



CHRISTMAS RECIPES TO EAT WITH LEFTOVERS

Black Bean and Kelp Salad with Black Sesame ~ a nourishing salad for Blood Deficient types

1 cup / 225g black beans
1 oz / 30g dried kelp
A piece of fresh ginger - just over an inch / 3 cms in length
4 tablespoons black sesame
1 small bunch of spring onions
4 tablespoons walnut oil
Juice of 2 limes

Juice of 1 lemon
Lemon zest
Pinch turmeric
Pinch cayenne
Pinch paprika
Pinch red pepper flakes
Sea salt

Makes about 6 servings

Soak black beans overnight in water. Drain and simmer in water for an hour.

(If you want to make the same day boil the beans for 2 minutes and then turn off the heat and let them sit for an hour. Drain and replace the cooking liquid with water, bring to a boil, then simmer for an hour to an hour and a half). Add a strip of kelp to the cooking water.

Using kitchen scissors cut the kelp into small thin strips. Soak in a bowl of water for an hour or two.

Peel the ginger and finely grate it over a small bowl, scraping the grater.

Chop the spring onions using as much of the green stem that looks appetizing into tiny slivers and add to the bowl.

Add the lime juice, lemon juice and spices (not the salt), stir it together and let it sit, allowing the flavours to meld together.

Heat oven to 350 degrees F, 177 degrees C.

When the beans are ready strain them and let them cool.

Strain the kelp and spread evenly over a flat baking sheet or large baking dish and cook in the oven for 5 to 6 minutes.

Heat a frying pan over a medium to high heat and toast the sesame seeds until they begin to pop.

Combine all the ingredients in a serving bowl, add the walnut oil and season with sea salt to taste; wait until the last moment to add the salt as the seaweed can be salty and you might not need any.

Serve at room temperature over dark leafy salad greens that have been lightly dressed with lemon and walnut oil.

