

◆ RECIPES ◆

The ELUSIVE ELIXIR GIGI PANDIAN

Each of the three recipes below is an easy dish that Dorian was able to make with only one good arm. Using simple ingredients doesn't mean sacrificing flavor.

Creamy Garlic Tomato Sauce (Vegan)

Servings: 4

Cook time: 1 hour

Ingredients

- 2 Tbsp plus ¼ cup olive oil, divided
- 10 medium-size cloves garlic
- 24 oz. jar tomato pureed or strained tomatoes
- 1 tsp salt (or to taste)
- ¼ tsp red chili pepper flakes (or to taste)

Directions

Smash the garlic cloves, and let them rest for 10 minutes. Heat a medium saucepan on low heat while peeling and mincing the smashed garlic. Add 2 Tbsp olive oil and garlic. Cook garlic and oil slowly on low heat for 20 minutes. Add tomato puree and simmer for another 20 minutes, minimum.

Remove from heat and cool for a few minutes, then stir in ¼ cup olive oil. Use an immersion blender or transfer to a blender. Watch the color of the red sauce transform to a lighter shade of pink before your eyes, as if you'd added cream.

Once blended, stir in salt and red chili pepper flakes.

Add to 4 servings of a grain (e.g. pasta or freekeh) or use as a dipping sauce for bread.

Note: You can skip the step of letting the garlic rest for 10 minutes, but the most health benefits will be released by letting it rest for at least 10 minutes once smashed or chopped before heating.

Note: The trick of transforming these simple ingredients into more than the sum of their parts is time. For the best results, don't skip the step of letting the garlic and sauce simmer.

Chocolate Mousse (Vegan, Raw)

Servings: 2

Cook time: 10 minutes

Ingredients

- 1 large ripe avocado
- ¼ cup cacao powder
- ¼ cup maple syrup (or 1/3 cup for a sweeter mousse)
- ¼ cup cashew milk (or other nut milk of choice)
- ½ tsp vanilla
- dash sea salt



Directions

Add all ingredients to a food processor. Puree for at 1-2 minutes, until smooth and creamy. If you lumps persist, stop the food processor and stir the mixture before resuming blending.

Divide into two dessert serving bowls. Optional garnish of fresh berries on top.

Note: Skeptical that avocado is the main ingredient? Tasters were surprised to learn the mousse contained avocado.

Frozen Lemon Cheesecake Drops (Vegan, Raw)

Servings: 6 (approx. 24 drops)

Cook time: 15 minutes hands on (plus overnight soaking time, and time to set in freezer)

Ingredients for the topping

- ¼ cup dates (or up to ½ cup, if you prefer a sweeter crust)
- ½ cup walnuts (or substitute almonds)

Ingredients for the cheesecake

- 1½ cup raw cashews
- 1/3 cup maple syrup
- 1/3 cup coconut oil
- 3 Tbsp lemon juice (add an additional Tbsp lemon juice for a tarter tart)
- dash of salt
- dash of turmeric (optional)

Directions

Soak the cashews in water overnight. Or, if in a rush, boil water and soak in hot water for 4 hours.

To make the topping, chop the dates and walnuts in a food processor. Set aside in a small bowl.

To make the cheesecake drops, drain and rinse the cashews. Melt the coconut oil. Puree all cheesecake ingredients in a blender or food processor until smooth, around 1 or 2 minutes. Line a baking pan with parchment paper. Scoop heaping tablespoons of batter onto the parchment. Sprinkle with the date and nut topping. Let set in the freezer for at least 2 hours.