

Family Cookbook

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Breads and Flours

All Purpose Flour Blend

- 1/2 c. sorghum flour
- 1/2 c. rice flour
- 1/4 c. tapioca starch
- 1/4 c. cornstarch

High-Protein Flour Blend

- 1 1/4 c. bean flour
- 1 c. arrowroot/corn starch
- 1 c. tapioca starch/flour
- 1 c. rice flour

High-Fiber Flour Blend

- 1 c. sorghum/rice flour
- 1/2 c. teff flour
- 1/2 c. millet flour
- 2/3 c. tapioca starch
- 1/3 c. corn/arrowroot starch

Cake Flour Blend

- 1 1/4 c. sorghum flour
- 1 1/4 c. rice flour
- 1/2 c. tapioca starch
- 2 tsp xanthan/guar gum
- 4 tsp baking powder
- 1/2 tsp salt

Gluten-Free Crusty Bread

- 3.5 c. flour (2 c. rice and 1.5 c. sourghum or other mix)
- 3 c. tapioca flour
- 1 TBSP salt
- 2 TBSP xantham gum
- 2 TBSP yeast 2 2/3 c. warm water
- 1/3 c. oil
- 2 TBSP honey
- 4 eggs

Mix wet ingredients and yeast and set aside. Mix dry ingredients. Add wet to dry one third at a time. On baking day, use wet hands to remove a grapefruit-sized chunk. Set it on parchment paper. Use wet hands to smooth it out. Cover with saran wrap and let rest 90 minutes. 30 minutes before baking time, heat oven to 500 degrees with a dutch oven. When ready, place dough in dutch oven. Cook for 20 minutes with lid on, then remove lid, turn down to 450, and cook for 15 more minutes. Allow bread to cool completely or it will be gummy.

Delightful Meals

Zetterberg Brownies

- 4 eggs
- 3 oz chocolate
- 2 c. sugar
- 1 c. flour
- 2 sticks butter

Melt chocolate and butter together. Mix eggs and flour and sugar, and then add the butter and chocolate. Add vanilla extract if you desire.

Drinks

Chai

- 9 c. water
- 1 TBSP whole peppercorns
- 1 TBSP cardamom seeds (or 24 cardamom pods)
- 2 TBSP whole cloves
- 12 cinnamon sticks (3 TBSP chips)
- 24 slices ginger
- 6 star anise

Boil water with spices, then let rest for 1 hour. Bring back to a boil and add 12 tea bags. Let steep 2 minutes, then remove and refrigerate. Serve with sugar and milk.

Heart-Warming Dishes

Chicken Ramen

- 1 stick Kombu
- 1 Chicken
- 1 TBSP soy sauce
- 1 TBSP salt
- 1 c. plain soy milk
- 2 inches ginger, sliced
- 1 small leek
- 4 cloves garlic
- 3 scallions

Fry the ginger, leeks, and scallions in vegetable oil over medium heat until dark brown (about 30 minutes). Drain.

Boil chicken and kombu together with the ginger, leeks, and scallions for several hours. Let cool to work with. Discard the kombu. Remove the chicken and separate the meat for use in Chicken Chasu. in a strainer, press the bones into the stock, until you've removed as much liquid as possible. You might even blend the bones and press them. (And save for dog food!)

Remove the excess fat from the stock (easy if you reffridgerate it). Add water or boil down further to get to 6 cups of stock. Add soy sauce, soy milk, and salt.

Tomato Soup

- 5 beefsteak tomatoes or equivalent
- 2 TBSP boullion
- 2 c. milk
- 1 handful fresh basil
- 6 cloves garlic
- 3 bay leaves
- 2 TBSP flour
- 1 white onion, diced

Blanch the tomatoes and remove their skins. Cut into chunks and cook with 2-3 cups of water, boullion, and garlic for 30 minutes. Blend and return to the stove. Fry the onion in oil until slightly brown. Add the basil, onion, and bay leaves.

In a small dish, mix the flour with warm water to form a runny paste. Add this to the soup, along with the milk. Add salt and pepper to taste. Boil until it has a good consistency. Enjoy with cheddar on top, and fresh bread and butter!

Healing and Healthy Foods

Congee

- 1 part rice
- 5 parts water

Rinse the rice thoroughly first, then cook at a low temperature for several hours.

Kicharee

- 1/4 c. mung beans
- 1/4 c. adzuki beans
- 1/2 c. rice
- 1 tsp tumeric
- 1 tsp cumin
- 1/2 tsp coriander
- 3 cloves
- 3 bay leaves
- 1 TBSP ginger, diced
- 2 TBSP ghee, butter, oil

Cook the beans and rice separately. Add them to a saucepan with oil and fry on medium heat until the rice turns a slight brown (just 5 minutes). Add spices and 6+ cups of water. Boil until it has the consistency you like (porridge or oatmeal).

Miso Soup

- 6 TBSP miso paste
- 5 c. water or stock
- 2 TBSP boullion
- 1 stick Kombu
- 8 TBSP thinly sliced scallions
- 1 package of hard tofu, drained and pressed

Makes quite a lot, so halve if you want less. Boil the water with kombu and boullion or stock. Remove from heat and remove the kombu. In a separate cup of cool water, mix in miso paste. Add to the stock. When ready to eat, add diced tofu,

Rice Balls

- 2 c. sushi rice
- 4 c. water
- 2 tsp miso
- 3-4 sheets nori

After cooking rice, form into 1/4 c. triangles. Spread a small amount of miso on one side. Cover with another 1/4 c. of rice. Form into one shape and wrap with 1/2 a sheet of nori. Can also add umeboshi plum slivers.

Spring Rolls

- 1 package of extra firm tofu, drained and pressed
- 1 package of round rice paper sheets
- vegetables, thinly sliced (carrots, red onion, bell pepper, cucumber)
- noodles (thin thai noodles or other)
- fresh mint, basil, cilantro
- soy sauce
- sesame oil

To make the tofu, cut into thin slices and fry them in oil, soy sauce, and sesame oil until it is crispy. Then boil the noodles according to the instructions. Set out a bowl of cool water. To make the rolls, dip the paper just briefly in the water, and then set the noodles and other ingredients that you want to include, then fold up the top and sides, and then roll over toward you. Make with peanut sauce.

Salads

Kale Garlic Salad

- Kale, cut thinly and washed
- Garlic to taste, diced
- [Miso Salad Dressing](#)

Mix and enjoy. Add parmesan for additional deliciousness.

Cabbage Salad

- 1/2 head green cabbage, shredded
- 4 stalks bok choy
- 1 carrot

- 1 red bell pepper
- 1/4 c. cilantro
- 1/2 c. raw sunflower seeds
- 1/2-3/4 c. red curry almond sauce

Sauces, Dressings, and Pastes

Hummus

- 6 c. chickpeas
- 1/2 c. tahini
- 2 tsp cumin
- 2 tsp salt
- 1.5 tsp coriander
- Olive oil until smooth

To cook chickpeas, either soak overnight or boil for 5 minutes and let soak 1 hour, then rinse and boil till soft. Then use blender or food processor to mix the ingredients, saving the olive oil for last, adding until the hummus has the consistency you want. You can spice it up by adding roasted red bell pepper, garlic, or other interesting flavors.

Miso Salad Dressing

- 1/4 c. miso paste
- 1/4 c. water
- 2 TBSP oil
- 2 tsp sesame oil
- 2 tsp soy sauce
- 3 TBSP rice wine vinegar

Mix and enjoy!

Peanut Dipping Sauce

- 1/2 c. peanut butter
- 1 tbsp rice vinegar
- 1 tsp freshly grated ginger
- 1/4 tsp salt
- 1 tbsp chopped peanuts
- 1/3 c. water

Mix thoroughly and refrigerate and enjoy!

Red Curry Almond Sauce

- 1/2 c. almond butter
- 1/2 c. water
- 1/4 c. fresh lime juice or rice vinegar
- 2 tbsp miso
- 1 tbsp cilantro
- 2 tbsp maple syrup
- 2 tsp thai red curry paste
- 1 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 tsp ginger

Sweet and Savory Breakfasts

8-Grain Strawberry Pancakes

- 1/4 c. spelt flour
- 1/4 c. buckwheat flour
- 1/4 c. whole wheat flour
- 1/4 c. millet flour
- 1/4 c. rye flour
- 1/4 c. barley flour
- 1/4 c. corn flour
- 1/4 c. flax seeds
- 1/4 c. oats
- 2 tsp baking powder
- 1/2 tsp salt
- 2 c. milk
- 3 tbsp olive oil
- 2 tbsp maple syrup
- 1 tsp vanilla
- 1 tsp coconut oil
- 1 1/2 c. strawberries

Mix flours and dry ingredients, then add the milk and liquids.