

Seared Avocado Cakes

2.5 oz Focaccia, Medium Dice
2.5 oz Avocado, Smashed
1 oz. Red Bell Pepper, Brunoise
1 oz. Red Onion, Brunoise
1 oz. Black Bean
.1 oz. Garlic
.1 oz Cilantro
1 tsp. Lime Juice
1 Tbsp. Egg White
Salt and Pepper To Taste
1 tsp. Butter and Olive Oil for searing

Add all ingredients and make two patties

Sumac Peach Salsa

2 oz. Peaches, Diced
1/2 oz. Red Onion, Brunoise
1/2 oz. Red Bell Pepper, Brunoise
1/4 oz. Cilantro, Chopped
1/4 Jalapeno, Brunoise
1/2 tsp. Sherry Vinegar
1/2 tsp. Lime Juice
1 tsp. Honey
Salt and Pepper To Taste

Mix all ingredients

Chipotle Carrot Coulis

7 1/2 oz Carrots, Steamed
.2 oz Chipotle Peppers
1/3 Lime, Juice
1 Cup Orange Juice

place all ingredients in blender and puree

Recipe by Chef Eric Nelson of the Vitality Bistro at Wellspring