



KQ BISTRO PRESENTS:



# Guide to a Tastier Living!

version 1.4589 updated 06.01.20

KQ Bistro produces high quality all natural artisan seasonings with zero calories and low sodium content. In this PDF you will find guidance on your path to tastier living!



## KIMCHI

KOREA'S NATIONAL DISH

The savory tang and spice of Kimchi Salt elevates any dish or snack. Kimchi Salt is unlike any other seasoning because the salt is actually inside the napa cabbage by way of osmosis, which allows Kimchi Salt to be added to foods that are already seasoned to taste (enhancing flavor without over-salting) or use generously as your main seasoning component. Made from live kimchi, Kimchi Salt contains 100% natural ingredients, is vegan-friendly, kosher, and gluten-free. Kimchi Salt is great on proteins, veggies, sides, snacks and more!



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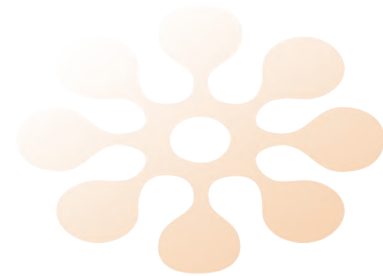
# CAULI- FLOWER<sub>steak</sub>

## INGREDIENTS

cauliflower + olive oil + kimchi salt

## DIRECTIONS

Prep Time | Cook Time | Total Time  
7 min      10 min      17 min



Slice one head of cauliflower into half inch thick steaks. Many pieces will crumble, but we will use those too! Trim away any excess leaf and place all of the cauliflower on a roasting pan.

Coat both sides with olive oil (drizzle onto pan and rub the cauliflower in the oil or use a rubber brush to coat). Shake at least one teaspoon of Kimchi Salt onto the cauliflower

Roast in oven on middle rack at 425 degrees for 10 minutes (350 degrees on top rack for 15 minutes) or until desired browning has occurred. You may choose to broil for one to two minutes at the end of cook time.

serves 6 to 8



# KIMCHI GNOCCHI bites

## INGREDIENTS

4 potatoes + potato starch + flour + olive oil + milk + kimchi salt



## DIRECTIONS

Prep Time | Cook Time | Total Time  
30 min      8 min      38 min

Peel and cut four potatoes into one inch cubes and boil until tender but still firm (approximately 15 minutes). Drain, cool and mash with a fork or potato masher.

Peel and cut four potatoes into one inch cubes and boil until tender but still firm (approximately 15 minutes). Drain, cool and mash with a fork or potato masher.

Combine potatoes with 1 table spoon of Kimchi Salt 3, table spoons of potato starch and 2 table spoons of flour until kneaded thoroughly. Add milk or water while kneading until a thick pasta dough consistency is achieved. Roll dough into 1 inch balls then form into 1 inch rectangles.

Coat the bottom of a saute pan with olive oil and pan fry until golden brown (approximately 8 minutes) turning gnocchetti as needed for an even cook.

serves 4



# i HEART instant RAMEN

## INGREDIENTS

1 package instant ramen noodles + water +any KQ seasoning

## DIRECTIONS

Prep Time | Cook Time | Total Time  
0 min      3 min      3 min



Depending on serving size and portion, instant ramen may contain up to 74% of your daily recommended allowance of sodium. By discarding the flavor packet and utilizing Kimchi Salt you may reduce the sodium content by over 80%.

These directions are for Kimchi Salt (depicted above). Required amounts of seasoning may vary between products.

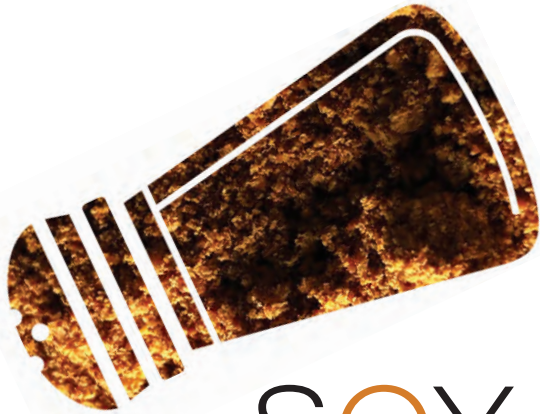
Open instant ramen and discard flavor packet. Stir in 1/4 tsp. of Kimchi Salt for every cup of water in a small pot and bring to a boil. Boil for 3 minutes or until noodles are tender. Add scallions if desired.

serves 1-2



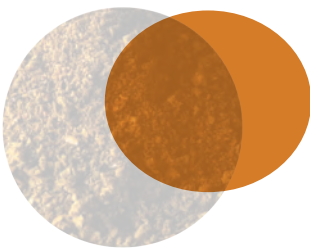
# SOY

POWERED BY UMAMI

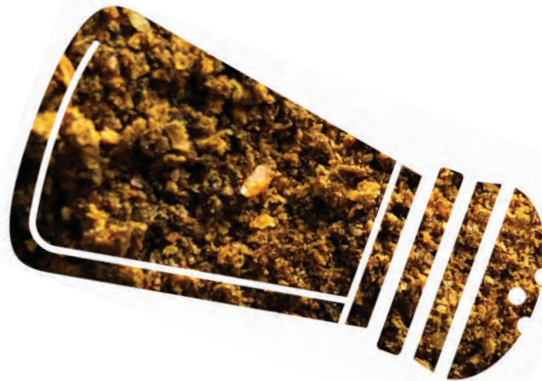


## SOY SALT

We've achieved the impossible with Soy Salt! We took that sodium filled delicious umami staple and maintained all of the flavor with only a tiny speck of the sodium content. Produced from protein rich soybean, use Soy Salt as a base or seasoning for a variety of dishes. It is great in, on, under, through, or between cooked or raw dishes and snacks. Soy Salt is great as a salad topper, a sauce or rue base, or use on roasted or pan-fried proteins and veggies! Soy Salt is 100% natural, vegan friendly, and super low in sodium.



## SOY PEPPER



What's better than the umami flavor of soy sauce kicked up a notch or two with the green peppery flavor of jalapeño? We took jalapeños and marinated them in rich fermented soy sauce then dried and ground them into a spicy seasoning that delights the palette. Soy Pepper is 100% natural, vegan-friendly, and super low in sodium. It is great on proteins, veggies, sides, or anything that could use a little extra kick! Soy Pepper is 100% natural, vegan friendly, and super low sodium.

# QUICK

## TIPS

It's super simple, quick and delicious. Crack an egg or two into a good warm skillet. As the bottom cooks dust the top of the egg with Soy Pepper. Once the egg or eggs have lost their translucence, carefully turn over. Dust again with Soy Pepper. Stare blissfully into pan for another ten seconds . . . serve: best fried eggs ever!



Combine 1 teaspoon of Soy Salt, 1/2 a teaspoon of sesame oil, 2 tablespoons of water and stir.



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Please review the health addendum on the next page.



The articles and recipes contained in this publication conform to standard methods of cooking and contemporary foods found in the American diet. However, many scientists and physicians agree that these methods and foods may not be optimal for our health. Below, we provide information on which foods contained in this publication should be avoided as well as alternative cooking methods and ingredient substitutions.

### **MOST OILS SOLD IN GROCERY STORES WERE NEVER INTENDED FOR HUMAN CONSUMPTION: THEY WERE DEVELOPED FOR SOAPS!**

When roasting most vegetables no oil is required. You can pan roast or oven roast and the vegetable's water will begin to coat the vegetable as it heats up and its structure breaks down. For dryer vegetables you may want to par boil for around 5 minutes before roasting. If you do decide to use oil make sure it is not an industrial oil, but cold pressed or expeller pressed (as indicated on label).

### **THERE IS ROUNDUP ON YOUR WHEAT!**

You want to use and consume organic non-GMO unbleached flour and grains. Otherwise, you are probably consuming Monsanto's genetically modified Roundup resistant wheat. Not only is Roundup used while growing the wheat, but once the wheat is harvested it is sprayed onto the wheat to dry it and is not safe for human consumption.

### **DAIRY WEAKENS BONES AND MAY LEAD TO OSTEOPOROSIS**

There is a natural occurring protein in cow's milk identified as casein. Cheese consists mainly of this protein. The problem is that the human body recognizes as a combatant and immediately begins to fight it when it enters our bodies. It does so by sending calcium from our bones to fight it, which leads to a loss of bone density. Milk does not make bones strong, but in fact, has the exact opposite effect. The good news is there is a plethora of alternatives such as coconut milk (great for creamy sweets), almond, macadamia, soy, oat (great for baking), flaxseed (high in omegas), pea, rice (great on cereal) and many more!

### **STAY AWAY FROM ULTRA PROCESSED FOODS!**

Numerous peer-reviewed studies show that eating ultra-processed foods even a few times a week leads to an early death. Instant noodles, frozen pizza, and sodas are just a few examples of ultra-processed foods.

### **HONESTLY, EGGS SHOULD NOT BE EATEN- EVER!**

Experts contend that even one egg a day may exceed the safe limit when it comes to cancer and cardiovascular disease. One egg a day is just as bad for your heart as smoking five cigarettes. It makes sense considering a whole egg is intended to provide enough nutrients to turn a single cell into a whole chicken over 22 days. Plant based egg substitutes may be available at your local grocery store. There are two kinds: baking subs and subs for scrambled eggs and omelets. Substituting a 1/4 cup of applesauce per egg works in most baking scenarios.

For more information on how to make the best choices for your diet visit [kqbistro.com/health](http://kqbistro.com/health)