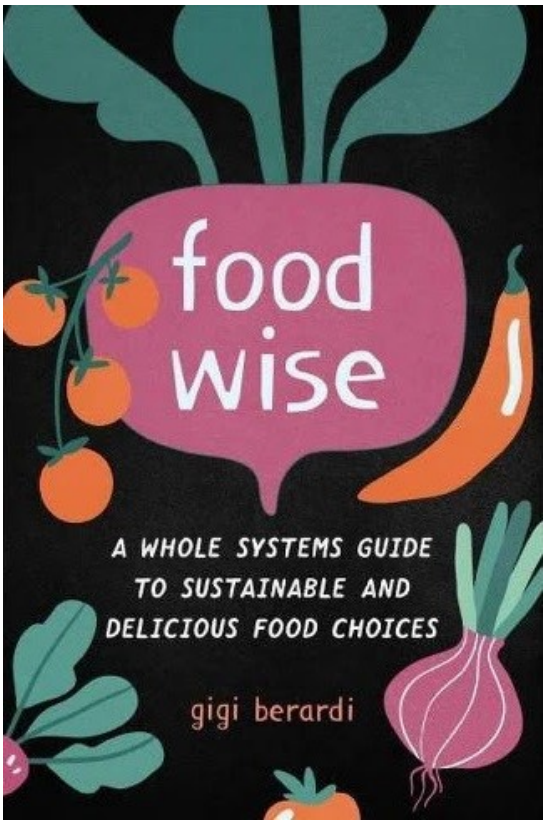
GIGI'S FAVORITE RECIPES



Food "Wise" stands for: **Whole, Informed, Sustainable** and **Experienced-based thinking.** Gigi Berardi avoids prescribing what we should and should not eat and the book does not home in on "beneficial" foods or nutrients. Instead, she invites readers to think holistically about how we can procure and produce incredible meals, and draw deep nourishment from the foods we prepare and consume. *FoodWISE* is both scholarly and scientific (with over 250 references) and accessible to all interested in our personal and shared worlds of food and food choices.

CONTENTS

Salted Chocolate Hazelnut Bark 2

Crispy Almonds 5

Easy Salmon Pâté 7

Salted Chocolate Hazelnut Bark

Perfect for holiday gift-giving

Yield: About 30 pieces

Fall is the time of year for hazelnuts in the Pacific Northwest. Hazelnuts are tasty and local, yet I admit I can break my locavore principles for a good piece of chocolate. I enjoy the crunch of this chocolate combination, and the nutty texture of the finished bark.

Getting away from sweet: In some recipes for chocolate-nut bark, the nuts are first candied (by adding sugar to the melting butter); I forgo that step here, and advise that if you really want to get away from sweet, use chocolate that's 85% or 90% cocoa solids (with little added sugar). This will give you bark with a zing!

Equipment: Rolling pin, baking sheet, parchment paper, double boiler (just a saucepan fitting into or atop another saucepan of boiling water)

Prep time: This can take 45 minutes or longer. Plan on about 20 minutes for roasting the nuts.

INGREDIENTS

1 ½ cups raw hazelnuts, shelled (about 3 cups in the shell)

1 tbsp unsalted butter

1 lb dark chocolate, finely chopped

1 tsp salt (for sprinkling)

PREPARATION

Roasting the nuts

1. Preheat the oven to 350 degrees.
2. If necessary, shell the hazelnuts. Compost the shells.
3. Roast the nuts in a single layer on a parchment-lined baking sheet for about 10 minutes (very fresh nuts may take longer), until they are lightly golden. Ensure there is air space around each nut.
4. Wait a few minutes to cool, then wrap the nuts in a kitchen towel for a minute. Rub vigorously in the towel to remove the majority of the skins, which you can then compost.
5. Let cool to room temperature, then crush hazelnuts somewhat with a rolling pin. Set aside.

Preparing the nuts

1. Warm butter in a saucepan on stove until melted.
2. Add roasted hazelnuts; stir until well coated.
3. Transfer to the same parchment-lined baking sheet, spreading out to separate nuts.
4. Let cool. Break up any clumps of nuts.
5. Set aside ¼ of the nuts.

Preparing the chocolate and bark

1. Break the chocolate into small pieces.
2. Heat chocolate in double boiler until melted, 7–10 minutes.
3. Remove from heat, add nuts from baking sheet directly into the double boiler, and stir quickly to combine.
4. While still hot, spread chocolate-nut mixture on same baking sheet (this baking sheet and parchment paper are getting a lot of use), keeping nuts in a single layer.
5. Top with the ¼ cup of the nuts you set aside.
6. Sprinkle with salt.
7. Chill until chocolate is set, about 3 hours.
8. Break bark into pieces and store between layers of parchment or waxed paper. The bark will keep in the refrigerator for about a week.

VARIATIONS

Feel free to add flavor or spices to the melting chocolate: vanilla extract or powder, or cinnamon or peppermint oil.

Crispy Almonds

For holiday gift-giving and entertaining!

Yield: 1 lb Crispy Almonds

This is a nice ferment that makes a pound of somewhat sweet, irresistibly-textured (in other words, super-crunchy) nuts. This dish, popularized by Nourishing Foods advocate Sally Fallon, is also available in whole food stores as "sprouted" nuts—but you pay for the convenience!

Equipment: Large bowl for the nuts—with soaking they will double in size! Two baking sheets to spread out the almonds

Prep time: Although the preparation will take only a few minutes, soaking the almonds is an overnight (or all-day) process, as is dehydrating in your oven. This dish can take two days from start to finish—but the flavor and texture is extraordinary!

INGREDIENTS

1 lb raw almonds or walnuts (or whatever nuts you can get locally, if that's important to you)

1–2 tsp salt

2 quarts water

PREPARATION

1. Add almonds or other nuts, salt, and water to a large bowl and leave in a warm place overnight. Nuts should swell to about double the size.
2. Drain and rinse in a colander (you can use the rinse water for cooking soup or stock later). You might need to rinse several times to remove skins.
3. Set oven on lowest temperature (I use 200 degrees).
4. Spread almonds evenly over the two baking pans (I don't grease the pans).
5. Cook until very crisp (for my oven, this usually takes overnight).
6. Cool completely before storing in a glass container.

Easy Salmon Pâté

A picture-perfect and festive hors d'oeuvre

This spread is delicious—add more garlic and a little more lemon for even more flavor!

From Gigi: This was not in FoodWISE, just because the gelatin is a little problematic for some "whole-food" thinkers. But it's not difficult to substitute! Try 1 tsp powdered agar (it's from algae, and you can get organic versions—probably worth the price, since you use so little) for the 1 tsp powdered gelatin.

Equipment: Mixing bowl, dishes for the pâté

Prep time: About 8-10 minutes

INGREDIENTS

1 (7 oz) can salmon (can be pink or chum!)

6 oz full fat cream cheese

Salt and black pepper, to taste

1 (or more) garlic cloves, peeled and crushed

Juice of ½ lemon

2 oz melted butter

1 tsp powdered gelatin

1 tbsp hot water

PREPARATION

1. Empty the canned fish, undrained, into a bowl with the cream cheese, salt, pepper, garlic, and lemon juice. Pound (mix) together until quite smooth.
2. Stir in the melted butter.
3. Dissolve the gelatin into the water and stir into the salmon mixture.
4. Once mixture starts to stiffen, spoon into 6 oiled heart-shaped molds or into small soufflé dishes or 1 large mold.
5. Chill for 2 to 3 hours until set.
6. Serve with vegetables or grain-y crackers.

About the Author

GIGI BERARDI is a professor at Western Washington University and teaches food and geography classes domestically and internationally. She maintains the popular food blog "FoodWISE" and has written numerous articles for general and scientific audiences alike. Her work has appeared in outlets including the *LA Times*, *the Anchorage Daily News*, and *BioScience* among others. She holds a PhD from Cornell University in Natural Resources Policy and Planning and a MA in World Arts & Cultures/Dance from UCLA. She has authored over 300 popular articles and reviews for print and broadcast media—much of these on the arts and in reference to her popular book, *Finding Balance.*

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