



COOKING DEMO AT THE SOURCE

Seasonally Appropriate Series — Learn, Taste, Experience

Tomato Thyme Chutney with gluten-free rosemary crackers and goat cheese

Shopping List

Farmer's Market

5 large ripe tomatoes
Honey
Fresh thyme
1 Lemon
Eggs

Grocery or Pantry

Apple cider vinegar
Almond meal
Sunflower oil
Goat cheese
Black pepper
Fresh ginger
Salt

Food Fact: Thyme

There are over 350 species of thyme! All thyme contains an essential oil that is rich in thymol, which enhances the action of the cilia in the bronchi and supports the lungs and the bronchial mucosa against infection.

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**BAUMAN
COLLEGE**
HOLISTIC NUTRITION
AND CULINARY ARTS



Tomato Thyme Chutney

**with gluten-free rosemary crackers
and goat cheese**

Serves 8- recipe by Chef Jennifer Weiss

INGREDIENTS

Chutney

2 1/4 lb ripe tomatoes (about 5 large)
1/4 cup honey
2 or 3 grinds of black pepper
2 tablespoons fresh grated ginger
pinch of salt
3-4 Tablespoons fresh picked thyme
1 teaspoon freshly squeezed lemon juice
Apple cider vinegar to taste

Almond Biscuit

3 cups of almond meal
1 tablespoon of honey
1 tablespoon of sunflower oil
dash of salt
dash of pepper
tablespoon fresh picked thyme
2 eggs

PROCEDURE

Chutney: Peel and de-seed each tomatoes by cutting an X on the bottom of the tomato, and submerging it into boiling water until the skin starts to peel back. Peel the tomatoes and crush out the seeds. You can leave some seeds if you don't mind having them in the chutney.

Add all chutney ingredients except the vinegar to a sauté pan. Simmer until tomatoes are mushy and cooked down. Taste and see if all the ingredients are cohesive. Add a dash of vinegar at the end and taste. Add more if needed. Cool and use as a chutney.

Almond Cracker: Mix all biscuit ingredients together in a large bowl, and flatten between two pieces of parchment paper. Roll out with rolling pin. Take the top piece of parchment off and slide the bottom piece with flattened dough onto a sheet pan. Cut into desired shapes and bake for 15 minutes on 300 degrees or until golden brown.

Serve with goat cheese and tomato-thyme chutney.

**Bauman College offers professional certificate programs for
Nutrition Consultant and Natural Chef**

For more information: (800) 987-7530 — www.BaumanCollege.org