

Egg Fried Brown Rice

Serves 4 to 6

6 cups cold cooked brown rice-med or long grain
1 Tbsp tamari or soy sauce
1 Tbsp molasses
1 Tbsp apple juice or cider
1 Tbsp Chicaoji sauce or other hot sauce
1 Tbsp rice wine vinegar
3 Tbsp vegetable oil
2 garlic cloves, minced
2 eggs, beaten lightly
1 to 2 cups assorted lightly cooked vegetables (larger veg cut into small dice): peas, asian greens, carrots, corn, mushrooms, cabbage
6 green onions, thinly sliced

Combine tamari, molasses, apple juice, Chicaoji, rice wine vinegar, and set aside. Heat a wok or skillet over med high heat until hot; about 2 minutes. Add 2 tsp of oil, swirl to coat pan, and pour in eggs. When eggs begin to set, stir gently to break into pieces, cook fully but do not brown, and remove from pan. Return pan to burner over high heat until hot. Add remaining oil, swirl to coat pan, add garlic and cook until fragrant, about 30 seconds. Add cold rice and sauce mixture, stirring constantly to break up any rice clumps and to evenly distribute sauce, about 3 minutes. Add eggs, assorted cooked vegetables, and green onions, stirring constantly, until heated through, about 1 more minute.

Chinese Cabbage and Mushroom Soup

Serves 8

5 cups unfiltered apple juice or cider
1 cup lemon juice
 $\frac{3}{4}$ cup tamari
 $\frac{1}{2}$ cup rice wine vinegar
2 Tbsp chopped garlic
2 Tbsp chopped ginger
Chicaoji or hot sauce to taste
1 leek, thinly sliced
1 carrot, thinly sliced
4 cups thinly sliced cabbage
2 cups roughly chopped assorted mushrooms
Oil for sautéing

In a heavy bottomed soup pot, sauté chopped garlic and ginger until fragrant, about 30 seconds. Add chopped mushrooms and sauté until softened, about 3 minutes. Add remaining vegetables and sauté until wilted, about 4 more minutes. Add the broth components—apple juice through vinegar on the ingredient list. Bring to a gentle simmer and cook until vegetables lose their raw bite. Taste for addition of hot sauce or more tamari. Serve hot.

Hazelnut Crescent Cookies

Makes about 2 dozen cookies

1 cup unsalted butter, at room temperature
1 cup sugar
1 Tbsp vanilla
2 egg
 $3\frac{3}{4}$ cups flour
1/2 # ground toasted hazelnuts

**Orange and/or lemon zest would be a delicious addition.*

Preheat oven to 350°. In the bowl of a mixer cream butter and sugar until mixture is light and fluffy. Add egg and vanilla and mix until well blended. Add dry ingredients and mix until combined. On a well-greased cookie sheet for dough into a flattened mound approximately 3 by 13 inches. Bake until golden brown, about 20 minutes. Remove pan from oven and allow cookie log to cool for about 15 minutes. Using a sharp serrated knife, cut cookie log into $\frac{3}{4}$ inch slices. Turn slices on their side, return pan to oven, and bake for about 10 more minutes or until cookies are still moist in the center. Cool and enjoy!

www.lopezlocavores.org

Please check the website for more recipe information.