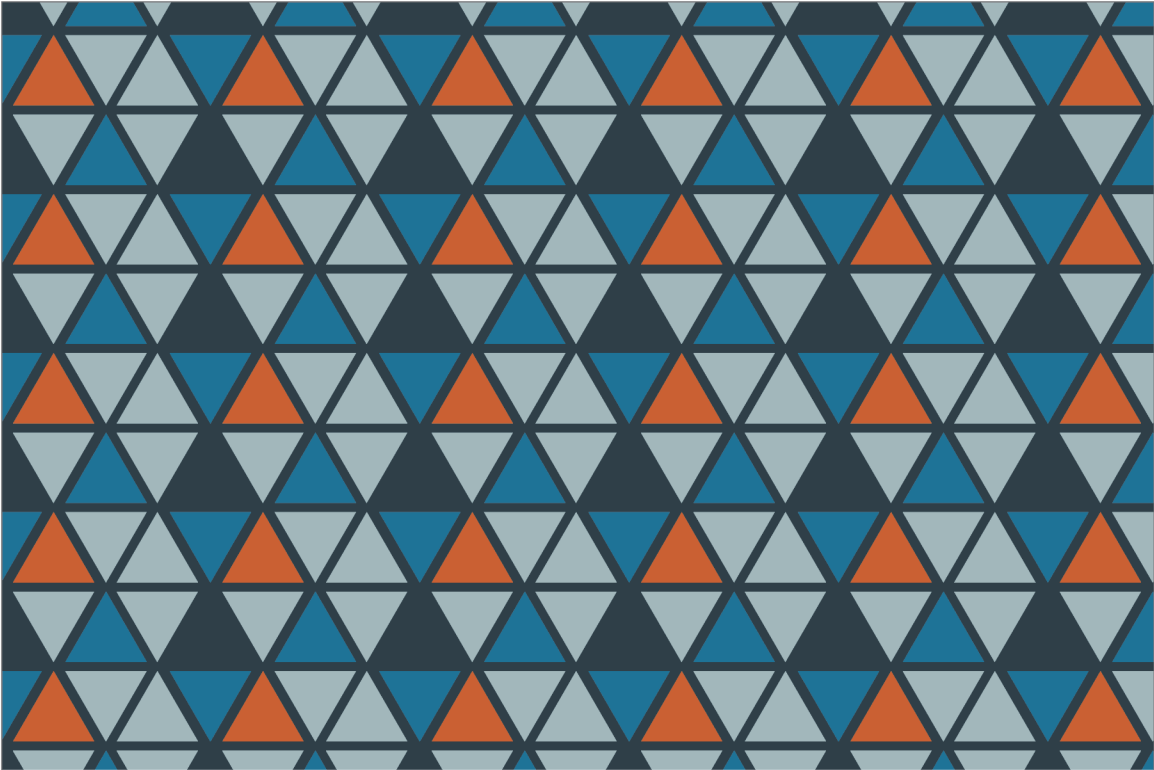


FROM THE KITCHEN OF:

INGREDIENTS

TO MAKE





tomato-orange dipping sauce



FROM THE KITCHEN OF: liagriffith.com

INGREDIENTS

2 Tbsp olive oil
3 cloves garlic, crushed
¼ cup shallots, minced
8 oz Organic Tomato Paste
1 cup orange juice, fresh squeezed
2 Tbsp. apple cider vinegar
1 Tbsp. coconut aminos
½ tsp. dry mustard powder
½ tsp. smoked paprika
1-2 tsp. pink salt, to taste
1-2 tsp. black pepper, to taste



TO MAKE

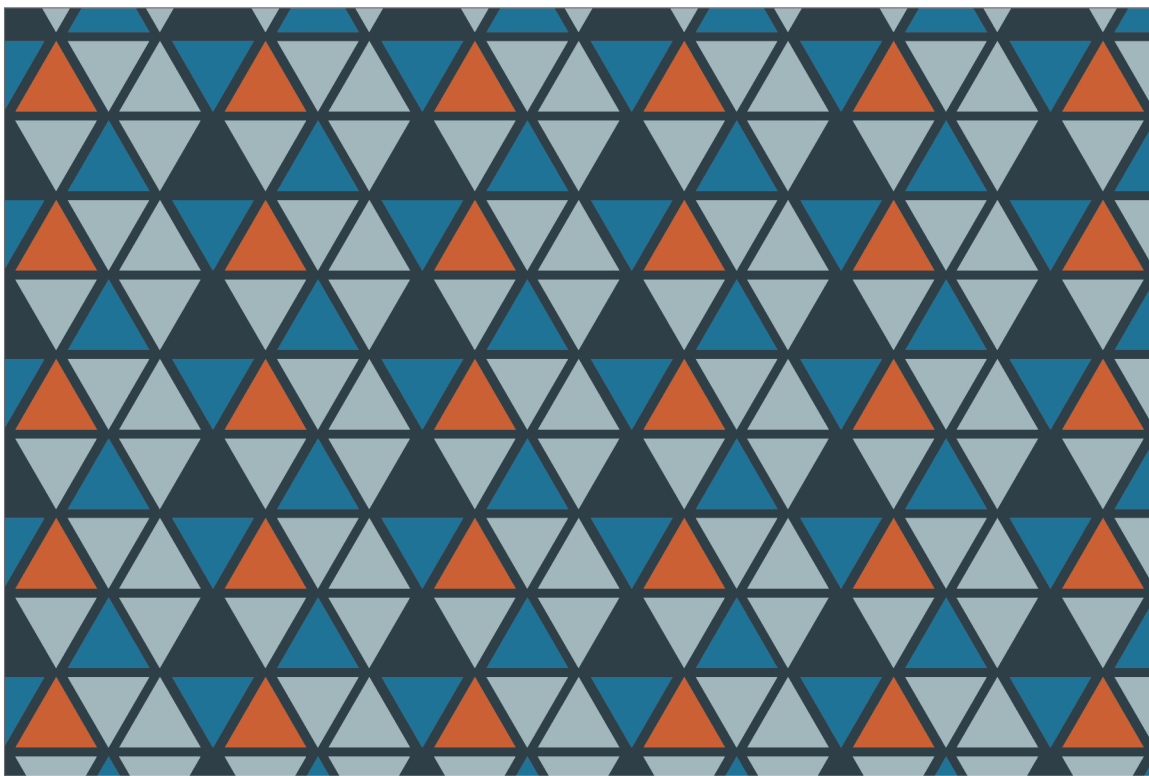
Warm oil in a saucepan over medium low heat. Add garlic and shallot, and cook until soft.

Add the tomato paste, orange juice, apple cider vinegar, coconut aminos, mustard, paprika, salt and pepper. Simmer over low heat 10 to 15 minutes, stirring often.

Use warm or cold as a dipping sauce, or baste over fish or chicken then grill and serve.

Makes about 1 ½ cups.





homemade mayo & garlic aioli

FROM THE KITCHEN OF: liagriffith.com

INGREDIENTS

For Mayonnaise:

- 1 egg, room temperature
- ½ lemon juice, fresh squeezed
- ⅛ tsp. dry mustard powder
- ⅛ tsp. pink salt
- 1 cup light tasting olive oil

For Garlic Aioli:

- 1 cup homemade mayonnaise
- 2 large garlic cloves, crushed
- 1 tsp. chives, chopped
- 2 Tbsp. flat-leaf parsley, chopped
- ½ tsp. fresh lemon juice
- pink salt + pepper, to taste

TO MAKE

Place the egg, lemon juice, mustard powder, and salt in a tall container, wide enough to fit an immersion blender. Once settled, slowly add 1 cup of light tasting oil. Place immersion blender in container and blend for 30-45 seconds without moving the stick. Once most of the mixture has emulsified, slowly move the stick up and down until all oil has been blended.

To make garlic aioli, warm oil in a saucepan over medium low heat. Add garlic and cook until fragrant and lightly browned. Set aside to cool.

In a large mixing bowl, add cooled garlic to mayonnaise, chives, flat-leaf parsley, lemon juice, salt and pepper. Whisk to combine. Add more olive oil and/or lemon juice if you prefer a thinner sauce.

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