

Cerridwen's Cauldron Inspired Recipes



Broccoli Salad & a Sprinkle of Dandelion

INGREDIENTS

- 1 small red onion, slice into thin half-moons
- 2 whole broccoli flower stalks, cut florets to bite sizes and grate stalk
- 2 tablespoons balsamic glaze
- 2 tablespoons evoo (extra virgin olive oil)
- 1 tablespoon herbs de provence or Italian herbs
- 1/2 cup of mixed seeds (pumpkin, sunflower, almonds, walnuts, pistachio) or your favorite mix
- 45 grams dried cranberries or blueberries
- 45 grams sultanas
- 3 dates, chopped
- 1 tablespoon dried dandelion
- salt and pepper to taste



DIRECTIONS:

1. In a small bowl, add sliced half-moon onions and balsamic glaze; stir and set aside to marinate.
2. Rinse broccoli well and cut florets to bite sizes. With a cheese grater, grate the stalks. No food waste and stalks have the same flavour and nutrients as florets.
3. In a salad bowl, add broccoli florets and grated stalks, olive oil, herbs, mixed nuts, dried cranberries, sultanas, and chopped dates.
4. Add marinated onions to the broccoli salad and fully combine all ingredients gently. Add salt and pepper to taste. Add more olive oil if needed.
5. Top with a sprinkle of dried dandelion
6. Enjoy each bite in gratitude.

Chef Notes

The Yule season is upon us and I thought it would be nice to add a few recipes that are vegetarian friendly, and can easily be made vegan or with meat if you prefer.

The **broccoli salad** is absolutely delicious with a satisfying crunch with florets and nuts. This recipe goes well with a blue cheese or goat cheese on the side.

When I buy a whole broccoli (florets and stalks), I always have the intention on using the stalks in either soup or grated to use in salads, pasta sauce or a breakfast omelet. I try not to waste any part of vegetables if they are edible. Give it a try next time you have a whole broccoli, and let me know what you made.

The **vegetable log or casserole**, was inspired by a Yule log concept except it is a savory dish and not a dessert. I have two instructions for this recipe (log or casserole), choose what is easiest for you, and rest assured that the flavour is going to be exactly the same, and so tasty. If you wish to add minced meat to this recipe, it is added to the mushroom mixture, when the meat is fully cooked (lamb, beef or bison). With a little patience, I hope you attempt the log version, as it turns out so lovely as a main course.

Lastly, I created my own version of the Scottish Dundee cake and gave it a bit of a Sadie inspired by Cerridwen stir in the cauldron. If you bake this version, you will be surprised how tasty it is.

To honour and respect everyone that loves a traditional Scottish Dundee cake, I am not comparing my recipe, although the flavours are quite similar. I will say a gratitude to the Scottish Dundee cake that I tasted in Scotland in year 2016 (which I crave during this time of the season) for inspiring me to recreate a cake with similar flavours in honour of our Cerridwen inspired recipes.

Blessings to everyone in this Yule season.

With Care and Love, Priestess of Cerridwen in Avalon, Sadie
Blessed Be.