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african peanut stew

12.31.2017

ingredients

- 1 bunch collard greens; washed and rinsed
- 1 onion; small dice
- 1 inch of ginger root; grated
- 4 garlic cloves; minced
- 6 cups broth
- 1 large or 2 small sweet potato; 1/2" dice
- 6 oz can tomato paste
- 1/2 cup natural peanut butter
- 1 tsp cumin
- 1 large pinch of red pepper flakes
- 1/4 cup minced cilantro leaves (optional)
- 1/4 cup peanuts (optional)

instructions

1. Sauté the ginger and garlic in neutral oil over medium heat for 1-2 minutes, or until the garlic becomes soft and fragrant.
2. Add onion to the pot, and continue to sauté. Add sweet potato to the pot, and continue to sauté a few minutes more, or until the onion is soft and the sweet potato takes on a darker, slightly translucent appearance. Season with cumin and red pepper flakes.
3. Add the tomato paste and peanut butter, and stir until everything is evenly mixed. Add the vegetable broth and stir to dissolve the thick tomato paste-peanut butter mixture. Place a lid on the pot and turn the heat up to high.
4. While the soup is coming up to a boil, prepare the collard greens. Rinse the greens well, then use a sharp knife to remove each stem (cut along the side of each stem). Stack the leaves, then cut them into thin strips. Add the collard strips to the soup pot.
5. Once the soup reaches a boil, turn the heat down to low and allow it to simmer without a lid for about 15 minutes, or until the sweet potatoes are very soft. Once soft, smash about half of the sweet potatoes with the back of a wooden spoon to help thicken the soup.
6. Taste the soup and add salt if needed (will depend on the brand of broth used). Serve the stew hot with a few cilantro leaves if desired.

notes

I've used coconut or avocado oil. Broth is traditionally vegetable broth but can be any type. I like to serve this with brown rice.

aloo gobi

2.6.2018

ingredients

- 1 head cauliflower; cut into big size florets
- 1-2 russet potato; large dice
- 1" ginger root; peeled and minced
- 1 serrano; super small dice, deseeded if preferred
- 3-4 on the vine tomatoes; diced
- 1 cup green peas
- 1 tsp ground cumin
- 1 tsp garam masala
- 2 tsp coriander
- 1/2 tsp turmeric
- 1/4 tsp cayenne
- 1/2 bunch cilantro; rinsed, rough chop
- 1 lemon (optional)
- 1 recipe; perfect basmati

instructions

1. Preheat the oven to 400°F. Toss cauliflower florets and potatoes with a couple tbsp neutral oil. Spread on baking sheet. Roast until caramelized and mostly tender, 20-30 minutes, tossing halfway through.
2. Heat a couple tbsp neutral oil in small stainless-steel skillet until shimmering. Add ginger and serrano chilis and cook, stirring frequently, until fragrant, about 1 minute. Add cumin, garam masala, coriander, turmeric, cayenne, and pinch of salt. Allow spices to toast in oil, being careful not to burn, for at least one minute. Add roasted cauliflower and potato and toss well in spices. Cook for an additional 2 minutes, then add tomatoes. Cook until thickened and fragrant, about 5 minutes.
3. Add green peas and cook until warmed through - test some to make sure they're good. Adjust seasoning to taste with salt, lemon and additional garam masala or cayenne.
4. Stir in cilantro and serve with rice, passing lemon wedges tableside.

notes

Would work well with roti or naan too. Goes great with Cinnamon Clove Cashew Pilaf.

steamed basmati

2.9.2018

ingredients

- 1 cup basmati rice
- 1.5 cups just boiled water
- 1-2 tbsp neutral oil
- 1 pinch salt (3/4 tsp salt)
- tbsp ghee (optional)
- spices: cloves, cinnamon stick, black peppercorns, cumin seeds, mustard seeds, curry leaves (all optional)

instructions

1. Rinse rice under cold water a few times or until it runs clear. Cover in cold water and let sit for at least 20 minutes.
2. Heat oil in a broad pan (at least 12-14"). If using spices, add to the hot oil and fry until fragrant.
3. Add drained rice and the salt and toss to coat. Dump in just boiling water and bring pan to an aggressive boil.
4. Once boiling, cover, turn heat down to low and let cook for 10 minutes.
5. Keeping top on, remove from heat and let steam in residual heat for another 10 minutes.
6. If using, toss on a couple dollops of ghee and fluff rice with fork.
7. Serve with tasty curries.

notes

Some combinations of aromatics I enjoy are a cinnamon stick and cloves, or cumin seeds and curry leaves.

Can be scaled 100% for doubling but use only 2.5 cups water.

cilantro lime burritos

12.31.2017

ingredients

- 2.5 cups dry short grain brown rice
- 2 bay leaves
- 1 lime
- 1/2 cup cilantro; chopped
- 1 pinch salt
- 1-2 Tbsp neutral oil
- tortillas
- 2 sweet potatoes; small to medium dice
- 2 cans black beans with liquid
- 2 garlic cloves; lightly crushed
- 3 springs cilantro; whole
- shredded cheese (pepperjack is nice)
- red salsa
- sriracha (optional)

instructions

1. Cook short grain rice in rice cooker with bay leaves and correct amount of water. Once finished, remove leaves, add juice of 1/2 lime, cilantro, salt and neutral oil. Taste the rice and adjust as necessary.
2. Combine whole cans of beans, crushed garlic and cilantro springs in a pot over medium low heat. Simmer for 30 minutes until super tender then crush some (maybe 1/4) of the beans against the side of the pot to release starch. Stir well.
3. Preheat oven to 400F. Toss sweet potatoes in neutral oil and a pinch of salt and lay on a parchment lined baking sheet. Roast for 12 minutes then flip and roast another 12, checking a couple times during cooking to prevent any burning.
4. Heat tortilla until it is supple and almost too hot to handle. Lay on a plate and pile on the rice, then beans, then sweet potato. Top with salsa and cheese. Burrito roll it and serve hot.

notes

Keep the main ingredients in the fridge and assemble each burrito when ready for cooking.

coconut baked oatmeal

12.31.2017

ingredients

- 1 Tbsp coconut oil (or other neutral oil to grease baking pan)
- 3 ripe bananas
- 2 eggs
- 1/3 cup shredded, unsweetened coconut
- 1/4 cup brown sugar
- 1 tsp vanilla extract
- 1 tsp baking powder
- 1/2 tsp kosher salt
- 1 can coconut milk
- 2 1/4 cup rolled oats (not quick cooking)
- blueberries, strawberries, raspberries, blackberries; washed (optional)
- coconut whipped cream (optional)

instructions

1. Preheat the oven to 375 degrees (without convection) and melt coconut oil (or replacement) to grease baking dish.
2. Smash bananas in large mixing bowl. Combine all ingredients up to rolled oats and mix well. Spoon in oats and stir to combine.
3. Bake for 45 minutes at 375F. Remove and let cool for a couple minutes before digging in. Optionally, top with fruit and whipped coconut cream.

notes

Can be served warm or cold.

coconut-rice

6.21.2019

ingredients

- 2 cup jasmine rice; thoroughly rinsed
- 1 14 oz can of coconut milk
- 1.5 cup water
- 1 tsp salt
- 3 Tbsp shredded coconut; plus more, toasted for a garnish if desired

instructions

1. Combine in a rice cooker and stir as much as possible.
2. Cook on sweet setting, or just the white setting if a simple cooker.
3. Fluff and stir to combine the shredded coconut which will have floated to the top.

notes

High quality coconut milk makes a massive difference. I really like Thai Kitchen brand, and dislike Trader Joes.

crab mac-n-cheese

10.30.2018

ingredients

- 1 lb pasta (I like cavatappi)
- 2 tbsp butter + a little more for greasing baking dish
- 2 tbsp all-purpose flour
- 2 cups whole milk
- 10 oz sharp cheddar; shredded
- 2-4 oz gruyere/asiago; shredded (optional)
- 1/2 tsp salt
- 1/4 tsp freshly ground black pepper
- 1/8 tsp red pepper (optional)
- 1/2 lb crab meat; drained (lump or claw, optional)

instructions

1. Preheat oven to 400F and grease a dutch oven or baking dish. Heat 2 cups of milk in microwave for 1.5 minutes.
2. In a broad pan or dutch oven melt 2 Tbsp butter over medium low heat. Add flour while continually stirring until smooth. Continue stirring for while cooking for 1 minute.
3. Slowly add milk while whisking. If the mixture clumps up keep on stirring and adding milk until smooth. Once smooth, cook for 5 minutes or until the sauce thickens. Add salt, black pepper and red pepper (if using).
4. Remove from heat and add 2/3 shredded cheese. Stir until a smooth cheese sauce forms. Add drained crab (if using) and pasta and stir. Taste for seasoning and salt as necessary.
5. When seasoning is right, turn into the baking dish and cover with remaining cheese. Bake for 10-20 minutes until bubbly and lightly browned. Let sit to cool for 5 minutes then serve.

notes

Other pastas that would work besides cavatappi: campanelle, macaroni, elbows, shells, fusilli (a la Boston Market), mezz rigatoni, or penne. While claw meat looks good with the red highlights, I think the lump crab meat tasted better and had less shell bits.

daily daal

02.09.2018

ingredients

- 8 oz red lentils (about 1 heaping cup)
- 2 tbsp neutral cooking oil (e.g., avocado)
- 10-15 black peppercorns
- 5-10 cloves
- 1 onion; small dice
- 2.5" ginger; grated or finely mined
- 5 garlic cloves; peeled
- 1 tsp chili powder
- 1 scant tsp coriander
- 1/2 tsp turmeric
- 1 tsp salt
- 1 14oz can plum tomatoes
- cayenne pepper (optional)
- handful of cilantro; rinsed and roughly chopped (optional)
- one recipe basmati rice

instructions

1. Rinse red lentils until water runs clear. Put in tall pot and cover with 2.5 cups cold water. Bring to a boil then reduce heat, cover, and simmer for 10-15 minutes.
2. Heat the oil in a new pan over medium-low heat. When hot, add peppercorns and cloves and cook until fragrant - about 30 seconds. Add onions and cook while stirring often for 8-10 minutes or golden. Add the ginger and crush in the garlic (I use a press) and cook for 2-3 minutes until fragrant but not burnt. Tip in spices and salt and stir to coat.
3. Add can of tomatoes, crushing with your hands as they go in (granny style) or crush with wooden spoon in pan. Bring to a boil then simmer for 5 minutes then cover and simmer 5 more.
4. Once the sauce has darkened and thickened a little bit start spooning in the lentils with a slotted spoon. If it's too thick, thin with some of the lentil cooking liquid. I found that mine typically doesn't need any additional liquid.
5. Simmer on low heat for 10 more minutes, uncovered if looking to thicken the sauce. Taste and adjust seasoning. Add cayenne if it could use some spice.
6. Serve with basmati rice or naan and a sprinkle of chopped cilantro.

fettucine alfredo primavera

12.31.2017

ingredients

- 1 1/2 cup heavy cream
- 3 tbsp unsalted butter
- 1/2 tsp salt
- 1 1/2 ounces parmesan cheese; grated
- 1/4 tsp ground nutmeg; microplaned fresh is preferred
- 1/2 cup peas
- 1 bunch asparagus; trimmed
- 2 or 3 portabello mushrooms; rinsed and gills cleaned out
- 1 recipe of homemade food processor pasta or 1 package of storebought fresh egg fettucine noodles

instructions

1. If using homemade dough, roll out dough and cut into fettucine width noddles. Rest while preparing sauce.
2. Bring 1 cup of the heavy cream to a simmer and cook until reduced to about 2/3 cup; 12-15 minutes.
Remove from heat and add 1/2 tsp salt and a few grinds of fresh pepper.
3. While cream is simmering, heat 1 tbsp butter and 1 tbsp olive oil in a large pan over medium heat. When hot add mushrooms and asparagus and cook until tender. Add peas and cook through. Set aside to add later.
4. Meanwhile, return the cream mixture to a simmer and bring salted water to boil. Add cheese and nutmeg to cream mixture and cook the pasta. Add the fettucine directly from the boiling water to the sauce and mix until the cheese has melted. Add the vegetables and stir until everything is familiar.
5. Add reserved water to adjust consistency knowing that the sauce will thicken some as it cools. Serve immediately with a warm baguette.

notes

Because of the decadence of this dish I like to serve a light, acidic salad before the meal - spring mix, herbs, thin sliced red onion, carrot, cherry tomato, crouton and a nice vinaigrette.

food processor pasta dough

12.31.2017

ingredients

- 3 eggs
- 1/2 tsp salt
- 2 cups all purpose flour
- 1 tbsp olive oil

instructions

1. Pulse salt and flour in a food processor.
2. Add eggs and olive oil to bowl and process for 30-60 seconds. The contents should come together into a large ball.
If the dough isn't coming coming together add water 1 tbsp at a time and process again for 15 seconds.
3. Once you have a ball, plop the dough onto a cutting board and knead until the ball is relatively smooth and soft.
4. Cover the dough with plastic wrap and let rest for 30 minutes. Once rested it is ready to be rolled into whatever style pasta you'd like

notes

For a more decadent pasta, replace one whole egg with two yolks.

hummus caesar dressing

6.12.2019

ingredients

- 1/4-1/2 cup hummus (roasted garlic preferred)
- 1 tsp spicy whole grain mustard
- 1/2 tsp lemon zest (1 lemon's worth)
- 1 Tbsp capers; finely minced
- 1 heaping Tbsp caper brine
- 3 Tbsp garlic; minced (4-5 small cloves)
- 1 pinch salt
- couple cracks of ground pepper
- 1-2 Tbsp olive oil
- 1 tsp maple syrup
- water (optional); to thin sauce
- lemon juice (optional); to taste as needed

instructions

1. Stir everything together.
2. Thin slightly with water to get desired consistency.
3. Add lemon juice as needed. I find this often isn't necessary with good caper brine.
4. Can be served right away but does well with a sit for the flavors to mingle – maybe 30 minutes.

notes

Really good massaged into crunchy greens; e.g., romaine hearts, lacinato kale.

japanese braised greens

12.31.2017

ingredients

- 2 tbsp neutral oil
- 3 cloves garlic; smashed then thinly sliced
- 2 tbsp miso paste- light or medium
- 1 tsp rice vinegar

instructions

1. Cook stems in oil over medium low heat until the stems are starting to cook but still firm.
2. Add garlic and simmer while stirring for another minute. Add chard leaves and stir while cooking until begins to release water.
3. Add miso paste and rice vinegar and stir to evenly combine into the chard water. If it's too dry add a couple tablespoons. Cook until most water evaporates and the chard is in a sticky sauce.
4. Season to taste and serve.

notes

Chard is easily replaced with lacinato kale. Cut out and discard stem & cook leaves in oil over medium low heat. The rest of the directions remain the same.

jess bowl

12.31.2017

ingredients

- 1 3/4 cup brown rice & 1/4 cup wild rice; cooked
- 2 large sweet potatoes; 3/4" dice
- 2 delicata squash; cut into half moons
- 1 recipe japanese braised greens
- 8 oz crimini mushrooms; stems removed and washed
- 2 tbsp neutral oil
- kosher salt
- 1 avocado; sliced
- siracha to taste
- toasted sesame oil to taste
- soy Sauce or tamari to taste
- 1 tsp white sesame seeds
- 1 tsp black sesame seeds
- fried egg (optional)

instructions

1. Place rice in a rice cooker or on the stove. Cook according to package directions.
2. Heat oven to 400 degrees. Peel sweet potatoes and cut into 3/4" cubes. Toss in a neutral oil with a sprinkle of salt. Cut off top of delicata squash, slice length-wise, scoop out inards, and slice into 1/2" wide half moons. Again, toss in a neutral oil with a sprinkle of salt. Using one large or two smaller trays, spread out sweet potatoes and delicata squash. Roast for 20 minutes, until browning underneath. Flip & toss. Roast for another 10-20 minutes. Sweet potatoes should be bronzed and tender and squash should be browning at edges. Toss chunks around one more time if it looks like they are cooking unevenly.
3. While potatoes & squash are cooking, heat a pan to medium-low heat. Add 2 tbsp neutral oil and crimini mushrooms to the pan, cooking until tender. While mushrooms are cooking, prepare japanese braised greens. Jess prefers using lacinato kale for this specific recipe, but you do you. Throw cooked mushrooms into to the pan of greens, stir, and cook together on low for another minute. Remove from heat and set aside.
4. Prepare bowls. Before adding vegetables, mix a dash of toasted sesame oil into the cooked rice. Pile on vegetables and top with a fried egg (optional). Add tamari/soy sauce and siracha to taste.

notes

best rice bowl ever.

kimchi jigae with cucumber banchan

12.31.2017

ingredients

- 2.5 cups short grain white rice
- 1 handful dried shitake mushrooms
- 3 cups hot water
- 2 persian cucumbers (or 1 larger cucumber)
- 3 Tbsp rice vinegar
- 1.5 Tbsp tamari
- 1/2 tsp gochugaru
- 1 tsp white sesame seeds
- 2 cups kimchi (chopped)
- ~ 1/4 cup kimchi juice
- 1 white or sweet onion (sliced vertically)
- 1 bunch green onion (cut into two inch pieces on a bias, with two onions reserved)
- 1 14oz block firm tofu
- 1 Tbsp gochugaru
- 1 Tbsp gochujang
- 1/2 Tbsp toasted sesame oil

instructions

1. Cook the ingredient.
2. Combine with other ingredient.
3. Sprinkle over minced ingredient and serve warm.

notes

Feel free to add extra ingredients.

lemon red pepper quinoa salad

9.6.2018

ingredients

- 1 cup dry quinoa (about 3 cups cooked)
- 1 3/4 cup water
- 1/2 tsp kosher salt
- 1 tsp olive oil or butter
- 1 cucumber; small dice
- 1 red pepper; small dice
- 1 small red onion; small dice (maybe 1/2 or 3/4 of a giant one)
- 1 can chickpeas; rinsed and drained
- 1 bunch of parsley, finely chopped
- 1/4 cup olive oil
- 1/4 lemon juice (2 or 3 lemons)
- 1 Tbsp sherry vinegar (red wine vinegar could work too)
- 2 garlic cloves; pressed
- 1/2 tsp kosher salt

instructions

1. Cook the quinoa. Thoroughly rinse dry quinoa while heating oil in medium pot over medium heat. When quinoa washed and pan hot, add drained quinoa and cook stirring to toast as the remaining water evaporates - about 2-3 minutes. Stir in water and salt and bring to a rolling boil. Reduce heat to the lowest setting and cover the pot. Cook for 15 minutes, then take off heat and let sit, unopened, for 5 more minutes. Fluff with a fork and allow to cool some.
2. Prep and combine the ingredients from cucumber to parsley in a large mixing bowl.
3. Make the dressing. Combine ingredients from olive oil to kosher salt in a mason jar. Put on the lid and give it a good shake.
4. Once the quinoa has cooled a bit as to not cook the veggies, add to the mixing bowl and stir to mix. Shake the dressing again and pour over the mixture while stirring. It's good now a little warm, and will be good cold out of the fridge for another few days.

notes

Adapted from a cookie and kate blog recipe. I like the sherry vinegar a lot more than red wine in this application. As I was making it I thought it would need something like feta, but once I tasted it I really don't think that's the case. Dressing might benefit from a pinch of red pepper flakes. A good camping recipe due to the short cook and cold presentation.

lentil bolognese

12.31.2017

ingredients

- 3 tbsp olive oil (not extra virgin)
- 2 carrots; small dice
- 1-2 celery stalks; small dice
- 1 onion; small dice
- 1 cup beluga (black) lentils
- 4 cups vegetable broth
- 2 tbsp unsalted butter
- 1 scant tbsp balsamic vinegar
- 1 8-10 ounce package fettucine noodles or 1 recipe of homemade pasta dough

instructions

1. Heat the oil over medium-low heat then add carrots. Cook for a couple minutes then add onions and celery and cook until golden; about 10-15 minutes.
2. Rinse lentils then add to the pot. Toss around then add the 4 cups of broth. Bring to a boil over high heat then reduce to a simmer and allow to cook for 35-45 minutes until the lentils have absorbed much of the water and are abundantly tender. This is a good time to check the seasoning.
3. Remove half the sauce to a blender or food processor and blitz to a rough paste. Add this back to the pot along with butter and the balsamic vinegar.
4. Serve over noodles with a few cracks of fresh pepper and some chopped parsley.

notes

Can use any type of broth. Mushroom or chicken broth would be nice. Lately I've been adding a stalk of celery (small dice) to the mirepoix.

mapo tofu

11.3.2019

ingredients

- 4 Cups jasmine rice; cooked in rice cooker
- 2 full size english cucumbers (or 6 persian cucumbers)
- 1.5 Tbsp rice vinegar
- 2 tsp tamari or soy sauce
- 2 tsp sesame oil
- 2-3 cloves garlic; minced
- 1 tbsp kosher salt
- 2 tbsp sugar
- 1 pinch of gochugaru or red pepper flakes (to taste)
- sesame seeds (white, black or both); for garnish
- 2 oz dried shitake mushrooms
- 5 Cups room temperature water
- 12 oz crimini mushrooms
- 2 lb soft tofu (aka silken)
- 2 leeks
- 2 Tbsp minced ginger
- 2 Tbsp minced garlic
- 2 tsp gochugaru
- 4 Tbsp doubanjiang
- 4 Tbsp chili crisp
- 2 Tbsp fermented black bean paste

instructions

1. Cook the ingredient.
2. Combine with other ingredient.
3. Sprinkle over minced ingredient and serve warm.

notes

Feel free to add extra ingredients.

mediterranean couscous salad

5.20.2017

ingredients

- 1.5 cup whole wheat couscous
- 1 cucumber; mushy core removed, small dice
- 0.5 lb (1 carton?) good cherry tomatoes; cut in half
- 1 can garbanzo beans; drained
- 1/4 cup (or more) italian dressing
- 1 avocado (optional as topping)
- salt

instructions

1. Boil 1.5 cups of water with a pinch of salt in a small saucepan. Once it's boiling, add couscous and stir, take off heat and let rest for 5+ minutes with the lid on before fluffing with a fork.
2. Combine veggies and dressing to let marinate while couscous steams.
3. Top couscous with veggie salad. Top that with optional sliced avocados. Add more dressing if necessary.

notes

If really getting fancy, could add chopped parsley.

miso rice bowl

12.31.2017

ingredients

- 3/4 cup of brown rice
- 1/4 cup of wild rice
- 1-2 sweet potatoes; cubed
- 1 large bundle of broccoli
- 2-4 tbsp neutral oil
- coarse or kosher salt
- freshly ground black pepper
- 1 tsp white sesame seeds
- 1 tsp black sesame seeds
- 1 delicata squash (optional); cut into half moons
- 1 recipe miso-tahini dressing

instructions

1. Heat oven to 400 degrees. Place rice in a rice cooker or on the stove and cook according to package directions.
2. Peel sweet potatoes and cut into 1-inch cubes. Toss lightly in a neutral oil and a sprinkle of salt. Cut tops of broccoli and separate into bite-size florets. Again, toss lightly in a neutral oil and a sprinkle of salt. If using delicata squash, cut off one end of the squash and slice length-wise. Scoop out inards and slice into 1/2 inch wide half moons.
3. Using one large or two smaller trays, spread out sweet potatoes (and delicata squash, optional) and roast for 20 minutes, until browning underneath. Flip, toss, and add broccoli to the tray(s). Roast for another 10-20 minutes. Broccoli should be lightly charred at the edges, sweet potatoes should be bronzed and tender, and squash should be browning at edges. Toss chunks around one more time if it looks like they are cooking unevenly.
4. While vegetables are roasting, prepare the sesame-miso dressing.
5. Assemble bowls. Scoop rice into each bowl, pile on vegetables, and coat lightly with dressing. Sprinkle toasted sesame seeds on top.

notes

Easily doubled. Equally delicious over wheat berries or farro.

miso tahini dressing

12.31.2017

ingredients

- 1 tbsp fresh ginger; minced
- 1 small garlic clove; minced
- 2 tbsp light (shiro) yellow miso
- 2 tbsp tahini
- 1 tbsp honey (or maple syrup)
- 1/4 cup rice vinegar
- 2 tbsp toasted sesame oil
- 2 tbsp olive oil

instructions

1. Combine everything in a blender and run until smooth, scraping down sides once.
2. Taste and adjust as needed.

notes

Stores well.

morning banana smoothie

12.31.2017

ingredients

- 1 peeled; previously frozen banana
- 1 cup unsweetened plain almond milk
- 2 Tbsp natural peanut butter
- 1 Tbsp rolled oats
- 1/2 cup frozen spinach or 1 to 2 cups of fresh, rinsed spinach
- 1 tsp flax seed (optional)
- 1 tsp spirulina powder (optional)
- 1 pinch garam masala or cinnamon powder (optional)

instructions

1. Add to blender in the general order the ingredients are listed. If you want to really mix it up add one of the 'optional' spices.
2. Blend until smooth, using the tamper or adding almond milk to help everything combine.

notes

Can be made with more or less almond milk to adjust the consistency between a shake/ice cream treat or a drink.

I sometimes add parsley if it's around.

mung bean pancake batter

11.3.2019

ingredients

- 1 cup split yellow mung beans
- 2.5 cups of water

instructions

1. Place the beans and 2 cups of the water in a medium bowl and soak for 1 hour. They should increase in volume by about 50 percent.
2. Drain the beans, then place in a blender. Add the remaining 1/2 cup water. Blend on high speed until the mixture is very smooth, 15 to 30 seconds.
3. Season before cooking. Do not add salt until ready to cook.

notes

You can make this mixture and refrigerate, covered, for up to 3 days. Can add kimchi, sauerkraut, green onions, sprouted mung beans, tamari, fish sauce, etc.

pressure cooker mushroom risotto

12.31.2017

ingredients

- 1 quart vegetable stock
- 1.5 lbs assorted mushrooms (a mixture is best); cleaned, trimmed and thinly sliced
- 4 Tbsp olive oil
- 4 Tbsp butter
- 1 yellow onion; chopped
- 4 garlic cloves; minced
- 1.5 cup arborio rice
- 2 tsp tamari or soy sauce
- 1 Tbsp light (shiro) miso
- 1/2 cup white wine
- 1 oz grated high quality parmesan
- more parmesan and any finely minced herb for serving
- 1 oz dried porcini (optional)

instructions

1. If you have dried porcini, heat stock and allow dried mushrooms to steep until soft, about 5 minutes. Remove hydrated porcini and roughly chop. Add mushroom scraps to the stock and allow to sit until later when the stock is added to the rice.
2. Heat olive oil and butter in the pressure cooker and add all of the mushrooms. Cook until the moisture is released and the mushrooms are beginning to brown.
3. Add onion and garlic and cook until barely softened, then add rice and cook until starting to become translucent around the edges; about 5 minutes.
4. Stir in soy/tamari and miso paste until distributed then add wine and cook until the alcohol is released; about 2-3 minutes.
5. Pour the stock into the pot through a mesh strainer and discard the mushroom scraps. Cook on low pressure for 5 minutes (10 psi on most cookers). Release steam valve and open the pressure cooker.
6. Stir in parmesan and check the seasoning.
7. Serve with extra grated parmesan and herbs at the table.

notes

Not a good choice for someone who doesn't like mushrooms. The dried porcini are nice but not necessary - I generally skip the extra step. Also, if the risotto comes out a little too dry, feel free to loosen it with a few tablespoons of stock or heavy cream.

mustard arugula farm salad

12.27.2018

ingredients

- 2 Tbsp dijon mustard
- 2 Tbsp whole grain mustard (e.g., Maille)
- 1/2 cup EVOO
- 2 Tbsp sherry vinegar (or something similar)
- 1 scant Tbsp maple syrup
- couple cracks of black pepper
- 12-16 oz new potatoes; cooked (boiled or steamed) and cut in half
- 7 oz arrugula; washed and dried as much as possible
- 1 1/4 cup uncooked brown rice
- 1/4 cup uncooked wild rice
- 1/4 cup dried cranberries
- 4-6 eggs; quartered lengthwise
- 1/4 cup pine nuts (optional)
- 1 tin sardines or mackerel (optional)

instructions

1. Combine all the ingredients in the top section in a pint jar with a lid (mason jar). Shake to create an even mixture then put in the fridge.
2. Cook the brown and wild rice together. I like to combine them in a rice cooker and cook via timer overnight to be ready in the morning.
3. Combine potatoes, arrugula, rice, pine nuts and cranberries and toss until evenly distributed. Serve onto plates or into containers and top with eggs and fish – should make 4-6 meal sized servings. When ready to serve, drizzle over two spoonfuls of dressing. Add more to taste.

notes

Fish isn't necessary but a nice boost of protein.

breakfast sammy

12.31.2017

ingredients

- 1 slice of sourdough bread
- 1 cup of uncooked spinach
- 2 thin slices of “unexpected cheddar” (found at Trader Joe’s)
- 1 egg
- 1-2 tbsp neutral oil
- 1 tsp olive oil
- kosher salt
- ground pepper

instructions

1. Toast sourdough bread.
2. While bread is toasting, heat pan to medium heat and add 1-2 tbsp of neutral oil to the pan. Once heated, add spinach to one side of pan and crack an egg on the other side.
3. Allow egg to cook until the white congeals and the inside is somewhere between runny and molten. While egg is cooking, make sure to toss spinach to ensure it cooks evenly.
4. Assemble sandwich. Drizzle olive oil over bread. Layer the cheese, spinach, and fried egg. Add a sprinkle of salt and a dash of pepper.

notes

Delicious served on own or with a side of fruit.

pinto bean pressure cooker soup

8.28.2019

ingredients

- 1 cup dried pinto beans; washed and picked over
- 4 cups water
- 1/2 teaspoon garlic powder
- 1/2 teaspoon cumin
- 2-3 bay leaves
- sliced avocado
- shake cayenne pepper
- torn cilantro

instructions

1. Place beans, water and spices in pressure cooker. Cook on high pressure for 45 minutes and let cool naturally. The soup is ready now or can be kept warm for hours to develop some.
2. Open the pressure cooker and season with salt to taste. Should be a tasty bean broth. *Remove the bay leaves* and use a hand blender to pulse to the desired consistency. Heat back up to a simmer while stirring occasionally.
3. Serve hot with sliced avocado, a dash of cayenne and some cilantro leaves.

notes

Look into doubling this. Water likely won't scale at 100%. Current recipe makes about 3 bowls. Maybe serve with a lime slice?

rustic baguette

12.31.2017

ingredients

- 680 grams lukewarm water; less than 100F
- 1 Tbsp granulated yeast
- 1 1/2 Tbsp kosher salt
- 680 g white flour
- 230 g whole wheat flour
- some semolina flour

instructions

1. In a large, sealable container over a scale add water Then yeast and salt. Mix a little bit.
Tare then add white flour, tare again and add whole wheat. Combine thoroughly with a danish dough whisk or wooden spoon, making sure to get the corners.
2. Let sit out, with lid on lightly so that gases can escape, for 2-4 hours while it rises then collapses a bit.
Then place in the fridge for 3 hours to 10 days.
3. When ready to cook, preheat oven to 450 with a steamer tray. Dust bin top with a little semolina then gently shape into baguettes, rolling in a little more semolina as needed to prevent sticking. Let rest for 20 minutes then slash 3 times lengthwise on a slight angle and bake for 25 minutes.
4. Let cool, then eat. Should last a day or two.

notes

Makes 5-8 baguettes depending on size.

shakshuka

12.31.2017

ingredients

- 1 medium onion; small dice
- 4 cloves garlic; crushed then sliced
- 2 Anaheim peppers; seeds removed and diced
- 3 jalapeño or 2 serrano peppers; sliced
- 1 Tbsp cumin
- 2 tsp smoked paprika
- 28oz san marzano tomatoes
- 6 or 7 eggs
- 1 handful of chopped parsley
- 1/4 cup crumbled feta
- olive oil and pepper to finish

instructions

1. Heat a 12-14" pan on medium heat. Add onions, peppers, a few tablespoons of olive oil and a small pinch of salt and cook until translucent and just beginning to brown.
2. Add the garlic and cook for 30 seconds. Add the cumin and smoked paprika and cook for 30 more. Dump in the tomatoes and crush with a wooden spoon until it resembles a chunky pasta sauce. Bring to a boil then reduce to low and simmer for approximately 15 minutes, stirring occasionally to prevent the sauce from burning at the bottom, until it is the consistency of oatmeal.
3. This is a good time to taste the sauce and season it until it tastes right.
4. Distribute the eggs evenly over the surface and spoon the sauce over some of the egg white before covering. Cook for 5-10 minutes checking for the eggs to be completely cooked like it is poached.
5. Once the eggs are just about cooked, remove from heat and sprinkle with feta and parsley, a light drizzle of a good olive and a few cracks of pepper. Serve with pitas, naan, or a baguette.

notes

Goes well with baguette or budget bytes naan recipe.

sweet potato bisque

12.21.2019

ingredients

- 2 Tbsp coconut oil (or other neutral oil)
- 1 onion or 2 shallots; diced
- 1 thumb ginger; finely chopped
- 2 lb sweet potato; peeled and cubed
- 1.5 tsp salt
- 1 Tbsp curry powder
- 1 tsp ground coriander
- 3 cups water
- 1/2 cup coconut milk (or almond milk) plus more for drizzling if desired
- 1/4 bunch of cilantro (optional); washed and chopped
- 1 lime (optional); cut into wedges

instructions

1. Cook the onion and ginger in coconut oil in a deep soup pot over medium heat stirring occasionally, until soft – about 10 minutes.
2. Add the salt and spices and stir. Add the cubed sweet potatoes and toss to coat then add the water. Bring to a boil then reduce to a simmer and cook until fork tender – about 15 minutes.
3. Transfer to a blender and remove blender plug then cover with a towel or paper towel that will resist yellowing from curry powder. Blend until smooth. Either manually increasing slowly to high speed for about 30 seconds or using the puree setting on the Vitamix.
4. Rinse out pot if any small pieces of onion or potato remain and transfer puree back to pot. Reheat over a low flame and stir in coconut milk (or almond milk). Check the seasoning then serve with cilantro and lime.

notes

Also does well with some crunchy toasted bread.

turmeric immune soup

11.5.2018

ingredients

- 2 tsp olive oil
- 4 carrots; small dice
- 4 celery stalks; small dice
- 2 smallish white, sweet or spanish onion; small dice
- 2-3 inches garlic; minced
- 6-8 garlic cloves; minced
- 3 tsp ground turmeric
- 1/2 tsp red chili flakes
- 1 1/3 cup dried orzo
- 8 cups vegetable broth
- 4 tsp light miso
- 2 tsp apple cider vinegar
- 1/4 cup parsley, flat or curly; chopped

instructions

1. Heat a broad based pot over medium high heat. Add olive oil, then onion, carrot and celery. Cook until very translucent, about 5-10 minutes. Add garlic, ginger, turmeric and chili flakes and cook until fragrant, about a minute. Add broth and bring to boil.
2. Once at a low boil, add orzo and cook stirring intermittently until almost al dente; 7-10 minutes. In a small bowl, combine miso paste and vinegar. Ladle in 2-3 tbsp broth and stir until dissolved. Add back into pot, then take off heat.
3. Check seasoning and add salt or pepper as needed. Stir in parsley and serve.

notes

Goes well with a crusty bread. We had a sourdough batard from Whole Foods. Also stores well, but orzo will get plump and absorb lots of the broth.

turnip red lentil stew

12.31.2017

ingredients

- 1 sweet onion; diced
- 4 garlic cloves; minced
- 1 bunch of small turnips (I like hakurei); washed, trimmed, and quartered or 4 large turnips; peeled and 1/2" dice
- 1 can tomato puree
- 4 cups vegetable broth and extra vegetable base concentrate
- 1 bunch chard (could substitute lacinato kale); washed, thick stems removed, and thinly sliced
- 1 cup red lentils; rinsed
- 2 tbsp olive or neutral oil
- 1/2 tsp thyme (fresh or dried)
- 1/4 tsp dried sage (optional)
- pinch of red pepper flakes (optional)

optional - 2 shallots; cut in half lengthwise and thinly sliced - 1/4 cup neutral oil - 1 pinch salt

instructions

1. Heat pan on medium then add oil and onion. Cook until onion begins to soften then add garlic and cook until both are softened through - just sweating the veggies, no need to try to brown here. Add turnips and toss. Add tomato sauce and veggie broth and stir to combine. If using large turnips, cook for 15 minutes to get out any bitterness. Add lentils and stir again.
2. If making the optional crispy, caramelized shallots, add shallots and oil to a pan on medium low. After a few minutes the shallots should be sizzling as they release their moisture. Cook while stirring occasionally and continue with the stew steps below. About 20 minutes in the shallots should be turning golden. Remove them from the oil and spread out on a paper towel lined plate and sprinkle with salt.
3. Bring soup to a boil then reduce to a simmer and cook for about 20 minutes stirring occasionally. Around then the lentils will be a consistent color and texture though and will plump up to fill the pot all of the sudden. At this point stir in the herbs if you're using them and the greens and let cook for a couple minutes.
4. Taste the soup- if it lacks body, add vegetable broth base 1/2 tsp at a time, or maybe a pinch of salt if it just needs more seasoning.

notes

Serve with a crack of pepper and/or a pinch of red pepper flakes.