

NYBG

EDIBLE ACADEMY
TOTALLY TOMATOES WEEKEND

HEIGHTS JAZZ BOWL

Prepared for the Edible Academy Tomato Weekend
by Jimmy Thomas
Serves 6-8

Ingredients

- 1 cup ounces quinoa, dried
- 2 cups chicken stock (or 2 cups of water and 1 cube bouillon cube)
- 4 big cloves garlic
- ¼ cup lemon juice or freshly squeezed lemon.
- 3 tablespoons cold water (or more as needed)
- 1 cup (5 ounces or 140 grams) toasted sesame seeds
- 3 tablespoons grapeseed oil
- 1 tablespoon olive oil (or more to remove thickness)
- ½ Tablespoon sea salt, nice and crunchy
- 2 Sweet Potatoes (Yams) -Peeled
- 1 bunch basil
- 12 ounces spinach
- 6- 8 Chicken Andouille Sausage (a cooked smoked sausage or pork sausage OK if unavailable – any precooked sausage or vegan alternative sausage works too!)



Instructions

Preheat an oven to 350°F (up to 375°F). Cut sweet potato into thin ovals. Dress with olive oil and sea salt. Bake for 20 – 25 minutes.(or until soft and caramelized)

Prepare quinoa as directed on the package using stock instead of water; add additional water as needed.

Prepare the tahini: in a food processor. Add toasted sesame seeds to the bowl of a food processor then process until a crumbly paste, about 1 minute. Add about 3 tablespoons of grapeseed oil, then process for 2 to 3 minutes more, stopping to scrape the bottom and sides of the food processor a few times. The tahini's consistency should be smooth. Add salt. Process for 5 to 10 seconds more You may need to process for another minute or add the additional tablespoon of oil. Add garlic cloves, basil leaves and lemon juice. Adding 3 tablespoons of cold water as you go. Before finishing, add a small amount of olive oil, to taste.

Slice sausage into rounds (coins). Most Andouille sausage is cooked. Once the sweet potatoes are out, while oven is warm, add the sausage to the oven to warm it. Next add the spinach, lightly dressed with olive oil and lemon juice and let warm until the spinach until lightly wilted.

To prepare the Bowl, mix quinoa with sausage, spinach and sweet potato. Dress with tahini. Serve warm.