

Basic daal

3 portions (2 of rice)

today.com/recipes/most-basic-dal-recipe-t154897

1 cup dry rice
1 cup water
rice cooker

Prepare one cup of rice as normal. Turn on the rice cooker a bit before you start the rest of the process; the rice will take longer than the daal to cook.

1 cup red lentils
strainer

Rinse and strain one cup of lentils.

3 cups water
1 tsp turmeric
1 tsp salt
1 pinch chilli powder (optional)
four-quart pot

Put the lentils, water, salt and turmeric into a pot; mix well and bring to a boil.

When the water boils, turn down the heat to medium and let boil for 7 minutes.

After 7 minutes, remove the pot from the heat, place a lid on, and let it sit for another 5 minutes. In the meantime---

1 tbsp ghee
small pan

Put a small amount of ghee in a small pan and melt it on the stove.

1 tbsp cumin seeds

When the pan is well hot, pour in the cumin seeds, stir quickly, and once the seeds start to pop (nearly immediately) remove the pan from the heat.

When the 5 minutes for the lentils are up, pour in the cumin seeds and ghee.

1 lime

Cut the lime into quarters, and squeeze the juice into the daal mix. Mix well.

Serve on or alongside the rice.

Basic sourdough bread

one six-inch-diameter loaf

kingarthurbaking.com/recipes/no-knead-sourdough-bread-recipe

65 g flour
65 g water

Take your starter out of the fridge, remove about 125g and store in a jar for other things, and feed the starter with about 65g of flour and 65g of water.

Leave the starter on the counter to warm up and activate for 4--6 hours.

125 g starter
330 g flour
220 g water
10 g salt
mixing bowl

In a bowl, put together 125g of starter, 330g of flour, 220g of water, and 10g of salt.

Mix gently, switching to kneading at the end as necessary to mix. Don't knead any more than you have to.

cloth or wax wrap

65 g flour
65 g water

dutch oven
silicone liner or parchment paper

Cover the bowl and let it sit on the counter for an hour.

Re-feed your starter and put it back in the fridge.

After an hour, remove the cover, gently fold the dough over on itself a few times, turning a bit as you go. Put the cover back on and let it sit another hour.

Fold the dough again, then let it rest one more hour.

Fold the dough one last time, then put the dough in the refrigerator for 12--48 hours.

When you have about four hours to rise and bake, take the dough out of the fridge, punch it down, pick it up and shape it in your hands into a ball, and set it down in a lined dutch oven. Let it rest and warm up on the counter with the lid on for three hours.

After three hours, preheat your oven to 500 degrees F.

When the oven is hot enough, score the top of your dough in an X with a knife, then put the lid back on and put it in the oven. Immediately reduce the oven temperature to 450 degrees, and set a timer for 45 minutes.

After 45 minutes, open the oven, remove the lid on the dutch oven, and close the oven back up again. Let it bake another 15 minutes.

After 15 minutes, the bread is done! Take it out of the oven and the dutch oven, and put it on a cooling rack to cool completely before serving or storing it.

Apple cider vinegar

about 2 cups

<https://growagoodlife.com/apple-scrap-vinegar/>

12 apples apple scraps
worth
quart jar

1 cup water
2 tbsp sugar
1 tbsp live vinegar (optional)

coffee filter or paper towel
rubber band or string or mason jar band

Put about 12 apples' worth of cores and other scraps in a quart jar; squishing them down as much as you can.

Mix about a cup of water with 2 tbsp of sugar, then pour over the apple scraps. Add a tablespoon of vinegar from a previous batch or another live vinegar source if you want, for a bit faster maturation and somewhat lower chance of failure. Add water to fill up the rest of the jar, leaving a few inches of space at the top. You may need a fermentation weight or similar tool to keep the scraps all submerged.

Cover the jar with a breathable cover, and leave it to sit in a warm place out of sunlight. Wait a few days for it to start to visibly bubble.

Once it's visibly bubbling, stir it once a day to oxygenate the water until it stops bubbling---about two weeks or so.

mixing bowl or other receptacle
cheesecloth or strainer bag

Once the vinegar stops bubbling, strain the scraps out through a cloth into a bowl. Squeeze the scraps to liberate as much remaining liquid as you can. Discard the scraps.

Pour the vinegar back into the jar, cover with a breathable cover, and let it ferment without stirring for another two to four weeks, until it has the sourness you're looking for.

Once it tastes like you want it to, close it with a regular lid or put it into a more pourable bottle, and leave it in the fridge for up to a year.

Potato and squash stew

3--4 portions

mychefsapron.com/one-hearty-vegetable-stew-recipe-vegan-gf/

1 tbsp oil
four-quart pot or dutch oven

Put a tablespoon of oil in a pot on the stove. Don't turn the stove on yet.

1 honeynut squash
3 potatoes
1 onion

Cut up three potatoes, a honeynut squash (or half a butternut squash), and an onion; put the chopped pieces in the pot as you go. The squash is easier to peel if you microwave it for 30 seconds beforehand. (There's no need to peel the potatoes.)

1 tsp salt

Put a teaspoon of salt in with the vegetables, turn on the heat, and stir and cook for five minutes.

2 cloves garlic

Near the end of the five minutes, chop up two cloves of garlic.

After five minutes, put the lid on and leave it to cook for another five minutes.

2 cups peanut milk
1 tsp turmeric
1 tsp ground pepper

Open the pot, pour in the peanut milk, and stir in the garlic, turmeric, and pepper. Let it come to a simmer.

Once the stew is simmering, cover the pan and cook for ten minutes, or longer if the potatoes aren't yet soft.

3 tbsp nutritional yeast

Once the potatoes are done through, mix in the nutritional yeast and let it cook for two further minutes.

After two minutes, remove it from the heat and serve.