Quinoa Salad

3 cups cooked quinoa  
1 12oz clamshell cherry tomatoes, quartered  
3 stalks celery, stemmed, sliced  
1 0.75oz clamshell chives, sliced (approx. 2 Tbsp)  
Kosher salt, to taste  
Ground black pepper, to taste  
Crumbled feta cheese, as desired

1. Toss together all ingredients until well-combined, except salt, black pepper, and feta.

Dressing

½ 12.3oz box silken soft tofu  
3 0.75oz clamshells dill, roughly chopped (approx. ½ cup)  
1 0.75 clamshell tarragon, leaves only (approx. ¼ cup)  
3 cloves garlic, peeled  
Fish sauce, to taste can substitute Yondu or salt  
White sugar, to taste  
Extra virgin olive oil, to taste  
Apple cider vinegar, to taste

1. Combine tofu, dill, tarragon, garlic and blend until smooth.  
2. Adjust seasoning with fish sauce, sugar, EVOO, ACV.  
3. Pour over quinoa mixture.  
4. Adjust final seasoning with salt and black pepper.
Bone Broth

2.5lb beef marrow bones, cut into manageable pieces
1 small yellow onion, peeled, sliced
1 2” knub ginger, peeled, sliced
1 Tbsp kosher salt
3 quarts water

If using pressure cooker
1. Combine all ingredients in a 6Q pressure cooker.
2. Set to 2 hours on High Pressure, using Quick Pressure Release.

If cooking on stovetop
1. Combine all ingredients in suitably sized pot and bring to a rolling boil.
2. Reduce to a light boil, cover, and let cook at least 6 hours.

PRO TIP: You can reuse these bones 3x for stock, just replenish the onion, ginger, salt, water each time.

SUBSTITUTE: For a pescatarian version, use fish carcasses. For a vegetarian version, use kombu and mushrooms of your choice.
Marinated Pork Butt or Vegan Jackfruit

2lb pork butt  
½ 7oz can chipotle peppers in adobo  
2 Tbsp whole grain mustard  
1 Tbsp fish sauce can substitute Yondu or salt  
1 tsp white sugar  
4 cloves garlic, peeled  
¼ cup extra virgin olive oil  
2 Tbsp Shaoxing wine optional  
1 lime, juiced

1. Combine all ingredients and mix thoroughly in a foodsafe container. Let marinate 1 hour, up to 24 hours, in refrigerator.

1 Tbsp neutral oil  
1 small red or yellow onion, peeled, sliced  
4 stalks celery, stemmed, sliced  
4 cloves garlic, peeled, sliced  
1 2” knub ginger, peeled, sliced  
2 cups water or unsalted stock

If using pressure cooker  
1. Set pressure cooker on “Saute” function and add oil, onion, celery, garlic, ginger with a dash of salt.  
2. Saute 3-5 minutes until fragrant.  
3. Add marinated pork from above, with water.  
4. Set to 1 hour on High Pressure and Natural Pressure Release.

If cooking on stovetop  
1. Heat oil in suitably sized pot over medium heat until slick and shiny.  
2. Add onion, celery, garlic, ginger with a dash of salt.  
3. Saute 3-5 minutes until fragrant.  
4. Add marinated pork from above, and just barely cover with water or stock (will be more than 2 cups). Depending on the depth of the pot, it may be easier to halve the pork butt to sit more evenly in the pot.  
5. Bring to a light boil, then reduce heat to medium-low.  
6. Cover and let cook ~3 hours, or until easily shreddable by fork. Make sure to add more water or stock if needed throughout the process.
PRO TIP: For a vegan version of this dish, try young green jackfruit! You can marinate just 30 minutes, and cook for just 10 minutes on the stovetop to finish before shredding.