

Caramelized Onion Consommé



Ingredients: 8 servings

Vidalia onion (Sweet onion):	Four
Cleansui Culinary Water:	17-24oz
Himalayan salt:	to taste
White pepper:	to taste
Extra virgin olive oil:	to taste
Chive:	One stalk
Sherry wine:	A few drops

Directions:

1. Cut the onions with the skin in half horizontally and put it on a baking tray by placing cut-side up. Then, season with salt and pepper and drizzle with olive oil to keep the surface from drying out. Roast the onions in a 300° F oven until they become tender and surfaces are golden brown caramel-colored. It takes about 40 to 50 minutes.
2. Peel the skins of roasted onions and remove the outermost layer, and place the onions in a tall glass pot with all the juicy liquid left on the tray used for the roast. Then, pour Cleansui Culinary Water into the pot until all the onions are covered. Put a lid on the pot and place in the fridge overnight.
3. Move the onions and all the liquid to a large pot and heat. Then, season with salt and pepper to taste.
4. Serve the onions and soup into the soup bowls and sprinkle finely chopped chives. At last add a few drops of sherry wine on top.

Clam and Sun-Dried Tomatoes Transparent Broth with warmed Avocado



Ingredients: 8 servings

Littleneck clam:	21oz / 1.3lbs
Cleansui Culinary Water:	34oz
Dry white wine:	5oz
San Marzano sun-dried tomato in olive oil:	2oz
Avocado:	Four
Lime:	One
Extra virgin olive oil:	to taste

Directions:

1. Clean sand out of clams by soaking the clams in the bowl with plenty of salted water and leaving the bowl with the lid in a dark place for 1 hour. Raise it from salted water and scrub the clams well with fresh water. Then drain the clams.
2. Put the clams in a pot and pour Cleansui Culinary Water. Add white wine and sun-dried tomatoes and cook over low heat. When the shells open, take them out of the broth. Next, take the sun-dried tomatoes and chop them finely. Also remove the clams from their shells.
3. Strain the broth through a strainer lined with paper towels.
4. Peel and cut the avocados in half, and warm them up lightly in the strained broth.
5. Serve the avocados and clams in a bowl and pour in the hot broth. Sprinkle the chopped sun-dried tomato and lime zest. At last drizzle with lime juice and olive oil.

Red Shiso Chia Jelly with Sugar Free Concord Grape Sorbet



Ingredients:

-For Shiso syrup: (1.2L)

Fresh Red Shiso leaves (available from April to September in US): 10oz / 0.7lbs

Cleansui Culinary Water: 60oz

Coconut sugar: 28oz / 1.8lbs

Lemon: Four

-For Shiso jelly (4 servings by glass cup)

Shiso syrup: 5oz

Cleansui Culinary Water: 17oz

Chia seeds: 0.7oz / 0.05lbz

-For concord grape sorbet

Concord grape: 35oz / 2lbs

Directions:

For making Shiso syrup

1. Rub the red Shiso leaves with plenty of water. Drain the Shiso leaves.
2. Put the washed red Shiso leaves into a deep pot and pour Cleansui Culinary Water. Heat the pot and bring to a boil. Maintain a slight boil for 10 minutes.
3. Take the red Shiso leaves out and strain them through a strainer by squeezing them lightly.
4. Heat the liquid in a pot. Add the coconut sugar and bring to a light simmer, then stirring the liquid until the sugar melts completely. Turn off the heat and add the squeezed lemon juice. Allow to cool and keep it in the fridge.

For making Shiso jelly

1. Mix the Shiso syrup, Cleansui Culinary Water, and chia seeds together, and chill in the fridge for 10 minutes.

For making Concord grape sorbet

1. Remove the grapes from the branch and wash with water. Drain the grapes.
2. Put the grapes in a pot and cook over low heat. Keep a slight boil and simmer for about 30 minutes. Stir it occasionally with a spatula. Cook until it becomes around the thickness of jam.
3. Take a jammed grapes and strain with a coarse mesh strainer by mashing the grapes.
*The strainer should be fine enough not to let the grape seeds through.

For serving

1. Put the Shiso jelly in a chilled glass cup and top with concord grape sherbet.
*Adjust the amount of Shiso syrup to your preferred sweetness.
*Concord grapes are rich in pectin and sweetness, so you can make smooth sorbet in your home freezer without adding thickeners or sugar.