

Cooking Tammuz with Nancy Wolfson-Moche

Wednesday June 23, 2021 11AM

Ingredients and Equipment needed to cook along

Cherry Crumble

Ingredients

1 tablespoon grape seed or safflower oil
4 cups fresh cherries, stemmed and pitted or frozen/canned pitted cherries
zest of one small organic lemon
juice of one small lemon
1 teaspoon almond or vanilla extract
¾ cup whole wheat, spelt or all-purpose flour
½ cup packed light brown sugar
3 Tablespoons unsalted butter
2 generous tablespoons light white miso
2 pinches medium or coarse sea salt
Mint leaves for garnish

Equipment

Pastry brush
1 small-medium (8") square or round ceramic or pyrex baking dish
2 small-medium stainless or glass prep bowls
1 whisk
1 wooden spoon
zester
lemon squeezer
measuring spoons (teaspoon, tablespoon)
measuring cups (1/4 cup, ½ cup, 1 cup)

Berry Cobbler

Ingredients

2 Tablespoons grape seed or safflower oil
4 cups berries: strawberries, blackberries, blueberries or a mix
¾ teaspoon (or 3 generous shakes) ground cinnamon
1 teaspoon vanilla or almond extract
2-3 fresh basil or mint leaves (or tiny pinch cayenne or black pepper)
juice of 1 small organic lemon
3 Tablespoons maple syrup or brown rice syrup
1 tablespoon cold unsalted butter
1/3 cup rolled oats
1/4 cup almond or coconut flour
1 cup chopped pecans, walnuts or almonds
1/3 cup crispy rice cereal
2 pinches fine sea salt
More fresh basil or mint leaves as garnish when serving (optional)

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com

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Equipment

Cutting board (wood is preferable) and knife

Pastry brush

1 small-medium (8") square or round ceramic or pyrex baking dish

2 small-medium stainless or glass prep bowls

2 wooden spoons

lemon squeezer (juicer)

measuring spoons (1/4 teaspoon, teaspoon, tablespoon)

measuring cups (1/4 cup, 1/3 cup, 1 cup)

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