

## CHARRED CAULIFLOWER TIKKA MASALA WITH WISOMAN FOODS ROTI

***Serves 4 to 6***

***Time: 15 minutes prep, 45 minutes cooking***

### **INGREDIENTS (TIKKA MASALA):**

- 3 Tablespoons Ghee or High Heat Oil, Divided
- 1 Large Cauliflower, Cut into Medium Florets
- Kosher Salt, to Taste
- 1 Large Yellow Onion, Finely Diced
- 3 Cloves Garlic, Minced
- 1-Inch Piece Ginger, Grated
- 1 Serrano Chili, Finely Chopped
- 2 Tablespoons Tomato Paste
- 1 (28 Ounce) Can Whole Peeled Tomatoes, Tomatoes Crushed by Hand
- 3/4 Cup Plain Yogurt
- 1/2 Cup Heavy Cream, Plus More as Desired

### **INGREDIENTS (SPICE MIX):**

- 2 Teaspoons Garam Masala (if you'd like to make Homemade Garam Masala, see below) \*
- 1 Teaspoon Turmeric Powder
- 1 Teaspoon Chili Powder, or to Taste
- 1 Teaspoon Cumin Powder

### **FOR SERVING:**

- 1 Package of Wisoman Foods Roti of Choice (Phulka, Masala and Whole Wheat)
- Fresh Cilantro, Leaves and Stems, Roughly Chopped
- Lemon wedges





## INSTRUCTIONS:

- **1.** Place 1 tablespoon of ghee to a skillet over high heat and allow it to come to temperature. Working in batches if needed, add cauliflower florets in a single layer and cook, undisturbed, for 3 to 4 minutes or until beginning to lightly char in places. Season to taste with salt, then flip and lightly char on the other side. Once well colored on both sides, transfer to a large plate or platter and reserve.
- **2.** In the same pan, heat the remaining ghee. Add the onions and cook, stirring occasionally, for 4 to 5 minutes or until they begin to lightly brown. Reduce the temperature to medium and stir in the garlic, ginger and serrano, cooking another minute until slightly softened. Stir in the tomato paste and cook, stirring regularly, for another 3 to 4 minutes until it has noticeably darkened in color. Lastly, add in the spice mix and cook, stirring regularly, another 2 to 3 minutes until very fragrant.
- **3.** Carefully stir in the hand crushed tomatoes and liquid from the can. Reduce the heat to medium low and bring to a light simmer. Cook, stirring occasionally, for 8 to 10 minutes or until the sauce begins to thicken slightly and darken in color. Lower the heat a bit more and stir in the yogurt until fully combined, simmering another 2 to 3 minutes.
- **4.** Stir in the heavy cream, then gently fold the reserved cauliflower into the sauce. Continue simmering for another 5 minutes or until the cauliflower is just tender but still has a bite and firm texture. Taste and adjust as desired.
- **5.** Just before serving the curry, place two skillets on the stovetop and heat all your Wisoman Foods Roti of choice per package instructions.
- **6.** Sprinkle fresh cilantro over the curry. Serve hot immediately with lemon wedges and your freshly prepared Wisoman Foods Roti alongside.







## **HOMEMADE GARAM MASALA for CAULIFLOWER TIKKA MASALA:**

- 2 Tablespoons Coriander Seeds
- 1 Tablespoon Cumin Seeds
- 1 Teaspoon Black Peppercorns
- 1 Inch Cinnamon Stick
- 3 to 4 Green Cardamom Pods
- 2 Black Cardamom Pods
- 3 to 4 Cloves
- 1 Small Piece of Mace
- 1/4 Teaspoon Fennel Seeds

### **INSTRUCTIONS:**

- **1.** In a dry pan over low heat, gently toast all the whole spices until fragrant, about 2-3 minutes. Be careful not to burn them. Remove from heat and let cool completely.
- **2.** Grind the toasted spices in a spice grinder or mortar and pestle until you have a fine powder.
- **3.** Adapting the Curry Recipe: Replace the pre-made garam masala in the original recipe with 1-2 teaspoons of this freshly ground blend. Remove the cumin in the original spice mixture but keep the turmeric and red chili powder as separate additions.



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## FRESH NATURE FOODS GREEN CHICKPEA, SUMAC, AND CITRUS SALAD

***Serves 4***

***Time: 20 minutes prep, 20 minutes cooking***

### **INGREDIENTS (SALAD):**

- 2 Cups Fresh Nature Foods Green Chickpeas, Room Temperature and Dried
- 2 Tablespoons Extra Virgin Olive Oil
- 1 Teaspoon Ground Cumin
- 1 Teaspoon Sumac, Plus Extra for Garnish
- Kosher Salt and Freshly Ground Black Pepper, to Taste
- 1 Orange, Peeled and Segmented (Cut in Supreme if Possible)
- 1 Grapefruit, Peeled and Segmented (Cut in Supreme if Possible)
- 1 English Cucumber, Quartered Lengthwise and Thinly Sliced
- 1 Cup Finely Shredded Green Cabbage
- 1/4 Cup Finely Chopped Red Onion
- 1/4 Cup Chopped Fresh Mint
- 1/4 Cup Chopped Fresh Parsley
- 3 Tablespoons Pomegranate Seeds
- 3 Tablespoons Slivered Almonds, Toasted

### **INGREDIENTS (DRESSING):**

- 1/3 cup extra-virgin olive oil
- 2 tablespoons honey
- 2 tablespoons white wine vinegar
- Kosher salt and freshly ground black pepper, to taste





## INSTRUCTIONS:

- **1.** Place a large skillet on the stovetop over medium high heat, pour in the olive oil and allow it to come to temperature. Add the Fresh Nature Foods green chickpeas, cumin, sumac and a bit of salt and pepper to the pan and stir to combine. Cook undisturbed for 3 to 4 minutes or until beginning to crisp slightly and are a light golden color. Stir and cook another 3 to 4 minutes until tender and golden all around. Taste and adjust seasoning as desired then transfer to a plate to cool.
- **2.** While the chickpeas cool, whisk together the dressing ingredients in a small bowl until well combined. Taste and adjust as desired with honey, vinegar, salt and pepper, then set aside.
- **3.** Add the cooled chickpeas, orange and grapefruit segments, cucumber, cabbage, red onion, mint and parsley to a large mixing bowl. Lightly season with salt and pepper. Drizzle in half the dressing and toss gently to combine until everything is lightly coated. Taste and adjust as desired with more dressing, salt and pepper.

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## KHORASAN FLOUR CRÊPES WITH HONEY AND THYME BERRY COMPOTE

- **Serves 4 to 6**
- **Time: 10 minutes prep, 30 minutes to 2 hours inactive, 30 minutes cooking**

### INGREDIENTS (CRÊPES):

- 3/4 Cup All-Purpose White Food Dudes Khorasan Flour, Sifted or Well Whisked
- 1 Tablespoon Granulated Sugar
- 1/4 Teaspoon Kosher Salt
- 2 Large Eggs
- 1 Cup Whole Milk
- 2 Tablespoons Water, Plus More as Needed
- 2 Tablespoons Unsalted Butter, Melted and Slightly Cooled, Divided

### INGREDIENTS (HONEY AND THYME BERRY COMPOTE):

- 1 1/2 Cups Fresh Raspberries
- 1 1/2 Cups Fresh Strawberries, Hulled and Quartered
- 1 cup Fresh Blueberries
- 1/2 Cup Honey, More to Taste
- 1/4 Cup Granulated Sugar
- 1 Tablespoon Fresh Lemon Juice, More to Taste
- 1 Tablespoon Fresh Lemon Zest, More to Taste
- 1 Tablespoon Fresh Thyme Leaves, Roughly Chopped
- 1/2 Teaspoon Kosher Salt, More to Taste

### INGREDIENTS (SERVING)

- Confectioners' Sugar







## KHORASAN FLOUR CRÊPES WITH HONEY AND THYME BERRY COMPOTE

### INSTRUCTIONS:

- **1.** In a large mixing bowl whisk together the all-purpose white Food Dudes Khorasan Flour, sugar, salt, eggs, milk, water and butter until very smooth with no lumps remaining (a blender also works great for this). Set the batter aside, covered, for at least 30 minutes at room temperature or up to 2 hours in the refrigerator. (You can also make the batter up to 24 hours in advance, if you'd like to prepare it ahead for breakfast the next morning. Just make sure to let it stand at room temperature for 30 minutes before using.)
- **2.** Let the batter come to room temperature if needed after resting. Check the consistency of the batter and whisk in more water or flour if needed – it should be that of heavy whipping cream when poured. Place an 8" to 10" nonstick frypan on the stovetop over medium heat and allow it to come to temperature. Ladle about ¼ cup of batter into the heated pan, tipping and swirling the pan in a large circle quickly, to spread the batter out into one thin layer coating the bottom of the pan. (Depending on your pan size you may need to use a little less or a little more batter. The important thing is that the batter fully coats the bottom of the pan but is a nice and thin even layer.)



## KHORASAN FLOUR CRÊPES WITH HONEY AND THYME BERRY COMPOTE

### INSTRUCTIONS:

- **3.** Cook the crêpe for about two minutes, or until the edges are nicely set, and the bottom is a nice golden brown in places. Slightly lift the edge furthest from you with a spatula or kitchen tongs, very carefully grab with your fingers, then lift the crêpe up and flip it over to the other side. (If you don't feel comfortable flipping with your hand, that's ok! Just be extra careful with a spatula to avoid tearing the crêpe.) Cook on the second side for 30 seconds to a minute until just set and beginning to lightly color. Remove the cooked crêpe to a plate and repeat until all the batter is used.
- **4.** In a large saucepan over medium heat stir all the ingredients for the compote until evenly combined. Bring to a light simmer and cook, stirring regularly and adjusting the heat lower as needed, for 10 to 15 minutes or until the berries have softened and the sauce begins to thicken slightly. Taste and adjust with salt, honey, and lemon as desired.
- **5.** To serve, gently reheat the crêpes if needed, and fold each one in half then in half again to make triangles. Place two or three on a plate and top with a few dollops of the berry compote. Lightly dust with confectioners' sugar and serve immediately.



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