

A glass jar filled with a vibrant green dressing, likely the Green Goddess Dressing with Tahini mentioned in the text. The jar is placed on a light-colored surface. In the background, a white bowl filled with a colorful salad of various vegetables is visible, slightly out of focus. The overall scene is bright and fresh.

## Green Goddess Dressing with Tahini

- 8 oz fresh avocado, mashed
- 2 oz fresh garlic, chopped
- 1/2 oz fresh dill, minced
- 1 oz fresh parsley, minced
- 2 tsp Dijon mustard
- 1/2 tsp kosher salt
- 2 tsp brown sugar
- 6 oz tahini
- Water as needed

Process first seven ingredients until smooth. Stream in tahini. Add water until desired consistency is reached. Cold hold for service.



A glass jar with a metal clasp lid is filled with a thick, orange-red tomato marinara sauce. In the foreground, several large, vibrant green basil leaves are scattered on a wooden surface. The background is softly blurred, showing a wooden cutting board and a white cloth.

## **Fresh Heirloom Tomato Marinara**

- 2 oz fresh onion, chopped
- 2 oz fresh green pepper, chopped
- 1 oz fresh basil, chopped
- 1 oz fresh garlic, chopped
- 1 qt fresh heirloom tomatoes, diced
- 1 tsp kosher salt
- Red pepper flakes

Saute first four ingredients until wilted. Add tomatoes and reduce gently on low. Adjust seasoning with salt and red pepper flakes. Hot hold for service.



## **Mediterranean Meatballs with Coconut Panada**

- 1 & 1/2 cups panko
- 1 & 1/2 cups coconut milk
- 2 oz fresh basil, chopped
- 1 oz fresh garlic, chopped
- 2 oz fresh onion, chopped
- 1 tbs kosher salt
- 1 tsp black pepper
- 2 # meat substitute

Mix all ingredients except meat substitute together to form panada. Add meat and mix well. Bake or pan fry until 155° internal temperature. Hot hold for service.



The background image shows a wooden surface with a white bowl containing a thick, orange-colored coconut curry. The curry is topped with sliced yellow bell peppers, red and green chili peppers, and green beans. To the right of the bowl is a wooden spoon. In the bottom right corner, there is a dark bowl containing a stir-fry of green beans, tofu, and other vegetables.

## Coconut Curry Stir-Fry

- 8 oz firm tofu, cut into 3/4" batonnet
- Cornstarch
- 1 oz fresh garlic, chopped
- 2 oz fresh onion
- 4 oz red & green peppers, julienne
- 16 oz coconut milk
- Curry powder
- Vegetable base
- Salt

Dust tofu in cornstarch. Heat 1/2 inch vegetable oil for pan frying and hold.

Stir-fry fresh vegetables until bright and fork-tender. Add curry and toss to toast and bring out aroma. Add coconut milk and vegetable stock. Reduce. Fry tofu until lightly browned and crispy. Plate.





## Florida Style Breeding Mixture

- 2 # flour
- 1 oz salt
- 1 oz onion powder
- 1/2 oz garlic powder
- 1/4 oz paprika
- 1/4 oz blackened seasoning
- 1 qt water

Mix dry ingredients together. Add water, adjusting to make batter coat product uniformly.