

Sauces, Soups & Sides



A collection of simple, clean and progressive favorites

By CC Consalvo

Sauces, Soups & Sides

This book was created for foodies who love to eat and cook (occasionally), but who may not have time for complicated recipes. This is your go to for fast, fresh meal ideas with simple steps to utilizing ingredients you probably already have on hand.

Chef CC "Chris Consalvo" is a Personal, Holistic Chef and Wellness Counselor based in Los Angeles, CA. A graduate of The Institute for Integrative Nutrition; her bright individual style of super clean cuisine focuses on local, seasonal ingredients and direct farmer relationships. CC creates beautiful, tasteful dishes without the use of gluten, soy or dairy. She enjoys creating quick, gourmet meals out of simple ingredients and looks forward to teaching you to do the same.

In her counseling work, CC is a wellness advisor and provides ongoing support, inspiration and guidance to her clients. CC uses a combination of modalities including measurable goal setting, menu planning and kitchen streamlining.

CC is the creator of ChefCCLive.com.



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Sauces



Garden Herb Gremolata

Garden Herb Gremolata

Gremolata is an herbaceous Italian condiment with amazing versatility. I use this sauce in several applications. It's simple to make and packs a fresh punch of flavor.

Uses: Spoon over fish, chicken, eggs, steak or tofu. Swirl into soups and over noodles. Also it's a great cheese accompaniment.

- 1 bunch of parsley (stems removed)
- Zest of 1 lemon
- 2 garlic cloves - peeled
- 1 tablespoon of good olive oil
- Salt and pepper to taste

In a food processor, toss in all your ingredients and pulse 10 or 12 times until mixture is roughly chopped and well combined.

Salt & pepper to taste.

*NOTE: Add a little extra olive oil to thin out and make into a nice salad dressing.

Coconut Curry Sauce

This rich, creamy sauce is a hit with seafood. My clients love the hint of spice along with the brightness of the ginger.

Uses: It's amazing over fish (mahi-mahi or sea bass.) Excellent over tofu, lentils or shellfish. For a soup base, add one quart of vegetable stock.

- 1 red onion - chopped
- 1 inch of fresh ginger - chopped
- 1 can of coconut milk
- 1 tablespoon of curry powder (Muchi is a nice choice)
- ½ tablespoon of coconut or olive oil
- Salt and pepper to taste
- ½ cup of fresh cilantro or mint for garnish

In a medium sauce pan, on a medium temperature, heat oil for 1 minute then add onion, tomato paste, ginger and curry powder. Sauté this mixture for 3 or 4 minutes then turn down the heat to low and stir occasionally until well blended and curry starts to brown a bit. (Another 5 minutes or so).

After 5 minutes, add coconut milk, stir and simmer for another 10 minutes. Add fresh herbs like cilantro or mint for freshness and garnish.



Lemon Chili Mint

Lemon Chili Mint Oil

Such a beautiful, simple combination of flavor. This sauce is a hit every time I make it. It has depth of citrusy heat with a nice layer of fresh floral mint that brings these strong flavors together in harmony.

Uses: Drizzle over chicken, steak, seitan (if you wish), and grilled vegetables. Also swirl into rice, quinoa or toss over noodles.

- 2 Bunches of fresh mint
- 3 Medium garlic gloves - peeled
- Zest of 1 lemon
- Juice of ½ a lemon
- 1 ½ teaspoons of chili flakes
- ½ cup of olive oil
- Salt & pepper to taste

In a food processor add the mint, garlic and lemon zest. Pulse these ingredients while simultaneously yet slowly adding the olive oil.

Transfer this mixture to a bowl and add the chili flakes. Salt and pepper to taste.



Roasted Tomato Jam

Roasted Tomato Jam

Sweet, Spicy and simple this sauce will jazz up any dish. Keeps well in the fridge for 4-5 days and can be made into a soup by adding almond or cashew milk (add to your desired thickness).

Uses: As a condiment for burgers, veggies, cheeses or toss with noodles instead of tomato sauce.

- 2 lbs of any tomato - Romas are preferred
- 1 small red onion
- ¼ cup of balsamic vinegar
- ½ teaspoon of red chili flakes
- ¼ cup of Olive oil + more for roasting
- Salt & Pepper to taste

Pre-heat oven to 300. Quarter your tomatoes and onions then spread them on a sheet pan. Drizzle them with olive oil and sprinkle with salt and pepper. Roast for 30-40 minutes, low and slow to render the moisture out of the tomatoes and maybe even get a good char on them as well.

Once roasted, remove the tomatoes and onions and let cool. Once cooled place them into a food processor and add the chili flake and more cracked pepper. Turn on the processor and slowly add the balsamic vinegar and then the olive oil while the processor is still running, blend until smooth and enjoy.

Basil Artichoke Pesto



Basil Artichoke Pesto

A fun take on traditional pesto, the artichoke adds creaminess for a velvety mouth feel along with a great cling factor for pasta and grains.

Uses: Great on a cheese platter, dollop on tofu, chicken or steak.

- 2 Bunches of fresh basil
- 3 medium garlic gloves - peeled
- 1/3 cup of toasted pine nuts or walnuts
- Zest of 1 lemon
- Juice of ½ a lemon
- 1 jar or can of artichoke hearts - well drained!
- ½ cup or so of olive oil - add more for a thinner sauce
- Salt & Pepper to taste

In a food processor add the ingredients above, except for the olive oil. Pulse these ingredients a few times then simultaneously yet slowly add the olive oil until a nice, thick sauce comes together.

Transfer this mixture to a bowl, salt and pepper to taste.

Soups



Opah Ginger Stew

Opah Ginger Stew

Made with chard, wakame and ginger simmered in a rich vegetable broth. Serve as the main course by adding rice or noodles. It's also great alongside a fresh chopped veggie salad or with crusty toasts.

- 1 lb of opah or any thick wild caught, fresh fish
- 1 quart of good vegetable broth or stock
- 1 cup of coconut milk
- 1 small red onion - chopped
- ½ bunch of Swiss chard - de-stem/cut into ribbons
- 1 thumb sized piece of ginger - chopped
- 1 cup of wakame or arame sea veggie
- 1 tablespoon of olive or coconut oil
- Salt, pepper, paprika and chili flakes to taste

First, chop your onion, ginger, Swiss chard and set aside. Then, soak your seaweed in a bowl covered with warm water. Now, to cook your fish, in a large soup pot, heat the oil over medium heat. Season your fish with salt, pepper and paprika then gently sear in the pot for 5 minutes on each side. Cook it through for another 8-10 minutes. Remove the fish and set aside. Now add the onion, ginger and sauté for 5 minutes.

Add the broth and coconut milk to the ginger and onions then bring to a medium boil. In the meantime arrange your bowls by placing the chard ribbons first and the fish on top. Ladle the hot broth over each bowl wilting the chard and warming the fish. Drain your seaweed and garnish. Grate fresh ginger on top; add chili flakes and fresh herbs like chopped parsley.

Asian Vegan Noodle Soup

Hearty brown rice noodles and fresh crunchy veggies make this soup a nice accompaniment or even the main dish.

- 1 lb box of brown rice spaghetti
- 1 quart of a good vegetable broth
- 1 small red onion - chopped
- 4 gloves of garlic - minced
- 3 medium carrots - peeled & diced
- 2 bunches of Bok Choy - cut into ribbons
- 1 Knob of ginger - grated or chopped
- 1 tablespoon of olive or coconut oil
- Cilantro and ginger for garnish

Bring a medium pot with water to a boil for your spaghetti. In another large soup pot on medium heat, add your oil and sauté your carrots for 5 minutes. Then add your onions and garlic sautéing for another 3-4 minutes. Keep an eye on your pot for pasta water and cook pasta as directed.

Back to your soup pot now you can add your broth, bring to a simmer. Turn down the heat on your broth, then drain and rinse your cooked pasta. Now you're ready to build the soup. In a large bowl, first add your pasta then your Bok Choy ribbons. Now pour the hot broth over it. Garnish with grated, fresh ginger and cilantro.



Curried Chickpea

Curried Chickpea Puree

This is a nice smokey, hearty soup that can take any garnish including shrimp, chicken, tofu you name it! Here I've kept it vegan and added grilled leeks and brown mustard seed.

- 3 cups of cooked chick peas - canned is fine
- 1 medium onion - chopped
- 1 rounded tablespoon of a good curry powder blend
- 1 tablespoon of olive or grape seed oil
- 1 cup of vegetable broth for thinning
- Salt & pepper to taste

In a hot skillet add your oil, onion and curry powder. Move this mixture around to cook out the rawness of the curry. This should take about 5-8 minutes. Now remove the skillet from the heat and let it cool. Toss your chickpeas into your food processor, add your cooled curry mixture and blend until smooth. Thin the soup as desired with vegetable broth. Return the soup to a saucepan to heat and serve. Garnish with mustard seed and crispy leeks or onions.

French Green Lentil Soup

This hearty soup can be served as the main dish or alongside flat bread or a half sandwich. My clients also love this soup as a snack between meals.

Adding Garden Herb Gremolata (page 6) adds zing.

- 1 lb of French green lentils (rinsed)
- ½ cup of celery - diced
- ½ cup of carrots - diced
- 1 red onion - diced
- 1 garlic glove - diced
- 1 quart of vegetable broth
- 3 cups of water for cooking
- 2 tablespoons of olive oil

In a large soup pot over medium heat add your olive oil. Sauté your carrots, celery and onions for 4 minutes then add garlic and sauté for another minute. Add the lentils into the pot, along with the quart of vegetable broth and bring to a simmer. Keep the mixture going at a medium simmer and as the lentils absorb the broth, add your water, one cup at a time. Total cooking time is 30-40 minutes or until lentils are tender. Test the lentils after 30 minutes if you desire your lentils al dente.

Salt and pepper to taste. Garnish with fresh herbs like thyme or chopped rosemary.

Carrot Ginger with Gremolata

This earthy, vibrant soup is nutritious and tasty with a nice ginger bite. I like to add shaved chicken to make it meal.

- 3 lbs. of carrots - washed, peeled and rough chopped
- 1 large red onion - chopped
- 1 large knob of ginger - peeled
- 1 tablespoon of coconut or olive oil
- 1 cup of broth (vegetable preferred)

In a large soup pot filled half way with water, add your carrots and bring them to a boil for 20-25 minutes or until tender. While the carrots are going, prep your onion and ginger by popping them into the food processor – pulse 5-6 times. Once carrots are cooked, drain the water, remove the carrots and in the same pot, cook your onions and ginger in the oil for 5 minutes. Now back in your food processor, add the cooked carrots and the cooked onion/ginger mixture and puree until smooth. Add veggie broth to thin as desired. Return the soup to the pot and reheat before serving.

- Garnish with Gremolata recipe on page 6



Jerusalem Artichoke Soup

Jerusalem Artichoke with Truffles, Spinach & Turkey Bacon

This soup is delicious as a snack or by adding chopped greens such as spinach and crispy bacon, it becomes the main dish.

- 3 lbs of Jerusalem artichokes - washed with skin on and sliced thin. (You can also substitute potato).
- $\frac{3}{4}$ cup of diced shallot or red onion
- 3 garlic cloves - chopped
- 3 $\frac{1}{4}$ cups of vegetable broth
- 1 cup of almond milk - regular and unsweetened
- 1 teaspoon of shaved black truffle
- 2 tablespoons of olive oil
- 1lb of fresh spinach - cooked
- 4 slices of cooked turkey bacon - chopped

In a large soup pot on med heat, add the olive oil. Sautee your artichokes for 5 minutes then add shallots and cook for another 4 minutes. Add garlic and cook for an additional 1 minute. In a separate skillet, cook your bacon as directed.

To the soup pot, add the almond milk, lower heat and simmer for 15 minutes. Add broth one cup at a time. (Add more or less broth depending on desired thickness.)

Use a hand mixer to blend or pour in food processor 2 cups at a time and puree until smooth. Garnish with chopped turkey bacon, cooked spinach, shaved truffles, salt and pepper to taste.

Sides



Personal Frittata

Personal Frittata

For breakfast yes, but kick up the ingredients and this beautiful dish can be a quick gourmet dinner. For a more elegant version, try adding either cooked lobster meat, portabella mushroom or a spoonful of caviar. *Top with Gremolata on page 6*

- 8 large free range eggs
- 1 cup of sparkling water
- 1 red onion - chopped
- 1 lb of Peruvian or Red Bliss Potato
- 1 Bunch of asparagus - chopped
- 2 tablespoons of olive or coconut oil
- Salt and cracked pepper to taste
- Preheat your oven to 400 degrees

First crack your eggs into a large bowl, add sparkling water, salt, pepper and whisk to blend. Then in a large (oven safe) skillet on med heat add your oil. Sautee your potato for 8-10 minutes then add your onion and sauté for another 5 minutes.

Now, add your asparagus (or any green veggie you like) and sauté for 3-4 minutes. Add your egg mixture and move it around once or twice until your eggs begin to set. Pop the whole thing in your pre-heated oven for 12-15 minutes. Remove from oven and let frittata cool in pan before cutting into serving size pieces.



Quick Pickled Cabbage & Potato

Quick Pickled Cabbage & Peruvian Potatoes dusted with Chia Seed

Quick snack or a late supper, this simple combination is packed with nutrients and a bright umami factor.

- 1 small head of purple cabbage - sliced paper thin (Use mandoline if possible and always use safety glove).
- 1 lb of Peruvian potatoes - cut in ½ long ways
- 1 cup of apple cider vinegar
- ½ cup of room temperature water
- 1 tablespoon of chia seed
- 1-2 tablespoons of olive oil
- Salt and pepper to taste

First, shave cabbage thinly, toss in a bowl with the vinegar and water and set aside to marinate. In a saucepan, add your cut potatoes and cover with water. Add a pinch of salt and boil for 15-20 minutes. Test with a fork for tenderness. Potatoes should be al dente.

When potatoes are done, drain them well and toss them into a bowl. Now drain the cabbage and add them to the potato. Toss with olive oil, chia seed, salt, and pepper and enjoy.

Grilled Paprika Prawns



Grilled Paprika Prawns

Tasty on their own or pair them with sauces from pages 7, 8, 9 or 10. I love pairing these with either the Gremolata or the Lemon Chili Mint Oil. These are great as a snack or build them into a main dish in minutes.

- 1 tablespoon of paprika
- 8 extra-large prawns - peeled & deveined
- 4 bamboo skewers (soaked in water)
- 3 tablespoons of olive oil - divided
- 1 fresh lemon - quartered
- 1 teaspoon of salt
- 2 teaspoons of cracked pepper

In a medium bowl, coat the prawns with 1.5 tablespoons of olive oil. Add the paprika, salt, cracked pepper and massage spices into the shrimp. Now get your soaked skewer and slowly insert one on either side and evenly through the middle of the shrimp. This makes them grill ready and prevents shrimp from falling through grill grates. Even if you're not grilling, it keeps the shrimp in place. If you're doing this on the stovetop, get a hot pan on medium heat ready, add reserved olive oil then slide your shrimp in. Sear or grill for 6-8 minutes per side or until they turn a reddish - orange color.

Serve them on their own or make a pot of rice to go with. Add some chopped fresh parsley, throw in some wilted spinach and you've got a meal. Garnish with lemon wedges and remember to pair with any of the sauces.

Kale & Pine Nut Cheese



Crispy Kale & Pine Nut Cheese

This dish will go fast. Light crisp kale with tangy, creamy pine nut cheese is a favorite. Grill some chicken or fish and you've got a gourmet dinner on your hands.

- 2 bunches of kale - washed and leaves pulled away from the stem and torn into bite size pieces
- 2 ½ cups of raw pine nuts
- Juice of ½ lemon
- Sea salt for taste
- Cracked pepper to taste
- ¼ cup of olive or coconut oil

First, pre-heat your oven to 400 degrees. In a large bowl, toss the kale, oil, salt, and pepper. The key is to massage the oil gently into the kale so that it's well coated. Then spread the kale evenly onto a sheet pan and pop it into the oven.

While the kale bakes (20-25 minutes) make your pine nut cheese.

In a food processor, grind your pine nuts very fine. You may need to scrap the bowl a few times. Then add the rest of your ingredients and blend to a thick paste. You may want to add some water to get it to your desired consistency. 1 teaspoon at a time - you don't want to add too much water!

Once kale is finished, let it cool for a few minutes and transfer onto a plate. Top with the cheese and more pine nuts.

Soba Noodles with Cashew Cream

My clients love these noodles. Serve them as a side or the main dish. Add grilled shrimp, tofu or chicken.

- 1 cup of raw cashews
- Juice of half a lemon
- ¼ teaspoon of sea salt
- 1-2 cups of veggies of your choice
- A little water to thin out sauce, if desired
- 1 package of your favorite soba noodles
- Salt and Pepper to taste

First put a medium pot of water on to boil. Then in a food processor, pulse the cashews into a powdery consistency. You may have to stop and scrape down the bowl a few times. To this fine ground mixture, add the lemon juice and salt.

Then, with the processor going, add a little water 1 tablespoon at a time until you reach desired sauce consistency. Once your water boils and before you add your noodles, pop some fresh veggies like broccoli or spinach into the water- just for a minute. Then pull out the veggies and add your noodles. Cook noodles as directed on package. Toss all of it together and enjoy.

Avocado Endive Bites



Avocado Endive Bites

These light, crisp treats are easy to make and very high in micronutrients. Enjoy them as a clean side dish or spoon the mixture over burgers, grilled meats or fish.

- ½ of a small radicchio or a ¼ of a red cabbage - thinly shredded.
- 2 Belgian endives - trimmed and leaves separated
- Avocado - peeled, pitted and chopped
- ½ cup of pumpkin seeds - toasted and rough chopped
- 1 tablespoon of lemon juice
- Cucumber - peeled and diced
- 3 tablespoons of a good extra virgin olive oil
- Salt and pepper to taste

In a medium bowl, combine all above ingredients (except for the Belgian endive leaves.) Fill the endive leaves with the mixture, one spoonful or so on each leaf, just before serving.

Top with fresh, cracked pepper.

Date Caramel Turtles



Pecan & Date Caramel Turtles

These turtles are amazing and freeze well.

- 1 9oz bag of bittersweet chocolate chips
- 1 ice cube tray or candy mold tray
- 24 whole hazelnuts - lightly toasted
- 10 soft medjool dates - pitted
- 2 tablespoons of water
- Pinch of sea salt

First, melt your chocolate in a double boiler on stovetop or use a steel bowl over a pan of water. (Make sure the water in the pan, never touches the bowl.) Once chocolate is melted, let it cool for 4-6 minutes. While cooling make the date caramel.

In a food processor, add your “pitted” dates and pulse until well chopped. Then scrape down your bowl, add the water and puree into a creamy paste.

Now into each mold, drop a pinch of salt. Then take your melted chocolate and spoon 2 teaspoons full into each mold spreading some up the sides a bit to create a container for the caramel to sit in. Pop the tray into the freezer for 5 minutes or so. Remove from freezer and pop about 2-3 pecans into each mold and then fill the rest with the caramel.

Top with more chocolate to cover the caramel and seal the chocolate. Pop back into the freezer for another 30 minutes. Remove, let sit for 5 minutes and then pop them out and onto a serving tray. They keep in the fridge for a week or so. Makes 6 or 8 turtles.

Vanilla Chia Pudding

What a delicious way to get good fiber. This creamy pudding is made with hemp milk so it's dairy free with a nice nutty flavor. It also has more omega 3 fatty acids than salmon.

- 3 tablespoons of chia seeds - white or black
- 1 cup of unsweetened hemp milk
- 1 teaspoon pure maple syrup

Simply combine all the ingredients, stir well and let sit in the fridge for at least an hour or overnight. This version gives you a tapioca like texture. For a less tapioca like texture, pour the ingredients in a food processor. Again you can enjoy after an hour, but the longer it sits in the fridge, the better it is.

Top with your favorite fruit, chocolate shavings and mint leaves.

Fuji Apple with Sunflower



Fuji Apple - sunflower almond Crumble

Almond Crumble

This apple crumble is a great treat to have with coffee. Top with Greek yogurt for breakfast or your favorite ice cream for dessert.

- ½ cup of sunflower seeds - ground
- ½ cup of almond flour
- ¼ cup of brown rice flour
- ¼ cup of raw coconut sugar
- 1 cup of coconut oil or butter substitute
- 2 rounded teaspoons of cinnamon
- 4 large or 6 medium Fuji or other apples

Pre-heat your oven to 375 degrees. Have a bowl of water with lemon ready to place your sliced apples into. This will keep the color of the apples. Peel and slice your apples. Now melt your oil or butter substitute and then let it cool. Grind your nuts and seeds in a food processor and transfer them into a medium size bowl. Add your brown rice flour, sugar, 1 tablespoon of cinnamon and the melted butter. Mix these ingredients together and set aside.

Now drain your apple slices and toss them into a buttered, or coconut oiled, oven ready dish. Sprinkle the reserved cinnamon on the apples and top them with the crumble mixture. Bake for 20-25 minutes.



"Eat local, seasonal and organic whenever possible. As consumers we must become more conscious about the foods we eat and make better choices concerning our food supply.

In doing so our food will fuel us in both a physical and spiritual capacity."

Chef CC Consalvo

www.ChefCCLive.com