



**BAUMAN  
COLLEGE**  
HOLISTIC NUTRITION  
AND CULINARY ARTS

# Millet Bread Croutons with Cashew Cream and Arame Caviar

## Ingredients

### Croutons (yields about 70 croutons)

1 loaf Millet Bread, thawed (use another gluten-free bread if unavailable)

### Cashew Cream

(yields about 1 3/4 cups)

1 cup cashews, soaked overnight  
1/2 lemon, juiced, more to taste  
1/4 cup olive oil  
1 small clove garlic  
1/2 cup water, use only as much as needed  
— salt to taste

### Arame Caviar (yields 1/3 cup)

1/2 cup arame, lightly packed  
3 Tbs sesame oil  
2 Tbs tamari, more to taste  
2 cloves garlic, minced  
2 small shallots, minced  
2 tsp grated ginger with juice  
— lemon juice, to taste  
1 small bunch chives or green onion tops, finely chopped  
— salt, to taste

## Procedure:

### Mushrooms

1. Preheat the oven to 375° F.
2. Cut the crusts off of the millet bread. Cut the bread into six squares. Make sure the squares are evenly sized, even if that means wasting some of the bread.
3. Place the millet croutons on parchment-lined baking sheets. Toast for about 20 minutes, or until lightly browned, flipping them over halfway through.

### Cashew Cream

1. Add cashews, lemon juice, olive oil, and garlic to the Vitamix.
2. Start blending on low and slowly add just enough water so that you can blend on high. Use the plunger to avoid adding too much water. Blend on high until the cashew cream yields a creamy consistency.
3. Add lemon and salt to taste and transfer to a squeeze bottle or pastry bag.

### Arame Caviar

1. Soak the seaweed in water for 20 minutes.
2. Heat 2 Tbs of sesame oil in a medium pan and sauté the seaweed over medium heat for about 4 minutes. Add enough water to just cover and bring to a boil. Add tamari and cook until all liquid is evaporated, about 10 minutes longer.
3. Remove the seaweed to a cutting board, finely chop, and place in a bowl.
4. Using the same pan, add the rest of the sesame oil and sauté the garlic and shallots over medium-low heat until translucent. Add to the bowl with the seaweed and add the grated ginger and juice a little at a time. Make sure the mixture does not get too spicy!
5. Season the mixture with lemon juice and more tamari or salt as needed.

Makes about 70 appetizers, serves about 35 people.

**Bauman College offers professional certificate programs for  
Nutrition Consultant or Natural Chef**  
For more information, visit [www.BaumanCollege.org](http://www.BaumanCollege.org) or call (800) 987-7530