

Mary's cooking class relish

This first appeared in the Fall 2015 class as Pesto Rustica, a rough herbal vinaigrette with emphasis on the herbs. Next year the cooking class renamed it. This variation with toasted sesame oil, enlivens a bowl of miso soup, baked purple sweet potatoes, cooked whole grains or steamed vegetables.

Add a dab or a lot to help keep sinuses open, reduce inflammation, warm you right up and build that “Jade Screen” against seasonal viruses.

Ingredients

ginger root, a piece the size of your thumb, finely grated or minced
turmeric root, a piece half the size of your thumb, finely grated or minced
2 cloves garlic, finely grated or minced
2 scallions, minced
1 lemon, juiced
optional: 1 Tablespoon toasted sesame oil
optional: pinch of chili pepper flakes

Method

Mix all ingredients in a small bowl. Mix well. Taste and adjust to your liking.

Notes



Herbs such as shiso, chinese chives or cilantro are perfect additions in the warmer months. In the fall and winter I often add a teaspoon of homemade whole grain horseradish mustard.

Source: [Mary Scott \(2 servings\)](#)
