



Season 9 - Episode 903

Avocado-Gooseberry Pudding with Raspberry Sauce

3 large ripe avocados
1-1/2 cups fresh gooseberries
Marigold Honey to taste (I used Wildflower Honey)
2 t. vanilla
Raspberry sauce (below)
1/2 c. raspberries

1. Blend the avocados, gooseberries, marigold honey and vanilla until smooth.
2. Put in wine glasses.
3. Top with Raspberry Sauce and finish with layer of fresh raspberries.
4. Keep cool before serving.

Raspberry Sauce

1/2 to 1 c. raspberries
2 ancho chiles
2 T. cocoa
1 finely ground allspice seed
Marigold Honey to taste
Maple syrup for liquid and taste

1. Put fruit and chiles (cut into pieces) into a saucepan with small amount of water.
2. Heat until the dried chile is fully reconstituted.
3. Blend until smooth and add cocoa, allspice, honey and maple syrup.
4. Heat until thickened.
5. Let cool, pour over pudding, and top with more fruit.

Guava and Chocolate Dressing

1/2 c. guava juice
2 T. powdered chocolate
1 T. habanero pepper sauce
2 T. sage vinegar
1/4 c. roasted cashews
1/4 c. roasted peanuts.

1. Heat guava juice and add the chocolate powder. Cook until mixture begins to bubble.
2. Put everything together in a blender and blend until completely smooth, adding more juice for thinning or more cashews for thickening.
3. Serve in half an avocado, with the dressing filling the cavity where the seed used to be and surround the avocado with watercress.

Boiled Zucchini

4 small zucchini, water and salt

Old World Sauce:

Bay leaf

Romano and Parmesan cheese, grated

1 clove garlic, minced

Onion powder

Basil to taste

Oregano to taste

Olive oil

Pepper

New World Sauce:

1 tomato

Mild or hot chile powder to taste

Sage to taste

Allspice to taste

1 t. pumpkin seed paste

Salt to taste

Peanut oil

1. Put small amount of water into two saucepans with a shake of salt
2. Add bay leaf to one pan
3. Add two cubed zucchinis
4. Cut the other two zucchini and the tomato into pieces and add to water in other saucepan.
5. Cook both pots until quite mushy.
6. Remove bay leaf from pan, and to that mashed zucchini add the cheeses, garlic, onion powder, basil and oregano.
7. Mix in the olive oil, about two teaspoons, pepper and mash until like paste.
8. To the other pan, add chile powder, sage, allspice, pumpkin seed paste and salt.
9. Mix in two teaspoons of peanut oil.
10. Serve separately over gnocchi, pasta or potatoes.

Buen Appetito/Tsil Salad

1 c. kidney beans
1 c. quinoa
2 T. chopped basil
1 red onion, sliced thin
4 cloves garlic
1/2 c. green olives
1/2 c. black olives
1/4 c. capers
1/2 c. sun-dried tomatoes
1/3 c. balsamic vinegar
1/3 c. olive oil
1 t. sesame oil
1 t. chile powder
1/2 t. salt
1/4 t. black pepper.

1. Cook beans and quinoa separately.
2. Add everything together, making a dressing of the last 6 ingredients.
3. Stir gently but well.