlic, minced
1 1/2 tsp. cumin
1/2 tsp. oregano
1 tsp. onion powder
1 tsp. garlic powder
2 1/8 tsp. kosher salt, additional to taste
3 1/8 tbsp. lime juice
3 cups low sodium black beans
1 1/2 cup whole kernel corn, frozen
1/4 cup tomatoes, diced
2/3 cup red onion, diced
1/4 cup cilantro, chopped
2-4 plantains
Corn starch
3 jalapeños
3 tbsp. parsley, chopped
1/2 tsp. orange juice
1/8 tsp. coriander
2 lb. chayote squash

PREPARATION

1. In a large saucepan, sauté onions and garlic with 1 tbsp. oil. Stir in cumin, oregano, onion powder, garlic powder, and kosher salt to taste. Add drained black beans and 1 tbsp. lime juice. Cook for 10 minutes and blend to a refried bean texture.
2. In a bowl, combine corn, tomatoes, red onion, 1/2 tsp. salt, 1 tbsp. lime juice, and 2 tbsp. cilantro. Cover and chill for 30 minutes.
3. Slice plantains into 8 pieces and boil until fork tender. Drain and let cool. Using a food processor, blend peeled plantains and 3/4 tsp. salt until a dough ball forms. Dust corn starch on a clean surface and rolling pin. Roll dough into desired shape. Grease a large skillet with 1 1/3 tbsp. oil. Once hot, add 1-2 tortillas at a time and cook until browned on both sides.
4. Remove stems from jalapeños and grill until charred. Using a food processor, blend cleaned jalapeños and garlic cloves; pulse for 1 minute. Add parsley, remaining cilantro, 1/2 tsp. lime juice, orange juice, cumin, 1/8 tsp. salt, and coriander; pulse for 2 minutes. Run the food processor on low and pour in remaining oil until fully incorporated.
5. Wash, halve, and remove seed from squash. Toss in a bowl with 1 1/4 tbsp. oil and 3/4 tsp. kosher salt. Grill until marks show on both sides. Julienne and mix with mojo verde sauce.
6. Add 1 tbsp. each of black beans, salsa, and squash to all tortillas.



SICILIAN BUTTERNUT SQUASH AND SWEET PEA ARANCINI

Submitted by Chef Thomas Norris at Overlook Medical Center

SERVES 8

INGREDIENTS

- 1 qt. vegetable broth
- ½ tsp. saffron
- ¾ tsp. salt
- ½ tsp. extra virgin olive oil
- 13 oz. arborio rice
- ⅓ cup margarine
- 1 oz. Parmigiano Reggiano
- 1 ¾ tbsp. flour
- ⅔ cup soy milk
- ¼ cup green peas
- ¼ cup butternut squash, diced
- 4 oz. mozzarella, shredded
- 1 cup flour
- ¼ tsp. pepper
- 1 ½ cup breadcrumbs
- 1 qt. soybean oil

PREPARATION

1. In a medium saucepan, heat broth, saffron, and ½ tsp. salt until saffron dissolves. In a pot, heat olive oil and toast rice for 3 minutes. Add half of the broth to the rice and stir to combine. Simmer until most of the broth has been absorbed.
2. Add remaining broth one cup at a time until fully absorbed, stirring every few minutes to ensure it does not burn. Continue until rice is al dente and sticking together. Remove from heat and cool in an ice bath. Stir in 3 ½ tbsp. margarine and Parmigiano Reggiano. Chill for 3 hours.
3. In a pan, heat remaining margarine until melted. Stir in flour and cook for a few minutes. Add soy milk and stir until slightly thickened. Add peas, squash, and mozzarella.
4. In a bowl, season flour with salt and pepper. Add 1 ¼ cup water and whisk until smooth. Set aside.
5. Create tennis ball-sized portions of the chilled rice and shape into cones. Allow to set for 30 minutes. Make a center hole in each rice ball and add filling, making sure to close the opening with rice. Roll the arancini in your hands to smooth and shape into a cone. Set aside.
6. Preheat oil to 360°. One at a time, immerse arancini in the batter, then coat with breadcrumbs. Add arancini into the pot and fry for 2-3 minutes until golden brown.
7. Drain on paper towels and serve.



BEET TATAKI

Submitted by Chef Michael Mongiello at Parkview Regional Medical Center

SERVES 8

INGREDIENTS

- 5 beets
- 1 ½ tbsp. vegetable oil
- 2 ½ tsp. kosher salt
- 5.6 grams kombu (dried sea kelp)
- 5.6 grams shiitake mushrooms, dried
- 1 ½ tsp. soy sauce
- ½ tsp. ginger, grated
- 3 oz. rice vinegar
- 2 ½ tbsp. sugar
- 2 ½ tbsp. sesame seeds, toasted
- 3 ⅓ tbsp. scallion, sliced

PREPARATION

1. Preheat oven to 500°. Wash beets; remove and save tops. In a pot, cover beets with cold water. Bring to a simmer and cook until fork tender – about 45 minutes. Cool beets, then peel and save trimmings for dashi. Toss beets in oil and ½ tsp. Salt and roast for 12-15 minutes until caramelized. Cool beets and slice thin.
2. In a pot, cover rinsed kombu with water and bring to a simmer. Remove from heat and steep for 10 minutes. Add mushrooms and steep for 10 minutes. Remove mushrooms and kombu then add trimmings, ginger, and ½ tsp. salt to simmer for 5 minutes. Pass through a fine mesh sieve.
3. Dissolve sugar and 1 ½ tsp. salt in hot water then add vinegar. Cool liquid and pour over mushrooms, beet tops, and sesame seeds. Chill for 1 hour.
4. Place 4 oz. of sliced beets in the center of the plate, slightly fanned, and spoon over 3 tbsp. of dashi. Top with ½ cup of pickled salad and 2 tsp. sliced scallion.



ASIAN TOFU LETTUCE WRAPS

Submitted by Chef Fri Reyes at Scripps Health

SERVES 8

INGREDIENTS

¼ cup yellow onion, diced
¾ cup bell pepper, diced
2 tbsp. garlic, minced
1 lb. tofu, extra firm or baked
¼ cup hoisin sauce
½ cup green onions, chopped
2 tbsp. orange juice
Pinch of chili flakes
¼ cup almonds, slivered
1 tbsp. cilantro, chopped
Salt and pepper to taste
1 head butterhead lettuce
2 tsp. parsley, chopped
1 tbsp. black sesame seeds,
toasted
2 tbsp. plum sauce

PREPARATION

1. Dice yellow onions and peppers.
2. Mash the tofu with a fork until it resembles ground meat.
3. Sauté the onions and garlic. Once golden brown, add peppers, hoisin sauce, and tofu, and cook until well mixed.
4. Add the remaining ingredients except the lettuce, parsley, sesame seeds, and plum sauce. Cook until the mixture is brown and caramelized. Deglaze with orange juice until dry.
5. Remove from heat and let cool for 3 minutes. Place mixture on the butterhead lettuce cups.
6. Top with the chopped parsley and sesame seeds. Serve immediately with a side of plum sauce.



PHO-BOWL-OUS JACKFRUIT

Submitted by Chef Joseph Hirsch at
Providence St. Joseph Hospital Orange

SERVES 5

INGREDIENTS

6 oz. brown sugar
3 tbsp. hoisin sauce, additional
as condiment
2 ½ cloves, garlic, minced
1 shallot, sliced
1 ¾ cups coconut water
1 ½ lb. jackfruit, canned
1 ½ tbsp. Chinese five spice
1 ½ cup corn starch
2 lb. rice noodles, pre-cooked
1 ½ oz. vegetable stock
¾ oz. ginger root
1 ¾ oz. onion
¾ oz. lemongrass, minced
1 tbsp. lime juice

Optional condiments per serving

2 lime wedges
1 tbsp. jalapeño, sliced
1 tbsp. green onions, sliced
1 tbsp. Thai chili peppers
2 cilantro sprigs
1 tsp. Thai basil, chopped
1 tbsp. Thai chili paste
1 tbsp. sriracha
1 tbsp. hoisin sauce

PREPARATION

1. In a large pot, melt sugar and 1 ½ tbsp. water over medium heat. Stir until sauce is bubbling and mimics caramel. Stir in 2 tbsp. hoisin sauce, minced garlic, and shallot, then add coconut water. Reduce and simmer for 15 minutes until desired consistency. When removed from heat, the sauce will continue to thicken as sugar cools.
2. Preheat frying oil to 350°. Drain jackfruit, pat dry, and remove any rind. In a bowl, blend corn starch and ¾ tbsp. five spice until fully incorporated. Coat jackfruit with mixture and fry until golden, about 4-6 minutes. Gently move the jackfruit during the frying process to prevent clumping and achieve even crisp. Drain and mix jackfruit in 3 oz. of sauce.
3. Broth Bring stock and 1 ¼ qt. water to a boil and reduce to a simmer. Add ginger, onion, lemongrass, lime juice, and remaining hoisin sauce and five spice. Simmer broth for 45 minutes then strain.
4. Serving Place ¾ cup rice noodles into a soup bowl and ladle 1 cup of hot broth over the top. Rest for 1 minute then add 5 oz. of jackfruit. Garnish with desired condiments. Serve hot immediately.

