

A NIGHT IN WITH FEAST

recipes



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FEAST families!*





A Little Riff on a Vodka Martini

[Demo Live May 2 @4:00pm PDT on @redbirdla](#)
[Recipe Crafted By Redbird Bar Director and Collaborating Mixologist Tobin Shea](#)

Ingredients:

- 2 oz. SimpleVodka
- 3/4 oz. Dry Vermouth
- 1/4 oz. Benedictine
- 2 dashes Orange Bitters

Directions:

1. Add all ingredients to a mixing glass with ice and stir chilled
2. Strain into a chilled cocktail glass and garnish with a lemon twist.



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The Simple Blackberry Caiprioska

Recipe by [@simplevodka](#)

Ingredients:

- 1.5oz Simple Vodka
- 3-5 Large Blackberries (plus one for garnish)
- 1 TBSP Sugar
- 1/2 lime (wedged)

Directions:

1. Muddle Lime and sugar in rocks glass.
2. Add blackberries, muddle again.
3. Add vodka and crushed ice and mix with swizzle stick or long spoon.
4. Garnish with blackberry.





Olipop Mezcal Mule

[Recipe Demo Live May 2 @4:30pm PDT on @drinkolipop](#)

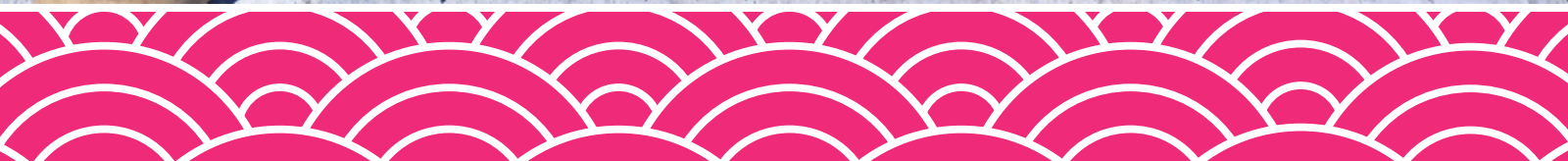
Recipe Crafted By Jessica Leaf @drinksbyjess

Ingredients:

- 2. oz. mezcal
- 1 oz. fresh lime juice
- 1/2 oz fresh orange juice
- 6 mint leaves
- Ginger Lemon Olipop tonic

Directions:

1. Add mezcal, lime juice, and orange juice to shaker.
2. Shake vigorously for 10 seconds.
3. Strain over ice, top with Olipop Ginger Lemon tonic (around 2 oz, depending on the size of the glass) and garnish with mint, orange or lime





Keri's Nutritious Life Paradise Smoothie

[Recipe Demo Live May 2 @4:45pm PDT on @nutritiouslifeofficial](#)

[Recipe Crafted By Keri Glassman](#)

Ingredients:

- 1 medium ripe peach, sliced
- 2 tablespoons ripe avocado, peeled and seed removed, chopped
- 1/3 cup unsweetened frozen strawberries
- 3/4 cup plain yogurt
- 3 tablespoons pomegranate juice
- 1 teaspoon vanilla extract
- 1 scoop Life's Abundance Protein Powder

Directions:

1. Place all ingredients in blender.
2. Blend until smooth



Carrot Tartare



[Recipe Demo Live May 2 @5pm PDT on @aliyaleekong](#)
[Recipe by Collaborating Chef, Aliya LeeKong](#)

Serves 4-6 as an appetizer

Special equipment needed: Food processor

Ingredients:

- 3 medium carrots, peeled, blanched and shocked*
- 5-6 tablespoons unsalted butter
- ½ teaspoon ground cardamom
- 1 teaspoon ground black pepper
- ¼-½ teaspoon cayenne
- 1 shallot, minced
- 2 garlic cloves, minced
- Salt, to taste
- Chives, for garnish
- Carrot chips, for garnish (optional)



Tartare Directions:

- 1.*Bring a medium pot of water up to a boil and season with salt. Add the carrots to boiling water and cook until a fork slips easily into the thickest part of the carrot. That can vary depending on the width, about 6 to 12 minutes. Transfer carrots immediately to an ice bath to stop the cooking. Remove and dry thoroughly.
- 2.If you have a stand mixer with a meat grinder attachment, pass the cooled and dry carrots through the larger, coarse grinding plate. If not, you can use a ricer or a food processor to achieve a ground carrot texture. You don't want mush, so try not to take it too far!
- 3.Heat the butter in a medium saucepan over medium heat. Add spices, toast for a minute or so until fragrant and nutty. The butter should brown a bit. Add the shallot and garlic and cook another 30 seconds to a minute. Toss in the ground carrots until they are heated through. They should be warm and touchable.
- 4.Serve warm (you can use a ring mold if you like) and top with chopped chives and carrot chips, if using.

Optional Carrot Chips Directions:

- 1.Preheat oven to 225° F.
- 2.You want to use thick (large diameter) carrots for the chips as they shrink up during the dehydration process. Slice carrots very thinly into rounds using a mandoline or a very sharp knife.
- 3.Place carrots on a rack fitted over a baking sheet in a single layer. Sprinkle lightly with salt and bake for an hour to an hour and 15 minutes. They should be relatively crispy at that point, but will crisp even more as they cool. Cool completely before serving.



One Yogurt, Three Dressings

[@califiafarms](https://www.instagram.com/califiafarms)

Plants can do it all, even delicious dairy free yogurt. Califia's probiotic yogurts are super versatile and can be used as a substitute for greek yogurt in creamy dressings and sauces. These three dressings are excellent alongside salads, sandwiches, wraps and veggie bowls.



Green Goddess Ingredients

- 1 avocado
- 1/3rd cup parsley
- 1/3rd cup spinach
- 1/3rd cup tarragon
- 1/3rd cup mint
- 1/3rd cup cilantro
- Juice of 1 lemon or 2 tablespoons vinegar
- 3-4 tablespoons oil
- 1/4 cup Unsweetened Probiotic Dairy Free Yogurt
- Dash of water if needed
- Salt and pepper to taste

Directions:

1. To make your dressings, take the above components of each dressing and place in a blender or food processor.
2. Adjust with salt, pepper and lemon juice.
3. Add more water to thin out if needed.
4. Serve with grain bowls, on salads, wraps and more!

Roasted Tomato and Tahini

- 1 cup roasted tomatoes
- 3-4 tablespoons tahini
- 1/3 cup Unsweetened Probiotic Dairy Free Yogurt
- 1/3 cup nutritional yeast
- Salt and pepper to taste

Lemon Dijon Ingredients

- Juice of 1 lemon
- 2 tablespoons yellow mustard
- 3 tablespoons dijon mustard
- 1 thinly sliced shallot
- 1/4 cup Unsweetened Probiotic Dairy Free Yogurt
- Salt and pepper to taste





Red Cabbage with Pomegranate Molasses, Sumac, and Walnuts

[Recipe Demo Live May 2 @5:15 pm PDT on @saladforpresident](#)
[Recipe by Collaborating Chef, Julia Sherman](#)

Pomegranate molasses is a thick syrup made from a reduction of pure pomegranate juice and lemon juice. It's a staple in the Middle Eastern kitchen; stewed with lamb and drizzled on roasted vegetables, the unsweetened stuff is wonderfully tart, like dried cherries in gooey liquid form. Pomegranate syrup can be found in the international foods aisle of most large grocery stores or at any Middle Eastern grocer. The best part is, a bottle will only set you back about \$4, so experiment with it, drizzle it on yogurt or oatmeal, or add it to marinades or soda water. When slicing cabbage for this salad, the goal is to get it paper-thin, creating a light and fluffy effect rather than a dense pile. Serve alongside roasted chicken to make a satisfying and simple meal.

Ingredients:

- 2 teaspoons unsweetened pomegranate molasses
- 1 tablespoon red wine vinegar
- 2 teaspoons ground sumac
- 1/4 teaspoon dried mint
- 1 teaspoon sea salt, or more to taste
- 1 tablespoon olive oil
- 3 cups (280 g) red cabbage, shaved as thinly as possible on a mandolin
- 3 tablespoons finely chopped toasted walnuts



Directions:

1. In a large bowl, combine the pomegranate molasses, vinegar, sumac, mint, and salt and whisk to dissolve the salt. Add the oil in a slow stream and whisk until emulsified.
2. Add the cabbage and walnuts and toss to combine. Season with more salt if needed and serve.





BLACK BEAN & QUINOA SALAD

[@feast_for_all](#)

Serves 6-8

Quinoa is a whole grain that's full of fiber and protein! Cook quinoa ahead of time and let cool before adding the remaining ingredients.

Ingredients:

- 1-1/2 cups quinoa (cook according to package directions)
- 1 onion or 2 small shallots, chopped
- 1 bay leaf
- 1/4 tsp Himalayan salt
- 1 tsp ground cumin
- 1 tsp ground oregano
- 1/2 medium red or green bell pepper, diced
- 1 cup fresh or frozen organic corn kernels
- 1 (15-oz.) can black beans, drained and rinsed
- 1/2 cup chopped fresh cilantro
- 1/4 tsp cayenne pepper (optional)
- 2 Tbsp lime juice or apple cider vinegar

Directions:

1. In a medium pot, combine quinoa and water using the suggested amounts on the back of the package. Add onions or shallots, bay leaf, ground cumin, ground oregano, and Himalayan salt, and bring to a boil.
2. Once boiling, turn the heat down to simmer, cover the pot, and cook for 15 minutes. Let pot stand covered for five minutes once the water has evaporated. Use a fork to fluff up the quinoa.
3. Mix cooked quinoa with bell pepper, corn, beans, cilantro, cayenne pepper, and vinegar. Season with salt and freshly ground black pepper to taste.
4. Enjoy!





Sweet Potato Hummus

[@califiafarms](https://www.instagram.com/califiafarms)

Ingredients:

- 1 large sweet potato (peeled, cubed, roasted)
- 1 cup garbanzo beans
- 1 tablespoon Unsweetened Almondmilk
- 1/4 cup tahini
- 2 garlic cloves
- 1/4 cup olive oil
- Juice of 2 lemons
- Salt and pepper to taste
- To serve with: pita, carrots, radish, snap peas, cucumbers

Directions:

1. Begin by peeling, cubing and roasting sweet potatoes with salt and pepper.
2. While potatoes are roasting peel the outer coating off your garbanzo beans. (this will help make the hummus creamy).
3. In the food processor, pulse and blend your roasted sweet potatoes, garbanzo beans, almond milk, tahini, garlic, olive oil, salt and pepper and lemon juice.
4. Pulse until a creamy hummus forms.
5. Adjust with more almond milk to thin out hummus until desired consistency.





Honey Basamic Glazed Brussel Sprouts

[Recipe by Ashley Blaine Featherson](#)
[@ashleyblaine](#)

Ingredients:

- 1 lb brussel sprouts, shredded or chopped
- 2 cloves minced garlic
- 2 tbsp extra virgin olive oil
- 1 tbsp balsamic glaze or balsamic vinegar
- 1 teaspoon honey
- Greek seasoning or salt and pepper to taste



Directions:

1. Add olive oil to pan over medium heat.
2. Toss in shredded brussel sprouts, seasoning and garlic and sauté for 10-15 minutes.
3. Drizzle in balsamic and honey on top of brussel sprouts.
4. Cook on high heat while tossing and mixing occasionally.
5. Keep on high heat while watching liquid reduce and start to brown and caramelize.
6. When browned and cooked to your liking remove and serve!



YOU SUCK



**AT
COOKING**

Roasted Asparagus with Sliced Almonds

[Recipe by You Suck At Cooking](#)
[@yousuckatcooking](#)

"Asparagus is known for its peaceful disposition, despite being Nature's Dagger. Heirloom asparagus is almost as tough as steel and it has taken generations of genetic engineering to finally get rid of the metallic taste.

Someone once told me that the rules of high-end food etiquette state that asparagus is the only vegetable you are allowed to eat with your hands. I'm not sure whether this person was lying to me in an attempt to make me look like a fool at a black tie event she invited me to. Joke's on her. I eat everything with a pair of pliers."

Ingredients:

- 1 (12-ounce) bunch asparagus, trimmed
- 1½ tablespoons olive oil
- 2 tablespoons sliced almonds
- 1 teaspoon smoked paprika
- ½ teaspoon fine sea salt



Directions:

1. Preheat the oven to 400°F. Line a baking sheet with parchment paper.
2. Arrange the asparagus on the baking sheet, drizzle with the olive oil, then evenly sprinkle the almonds, paprika, and salt on top.
3. Roll the asparagus over each other until everything is coated evenly and the asparagi are lying parallel and are in a good mood.
4. Roast the asparagus for about 15 minutes, until the almonds start to brown, watching them closely. If the almonds start getting really dark, remove the baking sheet from the oven.
5. Transfer the asparagus to a platter and serve warm or at room temperature.
6. Leave no almond slices behind—sprinkle any stragglers back on top.



Carrot, Coconut & Lime Soup

[@feast_for_all](#)

Serves 6

This creamy soup is delicious served hot or cold!

Ingredients:

- 2 tablespoons olive oil
- 1 pound carrots, peeled, chopped (about 2.5 cups)
- 1 large white onion, chopped
- 1 tablespoon chopped garlic
- 1 ½ teaspoons ground cumin
- ¼ teaspoon dried crushed red pepper
- 3 cups (or more) canned low-salt vegetable broth
- 1 can unsweetened coconut milk
- 2 tablespoons fresh lime juice
- 2 tablespoons chopped fresh cilantro
- 2 teaspoons grated lime peel

Directions:

1. Heat oil in heavy large pot over medium-high heat. Add carrots and onion; sauté until onion begins to soften but not brown, about 5 minutes.
2. Add garlic; sauté 1 minute. Add cumin and crushed red pepper; sauté 30 seconds longer. Add the broth. Bring to boil. Reduce heat and simmer uncovered until vegetables are very tender, about 25 minutes.
3. Add the coconut milk and heat until just warm.
4. Puree soup in blender until smooth.
5. Serve the soup warm, or chill it for at least 4 hours, or overnight and enjoy cold.
6. Before serving: Stir lime juice into soup. Season with salt and pepper. Sprinkle with cilantro and lime peel.





Loaded Spring Rolls

[@califiafarms](https://www.instagram.com/califiafarms)

Spring Roll Ingredients

- 1 large mango, peeled and thinly sliced
- 1 cup carrots, thinly sliced
- 1 large cucumber, thinly sliced
- 1 large red bell pepper, thinly sliced
- 1/3 cup chopped fresh cilantro
- 12 rice paper wrappers

Spicy Peanut Sauce Ingredients

- 1/3 cup peanut butter, (or any nut butter)
- 1/4 cup Unsweetened Almondmilk
- 2 cloves garlic, minced
- 2 tablespoons soy sauce, or coconut aminos
- 2 tablespoons sesame oil
- 1 tablespoon Thai chili paste
- 2 tablespoons lime juice

Directions

1. In a bowl, whisk together peanut butter, almond milk, garlic, soy sauce (or coconut aminos), Thai chili paste, sesame oil, and lime juice until well combined.
2. Feel free to add a teaspoon of water at a time until the sauce is desired consistency.
3. It should be slightly thick and not too watery. Set aside.
4. In a large bowl, add an inch of room temperature water.
5. Place one rice wrapper into the water and let soak for just 10-12 seconds. Transfer to a cutting board. The wrapper will continue to soften so make sure not to soak for more than 12 seconds.
6. Place a few slices of mango, red bell peppers, carrots, and cucumber in the center of the wrapper then roll the rice paper in and around the veggies into a roll.
7. Repeat until all the ingredients are in all the wrappers.
8. Serve with spicy peanut sauce.





Part 1: Fresh Pasta

by [Chef Jordan Andino](#)
[@fork_knife](#)

Special Equipment needed: Pasta Maker

Pasta Ingredients:

- 3 cups fine grain semolina flour (2 cups for the dough, 1 cup for dusting and to prevent dough from sticking)
- 1 whole egg
- 3 egg yolks
- 1 tbsp olive oil
- 1 tbsp whole milk
- 1 tsp salt



Directions:

1. Using 2 cups of semolina flour, create a large even mound of flour in the center of a non porous table or cutting board. The mound should be about 6-8 inches in diameter.
2. Using a circular motion in the center dig a crater in the middle that should be 3 inches in diameter. The crater should be even and deep enough to hold liquid using the flour surrounding as a blockade/barrier.
3. In the center of the crater pour milk, egg, yolk, salt, and olive oil.
4. Using a fork or your fingers, stir in a circular motion in order to incorporate the ingredients into themselves all while slowly add/pulling the flour from the barrier.
5. Continue this motion until all the wet ingredients are homogenous and then start slowly stirring and adding the flour to the wet mixture, constantly stirring and incorporating continue this process until everything is incorporated into a ball. If the ball of dough starts to stick to the surface add a dusting of the remaining 1 cup of flour to prevent.
6. Knead by pressing and folding the dough for 15 min minimum (knead for 30 to 45 min for best results) ensuring smooth dough.
7. Wrap in damp towel or cloth and let rest in fridge for 15 min.
8. Remove from the fridge and cut ball into quarters to start the pasta sheet process. Flatten each quarter so that the sheet fits into the pasta machine and then slowly run through machine. Run through so dough is evenly distributed and continue make thinner and thinner.
9. Slice in strips for linguini or make whatever pasta you'd like!



Part 2: Bolognese Gravy

by [Chef Jordan Andino](#)
[@fork_knife](#)

Sauce Ingredients:

- 1/4 cup olive oil
- 1.5 cups yellow onion - medium diced
- 1/2 cup carrot - medium diced
- 1/2 cup celery - medium diced
- 8 garlic cloves - minced
- 1/2 lb of EACH of the following meat ground pork/veal/beef
- 10 large basil leaves - rough chopped, no stems
- 1 tbsp Italian seasoning
- 1/2 tblsp oregano
- 1 cup red wine
- 2 boxes (roughly 50 fl oz) pomi pureed tomato
- 1 heaping tablespoon white sugar
- 1/2 cup - whole milk
- Salt and pepper to taste



Directions:

1. Heat olive oil until high in stock pot, oil should smoke in pot.
2. Once oil is smoking, add onions, carrots, and celery and cook on high until onions are translucent.
3. Add garlic and let get turn fragrant and golden brown.
4. Add red wine and reduce by for about 5 minutes to cook off alcohol
5. Add all meat and be sure to season with salt, pepper, and Italian seasoning, breaking up meat into small grounds.
6. Once the meat is about half way cooked add remaining ingredients EXCEPT FOR BASIL and stir rigorously.
7. Stir and cook on high for 5 min or until mixture is boiling then reduce heat to medium low and cover.
8. Let gravy cook and reduce while stirring every 3 minutes for 45 min - 1 hour. the longer the gravy cooks, the better here. Three hours cook time is ideal.
9. Add basil right before serving with pasta.

Jersey Tomato Chicken Cacciatore

[Recipe for The Jersey Tomato Co.](#)
[@thejerseytomatoco](#)
by [Chef Tom Colicchio](#)
[@tomcolicchio](#)

Ingredients:

- 6 chicken thighs and legs
- 3 strips thick-cut bacon, sliced across
- 1 rib celery, sliced
- 1 small red onion, sliced lengthwise
- 1 red bell pepper, sliced
- 1 fennel bulb, sliced, fronds removed
- 3 garlic cloves, sliced ¼ cup olive oil
- 1 qt. chicken stock
- 1 bay leaf
- 1 tbsp fresh rosemary
- ½ cup red wine vinegar
- 25oz The Jersey Tomato Co. Marinara Basil Sauce
- ½ cup Oil-cured black olives, pits removed



Directions:

1. Preheat the oven to 350.
2. In a large heavy sauté pan, heat the oil over a medium-high. Season chicken with salt. Add pieces to the pan and sauté just until brown, about 5 minutes per side. If all the chicken does not fit in the pan, sauté it in 2 batches.
3. Heat remaining olive oil in a large dutch oven or heavy-bottom (oven resistant) pot. Add sliced bacon, celery, onion, garlic, red pepper, and fennel. Sweat the veggies such that you do not add color. Once softened, add chicken stock, vinegar, Marinara sauce, bay leaf, and rosemary.
4. Place chicken into the casserole dish such that the crisped skin is not submerged in the veggie mixture. Lower to a simmer and add olives.
5. Place casserole dish in the oven for 45 minutes, uncovered.
6. Serve with roasted potatoes.



Mediterranean Orzo

[Recipe Demo Live May 2 @5:30 pm PDT on @behzj](#)
[Recipe By Collaborating Chef, Behzad Jamshidi](#)

A few things before you start:

This recipe is a guideline. One of my favorite things about this recipe is that its versatility is possibly endless. You can substitute the orzo for any other starch or cooked grain. Barley, quinoa, lentils, beans - it all works as great base to these flavors. Any type of cucumber, any type of tomato, any type of pickled peppers. Don't let the shopping be a burden on your time cooking, make the most with what you have.

Create with confidence. Be confident when personalizing this salad. Every household has a handful of ingredients that like and prefer. Prefer hazelnuts over pistachios? No problems. Hate capers? Leave them out. Love beets? Toss them in. The most important part is that the flavors feel fresh, vibrant and light.

Nothing beats pantry cooking. Some of the most flavorful, nutrition and inexpensive items are locked away in every day dry goods from our pantries. From sundried tomatoes and olives, to dried fruit and nuts, this salad can be whipped up with even a handful of ingredients to help take the stress off of cooking something elaborate, but creating something so delicious, your dinner guest might as well assume it took hours.

Ingredients:

- 1 cup Dried Orzo Pasta
- ½ Small Red Onion, diced
- 1/3 cup Capers, nonpareils
- 5-6 pieces Banana Peppers, roughly chopped
- 1 cup English Cucumber, diced
- 1 cup Roma Tomato, diced
- ¾ cup Green Olives, halved
- ¼ cup Dried Apricots, diced
- ¼ cup Golden Raisins
- ¼ cup Pistachios Kernels, chopped
- ½ tbsp Dijon Mustard
- 1 tbsp White Wine Vinegar
- ½ Lemon, juiced
- 4 tbsp Olive Oil
- Salt and Pepper, to taste



Directions:

1. Bring a large pot of salted water to a boil. You want enough salt in the water to resemble the flavor of the ocean.
2. Once at a boil, cook orzo pasta until soft, approximately 8-10 minutes. Drain well once cooked, and transfer the pasta on a wide sheet tray. Dress with 4 tbsp of olive oil, and allow to cool at room temperature for 30 minutes, occasionally stirring it to assure that the pasta doesn't clump up.
3. Meanwhile, prepare and combine all your other ingredients into a bowl, and gently mix them together.
4. Once the orzo pasta is cooled. Add your mix of all the other ingredients together. Season with salt and pepper.
5. Place the salad in the fridge and allow to cool & marinate for 1 hour before serving either room temperature or cold.



Sweetfin's Sriracha Tuna Bowl

[Recipe Demo Live May 2 @6 pm PDT on @sweetfin](#)
[Recipe By Collaborating Chef, Dakota Weiss](#)

Serves 4

Based on what you have on hand, you can serve this over rice, a bed of greens, or noodles and adjust the toppings as needed!

Sriracha Ponzu Sauce Ingredients:

- 1/2 cup ponzu
- 1/2 cup sesame oil
- 1/4 cup sriracha sauce
- 2 tbsp lemon juice
- 2 tbsp fish sauce
- 2 tbsp rice vinegar
- 1.5 tbsp sugar

Poke Ingredients:

- 1 lb Ahi Tuna, diced into 1/2 inch cubes
- 1 cup asparagus cut into 1 inch sticks
- 1 tbsp hijiki seaweed rehydrated in water until soft
- 2 avocados, diced into cubes
- 1/4 cup chopped cilantro
- 1/2 cup chopped sun dried tomatoes
- 2 tbsp sesame seeds
- 2 scallions, sliced thin
- sea salt to taste

Directions:

1. Sauté chopped asparagus in 1 tbsp sesame oil until al dente
2. Add all of the ponzu sauce ingredients except for the oil into a bowl and whisk together. Slowly add the oil to emulsify.
3. In a large bowl add all of the ingredients together and stir well.
4. Add your desired amount of sauce (I like a lot in my bowl so it drips into the base).
5. Season with salt and serve over steamed rice or a nice healthy kale salad!





Crispy Baked Fish Tacos With Cilantro and Lime Cabbage Slaw

Recipe Development, Photography and Food Styling by Claire Cary, CHN,
[@eatwithclarity](#) for [@sirkensingtons](#)

Ingredients For The Fish:

- 1 egg
- 1 cup almond flour
- 1/4 cup tapioca starch or arrowroot powder
- 1/2 teaspoon salt
- 1 teaspoon chili powder
- 1/4 teaspoon smoked paprika
- 1 teaspoon garlic powder
- 1 teaspoon cumin
- 1 1/2 pounds white fish (cod works best for baking), cut into about 2 inch long by 1 inch wide pieces
- 2 tablespoons olive oil
- 8-12 almond or cassava flour tortillas
- Sir Kensington's Chipotle Mayo

Ingredients For Cilantro Lime Slaw:

- 4 cups thinly sliced red cabbage or a mix of red and green
- 1/4 cup Sir Kensington's Avocado Oil Mayo
- 1/2 cup chopped cilantro
- Juice from 1-2 limes (about 1/4 cup)
- 2 cloves garlic
- 1/2 teaspoon cumin
- 1/2 teaspoon salt
- 3 green onions, chopped
- Optional: 1/2 jalapeño, seeds removed, chopped

Directions:

1. Preheat the oven to 350°F.
2. In a large bowl, combine all ingredients for the cilantro lime slaw. Use clean hands to massage all ingredients together to break down the cabbage. The lime juice will soften the cabbage overtime, so it helps to let it sit for 15 minutes while the fish is prepped and baked.
3. In a medium bowl, whisk the egg until the yolk is completely broken up.
4. In another bowl, combine the almond flour, tapioca or arrowroot, salt, and all spices and mix well.
5. Take one piece of fish and dip in the egg mixture on all sides until well coated. Transfer to the flour mixture until well coated. Carefully press the flour on all sides to make sure it sticks. Transfer to a baking sheet lined with parchment paper and repeat the process for all pieces of fish.
6. Bake for 10-14 minutes or until it is cooked through and easily flakes with a fork. The "breading" should be golden brown around the edges. Remove from the oven.
7. In a large skillet, add the olive oil. Once hot, add the fish pieces and cook on each side for 1 minute to help the flour brown and get crispy. This happens pretty quickly, so keep a close eye on the fish to prevent burning.
8. Assemble the tacos using almond or cassava flour tortillas or use romaine lettuce as the "tortilla." Layer on the fish, slaw, and drizzle Sir Kensington's Chipotle Mayo on top.



Choco-Coco Peanut Butter "Milkshake"

[Recipe Demo Live May 2 @6:30 pm PDT on @feast_for_all](#)
[Recipe by Dana Rizer](#)

Serves 2

This dreamy "milkshake" is made without any added sugar, but I promise it's sweet enough to satisfy any sweet tooth. It's also made without dairy, instead calling for a blend of coconut milk and coconut water to create a rich, creamy consistency. If you like chocolate and peanut butter as much as I do, be warned, one sip and you may find yourself hooked. Sorry, not sorry.*

**A note about coconut water: the bottled stuff generally does NOT taste the same as the water from a fresh, young Thai coconut. The one exception I have found is Harmless Harvest coconut water, which you'll find in the refrigerated section of your grocery store, not on the shelf. Use Harmless Harvest or fresh, or don't add it in at all. (For real). Instead: add filtered water and a couple of pitted dates for a better effect.*

Ingredients:

- 1 cup organic coconut milk (look for a brand made from just coconut and water, no gums or thickeners)
- 1 cup coconut water (Harmless Harvest or water from 1 - 2 young Thai Coconuts)
- 1 frozen banana
- ¼ cup frozen coconut meat
- 2 ice cubes
- 2 tbsp organic, unsweetened peanut butter (or other nut butter)
- 2 tbsp unsweetened cocoa powder
- 1 tsp vanilla extract
- Pinch of Himalayan salt (trust me)
- Pinch of Cinnamon

Directions:

1. Put all of the ingredients in your blender, except for the cinnamon. Blend until creamy.
2. Pour into two glasses and sprinkle a little cinnamon on top. Drink up!

