

Stone Curves

FOCUS ON FOOD


Stone Curves
Co-housing
Community's

Favorite Recipes

Plus some
Community Food Fun
Food Quips & Wit
& Food for Thought

2015

10 year anniversary

A photograph of a courtyard viewed through a dark, arched opening. In the foreground, a concrete path with brick borders leads towards a brick building. The building features a large, ornate metal gate with a sunburst design. To the left, there is a balcony with a blue metal railing. In the center of the courtyard, there is a round table with six chairs, some with brown cushions. In the background, there is a modern, multi-story building and a fence. The sky is overcast with grey clouds.

Nobody has ever before asked the nuclear family to live all by itself in a box the way we do. With no relatives, no support, we've put it in an impossible situation.

Margaret Mead



FOCUS ON FOOD



Stone Curves Favorite Recipes



A labor of love in commemoration of Stone Curves Co-housing Community's 10 year anniversary celebration

Recipes submitted by the residents of Stone Curves

Collected and organized by Yeshe Manz, Sylvia Tesh, Lois Martin and Kathy Olson

Book and cover design by Kathy Olson

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Highlighted quotations are drawn from resident Russ Kick's most recent book, *Flash Wisdom*.



Good food = happiness





A Little Man's Rapid Evolution of Taste in Foods



Mud



Apple



Hamburger

Parties!



Lobster

The aim of life is to live, and to live means to be aware, joyously, drunkenly, serenely, divinely aware.

Henry Miller



Birthday potlucks. Barbecues. Dinners in the courtyard. Brunches in the dining room. Wedding celebrations. Music with food. Parties at home. Groups dining out.



So long as you have food in your mouth,
you have solved all questions for the
time being. / Franz Kafka



Taste on the palate
Neighbors gathered, hearts joyful
All satiated
—Culinary Haiku by Ania

Special events

**The takedown of the
playground wall celebration
Village Welcome parties &
Farewell parties
Halloween and Easter
Vegetarian Club**



*Everyone you will ever meet
knows something you don't.*

Bill Nye, the Science Guy

Community Garden
And
Chickens



*Culinary Haiku by Ania
Madame Harmony
Pray tell how dost the garden?
Peas to please all 'round*



*I go to nature
to be soothed
and healed,
and to have
my senses put
in order.*
John Burroughs



Stone Curves Soup

- As told by Jimmy Bultman

Three young men were walking down a road through the town of Sættedammen. All three were part of a study abroad program at the University of Copenhagen. They were returning from a long weekend getaway to Sweden. Despite being warned about the extraordinarily high prices, they no longer possessed a single euro, krona, or krone. The combination of expensive booze, endless sunshine, and pretty blondes quickly destroyed their austere budget. Northern Europe was tired of bailouts, so their polite requests for train fare home were ignored. So they walked. Still 34km from home, they resigned themselves to sleeping in a park for the night. Tired, hungry, and broke, they stopped at a tidy little garden next to orderly cluster of buildings.

"Based on what we've experienced so far, nobody will give us money," the first man stated, "but perhaps somebody will give us some food to hold us over through tomorrow's walk."

"No harm in asking," said the second.

"I'm a marketing major, so let me try first," joked the third.

They approached the cluster of buildings. All three expected to have to knock on doors, but this was entirely unnecessary. There was a large gathering of people outside. Most were seated at a long table and children were playing some games.

Seeing the three haggard men approach, three folding chairs were vacated as they arrived at the gathering.

The crowd welcomed them, "Please, sit down."

"Thank you, we will," all three men happily exclaimed.

"Have some water," the group offered.

"Thank you, we will!" The young men smiled at each other and the generous people they just met.

"Have some stegt flæsk med persillesovs og kartofler," the big group cried in delight.

"What's that?" the first man asked.

"It's our national dish," an older man seated near the students explained. "It's thick fried slices of pork served with boiled potatoes and parsley sauce. It's delicious."

"Oh," the second student frowned, "I'm vegetarian."

"We understand," said a young woman, "Try the smørrebrød. It's nearly as popular. Also quite delicious." Sensing a follow-up question she added, "it's an open face sandwich."

"Oh," the first student frowned, "I can't eat gluten."

The third student studied the crowd's reaction. It was still remarkably friendly despite his travelmate's refusals. Coming from a community in Arizona that he sensed had some similarities to this place, he worried that their welcome mat would soon be rolled up. He spied the outdoor kitchen and jumped into action. "We are foreigners, but we go to school in Copenhagen. We have tried your national cuisines and love them all!"

Walking over to the brick cooking area the first student explained, "What we'd really like to do is make our special dish for you. Your country has been so kind to us, it is time for us to give something in return. Have any of you ever tried Stone Curves Soup?"

All the people gathered shook neither heads in unison. Not a man, woman, or child have ever heard of Stone Curves Soup.

"Terrific," the marketing student smiled, grabbing hold of a big pot, "I'll begin with the most critical ingredient."

The young man reached into his pocket and pulled out three smooth stones. He showed them to the confused crowd, then held them over the pot and confidently declared, "These are the key. This is what gives the soup its special flavor." The crowd's eyes went round as they watched the man drop them into the pot one by one.

As the young man filled the pot with water he stated in a matter of fact manner, "All soup needs salt and pepper." Some of the children ran back to their homes and returned with salt and pepper.

"Great, that should do it," the man declared. "We'll need to wait for the water to warm up. This will be a fine soup indeed. You know what would give it a bit more complexity? Carrots."

"We just harvested some carrots from our garden today," a woman replied with a mix of surprise and joy. The man chopped up some of the carrots and threw them in the pot.

"It's totally unnecessary of course," the marketing student explained, "but nothing goes with carrots like some cabbage."

An old man quickly appeared with some cabbages. They were added to the pot.

"If we only had some potatoes we'd have it the way Viggo Mortensen prefers it, in case he stops by again," the student said quietly to nobody in particular.

"They've made Stone Curves Soup for Viggo Mortensen," just about everyone in the crowd thought simultaneously. Soon there were too many potatoes to fit into the pot.

"And Caroline Wozniacki always enjoys the energy boost that some barley and milk adds."

"Caroline Wozniacki!" the people cheered as they dumped their barley and milk into the pot.

At last the soup was ready. They placed the big pot of Stone Curves Soup at the center of the table, flanked by the stegt flæsk med persillesovs og kartofler, smørrebrød, and other platters that had been added to the table while the soup was being prepared. They all sat down and ate. Everything smelled good and tasted even better. Such a feast! Everyone declared it was the best meal they have ever had. And made from stones no less!

Soups & Stews



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Isabel's Fabulous Soups

Served at Community Work Day Luncheons



Watermelon Gazpacho

Ingredients

– serves 15

- | | |
|---|---|
| 5 cups 1/4-inch-diced watermelon | 5 medium garlic cloves, minced |
| 5 cups orange juice | 2-1/2 small jalapeno pepper, seeded and minced (optional) |
| 1/4 cup and 1 tablespoon extra-virgin olive oil | 1/3 cup and 2 tablespoons fresh lime juice |
| 2-1/2 seedless cucumber, cut into 1/4-inch dice | 1/4 cup and 1 tablespoon chopped fresh parsley, basil or cilantro |
| 2-1/2 small yellow bell pepper, seeded and cut into 1/4-inch dice | Salt and freshly ground black pepper |
| 1/2 small onion, cut into 1/4-inch dice. | |

Directions

1. Process 1/2 cup of water-melon, along with the orange juice and oil, in a blender or food processor until pureed.
2. Transfer to a medium bowl, along with remaining ingredients.
3. Season with salt and pepper to taste.
4. Refrigerate until ready to serve. (Can be made several hours before serving.)



There are two soups that are intended to be cold, two hot, and one that can be either hot or chilled. We are big on chilled soups because of our climate

Isabel's Fabulous Soups

Served at Community Work Day Luncheons

Chilled Avocado Citrus Soup

– serves 24-32

Ingredients

- 3 large onions, chopped
- 2½ Tablespoons Salt, regular
- 1 Gallon Orange juice,
- 4 Cups Lime juice, freshly squeezed
- 4 Cups Sugar
- 2½ Tablespoons Salt, regular
- 3 Tablespoons Black pepper
- 2 Teaspoons Garlic, chopped
- 1½ Tablespoons Extra virgin olive oil or Soybean oil
- 10 Avocados, 1/2 inch cubes
- 4 Cups Button mushroom, sliced 1/4 inch thick
- 9 Cups Plum tomatoes, diced without pulp
- 1 Tablespoon Cilantro per serving, chopped

Directions

Cover the chopped onion with salt for 20 to 30 minutes
Rinse the salt completely off the onion, drain and squeeze off excess water.

Mix salt, black pepper, orange juice, lime juice, garlic and sugar
Stir to mix well.
Add oil, onion and mix well.
Chill overnight.

Add the diced avocado, mushroom, tomatoes
Stir gently now to mix well.
Let chill for 1 hour before serving

When serving : add 1 Tablespoon of chopped cilantro to soup and stir to mix



Saturday Work Day
Pull those weeds. trim those bushes
Isabel's soup now
–Culinary Haiku by Ania



Isabel's Fabulous Soups

Served at Community Work Day Luncheons



Butternut Squash Soup

– serves 8

Ingredients

- 1 large yellow onion, cubed
- 1 butternut squash, peeled, seeds removed, cubed
- 1 tart green apple, peeled, cored, cubed
- 1 russet potato, peeled & cubed
- 3 cups chicken broth (or vegetable broth if vegetarian)*
- Water to just cover
- Salt, pepper
- Fresh ginger, grated or minced fine
- 2 tsp. curry (to taste)

Directions

- 1 Place cubed onion, squash, apple and potato in soup pot.
- 2 Add broth and water to barely cover. Bring to a boil. Cover, turn the heat down to a simmer and cook for 30 minutes or until squash softens.
- 3 Add salt and pepper to taste.
- 4 Puree using hand blender.
- 5 Add ginger and curry, adjust salt and pepper.

Can be served hot or cold.

Garnish with plain yogurt and toasted walnut pieces, if desired.

Isabel's Fabulous Soups

Served at Community Work Day Luncheons

Split Pea Soup

– serves 24-32

Ingredients

- 1 cup chopped yellow onions
- 2 cloves garlic, minced
- 1/8 cup good olive oil
- 1/2 teaspoon dried oregano
- 1 -1/2 teaspoons kosher salt
- 1 teaspoon freshly ground black pepper
- 2 cups medium-diced carrots (3 to 4 carrots)
- 1 cup medium-diced red boiling potatoes, unpeeled (3 small)
- 1 pound dried split green peas
- 8 cups chicken stock or water

Directions

1. In a 4-quart stockpot on medium heat, saute the onions and garlic with the olive oil, oregano, salt, and pepper until the onions are translucent, 10 to 15 minutes.
2. Add the carrots, potatoes, 1/2 pound of split peas, and chicken stock.
3. Bring to a boil, then simmer uncovered for 40 minutes. Skim off the foam while cooking.
4. Add the remaining split peas and continue to simmer for another 40 minutes, or until all the peas are soft. Stir frequently to keep the solids from burning on the bottom.
5. Taste for salt and pepper. Serve hot.
(If you like, add some sliced hot dogs in step 4 – the kids love it (I know I did).)



"I Eat My Peas with Honey"

I eat my peas with honey
I've done it all my life.
It makes the peas taste funny
But it keeps them on my knife.

By Ogden Nash

Isabel's Fabulous Soups

Served at Community Work Day Luncheons

Portuguese Kale Soup

Ingredients

- 1 Tbsp. of olive or canola oil
- 6 to 8 cloves of garlic (crushed or minced)
- 1 large onion, chopped
- 4 cups of kale chopped if fresh (you can use frozen 2 or 3 pkgs. or if canned use 2 to 3 cans)
- 4 cups of chicken or veggie broth
- 2-15 oz. cans of white beans, any kind (or 1 cup dried, soaked and cooked till tender)
- 1 can of stewed tomatoes or chopped fresh tomatoes
- 1 tsp. dried thyme
- 1 tsp. rosemary (if you have fresh, use plenty!)
- salt and pepper to taste
- 1 cup of chopped parsley

Directions

1. In a large pot, heat olive oil then add garlic and onion. Sauté until soft.
2. Add kale and sauté until wilted.
3. Add 3 cups of the broth, 2 cups of beans, tomatoes, herbs, salt and pepper. Simmer 5 to 10 minutes.
4. Using a blender, mix the remaining beans and broth until smooth. (to thicken the soup). Mix into soup.
5. Simmer for 15 to 20 minutes.





Chicken Posole with avocado and lime

Servings: 4-5

Time it takes to make (approx. 1

- 3 large poblano chiles (1 lb. total)
- 6 garlic cloves
- 1 large onion
- 2 cans (14 ½ oz. each) white hominy
- 1 ½ lbs. boned, skinned chicken thighs
- ½ tsp. kosher salt
- 2 tsp. dried Mexican oregano, divided
- 2 tbsp. olive oil
- 3 cups reduced-sodium chicken broth
- 3 tbsp. ground red New Mexico chiles

Garnishes: sliced avocado, lime wedges, cilantro sprigs, and sour cream



1. Preheat broiler. When hot, broil poblanos on a baking sheet until blackened, turning as needed, about 15 minutes.
2. Meanwhile, in a food processor, whirl garlic to mince. Cut onion in chunks and pulse with garlic until chopped; set aside. Drain hominy; set aside.
3. Cut chicken into 1-1 ½ in. chunks and sprinkle with salt and 1 tsp. oregano. Heat oil in a 5-6 qt. pan over high heat. Brown half the chicken lightly, stirring occasionally, about 5 minutes. With a slotted spoon, transfer meat to a plate. Repeat with remaining chicken.
4. Reduce heat to medium-high. Add onion mixture and remaining 1 tsp. oregano to pan and sauté until onion is softened, 3 minutes. Meanwhile in a microwave-safe bowl, microwave broth until steaming about 3 minutes. Add ground chiles to pan and cook, stirring about 30 seconds.
5. Add broth, hominy, and chicken to pan. Cover and bring to a boil, then reduce heat and simmer to blend flavors 10 minutes.
6. Remove stems, skins, and seeds from poblanos and discard; chop poblanos.
7. Stir poblanos into posole and cook 1 minute. Ladle into bowls; top with garnishes.

—Submitted by Paloma Beamer & Nolan



Zucchini Velvet Soup

1 onion, chopped, cook in ½ c. water for 5 min.
4 lg. zucchinis, chunked
½ c. oatmeal
1/3 c. fresh dill
2 T. tamari
Pepper

Bring all to a boil, cover and simmer 20 min.
Puree in blender. Can be served cold or hot.
Use fresh dill as garnish.

—Submitted by Gina

Pumpkin Stew



10-12 lb. pumpkin
½ stick of butter or margarine
½ c. sugar
2 lbs. beef, or chicken or eggplant cut into 1 inch cubes
Oil for browning
4 c. beef, chicken or vegetable stock
½ t. garlic, chopped
½ t. oregano
1 can corn
1 t. Salt
Pepper

1 ½ lb. yams & 1 ½ lbs. white potatoes peeled and cut into ½ in. cubes
½ c. green pepper (chopped)
1c. onions, chopped
1 c. drained plum tomatoes (canned)
½ lb. zucchini
1 bay leaf
1 can peach halves (syrup rinsed off)

Preheat oven to 375 degrees.

Cut off top of pumpkin and scoop out insides. Rub inner shell with butter and sugar. Cover pumpkin with top, set in oven in shallow baking pan for 45 min until tender but resistant. Brown beef, chicken or eggplant in large skillet. Remove from pan and cook onion, green pepper, and garlic for 5 min.

Pour in stock. Return beef, chicken or eggplant to skillet. Add tomatoes, oregano, bay leaf, salt and pepper. Cover and simmer for 15 min. on low. Add potatoes. Cover and cook for 15 min. Add zucchini. Cover and cook for 10 min. Add corn and peaches. Cover and cook for 5 min. Pour into pumpkin and put lid on and

bake for 15 min. Serve in pumpkin.

—Submitted by Gina Kruse



Cheater Vegetable Soup

INGREDIENTS:

veggies you have lurking in your refrigerator, a little olive oil,
a cube or tablespoon of veggie bouillon concentrate, some cheater ingredient (see below).

INSTRUCTIONS:

1. Heat oil in a large frying pan; while heating, chop a large onion—add to the pan.
2. While sautéing the onion, chop root veggies (I usually have a carrot, some sort of potato, turnip and jicama) and mince several cloves of garlic—add all but the jicama to the pan.
3. While that sautés, chop the tougher of the remaining veggies, e.g. broccoli and cauliflower stems, cabbage core, and add to the sauté.
4. While that sautés, cut the other veggies that need it, like green beans, squash, cauliflower and broccoli flowers, brussels sprouts, etc, into bite-sized pieces—put them with the jicama.
5. Cut up the leafy veggies like chard, spinach, etc. and set them aside.
6. Dump the sautéed veggies (still quite firm) into a soup pot. Use the bite-sized veggies to wipe out the good stuff left in the frying pan and add them to the pot.
7. This is when I usually like to add corn (fresh cut, canned or frozen) and edamame along with enough water to just cover the veggies.
8. Add the bouillon and simmer briefly keeping the veggies crunchy and colorful.
9. The leafy veggies go in last and usually need no real cooking.
10. (NOW COMES THE CHEATING. I ALWAYS KEEP ON HAND A CARTON OF TRADER JOE’S ORGANIC TOMATO & ROASTED RED PEPPER SOUP. I ADD JUST ENOUGH OF THIS SOUP TO GIVE MY SOUP A SLIGHTLY CREAMY TEXTURE.)

Optional ingredients: finely chopped hot peppers, grated ginger root, quinoa, whatever seasonings you prefer—but taste the soup first because the bouillon and TJ’s soup include seasoning.

WARNING: NEVER ALLOW VEGGIE SOUP TO BOIL!

From Lois Martin



“Deep in Our Refrigerator”

Deep in our refrigerator,
there’s a special place
for food that’s been around awhile...
we keep it just in case.
'It's probably too old to eat.'
my mother likes to say.
'But I don't think it's old enough
for me to throw away.'

It stays there for a month or more
to ripen in the cold,
and soon we notice fuzzy clumps
of multicolored mold.
The clumps are larger every day,
we notice this as well,
but mostly what we notice
is a certain special smell.

When finally it all becomes
a nasty mass of slime,
my mother takes it out, and says,
'Apparently, it's time.'
She dumps it in the garbage can,
though not without regret,
then fills the space with other food
that's not so ancient yet



By Jack Prelutsky

Albondigas Soup

Meatballs:

- ½ lb ground beef
- ½ lb pork or bulk chorizo
- ¼ c grated zucchini
- ¼ t Mexican oregano
- ¼ t cumin
- ½ t salt
- 1 clove garlic
- ¼ c chopped mint
- ¼ c chopped parsley
- 1 egg
- 1/3 c raw white rice, rinsed



Soup:

- 2 T olive oil
- 1 large onion, chopped
- 1 large garlic clove, minced
- 3 quarts chicken stock, or beef or water or a mix
- ½ c tomato sauce
- ½ lb string beans with strings and ends removed, cut into 1 inch pieces
- 2 large carrots, peeled and sliced
- 1 ½ c frozen or fresh peas added last ½ hour
- ½ c chopped fresh cilantro
- 1 t oregano, or 1 T fresh
- salt and pepper
- dash of cayenne optional
- 1 fresh chipotle chile

—from *Tres deVries*



A prudish old lady named Sears,
Has tender and delicate ears.
What everyone calls
Simply meat "balls",
She insists be referred to as "spheres".

Appetizers & Salads



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Beandip Bendito (blessed)

Curvers, you will bless this one when the guests are about to arrive and you forgot to make something fancy to dip those chips. Your guests will love it! More than the fancy stuff! But to make it, you have to believe that something *really* simple can be *really* good.

Here is the recipe:

1 can of refried beans (vegetarian are fine)

1 jar of tomato-base salsa (any will do; Trader Joe's chunky garlic is okay, but so is Dorito's; you can get something *más picante* if you think your guests can take it).

Open can.

Open jar.

Dump contents of both in mixing bowl.

Stir until mixed (it won't take long).

Place on table near chips.

Or if you want to be more elegant, transfer to another bowl. That's it! Dip a chip and count your blessings!

—Submitted by Carol Rose



Kale Salad

1 large bunch kale (can mix several varieties)

1/2 red onion

1/3 C each sesame seeds and pumpkin seeds (can add sunflower seeds if you like)

1 avocado, cut into chunks (optional)

Dressing:

1/3 C. Braggs Liquid Aminos (I use less than this, dilute it with water up to 1/3 C)

1/3 C lemon juice

1/3 C. olive oil

Combine the dressing ingredients.

Thinly slice the onion and marinate it in the dressing while preparing the rest of the salad.

De-stem the kale and slice into thin ribbons.

Toss with the onion in the dressing.

Dry roast the sesame seeds first and then the pumpkin seeds and add to the salad.

Add the avocado, if using.



—From Felicity Lanier

Curried Quinoa Mango Salad

ACTIVE TIME: 20 minutes

TOTAL TIME: 20 minutes

Ingredients

- 1 cup quinoa (about 6 ounces)
- 1/4 cup canola oil
- 2 tablespoons white wine vinegar
- 1 tablespoon mango chutney, chopped if chunky
- 1 1/2 teaspoons curry powder
- 1/4 teaspoon dry mustard
- 1 cup chopped peeled mango plus mango spears for garnish
- 1 cup chopped unpeeled English hothouse cucumber
- 5 tablespoons chopped green onions, divided
- 2 cups (packed) baby spinach



Preparation

Cook quinoa in medium pot of boiling salted water over medium heat until tender but still firm to bite, stirring occasionally, about 12 minutes. Drain well; cool. Transfer to medium bowl.

Meanwhile, whisk oil and next 4 ingredients in small bowl to blend. Season dressing to taste with salt and pepper.

Add chopped mango, cucumber, 4 tablespoons green onions, and 1/4 cup dressing to quinoa; toss to coat. Divide spinach between 2 plates. Spoon quinoa salad over spinach. Garnish with mango spears and 1 tablespoon green onions. Drizzle with remaining dressing;

—from Tres de Vries

Moroccan Couscous Salad



INGREDIENTS:

- | | |
|--|---|
| 1 c couscous | 1/2 ts ground ginger |
| 1/2 c dried cherries (I use dried cranberries) | 1/4 ts cinnamon |
| 1 c boiling water | salt and ground black pepper |
| 5 T olive oil, divided | 1 16 oz can chickpeas, drainer |
| 1 large orange bell pepper, cut into bite-sized pieces | 1/2 c chopped fresh cilantro, chopped |
| 1 large onion, halved around its equator and thinly sliced | 3 T rice wine vinegar |
| 1 1/2 ts ground cumin | 3 T frozen orange juice concentrate, thawed |

—Directions are on next page



Moroccan Couscous Salad (continued)

DIRECTIONS

Place couscous and dried cherries in a medium bowl. Add boiling water; immediately cover bowl with plastic wrap and let sit until water is completely absorbed, about 5 minutes

Meanwhile, heat 2 T of the oil in large skillet over medium-high heat. Add peppers and onion sauteing until tender-crisp, about 5 minutes, and seasoning with cumin, ginger, cinnamon, salt and pepper as they cook. Add to couscous, along with chickpeas and cilantro

Whisk remaining 3 T of oil with vinegar and OH concentrate and refrigerate until ready to serve.

Serves 6

Per serving: 343 calories, 9 G protein, 49 carb, 13 fat g

—from Tres de Vries

Dan's Vipassana Vinaigrette

I got this recipe from the cooks at the Vipassana Meditation center in Massachusetts while attending a meditation retreat there. -- Dan Kruse

Single batch

1/2 cup
1/2 cup
1/3 cup
1 clove
1/3 cup
1 Tbsp
1/4 tsp
1/2 tsp
1tsp
1/4 tsp
1 tsp

Double batch

1 cup
1 cup
2/3 cups
2 cloves
2/3 cup
2 Tbsp
1/2 tsp
1 tsp
2 tsp
1/2 tsp
2 tsp

Ingredients

Canola oil
Olive oil
water
garlic, pressed
vinegar (mixture of red wine and balsamic)
Tamari or soy sauce
salt
ground black pepper
honey
oregano and basil, mixed, ground
dried dill



Put all into blender. Blend well.

For added thickness and flavor, add 1/2 - 1 semi-ripe avocado before blending. If adding avocado, keep refrigerated. Optionally, add 1/2 - 1 tsp spicy mustard.

Main Dishes



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Vegan Moroccan-Style Chickpeas

Number of Servings: 4

Ingredients

- 1 can (15.5 oz) chickpeas, rinsed and drained
- 1 can diced tomatoes with green chilies
- 1/2 cup diced onions
- 2 cloves garlic, minced
- 1 tbsp extra virgin olive oil
- 1 tbsp ground cumin
- 1/2 tbsp ground ginger
- 1 tbsp ground coriander
- 3/4 cup vegetable broth
- Salt and pepper, to taste



Directions

Saute garlic and onion in olive oil over medium heat for about two minutes.

Stir in cumin, ginger and coriander.

Cook until onion is tender.

Add chickpeas, vegetable broth and tomatoes with juice and bring to a boil. Cover and simmer for ten minutes.

Serve alone or with brown rice and steamed green beans.

From Judy Thomas

Curried Lentils with Sweet Potatoes & Swiss Chard

[A favorite in the Rose/Tesh household]

New York Times 11/4/07

... ..Time: 1 hour

- 2 tablespoons extra virgin olive oil
- 1 medium onion, chopped
- 4 garlic cloves, minced
- 1 1-inch piece fresh ginger root, peeled and grated
- 1 1/2 teaspoons garam masala
- 1 1/2 teaspoons curry powder
- 1 jalapeño pepper, seeded if desired, then minced
- 4 to 5 cups vegetable broth as needed
- 2 pounds orange-fleshed sweet potatoes, peeled and cut into 1/2-inch cubes (about 4 cups)
- 1 1/2 cups dried lentils
- 1 bay leaf
- 1 pound Swiss chard, center ribs removed, leaves thinly sliced
- 1 teaspoon kosher salt, more to taste
- 1/2 teaspoon ground black pepper
- 1/3 cup chopped fresh cilantro
- Finely grated zest of 1 lime
- Juice of 1/2 lime
- 1/3 cup finely chopped tamari almonds, for garnish (optional), available in health food stores
- 1/4 cup chopped scallions, for garnish.



1. In large saucepan, heat oil over medium heat. Add onion and sauté until translucent, 5 to 7 minutes. Add garlic, ginger, garam masala, curry powder and jalapeño. Cook, stirring, for 1 minute.
2. Stir in 4 cups broth, sweet potatoes, lentils and bay leaf. Increase heat to high and bring to a boil; reduce heat to medium, partially cover, and simmer for 25 minutes. (If lentils seem dry, add up to 1 cup stock, as needed.) Stir in chard and salt and pepper, and continue cooking until lentils are tender and chard is cooked, about 30 to 45 minutes total.
3. Just before serving, stir in cilantro, lime zest and juice. Spoon into a large, shallow serving dish. Garnish with almonds if desired and scallions.

Yield: 8 to 10 side-dish servings; 6 main-course servings

Yeshe's Favorite Baked Chicken

Ingredients:

Eggplant (1)
Onion, Yellow (1/2)
Mushrooms (6)
Chicken Thighs - boned and skinned (2)
Tomatoes (2)
Avocado (1 Large)
Swiss Cheese (4 oz.)
Parmesan Cheese (1 oz.)
Salt
Pepper
Italian Spice



Preheat the oven to 350 degrees.

Peel the eggplant and slice it into thick slices to cover the bottom of an 8"X8" greased baking dish.

Lightly salt the eggplant and set it aside on a paper towel to release it's water.

Chop the onion into length-wise slices.

Peel and dice the mushrooms, large.

Skin and bone the chicken thighs.

Slice the tomatoes into thick slices. (about 8 or 9)

Peel, halve, and slice the avocado.

Grate and mix the Swiss and Parmesan cheese.

Assemble and bake the casserole.

Place eggplant on the bottom of the greased baking pan.

Add the layer of onions, then mushrooms.

Add the (spread open) chicken thighs.

Add the sliced tomato layer.

Lightly salt and pepper.

Place baking pan in the preheated oven and bake for 50 min.

Remove pan from oven.



Yeshe's Favorite Baked Chicken (continued)

Add avocado layer and then the cheese layer on top.

Sprinkle with Italian seasoning to taste (not too much!)

Dot with butter - if you dare...

Place baking pan back in the oven for 10 more minutes or until cheese is melted.

If you like, turn on the broiler and brown the cheese before serving.

Enjoy!

Vegetarians: Use fried or baked Tofu instead of chicken. It works great!

Zuni Vegetable Stew



Zuni Vegetable Stew – Courtesy of Betty Crocker and the Zuni, a tribe of Pueblo Indians from New Mexico. All ingredients are indigenous to the Americas. —submitted by Isabel Aaronson

(Serves about 6 – Multiply for more, but use less liquid)

¾ cup chopped onion

1 or 2 cloves garlic, finely chopped

2 Tbs. vegetable oil

1 large red bell pepper, cut into 2 X ½ " strips

2 medium poblano or Anaheim chilies, seeded and cut into 2 X ½ " strips

1 jalapeno chili, seeded and chopped

1 cup cubed Hubbard or acorn squash (about ½ lb.)

2 14-oz. cans of chicken (or veggie) broth

½ tsp. salt

½ tsp. black pepper

½ tsp. ground coriander

1 cup thinly sliced zucchini

1 cup thinly sliced yellow summer squash

1 can whole kernel corn, drained

1 can (1 lb.) pinto beans, drained

Cook and stir onion and garlic in oil in Dutch oven over medium heat until onion is softened. Stir in bell pepper, poblano, and jalapeno chilies. Cook 15 minutes.

Stir in Hubbard squash, broth, salt, pepper, and coriander. Heat to boiling; reduce heat.

Cover and simmer until squash is tender, about 15 minutes. Stir in remaining ingredients.

Cook uncovered, stirring occasionally, until zucchini is tender, about 10 minutes.

Stuffed Acorn Squash



Scrub, dry and cut

2 med. acorn squash, halved and seeded (slice stem end off and slice from pointed end down)

Line tray with foil. Put cut side down. Coat with oil (you can eat the skin). Prick skin. Put in 400 degree oven covered with foil.

Bake 40 min. to 1 hr.

Removed from oven and turn squash over and drizzle tamari in.

Stuffing

1 med. onion- diced

1 rib celery, sliced and diced

4-5 mushrooms (1/2 c.) sliced

Saute in oil 5-10 min. until soft.

Add 1 c. whole wheat bread crumbs or 1 c. cooked rice, 1/4 c. walnuts, 1/4 c. dried apricots (soaked) and 1/4 c. cubed tofu (firm, marinated in tamari)

Put together and add a little water or broth. Warm through and simmer 10 min. Stuff into squash. Put in oven for 10-15 min. at 350 degrees to heat up covered with aluminum foil (layered on top)

—From Gina Kruse



Crustless quiche

I make this a lot for potlucks. I call it 4-2-1

4 eggs

2 cups cottage cheese

1 cup shredded cheese.

Beat eggs together. Add cottage cheese and shredded cheese.

You can bake it in a pie tin or 8" baking pan. I spray it thoroughly with Pam.

Bake 50-60 minutes at 350 degrees

You can add whatever else you like, sautéed veggies, garlic, sausage, spices.

My favorite is lots of veggies--onions, mushrooms, zucchini, peppers. with dill.

---from Tres de Vries

Savory Tofu Stew

(Serves about 6 – multiply recipe for large group)

- ¼ cup cold-pressed olive oil
- 1 ½ cups onion, cut into crescents
- 1 cup carrots, sliced into ¼” rounds
- 1 cup celery, sliced
- 2 cloves (or more) garlic, minced
- 2 cups firm tofu, pressed for 10 minutes and cut into 1” cubes (1 pkg.)
- 1 ½ cups zucchini or summer squash, cut into chunks
- 2 tomatoes, diced (or canned, cut up & drained, reserving the liquid)
- 1 T basil
- ¼ tsp. rosemary
- ¼ tsp. savory
- 2 bay leaves
- Freshly ground black pepper to taste
- Tomato juice (or V8) – add to reserved canned juice to make just 2 cups
- 1/3 cup shoyu (natural soy sauce)

1. In large kettle, heat the oil over medium heat; add onions, carrots, celery and garlic and sauté until onions are translucent.
2. Add the tofu, zucchini, and tomatoes, and sauté for 4 minutes.
3. Add the spices, stirring constantly, and cook for 2 minutes or until fragrant.
4. Pout in tomato juice and soy sauce, stirring well.
5. Bring to a boil, reduce heat and simmer for 1 hour.

Serve with cornbread or brown rice and a green salad.

—submitted by Isabel Aaranson

How many ideas have there been in the history of the human race that were unthinkable ten years before they appeared?

Fyodor Dostoevsky

Pearled Barley with Mushrooms

This is a vegan main dish. This recipe serves 4. If using frozen diced squash, remove from freezer as you begin prepping. Trader Joe's has fresh diced butternut squash. This risotto-like dish goes well with a spinach salad.

1 cup pearled barley	¼ cup balsamic vinegar
1 ¾ cups boiling water	¼ cup low-sodium vegetable broth
3 T. extra-virgin olive oil	1 tsp dried thyme
½ cup chopped shallots or green onions	1 10-ounce pkg frozen (or fresh) diced butternut squash
24 oz cremini (brown) mushrooms, sliced	¼ cup toasted pecans, coarsely chopped
4 cloves garlic, minced	

In a heavy pan with a tight-fitting lid, dry-toast pearled barley over medium high heat until aromatic, about 2 minutes. Turn off heat and carefully pour in boiling water. Add a pinch of salt, return to heat, and bring to a simmer. Cover pan and cook until barley is tender but chewy, about 15 minutes. Drain if necessary. Meanwhile, in a large deep pan over medium heat, add oil, add shallots and saute until they begin to soften, about 2 minutes. Add sliced mushrooms, sprinkle with a pinch of salt and saute over medium high heat until mushrooms have released their liquid and are well browned, about 15 minutes. Add garlic and saute 1 minute. Mix balsamic and broth together and stir into mushroom mixture. Cook until liquid is mostly evaporated, about 2 minutes. Stir in thyme, and then cooked barley and butternut squash. When barley and squash are heated through, season with salt and pepper and pour into a large serving dish. Top with toasted pecans. Serve hot.

—Submitted by Ania Rzeszutko

The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison.

Ann Wigmore

The Health Food Diner

No sprouted wheat and soya shoots
And Brussels in a cake,
Carrot straw and spinach raw,
(Today, I need a steak).

Not thick brown rice and rice pilaf
Or mushrooms creamed on toast,
Turnips mashed and parsnips hashed,
(I'm dreaming of a roast).

Health-food folks around the world
Are thinned by anxious zeal,
They look for help in seafood kelp
(I count on breaded veal).

No smoking signs, raw mustard greens,
Zucchini by the ton,
Uncooked kale and bodies frail
Are sure to make me run

Loins of pork and chicken thighs
And standing rib, so prime,
Pork chops brown and fresh ground round
(I crave them all the time).

Irish stews and boiled corned beef
and hot dogs by the scores,
or any place that saves a space
For smoking carnivores.

to

By Maya Angelou

FOOD TIPS

FOR YOUR PETS

(From our resident Vet)

What would any cookbook be without a section on cooking for your own pet?

And, who would appreciate your efforts more than your dog? (Most cats are a little harder to please.)

The first question to ask is whether you really want to start cooking for your dog. Without a doubt, the nutritious and well balanced home cooked meal has the potential to be superior to any store-bought food. Unfortunately, there are many different opinions as to how to achieve such a formidable goal. Some stress raw meats (with their natural enzymes), but this could be a source of salmonella for people in the home. Vegetables and carbohydrates can be more difficult for a pet to digest, and these generally need to be cooked. Spinach can cause oxalate crystals and possibly even bladder stones and should be avoided. Meat is high in phosphorus and must be balanced by foods or supplements that contain the appropriate amount of calcium for optimal bone health. Micronutrients may need to be fortified to meet adequate nutritional levels. Variety is the key to helping insure that your pet gets what he needs.

Our perfect companions never have fewer than four feet

Colette.





There are pet food cookbooks available and multiple online resources. Because there are so many differing opinions, you'll need to do your homework to guarantee the optimal home cooked diet for your pet. Unfortunately, a pet is more likely to develop problems from a deficient home cooked meal than even a low quality generic pet food.

If you choose to go the more traditional route and shop for the optimal food for your pet, the single most important rule is to remember that when you are buying pet food, you usually get what you pay for. Avoid paying extra for a natural or grain free diet. Neither offers any advantage to most healthy pets, and both tend to be little more than gimmicks to inflate the price we are willing to pay for our pet's food. Pay for a high quality food from a well-known and respected pet food company and your pet should thrive. If you don't know who makes your pet's food, and this includes all well-known but generic brands, I would not feed it.

For more information on pet foods and how to feed your pet for the longest and healthiest life, see the two appropriate lessons in the appendix of my book *Laughter and Tears, A Veterinarian's Memoir and Advice*.

Kenneth H. Cohn, DVM



"Owners of dogs will have noticed that, if you provide them with food and water and shelter and affection, they will think you are god. Whereas owners of cats are compelled to realize that, if you provide them with food and water and shelter and affection, they draw the conclusion that they are gods."
Christopher Hitchens,
The Portable Atheist: Essential Readings for the Nonbeliever

Side Dishes



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Brussel Sprouts with Cranberries

3 pounds Brussels sprouts
1/2 cup olive oil
1 cup sugar
3/4 cup balsamic vinegar
1 cup dried cranberries

Directions

Preheat the oven to 375 degrees F.

Trim/clean the Brussels sprouts, then cut them in half. Arrange on 2 baking sheets and toss with the olive oil. Roast until brown, 25 to 30 minutes.

Combine the balsamic vinegar and sugar in a saucepan. Bring to a boil, then reduce the heat to medium-low and reduce until very thick.

Drizzle the balsamic reduction over the roasted sprouts, then sprinkle on the dried cranberries.

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Read more at: <http://www.foodnetwork.com/recipes/ree-drummond/brussels-sprouts-with-balsamic-and-cranberries-recipe.html?oc=linkback>

from Judy Thomas

Collard Greens

1/2-1 slice bacon per person
6-8oz collards "

Cut bacon into 1" pieces and put in bottom of large pot with tight fitting lid.

Wash greens and cut as desired (squares, chiffonade, whatever you like), leaving water on them.

Put cut greens into hot bacon fat and stir and cover, continue cutting and adding, covering each time. When all the greens are in continue cooking to desired doneness.

—from Debbie Chastain

Don't eat anything your great-grandmother wouldn't recognize as food....Don't eat anything with more than five ingredients, or ingredients you can't pronounce.

Michael Pollan



Cauliflower Rice Pilaf

Paleo recipe from "Well Fed". By Melissa Joulwan

Serves 6

1 large head fresh cauliflower
1 tablespoon plus 1 tablespoon coconut oil
8 dried apricot halves, minced (about 2 tablespoons)
1 ½ tablespoons raisins
2 tablespoons pine (pignola) nuts
½ medium onion, diced (about ½ cup)
1 clove garlic, minced (about 1 teaspoon)
½ teaspoon ground cumin
½ teaspoon ground cinnamon
salt and black pepper, to taste



Directions:

Break the cauliflower into florets. Removing the stems. Place the floret in the food processor bowl and pulse until the cauliflower looks like rice. This takes about 10-15 one-second pulses. You may need to do this in two batches to avoid overcrowding (which leads to mush).

Heat a skillet over medium high heat, about 3 minutes. Add 1 tablespoon of coconut oil and allow it to melt. Add the apricots, raisins, pine nuts, onion and garlic. Stir with a wooden spoon to combine and cook until the onions are translucent and the nuts start to brown, about 5 minutes.

Push the onions to the side of the pan and add the remaining 1 tablespoon of coconut oil. Add the cumin and cinnamon to the oil, then stir everything together –oil, spices, onions, nuts, and fruit – so they all mingle in happy harmony. When you can smell the spices, about 30 seconds, toss in the riced cauliflower and sauté until the cauliflower is tender, about 5 minutes. Try a bite, then season with salt and pepper.

—From Kathy Olson



Polenta Puttanesca

Serves 4

Sauce

- 1/3 c. olive oil
- 2 cloves garlic, minced
- 2 lg. green peppers, cored and cut into 1/2in. strips
- 2 - 28 oz. cans plum tomatoes; chopped and well drained
- 1 1/2 T. tomato paste
- 10 black olives, pitted and halved
- 1/2 t. salt
- Pepper to taste

Polenta

- 4 c. water
- 1 1/4 c. cornmeal
- 1/2 t. salt
- 2 T. margarine
- 1/3 c. grated Parmesan cheese

1. In a large skillet heat the oil over med. heat until hot but not smoking, then add the garlic. Cook for 3 min. or just until the garlic begins to get golden and oil is fragrant.
2. Add green peppers and saute for 10 min, stirring frequently.

—submitted by Gina Kruse



A preoccupied vegan named Hugh
picked up the wrong sandwich to chew.
He took a big bite
before spitting, in fright,
"OMG, WTF, BBQ!"

Ania's Ratatouille



What gives this dish its buttery flavor is the use of coconut oil for sauteing the vegetables. I use medium Chipotle salsa instead of fresh tomatoes.

- 1 large or 2 medium eggplants (if using 2 large or 3 medium, double the ingredients)
- 1 large or 2 medium onions (yellow or white) finely chopped
- 1 large red pepper chopped to 1/4" cubes (can substitute green, yellow, or orange pepper)
- 1 large zucchini sliced in rounds, then sliced crosswise
- 4 cloves garlic minced
- 1 tsp sea salt
- 1 tsp basil
- 1 tsp oregano
- 1T. dried parsley or 3 T. chopped fresh
- 1 tsp thyme
- 1 T. dried cilantro or 3 T. chopped fresh (Optional)
- 3-4 T. medium Chipotle salsa
- 4-5 T. melted coconut oil
- Optional: 1 can ripe olives rinsed and sliced, 1/2 cup toasted sliced almonds,
1 cup sliced mushrooms

Slice eggplant in 1/2 – 3/4 inch rounds, sprinkle with salt, let stand while chopping vegetables. Cutting off skin of rounds is optional.

Add chopped onion to 2 T. melted oil in large pan or pot, saute on medium heat. When transparent, add minced garlic. Cook several minutes. Turn off heat.

Pat eggplant dry with paper towel then dice into 1/2 inch cubes. Remove onion/garlic from pan add 2 T. oil and saute eggplant on medium low heat. Mix onion/garlic/eggplant. May need more oil to saute but don't want too oily. Add pepper, zucchini, spices, mix and cook low 10-15 minutes. Can adjust seasonings to taste. Add the salsa to moisten mixture but don't want extra liquid after mixed. Less for more liquid salsa, more for chunky.

—Submitted by Ania Rzeszutko



Culinary Haiku

By Ania Rzeszutko

The luck of the pot
Free of gluten, dairy, soy
Bring your own to share.



Thai Quinoa Salad

From Raising the Salad Bar by Catherin Walthers
—Submitted by Shawn Mulligan and Hannah Gardner

- 1 cup dry quinoa, cooked according to directions
- ½ tsp salt
- 1 red bell pepper, cored and cut into very thin strips
- 1 carrot, peeled, and shredded or julienned
- 1 small cucumber, peeled, seeded and sliced
- 1/3 cup chopped fresh mint
- ½ cup chopped fresh cilantro

Thai Dressing

- 6 tbsp (1/3 Cup or 4 limes) fresh lime juice
- 1 tbsp sugar
- 1 tbsp Asian fish sauce
- ½ tsp red pepper flakes

1. Combine cooked quinoa, red bell pepper, carrot and cucumber and mix well.
2. Dressing: whisk together the lime juice and sugar until sugar dissolves. Stir in fish sauce and red pepper flakes. Add the dressing to the salad and toss. Gently mix in the mint and cilantro. If you're not serving the salad the same day, store it and the dressing separately, covered, in the refrigerator
3. Variation: Make quinoa "wraps" by using lettuce leaves to wrap quinoa and shrimp, lobster, or crab. Salad is also delicious with tofu.



Snacks & Desserts



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1% Lactose Free Cheesecake

Crusts

1) For an almond-date bottom layer crust, combine:

1.5 cups almond flour

1 cup 1/4 inch chopped dates

Moisten the mixture with coconut oil until the mixture is softened

Coat the pie pan with coconut oil

Press the mixture into the bottom of the pie pan

2) For a coconut-date bottom layer crust:

Coat the pie pan with coconut oil

Layer bottom of the pie pan with shredded coconut

Sprinkle the coconut with 3/4 cup of 1/4 inch chopped dates

Filling

3 eggs

1/3 cups honey

1/2 cup prepared lactose-free yogurt or homemade lactose-free yogurt (24 hour fermentation)

2 cups Farmer's Cheese (available at Sprouts)

2 vanilla

1 – 2 teaspoons grated lemon rind (optional)

Place all the ingredients in a blender or food processor (metal blade), putting eggs in first so that the blender blades will turn freely.

Blend the mixture until it's smooth, stopping if necessary to push ingredients down, scraping the sides of the container at the same time with a spatula.

Pour the mixture over the crust in the pie pan.

Bake it at 350 degrees for 40 minutes or until the edges are brown.

When the cheesecake cools, pour the fruit mixture over the top, cover and refrigerate.

Fruit topping:

2 cups of blueberries, cherries, strawberries, mango, or another fruit, either fresh or frozen fruit

With a hand mixer or a whip, mix the fruit until it's liquid

—from Christine Johnson



Carrot Cake

This is the recipe from the Silver Palate Cookbook for the absolute best... but much too sweet for me... carrot cake. I know it's a hit with a number of "Stoners" as they've asked me for the recipe. My own (not as sweet) adjustments and suggestions are in parentheses, as follows. If you choose to use it, it would be important to include my explanation. Many thanks. —Louise (formerly of village 5)

NB: The original recipe

Flour, 3 cups
Sugar, granulated, 3 cups (Use ~2 cups)
Salt, 1 teaspoon
Baking soda, 1 tablespoon (Sift it first.)
Cinnamon, 1 tablespoon
Oil (vegetable), 1 cup
Eggs, large, lightly beaten, 4
Vanilla, 1 tablespoon
Carrots, cooked, pureed, 1-1/3 cups (See note**)
Walnuts, 1 cup (1-1/2 cups or more)
Coconut, 1 cup (1-1/2 cups or more)
Pineapple, canned, crushed, drained, 3/4 c (Just use the whole can.)

Sift dry ingredients into a bowl. Add oil, eggs, pureed carrots and vanilla. Beat well with electric mixer. Then fold in walnuts, coconut and pineapple by hand.

Pour batter into two 9-inch, greased/floured, pans (OR a sheet cake pan). (You may want to consider lining the

bottom of the pan(s) with parchment.) Bake @ 350°F X 50" for two cakes (OR 325°F for ~60-70 minutes.) This

is a dense batter. Especially if you choose the latter pan, check frequently [by inserting a dry toothpick that should

come out dry] to be sure the cake is done. Cool cake on a rack for at least 3 hours (before you even think about

removing it from the pan.)

Cream Cheese Frosting:

Cream cheese, room temperature, 8 oz. (Double this amount. Extra frosting can be served on the side.)

Butter, unsalted, room temperature, 6 T (~8T or a bit more)

Powdered sugar, 3 c (See note++)

Vanilla, 1 teaspoon (2 teaspoons or more)

Lemon juice, 1 tablespoon (or a bit more)

Blend room temperature cream cheese and butter in a mixing bowl. Slowly sift in powdered sugar and continue

beating until fully incorporated. No lumps allowed (but only if you care about "the presentation" of the frosting.)

Mix in the vanilla and lemon juice.

*** If you think you'll make this recipe again, the most time consuming part of it is preparing the pureed carrots. When carrots are on sale, prep ~5-10 pounds (or more) of them at once; measure, label and freeze them until you're ready to use them. They keep indefinitely and can also be used to make carrot soup, etc.*

++ Unless you LOVE sweet frosting, cut the amount of powdered sugar severely, according to taste. If not, it will taste like sugar frosting (think: supermarket cake) instead of cream cheese frosting. Know in advance that cutting the amount of sugar will affect the consistency, making it more runny, but more tasty. If you'd prefer the taste of, e.g., Grand Marnier instead of lemon, just swap it out. If the weather is "Tucson summer" hot, the frosting/cake should be kept refrigerated until almost ready to serve.



Chocolate Beet Root Cake

- 3 oz. semisweet chocolate
- 1 Cup vegetable oil
- 1-3/4 Cup sugar
- 2 Cups sifted flour
- 2 teaspoons baking soda
- 3 eggs
- 1 teaspoon vanilla
- 1/4 teaspoon salt
- 2 Cups pureed beets (canned or raw)

Melt chocolate with 1/4 cup oil in a double boiler. Allow to cool slightly.

Beat the sugar with the eggs in a large bowl until light and fluffy. Slowly beat in remaining oil, beets, chocolate mixture and vanilla.

Mix flour, baking soda and salt together. Slowly stir it into the batter. Pour into a greased and flowered Bundt pan.

Bake in preheated 375 degree oven for 1 hour. Let cool on a rack for 15 minutes before un-molding.

—Louse Rausa's recipe submitted by Lois Martin



Olive Oil Pie Crust

(A relatively heart-healthy alternative to the butter or lard pastry my mother used to make.)

For an 8 inch, two crust pie:

- 2 Cups white flour
- 1/2 Cup light olive oil
- 1/4 teaspoon salt
- pinch of sugar
- 4-5 Tablespoons cold water

Gently mix everything except water until it sort of holds together. Then add the water and knead it in gently, until you have a soft, rollable ball of dough. (Too much kneading makes for tough pastry.) Now here is the tricky

Roll it out roughly two-thirds of the dough between two sheets of wax paper. To keep it from adhering too much to the paper, peel off the top sheet, replace it, flip the whole thing and peel off the other sheet once or twice during the rolling. When it is the size you want for the bottom crust, peel the top sheet and use the bottom one to lay the pastry into the pie plate. Repeat the rolling process for the top crust.



Mexican Chocolate Tofu Pudding



From May 20, 2009 RECIPE
By Mark Bittman

Yield: 4 to 6 servings

Time: 10 minutes, plus 30 minutes' chilling

$\frac{3}{4}$ cp sugar

1 pound silken tofu

8 ounces high-quality bittersweet or semisweet chocolate, melted

1 teaspoon vanilla extract

1 $\frac{1}{2}$ teaspoons ground cinnamon

$\frac{1}{2}$ teaspoon chili powder, or more to taste

Chocolate shavings (optional)

1. In a small pot, combine sugar with $\frac{3}{4}$ cup water; bring to boil and cook until sugar is dissolved, stirring occasionally. Cool slightly.
2. Put all ingredients except for chocolate shavings in a blender and puree until completely smooth, stopping machine to scrape down its sides, if necessary. Divide among 4 to 6 ramekins and chill for at least 30 minutes. If you like, garnish with chocolate shavings before serving.



—Submitted by Tres de Vries

Truffles

In Cuisinart:

1 cup Chopped dates

$\frac{1}{2}$ cup Coconut butter

$\frac{1}{2}$ cup Chopped nuts (best if soaked and dehydrated)

$\frac{1}{2}$ cup Goji berries

1-2 tbsp Coconut oil

Blend all ingredients until finely well mixed.

Roll into balls and chill for a few hours in the fridge.

—by Jennifer Providence, submitted by Kathy Olson



S'mores Cookies



- 1 tub of cookie dough
- mini marshmallows (2 each cookie)
- Chocolate chips (3-4 a cookie)
- gram cracker crushed inside cookie

Wrap the ingredients in the cookie dough. Cook at 350 degrees for 8-10 minutes.

She got the idea from the web, but she made up how to make them.

—from AJ Corallino

Grain-free Chocolate Chip Cookies

Makes 24-36 cookies

- 3 cups almond flour
- ½ cup coconut oil, melted
- ½ cup raw honey
- 2 large eggs
- 1 tsp. baking soda
- 1 tsp. sea salt
- 1 tsp. vanilla extract
- 1 ½ cups Enjoy Life Semi-Sweet Chocolate Chips



1. Preheat oven to 375 degrees F.
2. Line a baking sheet with parchment paper
3. In a small mixing bowl, combine dry ingredients. Set aside.
4. In a medium mixing bowl, beat the eggs, honey, and vanilla extract with a hand mixer, or wire whisk.
5. Pour wet ingredients slowly into dry ingredients and beat with mixer or fork until well combined.
6. Add the melted coconut oil and continue to blend until combined. Stir in the chocolate chips.
7. Drop tablespoon size balls of cookie dough onto prepared baking sheet.
8. Bake for approximately 8-10 minutes.

—submitted by Kathy Olson

Belted

The world, I fear, conspires to make me fat
“Come, eat!” it tugs, “Now eat, and eat some more!”
So in goes this and more and some of that
My thighs, my pudgy midriff keep the score

Temptation lurks at every bite’s avail
Fast food and drink and morsels to entice
Too much sets here – my appetite is frail
Two hundred pounds of Dan would not be nice

The Levis’ stubborn waist band stretches taut
I fear the worst, now coming all undone
Some battles lost, and some I never fought
The scale revolts: Could be the pounds have won?

Now thinking on the roll beneath my belt
I ponder what my future body be
And, ponder as I might on how I’ve felt
Like it or not, this body still is me

Dan Kruse
Sometime around 2005, rev. 03.15

Power Bars



- 2 cups **almonds** (raw)
- ½ cup **golden flaxseed meal**
- ½ cup **unsweetened shredded coconut**
- ½ cup **creamy roasted almond butter**
- ½ teaspoon **Celtic sea salt**
- ½ cup **coconut oil**
- 4 drops **stevia**
- 1 tablespoon **agave nectar**
- 1 tablespoon **vanilla extract**
- 1 cup **dark chocolate chips** (optional)

1. Place almonds, flax meal, shredded coconut, almond butter and salt in a **food processor**
2. Pulse briefly, about 10 seconds
3. In a small sauce pan, melt coconut oil over very low heat
4. Remove coconut oil from stove, stir stevia, agave and vanilla into oil
5. Add coconut oil mixture to food processor and pulse until ingredients form a coarse paste
6. Press mixture into an **8 x 8 inch Pyrex baking dish**
7. Chill in refrigerator for 1 hour, until mixture hardens
8. In a small saucepan, melt chocolate over very low heat, stirring continuously
9. Spread melted chocolate over bars; return to refrigerator for 30 minutes, until chocolate hardens
10. Remove from refrigerator, cut into bars and serve.

Makes 20 bars

—submitted by Kathy Olson



Grilled Peaches

This is a wonderful, simple dish to bring to a Sunday evening community BBQ. Or serve it at the end of a dinner party. Wait for just the right summer week, when ripe peaches are in the market.

1. Easiest way to peel peaches: Submerge them in water that's at a full rolling boil. Remove when you're able to slip the skins loose from the peach flesh, after 30 seconds or a bit longer.
2. Peel, cut in half, toss the pits, and put the skins into the compost or feed 'em to the chickens.
3. Put a little butter and some cinnamon (and sugar if you wish) into the hollow of each peach half.
4. Place under broiler and cook until peaches are soft.

Serve.

Sit back and watch people close their eyes and say w o w

—from Laurel Pollard

Tomato Soup Cake

This recipe is from Laurel Pollard's German great-grandmother. She makes it sometimes for our monthly Stone Curves birthday potlucks. You won't taste the tomato soup – but it sure makes this spice cake moist and delicious!

Cream together:

2 butter cubes (or 1, with ½ cup applesauce or canned pumpkin)
1 ½ C. sugar

Add in order:

1 can tomato soup
1 C buttermilk
2 eggs
3 C flour
2 tsp baking soda
¾ tsp. salt
3 tsp. baking powder
1 ½ tsp. cinnamon
½ tsp. cloves
½ tsp. nutmeg
(You can double these three spices)
¾ C. raisins
¾ C. nuts

Add a few chopped Stone Curves figs, if the season is right!

Pour into two 9" greased, floured pans

Bake at 350 degrees for 30-49 minutes

Cream cheese icing with orange zest is good!



The vodka goes into pie crust
Red wine in coq au vin is a must
Kirsch in fondue
Brandy in roux?
For the booze in the food do I lust!



Pear Upside-down Ginger Bread Cake

Topping:

2 t cinnamon

1t ginger 1/2 c brown sugar

2T unsalted butter

3 pears (depends on how thick you want the fruit piled up. I used about 3/4 of a pear the other night)

350 degrees 40-50 minutes

9" round baking pan

The cake:

1 1/3 flour

2t baking powder

1/4 t backing soda

1 1/2 t cinnamon

1 1/2 t ginger

6 T butter

1/3 c brown sugar

1 egg

1/2 c molasses

1/2 c boiling water (or 1/2 c milk) I used boiling water.



Options:

Grated fresh ginger

1/4 t cloves

1/2 t nutmeg

Peel, halve, and core pears. cut pears into 4 wedges, then into 1/4' slices.

Heat butter in 9 " baking pan. Remove from heat, sprinkle brown sugar over butter. Arrange pears decoratively over sugar after you have sliced into 1/4 inch sliced.

Whisk flour, baking soda, baking powder, and spices and salt in a bowl. Whisk together molasses and boiling water in a bowl.

Beat together butter, brown sugar and egg in a large bowl with electric mixer at med speed. Add flour mixture alternately with molasses in 3 batches, beginning and ending with flour. spreading evenly but trying not to disturb the pears. Bake until knife inserted in center comes out clean, let cool about 10 minutes.

Run a thin knife around sides, invert a large plate over baking pan and invert onto plate.

—submitted by Tres de Vries

Breads & Breakfast



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Challah

The word "challah" means "cake" or "dough".

To Jews and non-Jews, this ceremonial braided bread is a powerful and ancient symbol of Judaism.

The tradition of braiding the challah dates back to the 14th century. Braids can range from simple to complex, composed from a single strand to as many as 12. Our braided challahs are a powerful tradition that links us to generations of our ancestors.

A word from 'the baker'. I started making challahs and other 'rustic' breads as a hobby more than 40 years ago. I have scribbles in my bread books noting dates a bread was made for my children as babies and toddlers and even today (where my first grandson Jackson-now 1 1/2 years old, easily demolishes several slices of challah).

Challah (and other 'home made breads) in and of itself is the very essence of love to me. It is reaching out to welcome, sooth, hug, share, celebrate and comfort.

I hope you too will find your own joy in this (and other breads) that you will cherish in the future. Happy Baking!!!

Sharon Cohn, V4

No cookbook should ever be without this most sublime of Challah recipes that I have tweaked (and I think perfected) over the years. So here goes!

5 Cups white flour
2 teaspoons salt
3/4 oz fresh yeast (packet size)
scant cup lukewarm water
2 tablespoons sugar
1/2 C honey (any type)
2 eggs
6 tablespoons butter melted

Glaze (brushed on right before challah goes into the oven)

1 egg yolk

1 tablespoon water

(mixed together gently and use a pastry brush to brush on top of bread prior to putting in the oven)

2 teaspoons poppy seeds and I also sprinkle on roasted sesame seeds on top of the glaze before it is put in the oven

makes one VERY large loaf

I usually split the dough in two and make two (still large) loaves but reduce baking time 10 minutes

Directions:

lightly grease a baking sheet-parchment paper on the bottom helps it not to burn.

Stir together flour and salt in a large bowl making a well in the center

In a small bowl mix the yeast with the water and sugar. Add to the center of the flour.

Now add the eggs and melted butter and honey to the center of the flour and mix in the surrounding flour to form a soft dough.

Turn out the dough onto a lightly floured surface and Knead for 5-10 minutes until smooth and elastic.

Place the dough in a lightly oiled (spray vegetable oil works fine) bowl, and spray the top of plastic wrap-fitting it on top of the bowl.

Let rest and rise for about one hour.

Punch dough down after first rising and let rise *again* in a warm place for about 1 hour.

After second rising, punch dough down and (if making two loaves) divide dough into two batches.

Challah continued



Take your first loaf and divide it into 4 pieces, rolling out each piece into a long rope about 18 inches in length. Place each 'rope' VERY close to the next one- on a lightly floured/parchment paper covered cookie sheet. Start braiding the ropes from the center lower half of the bread.

First rope on the right is #1, followed to the left by #2, then #3 and the far left rope is #4.

Take rope #1-drape it over #2

Take rope #3-drape it over #4

Take rope #4 and drape it between rope #1 and #2.

Continue this pattern:

"#1 over #2, #3 over #4 and then #4 BETWEEN #1 and #2.

When you get to the bottom of the dough, pinch together the ends and turn the cookie sheet around and again start with the middle of the dough going down with the same pattern. pinch the edges of the dough together when you get to the bottom.

Preheat oven to 350 degrees.

Brush the egg glaze gently over the two challahs (or one) sprinkle evenly with poppy seeds and/or sesame seeds or neither.

Bake for 35-40 minutes or until the challah is a deep golden brown.

Transfer baked challah to a wire rack to cool before slicing.

Good luck keeping this bread around for long. Most of what I bake is eaten within the first 30 minutes.





“Good for What Ails Ya” Muffins

In a large mixing bowl, put

3 Cups wheat bran with 1 Cup of boiling water.

Add a couple of handfuls of dried, unsweetened shredded coconut, dried cranberries or any other small or chopped dried fruits that you might want.

While that soaks, finely chop a cored apple and a carrot. Add to the bran.

Chop nuts of some kind, not too fine, and add them.

In a separate bowl, mix

2 Cups of whole wheat flour

1/2 Cup mesquite or soy flour

2 1/2 teaspoons baking powder

1/2 teaspoon salt

1 to 2 Tablespoons pumpkin pie spice

In another bowl, mix together

2 eggs

2 Cups yoghurt or buttermilk

3/4 Cup sugar or 2/3 Cup honey

1/2 Cup vegetable oil



Mix everything together. If necessary, add a little liquid of some sort, water, milk, whatever, then spoon it into muffin tins. Makes at least 24 muffins. Bake at 365 degrees for 15 minutes.

—from Lois Martin

What a strange machine man is! You fill him with bread, wine, fish, and radishes, and out comes sighs, laughter and dreams.

Nikos Kazantzakis



Hearty Breakfast Bread

(no grains, sugar, dairy)

Preheat oven to 375

6 eggs

½ cup canned coconut milk

1 cup dates, diced

½ cup goji berries, soaked

Whip the eggs and coconut milk. Stir in the diced dates and soaked goji berries.

Mix the following into the egg mixture:

2 tsp cinammon

1 tsp fresh grated nutmeg (or the powdered kind)

1 tsp vanilla

Combine:

3 ½ cups almond meal

4 tsp baking powder (non-aluminum kind)

Using a fork, mix the dry ingredients into the wet ingredients.

Pour batter into a loaf pan and bake 25 min at 375.

This is wonderful toasted with coconut butter spread on top (available in a jar at Sprouts).

—Created and submitted by Shawn Mulligan



Love doesn't just sit there, like a stone, it has to be made, like bread; remade all the time, made new.

Ursula K. LeGuin

“Puffed German Apple Pancakes



- 6 eggs
- 1 cup milk
- 2/3 cup flour
- 1/2 tsp. salt
- 3 medium apples, peeled, cored, and sliced
- 1/4 cup freshly squeezed lemon juice, divided
- 4 tbsp. butter
- 1/4 cup dark brown sugar
- 1/2 tsp. Cinnamon
- warmed maple syrup

With a whisk or egg beater; mix together eggs, milk, flour and salt.

Toss the apple slices with 2 tablespoons lemon juice.

Melt the butter in a 13” x 9” baking dish or a 12 “ quiche dish in a preheated 425 degree oven.

Remove the dish from the oven and lay the apple slices evenly over the bottom. Place it in the oven until it sizzles.

Remove pan from the oven and immediately pour the batter over the apples.

Mix together brown sugar and cinnamon. Sprinkle over the batter.

Bake for 20 minutes or until puffed browned.

Remove from oven and drizzle remaining 2 tablespoons of lemon juice over the top of the pancake. Serve with warmed maple syrup.

Serves 6

—submitted by Kathy Olson

Blueberry Cardamom Chia Seed Breakfast Pudding

Serves 4-6

- 1/2 cup Chia seeds
- 2 1/2 cups Almond milk (or rice, soy, or light coconut milk)
- 1 cup fresh blueberries
- 1 1/2 tsp ground cardamom spice
- 1 tsp cinnamon
- 1/4 cup maple syrup
- 1 tsp good vanilla extract

1. Blend milk, blueberries, cardamom, cinnamon, vanilla and syrup together in a blender on high till smooth
2. Pour blueberry mixture over chia seeds and stir thoroughly with a wisk or a fork. Let rest for five minutes, and stir again. Ten minutes later, stir again. Refrigerate and let sit overnight
3. In the morning, give it a stir and check texture. If it is too thick, simply add more almond milk; the texture should be similar to that of tapioca pudding (just imagine tiny tapioca pearls). Serve.
4. Variation: Substitute light canned coconut milk for the almond milk makes this wonderfully creamy smooth. Cardamom lovers can make liberal use of this wonderful spice!

—submitted by Shawn Mulligan



Chia Seed & Hemp Seed Porridge

2 Tbs Chia seeds
6 oz Almond milk
2 Tbs Hemp seeds
1 Tbs Coconut butter
Berries of your choice

A healthy substitute for cereal

Soak the chia seeds in the almond milk for 5 minutes.

Add the coconut butter and stir it in. Stir in the hemp seeds.

You can sweeten it with stevia or other sweetener, if desired.

I like to add blueberries and dark sweet cherries, but most any fruit would taste good on it.

Additional topping options are chopped nuts, shredded coconut, and most recently I have added tremendous nutrition by adding Spirulina Crunchies made by Kalia Superfoods.*

I make my own almond milk just before making the porridge, by

Blending ~2 oz of almonds (preferably soaked almonds) and 1 or 2 dates in 7 or 8 oz of filtered water, with a dash of salt.

* distributed by Green tara

—submitted by Kathy Olson

Chile Relleno Bake

Cut this into squares to serve at a brunch pot luck. Well liked. Although this recipe has dairy, you could try with grated non-dairy cheese and coconut milk substituted for evaporated milk if you want non-dairy. The whole chilies give a bottom layer which looks attractive when cut into squares.

1 ½ cups grated jack cheese
1 ½ cups grated sharp or medium cheddar
6 eggs
1 ½ cups evaporated milk (large can)
5 T. flour
1 tsp salt
3 cans whole green chilies
1 large can tomato sauce or 1 ½ cups of medium salsa
1/8 tsp Cayenne pepper



Drain whole chilies, slit and remove seeds. Layer on the bottom of lightly greased 9 x 13 pan. Add layer of the jack and cheddar cheeses. Mix the eggs and milk. Combine flour and salt in separate bowl. Pour egg mixture slowly into flour and salt. Mix until smooth and pour over cheese layer. Bake at 350 degrees for 30 minutes.

THEN ADD Tomato sauce spread evenly over egg mixture. For a little spice to the sauce, mix in Cayenne before spreading. If using medium salsa, won't need Cayenne. Bake an additional 15 minutes. Let cool slightly before cutting into squares for serving.

—Submitted by Ania

Blueberry Tart

(no dairy or sugar)

By Jennifer Providence, Tucson, AZ

--Submitted by Shawn Mulligan



- 1 pint fresh blueberries
- 5 fresh strawberries or a handful of fresh blackberries
- 8-12 large dates (medjool)
- ¾ cup almonds
- 1 can coconut milk, whole fat (not light)
- coconut oil (for greasing pie plate)

Prep

Chill the can of coconut milk upside down in the refrigerator for at least 1 hour. This makes it more solid and suitable for spreading.

Crust

Remove the pits from the dates. Grind dates and almonds together in a food processor. The date to almond ratio should be such that the resulting mixture holds together nicely.

Press the date/almond mixture into a greased 9" pie plate.

Filling

Turn the can of coconut milk right side up, open with can opener. Spoon the chilled coconut milk cream off the top of the can. It should be fairly stiff, not too liquid. Spread coconut cream evenly over the crust. Save the coconut water in the bottom of the can for a smoothie or just to drink.

Pour blueberries over coconut cream and gently press down.

Garnish with sliced strawberries, blackberries or both.

"The Walrus and the Baker's Man"

A loaf of bread, the Walrus said,
Is what we chiefly need:
Pepper and vinegar besides
Are very good indeed-
Now if you're ready, Oysters, dea
We can begin to feed!



By Lewis Carroll

Basics



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- Louise's Cranberry Chutney / 62
- Nolan's Sangria / 62
- Golden Sauce / 63



Homemade Yoghurt

I make a gallon of yoghurt in 4 quart jars every couple of weeks, because I eat lots of it and use lots more on cooking and baking. So I'll tell you what I do and you can scale it down if that is what you need.

Ingredients:

One gallon (minus 1/2 cup) of organic, 1% milk

1/2 cup, my favorite Greek style commercial yoghurt to use as the yoghurt culture.

Instructions:

1. Heat the milk to just below boiling in a large pot. (A heavy duty pot with a flat bottom works best to allow stirring with a metal spatula and scraping the bottom to avoid scorching.)
2. Set the milk aside to cool. Meanwhile, put the 1/2 cup of yoghurt in one of the quart jars and stir it smooth.
3. Cool the milk to a #8 finger-test temperature—you can stand to hold your finger in it only up to a count of 8. Technically, you should count in Arabic, but I find that English works pretty well.
4. Gradually add a couple of cups of the milk to the stirred yoghurt, close the container and shake well.
5. Add the yoghurt/milk mixture to the pot of milk, stir well and pour into the four wide-mouth quart jars with good tops.
6. Now these quarts need to be kept warm and undisturbed for at least 8 hours—I like to leave them yoging for 10 hours. To do this, I put my quarts into a large pot filled with very warm (finger test) water, wrap the pot with a bath towel and put the pot on my back porch during the summer, or on the warming plate of my stove during colder months. Pilot lights on gas stoves can also work. Find whatever warm spot you have in your home.

Note: You can use 1/2 cup of your last batch of yoghurt to culture the milk, but it occasionally may fail, probably due to some bit of foreign food that got mixed into your yoghurt during usage

—From Lois Martin.



Photos from www.keeperofthehome.org



Prickly Pear Syrup



As for prickly pear:) not sure we found the best method but we:

- 1) pick really soft very ripe prickly pears
- 2) soak to get most dirt off
- 3) run through blender or food processor
- 4) run through two sieves
- 5) run through cheesecloth
- 6) to make syrup add equal part sugar and boil down.

—from Paloma Beamer





Louise's Cranberry Chutney

Cranberries aren't just for holidays. I make this larger quantity and store in refrigerator for several months or it can be frozen. I use a scoop or two in my fruit smoothies for a tangy taste. Stevia reduces the amount of sugar.

- | | |
|--------------------------------------|--------------------------------------|
| 2 12 oz pkgs whole raw cranberries | $\frac{3}{4}$ tsp ground cloves |
| 1 $\frac{1}{2}$ tsp orange stevia | $\frac{3}{8}$ tsp ground allspice |
| $\frac{3}{4}$ cup golden raisins | 1 $\frac{1}{2}$ cup water |
| $\frac{3}{4}$ cup packed brown sugar | 1 $\frac{1}{2}$ cup minced onion |
| 1 T. cinnamon chopped | 3 Granny Smith green apples coarsely |
| 1 T. ground ginger | 4-5 stalks celery chopped |

Simmer cranberries, stevia, raisins, sugar, spices and water uncovered over medium heat. Stir frequently until juice is released from berries, about 15 min

Reduce heat and stir in remaining ingredients. Simmer uncovered until thick, another 15 min

Refrigerate, covered tightly. Can also freeze a portion.

Submitted by Ania Rzeszutko

Nolan's Sangria

4L bottle of cheap red wine (Carlo Rossi sangria works fine, but it needs to be light - no merlots!)

750mL bottle of dry, cheap sparkling wine

750mL of cheap brandy (Christian Brothers works well)

2L orange soda pop (Crush, Fanta, etc.)

Combine the ingredients in a large vat, then add:

9 thinly sliced peaches

3 granny smith apples (cored, thinly sliced)

3 navel oranges (thinly sliced, but peel on as it provides a more robust flavor)

2 lemons (thinly sliced, but peel on as it provides a more robust flavor)

Stir to combine the ingredients. Add cinnamon and vanilla as you see fit. Remember, you can always add more, but you can't take it out. So, only add a little, taste, then adjust if necessary.

Usual situation - let sit for 3-4 hours to let the flavors meld.

Ideal situation - let sit in a refrigerator for 3 days stirring once per day, to let the flavors meld and really allow the fruit juices to be combined.



—from Nolan Cabrera

In wine, there is the truth.

Pliny the Elder

Golden Sauce

from Laurel's friend Frankie in New Mexico

Excellent as a sauce for vegetables!

Best served hot.

Heat for 30 seconds in small pan:

1 Tb olive oil

Stir in

2 Tbs pastry or unbleached flour

Add

1 cup nutritional yeast

Add slowly, while stirring, until thick and creamy

1 1/4 to 1 1/2 cup water

Add before removing from heat:

Salt & pepper to taste

1/8 tsp ground turmeric (optional)

2 Tbs Dijon mustard

1 1/2 T olive oil or 1 T olive oil + 1 tsp sesame oil

Options: add 1 sautéed chopped onion, or 1 cup sautéed sliced mushrooms, or 2 Tbs toasted sesame seeds, or 1 Tbs chili sauce. Best served hot as a topping

1 tsp garlic can be cooked first in the oil if needed, or use dried ground garlic or omit.

—submitted by Laurel Pollard



Gem seen in village 2

The woods hold not such another gem

As the nest of the hummingbird.

The finding of one is an event.

- John Burroughs, naturalist

*Call it a clan,
call it a network,
call it a tribe,
call it a family:
Whatever you call it,
whoever you are,
you need one.*

Jane Howard

