



Fiambre. For the People.

by Mero Cocinero Karimi

Traditional Fiambre has 100s of ingredients, and is too expensive, and goes beyond its original purpose – to have something simple ready for you when you get home after you visit the graves of your loved ones and fed them.

My grandmother always said: “Keep it simple.” At least that’s how what she said translates.

Elements

Leftover vegetables & other items in your refri you love.

(less than 7, the secret is to keep it simple so you can concentrate on sharing stories of those that passed on to the other side)

I used:

Arugula, chopped
Spinach, chopped
Red bell pepper. Cut into arches
Pepperocini, chopped

For dressing:

(from Vegan Lunch Lady Lavelle)

Sesame seed oil
Apple Cider Vinegar
Wheat Free Tamari
Lime Juice, splash from a bottle or a lime
Toasted Sesame Seeds, Generous

Preparation

- Chop all the veggies
- Mix and toss or toss and mix; it don’t matter, however you like it
- For dressing:
 - Toast sesame seeds dry in a pan
 - Whisk together:
 - 1 part sesame seed oil
 - 1 part apple cider vinegar oil
 - 2 parts wheat free tamari
 - Splash lime juice. Splash. Splash.
 - Put in a jar
- When ready to serve, shake up jar, and spoon over salad