



Gaia Burger



Ribbon Pasta

Chili Spread or Sauce



This recipe contains basic information. Please view the teaching video for the techniques necessary for perfect execution. **The weights for ingredients below supersede those specified in the video.**

Total	Qty	STEP 1
	180 g	Fresh tomatoes, quartered
204	24 g	Raisins
214	10 g	Lemon juice, cold press or hand press
214 g		
		1. Blender jar on scale, weigh ingredients
		2. Blend

Total	Qty	STEP 2
	50 g	Sundried tomatoes, chopped
51	1 g	Chili powder ~ ½ tsp
53	2 g	Oregano ~ 3 tsp
59	6 g	Cumin powder ~ 2 tsp
	~ g	Ground pepper ~ ¼ tsp (6 half turns of grinder)
59 g		
Total	273 g	
		1. Blender on scale
		2. Weigh ingredients from Step 2 and blend
		3. Cooler 3 weeks, freezer 3 months

Bon Appétit!

NOTES:

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Healing
VEGAN CUISINE