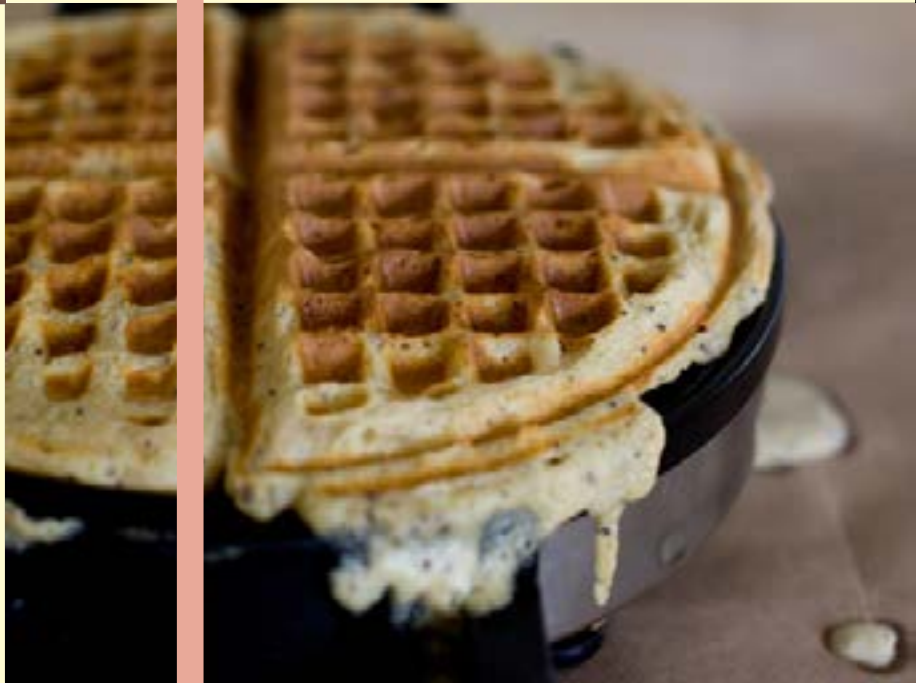




cook book



BRITT

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Breakfast



Buckwheat Scones

I WAS INSPIRED TO CREATE A SCONES WITH BUCKWHEAT AND FIGS WHEN I REALIZED HOW SIMILAR THEY ARE. BOTH ARE RIPE AND JAMMY, ALMOST WINEY. IMAGINE A SOPHISTICATED FIG NEWTON BUT LESS SWEET. ALTHOUGH THIS SCONES RECIPE MAY SEEM A BIT MORE TIME-CONSUMING THAN OTHERS, REMEMBER THAT THE FIG BUTTER CAN BE MADE AHEAD OF TIME.

Dry mix:

1 cup / 4.75 oz / 135 g buckwheat flour
1 1/4 cups / 5.5 oz / 160g all-purpose flour
1/2 cup / 2.5 oz / 70 g sugar
2 teaspoons baking powder
1/2 teaspoon kosher salt

Wet mix:

4 ounces / 113 g cold unsalted butter, cut into 1/4-inch pieces
1 1/4 cups / 10 fl. oz / 300ml heavy cream
1 cup / 8 oz Fig Butter (see recipe below)

1. SIFT THE DRY INGREDIENTS INTO A LARGE BOWL, POURING BACK INTO THE BOWL ANY BITS OF GRAIN OR OTHER INGREDIENTS THAT MAY REMAIN IN THE SIFTER.

2. ADD THE BUTTER TO THE DRY MIXTURE. RUB THE BUTTER BETWEEN YOUR FINGERS, BREAKING IT INTO SMALLER BITS. CONTINUE RUBBING UNTIL THE BUTTER IS COARSELY

GROUND AND FEELS LIKE GRAINS OF RICE. THE FASTER YOU DO THIS, THE MORE THE BUTTER WILL STAY SOLID, WHICH IS IMPORTANT FOR THE SUCCESS OF THE RECIPE. (HS NOTE: FOR THOSE OF YOU WHO LIKE TO MAKE SHORT DOUGHS IN A FOOD PROCESSOR, THAT IS WHAT I DID, AND IT WORKED OUT GREAT).

3. ADD THE CREAM AND GENTLY MIX IT INTO THE FLOUR WITH A SPATULA UNTIL THE DOUGH IS JUST COMBINED.

4. USE A PASTRY SCRAPER OR A SPATULA TO TRANSFER THE DOUGH ONTO A WELL-FLOURED SURFACE. IT WILL BE STICKY, SO FLOUR YOUR HANDS AND PAT THE DOUGH INTO A RECTANGLE. GRAB A ROLLING PIN AND ROLL THE DOUGH INTO A RECTANGLE THAT IS 8 INCHES WIDE, 16 INCHES LONG, AND 3/4 INCH THICK. IF AT ANY TIME THE DOUGH ROLLS OFF IN A DIFFERENT DIRECTION, USE YOUR HANDS TO SQUARE THE CORNERS AND PAT IT BACK INTO SHAPE. AS YOU'RE ROLLING, PERIODICALLY RUN A PASTRY SCRAPER OR SPATULA UNDERNEATH TO LOOSEN THE DOUGH, FLOUR THE SURFACE, AND CONTINUE ROLLING. THIS KEEPS THE DOUGH FROM STICKING. FLOUR THE TOP OF THE DOUGH IF THE ROLLING PIN IS STICKING.

5. SPREAD THE FIG BUTTER OVER THE DOUGH. ROLL THE LONG EDGE OF THE DOUGH UP, PATTING THE DOUGH AS YOU ROLL SO THAT IT FORMS A NEAT LOG 16 INCHES LONG. ROLL THE FINISHED LOG SO THAT THE SEAM IS ON THE BOTTOM AND THE WEIGHT OF THE ROLL SEALS THE EDGE.

6. USE A SHARP KNIFE TO SLICE THE LOG IN HALF. PUT THE HALVES ON A BAKING SHEET OR PLATE, COVER LOOSELY WITH PLASTIC WRAP, AND CHILL IN THE REFRIGERATOR FOR 30 MINUTES. (THE DOUGH CAN BE KEPT, COVERED, IN THE REFRIGERATOR FOR 2 DAYS.) WHILE THE DOUGH IS CHILLING, PREHEAT THE OVEN TO 350°F. LINE TWO BAKING SHEETS WITH PARCHMENT PAPER.

7. AFTER 30 MINUTES, TAKE BOTH LOGS OUT OF THE REFRIGERATOR AND CUT EACH HALF INTO 6 EQUAL PIECES ABOUT 1 1/4 INCHES WIDE. PLACE EACH SCONES FLAT, WITH THE SPIRAL OF THE FIG BUTTER FACING UP, ON A BAKING SHEET, 6 TO A SHEET. GIVE THE SCONES A SQUEEZE TO SHAPE THEM INTO ROUNDS.

8. BAKE FOR 38 TO 42 MINUTES, ROTATING THE SHEETS HALFWAY THROUGH. THE SCONES ARE READY TO COME OUT WHEN THEIR UNDERSIDES ARE GOLDEN BROWN. THEY ARE BEST EATEN WARM FROM THE OVEN OR LATER THAT SAME DAY.

MAKES 12 SCONES.

Breakfast

I USED A BLEND OF ALL-PURPOSE AND WHOLE WHEAT PASTRY FLOUR HERE, BUT YOU CAN EXCLUSIVELY USE ALL-PURPOSE FLOUR IF THAT IS WHAT YOU HAVE AVAILABLE.

butter to grease muffin tins
3 tablespoons unsalted butter
1 loose teaspoon saffron threads
3 tablespoons natural cane sugar
1 cup / 240 ml buttermilk
2 egg whites
2 tablespoons water
1 cup / 4.5 oz / 125 g whole wheat pastry flour
3/4 cup / 3.5 oz / 100g unbleached all-purpose flour
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon fine grain sea salt
2 tablespoons finely chopped almonds
1/2 cup / 2 oz / 60 g golden raisins, chopped

PREHEAT OVEN TO 400F / 200C WITH A RACK IN THE TOP THIRD. BUTTER A STANDARD 12-MUFFIN PAN, ALTERNATELY YOU CAN USE LINERS.

MELT THE BUTTER OVER LOW HEAT AND SET ASIDE TO COOL. YOU WANT THE BUTTER TO BE MELTED, BUT NOT HOT.

VERY BRIEFLY TOAST THE SAFFRON IN A SMALL SKILLET OVER LOW HEAT, STIRRING AND SHAKING THE PAN CONTINUOUSLY TO AVOID BURNING. THE SAFFRON SHOULD BE FRAGRANT, BUT STOP BEFORE THE THREADS CHANGE COLOR. YOU ARE DEFINITELY BETTER OFF UNDER COOKING THAN OVERCOOKING THE SAFFRON.

USE A MORTAR AND PESTLE TO GRIND THE SAFFRON THREADS WITH 1 TEASPOON OF THE SUGAR. POUR THE BUTTERMILK INTO A CEREAL BOWL. ADD THE SAFFRON MIXTURE, THEN THE EGG WHITES, WATER,



Lucia Muffins

AND MELTED BUTTER. STIR UNTIL WELL COMBINED.

IN A LARGE BOWL, WHISK THE FLOURS, BAKING POWDER, BAKING SODA, SALT, REMAINING SUGAR, AND ALMONDS. POUR THE WET INGREDIENTS OVER THE DRY INGREDIENTS AND SPRINKLE WITH THE RAISINS. USE A SPATULA TO STIR UNTIL EVERYTHING BARELY COMES TOGETHER, AVOID OVER-MIXING. SPOON THE BATTER INTO THE PREPARED MUFFIN CUPS UNTIL ABOUT THREE-QUARTERS FULL. THE BATTER SHOULD FILL 10-12 MUFFIN CUPS.

BAKE FOR 18 - 22 MINUTES, OR UNTIL THE TOPS OF THE MUFFINS ARE GOLDEN AND A TOOTHPICK INSERTED INTO ONE OF THEM COMES OUT CLEAN. POP THE MUFFINS OUT OF THE TINS AS SOON AS IT IS REASONABLE (AFTER A FEW MINUTES) AND COOL ON A RACK. IF YOU LEAVE THEM IN THE PAN THEY STEAM AND CAN BE CHALLENGING TO REMOVE.

MAKES 10 - 12 MUFFINS (12 IN THE LODGE CAST IRON MUFFIN PANS)...

Breakfast

I LEFT A FEW NOTES REGARDING VARIOUS FLOUR SUBSTITUTIONS IN THE BODY OF THE MAIN ENTRY.

1 1/2 tablespoons poppy seeds
2 cups / 475 ml buttermilk
1 cup / 3.5 oz / 100g barley flour
1/2 cup / 1.5 oz / 45 g oat flour
1/2 cup / 2 oz / 55g rye flour
1 tablespoon natural cane sugar or Muscovado sugar
1 tablespoon aluminum-free baking powder
scant 1/2 teaspoon fine grain sea salt
3 large eggs, whisked
1/3 cup / 3 oz unsalted butter, melted and cooled a bit

Multigrain Waffles

IF YOU HAPPEN TO REMEMBER, SOAK THE POPPY SEEDS IN THE BUTTERMILK OVERNIGHT, IF NOT, IT'S NO BIG DEAL. JUST ADD THEM TO THE WET MIX LATER ON.

PREHEAT YOUR WAFFLE IRON. I SET MINE TO MEDIUM HEAT, BUT YOU'LL HAVE TO PLAY AROUND A BIT WITH THE SETTINGS ON YOUR PARTICULAR WAFFLE IRON TO SETTLE ON THE RIGHT TEMPERATURE.

IN A LARGE BOWL MIX THE FLOURS, SUGAR, BAKING POWDER, AND SALT TOGETHER. IN A SEPARATE BOWL WHISK THE EGGS INTO THE BUTTERMILK MIXTURE, THEN WHISK IN THE MELTED BUTTER. WHISK THE WET INGREDIENTS INTO THE DRY AND STIR UNTIL JUST COMBINED.

I USE ABOUT 1/2 CUP / 120 ML OF BATTER PER WAFFLE. CLOSE THE IRON, AND RESIST THE URGE TO PEEK FOR A COUPLE OF MINUTES, THE WAFFLE NEEDS TIME TO SET AND DEVELOP A BIT OF A SKIN. AFTER THAT YOU CAN CHECK TO SEE HOW YOUR WAFFLE IS COMING ALONG. COOK UNTIL DEEPLY GOLDEN. IF YOU AREN'T EATING THE WAFFLES IMMEDIATELY, KEEP IN MIND THEY CAN GET A BIT SOGGY IF YOU PLACE THEM DIRECTLY ON A PLATE. I TEND TO SET HOT WAFFLES ON A METAL COOKIE RACK IN A WARM/HOT PLACE WHILE COOKING THE REMAINDERS. SERVE WITH SYRUP, PRESERVES, OR SPRINKLED WITH MORE MUSCOVADO SUGAR.

MAKES 6 - 8 STANDARD WAFFLES.

Breakfast

IF YOU CAN'T FIND WHITE WHOLE WHEAT FLOUR, FEEL FREE TO SUBSTITUTE UNBLEACHED ALL-PURPOSE FLOUR. IF YOU CAN'T FIND AGAVE NECTAR, SUBSTITUTE 1/4 CUP SUGAR + 1/4 CUP MAPLE SYRUP, I USE THE LIGHT AGAVE NECTAR FOR THIS RECIPE (IT ALSO COMES IN AMBER). YOU CAN ALSO USE WHOLE WHEAT PASTRY FLOUR IN PLACE OF THE OTHER FLOURS I'VE MENTIONED. I LOVE CARA CARA ORANGES AND USE THOSE WHEN I CAN GET THEM.

1- 2 oranges, peeled, segments torn into small pieces

1 lemon, peeled, segments torn into small pieces

1/3 cup agave nectar

2 cups white whole wheat flour (or unbleached a-p flour)

1 teaspoon aluminum-free baking powder

1/2 teaspoon baking soda

1/2 teaspoon fine grain sea salt

1/3 cup poppy seeds

1/2 cup sunflower seeds, toasted until deeply golden

2 1/4 cups organic buttermilk

2 large organic eggs, lightly beaten

2 tablespoons butter, melted

butter, to serve (and for pan)

TO MAKE THE CITRUS SYRUP PUT THE ORANGE AND LEMON SEGMENTS AND AGAVE NECTAR IN A MEDIUM SAUCEPAN OVER MEDIUM-LOW HEAT. HEAT AND STIR UNTIL THE INGREDIENTS COMBINE. BRING THE MIXTURE TO A GENTLE SIMMER FOR 5 OR 6 MINUTES. REMOVE FROM HEAT AND SET ASIDE.

TO MAKE THE PANCAKES COMBINE THE FLOUR, BAKING POWDER, BAKING SODA, SALT, POPPY SEEDS AND SUNFLOWER SEEDS IN A LARGE BOWL. ADD THE BUTTERMILK, EGGS AND MELTED BUTTER. STIR ALL THE INGREDIENTS UNTIL THEY ARE JUST COMBINED. DON'T WORRY IF THE BATTER IS A BIT LUMPY, YOU DON'T WANT TO OVER MIX.



Poppy Seed Pancake Recipe

HEAT YOUR SKILLET, PAN, OR GRIDDLE TO MEDIUM-HOT AND BRUSH IT WITH A BIT OF BUTTER. TEST FOR THE RIGHT TEMPERATURE. IF A DROP OF WATER DROPPED ONTO THE PAN STARTS TO DANCE, YOU ARE IN THE BALLPARK. POUR ABOUT 1/3 OF A CUP OF BATTER INTO THE SKILLET. WAIT UNTIL THE PANCAKE BOTTOM IS DEEP GOLDEN IN COLOR, THEN FLIP WITH A SPATULA AND COOK THE OTHER SIDE UNTIL GOLDEN AND COOKED THROUGH. REPEAT WITH THE REMAINING BATTER. SERVE WITH A GOLDEN PAT OF BUTTER AND A NICE DRIZZLE OF SYRUP.

MAKES ABOUT 12 LARGE PANCAKES, OR DOZENS OF SILVER-DOLLAR PANCAKES - ENOUGH TO FEED A SMALL CROWD.



Orange and Oat Scone Recipe

I MADE A FEW TWEAKS TO ROMNEY'S ORIGINAL RECIPE, AND THEY ARE REFLECTED BELOW. I USE WHOLE WHEAT PASTRY FLOUR HERE, BUT YOU CAN USE UNBLEACHED ALL-PURPOSE FLOUR, OR A BLEND OF BOTH IF YOU LIKE. THIS VERSION OF THE RECIPE MAKES 8-10 HUGE SCONES. THE NEXT TIME I MAKE THESE I'LL LIKELY PAT THE DOUGH INTO TWO 4-INCH ROUNDS AND CUT EACH OF THOSE INTO 6-8 SMALLER SCONES BEFORE BAKING.

3 cups whole wheat pastry flour
1/2 cup turbinado sugar
2 teaspoons baking powder
1 teaspoon baking soda
1 cup (2 sticks) cold butter, cut into small pieces
2 cups rolled oats
zest of 1 orange
1 cup buttermilk
1/4 cup coarse turbinado or Demerara sugar, for sprinkling
2/3 cup dried currants

PREHEAT THE OVEN TO 350°F DEGREES. LINE A BAKING SHEET WITH PARCHMENT PAPER.

COMBINE THE FLOUR, 1/2 CUP OF TURBINADO SUGAR, BAKING POWDER, AND BAKING SODA IN THE BOWL OF A FOOD PROCESSOR. ADD THE BUTTER AND PULSE 15-20 TIMES OR UNTIL IT LOOKS LIKE SANDY PEARLS. (IF YOU ARE WORKING BY HAND, CUT THE BUTTER INTO THE FLOUR MIXTURE USING A PASTRY CUTTER.) TRANSFER THE DOUGH TO A BOWL AND STIR IN THE OATS AND ZEST. STIR IN THE BUTTERMILK AND CURRANTS UNTIL JUST MOISTENED.

BRING THE DOUGH TOGETHER WITH YOUR HANDS. IF THE DOUGH IS STILL TOO CRUMBLY, STIR IN MORE BUTTERMILK A TINY SPLASH AT A TIME, BUT TRY TO AVOID OVER MIXING. AFTER BRINGING THE DOUGH TOGETHER, GENTLY PAT IT INTO AN 8-INCH ROUND. CUT INTO TRIANGLE SHAPES (SEE PHOTO) AND TRANSFER TO THE PREPARED BAKING SHEET WITH SOME ROOM BETWEEN EACH Scone. SPRINKLE THE TOPS WITH COARSE SUGAR. BAKE FOR 12 TO 15 MINUTE OR UNTIL THE BOTTOMS ARE DEEPLY GOLDEN.

MAKES 8 EXTRA-LARGE SCONES, OR 12 TO 16 LARGER ONES.

Breakfast

1 3/4 cups all-purpose flour
1 tablespoon sugar
1 tablespoon baking powder
1/2 teaspoon salt
8 tablespoons (1 stick) unsalted butter melted
1 cup milk
1/2 cup sour cream
3 large eggs
Maple syrup or jam, for serving

HEAT A WAFFLE IRON ACCORDING TO MANUFACTURER'S DIRECTIONS. LIGHTLY OIL THE GRIDS. MEANWHILE WHISK THE FLOUR, SUGAR, BAKING POWDER, AND SALT IN A LARGE BOWL TO COMBINE AND MAKE A WELL IN THE CENTER. WHISK THE MELTED BUTTER, MILK, SOUR CREAM, AND EGGS IN A MEDIUM BOWL UNTIL WELL COMBINED AND POUR INTO THE WELL. WHISK JUST UNTIL SMOOTH; DO NOT OVER MIX.

SPOON ABOUT 1/4 CUP OF THE BATTER INTO THE CENTER OF EACH QUADRANT OF THE WAFFLE IRON AND CLOSE THE IRON. COOK UNTIL THE WAFFLE IS GOLDEN BROWN, 3 TO 4 MINUTES. SERVE THE WAFFLES HOT, WITH THE SYRUP PASSED ON THE SIDE.

MAKES TWELVE 4-INCH WAFFLES.

Sour Cream Waffle Recipe



Breakfast

WHEN SHOPPING FOR STRAWBERRIES I PREFER ONES THAT ARE ON THE SMALLER SIDE, FRAGRANT, AND A DEEP RED IN COLOR. THE BREAD YOU SEE IN THE ABOVE PHOTO IS A LOAF OF ACME BREAD'S WALNUT LEVAIN. I SUSPECT THEIR WHOLE WHEAT SEEDED LOAF WOULD BE PERFECT AS WELL. USE A SERRATED BREAD KNIFE TO CUT THE BREAD INTO CUBES. TO VEGANIZE THE RECIPE TOSS THE BREAD CUBES WITH OLIVE OIL / BROWN SUGAR (BUT DON'T HEAT IT) BEFORE BAKING, AND SKIP THE YOGURT.

1/4 cup unsalted butter
1/4 cup + 2 tablespoons natural cane sugar OR brown sugar*
couple pinches of fine grain salt
1 pound loaf of hearty, substantial day-old bread, cut into 1-inch cubes
1+ pint basket of ripe strawberries, trimmed and cut into matchsticks
a 7 or 8 ounce container of plain (Greek) yogurt
poppy seeds for garnish

PREHEAT OVEN TO 350F DEGREES. IN A LARGE POT MELT THE BUTTER. STIR IN THE SUGAR AND SALT. STIR UNTIL THE SUGAR DISSOLVES AND REMOVE FROM THE HEAT. ADD BREAD CUBES AND TOSS, COATING THE BREAD CUBES. TOSS FOR A MINUTE OR SO TO GET DECENT COVERAGE. POUR THE BREAD OUT ONTO A BAKING SHEET AND ARRANGE THEM IN A SINGLE LAYER. TOAST FOR ABOUT

15 MINUTES OR UNTIL BREAD IS WELL TOASTED, TOSSING EVERY 5 MINUTES TO MAKE SURE ALL BREAD SURFACE AREAS GET GOLDEN AND CRUNCHY.

IN THE MEANTIME, PLACE HALF THE CHOPPED STRAWBERRIES IN A SMALL BOWL AND MASH THEM WITH THE REMAINING 2 TABLESPOONS OF BROWN SUGAR. I FOUND A POTATO MASHER WORKS WELL FOR THIS. KEEP MASHING UNTIL BERRIES ARE SUPER JUICY AND APPETIZINGLY CHUNKY - THIS IS YOUR DRESSING.

WHEN THE BREAD CUBES ARE DONE TOASTING (AND HAVE HAD A FEW MINUTES TO COOL AND CRISP UP), TOSS THEM IN A BIG BOWL WITH THE MASHED BERRIES. ADD THE REMAINING CHOPPED STRAWBERRIES AND TOSS A BIT MORE. GIVE THE YOGURT A GOOD STIR, AND SERVE ON THE SIDE GARNISHED WITH POPPY SEEDS (FEEL FREE TO SWEETEN IT A BIT TO YOUR LIKING).

SERVES 6 OR SO.



Strawberry Panzanella Recipe

Chocolate

Chocoloate



Chocolate

I USED JUST SHY OF A POUND OF GUITARD 55% CHOCOLATE CHIPS IN THIS RECIPE. YOU COULD GO DARKER IF YOU LIKE, AND SHAVE OR CHOP THE CHOCOLATE FROM BARS, WHICH IS WHAT I TYPICALLY DO. I USED DAGOBA UNSWEETENED COCOA POWDER. AND I USED A MIX OF LIGHT AND DARK MUSCOVADO SUGARS - HALF AND HALF. IF ALL YOU HAVE IS REGULAR BROWN SUGAR, OR EVEN FINE-GRAIN WHITE SUGAR, THOSE SHOULD WORK AS SUBSTITUTES. I LEFT THE CHERRIES WHOLE, BUT I SUSPECT A VERSION WITH CHOPPED CHERRIES WOULD BE GOOD TOO, AND DIFFERENT TEXTURALLY.

BUTTER FOR GREASING PAN

2 cups / 10.5 oz / 300 g dried cherries

scant cup / 200 ml / 7 fl oz port wine

1/2 cup / 2 oz / 55g / whole wheat pastry flour

1/3 cup / 1.5 oz / 40 g unsweetened cocoa powder

1/2 teaspoon fine grain sea salt

2 teaspoons baking powder

10.5 oz / 300g 55% dark chocolate chips/chunks

5 1/2 tablespoons / 2 3/4 oz / 80g unsalted butter

2 cups / 10.5 oz / sifted muscovado sugar

4 large eggs

scant 1/2 cup / 3.5 oz / 100 g creme fraiche or sour cream

1 cup / 5 oz / 145 g chocolate chips/ chunks

MORE COCOA POWDER, FOR DUSTING

A DAY OR TWO BEFORE YOU WANT TO BAKE THE BROWNIES, PLACE THE CHERRIES IN A MEDIUM BOWL AND POUR OVER THE PORT. COVER AND SET ASIDE. STIR EVERY TWELVE HOURS UNTIL READY TO USE.

PREHEAT THE OVEN TO 325F / 170C AND PLACE A RACK IN THE TOP THIRD. BUTTER AND LINE A 13 X 9 X 2-INCH RECTANGULAR BAKING DISH WITH PARCHMENT PAPER. AN IMPORTANT STEP IF YOU WANT TO EVENTUALLY GET THESE BROWNIES OUT OF THE PAN. SIFT THE FLOUR, COCOA POWDER, SALT, AND BAKING POWDER INTO A BOWL AND SET ASIDE.

MAKE A DOUBLE BOILER BY PLACING A STAINLESS STEEL BOWL OVER A SMALL PAN OF GENTLY SIMMERING WATER - THE BOTTOM OF THE BOWL SHOULD NOT TOUCH THE WATER. PLACE THE 10.5 OZ / 300G OF CHOCOLATE INTO THIS BOWL ALONG WITH THE BUTTER AND SUGAR. STIR JUST UNTIL

Chocolate Cherry Brownies



THE CHOCOLATE HAS MELTED AND THE INGREDIENTS COME TOGETHER INTO A MASS. TRANSFER TO THE BOWL OF AN ELECTRIC MIXER AND ALLOW TO COOL (COOL ENOUGH THAT IT WON'T COOK THE EGGS WHEN YOU ADD THEM). MIX ON SLOW AND ADD THE EGGS, ONE AT A TIME, LETTING EACH GET INCORPORATED BEFORE ADDING THE NEXT. SCRAPE DOWN THE SIDES OF THE BOWL WITH A SPATULA A COUPLE TIMES ALONG THE WAY. ADD THE FLOUR MIXTURE AND STIR BY HAND UNTIL COMBINED, THEN ADD THE CREME FRAICHE, REMAINING CHOCOLATE CHIPS, AND THE CHERRIES WITH THE PORT. STIR UNTIL JUST COMBINED.

SPOON THE MIXTURE INTO THE PREPARED PAN AND BAKE FOR ABOUT AN HOUR, OR UNTIL JUST SET. THE CENTER OF THE BROWNIE SHOULD BE SET AND NOT AT ALL WOBBLY. ALLOW TO COOL COMPLETELY IN THE PAN. YOU CAN COVER THE PAN TIGHTLY WITH PLASTIC WRAP AT THIS POINT AND THE BROWNIES WILL KEEP FOR A COUPLE DAYS. I RECOMMEND CHILLING BEFORE SLICING IF YOU WANT SMALL, PRECISE SQUARES. ALSO KEEP A TALL GLASS OF WARM WATER ON HAND TO WASH YOUR KNIFE BETWEEN EACH CUT. ENJOY AT ROOM TEMPERATURE DUSTED WITH A BIT OF COCOA POWDER.

MAKES ONE LARGE PAN OF BROWNIES.



Chocolate Loaf Cake

IF YOU ARE HAVING A HARD TIME TRACKING DOWN MUSCOVADO SUGAR, DARK BROWN SUGAR IS A REASONABLE SUBSTITUTE.

zest of one lemon
1 1/4 cups / 5 oz / 145 g spelt flour
1 teaspoon baking soda
1/2 teaspoon fine grain sea salt
1 cup / 8 oz / 225g unsalted butter
2/3 cups / 7.5 oz / 215 g v. loosely packed dark Muscovado sugar

2 large eggs, beaten
2 teaspoons vanilla extract
4 oz / 115 g bittersweet chocolate, barely melted
1 cup plus 2 tablespoons boiling water
another 1/3 cup / 1.5 oz / 45 g Muscovado sugar (optional)

PREHEAT OVEN TO 375F / 190C WITH A RACK IN THE CENTER. BUTTER A 9X5-INCH (23 X 13-CM) LOAF PAN AND

LINE WITH PARCHMENT PAPER. YOU HAVE TO LINE THE PAN IF YOU EVER WANT TO GET THIS CAKE OUT OF IT. SPRINKLE WITH THE LEMON ZEST AND SET ASIDE.

COMBINE THE FLOUR BAKING SODA, AND SALT IN A MEDIUM BOWL. SET ASIDE.

CREAM THE BUTTER UNTIL LIGHT AND FEATHERY, EITHER WITH A WOODEN SPOON OR WITH AN ELECTRIC MIXER. BEAT IN THE SUGAR. THEN ADD THE EGGS, ONE AT A TIME, SCRAPING DOWN THE SIDES OF THE BOWL A COUPLE TIMES ALONG THE WAY. ADD THE VANILLA, THEN FOLD IN THE MELTED (AND NOW SLIGHTLY COOLED) CHOCOLATE, STIRRING UNTIL JUST BARELY COMBINED. NOW STIR IN 1/3 OF THE FLOUR MIXTURE, THEN 1/3 OF THE WATER, ALTERNATING UNTIL ALL THE FLOUR AND WATER HAS BEEN INCORPORATED INTO WHAT SEEMS LIKE AN IMPOSSIBLY THING BATTER. GO WITH IT. POUR INTO THE PREPARED PAN, PLACE ON A RIMMED BAKING SHEET (JUST IN CASE THERE'S AN OVERFLOW), AND BAKE FOR 30 MINUTES. TURN THE OVEN DOWN TO 325F / 165C AND CONTINUE TO COOK FOR ANOTHER 15-18 MINUTES. THE CAKE ISN'T GOING TO TEST DONE LIKE OTHER CAKES, BUT AS LONG AS YOUR OVEN TEMP IS ACCURATE, YOU SHOULD BE FINE. HERE'S AN OPTIONAL STEP - SPRINKLE THE TOP OF THE CAKE WITH 1/3 CUP OF MUSCOVADO SUGAR AND PLACE UNDER A LOW-BROILER FOR ABOUT A MINUTE, OR JUST UNTIL THE SUGAR MELTS.

PLACE THE LOAF PAN ON A RACK, LET COOL COMPLETELY, AND ENJOY THE NEXT DAY.

MAKES 8 - 10 SLICES.

Chocolate

I'VE USED BOTH 365 ORGANIC POWDERED SUGAR FROM WHOLE FOODS, AND HAIN ORGANIC POWDERED SUGAR WITH SUCCESS. I PREFER TO USE NON-ALKALIZED COCOA POWDER (SCHARFEN BERGER OR DAGOBA) BUT ALSO TESTED WITH DROSTE, WHICH IS A DUTCH-PROCESS COCOA POWDER. ALL WITH SUCCESS. ON THE NUT FRONT, BE MINDFUL OF HOW YOU TOAST YOUR WALNUTS - IT'S THE SINGLE FACTOR THAT IMPACTS THE PERSONALITY OF THESE COOKIES MOST. USING DEEPLY TOASTED WALNUTS MAKES FOR A MUCH MORE INTENSE, NUTTY COOKIE. LIGHTLY TOASTED WALNUTS CAN SOMETIMES BE MISTAKEN FOR CHOCOLATE CHIPS, AND MAKE FOR A MUCH MORE MILD COOKIE. BOTH GOOD! ALSO, COOKING TIME - YOU DON'T WANT TO OVER OR UNDER BAKE HERE - OVER BAKE, AND YOUR COOKIES WILL COOL TOO A CRISP, UNDER BAKE, AND THEY ARE TOO FLOPPY AND CRUMBLY. ALSO, UNDERBAKING MAKES IT MORE DIFFICULT TO REMOVE THE COOKIES FROM THE PARCHMENT PAPER AFTER BAKING - YOU GET THE SWING OF IT AFTER A BATCH OR TWO. USE LARGE EGGS, I SUSPECT IF YOU USE EXTRA-LARGE, THE BATTER WILL RUN, AND YOU'LL HAVE TO COMPENSATE WITH MORE POWDERED SUGAR.

3 cups / 11 oz / 310 g walnut halves, toasted & cooled

4 cups / 1 lb / 453 g confectioner's (powdered) sugar

1/2 cup plus 3 tablespoons / 2 oz / 60 g unsweetened cocoa powder



Chocolate Puddle Cookies

scant 1/2 teaspoon fine grain sea salt
4 large egg whites, room temperature
1 tablespoon real, good-quality vanilla extract

PREHEAT OVEN TO 320F / 160C DEGREES AND POSITION RACKS IN THE TOP AND BOTTOM THIRD. LINE THREE (PREFERABLY RIMMED) BAKING SHEETS WITH PARCHMENT PAPER. OR YOU CAN BAKE IN BATCHES WITH FEWER PANS.

MAKE SURE YOUR WALNUTS HAVE COOLED A BIT, THEN CHOP COARSELY AND SET ASIDE. SIFT TOGETHER THE CONFECTIONER'S SUGAR, COCOA POWDER, AND SEA SALT. STIR IN THE WALNUTS, THEN ADD THE EGG WHITES AND VANILLA. STIR UNTIL WELL COMBINED.

SPOON THE BATTER ONTO THE PREPARED SHEETS IN MOUNDS OF ABOUT 2 TABLESPOONS EACH, ALLOWING FOR PLENTY OF ROOM BETWEEN COOKIES. THESE COOKIES ARE LIKE REVERSE SHRINKY DINKS - THEY REALLY EXPAND. DON'T TRY TO GET MORE THAN 6 COOKIES ON EACH SHEET, AND TRY TO AVOID PLACING THE BATTER TOO CLOSE TO THE EDGE OF THE PAN.

BAKE UNTIL THEY PUFF UP. THE TOPS SHOULD GET GLOSSY, AND THEN CRACK A BIT - ABOUT 12 -15 MINUTES. HAVE FAITH, THEY LOOK SAD AT FIRST, THEN REALLY BLOSSOM. YOU MAY WANT TO ROTATE THE PANS TOP/BOTTOM/BACK/FRONT.

SLIDE THE COOKIES STILL ON PARCHMENT ONTO A COOLING RACK, AND LET THEM COOL COMPLETELY. THEY WILL KEEP IN AN AIRTIGHT FOR A COUPLE DAYS.

MAKES 18 LARGE COOKIES.

Chocolate

I KNOW SOME PEOPLE LIKE TO TOAST FLOURS IN THE OVEN, BUT I FIND TOASTING THEM IN A LARGE SKILLET GIVES ME MORE CONTROL, RESULTING IN EVEN BROWNING, LESS OCCURRENCES OF BURNING. ALSO, AVOID BIG CHUNKS OF CHOCOLATE, IT MAKES IT HARD TO ROLL OUT THE DOUGH INTO UNIFORM THICKNESS.

3/4 cup / 3.5 oz / 100g quinoa flour
1 cup / 5 oz / 145 g all-purpose flour
1/2 teaspoon fine grain sea salt
1 cup / 8 oz / 225g unsalted butter, room temperature
1 cup / 5 oz / 140 g sifted fine-grain natural cane sugar (or light brown sugar)
1/2 cup / 2.5 oz / 70 g shaved chocolate
3 tablespoons large-grain sugar flakes (or turbinado)

COMBINE THE FLOURS IN YOUR LARGEST SKILLET OVER MEDIUM HEAT. TOAST THE FLOUR STIRRING CONSTANTLY, UNTIL THEY GET SLIGHTLY GOLDEN AND FRAGRANT. IF THE FLOUR TAKES ON AN ACRID SMELL YOU'VE LIKELY GONE TOO FAR, OR THE PAN IS TOO HOT. REMOVE FROM HEAT, SIFT THE FLOURS INTO A BOWL, ADD THE SALT, THEN PLACE IN THE REFRIGERATOR OR FREEZER FOR 10 MINUTES OR SO TO FACILITATE COOLING.

CREAM THE BUTTER EITHER BY HAND OR USING AN ELECTRIC MIXER. ADD THE SUGAR, THEN CREAM SOME MORE, SCRAPING THE SIDES OF THE BOWL A COUPLE TIMES ALONG THE WAY. STIR IN THE FLOUR UNTIL IT IS JUST INCORPORATED, THEN STIR IN THE CHOCOLATE SHAVINGS.

GATHER THE DOUGH INTO A BALL,



Quinoa Cloud Cookies

FLATTEN INTO A 1/2-INCH THICK PATTY, WRAP, AND PLACE IN THE REFRIGERATOR TO CHILL - ROUGHLY 45 MINUTES.

IN THE MEANTIME, PREHEAT OVEN TO 350F / 180C, PLACING RACKS IN THE CENTER. AND LINE A BAKING SHEET (OR TWO) WITH PARCHMENT PAPER, AND SET ASIDE.

AFTER THE DOUGH HAS CHILLED, ROLL IT OUT ON A LIGHTLY FLOURED COUNTER-TOP 1/4-INCH THICK. CUT INTO DESIRED SHAPES, SPRINKLE WITH THE BIG SUGAR GRAINS, AND PLACE AT LEAST 1 1/2-INCHES APART ON THE PREPARED BAKING SHEET. BAKE FOR 12 - 14 MINUTES, UNTIL THE BOTTOMS OF THE COOKIES ARE NICELY GOLDEN. REMOVE AND LET COOL FOR 10 MINUTES BEFORE MOVING TO A COOLING RACK.

MAKES 12+ LARGE CLOUD COOKIES. YOUR YIELD WILL VARY DEPENDING ON YOUR CUTTER SHAPE.



Drinks



Blackberry Limeade Recipe

MARTHA'S RECIPE CALLS FOR GINGER ALE AS THE MIXER (DELICIOUS!). I DON'T DRINK MUCH SODA OF ANY SORT - IT'S JUST TOO SWEET FOR ME, SO I DID A SECOND BATCH WITH SPARKLING WATER AS THE MIXER- GREAT FOR THOSE OF YOU AVOIDING SOFT DRINKS. FOR SOME IT MIGHT MAKE SENSE TO KEEP THE COMPONENTS SEPARATE (INSTEAD OF COMBINING EVERYTHING IN ONE PITCHER - MAKING IT EASY TO MIX EACH DRINK TO ORDER. THIS WAY EACH PERSON CAN CONTROL THEIR OWN LEVEL OF FLAVOR/SWEETNESS. MARTHA ALSO INCLUDES A SIDE BAR OF HELPFUL NOTES RELATED TO THIS RECIPE - BERRIES CAN BE PULSED BRIEFLY IN A FOOD PROCESSOR AND STRAINED. BE CAREFUL NOT TO CRUSH THE SEEDS, AS THIS ADDS A DIRTY TASTE TO THE BLACKBERRIES. YOU CAN FREEZE BLACKBERRIES IN ICE CUBES FOR A NICE ACCESSORY TO THE DRINK. THE SUGAR SYRUP CAN BE TRANSFERRED TO A METAL MIXING BOWL SET IN A BOWL OF ICE TO COOL IT DOWN QUICKLY. FOR A WONDERFUL FROZEN COCKTAIL, PUREE ICE AND A JIGGER OF GIN WITH THE BLACKBERRY-LIME MIXTURE IN A BLENDER.

4 cups fresh blackberries, or unsweetened frozen blackberries, thawed, plus extra for garnish
1 cup turbinado sugar, natural cane sugar, or grated palm sugar
1 kaffir lime leaf, crushed, or 1 tablespoon grated lime zest
1 green cardamom pod, lightly crushed

1/2 cup fresh Key lime juice (about 8 -12 limes)

Thin lime slices, for garnish

2 cups ginger ale (hs note: or sparkling water)

Ice cubes

LAY A DOUBLED PIECE OF CHEESECLOTH ON A NONPOROUS WORK AREA. (AS THE BERRIES WILL STAIN A WIDE ARRAY OF CUTTING SURFACES AND CLOTHES, THIS MAY BE BEST DONE OUTSIDE OR OVER NEWSPAPER AND WEARING AN APRON OR SMOCK.) PLACE THE BLACKBERRIES ON TOP OF THE CHEESECLOTH AND GATHER INTO A BUNDLE LIKE A HOBO SACK. HOLD THE SACK OF BERRIES OVER A GLASS, STAINLESS STEEL, PLASTIC, OR CERAMIC BOWL. TWIST THE TOP OF THE SACK TO SQUEEZE THE JUICE FROM THE BERRIES INTO THE RECEPTACLE. (THIS WILL YIELD ABOUT 1 CUP VERY STRONG, TART, DARK JUICE.) REFRIGERATE THE JUICE UNTIL NEEDED; DISCARD THE PURPLE MASH.

IN A SMALL SAUCEPAN, COMBINE THE SUGAR, 1 CUP WATER, THE LIME LEAF, AND THE CARDAMOM POD. BRING TO A BOIL. SIMMER OVER LOW HEAT FOR 10 MINUTES, OR UNTIL THE MIXTURE IS REDUCED TO A THIN SYRUP. REMOVE THE LIME LEAF AND CARDAMOM. ALLOW THE SUGAR SYRUP TO COOL AND THEN CHILL IT.

IN A 1-QUART PITCHER, COMBINE THE BLACKBERRY JUICE, SUGAR SYRUP, AND LIME JUICE. STIR TO COMBINE AND THEN REFRIGERATE UNTIL COLD.

TO SERVE, STIR THE GINGER ALE (OR WATER) INTO THE PITCHER, FILL GLASSES WITH ICE, AND POUR IN THE BLACKBERRY LIMEADE. GARNISH WITH SLICES OF LIME.

SERVES 8.

Drinks

FOR EACH DRINK:

2 teaspoons sugar

1 1/2 ounces Irish whiskey

2/3 cup freshly brewed strong black coffee

1 tablespoon heavy whipping cream

COMBINE THE SUGAR WHISKEY, AND COFFEE IN AN IRISH COFFEE GLASS. IN A SMALL BOWL, LIGHTLY WHISK THE CREAM UNTIL SLIGHTLY FROTHY. GENTLY POUR THE CREAM ONTO THE BACK OF A SPOON RESTING ON THE SURFACE OF THE COFFEE, SO THAT IT FLOATS ON TOP OF THE COFFEE. SERVE WITHOUT STIRRING.

HOT HINT: GETTING THE CREAM TO FLOAT ON TOP OF AN IRISH COFFEE MAY REQUIRE A LITTLE LUCK OF THE IRISH. TO ENSURE SUCCESS, DON'T OMIT THE SUGAR, EVEN IF YOU DON'T TYPICALLY TAKE IT IN YOUR COFFEE, AND REMEMBER NOT TO STIR IN THE CREAM, AS THE SECRET TO EXPERIENCING THE TRUE FLAVOR OF AN IRISH COFFEE IS SIPPING THROUGH THE FLOATING CREAM.

SERVES 1.

Irish Coffee Recipe



Drinks

IF YOU PREFER, YOU CAN SWEETEN WITH ANY NATURAL SWEETENER OF YOUR CHOICE INCLUDING HONEY IN PLACE OF GRANULATED SUGAR).

4 cups water

1/2 cup dried jamaica flowers

1/2 cup sugar (I used natural cane sugar this time around)

Another 3 cups of cold water

More sugar to taste

1 lime, thinly sliced

FIRST OFF, PICK OUT A POT THAT WON'T STAIN. HIBISCUS HAS THE POTENTIAL TO STAIN JUST ABOUT ANYTHING IT COMES IN CONTACT WITH INCLUDING YOUR COUNTERTOP, COOKWARE, WOODEN SPOONS, FAVORITE JEANS, ETC. SO KEEP THIS IN MIND.

BRING THE 4 CUPS OF WATER TO A BOIL. REMOVE WATER FROM HEAT AND ADD THE DRIED FLOWERS AND SUGAR. PLACE A LID OVER THE POT AND STEEP FOR 10 MINUTES, STIRRING ONCE OR TWICE ALONG THE WAY TO BREAK DOWN THE SUGAR GRANULES.

POUR THE INFUSION THROUGH A STRAINER INTO A PITCHER OR JUG (THIS IS USUALLY WHERE SOMETHING GETS STAINED). YOU ARE GOING TO WANT TO ADD ABOUT 3 MORE CUPS OF COLD WATER TO THE PITCHER. TASTE AND ADJUST BASED ON YOUR PERSONAL PREFERENCE. YOU CAN ADD A BIT MORE SUGAR IF YOU THINK YOU NEED IT, OR MORE WATER IF YOU FEEL LIKE THE JAMAICA IS TOO OVERPOWERING. THIS IS USUALLY JUST ABOUT RIGHT FOR MY TASTE. I DON'T LIKE THE SUGAR TO OVERPOWER THE REFRESHING NATURAL TARTNESS OF THE JAMAICA FLOWER.

COOL COMPLETELY AND SERVE WITH PLENTY OF ICE IN GLASSES GARNISHED WITH A SLICE OF LIME.

SERVES 8.

Jamaica Flower Iced Tea Recipe



Mini Buttermilk Berry Milkshake Recipe



LET ME START OFF THIS RECIPE BY SAYING THAT YOU CAN MAKE THE SWIRL OUT OF JUST ABOUT ANYTHING. WE ALWAYS HAVE BERRIES IN THE FREEZER BECAUSE WAYNE LOVES TO MAKE SMOOTHIES EVERY MORNING. JUST USE WHAT EVER YOU'VE GOT AROUND.

3 big scoops of top shelf vanilla ice cream
1/3c.-1/2c. buttermilk
A cup or so of berries
A splash of Creme de Cassis

LET YOUR VANILLA ICE CREAM SOFTEN UP A BIT BEFORE SCOOPING THREE XL SCOOPS INTO A BIG SIZED GLASS OR CUP. MIX IN THE BUTTERMILK USING A MILKSHAKE MACHINE, AN IMMERSION BLENDER, OR BY HAND. I LIKE MY MILKSHAKES EXTRA THICK, SO I DON'T LIKE TO OVER MIX THEM OR THIN THEM OUT WITH TOO MUCH LIQUID. IF YOUR MILKSHAKE GETS TOO THIN, JUST ADD ANOTHER SCOOP OR TWO OF ICE CREAM.

MAKE THE BERRY PUREE:
PUREE BERRIES WITH AN IMMERSION OR REGULAR BLENDER. INCORPORATE A SMALL SPLASH OF CREME DE CASSIS.
SPOON OR POUR A BIT OF THE VANILLA MILKSHAKE INTO EACH SERVING GLASS, ADD A BIT OF THE BERRY PUREE, MORE OF THE MILKSHAKE, MORE PUREE, AND SO ON. GIVE THE MILKSHAKES A BIT OF A SWIRL WITH A SPOON AND SERVE IMMEDIATELY.

MAKES ENOUGH FOR ABOUT 4-6, DEPENDING ON SERVING GLASS SIZE.



Maín

Mains

LET ME START OFF THIS RECIPE BY SAYING THAT YOU CAN MAKE THE SWIRL OUT OF JUST ABOUT ANYTHING. WE ALWAYS HAVE BERRIES IN THE FREEZER BECAUSE WAYNE LOVES TO MAKE SMOOTHIES EVERY MORNING. JUST USE WHAT EVER YOU'VE GOT AROUND.

3 big scoops of top shelf vanilla ice cream
1/3c.-1/2c. buttermilk
A cup or so of berries
A splash of Creme de Cassis

LET YOUR VANILLA ICE CREAM SOFTEN UP A BIT BEFORE SCOOPING THREE XL SCOOPS INTO A BIG SIZED GLASS OR CUP. MIX IN THE BUTTERMILK USING A MILKSHAKE MACHINE, AN IMMERSION BLENDER, OR BY HAND. I LIKE MY MILKSHAKES EXTRA THICK, SO I DON'T LIKE TO OVER MIX THEM OR THIN THEM OUT WITH TOO MUCH LIQUID. IF YOUR MILKSHAKE GETS TOO THIN, JUST ADD ANOTHER SCOOP OR TWO OF ICE CREAM.



MAKE THE BERRY PUREE:

PUREE BERRIES WITH AN IMMERSION OR REGULAR BLENDER. INCORPORATE A SMALL SPLASH OF CREME DE CASSIS.

SPOON OR POUR A BIT OF THE VANILLA MILKSHAKE INTO EACH SERVING GLASS, ADD A BIT OF THE BERRY PUREE, MORE OF THE MILKSHAKE, MORE PUREE, AND SO ON. GIVE THE MILKSHAKES A BIT OF A SWIRL WITH A SPOON AND SERVE IMMEDIATELY.

MAKES ENOUGH FOR ABOUT 4-6, DEPENDING ON SERVING GLASS SIZE.

Mains

THERE ARE FEW THINGS AS SATISFYING AS COOKING WITH YOUR OWN FRESHLY GROUND CURRY POWDER. I'VE INCLUDED A FAVORITE CURRY POWDER RECIPE BELOW.* I USE AN ELECTRIC SPICE GRINDER, AND THEN SIFT THE POWDER THROUGH A SIEVE TO RID IT OF ANY REMAINING OVER-SIZED PARTICLES. FEEL FREE TO PLAY AROUND WITH OTHER SEASONAL VEGETABLES HERE. AND AS I MENTION UP ABOVE, FEEL FREE TO EXPERIMENT WITH OTHER CURRY POWDERS AS WELL. BECAUSE EACH CURRY POWDER IS DIFFERENT, IF YOU AREN'T SURE ABOUT THE AMOUNT OF CURRY POWDER TO USE, START WITH A LITTLE ON THE FRONT END, AND ADD A BIT AT A TIME (AFTER YOU ADD THE WATER), UNTIL IT TASTES GOOD TO YOU.

1 cup whole coconut milk
1 - 2 tablespoons curry powder*
scant 1/2 teaspoon fine grain sea salt
1/2 large red onion, chopped
1 medium garlic clove, chopped
1/3 cup water
4 ounces firm tofu, cut into small cubes (optional)
1 cup green beans, cut into 1-inch segments
1 1/2 cups cauliflower, cut into tiny florets
1/3 cup cashews, toasted
a handful of cilantro, loosely chopped



Cashew Curry Recipe

BRING HALF OF THE COCONUT MILK TO A SIMMER IN A LARGE SKILLET OR POT OVER MEDIUM-HIGH HEAT. WHISK IN THE CURRY POWDER AND SALT, WORKING OUT ANY CLUMPS. NOW STIR IN THE CHOPPED RED ONION AND GARLIC AND COOK FOR A MINUTE. STIR IN THE REMAINING COCONUT MILK AND THE WATER, AND THEN THE TOFU. COOK DOWN THE LIQUID FOR A COUPLE MINUTES BEFORE ADDING THE GREEN BEANS AND CAULIFLOWER. COVER AND SIMMER FOR JUST ABOUT ONE MINUTE, MAYBE TWO - OR JUST UNTIL THE CAULIFLOWER AND BEANS LOSE THEIR RAW EDGE AND COOK THROUGH A BIT. REMOVE THE POT FROM HEAT AND STIR IN THE CASHEWS. TASTE AND ADJUST THE SEASONING (SALT / CURRY POWDER) IF NEEDED. SERVE WITH A BIT OF CILANTRO TOPPING EACH BOWL.

SERVES 2-3.



Japanese Pizza Recipe

LEEKs ARE NOTORIOUSLY GRITTY. TO CLEAN THEM WELL I TYPICALLY SLICE THEM LENGTHWISE AND THEN SUBMERGE THEM IN A BIG BOWL OF WATER - WHERE I RINSE AND SWISH THEM TO LOOSEN UP ANY DIRT. DRAIN AND REPEAT IF NEEDED. THEN CHOP/SLICE.

2 cups cabbage, finely shredded
1 cup leeks, well washed and chopped (see head notes)
2/3 cup whole wheat pastry flour (or apf flour)
a couple pinches of fine grain sea salt
2 eggs, beaten
1+ tablespoon olive oil
Garnish: toasted slivered almonds, chives/ herbs

COMBINE THE CABBAGE, LEEKS, FLOUR, AND SALT IN A BOWL. TOSS UNTIL EVERYTHING IS COATED WITH A DUSTING OF FLOUR. STIR IN THE EGGS AND MIX UNTIL EVERYTHING IS EVENLY COATED.

HEAT A LARGE SKILLET OVER MEDIUM HEAT AND ADD A GENEROUS SPLASH OF OLIVE OIL. SCOOP THE CABBAGE MIXTURE INTO THE PAN, AND USING A METAL SPATULA PRESS IT INTO A ROUND PANCAKE SHAPE, FLAT AS YOU CAN GET IT. COOK FOR 4-5 MINUTES, OR UNTIL THE BOTTOM IS GOLDEN. TO FLIP THE OKONOMIYAKI, SLIDE IT OUT OF THE SKILLET ONTO A PLATE. PLACE ANOTHER PLATE ON TOP AND FLIP BOTH (TOGETHER) OVER. IF YOU NEED A BIT MORE OIL IN YOUR SKILLET, ADD IT NOW, BEFORE SLIDING THE OKONOMIYAKI BACK INTO THE SKILLET. AGAIN PRESS DOWN A BIT WITH A SPATULA AND COOK UNTIL GOLDEN ON THIS SIDE - ANOTHER 3 -5 MINUTES.

WHEN YOU ARE FINISHED COOKING, SPRINKLE WITH TOASTED ALMONDS AND CHIVES, AND SLIDE IT ONTO A CUTTING BOARD TO CUT INTO WEDGES. ENJOY IMMEDIATELY.

SERVES 1 - 2.

Mains

I USED SOME FUN MARBLE-SIZED PURPLE POTATOES IN THIS VERSION, BUT YOU CAN USE WHATEVER SMALLER, NEW POTATOES YOU COME ACROSS. JUST TRY TO AVOID BIG, STARCHY POTATOES HERE. ALSO, WAYNE BROUGHT HOME PACKETS OF COOKED BLACK LENTILS FROM TRADER JOE'S THE OTHER DAY. THEY'RE GREAT IF YOU ARE IN A TIME CRUNCH AND DON'T HAVE TIME TO COOK UP A FRESH POT OF LENTILS.

Mint sauce (optional)

1 cup fresh mint leaves

1/2 serrano chile pepper, de-veined and seeded

2 tablespoons olive oil

pinch of salt

a touch of sugar, or honey, or agave nectar

1 tablespoon lemon juice

extra-virgin olive oil

6 to 8 very small new potatoes, cut into 1/2 pieces

2 cups cooked brown or black lentils

12 brussels sprouts, trimmed and quartered

1/4 cup sliced almonds, toasted

1/3 cup plain Greek yogurt, thinned out with a bit of water, and salted with a pinch of salt

2 dates, pitted and chopped

START BY MAKING THE MINT SAUCE. COMBINE THE MINT LEAVES, SERRANO, OLIVE OIL, SALT, SUGAR, AND LEMON JUICE IN A FOOD PROCESSOR (OR BLENDER). GIVE IT A FEW PULSES, JUST ENOUGH FOR THE MINT TO BREAK DOWN A BIT. TASTE, ADJUST FOR YOUR TASTES (MORE SERRANO? SALT?) - SET ASIDE.

NOW COOK THE POTATOES ALONG WITH A GENEROUS SPLASH OF OLIVE OIL AND PINCH OF SALT IN A LARGE SKILLET OVER MEDIUM HEAT. COVER THE SKILLET AND LET THE POTATOES COOK THROUGH, THIS WILL TAKE FIVE MINUTES OR SO. THE WATER IN THE POTATOES WILL HELP STEAM AND SOFTEN THEM. WHEN THE POTATOES ARE JUST COOKED THROUGH (NOT MUSHY OR FALLING APART) REMOVE THE LID AND GIVE THEM A GOOD TOSS. TURN UP THE HEAT TO MEDIUM-HIGH AND STIR EVERY MINUTE



Lentil Almond Stir-Fry Recipe

OR SO (A SPATULA HELPS) UNTIL THE POTATOES LOOK A BIT GOLDEN. STIR IN THE LENTILS, AND COOK UNTIL HEATED THROUGH. TURN THE POTATOES AND LENTILS OUT ONTO A LARGE PLATE AND SET ASIDE.

NOW COOK THE BRUSSELS SPROUTS USING THE SAME PAN. HEAT ANOTHER SPLASH OF OLIVE OIL IN THE SKILLET OVER MEDIUM HEAT. DON'T OVERHEAT THE SKILLET, OR THE OUTSIDES OF THE BRUSSELS SPROUTS WILL COOK TOO QUICKLY. PLACE THE SPROUTS IN THE PAN (SINGLE-LAYER), SPRINKLE WITH A PINCH OF SALT, COVER, AND COOK FOR A FEW MINUTES; THE BOTTOMS OF THE SPROUTS SHOULD ONLY SHOW A HINT OF BROWNING. CUT INTO OR TASTE ONE OF THE SPROUTS TO GAUGE WHETHER THEY'RE TENDER THROUGHOUT. IF NOT, COVER AND COOK FOR ANOTHER MINUTE OR TWO. ONCE JUST TENDER, UNCOVER, TURN UP THE HEAT, AND COOK UNTIL THE FLAT SIDES ARE DEEP BROWN AND CARAMELIZED.

ADD THE LENTILS AND POTATOES BACK TO THE SKILLET AND ADD MOST OF THE SLICED ALMONDS. TURN OUT ONTO A LARGE PLATTER AND DRIZZLE WITH SOME OF THE YOGURT AND MINT SAUCE*. TOP WITH THE REMAINING ALMONDS AND THE CHOPPED DATES.

SERVES 2-3.

Mains

LOOK FOR READY-TO-COOK HOMINY - THE KIND YOU SOAK OVERNIGHT, AND THEN COOK. A LOT LIKE YOU WOULD BEANS. I USED RANCHO GORDO WHITE CORN POSOLE, BUT THERE IS ALSO A THREAD ON CHOWHOUND ON HOW TO SOURCE READY-TO-COOK POSOLE AS FAR AS THE CHOICE OF CHILE PEPPERS GOES, I USED DRIED RED NEW MEXICAN CHILES, THEY HAVE MILD HEAT AND AREN'T OVERLY INTENSE. YOU MIGHT ALSO TRY GUAJILLO CHILES, OR IF YOU DON'T MIND A BIT MORE HEAT, AJI AMARILLO CHILES WITH THEIR FRUITY OVERTONES MIGHT BE NICE. OR MAYBE TRY A BLEND OF MILD-ISH CHILES. FOR THE SAUCE, BE SURE TO BUY GROUND RED CHILE, NOT CHILI POWDER - WHICH HAS OTHER INGREDIENTS MIXED IN. ALSO, FOR THE VEGANS OUT THERE, THIS CAN EASILY BE MADE VEGAN BY USING SOMETHING LIKE AVOCADO AS A TOPPING IN PLACE OF THE CHEESE.

1 pound / 16 oz / 453g dried ready-to-cook posole / hominy (see head notes)

1 small white onion, diced

3 medium garlic cloves, peeled and smashed

3 dried red New Mexican chile peppers, stems removed (see head notes)

1 teaspoon dried Mexican oregano

Red Sauce:

2 tablespoons extra-virgin olive oil

2 tablespoons finely diced white onion

2 medium cloves garlic, finely chopped

1 teaspoon dried oregano

2 tablespoons flour

1/2 teaspoon ground cumin

1/2 cup / 2 oz / 50g ground red chile (see head notes)

1/2 teaspoon fine grain sea salt

a quarter of one lime

garnishes: tortilla strips, crumbled queso fresco or feta, toasted dried Mexican oregano

SOAK THE DRIED POSOLE OVERNIGHT IN A LARGE BOWL OF WATER. THE NEXT DAY DRAIN THE POSOLE AND PLACE IT IN YOUR LARGEST THICK-BOTTOMED POT ALONG WITH 3 1/2 QUARTS/ LITERS OF WATER, THE ONION, GARLIC, CHILE PEPPERS, AND OREGANO. BRING TO A BOIL, THEN SIMMER UNTIL THE POSOLE IS TENDER, AND MANY OF THE KERNELS HAVE FLOWERED



Red Posole Recipe

INTO POPCORN SHAPES. THIS CAN TAKE ANYWHERE FROM 1 1/2 TO 3 HOURS. SEASON WITH A COUPLE TEASPOONS OF SALT ROUGHLY HALFWAY THROUGH THE COOKING PROCESS. SEASON AGAIN ONCE THE POSOLE IS FULLY COOKED.

IN THE MEANTIME, MAKE THE RED SAUCE BY COMBINING THE OLIVE OIL, ONION, GARLIC, AND OREGANO IN A MEDIUM SAUCEPAN OVER MEDIUM HEAT. STIR CONTINUOUSLY UNTIL THE ONION TAKES ON A BIT OF COLOR, A FEW MINUTES. ADD THE FLOUR AND CUMIN, AND STIR FOR A MINUTE OR TWO OR UNTIL THE FLOUR BROWNS A BIT. WHISK THE CHILE INTO 2 1/2 CUPS / 600ML WATER AND POUR IT INTO THE SAUCEPAN, WHISKING ALL THE WHILE. STIR UNTIL THE SAUCE THICKENS A BIT, DIAL DOWN THE HEAT AND SIMMER, STIRRING OCCASIONALLY, FOR FIFTEEN MINUTES OR SO. STIR IN A SQUEEZE OF FRESH LIME JUICE, AND SEASON WITH THE SALT, ADDING MORE TO TASTE IF NECESSARY. SET ASIDE UNTIL THE POSOLE HAS FINISHED COOKING.

STIR 1/2 CUP / 120ML OF THE RED SAUCE INTO THE POT OF POSOLE. YOU CAN ADD MORE RED SAUCE, A BIT AT A TIME, UNTIL IT IS TO YOUR LIKING. SPOON THE POSOLE INTO BOWLS AND TOP WITH TORTILLA STRIPS, CHEESE, AND OREGANO.

SERVES 8.

Mains

THIS CURRY HAS A BIT OF KICK TO IT - SO IF YOU'RE COOKING FOR A SPICE-SENSITIVE CROWD, SCALE BACK A BIT - AND SEASON TO TASTE AT THE END. ALSO, THE RECIPE HAS YOU STEAM THE POTATOES. I COULDN'T FIND MY BIG METAL STEAMER, SO I RIGGED ONE USING A METAL STRAINER SUSPENDED OVER A LARGE PASTA POT WITH A LID ON. THERE WAS A BIT OF A GAP, AND IT PROBABLY TOOK LONGER THAN IT WOULD HAVE OTHERWISE, BUT IT WORKED. A PASTA POT INSERT WOULD WORK TOO. IN THE END, THE POTATOES JUST NEED TO BE COOKED, SO YOU COULD BOIL THEM OR EVEN ROAST THEM (OVEN AT 375F) - BOTH SLIGHTLY DIFFERENT APPROACHES, BUT FINE WORKAROUNDS. AS FAR AS THE COOKING FATS GO, IF YOU LIKE TO COOK WITH GHEE OR CLARIFIED BUTTER, YOU CAN SUBSTITUTE THAT, OR EVEN COCONUT OIL.

1 1/2 pounds small waxy potatoes no bigger than a small lime, halved
2 teaspoons fine-grain sea salt
1 tablespoon unsalted butter
2 tablespoons extra virgin olive oil
1 medium yellow onion, peeled and chopped
1 teaspoon whole cumin seeds
1 teaspoon curry powder
1/4 teaspoon turmeric
scant 1/2 teaspoon cayenne pepper
1 cup canned diced tomatoes
3/4 cup water
splash of cream or a dollop of creme fraiche
8 ounces tempeh, cut into 3/4-inch pieces
a small handful of cilantro, loosely chopped

BRING A FEW INCHES OF WATER TO BOIL IN A LARGE POT. PLACE THE POTATOES IN A STEAMER (SEE HEAD NOTES), SPRINKLE WITH 1 TEASPOON OF THE SALT AND COOK UNTIL TENDER THROUGHOUT - ABOUT 20 -



Tempeh Curry Recipe

30 MINUTES, DEPENDING ON HOW LARGE YOUR POTATO PIECES ARE.

IN THE MEANTIME, IN A LARGE SKILLET, MELT THE BUTTER IN THE OLIVE OIL, ADD THE ONION AND COOK OVER LOW HEAT UNTIL THEY ARE SOFT, ABOUT 5 MINUTES. STIR IN THE CUMIN SEEDS, CURRY POWDER, TURMERIC, AND CAYENNE PEPPER, WAIT ABOUT THIRTY SECONDS, THEN STIR IN THE TOMATOES, WATER, AND THE OTHER TEASPOON OF SALT. REMOVE FROM HEAT, STIR IN THE CREAM AND BLEND WITH A HAND BLENDER - (OR LEAVE IT UNPUREED IF YOU LIKE!). NOTE: YOU MIGHT NEED TO TRANSFER IT TO A BOWL TO PUREE, THEN RETURN IT TO THE SKILLET.

ONCE THE CURRY IS BACK IN THE PAN, ADD THE TEMPEH AND BRING BARELY TO A SIMMER. LET THE TEMPEH COOK FOR 5 MINUTES OR SO, THEN ADD THE POTATOES WHEN THEY ARE FINISHED STEAMING. TRANSFER TO A LARGE FAMILY-STYLE BOWL, AND SPRINKLE WITH CILANTRO BEFORE SERVING.

SERVES 4 - 6.

Mains

THESE MAKE GREAT DO-AHEAD MEALS, AND YOU CAN STORE SHAPED, READY-TO-COOK PATTIES IN THE REFRIGERATOR FOR A WEEK'S WORTH OF WORK LUNCHES. SPROUTED GARBANZOS ARE BECOMING MORE READILY AVAILABLE, BUT IF YOU CAN'T FIND THEM, CANNED OR COOKED GARBANZOS (CHICKPEAS) WILL WORK GREAT. SPROUTING BOOSTS THEIR ALREADY FANTASTIC NUTRITIONAL VALUE EVEN MORE...

2 1/2 cups sprouted garbanzo beans (chickpeas) OR canned garbanzos, drained and rinsed
4 large eggs
1/2 teaspoon fine-grain sea salt
1/3 cup chopped fresh cilantro
1 onion, chopped
Grated zest of one large lemon
1 cup micro sprouts, chopped (try brocolli, onion, or alfalfa sprouts - optional)
1 cup toasted (whole-grain) bread crumbs
1 tablespoon extra-virgin olive oil (or clarified butter)



Ultimate Veggie Burger Recipe

IF YOU ARE USING SPROUTED GARBANZOS, STEAM THEM UNTIL JUST TENDER, ABOUT 10 MINUTES. MOST OF YOU WILL BE USING CANNED BEANS, SO JUMP RIGHT IN AND COMBINE THE GARBANZOS, EGGS, AND SALT IN A FOOD PROCESSOR. PUREE UNTIL THE MIXTURE IS THE CONSISTENCY OF A VERY THICK, SLIGHTLY CHUNKY HUMMUS. POUR INTO A MIXING BOWL AND STIR IN THE CILANTRO, ONION, ZEST, AND SPROUTS. ADD THE BREADCRUMBS, STIR, AND LET SIT FOR A COUPLE OF MINUTES SO THE CRUMBS CAN ABSORB SOME OF THE MOISTURE. AT THIS POINT, YOU SHOULD HAVE A MOIST MIXTURE THAT YOU CAN EASILY FORM INTO TWELVE 1 1/2-INCH-THICK PATTIES. I ERR ON THE MOIST SIDE HERE, BECAUSE IT MAKES FOR A NICELY TEXTURED BURGER. YOU CAN ALWAYS ADD MORE BREAD CRUMBS A BIT AT A TIME TO FIRM UP THE DOUGH IF NEED BE. CONVERSELY, A BIT OF WATER OR MORE EGG CAN BE USED TO MOISTEN THE BATTER.

HEAT THE OIL IN A HEAVY SKILLET OVER MEDIUM LOW, ADD 4 PATTIES, COVER, AND COOK FOR 7 TO 10 MINUTES, UNTIL THE BOTTOMS BEGIN TO BROWN. TURN UP THE HEAT IF THERE IS NO BROWNING AFTER 10 MINUTES. FLIP THE PATTIES AND COOK THE SECOND SIDE FOR 7 MINUTES, OR UNTIL GOLDEN. REMOVE FROM THE SKILLET AND COOL ON A WIRE RACK WHILE YOU COOK THE REMAINING PATTIES. CAREFULLY CUT EACH PATTY IN HALF, INSERT YOUR FAVORITE FILLINGS, AND ENJOY IMMEDIATELY.

MAKES 12 MINI BURGERS.



SOUPS



Broccoli Cheddar Soup Recipe

LOOK FOR DEEPLY GREEN, TIGHT HEADS OF BROCCOLI. I TYPICALLY AVOID ANY HEADS THAT HAVE YELLOWING FLORETS OR SEEM DIED OUT. IF YOU LIKE A SLIGHTLY CREAMIER SOUP, STIR IN A GENEROUS DOLLOP OF CREME FRAICHE AFTER PUREEING. YOU CAN EASILY MAKE THIS SOUP VEGAN BY USING OLIVE OIL AND OMITTING THE CHEESE/CREME FRAICHE, AND YOU CAN MAKE IT GLUTEN-FREE BY DOING SOMETHING IN PLACE OF THE CROUTONS.

croutons

5-6 ounce chunk of artisan whole wheat bread, torn into little pieces (less than 1-inch), roughly 3 cups total

1/4 cup butter or olive oil (I like 1/2 and 1/2)

1 1/2 tablespoons whole grain mustard

1/4 teaspoon fine grain sea salt

soup:

2 tablespoons unsalted butter or olive oil

1 shallot, chopped

1 MEDIUM ONION, CHOPPED

1 large potato, peeled and cut into 1/4-inch cubes (1 1/2 cups)

2 cloves garlic, finely chopped

3 1/2 cups light, good-tasting vegetable broth

1 large head of broccoli (12 ounces or 3/4 lb.), cut into small florets

2/3 cup freshly grated aged Cheddar, plus more for topping

1 - 3 teaspoons whole grain mustard, to taste

smoked paprika, more olive oil, creme fraiche (optional)

PREHEAT YOUR OVEN TO 350F DEGREES AND PLACE THE TORN BREAD IN A LARGE BOWL. IN A SMALL SAUCEPAN HEAT THE BUTTER UNTIL IT HAS MELTED. WHISK THE MUSTARD AND SALT INTO THE BUTTER AND POUR THE MIXTURE OVER THE BREAD. TOSS WELL, THEN TURN THE BREAD ONTO A BAKING SHEET AND BAKE FOR 10 - 15 MINUTES, OR UNTIL THE CROUTONS ARE GOLDEN AND CRUNCHY. TOSS THEM ONCE OR TWICE WITH A METAL SPATULA ALONG THE WAY.

WHILE THE CROUTONS ARE TOASTING, MELT THE BUTTER (OR OLIVE OIL) IN A LARGE SAUCEPAN OVER MEDIUM-HIGH HEAT. STIR IN THE SHALLOTS, ONION, AND A BIG PINCH OF SALT. SAUTE FOR A COUPLE MINUTES. STIR IN THE POTATOES, COVER, AND COOK FOR ABOUT FOUR MINUTES, JUST LONG ENOUGH FOR THEM TO SOFTEN UP A BIT. UNCOVER, STIR IN THE GARLIC, THEN THE BROTH. BRING TO A BOIL, TASTE TO MAKE SURE THE POTATOES ARE TENDER, AND IF THEY ARE STIR IN THE BROCCOLI. SIMMER JUST LONG ENOUGH FOR THE BROCCOLI TO GET TENDER THROUGHOUT, 2 - 4 MINUTES.

IMMEDIATELY REMOVE THE SOUP FROM HEAT AND PUREE WITH AN IMMERSION BLENDER. ADD HALF THE CHEDDAR CHEESE AND THE MUSTARD (A LITTLE BIT A A TIME). IF YOU ARE GOING TO ADD ANY CREME FRAICHE, THIS WOULD BE THE TIME TO DO IT. NOW ADD MORE WATER OR BROTH IF YOU FEEL THE NEED TO THIN OUT THE SOUP AT ALL. TASTE AND ADD MORE SALT IF NEEDED.

SERVE SPRINKLED WITH CROUTONS, THE REMAINING CHEESE, A DRIZZLE OF OLIVE OIL, AND A TINY PINCH OF SMOKED PAPRIKA.
SERVES 4 - 6.

Soups

I TYPICALLY SEEK OUT "EARLY" CARROTS WITH THE BUSHY GREEN TOPS STILL ON. THE LEAVES SHOULD BE FRESH AND NOT WILTED, AND THE CARROTS SHOULD HAVE VIBRANT COLOR. IF THEY FEEL RUBBERY, PASS ON THEM. I PASS ON BAGGED CARROTS OR THE BIG, WOODY ONES - THE EARLY CARROTS OFTEN HAVE A MUCH SWEETER FLAVOR.

1 1/4 pounds carrots
1 tablespoon extra-virgin olive oil (or clarified butter)
2 medium cloves garlic, minced
1 large yellow onion, chopped
3 cups+ vegetable stock or water
juice of 1/2 a lemon
fine grain sea salt (as much as you need)
olive oil, toasted sesame oil, or red chile oil for a finishing drizzle - if you use toasted sesame oil (sometimes labeled pure sesame oil) it is very strong. I typically dilute it with olive oil. I use one part sesame oil to four parts olive oil.

TAKE THE TOPS OFF THE CARROTS (IF THEY HAVE TOPS) AND GIVE THEM A GOOD SCRUB. CUT THEM INTO 1-INCH SEGMENTS AND SET ASIDE. HEAT THE OLIVE OIL IN A LARGE, HEAVY SOUP POT OVER MEDIUM HEAT. ADD THE GARLIC AND ONIONS AND SAUTE FOR A FEW MINUTES OR UNTIL THE ONIONS START TO GET TRANSLUCENT. ADD THE STOCK AND CARROTS AND BRING TO A GENTLE BOIL. LOWER THE HEAT AND SIMMER FOR 20 - 30 MINUTES OR UNTIL THE CARROTS ARE TENDER - LONGER IF YOUR CARROT PIECES ENDED UP LARGER. BUT TRY NOT TO OVERCOOK. REMOVE FROM HEAT AND COOL FOR A FEW MINUTES.



Carrot Soup Recipe

PUREE WITH A HAND BLENDER (SOMETIMES I LEAVE THE SOUP A BIT CHUNKY, OTHER TIMES I GO COMPLETELY SMOOTH) - THEN STIR IN THE LEMON JUICE. NOW SALT TO TASTE. IF YOU USED A SALTY VEGGIE STOCK, YOU MIGHT JUST NEED A LITTLE SALT. IF YOU USED WATER, YOU'LL NEED QUITE A BIT MORE. KEEP ADDING A FEW PINCHES AT A TIME UNTIL THE CARROT FLAVOR REALLY POPS. IF IT TASTES FLAT OR DULL, KEEP ADDING.

FINISH WITH A DRIZZLE OF GREAT EXTRA-VIRGIN OLIVE OIL, ONE OF THE OTHER DRIZZLES I MENTION UP ABOVE, OR WHATEVER TWIST YOU COME UP WITH.

SERVES ABOUT 4.

Soups

SEE THE PHOTO IN THE MAIN ENTRY IF YOU AREN'T SURE WHAT TYPE OF LENTILS AND SPLIT PEAS TO BUY. FOR THOSE OF YOU WHO ARE CURIOUS, I USED THE TERRE EXOTIQUE MADRAS CURRY POWDER I PICKED UP IN PARIS - IT LOOKS LIKE IT IS AVAILABLE HERE NOW TOO (I THINK I'VE COME ACROSS IT ON AMAZON'S GROCERY SECTION). VEGANS - YOU CAN EASILY MAKE THIS VEGAN BY USING COCONUT OR OLIVE OIL IN PLACE OF THE BUTTER CALLED FOR.

1 cup / 7 oz / 200g yellow split peas
1 cup 7 oz / 200g red split lentils (masoor dal)
7 cups / 1.6 liters water
1 medium carrot, cut into 1/2-inch dice
2 tablespoons fresh peeled and minced ginger
2 tablespoons curry powder
2 tablespoons butter or ghee
8 green onions (scallions), thinly sliced
1/3 cup / 1.5 oz / 45g golden raisins
1/3 / 80 ml cup tomato paste
1 14-ounce can coconut milk
2 teaspoons fine grain sea salt
one small handful cilantro, chopped
cooked brown rice or farro, for serving (optional)

GIVE THE SPLIT PEAS AND LENTILS A GOOD RINSE - UNTIL THEY NO LONGER PUT OFF MURKY WATER. PLACE THEM IN AN EXTRA-LARGE SOUP POT, COVER WITH THE WATER, AND BRING TO A BOIL. REDUCE HEAT TO A SIMMER AND ADD THE CARROT AND 1/4 OF THE GINGER. COVER AND SIMMER FOR ABOUT 30 MINUTES, OR UNTIL THE SPLIT PEAS ARE SOFT.

IN THE MEANTIME, IN A SMALL DRY SKILLET OR SAUCEPAN OVER LOW HEAT, TOAST THE CURRY POWDER UNTIL IT IS QUITE FRAGRANT. BE CAREFUL THOUGH, YOU DON'T WANT TO BURN THE CURRY POWDER, JUST TOAST IT. SET ASIDE. PLACE THE BUTTER IN A PAN OVER MEDIUM HEAT, ADD HALF OF THE GREEN



Coconut Red Lentil Soup

ONIONS, THE REMAINING GINGER, AND RAISINS. SAUTE FOR TWO MINUTES STIRRING CONSTANTLY, THEN ADD THE TOMATO PASTE AND SAUTE FOR ANOTHER MINUTE OR TWO MORE.

ADD THE TOASTED CURRY POWDER TO THE TOMATO PASTE MIXTURE, MIX WELL, AND THEN ADD THIS TO THE SIMMERING SOUP ALONG WITH THE COCONUT MILK AND SALT. SIMMER, UNCOVERED, FOR 20 MINUTES OR SO. THE TEXTURE SHOULD THICKEN UP, BUT YOU CAN PLAY AROUND WITH THE CONSISTENCY IF YOU LIKE BY ADDING MORE WATER, A BIT AT A TIME, IF YOU LIKE. OR SIMMER LONGER FOR A THICKER CONSISTENCY. THE THICKER THIS SOUP GOT, THE MORE I LIKED IT.

I'VE BEEN ENJOYING BIG LADLES OF THIS SOUP OVER ~1/2 CUP OF WARM FARRO (LEFTOVER FROM THIS FARRO & BEAN STEW) - BROWN RICE WAS GOOD AS WELL. SPRINKLE EACH BOWL GENEROUSLY WITH CILANTRO AND THE REMAINING GREEN ONIONS.

SERVES 6.

Soups

REBECCA CALLS FOR KABOCHA SQUASH OR OTHER DARK ORANGE WINTER SQUASH. I'VE BEEN BUYING RUGOSA SQUASH HERE IN SF AT BI-RITE, IT'S AN HEIRLOOM BUTTERNUT SQUASH - DEEP ORANGE, CREAMY - IT WAS REALLY NICE IN THIS SOUP. I DOUBLED THIS RECIPE. BUT STILL USED JUST 1/2 CUP WATER WHEN ROASTING THE SQUASH.

1 kabocha or other dark orange winter squash, 1 1/2 lb. / 24 ounces / 680 g
1/2 cup / 120 ml water
1 tablespoon olive oil
sea salt
1 cup / 7 oz / 200 g green lentils, rinsed
5 coins ginger, 1/8-inch thick
1 whole star anise
6 cups / 1.5 liters water
1 teaspoon sea salt, plus more to taste
1/4 cup / 60 ml olive oil
1 yellow onion, medium dice
1 leek, sliced into 1/4 moons
1 fennel bulb, medium dice
red pepper flakes

PREHEAT OVEN TO 425F/ 220C WITH A RACK IN THE TOP THIRD OF THE OVEN. CUT THE SQUASH IN HALF AND REMOVE THE SEEDS. OIL AND SALT THE SQUASH AND ROAST CUT SIDE DOWN (IN A RIMMED BAKING PAN) WITH THE 1/2 CUP / 120 ML OF WATER POURED INTO THE PAN. ROAST UNTIL TENDER, ABOUT 35 TO 45 MINUTES. WHEN COOL ENOUGH, SCOOP OUT COOKED SQUASH AND SET ASIDE.

IN THE MEANTIME, IN A MEDIUM SAUCEPAN, COMBINE THE LENTILS,

GINGER, STAR ANISE AND WATER. SIMMER UNTIL TENDER, ABOUT 30 MINUTES. ADD 1 TEASPOON SALT.

IN A LARGE STOCKPOT COMBINE THE OLIVE OIL, ONION, LEEKS, FENNEL AND ADDITIONAL SALT. COOK COVERED OVER LOW HEAT UNTIL VEGETABLES SOFTEN, ABOUT 7 - 10 MINUTES.

REMOVE THE STAR ANISE AND GINGER COINS FROM THE LENTIL SAUCE PAN, THEN ADD THE LENTILS, LENTIL BROTH AND SQUASH TO THE VEGETABLES IN THE STOCK POT. STIR WELL AND COOK FOR ANOTHER 15 MINUTES OR SO, ALLOWING THE FLAVORS TO BLEND. TASTE AND ADJUST THE SEASONING HERE WITH MORE SALT IF NEEDED, AND IN MY CASE I USED A FEW GENEROUS PINCHES OF RED PEPPER FLAKES AS WELL. SERVE AS IS, OR TOPPED WITH LOTS OF GARLICKY HOMEMADE CROUTONS.*

SERVES 4 - 6.

French Lentil Soup





Garlic Soup Recipe

THE FOLLOWING RECIPE REFLECTS HOW I MAKE THIS SOUP, WITH MY NOTES/WORDS. THE ORIGINAL RECIPE OFTEN CALLS FOR A RANGE OF A PARTICULAR INGREDIENT, FOR EXAMPLE, 10 - 15 CLOVES OF GARLIC, OR HEALTHY PINCH OF THYME....I DECIDED TO INCLUDE THE AMOUNTS I USE WHEN I MAKE IT.

1 quart (4 cups) water
1 bay leaf
2 sage leaves
3/4 teaspoon fresh thyme
a dozen medium cloves of garlic, smashed peeled, and chopped
1 teaspoon fine grain sea salt
Binding pommade:

1 whole egg
2 egg yolks
1 1/2 ounces freshly grated Parmesan cheese
freshly ground black pepper
1/4 cup extra virgin olive oil
day-old crusty bread & more olive oil to drizzle

BRING THE WATER TO A BOIL IN A MEDIUM SAUCEPAN AND ADD THE BAY LEAF, SAGE, THYME, GARLIC, AND SALT. HEAT TO A GENTLE BOIL AND SIMMER FOR 40 MINUTES. STRAIN INTO A BOWL, REMOVE THE BAY AND SAGE LEAVES FROM THE STRAINER, AND RETURN THE BROTH AND GARLIC BACK TO THE SAUCEPAN, OFF THE HEAT. TASTE AND ADD MORE SALT IF NEEDED.

WITH A FORK, WHISK THE EGG, EGG YOLKS, CHEESE, AND PEPPER TOGETHER IN A BOWL UNTIL CREAMY. SLOWLY DRIZZLE IN THE OLIVE OIL, BEATING ALL THE TIME, THEN ADD (SLOWLY! SLOWLY!), CONTINUING TO WHISK, A LARGE LADLEFUL OF THE BROTH. STIR THE CONTENTS OF THE BOWL INTO THE GARLIC BROTH AND WHISK IT CONTINUOUSLY OVER LOW-MEDIUM HEAT UNTIL IT THICKENS SLIGHTLY. OLNEY STATES, "JUST LONG ENOUGH TO BE NO LONGER WATERY." I USUALLY LET IT GO A WEE-BIT BEYOND THAT - UNTIL IT IS THE CONSISTENCY OF HALF-AND-HALF OR CREAM. PLACE A HANDFUL OF TORN BREAD CHUNKS INTO THE BOTTOM OF EACH BOWL AND POUR THE SOUP OVER THE BREAD. FINISH WITH A DRIZZLE OF OLIVE OIL, AND SERVE IMMEDIATELY.
MAKES ABOUT 4 CUPS OF SOUP

Soups

BE SURE TO PICK THROUGH YOUR LENTILS CAREFULLY. I SOMEHOW ALWAYS FIND PEBBLES OR CLOTS OF DIRT HIDING IN THEIR MIDST. BETTER TO CATCH THEM ON THE FRONT END, BEFORE YOU CHIP A TOOTH. AND TO MAKE THIS SOUP VEGAN, JUST SKIP THE FETA AT THE END I BET SOME CHOPPED AVOCADO WOULD BE A GOOD ALTERNATIVE.

2 tablespoons extra virgin olive oil
1 onion, chopped
3 shallots, chopped
1/2 teaspoon red-pepper flakes
6 cups good-tasting vegetable stock (or water)
1 1/3 cup red lentils, picked over and rinsed
1/2 cup brown rice, picked over and rinsed
as much fine grain sea salt as you need
slivered almonds, toasted
black oil cured olives, chopped
feta, crumbled

IN A BIG SOUP POT, OVER MEDIUM HEAT, COMBINE THE OLIVE OIL, ONION, SHALLOTS, AND RED PEPPER FLAKES. LET THEM BROWN, AND CARAMELIZE A BIT, STIRRING OCCASIONALLY.

STIR IN THE BROTH, BRING TO A BOIL, THEN STIR IN THE LENTILS AND RICE.

SIMMER FOR ABOUT 30 MINUTES OR UNTIL THE RICE IS VERY TENDER, AND NOT AT ALL TOOTHsome. BY THIS TIME, THE LENTILS WILL HAVE COLLAPSED INTO A THICK SLOP OF SORTS. IF YOU NEED TO ADD MORE WATER/BROTH AT ANY POINT DO SO A SPLASH AT A TIME, UNTIL THE SOUP THINS OUT TO THE POINT YOU PREFER.

UNLESS YOU USED A SALTY BROTH, YOU WILL LIKELY NEED TO SALT GENEROUSLY, UNTIL THE THE SOUP NO LONGER TASTES FLAT. SERVE EACH BOWL TOPPED WITH ALMONDS, OLIVES, FETA, AND A SLIGHT DRIZZLE OF OLIVE OIL IF YOU LIKE.

SERVES 4 - 6.



Red Lentil Soup Recipe



vegetarian

Vegetarian

IF YOU DON'T HAVE FARRO, YOU CAN CERTAINLY SUBSTITUTE COOKED WHEAT BERRIES, OR (PEARLED) BARLEY HERE. ALSO, IF YOU DON'T HAVE CREME FRAICHE, FEEL FREE TO SUBSTITUTE A MIXTURE OF EQUAL PARTS SOUR CREAM AND CREAM.

2 cups / 13 oz / 370 g uncooked semi-pearled farro

2 teaspoons fine grain sea salt

5 cups water

1/3 cup creme fraiche (see head note)

2 teaspoons freshly squeeze lemon juice (plus zest)

2 teaspoons good-quality white wine vinegar

2 bunches / 1 oz fresh chives, minced

3 tablespoons chopped fresh dill
scant teaspoon fresh thyme leaves

more salt and freshly ground black pepper, to taste

6 oz / 170g (good) mozzarella or bocconcini, cut or torn into chunks

PLACE THE UNCOOKED FARRO IN A SAUCEPAN ALONG WITH THE SALT AND WATER. BRING TO A BOIL, TURN DOWN THE HEAT A BIT, THEN SIMMER FOR ABOUT 25 MINUTES, OR UNTIL THE GRAINS ARE COOKED THROUGH, BUT NOT MUSHY. YOU CAN CERTAINLY USE WHOLE FARRO HERE IF YOU LIKE, YOU'LL JUST NEED TO



Farro & Herbs Recipe

COOK IT LONGER, MORE LIKE 50 MINUTES. YOU'LL LIKELY HAVE SOME EXTRA LIQUID IN THE FARRO POT, DRAIN THE FARRO, BUT RESERVE THE COOKING LIQUID. IN THE END, YOU'LL HAVE ABOUT 4 CUPS OF COOKED FARRO. LET IT COOL A BIT, BUT KEEP IN MIND, THIS IS A DISH YOU CAN SERVE WARM OR AT ROOM TEMPERATURE.

IN A LARGE BOWL COMBINE THE COOKED FARRO WITH THE CREME FRAICHE. ADD 1/4 - 1/2 CUP OF THE (STILL WARM) RESERVED COOKING LIQUID TO THIN THINGS OUT A BIT, THEN STIR IN THE LEMON JUICE, ZEST, AND VINEGAR. STIR IN THE HERBS AND MIX WELL. TASTE AND SALT AND PEPPER TO YOUR LIKING AT THIS POINT. LASTLY ADD THE MOZZARELLA AND GENTLY TOSS ONE LAST TIME BEFORE SERVING WARM OR AT ROOM TEMPERATURE.

SERVES 6-8.

Vegetarian

I'M GOING TO WRITE THIS RECIPE THE WAY I MADE IT. IN PREPARATION FOR THE AFOREMENTIONED CAMPING TRIP. MEANING, I MADE AS MANY OF THE COMPONENTS AHEAD OF TIME AS POSSIBLE. I COOKED THE NOODLES THE DAY BEFORE, AND MADE THE DRESSING THE DAY PRIOR AS WELL. THE ONLY THING WE ACTUALLY COOKED ONSITE WAS THE TOFU, WHICH WAS GRILLED ON THIS CAMPING STOVE (WHICH IS PRETTY GREAT). AND AS I'M SURE YOU CAN IMAGINE, EVEN IF CAMPING ISN'T YOUR THING, PRE-COOK THE TOFU AHEAD OF TIME AS WELL, AND YOU'LL HAVE A NICE WORK WEEK LUNCH.

12 OUNCES / 340G DRIED SOBA NOODLES
2 TEASPOONS EXTRA-VIRGIN OLIVE OIL, PLUS A BIT MORE FOR THE TOFU
16 OZ / 450G EXTRA-FIRM TOFU, DRAINED AND PATTED DRY
3 MEDIUM CLOVES GARLIC
SCANT 3/4 TEASPOON FINE GRAIN SEA SALT
3 SMALL/MEDIUM SHALLOTS
3 SMALL SERRANO PEPPERS, MINCED
1 BUNCH (ABOUT 4 HANDFULS) OF CILANTRO, STEMS TRIMMED
1 TEASPOON NATURAL CANE SUGAR (OR BROWN SUGAR)
2 TEASPOONS FRESH LIME JUICE
3/4 CUP / 180 ML EXTRA-VIRGIN OLIVE OIL

BRING A LARGE POT OF WATER TO A BOIL. SALT GENEROUSLY, THEN COOK THE SOBA NOODLES PER PACKAGE INSTRUCTIONS, BEING MINDFUL TO NOT OVERCOOK THEM. DRAIN, RUN UNDER COLD WATER FOR A MINUTE, SHAKE OFF AS MUCH EXTRA WATER AS POSSIBLE, THEN TOSS WELL WITH THE OLIVE OIL. GENTLY WORK THE OLIVE OIL THROUGH THE NOODLES. PLACE THE SOBA IN A LARGE PLASTIC BAG AND REFRIGERATE OVERNIGHT, OR UNTIL YOU'RE READY TO USE THEM - UP TO A FEW DAYS.

MAKE THE DRESSING USING A MORTAR AND PESTLE OR A FOOD PROCESSOR. I USED THE M&P WHICH TAKES A WHILE (AND PROVIDES QUITE THE ARM WORKOUT), BUT I PREFER THE END RESULT. POUND THE GARLIC AND SALT INTO A PASTE, THEN WORK IN THE SHALLOTS ONE AT A TIME, THEN THE PEPPERS. THEN THE CILANTRO A HANDFUL AT A TIME. THE MIXTURE SHOULD BE QUITE SMOOTH. ADD THE SUGAR, THEN THE LIME JUICE BEFORE STIRRING IN THE OLIVE OIL A BIT AT A TIME. TASTE AND ADJUST THE FLAVORS IF NEED BE - MORE SALT, SUGAR, LIME JUICE, ETC. USING THE PROCESSOR? JUST BLEND IT ALL TOGETHER, THEN TWEAK THE FLAVORS A BIT IF NEEDED.

CUT THE TOFU INTO SLABS (SEE PHOTO), RUB GENTLY WITH OLIVE OIL AND PLACE ON A MEDIUM-HOT GRILL. COOK UNTIL GOLDEN BROWN ON ONE SIDE, FLIP, AND GRILL THE OTHER SIDE AS WELL.

TO ASSEMBLE, TOSS THE SOBA NOODLES WITH A GOOD AMOUNT OF THE DRESSING, RESERVING ENOUGH TO DRIZZLE GENEROUSLY ON TOP OF THE TOFU. PLACE THE TOFU ON TOP OF THE NOODLES, AND DRIZZLE WITH MORE DRESSING.

SERVES 4 - 6.



Grilled Tofu
and Soba Noodles

Vegetarian

AS I MENTION IN THE MAIN POST, THE ORIGINAL RECIPE CALLED FOR GREEN BEANS, WHICH ARE OUT OF SEASON HERE IN SAN FRANCISCO AS I TYPE THIS. I CHOPPED UP A HEAD OF STRUCTURED, ROMAINE LETTUCE INSTEAD. I ALSO ADDED AND TWEAKED A FEW THINGS, AS I'M PRONE TO DO. IF YOU'RE TRYING TO COME UP WITH A SUBSTITUTE FOR THE GREEN BEANS, IMAGINE INGREDIENTS THAT MIGHT GO NICELY WITH THE HONEY-BALSAMIC VINEGAR. AND I SUSPECT IT GOES WITHOUT SAYING, BUT YOU CAN CERTAINLY PLAY AROUND WITH THE TYPE OF BEANS YOU USE HERE. I WOULD HAVE USED BORLOTTI BEANS IN PLACE OF THE BLACK BEANS, BUT I WENT WITH THE BEANS I HAD ON HAND, RATHER THAN MAKE A TRIP TO THE STORE.

8 oz / 225 g (about 1 1/2 cups) EACH
cooked chickpeas, pinto beans, black beans

1 small head of romaine lettuce,
washed, dried, shredded

1/3 cup / 1 oz / 30g sliced almonds,
toasted

2 teaspoons extra-virgin olive oil

1 1/2 tablespoons runny honey

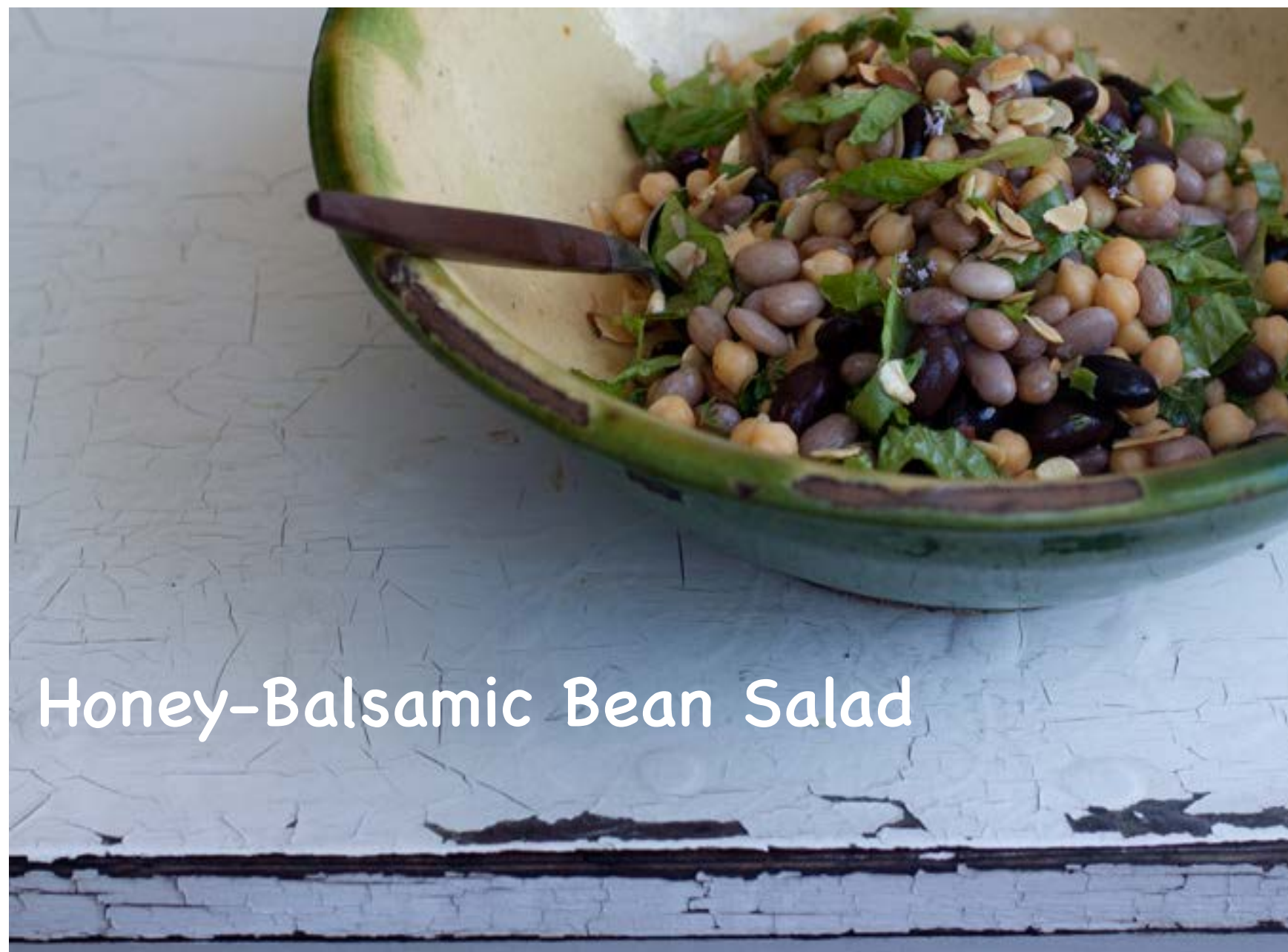
2 tablespoons balsamic vinegar

1 1/2 tablespoons fresh lemon juice

1/4+ teaspoon fine grain sea salt

10 sprigs fresh thyme

COMBINE THE BEANS, LETTUCE,
AND MOST OF THE ALMONDS IN



Honey-Balsamic Bean Salad

A LARGE SALAD BOWL. SET ASIDE. MAKE THE DRESSING BY WHISKING THE OLIVE OIL, HONEY, BALSAMIC VINEGAR, LEMON JUICE, AND SEA SALT IN A SMALL CONTAINER. TASTE, AND ADJUST TO YOUR TASTES.

RUN YOUR FINGERS UP EACH THYME SPRIG, REMOVING THE LEAVES. ADD TO THE SALAD BOWL ALONG WITH A GOOD AMOUNT OF THE DRESSING. TOSS WELL, AND ADD MORE DRESSING IF YOU LIKE. FINISH BY SPRINKLING WITH THE REMAINING ALMONDS.

SERVES 4- 6.

By

Britt