

Healthy Entertaining, Low Blood Sugar Menu
Recipes by Chef Walter Staib

Guacamole

3 ripe Avocados, finely diced
1 small red onion, finely diced
1 teaspoon garlic, minced
Juice of 1 lime
¼ sour cream
1 tomato, finely diced
¼ cup cilantro, chopped

1. Combine all ingredients in a large mix bowl, stir.
2. Allow to sit for at least one hour to allow flavors to meld.

Flax Seed Cracker Bread

Adapted From *Black Forest Cuisine* ©2006 by Walter Staib
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Makes two 11 x 17-inch sheets

1 ¼ cups water
1 ½ tablespoons dry active yeast
2 tablespoons honey
6 tablespoons olive oil
3 cups whole wheat flour, sifted
1 ½ teaspoons salt
2 eggs
1 tablespoon water
2 tablespoon flax seeds
1 teaspoon kosher salt

1. Preheat the oven to 375°F. Grease the backs of two 11 x 17 baking sheets with vegetable shortening.
2. Combine the water, yeast, and honey in the bowl of an electric mixer fitted with the dough hook attachment, and mix on low speed until well combined. Add the oil, flour, and salt, and continue mixing until incorporated. Increase the speed to medium, and mix the dough until it forms a stiff ball. (If the dough is too wet, add a bit more flour.)
3. Remove the dough from the bowl, divide in half, and stretch each half over the back of one of the prepared baking sheets.
4. Beat the two eggs together with the tablespoon of water to make an egg wash. Brush the dough with the egg wash, and sprinkle with fax seeds and salt. Bake until golden brown, about 25 minutes. Cool the bread directly on the baking sheets, and break into pieces to serve.

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Seafood Napoleon

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Serves 4

- 2 large sweet potatoes, peeled and slice into 1/8 inch rounds
- 1 pound baby spinach
- 12 ounces of your choice of fresh fish, cut into 4 3 ounce portions
- 1 small onion, diced finely
- 1 small onion, sliced
- 2 tablespoons fresh garlic, minced
- 3 tablespoon fax seed oil (Extra virgin olive oil can be substituted)
- 1 cup whole wheat flour
- 1 lemon
- ¼ cup olive oil
- 1 teaspoon ground cinnamon
- Salt & freshly ground pepper
- 8 basmati rice cakes, see recipe below

1. In a large skillet heat 1 tablespoon of the flax seed oil, add the diced onions & garlic cooking until translucent, about 1-2 minutes. Add the baby spinach and cook until the spinach is wilted and almost all of the water has evaporated, about 4-5 minutes. Reserve.
2. In a steamer place the sweet potatoes over boiling water. Cook the sweet potatoes until fork tender about 3- minutes. Reserve
3. Marinade your fresh fish portions in the juice of a lemon (do not over marinate) about 5 minutes is enough time. Season with salt & freshly ground pepper.
4. Dredge each piece of fish in the whole wheat flour; be careful to shake off any excess flour.
5. In a large skillet, heat the remaining 2 tablespoons of flax seed oil. Place the fish portions in the pan, paying special attention as whole wheat flour browns very quickly, about 2 minutes per side. Reserve.
6. Toss the sliced onions in the whole wheat flour. Shake off excess flour.
7. In a sauce pot, bring the olive oil to 350°; place the coated sliced onions into the oil cooking until golden brown, about 2-3 minutes. Carefully remove from oil & place on paper towels to absorb excess oil. Reserve.

To Assemble:

1. Place one rice cake in the center of a plate.
2. Top with ¼ of the sweet potatoes, fanning it out to cover the cake and is about as high as the rice cake.
3. Sprinkle with cinnamon. Top with a second rice cake.
4. Top with sautéed spinach.
5. Top the spinach with the seared fish.
6. Top with fried onions.

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Basmati Rice Cakes

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Serves 4; Makes 8 cakes

2 cups basmati rice

3 cups chicken stock

1½ tablespoons olive oil

1½ tablespoons finely chopped garlic

3 tablespoons finely chopped onion

Salt and freshly ground white pepper to taste

1 tablespoon olive oil

¾ cup finely diced onion

¼ cup scallion, diced

6 egg whites

Salt and freshly ground white pepper

Olive oil, as needed

1. Preheat the oven to 350°F.
2. In a large oven proof saucepan, heat the oil over medium heat and add the rice. Stirring constantly, cook until the rice is translucent, about 3 minutes.
3. Add the garlic and cook until golden brown.
4. Add the onion and cook until translucent.
5. Season with the salt and pepper and add the chicken stock. Bring to a boil, remove from heat, cover and place in the oven. Cook until the rice has absorbed all the water, about 30 minutes.
6. Remove and spread rice out in a thin layer on a baking sheet. Cool to room temperature, then place in the refrigerator for 1-2 hours until cold.
7. In a medium sauté pan, heat 1 tablespoon of oil over medium heat. Add the onion and cook until translucent, about 3 minutes. Set aside to cool.
8. Remove the rice from the refrigerator and, using your hands, break up any clumps of rice and place in a large mixing bowl.
9. Add the onions to the rice, together with the fresh scallion and egg whites. Mix together and season with salt and pepper to taste.
10. In a large skillet, combine olive oil and heat over low heat. Drop portions of the rice mixture from a spoon and press down to about 1 inch thick by 3 inches in diameter. Cook until brown on both sides and cooked through, about 3-4 minutes per side.

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Lemon Mousse with Dried Cherries and Walnut Streusel Topping

Walnut Streusel Topping

1 stick (½ cup) unsalted butter room temperature

½ teaspoon salt

4 Tablespoons honey

1 cup whole wheat flour

½ cup old fashion oats

1 teaspoon ground cinnamon

½ cup chopped walnuts

1. Preheat oven to 350°
2. In the bowl of an electric mixer, with the paddle attachment, cream butter, salt, and honey until light and thoroughly combined
3. Add in whole wheat flour, cinnamon, and oats and mix on low speed until almost all combined
4. Add in chopped walnuts and mix until combined
5. Break up mixture with your hands onto a parchment lined sheet tray and bake 10-12 minutes until golden brown and crispy. Cool on a cookie rack

Lemon Mousse

2 cups heavy cream

2 Tablespoons honey

1 teaspoon vanilla extract

½ lemon, zested (approximately 1 tablespoon)

1 Tablespoon honey

¼ cup cold water

2 teaspoons powdered gelatin (Knox)

1. Place cold water in a small bowl and sprinkle gelatin over the top. Set aside for 5 minutes, allowing the gelatin to bloom.
2. Start a bain marie by filling a sauce pot with 2 inches of water and bringing it to a boil on the stove.
3. Once water comes to a boil, turn off the heat and place the bowl of gelatin on top of the pot to melt.
4. Stir 1 Tablespoon of honey into ½ cup lemon juice
5. When gelatin is melted- stir into lemon juice and honey mixture- set aside
6. In the bowl of an electric mixer with the whip attachment, whip heavy cream, 2 Tablespoons of honey, and vanilla extract to medium stiff peaks
7. Fold vanilla and lemon mixture into whipped cream

To assemble

1. Break up walnut streusel topping and spoon 2 Tablespoons into the bottom of a glass
2. Spoon mousse into piping bag and pipe ½ cup of mousse over streusel topping
3. Sprinkle 2 Tablespoons of chopped dried cherries over mousse
4. Pipe one dollop of mousse on top of cherries and sprinkle with a bit more streusel topping
5. Chill and serve

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