

# Se7en Spoons

Chokros + Cooking + Community



**Flavors of the  
World Passport**

*World Passport*

# Isla Cardamon | Flavor Explorer

## Isla Cardamon – The Spicy Cultural Fusion

**You're the Flavor Explorer** – a bold, adventurous spirit who weaves rich cultural stories into every dish. Your kitchen is a vibrant hub of spices and tradition, where Moroccan warmth meets Indian heat. Grocery shopping is a ritual, searching for the perfect blend of herbs and exotic ingredients. Your tablescapes burst with color, texture, and global flair that invites curiosity. When you entertain, you serve up more than food – you offer experiences that connect hearts across cultures.

### **HOW I ROLL: CHAKRAS + COOKING + COMMUNITY**

Rooted in the Root Chakra's passionate energy, your cooking grounds and excites simultaneously. Every meal is a journey – bold, soulful, and deeply nourishing. Your gatherings are immersive, rich with stories, flavors, and authentic connection.



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### **Isla Cardamon**

- Signature Style: Spicy Cultural Fusion
  - Cooking Approach: Bold, spicy, story-driven
  - Favorite Pampered Chef Tools: Spice grinder, garlic press, stoneware baker
  - Chakra Energy: Root Chakra (grounded, passionate)
  - Personality Traits: Fiery, adventurous, soulful
  - Signature Dish Types: Flavorful curries, spiced roasted vegetables, fusion dishes
  - Favorite doTERRA Oils: Cinnamon Bark (warming, stimulating), Ginger (energizing)
  - Favorite Scout & Cellar Wines: Rich reds like Malbec, bold blends
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# How to Read This Booklet

## Your Passport to Soulful Global Cooking 🌍✨

Welcome, curious cook! This booklet is your culinary journey through five vibrant, flavorful recipes inspired by cultures around the world. Each recipe has been thoughtfully crafted to bring you not just delicious food, but an experience that feeds your soul and sparks your creativity.

**Here's how to make the most of it:**

### **1. Explore the Vibe & Purpose**

At the start of each recipe, you'll find its flavor vibe and the soulful purpose behind it. This helps you connect to the energy and intention of the dish before you start cooking.

### **2. Gather Your Ingredients & Tools**

Each recipe lists ingredients and recommended Pampered Chef tools to make cooking smooth and enjoyable. You'll also see suggested doTerra essential oils and Scout & Cellar wines that pair perfectly to elevate your experience.

### **3. Follow Step-by-Step Instructions**

Simple, clear steps guide you through the cooking process. Take your time, savor each moment, and don't rush — this is about joy as much as it is about food.

### **4. Add the Bonus Touch**

At the end of every recipe, you'll find a little ritual, affirmation, or mindful moment designed to deepen your connection with the dish and its energy.

### **5. Share & Celebrate**

Invite loved ones to join you, or savor your creation solo with intention. Use the suggested wine pairings or oils to heighten the atmosphere and make your meal a full sensory experience.



# Moroccan Chickpea Stew

**Flavor Vibe:** Warm spices – cinnamon, cumin, turmeric; earthy & comforting.

**Purpose:** Cozy, soulful stew that warms the heart and nourishes the spirit.

**Pair with:**

- Pampered Chef: Deluxe Multi Cooker + Adjustable Measuring Spoons
- doTerra: Ground Cinnamon Essential Oil (add a drop for aromatic warmth)
- Scout & Cellar: Full-bodied Red Wine to complement the spices

## Ingredients:

- 2 tbsp olive oil
- 1 onion, diced
- 2 garlic cloves, minced
- 1 tsp ground cumin
- 1 tsp ground cinnamon or doTerra Cinnamon oil
- 1 tsp turmeric or doTerra Turmeric oil
- 1 (15 oz) can chickpeas, drained
- 1 (14.5 oz) can diced tomatoes
- 1 cup vegetable broth
- Salt + pepper to taste
- Chopped cilantro for garnish



***Moroccan Tagine***

## Instructions:

1. Heat olive oil in the Deluxe Multi Cooker on sauté. Add onions and garlic; cook until softened.
2. Stir in cumin, cinnamon, and turmeric; cook until fragrant, about 1 minute.
3. Add chickpeas, tomatoes, and broth. Bring to a simmer.
4. Cover and cook 15–20 minutes, allowing flavors to meld.
5. Season with salt and pepper. Garnish with cilantro before serving.

**Bonus Touch:** Serve with warm, crusty bread and whisper: “I invite warmth and comfort into my life.”



# Thai Coconut Basil Chicken

**Flavor Vibe:** Creamy coconut, sweet basil, bright lime – tropical and comforting.

**Purpose:** Invokes playful, vibrant energy and tropical soul.

**Pair with:**

- Pampered Chef: Stainless Steel Skillet + Citrus Press
- doTerra: Wild Orange Essential Oil (add a drop to uplift mood)
- Scout & Cellar: Crisp White Wine to balance creamy coconut flavors

## Ingredients:

- 1 lb chicken breast, thinly sliced
- 1 tbsp coconut oil
- 1 cup coconut milk
- 2 tbsp Thai red curry paste
- 1 tbsp fish sauce
- 1 tbsp brown sugar
- Handful of fresh basil leaves
- Juice of 1 lime or doTerra lime

## Sticky Rice Steamer Basket



## Instructions:

- 1.Heat coconut oil in the skillet on medium-high heat. Add chicken and sauté until nearly cooked through.
- 2.Stir in curry paste; cook 1 minute until fragrant.
- 3.Add coconut milk, fish sauce, and brown sugar. Simmer until chicken is tender and sauce thickens, about 8-10 minutes.
- 4.Remove from heat, stir in basil and lime juice.

**Bonus Touch:** Serve with jasmine rice. As you eat, breathe deeply and say: “I welcome vibrant energy and joy.”

# Indian Butter Cauliflower (Vegetarian)

**Flavor Vibe:** Creamy tomato richness with warming garam masala.

**Purpose:** Comfort food with rich, soulful spice layers.

## **Pair with:**

- Pampered Chef: Deep Covered Baker + Garlic Press
- doTerra: Clove Essential Oil (a drop adds warming depth)
- Scout & Cellar: Smooth Red Wine to complement spice

## **Ingredients:**

- 1 head cauliflower, cut into florets
- 1 tbsp ghee or butter
- 1 onion, diced
- 2 garlic cloves, minced
- 1 tbsp garam masala
- 1 tsp smoked paprika
- 1 can (15 oz) tomato sauce
- ½ cup heavy cream or coconut cream
- Salt to taste



## **Indian Spice Box**

### **Instructions:**

1. Roast cauliflower florets in the Deep Covered Baker at 425°F for 20-25 minutes until golden.
2. In the same pan, melt ghee and sauté onion and garlic until soft.
3. Add garam masala and smoked paprika; cook 1 minute.
4. Stir in tomato sauce and cream; add roasted cauliflower. Simmer 10 minutes.
5. Season with salt.

**Bonus Touch:** Serve with naan or rice and say: “I savor rich flavors and nourish my soul.”

# Mexican Street Corn Dip

**Flavor Vibe:** Sweet corn, lime, cotija cheese, and chili – lively and addictive.

**Purpose:** Bright, festive dip that sparks joy and community.

**Pair with:**

- Pampered Chef: Large Micro-Cooker® + Manual Food Processor
- doTerra: Lime Essential Oil (a drop enhances brightness)
- Scout & Cellar: Sparkling Wine for a festive feel

## Ingredients:

- 2 cups corn (fresh, frozen, or canned)
- ¼ cup mayonnaise
- ¼ cup sour cream
- ½ cup cotija cheese, crumbled
- 1 tsp chili powder
- Juice of 1 lime or doTerra Lime oil
- Chopped cilantro, jalapeño, and onion to taste



**Mexican Tortilla Maker**

## Instructions:

1. Heat corn in Large Micro-Cooker® until slightly golden.
  2. Mix corn with mayo, sour cream, cotija, chili powder, and lime juice.
  3. Fold in cilantro, jalapeño, and onion. Serve warm or chilled.
- Bonus Touch: Share with friends and say: “I celebrate connection and flavor.”



# French Herbes de Provence Chicken

**Flavor Vibe:** Rustic, floral, simple elegance.

**Purpose:** Classic French comfort that evokes peace and timeless grace.

**Pair with:**

- Pampered Chef: Stone Bar Pan + Herb Mill
- doTerra: Lavender Essential Oil (a drop in a diffuser nearby creates calm)
- Scout & Cellar: Elegant White Wine to pair with roast chicken

**Ingredients:**

- 4 bone-in chicken thighs
- 2 tbsp olive oil
- 1 tbsp Herbes de Provence
- Salt and pepper
- 2 garlic cloves, smashed
- Lemon wedges for serving



**French Press**

**Instructions:**

1. Preheat oven to 400°F. Rub chicken with olive oil, Herbes de Provence, salt, and pepper.
2. Place garlic cloves under the chicken thighs on the Stone Bar Pan.
3. Roast for 35–40 minutes until skin is crisp and golden.
4. Serve with lemon wedges.

**Bonus Touch:** Enjoy with a glass of Scout & Cellar wine and whisper: “I savor elegance and simplicity.”

# Isla Cardamon| Thank You So Much!!!

✨ Isla Cardamom — The Spicy Cultural Fusion ✨🌶️🌍

Thank you for stepping into my vibrant kitchen! I hope these bold, soulful recipes have sparked your curiosity, awakened your senses, and brought a taste of global adventure to your table. Cooking with intention is a celebration of culture, flavor, and connection — and I'm so glad you're part of the journey.

Keep the flavors alive:

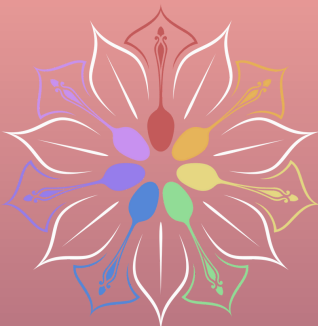
🛒 Explore my favorite spices, herbs, and kitchen tools to bring worldly flair to your cooking.

✉️ Sign up for my email list for immersive recipes, cultural insights, and exclusive tips.

🛍️ Shop with me to fill your pantry with ingredients that travel the globe in every bite.

🤝 Book a cultural cooking collab — let's create unforgettable, flavor-packed experiences together!

✨ Join my team and turn your adventurous spirit into a culinary journey that connects hearts and communities. Stay bold, keep tasting, and never stop exploring the world through your kitchen! ✨🌶️🌍



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