

LIMITLESS

Doing more of what you love. and less of what you don't.



Paleo condiment recipes and sauces from around the web

Limitless365.com

Simple Ketchup recipe: (yields 1.5 cups)

Ingredients

- 1 can (6 ounces) tomato paste;
- 2 tbsp vinegar or lemon juice;
- 1/4 tsp dry mustard;
- 1/3 cup water;
- 1/4 tsp cinnamon;
- 1/4 tsp salt;
- 1 pinch ground cloves;
- 1 pinch ground allspice;
- 1/8 tsp cayenne pepper, optional;

Preparation

Simply combine all the ingredients in a bowl and whisk well to combine. Refrigerate overnight to let the flavors develop and enjoy!

Paleodietlifestyle.com

Simple Mustard recipe:

Ingredients

- 1/2 cup mustard powder;
- 1/2 cup water;
- Sea salt to taste;

Preparation

1. Combine the mustard powder and water in a bowl and mix well.
2. Optionally, add a bit of chopped fresh parsley or basil, lemon or lime zest and a

tablespoon or two of your favorite vinegar.
Let the mustard stand for about 15 minutes before enjoying.

Paleodietlifestyle.com

Simple Mayo recipe:

- 1/2 c liquid (but NOT hot) bacon fat*
- 1 egg yolk (if you use local, pasture raised chicken eggs, you don't have to worry about bacteria)

1 t Dijon mustard or vinegar or lemon juice.

Put the egg yolk, mustard and vinegar in the smallest bowl of your food processor. Start the blade running and slowly add the bacon fat. Slowly means—take spoonful of fat and add a single drop into the bowl of the food processor. Once that has combined, add another drop. You should start to see an emulsion forming. At this point, you can add the fat as a slow drizzle. Continue until all the fat is gone. The mayo is finished when it's creamy and a little thick. All in all, it'll take about 6 minutes.

*Heat the oven to 350. Place 8 slices of bacon on a baking sheet and cook until browned about 25 minutes. Remove the bacon from the pan and reserve it for another recipe. What's left should be about 1/2c of rendered bacon fat. Make sure the fat has cooled down a bit before making the mayo.

Healthbent.com

Parsley Garlic Butter recipe: (yields ½ cup)

A spoonful of this classic compound butter, known as maître d'hôtel butter, makes an instant sauce for anything from grilled steak to sautéed chicken to steamed vegetables. It can also be stirred into soups and stews.

- 1 stick (1/2 cup) unsalted butter, softened
- 1/2 cup finely chopped fresh flat-leaf parsley
- 2 tablespoons minced shallot
- 2 tablespoons fresh lemon juice
- 1/2 teaspoon minced garlic
- 1 teaspoon salt
- 1/4 teaspoon black pepper

Purée all ingredients in a food processor until smooth.

Epicurious.com

Simple Horseradish recipe:

1 horseradish root (about 4 inches), peeled and chopped

1 tablespoon **apple cider vinegar**

- Combine all ingredients in **food processor**
- Pulse until horseradish is well ground
- Carefully remove lid; *do not inhale or smell mixture, as it may burn eyes and nasal passages*
- Store in a glass container

Elanaspantry.com

Simple Pesto recipe:

- 2 bunches fresh basil
- 3-4 garlic cloves
- 1 c pine nuts
- ¼ c olive oil
- salt n pepper to taste

sauté pine nuts over low heat with olive oil. Combine all ingredients in a blender and blend. Keep blending until smooth. Add olive oil if necessary.

Paleofood.com

Simple Guacamole:

- 4 ripe avocados
- 1 lime, juiced
- 1/2 medium red onion, chopped
- 1 garlic clove, minced
- 1 vine-ripe tomato, diced
- 1 big handful fresh cilantro leaves, finely chopped
- 1/4 teaspoon ground cumin

- 1/4 teaspoon chili powder

Himalayan salt and freshly ground pepper to taste

Halve and pit the avocados; scoop out the flesh with a tablespoon into a mixing bowl. Mash the avocados with a fork, leaving them still a bit chunky. Add the remaining ingredients, and fold everything together to gently mix.

Lay a piece of plastic wrap right on the surface of the guacamole so it doesn't brown and refrigerate for at least 1 hour before serving.

Foodnetwork.com

Simple Apple and Pear Chutney:

- 1 small apple (No need to peel the fruit!)
- 1 medium pear (I used Bosc but any will do)
- 1/2 medium onion
- 1/4 cup water
- 1/4 cup apple cider vinegar (Could also use rice vinegar or your basic garden variety vinegar. Balsamic will impart quite a distinct flavor which you may not want.)
- 1 tbsp black sesame seeds (You could use white ones or omit them entirely)
- salt and pepper

Chop the apple, pear and onion into small pieces. Pour the vinegar and water into a small pot and start to heat. Add the apple, pear, onion, sesame seeds and s&p. Let it simmer on low for about 10 minutes. Take a fork and while still in the pot, mush it up. If it's not quite mushy enough let it cook a few more minutes. If there's too much liquid, let it cook a little longer to allow it to evaporate. Taste it, add more vinegar if too sweet and/or s&p if you wish. (Rather than the fork method, feel free to toss it into a blender but don't over blend!) Makes about a cup. Store it in a jar in the fridge. Should last a while. (I'll report back with a more specific "eat-by" date, once mine goes bad.) Best eaten room temperature.

Thesweetbeet.com

There are so many wonderful recipe Paleo recipe sites out there. Take advantage of what they have to offer. Here are some of my favorites.

NomNomPaleo.com

Health-Bent.com

Paleocomfortfoods.com

Everydaypaleo.com

Paleoomg.com

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