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RECIPE

RECIPE TITLE

Sautéed Radishes

FOR

2 persons



FROM THE FEATURE

Fresh from Portland

CONTRIBUTOR

Christiann Koepke
www.portlandfresh.com

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INGREDIENTS

1 small bunch of radishes (approx.
1 cup chopped)

3-4 tsp. butter

½ tsp. maldon sea salt, plus more
finishing

STEPS

1. Warm cast iron pan on medium heat, adding butter. Allow to melt and sizzle until slightly browned, keeping heat low enough so it doesn't burn.
2. Sautee chopped radishes in the browned butter for 10-12 minutes, tossing until slightly crispy. Do not cook radishes all the way through as you want the end result to be slightly crunchy.
3. Serve warm, finished with a dash of large sea salt flakes. Pour remaining browned butter and bits from the bottom of the pan over radishes.



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RECIPE TITLE

Fried Egg & Avocado

FOR

2 persons



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INGREDIENTS

2 farm fresh eggs

1 avocado

Maldon sea salt

Browned butter radishes (see
recipe above)

STEPS

1. Prepare shortcrust a day before and blind bake: In a bowl mix flour, butter, salt and egg with a dough hook of your hand mixer. Remove dough from the bowl and form into a ball with your hands. Flatten, wrap in plastic wrap and refrigerate for at least 30 minutes.
2. Grease tart form. Roll out pastry, place it in the baking pan, pressing up the edges and cutting of the overhanging dough. Lightly prick pastry base with a fork and top with a sheet of baking paper, fill with the dried pulses. Bake tart for 12 minutes, then remove the baking paper and bake for another 15 minutes.
3. For the filling: Wash vegetables. Cut off the bottom third of the asparagus types. Clean out the snow peas if necessary. Cook peas for a few minutes in a small pot, strain. Blanch asparagus and snow peas in boiling



CONT.

salted water for 3 to 4 minutes. Drain and plunge into ice water.

4. Preheat oven to 180°C (360°F).
5. Cut onion into thin rings. Cut spring onion into small pieces. Mix soya cream, 2 eggs and Crème Fraîche. Put onion rings and vegetables into the tart tin and pour in the custard. Sprinkle with goat cheese and spring onion rings. Bake for 30 to 40 minutes.



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RECIPE



RECIPE TITLE

Homemade Nut Milk

FOR

3-4 cups

FROM THE FEATURE

Fresh from Portland

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INGREDIENTS

3 ½ cups filtered water

140g hazelnuts (hazelnuts are my absolute favorite but you can use any nut)

1 Mejdool date, halved, seed removed

1/8 tsp. Himalayan sea salt

¼ tsp. cloves,

optional nut milk bag (cheesecloth can work but it's super messy and takes much longer)

STEPS

1. Let nuts soak in filtered water for 2-8 hours. If using hazelnuts, you can get away with soaking them for only 1 hour minimum, where almonds it's recommended to soak longer.
2. In food processor, add all nuts, date, salt and cloves and only enough of the water from soaking to fill to the „liquid fill line“ on your processor. If you add all the water and almonds it'll overflow and make a mess!
3. Blend for 3-5 minutes and add little bits of water as it purees the nuts if needed. It'll look really creamy and smooth.
4. In a separate bowl, pour creamed nuts and add remaining soaking liquid. Stir to incorporate. Take your soaking bowl and hold up nut milk bag. In batches, add to bag and squeeze out all the liquid until dry. Reserve your nut meal and use for later use. Great article here



CONT.

on what you can use it for!

5. Store milk in airtight container in fridge. Keeps for 4-5 days

Notes: The milk flavor intensifies the next day and into the week. You can re test your salt content to taste, but only after that first day. It's very easy to spoil a batch with too much salt!

The milk will naturally separate, just shake before drinking.



RECIPE



RECIPE TITLE

Paleo Granola

FOR

4 portions

FROM THE FEATURE

Fresh from Portland

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INGREDIENTS

1/4 c. coconut oil

1/2 c. honey

1/3 c. organic pumpkin purée

1 t. pure vanilla extract

2 c. raw mixed nuts of your choice,
like almonds and hazelnuts

2/3 c. pumpkin seeds

3 T. chia seeds

1/4 c. flax seeds

2 1/2 c. large flake unsweetened
coconut

3/4 c. dried cherries

1 T. cinnamon

3/4 t. nutmeg

1/2 t. ginger

1/2 t. cloves

3/4 t. sea salt

STEPS

1. Preheat oven to 175° C/350 degrees. In small saucepan, warm first 4 ingredients, whisking until smooth. Meanwhile, add nuts to food processor, pulsing just a couple of times until they're partially broken up.
2. In a large bowl, add nuts and remaining ingredients. Stir to combine. Slowly pour warm liquid over dry mixture, stirring with a spoon until fully incorporated.
3. Lightly grease baking sheet with coconut oil. Add granola to pan and bake in oven for 15-25 minutes or until lightly brown, stirring once or twice part way through.
4. Remove and add cherries, allowing to cool at room temperature. Store in jars and enjoy within 2 weeks.