



Episode 8 - Recipes

May 2019

Dark Chocolate Hummus

INGREDIENTS

- 15-ounce can of chickpeas (1 1/2 cups cooked)
- 1/4 cup of tahini
- 1/4 cup organic, real maple syrup
- 1/2 cup good quality cocoa powder
- 1 t vanilla
- 1/4 t kosher salt
- 2-4 T water (maybe a little more)

DIRECTIONS

Drain the chickpeas.

Add all ingredients (except the water) to a food processor or high-speed blender. Blend on high for 30 seconds and scrape down bowl, add 2T of water for a creamy consistency and blend or pulse again (add more water if needed).

Serve in a bowl and dip with strawberries or you can make little sandwiches as I did in the show. I used GF coconut cookies for the base.

Stores in the fridge for 10 days.





Episode 8 - Recipes



French Baguettes

Makes 3 loaves

INGREDIENTS

- 20 oz. warm water (105 - 110 degrees)
- .3 oz. yeast
- 32 oz. bread flour
- .6 oz. kosher salt

DIRECTIONS

1. Scale-out ingredients
2. Dissolve yeast in warm water in the bowl of KitchenAid mixer
3. Place bowl on the mixer on low with a dough hook slowly add flour to mix until flour is incorporated
4. Remove from mixer, cover with plastic wrap and let sit in a warm area for 15-20 minute
5. Place bowl back on the mixer with the dough hook and start on low while adding salt
6. Turn to medium speed until gluten strands develop, windowpane test by stretching a small piece of dough until it doesn't break
7. Knead dough on the counter a couple of times, then place in large mixing bowl sprayed with nonstick spray cover with plastic wrap and place in a warm area until doubled in size about 15-30 minutes
8. Punch dough down, form into ball place plastic wrap over the bowl and allow to proof again in a warm area until doubled in size
9. Next, weigh the dough and divide into 4 equal pieces, shape each piece into a burrito like a shape on the counter, cover with plastic wrap and let rest about 10 minutes
10. Final shape each piece by stretching burrito piece and then folding top 1/3 of dough to the middle then folding bottom 1/3 over the seam, repeat for each piece of dough then place on a sheet pan lined with parchment paper
11. Let dough proof once more on a sheet pan (see video for proof box trick) about 10 minutes
12. With lame or sharp razor blad score each loaf with 5 slits
13. Bake in the oven preheated to 425 for 12-15 minutes until deep golden brown