

Chef Melissa

Episode: The Aging Eye

Recipe

**Pan green tea marinated salmon fillet, millet and spinach red grape pilaf with flaxseed citrus dressing**

- 1 tablespoon olive oil or untoasted sesame oil
- 1 cup millet
- 1 small sweet onion, fine chopped
- 1 carrot fine chopped
- 1/2 cup of red grapes, halved
- 1 teaspoon garlic, minced
- 3 cups of organic vegetable broth or warm water
- Large Minch kosher salt,
- 1 large bunch of long stem spinach

Directions.

Pre Heat an oven to 350 F.

**Millet Pilaf**

- Heat the olive oil or sesame oil in a heavy bottom 1- quart pan over medium heat.
- Add the millet and toast it for about 5 min, stirring frequently of until millet is golden and smells nutty.
- Add the onions a carrots and cook 2 to 3 minutes, stirring frequently.
- Add the salt and water or stock and stir once.. bring millet to a boil, cover and reduce the heat to a simmer. Cook form30 min.
- Remove from heat, let stand, covered for 5 minutes. Fluff and add the spinach and grapes and serve.

**Salmon**

- 4 tablespoon mâcha tea
- 1 tablespoon of garlic
- 2 tablespoon olive oil
- Four 5 oz to 7 oz salmon fillets.

Rub the salmon with the garlic and mâcha. Preheat an oven to 400 F.

Place a frying pan on the burner on medium heat. When the pan is hot drizzle with oil.

Immediately place the salmon, in the pan presentation side down first. Sear for 2 to 3 minutes. Flip and repeat on other side. Place salmon and pan in the over for 4 min. Remove and rest until ready to serve.

**Flaxseed Citrus Vinaigrette**

Servings: Makes almost 1 cup

Ingredients

- 1/4 cup fresh lime juice
- 2 tablespoons honey
- 1 tablespoon ground golden flax seed
- 1 teaspoon Elmens spiced sweet mustard
- 1/2 teaspoon garlic
- 1/4 teaspoon cumin
- 1/2 teaspoon kosher salt

- 1/2 teaspoon ground black pepper
- 1/4 cup olive oil
- 1/4 cup grapeseed or canola oil (or other preferred mild tasting oil)

#### Directions

Preheat oven to 350 degrees F. Place flaxseeds in a shallow baking pan; bake for 10 min. Cool. Place toasted seeds in a spice grinder and pulse until fine ground.

--In a bowl. Whisk together everything except the 2 oils. Continue whisking while adding the oils in a thin stream. Keep whisking until well combined.

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Episode: Skin Cancer

Recipe

### **Kale green chickpeas, radish orange crumbled feta salad with walnut vinaigrette**

Serving 4

#### Ingredients

- 3/4 cup walnuts
- 2 oil-packed anchovy fillets, drained, finely chopped
- 1 garlic clove, finely grated
- 1/4 cup sunflower oil
- 2 tablespoon cider vinegar
- 1 teaspoon finely grated lemon zest
- 1 teaspoon finely grated orange zest
- 1 Tablespoon fresh orange juice
- 1 tablespoon fresh lemon juice
- Kosher salt, freshly ground pepper
- 2 small bunches of green kale, thinly sliced lengthwise
- 1/4 cup of green chick peas
- 4 radishes, thinly sliced
- 1/2 cup fresh parsley leaves with tender stems
- 1/4 cup crumbled emu feta cheese

#### Preparation

Preheat oven to 350°. Toast walnuts on a rimmed baking sheet, tossing occasionally, until golden brown, 8–10 minutes; let cool.

Pulse anchovies, garlic, oil, and ½ cup walnuts in a food processor to a coarse purée. Stir in vinegar, lemon zest, and lemon juice; season with salt and pepper.

Toss kale, peas, radish and orange segments, celery, parsley in a large bowl with half of the dressing, then drizzle remaining dressing over. Crush remaining walnuts and feta cheese, serve salad topped with walnuts.

### **Roasted carrot coconut turmeric soup, with Pomegranate almond gremolata**

- 2 Tablespoons coconut oil
- 2 to 3 small green onions, white and light green parts only, cleaned and chopped
- 1 or 2 cloves of garlic, minced
- 1-inch piece of ginger, peeled and grated
- A pinch of red pepper flakes
- 1 ½ pounds young carrots, sliced 1/2 inch thick
- 1 tsp fine sea salt
- ¼ tsp ground cinnamon
- 1-inch piece of turmeric root, peeled and grated (or use ½ tsp ground)
- Freshly ground pepper to taste
- 4 cups (1 quart) filtered water
- ¼ cup plain yogurt or full fat coconut milk for serving
- 1 tablespoon of almond gremolata for garnish

#### **Instructions**

1. Melt coconut oil in a medium saucepan over medium heat. Sweat the green onions, garlic, minced ginger, and pepper flakes for 1 to 2 minutes or just until glossy. Do not brown or develop color.
2. Add carrots, salt, cinnamon and turmeric and cook another 1-2 minutes, stirring occasionally. Add water and bring to a boil. Reduce heat, and simmer until carrots are very soft, 20-25 minutes.
3. Puree soup in batches in a high speed blender.
4. If serving cold, chill soup for at least 3-4 hours or overnight.
5. Divide soup between 4 to 6 bowls and place a spoonful of yogurt or drizzle of coconut milk in center of each and finish with chopped parsley or carrot fonds and a pinch of additional salt and freshly ground pepper if desired.

### **Pomegranates and almond gremolata**

#### **INGREDIENTS**

- 1 lemon
- 1/4 cup finely chopped fresh parsley
- 3 garlic cloves, finely chopped
- 2 tablespoon almonds, toasted and fine chopped
- 1/4 cup fresh pomegranate seeds
- 1/2 cup sunflower oil or olive oil.

#### **PREPARATION**

- Using vegetable peeler, remove peel in long strips from lemon. Mince lemon peel. Transfer to small bowl. Mix in parsley and garlic oil and seeds.
- Can be made 6 hours ahead. Cover and refrigerate.

### **Seared beef tenderloin, poached egg and French legumes cassoulet**

#### INGREDIENTS

- 3 cups of mixed or specific legumes. Washed, soaked.
- Kosher salt
- 12 thyme sprigs, tied together with butcher's string, plus 1 tablespoon chopped thyme
- 2 bay leaves
- 1/2 ounce dried porcini mushrooms optional
- 3 large leeks, white and light green parts only, halved lengthwise and sliced crosswise 1/2 inch thick
- 2 tablespoons unsalted butter
- 1/2 cup crème fraîche or whipping cream, optional.
- 1 tablespoon chopped marjoram
- Freshly ground pepper

#### HOW TO MAKE THIS RECIPE

- In a large soup pot, cover the beans with 3 quarts of cold water. Add 1 tablespoon of kosher salt, the bundle of thyme sprigs and the bay leaves. Bring to a simmer and cook over moderate heat until the beans are tender, about 40 minutes. Drain the beans and discard the thyme sprigs and bay leaf.
- Meanwhile, in a large bowl, pour 4 cups of boiling water over the dried porcini and let stand until the mushrooms are soft, about 15 minutes. Remove the mushrooms and squeeze them dry over the bowl; reserve the soaking liquid. Coarsely chop the mushrooms. Optional to this recipe.
- Preheat the oven to 375°F. Position a rack in the top third of the oven. Slowly pour the mushroom soaking liquid into a large saucepan, discarding the last bit of gritty liquid. Add the porcini, leeks, butter and 2 teaspoons of salt. Bring to a simmer and cook over moderate heat until the leeks are very tender and the liquid has thickened slightly, about 35 minutes. Remove from the heat. Stir in the 2 teaspoons of the chopped thyme, 2 teaspoons of the chopped marjoram and the reserved beans. Season with salt and pepper. Transfer the bean mixture to a 9- 13 baking pan
- Bake for 40 minutes, until they are bubbling and most of the liquid has reduced. Remove the cassoulet from the oven and let stand for 10 minutes and serve. Can be made a day in advance.