

GOING VEGAN
BABA GANOUSH, CUCUMBER SALAD, FRENCH POTATO SALAD
TOMATO SALAD AND GRILLED PITA

BABA GHANOUSH

2 MEDIUM EGGPLANTS
6 GARLIC CLOVES
1 LEMON
POWDERED CUMIN
FRESH PARSLEY

HEAT A CAST IRON SKILLET OVER A HIGH FLAME FOR FIVE MINUTES. (OR, YOU CAN GRILL THE EGGPLANT OUTSIDE ON YOUR GRILL.)

PUT THE EGGPLANTS IN THE PAN. POKE A FEW HOLES WITH A SHARP FORK. COOK ON ALL FOUR SIDES UNTIL THE EGGPLANTS COLLAPSE AND THE SKIN IS QUITE BLACK. SET ON A PLATE AND ALLOW TO COOL.

MEANWHILE, DISSOLVE A HEALTHY PINCH OF SEA SALT, A LOT OF BLACK PEPPER AND $\frac{1}{4}$ TSP OF CUMIN IN YOUR SERVING BOWL IN THE JUICE OF HALF A LEMON.

SQUEEZE IN 6 GARLIC CLOVES THROUGH A GARLIC PRESS. LET SIT FOR TEN MINUTES.

BEAT IN $\frac{1}{2}$ CUP OF OLIVE OIL.

WHEN THE EGGPLANTS HAVE COOLED, TRIM THE STEMS AND PEEL OFF THE BLACKENED SKIN WITH YOUR FINGERS. IT'S OKAY IF YOU DON'T GET EVERY SINGLE BIT. IT WILL ADD A SMOKEY TASTE TO THE DISH.

CHOP THE FLESH ROUGHLY. ADD TO THE BOWL AND USING A FORK, WHISK IT INTO THE DRESSING.

ALLOW TO CURE FOR AT LEAST AN HOUR BEFORE SERVING.

ADD CHOPPED PARSLEY AND SERVE.

CUCUMBER SALAD

4 MEDIUM CUCUMBERS
1 SMALL RED ONION
PEAR OR APPLE CIDER VINEGAR

RICE WINE VINEGAR
SESAME OIL
1 TSP OF BLACK SESAME SEEDS

PEEL THE CUCUMBERS. SLICE THINLY AND TOSS IN A COLANDER WITH SEA SALT.

ALLOW TO STAND FOR 30 MINUTES. RINSE OFF SALT. ARRANGE SLICES ON A TEA TOWEL, ROLL UP GENTLY AND REFRIGERATE UNTIL SERVING TIME.

SLICE THE ONION VERY THIN AND PLACE IN THE BOTTOM OF YOUR SERVING BOWL. SALT LIGHTLY. ADD 2 TBSPS OF PEAR OR APPLE CIDER VINEGAR AND 1 TBSP OF RICE WINE VINEGAR.

STIR IN 2 TBSPS OF SESAME OIL.

TOAST THE BLACK SESAME SEEDS IN A SMALL SKILLET, SHAKING CONSTANTLY UNTIL YOU CAN SMELL THE SCENT FROM THE SEEDS.

COMBINE CUCUMBERS WITH DRESSING, ONIONS AND SESAME SEEDS.

FRENCH POTATO SALAD

8 MEDIUM FINGERLING POTATOES
COLD WHITE WINE
GRAINY FRENCH MUSTARD
TARRAGON VINEGAR
WALNUT OR HAZELNUT OIL
OLIVE OIL
FRESH TARRAGON, CHIVES, AND CHERVIL

SLICE THE POTATOES ABOUT ¼ INCH THICK. BOIL IN SALTED WATER.

WHEN THEY'RE DONE, DRAIN THE POTATOES, DUMP IN A BOWL AND POUR IN 1 CUP OF COLD WHITE WINE. AFTER A MINUTE ADD SOME ICE CUBES.

WHEN THE POTATOES ARE COOL, DRAIN AND ROLL IN A TEA TOWEL TO DRY THEM.

MEANWHILE, BEAT 1 TBSP OF TARRAGON VINEGAR IN A SERVING BOWL WITH SEA SALT AND PEPPER AND 1 TBSP OF MUSTARD.

WHISK IN 2 TBSPS OF NUT OIL AND ABOUT ⅓ CUP OF OLIVE OIL.

GENTLY FOLD IN POTATOES.

JUST BEFORE SERVING, ADD ABOUT 1/2 CUP OF MIXED FRESH HERBS, ROUGHLY CHOPPED.

HEIRLOOM TOMATO SALAD

3 LBS OF MIXED HEIRLOON TOMATOES: BRANDYWINE, CHEROKEE GREEN, ZEBRAS, CHERRY TOMATOES, ETC.
HIGH QUALITY OLIVE OIL.
FRESH BASIL, MINT AND CHIVES

CORE AND CUT UP THE TOMATOES IN WEDGES. HALF OR QUARTER CHERRY TOMATOES.

PLACE IN A BOWL. SALT WITH SEA SALT, PREFERABLY SEL GRIS OR FLEUR DE SEL.

ADD ABOUT 1/2 CUP OF OLIVE OIL AND SEVERAL GRINDINGS OF PEPPER. TOSS TOGETHER GENTLY.

JUST BEFORE SERVING, TEAR UP THE BASIL LEAVES, CHOP THE CHIVES AND MINT AND SCATTER OVER THE TOMATOES.

GRILLED PITA

EITHER ON A GRIDDLE OR AN OUTDOOR GRILL, GRILL THE PITA BREADS TILL THEY ARE LIGHTLY BROWNED.

CUT INTO WEDGES AND SERVE WITH THE SALADS.