



A TASTEFUL PLACE  
AT THE DALLAS ARBORETUM

## Peach Shrikhand

### Hero ingredients: Peaches

#### Ingredients

- 2 c Full fat Greek Yogurt (or plain yogurt)
- ½ tsp Cardamom
- ¼ tsp Cinnamon
- A pinch Saffron
- 1-2 tbsp heated water or milk
- 3-4 Peaches
- ¼ c Powdered Sugar (or honey), to taste
- Toasted pistachios (optional)

#### Directions

Score the bottom of your peaches with a shallow “X” and put to the side. Bring a pot of water to boil. Add the peaches, whole, and boil for 30 seconds to a minute. Remove and place in a bowl with water and ice (an ice bath) immediately, and let sit for another 30 seconds to a minute. Either using your hand or a pairing knife, remove the skin and put the peeled peach to the side. Once peeled, cut the peach until you reach the pit and follow the groove (similar to how you would an avocado). Twist the two sides to expose the pit, and using your hand or a paring knife gently nudge the pit out of the peach. Cut the flesh into rough chunks and add to a blender. Blend until smooth, add sugar or honey if needed, and put the peach puree to the side.

In a small pot, heat water or milk and add your pinch of saffron strands. Let it infuse for a few minutes. Add all the ingredients, except pistachios, and whip either using a hand mixer or a stand mixer until everything is fully incorporated, then let rest in the fridge for at least an hour. Top with toasted pistachios, dried or fresh fruit, or anything you desire!



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## Sauteed Mushrooms

### Ingredients

- 1 qt shiitake mushrooms, chopped
- 2 c maitake mushrooms, chopped
- 2 tbsp coconut amino acids, or hoisin or soy sauce
- 1 leek, sliced
- 1 tsp Rice Vinegar, or apple cider vinegar
- 1 tsp miso paste
- ½ tsp paprika
- 1-2 tsp red chili flakes
- ¼ tsp ancho chile powder, or cayenne
- Salt, to taste
- Black pepper, to taste

### Directions

Chop your mushrooms and put to the side. Slice the white part of one leek and put to the side. Add all ingredients to a bowl, except for your mushrooms, and mix together. Heat pan to medium heat and add your mushrooms, you can add oil to help it from sticking. Let it cook down for 1-3 minutes or until tender, and then add your sauce. Let cook for another 10 minutes. Add to your salad for some delicious sweetness!