“The Local Buy” Recipe, Episode 610

Garden Gumbo

*Courtesy of Na’Amana Amen, Purple Mountain Organics*

**Ingredients**

- 1 cup brown rice flour
- ½ cup coconut oil
- 2 tablespoons toasted sesame oil
- ¼ teaspoon anise seeds
- ½ teaspoon cumin seeds
- 2 tablespoons minced garlic
- 1 onion, chopped
- 1 bell pepper, chopped
- 6 cups of your favorite vegetables—okra, summer squash, green beans, eggplant
- 2 cups chopped tomato
- 3 tablespoons tamari
- 1 tablespoon smoked salt
- 1 teaspoon each: cumin powder, black pepper, oregano
- ½ teaspoon each: curry powder, paprika
- ¼ teaspoon chipotle powder
- 12 cups water

**Directions**

First make the roux. In a heavy-bottomed pot or cast-iron skillet, heat coconut oil over medium heat. Add brown rice flour and stir occasionally to evenly brown the flour. When the flour is dark brown, transfer roux to a heat-proof bowl.

Heat sesame oil in a large soup pot. Add anise seeds, cumin seeds, and garlic. When aromatic, add onion, pepper, and a few pinches of sea salt. Sauté for a few minutes and add the rest of the vegetables when onions are starting to become soft. Cover and stir occasionally.

When veggies are tender, add in roux, seasonings, and water. Bring to a gentle boil until roux thickens. Add more water if necessary. Season to taste and enjoy!
Cosmic Carrot Cake

Courtesy of Na’Amana Amen, Purple Mountain Organics

Ingredients
- 2 cups sorghum flour
- 1 cup oat flour
- ½ cup tapioca starch
- 3 tablespoons ground flax or chia seed
- 1 ¼ teaspoons baking soda
- 1 teaspoon each: baking powder, sea salt, xanthan gum, ginger
- 1 tablespoon cinnamon
- ½ teaspoon nutmeg
- ¼ teaspoon cloves
- ¼ cup chopped pecans
- ½ cup dried cranberries
- ½ cup shredded coconut
- 2 ½ cups carrots, grated
- 2 cups almond milk
- ¼ cup safflower oil
- 2 teaspoons vanilla flavoring
- 1 ¼ cup maple syrup

Directions
Preheat oven to 350 degrees. Grate carrots and grind flaxseeds, set aside. In a medium sized mixing bowl, combine all of the dry ingredients through shredded coconut and grated carrots. Stir until well combined. Mix in remaining wet ingredients. Pour into floured and greased 9x13” pan or two 9” round cake pans. Bake for 25-30 minutes.

Maple Pecan Frosting

Courtesy of Na’Amana Amen, Purple Mountain Organics

Ingredients
- 1 cup pecans
- ¼ cup pitted dates
- ¼ cup maple syrup
- Cream of one can of coconut milk (chill can of coconut for a couple hours in the refrigerator)
- 2 teaspoons vanilla flavoring
- Dash of salt

Directions
Scoop the cream off the top part of the can of coconut milk into a Vitamix or blender. Reserve the coconut water for other uses. Add all other ingredients and blend until smooth. Pour into bowl and refrigerate for 3 to 4 hours, or until thickened. Makes enough to frost a 9x13” cake. Double recipe for two 9” round cakes.