

BAZAAR Harper's

3 SPRING SUPPER RECIPES FROM THE RANCH AT LIVE OAK COOKBOOK

Delicious, healthy, vegetarian courses to serve at your next dinner party; courtesy of the legendary wellness retreat.



The Ranch Detox Salad (first, above):

Ingredients (makes six appetizer-portion servings):

- 1 head broccoli, cut into florets, stem reserved
- 1 head cauliflower, cored and cut into florets
- 2 medium carrots, unpeeled, coarsely grated
- 4 large kale leaves, stems removed, finely chopped
- 2 cups finely chopped spinach leaves
- 2 tablespoons sunflower seeds
- 2 tablespoons raw pepitas
- 2 tablespoons cranberries, fresh if in season or dried

Directions:

Peel the broccoli stem and chop, then chop the broccoli and cauliflower florets with a sharp knife or by pulsing in a food processor. Place the chopped broccoli and cauliflower in a large bowl. Add the carrots, kale, and spinach and mix well. Garnish the salad with the sunflower seeds, pepitas, and cranberries. Serve with purple dressing.

Purple dressing ingredients:

1 cup fresh or frozen blueberries
Zest and juice of 1 lemon
1 tablespoon maca powder
Sea salt and freshly ground black pepper to taste

Directions:

In a blender, combine the blueberries and lemon zest and juice on high speed until liquified. In a small dry skillet over a high heat, toast the maca, stirring continuously, for about 30 seconds. Add the toasted maca to the blueberries and combine. Season with salt and pepper. Use the dressing immediately.

Korean Kelp Noodles (middle, above):

Ingredients (makes four servings):

2 cups rice vinegar
1 cup shoyu
1½ pounds kelp noodles, thoroughly washed
1 cup arame
2 tablespoons toasted sesame oil
4 garlic cloves, crushed with a garlic press
2 tablespoons crushed red pepper flakes
4 scallions, trimmed and finely chopped
½ pound sunflower sprouts, washed, dried, and separated
4 cups finely shredded Napa cabbage (about ½ head)
2 Asian pears (see Note), cored and finely diced
½ pound enoki mushrooms, broken into individual strands
Zest and juice of 2 limes
¼ cup sesame seeds

Directions:

In a large nonreactive bowl, combine the vinegar and shoyu. Add the kelp noodles, separating the strands with your fingers. (If necessary, use a plate to keep the noodles submerged.) Let marinate for at least 30 minutes.

When you're ready to proceed, use tongs to transfer the kelp noodles to a serving platter. Place the arame in the marinade and soak for 10 minutes. In a frying pan, heat the sesame oil over low heat. Add the garlic, red pepper flakes, scallions, sprouts, cabbage, pears, mushrooms, and lime zest and sauté for 3 to 5 minutes. Add ¼ cup of the reserved marinade along with the arame and cover the pan. Cook until the vegetables are wilted and fragrant, about 3 minutes more. Add the lime juice and sesame seeds and stir to combine.

Top the kelp noodles with the sautéed vegetables and serve.

Coconut Ice Cream with Passion Fruit (last, above):

Ingredients:

1 (13.5-ounce) can organic coconut milk
6 tablespoons raw agave nectar
3 tablespoons unsweetened shredded coconut
2 teaspoons fresh lime juice
about ¾ cup passion fruit pulp (from about
6 passion fruits), for serving

Directions:

In a medium bowl, whisk together the coconut milk, agave nectar, shredded coconut, and lime juice to blend. Process the coconut milk mixture in an ice cream maker according to the manufacturer's directions. (The ice cream can be frozen in an airtight container for up to 1 month.)

Let the ice cream soften slightly at room temperature before serving in bowls with the passion fruit pulp.

The Ranch at Live Oak Cookbook, \$26, [amazon.com](https://www.amazon.com).