

artisan sandwich chart

SUITABLE FOR ALL BLOOD GROUPS (A,AB,B,O*) *NOT SUITABLE FOR O NON-SECRETOR

bread	spreads	protein	vegetable, salad, herbs		spices/condiments
rice essene* spelt*	almond butter clarified butter marinade (recipe) Mix olive oil, tamari*, fresh ginger juice, zest of lemon or lime houmous (recipe) Soak dried haricot (cannellini) beans in cold water overnight, cook until very soft, drain and puree in a food processor with olive oil, salt, lemon juice and garlic.	egg yolk (free range organic) feta cheese* goats cheese* mozzarella* walnuts	asparagus basil beetroot carrots celeriac chervil chives chicory coriander courgettes dill endive fennel garlic ginger horseradish	kohlrabi lemon/lime lettuce mint onion, shallots, spring onion oyster mushroom parsley parsnip portobello mushroom radicchio rocket seaweed spinach tarragon watercress	caraway concentrated apple juice* mustard powder paprika tamari*

For maximum taste & vitality
use biodynamic or organic
produce in season.

All ingredients have been carefully selected. See www.dadamo.com or www.nature-cure.co.uk for any new research.

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CREATE YOUR OWN FAVOURITES

HERE ARE SOME EXAMPLES



Marinate Sea Salad from Clearspring or fresh seaweed with concentrated apple juice*, dill, mustard powder, juice and grated rind of lime/lemon.

SEA SALAD



Roast whole or chunks of root vegetables in the oven. Cool and mash, add paprika, caraway, fresh herbs, tamari* and olive oil.

VEGETABLE PATE



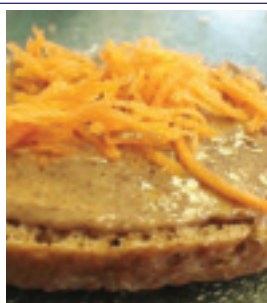
Steam whole celeriac until tender, remove skin, slice, dust with spelt* flour, dip into beaten egg then into spelt* breadcrumbs. Fry lightly.

CELERIAC SCHNITZEL



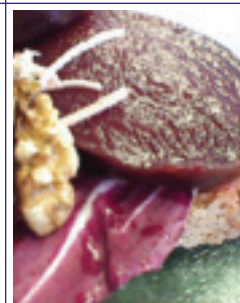
Brush oyster mushrooms with marinade, grill or fry until crisp at the edges and place on a bed of shredded lettuce, rocket or endive.

OYSTER MUSHROOM



Spread artisan bread with almond butter and sprinkle with finely grated carrot. Looks great, tastes sweet without sugar.

FOR CHILDREN



Arrange cooked, sliced beetroot and walnuts on a bed of radicchio, add freshly grated horseradish tossed in lemon juice.

RED HOT



Spread artisan bread with bean houmous, add fresh herbs, sprinkle with lemon rinds.

HERBS & LEMON



Sauté courgettes in olive oil with garlic. Remove from heat and add chopped mint and parsley.

GREEN & MINTY



Spread artisan bread with bean houmous, top with steamed asparagus.

ASPARGUS

For your local stockist see www.artisanbread.ltd.uk