

Stone Soup

vegetarian dishes for the dinner table

Avtk. Ananda Rucira Acarya

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Stone Soup

ANNAPVRNA, Mother of the Universe, World Provider, dressed herself as an old hag in tatters to journey through the forest. She stopped to rest in a clearing of sturdy oaks and tall poplar.

"Have you got anything to spare for an old woman?" she called to the sparrows above her head,

"No," twittered the sparrows. "there's nothing here, nothing here."

And to a passing doe, "Have you a bit of food for a tired traveller?"

"No. there's hardly anything at all for me, what to say for you."

"Hey, rabbit! What have you got for a hungry stranger?"

"I've got such a large family to feed, what I have is just enough. How can I possibly help you?"

And so it went with a fox, a squirrel, a hedgehog and an opossum, too. No one could share their food with a stranger, and a human, no less.

There was a gleam in her eye and she sighed to herself, but not so softly that those around couldn't hear, "Ahh, that's too bad. Too bad, too bad for all, Here I am, travelling all alone and wishing for some company while I eat. Who is there to share my delicious *Stone Soup*? I would have shared it with anyone, but they are all so busy here. And such a fine soup it is!"

She got a pot out of her knapsack and filled it from the clear brook nearby. She picked a few rocks and pebbles up from the riverbed and washed them carefully. Then she started a fire. The doe, the fox, and the squirrel eyed her curiously.

The doe edged a little closer. "What's that you say?"

"Stone Soup."

"Stone Soup?"

"Stone Soup, I said, and a good one, too!" she snapped. "I've got nearly all the things I need to make it and would have made it for everyone, you know, but you are all so busy and no time to set and sup a while with an old woman like me."

"Well, I've got a bit of time to spare I'd like to taste your Stone Soup."

"Welcome. You know, I would have liked it to be tasty, but I'm missing a few ingredients out here in the wood to make it really fine, It's a shame, because I've got the best recipe around for Stone Soup."

"What do you need?" The rabbit, peeking out of its hole, overheard it all.

"Just a carrot or two, and maybe a cabbage," replied the hag.

"I'll bring them right away," cried the rabbit. "And will there be enough for my family?"

"Enough for all," she said.

The old woman added the carrots and cabbage to the Stone Soup and a few potatoes and peas the opossum had thought to bring. A few green peppers and a celery also made their way into the soup.

"A bit of barley would help," said the woman as she stirred the brew.

"The fields are not far, we will bring what we can," said the sparrows. And not only barley, but oats, and some millet as well.

"Some herbs and acorns would set this off just right," the old woman said. Soon the steam from the pot was filling the forest with an aroma that made everyone's mouth water. Now a crowd of forest animals were gathered around. The squirrel brought all the acorns he could find, which was quite a few. The deer and the fox set off for rosemary, parsnips, wild thyme and, well, just a pinch of oregano.

The Stone Soup was bubbling and boiling away and the wise-woman's magic pot grew as more and more ingredients were added. Finally she pronounced it done and everyone circled around eager for a taste from the communal pot.

There was enough for all, and for all, it was enough,

Stone Soup

serves 12, more or less

- 3 stones (optional)
- 4 Tbsp olive oil
- 10 carrots, cut chunky
- 1/2 cabbage, shredded
- 3 handfuls peas
- 2 parsnips, cubed
- 4 stalks celery, diced
- 3 green peppers, sliced
- 6 potatoes, cut chunky
- 3 Tbsp barley
- 3 Tbsp oats
- 3 Tbsp millet
- 1 tsp rosemary
- 2 Tbsp parsley
- 1 Tbsp thyme
- a big pinch oregano
- salt and pepper to taste
- 3 Tbsp acorns (or hazelnuts)

Clean, cut, dice and chop all the vegetables. Heat the oil in a big pot and lightly saute the vegetables. Add water (about 3 - 4 litres). Add the rest of the ingredients. Bring to a boil and then simmer until the grains have cooked to make a broth. (about 30 min.). For sharing **and** collective meals.

P.S. You can omit the stones!

TABLE OF CONTENTS

Introduction	vii
A Few Hints for Quick Preparation	ix
Conversion Tables	xii
Salads	1
Soups	6
Vegetables	10
Grains	21
Gluten	29
Beans	33
Sauces and Dressings	40
Breads and Cakes	44'
Note	48
Appendix: Yoga Diet	49
Recipe Index	51

introduction

MY MOTHER, to please all the Idiosyncratic tastes of each of us in the family, used to take pains to fix, literally, six different meals every night. She loved to experiment, even if we – finicky eaters one and all – were disinclined to eat any of it. Hosting dinners for the family gatherings was her specialty. But in all the years I was growing up, she could never get me into the kitchen. I just never had the interest or inclination. All that changed when I became vegetarian at the age of 17. Suddenly a new world of taste, colour and aroma! opened up to me. I was experimenting and eating all the interesting things that my mother tried so hard without success to introduce into my childhood diet.

Soon, I was living with a house full of enthusiastic vegetarians, and cooking nightly for fifteen to twenty people made learning an urgent necessity. I became an avid learner. More than that, I taught myself about vegetarian nutrition and diet and became a self-proclaimed cook and teacher. Later, my many contacts with people from different cultures and travels around the world let me expand my knowledge of cooking styles and tastes. I had the opportunity to teach hundreds of people about joy of a vegetarian lifestyle. My friends urged me to write down a few of my more popular recipes and so, after a long time, this little cookbook.

I owe acknowledgments to everyone who has ever shared their cooking knowledge with me. It's difficult to remember the source of every recipe I have learned. Although I do remember the first bona fide vegetarian meal I learned to prepare was the Mustard Rice-Zucchini recipe. I repeated it for a number of meals until my house mates cried, "Enough!" [I hope you like it as much as they did for the first five times I cooked it!]

Stone Soup

The idea of Stone Soup is dear to my heart. We are the lucky ones: we can choose what we eat. The problems of the world's hungry and lack of water is, for many readers, a faraway dream. It is a myth to think that those problems are due to "uncontrollable Nature". They are not. Famine and drought are mostly man-made and poverty, the world's Number One killer, is caused mainly by the greediness of a few whose hearts are oblivious to the suffering of others.

It will not help the world for us, in a false sense of sympathy, to also starve ourselves. Rather, I suggest we find more ways of sharing and loving the sisters and brothers of our world family.

About this book

My own cooking style is based on the principles of a busy lifestyle: make it simple, tasty and quick! These recipes are just that. Some recipes are of my own creation and some were passed on to me --often without measurements. It was always, "A pinch of this, a handful of that and just enough of this to make it right." I must say, in those cases, I've done my best to make the measurements accurate. Though I prefer cooking by smell, sight and taste without "cookbook measurements", I realize many of you do not.

Because of the various sources, some of my recipes are in American measurements, some are metric. I've included a conversion table for those who need to know. Since most everyone has a teacup and a spoon in their kitchen, I thought

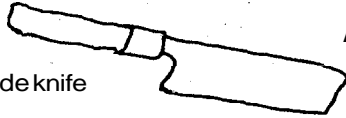
it would be easier for beginner cooks. I shall say that there is no recipe in this book that requires high-precision measurements. Your standard teacup, which is about 220 - 250 ml is accurate enough for the cup measurements. A small teaspoon is just that, and a tablespoon is 3 teaspoons. With an eye to an international audience, I've tried to use ingredients that are commonly available. Some recipes certainly use specialized ingredients, but that's for variety and interest.

I've kept the recipes and the methods of cooking as simple as possible. They are all easy and most are quite quick. The equipment is basic: a deep-sided fry pan or wok, a baking dish, a few pots of different sizes, a grater, a couple of cooking spoons and a good knife will do all that's necessary. I certainly can't blame you if you've got an electric liquidizer or food processor. but those are extra conveniences in my kitchen and perhaps in yours, so I tried to keep the high-tech equipment out of this cookbook.

As I said earlier, I only started cooking after I became vegetarian, I should add it was also when I became a yogi. For over twenty years I have been following the yogic diet and find it conducive to not only healthy living but high thinking too. It is a lacto-vegetarian diet and that means: no eggs. It also excludes onion, garlic, mushrooms and a few other items. You can see the appendix on Yoga Diet for more details. I don't think those of you who are accustomed to those foods, will be disappointed with the flavours and aromas of *Stone Soup*.

Avadhutika Ananda Rucira Acarya
25 May 1994

A few hints for quick preparation

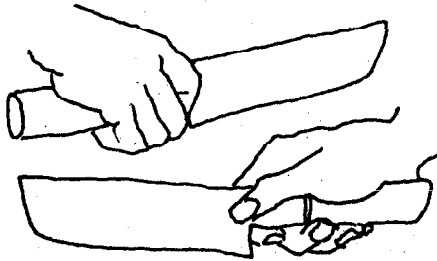
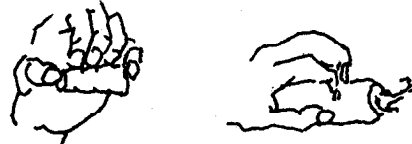


Using a large-blade knife

I have found using a large-blade knife, such as the ones used by Japanese Chinese or French cooks, to be very efficient for the quick preparation of vegetables. It may look daunting at first, but, once you get used to it, it will reward you in saved time and energy. Also with a little bit of practice your vegetables can be cut into attractive shapes which enhance the flavour and presentation of your meals.

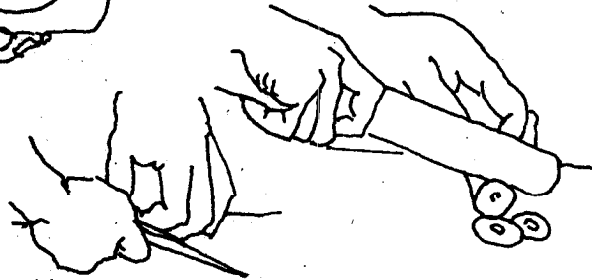
When buying a knife, choose carefully. The blade should be wider than the grip so that when the blade is down on the cutting board, there's still room for your knuckles and fist. If the tip of the blade is slightly rounded it will give good action in slicing. It should be well-balanced in your hand. Many carving knives are over-heavy in the blade and poorly made knives are over-heavy in the grip. You should be able to balance it on your finger at the place where the blade and handle meet.

Hold the vegetables so that your fingernails present themselves to the blade in a claw-like hold. This will protect as well as give a good grip on the vegetables.

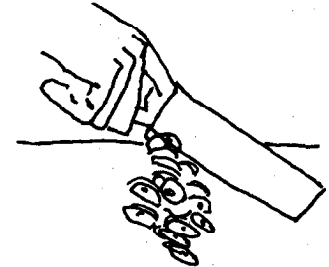


Holding the knife

Keep the tip of the blade on the cutting surface, Place the vegetable near the bottom of the blade so that you use minimum lever action and can slice quickly. The up and down action is similar to using a paper guillotine.

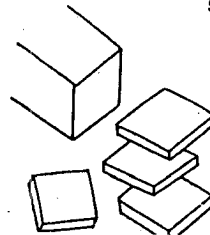
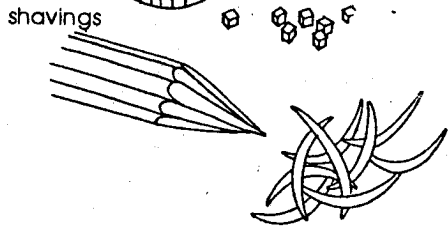
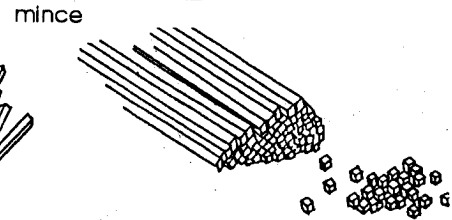
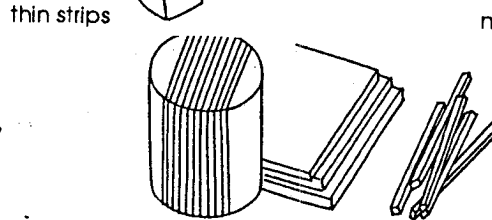
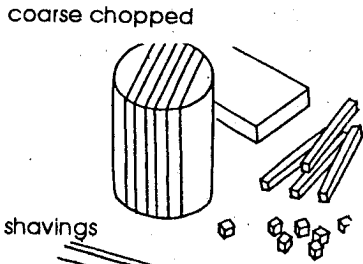
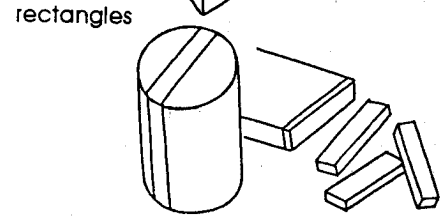
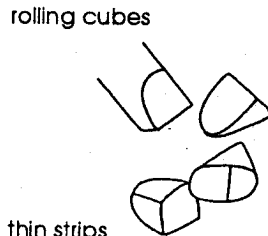
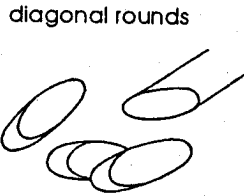
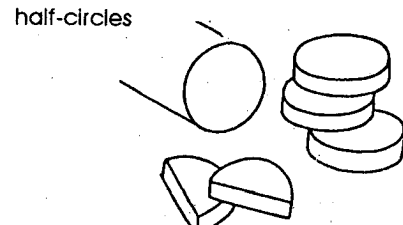
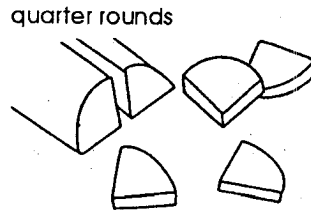
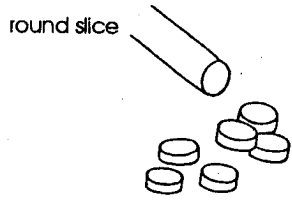


Using the knuckles as a blade guide



Chopping

Attractive cutting and slicing



Pressure Cooker

A pressure cooker can be a real blessing for the "quick" cook. I know many people hesitate to use them, thinking they will "explode". Nowadays, a well-designed pressure cooker won't explode (but it just might make a bit of a mess if you neglect it!). Cooking time can be cut to half and the savings on fuel are worth it.

The science of pressure cooking is that by not letting any steam out of the boiling pot, pressure builds up in the cooker. The effect is like cooking at a temperature higher than the normal boiling point. (At sea-level the boiling point is 100 C.) So things cook quicker. Rice and vegetables take about half the time. Beans half to two-thirds time. Since water isn't lost in escaping steam, you need less. The result can be more flavuurful than ordinary boiling.

For items like white rice, potatoes or vegetables, there is no need to keep it on the heat throughout the cooking time. After the cooker comes up to high pressure, I take it off the heat entirely. With the steam locked inside, it continues boiling away until all the liquid is used or it cools down. My rice is always fully cooked and never burned.

Wok and Stir-fry Method

The wok is one of the most efficient fry pans for use on a fire or gas stove. It's round bottom distributes the heat evenly up the sides of the pan, giving a greater surface area for frying. Because of its round bottom it will not go very well with electric hubs. There are woks designed for electric hubs, opinions are mixed as to their effectiveness.

Of course, the ideal technique to use with a wok is the one developed by its Chinese inventors usually called the *Stir-fry method*. With this method you can, if you like, use very little oil. Its ail done in a few easy steps.

Preparation of your vegetables is a key to success in this method. First cut your vegetables, keeping them separate. The thinner they are cut the quicker they will cook. Heat a little (or a lot!) of oil in the wok. Toss in the longest-cooking vegetables (potatoes, carrots, cauliflower examples of this type) first. Stir them about, coating them in the hot oil. This seals in the flavour and cooks them faster. After about a minute toss in the next batch of vegetables (such as peas, cabbage, green beans, etc.) and continue stirring. Last are the quickest-cooking vegetables (spinach, tomatoes, etc.). Stir-fry the vegetables for a minute or two more. Now pour a tablespoon or two of water down the sides, turn the heat to simmer and cover with the lid. The steam cooks them quickly while keeping the vegies crisp and bright. Of course, if you like your vegies softer, cook them longer. In a minute or two more your done.

The *Stir-fry* method can be used fairly well with a deep-sided fry pan.

Recipe Conversion Tables

American	→	Metric	Metric	→	American
1 tsp (teaspoon)		5 ml (millelittres)	1 litre		1.05 quart
1 Tbsp (tablespoon)	= 3 tsp	15 ml	100 grams		3.5 oz
16 Tbsp	= 1 cup		500 grams		17.5 oz
1 cup	= 8 floz	238 ml (liquid)	1 kg		2.2 lb
1 pint	= 2 cups	473 ml (liquid)			
1 quart	= 2 pints	946 ml (liquid)			
1 oz (ounce)	= 2 Tbsp	28 grams			
1 lb (pound)	= 16 oz	454 grams			

Fahrenheit	→	Centigrade
350° F	medium oven	175° C
375° F		190° C
400° F	hot oven	200° C

Some common measures

500 grams OR 1 lb rice	= 3 cups rice
¼ lb OR 113 grams of flour	= 1 cup flour
¼ lb OR 113 grams of butter	= 1 cup butter
½ lb OR 226 grams of sugar	= 1 cup sugar
1 cup sugar	= 1 cup honey - ¼ cup liquid
1 cup honey	= ¾ lb sugar

Salads

Waldorf Salad

serves 4

- 2 stalks celery, diced
- 2 apples, shredded
- 100 grams walnuts, chopped
- 100 grams raisins
- 1 large cucumber, diced or shredded

Toss together all ingredients.

Creek Salad

serves 4

- 50 grams black olives, pitted and sliced
- 4 tomatoes, sliced
- 1 large cucumber, sliced
- 1 crisp medium head of lettuce, chopped or torn
- 200 grams feta (sheep's or goat's milk cheese)
- parsley

Crumble the cheese. Toss together all ingredients. Dress with olive oil and vinegar.

Root Salad

serves 4

- 3 carrots, grated
- 1 medium beet root, grated
- 1 parsnip (optional), grated
- 2 tomatoes, chopped
- 1 stalk celery, diced
- 3 - 4 lettuce leaves

Toss together all ingredients. Serve on a bed of lettuce. Dress with oil and vinegar.

Guacamole (Mexico)

serves 4

- 2 large ripe avacados
- 1/2 bunch coriander
- 4 medium firm tomatoes, chopped
- 3 fresh chillis, chopped
- salt and pepper

Mash together all the ingredients. Serve with corn tortilla chips.

Salsa di Avacado (Mexico)

serves 4

- 2 large avacados
- 450 grams zucchini (marrow), sliced
- 1 Tbsp cream or yogurt
- pinch black pepper
- salt

Steam zucchinis for 3 -4 min, sprinkled with salt. They should be soft but still crisp. Cool. Skin avacados and liquidise with the zucchinis. Add the yogurt and pepper. Use as a dip with corn tortilla chips.

Green Papaya Salad (Thailand)

serves 4 -6

- 3 chillis, chopped
- 1 -2 small green papaya. In long fine shreds
- a few string beans, in long diagonal slices
- 1 -2 tomato, chopped
- 150 grams tofu, cubed small and fried, optional
- 3 Tbsp peanuts, dry roasted
- 1 Tbsp light soy sauce
- 1 Tbsp palm or brown sugar
- 2 Tbsp tamarind juice (optional)
- 3 Tbsp lime juice
- 1/2 tsp salt

Grind the peanuts and set aside. Mash the chillis in a mortar or with the flat side of a long knife on the cutting board. Put the chillis in a salad bowl and mix into the salad the ingredients in the order listed. If green papaya is not available, try substituting zucchini.

Tabouli (Middle Eastern)

serves 4

- 100 grams bulgar wheat
 - 4 Tbsp olive oil
 - 2 Tbsp walnuts, chopped
 - 3 Tbsp parsley, chopped
 - 50 grams tomato puree diluted with 2 -3 Tbsp water (optional)
 - 1/2 tsp oregano
 - 1/2 tsp cumin
 - 1/2 tsp coriander
 - 1/2 tsp allspice
 - 1/2 tsp pepper
 - 1/2 tsp *chili*
 - 1 tsp salt
- Garnish: olives, radishes, lettuce

Boil 2 cups water then pour over the bulgar, let soak for 15 min. (Some people prefer to cook the bulgar for 10 min, until soft.) Mix together all the ingredients and add in the bulgar. Serve cold on a bed of lettuce garnished with olives and radishes.

Cucumber and Seaweed Salad (japan)

serves 4

- about 100 grams dried wakame or arame
- 2-3 large cucumbers

Dressing:

- 3 Tbsp vinegar
 - 1 Tbsp soy sauce
 - 1 Tbsp sugar
 - 1/2 tsp salt
 - 1 Tbsp water
- fresh ginger grated to taste.

Soften wakame in water then drain and discard the hard parts (or save for soup stock). Pour boiling water over it immediately. You can soak it in cold water to help keep colour bright, Then drain and cut into 1 inch lengths. Spread out on a colander, sprinkle with vinegar to flavour.

Wash cucumbers. Rub salt in by rolling it on a cutting board. Wash, cut off the ends, and cut the cucumber in half lengthwise. Take out the seeds. Slice thin half-moons and place the slices into a bowl, Add the wakame. Sprinkle on the salad dressing.

Yogurt-Cucumber Salad (Iran)

serves 4

2 - 3 cucumbers, peeled and diced
3 cups yogurt
½ cup chopped walnuts
½ cup raisins
1 tsp salt
1 Tbsp dried or fresh mint
pinch oregano or thyme
pepper to taste
fresh mint for garnish

*Mix everything together. Let stand hour before serving.
Garnish with fresh mint.*

Raita (India)

serves 4

This is an Indian version of the previous recipe:

2 - 3 cucumbers, peeled and diced or carrots,
shredded
3 cups yogurt
1 Tbsp cumin, powder or seeds
1 Tbsp fresh mint
salt to taste

Hot-Radish Salad (Japan)

With a chopstick poke a few holes in the end of a daikon (white radish). Fill the holes with seeded chillies (use a chopstick to help) Grate. Add a little vinegar and salt to taste.

Rice Salad (Malta)

serves 4

250 grams rice, white or brown
50 grams capers or green olives
2 - 3 medium tomatoes, chopped
50 grams fresh parsley, chopped
50 grams fresh mint, chopped
1 carrot, grated
1 green pepper, diced
1 stalk celery, diced
1 - 2 tsp oregano
4 Tbsp olive oil
2 Tbsp cider vinegar
salt, pepper, cayenne to taste

Cook the rice. let it cool. Mix together all ingredients. Serve cold,

Potato Salad

serves 4

500 grams potatoes, skinned boiled and chopped in bite-size chunks
3 stalks celery, diced
50 grams parsley, chopped
2 green pepper, diced
1 - 2 cups Mayonnaise (see page 40) or yogurt
1 tsp mustard
salt and pepper to taste

Mix together all the ingredients. Cool in the fridge. Serve cold with pickled gerkins. This is an ideal picnic food.

ALTERNATIVE: Try 300 grams elbow macaroni instead the potatoes

Fancy-it-up with any of the following optional Ingredients:

grated carrots	olives	walnuts
pickled beets	boiled peas	raisins
sunflower seeds	boiled corn	capers

Soups

Lentil Soup

serves 4

1 litre water
250 grams brown lentils
2 carrots, diced
1 potato, diced
1 stalk celery, diced
1 tsp coriander powder
1 - 2 bay leaves
parsley
salt and pepper to taste

Boil the lentils. After about 15 or 20 min, add in the vegies and spices. Continue simmering until the lentils thicken the soup.

Peanut Soup (Egypt)

serves 4

450 grams fresh, shelled peanuts
600 ml milk
600 ml soup stock or water
salt and pepper to taste
Garnish:
4 Tbsp double cream or 2 Tbsp ghee

Roast the peanuts (at 190° C in the oven) for about 15 min. Cool and remove the skins. Grind the nuts in a blender. In a sauce pan, put the peanuts and add the milk little by little stirring constantly. Stir in the soup stock and bring to a boil. Season to taste. Simmer about 10 min, stirring constantly. Add more water/stock if the soup is too thick. Garnish with the cream/ghee and serve.

Dulse Oatmeal Soup (Scottish)

serves 4

1 litre water
2 stalks celery, chopped
1 carrot grated
115 grams rolled oats
45 grams dulse, washed
salt and pepper to taste
chopped parsley for garnish

Soak the dulse in 200 ml water for 5 min. Boil the vegetables in 1 litre of water, then add the oats. Add the dulse and its soaking water. Add the salt and pepper. Bring to a boil, then simmer for 20- 25 min. Garnish with parsley.

Pumpkin Soup

serves 4

600 ml water
vegetable stock cube or 1 Tbsp yeast extract
(optional)
1.5 kg pumpkin, chopped
2 stalks celery
600 ml milk
pinch nutmeg
salt and pepper to taste
3 Tbsp cream
1 Tbsp hazelnuts, chopped

Dissolve the stock cube in water, add the vegetables. Simmer 45 min. Puree in a liquidizer or mash and return to the heat. Add milk, salt nutmeg. Remove from the heat. add the cream. Garnish with hazelnuts and serve.

Corn Chowder

serves 4

2 Tbsp butter
1 can evaporated milk
 $\frac{1}{2}$ - $\frac{3}{4}$ cup water
 $\frac{1}{2}$ cup celery, chopped
 $\frac{1}{2}$ bell pepper, chopped
1 potato, diced
 $1\frac{1}{2}$ cans corn, drained
1 bay leaf
 $1\frac{1}{2}$ tsp salt
 $\frac{1}{4}$ tsp paprika
parsley, marjoram, and thyme to taste
1 tsp arrowroot or cornflour

Sauté the bell pepper, celery in a deep pot. Add the rest of the ingredients, except the arrowroot. Simmer until the vegetables are tender. Mix the arrowroot with a bit of water and stir in. Bring to a boil to thicken it. Serve hot.

Clear Broth

serves 4

- 1 litre water
- 3 carrots
- 1 bell pepper
- 1 stalk celery
- 1 potato
- 1 Tbsp oil
- 2 tsp parsley
- 1 tsp oregano
- 1 tsp thyme
- 1 bay leaf
- ½ tsp celery seeds (optional)
- salt and pepper to taste

Cut all the vegies. Heat the oil in a saucepan, Lightly Saute the vegies for about 2 min. Add the water and herbs. Bring to a boil, then turn down the heat to simmer until the vegetable are tender.

Harira Bean Soup (Morocco)

serves 4

- 25 grams each mung, chickpeas, lima, lentils, flagoli, kidney, black eye, split peas
- 250 grams tomatoes
- 1 tsp ginger
- 1 tsp tumeric
- ½ tsp cinnamon
- ½ lemon. juiced
- 2 tsp parsley
- 1 tsp coriander
- 1 tsp mint
- ½ tsp chili
- 1 handful rice or vermicilli
- salt and pepper to taste

Pre-soak the beans. Quarter the tomatoes. Cook the beans and tomatoes in 1 ½ litres water for 1 hour or more until the soup thickens, then add the ginger, tumeric, cinnamon. Add the parsley, coriander, mint, chili, and rice/vermicilli. Add salt and pepper. Add more water if necessary. Cook 15 min. more.

Cream of Anything Soup

serves 4

350 grams of one of the following vegetables:
spinach, celery, *cauliflower* *
1 Tbsp butter
500 water
500 ml milk or cream
1 - 2 Tbsp flour
salt to taste
pinch nutmeg

* Or you could try: carrot, potato, corn, cabbage, tomato or . . . ?

Cream soups are quick and simple to make. I prefer using only a single vegetable when I make cream soups, though I know others may mix a few together. If you have a liquidizer, so much the better.

Chop the vegetables into bite-size chunks (or if you don't have a liquidizer, then chop the veggies fine.) Heat the butter in a sauce pan and sauté the vegetable for 2 minutes. Add the water and boil the vegetable soft. Remove from the heat and liquidize or mash the vegetables smooth. Sometimes I like to keep a few veggies unmashed for a "chunky" cream soup. Return it to the sauce pan. Mix the flour into the milk as this will thicken the soup as well as help keep the milk from curdling, especially with tomato or other high acid vegetables. Cook another 3 min. to thicken the soup, add salt and just a hint of nutmeg.

Vegetables

Stuffed Eggplant (Middle East)

serves 4 - 6

- 4 medium eggplants, washed and dried, leave the stalks on
- 6 Tbsp olive oil
- 2 green peppers, sliced thin
- 2 tomatoes, sliced
- 3 Tbsp tomato puree
- 2 tsp salt
- 1 tsp allspice
- 2 Tbsp parsley
- ½ tsp cayenne
- 12 Tbsp cooking oil
- 450 ml water

Make a slit about 5 cm long down each eggplant. Salt the insides and leave for 15 minutes. Heat the olive oil and add the diced tomatoes, puree, salt and spices. Cook for 5 minutes, add the parsley. Rinse the eggplant under cold running water, Pat dry with a paper towel. Heat the cooking oil, add the eggplant and fry gently, turning them several times. Don't spoil the shape. Remove from the pan and set in an oven dish with the slits uppermost. Carefully prise the slits open and fill with the tomato mixture. Add water to any remaining mixture and pour over the eggplants. Bake at 190° C for 1 hour. Garnish with parsley and serve.

Steamed/Baked Fennel and Cheese (Switzerland)

serves 4 - 6

- 2 - 3 medium sized fennel vegetable
- 1 - 2 Tbsp butter
- 150 grams gruyere, emmentaler or sharp cheddar cheese, grated
- salt and pepper to taste

Heat 3 - 4 Tbsp of water in a saucepan. Clean and slice the fennel lengthwise and place the halves face up. Spoon bits of butter on top and sprinkle with salt, pepper and grated cheese. Steam for 10 min, or until the fennel is tender.

Follow a similar process if you want to bake them. Place the fennel in a baking dish with a few spoons of water. Sprinkle on the butter, salt, pepper and cheese. Cover. Bake in a hot oven for 15 - 20 min.

ALTERNATIVE: Add a layer of thinly diced potatoes on top of the fennel then add the cheese.

Tempura (japan)

Batter:

$\frac{3}{4}$ cup white flour
 $\frac{1}{4}$ cup arrowroot or corn starch
 $\frac{1}{4}$ tsp baking powder
 $\frac{1}{4}$ tsp salt
2 cups water
oil for deep frying

Vegetables:

small eggplants, cut in long quarters
green chili peppers with the stems
green peppers, cut in long and wide slices
cauliflower, broken into flowerettes
red or white cabbage, in $\frac{1}{2}$ cm slices cut **vertically**
through the stem so that each piece holds
together
carrots, sliced in long diagonals or quartered strips
green beans, three tied together with a piece of
soften kombu

Yummy Cabbage

serves 3 - 4

Many people hate cabbage. I think that this is because of the way it's cooked. The secret of this recipe is to **sauté the cabbage** until it is nearly cooked (the cabbage turns slightly translucent) and only then add just a bit of water to finish cooking it by steam. Try it!

500 grams cabbage, shredded
1 - 2 Tbsp butter or oil
1 tsp one of your favourite herbs: ginger, thyme,
marjoram or basil
salt and pepper to taste

Mix the batter ingredients together. The batter should be smooth and not too runny. Heat the oil in a wok or deep fryer. Prepare the vegetables, Dip them into the batter and fry. Drain them and serve with Sambal-zu, Nihal-zu, or Pon-zu (see page 41).

Heat the butter in a fry pan. Toss in the herbs, salt and pepper. Sauté the cabbage for about 2 min. Add a tablespoon or two of water to the pan, lower the heat and simmer with the cover on. It's done after another 3 minutes or so.

Glazed Roots

serves 4

- 2 carrots
- 2 parsnips or turnips
- 1 - 2 sweet potatoes or yams
- 1 Tbsp brown sugar
- 2 tsp corn flour
- salt to taste

Decoratively cut the vegetables into bite-size chunks. Boil in a sauce pan with only enough lightly salted water to cover half the vegetables. Cook for 15 minutes, occasionally stirring the vegetables. In a small bowl mix together the corn flour and sugar with a little bit of water. Pour this mixture into the cooked vegetables, stirring constantly. The liquid will thicken into a glazed sauce.

Cabbage Rolls (Japan)

- 4 leaves chinese cabbage
- 250 grams dark greens, such as spinach or *crysanthemum* leaves

Parboil the cabbage leaves and dark greens separately. Make a layer of cabbage and place greens on top, Roll up lightly, squeezing out the excess liquid. Cut into 1 inch lengths. Serve cold with sauce.

ALTERNATIVE: try red leaves such as red cabbage.

Bean Sprouts/Spinach in Sesame Oil (Korea)

serve 4 - 6

- 500 grams mung or soy sprouts, or spinach
- 2 - 3 Tbsp soy sauce
- 2 - 3 tsp sesame oil
- 1 tsp sesame seeds for garnish

For sprouts: Steam the sprouts for 5 minutes, without lifting the lid of the pot. (No peeking!)

Or for spinach: Bring a pot of water to a boil. Put the cleaned, unchopped spinach in the pot, boil for 30 seconds or so. Drain. Chop the spinach,

Mix the sesame oil and soy sauce together. Try crushing a few chilis in, if you like it hot. Place the veggie in a serving dish and pour the sesame-soy mixture over it. Garnish with sesame seeds.

Himmel und Erde (Germany)

serves 4

The name comes from the ingredients: apples are "heaven" (Himmel) and potatoes are "earth" (Erde)

- 2 medium or large potatoes
- 2 large apples
- 1 Tbsp butter

Wash, peel and slice the potatoes, and core and quarter the apples. Steam or pressure cook them until soft. In a bowl, mash the potatoes and apples together and top with the butter. Serve hot.

Marinated Seaweed (Korea)

serves 4

- 3 - 4 sticks of dried wakame, washed and soaked
- 4 Tbsp soy sauce
- 4 tsp sesame oil
- cayenne to taste
- 1 Tbsp white sesame seeds for garnish

Spinach Triangles (Creek)

- 1 large bunch spinach
- 2 Tbsp butter
- salt and pepper
- 2 Tbsp extra butter
- 2 Tbsp flour
- pinch nutmeg
- $\frac{3}{4}$ cup milk
- 125 grams feta (sheep's) cheese
- 30 pieces filo pastry
- oil

Eggplant Parmigiana (Italy)

serves 4

- 900 grams eggplant
- salt
- olive oil
- 1 can chopped tomatoes
- 225 grams mozzarella cheese, sliced thin
- 6 Tbsp pamesean cheese, grated
- pepper
- 50 grams celery, chopped

Prepare the wakame by soaking for 5 minutes then drain, wash and finish soaking until soft. Some people like to cut away the hard spines. Steam or boil the wakame for about 10 minutes until tender. In a serving bowl mix together the marinade of soy sauce, sesame oil and cayenne. Add the wakame and set aside for at least 15 minutes. Garnish with a sprinkling of white sesame seeds.

Clean the spinach. Put it in a pan with butter, salt and pepper. Boil, drain and then chop fine. Melt the extra butter in a pan and stir in the flour and nutmeg. Cook and continue stirring for 1 min. Add milk until the sauce is made. Remove from the heat. Break up the feta with your hands and add it and the spinach to the sauce.

Lay out 1 filo. Brush with oil. Make strips 8 cm wide, place a spoonful of mixture and roll up into triangles. Deep fry.

Cut eggplant into 5 mm slices. Set them out on a dish, sprinkle salt. Let sit for 10-20 min. drain and rinse the slices. Preheat oven to 200 C. heat a little oil in a large saucepan and fry the celery. Add eggplant and fry until crisp, add more oil if necessary. In a baking dish, layer the eggplant, tomatoes and mozzarella cheese, sprinkling the pamesean cheese, salt and pepper between layers, ending with a layer of eggplant.

Bake uncovered in a preheated oven at 190° C for 40 - 60 min. until tender.

Potatoes Huacaina (Peru)

serves 4 - 6

- 9 *small - med. potatoes*
- 1 *lettuce*

Sauce:

- 100 *ml yogurt*
- 150 *ml Mayonnaise (see page 40)*
- 50 *grams chili paste*
- 250 *grams salted peanuts*
- 200 *grams crumbly white cheese (Wensleydale, Lancashire) grated*
- 1 *Tbsp chopped parsley or red bell pepper*

Heat the oil in a deep-sided fry pan. Toss in the seeds, salt and pepper. Stir them for just a moment to oil-coat them. Pour the grated potatoes and carrots into the pan, but don't disturb the seeds. Let it cook that way for about 2 minutes. With a wide spatula, gently turn the mixture over and continue frying until the potatoes are cooked through and have turned brown on the bottom. If necessary stir and turn over again. Sprinkle with some grated cheese and serve hot.

Baked Potatos with Tofu Dressing

serves 2

- 2 *baking potatoes*
- 300 *gramstofu*
- 2 *Tbsp lemon juice*
- 1 *Tbsp butter*
- 1/4 *tsp salt*
- 1/4 *tsp pepper*
- 1 1/2 *parmesean cheese, grated*

Boil potatoes whole until tender, cool. Grnd peanuts fine. Blend together the nuts, cheese, yogurt, mayonaise and chili past and ilquidise again. Arrange potatoe halves on a bed of lettuce. Spoon some sauce onte the potatoes and garnish with the chopped parsley/red pepper. Serve with rice salad or cooked rice.

Special Röstli (Switzerland)

serves 2

- 2 - 4 *Tbsp oil*
 - 2 *medium potatoes, grated*
 - 1/2 *carrot, grated*
 - 4 *Tbsp sesame, sunflower or pumpkin seeds*
- salt and pepper to taste*

Combine everything but the potatoes in a liquidizer or mash well. This should make bout 1 1/2 cups of dressing. Slit the potatoes lengthwise and bake. When they are nearly finished, remove them from the oven, and fill the pototoes with dressing. Bake another 5 min.

Scrambled Tofu

250 grams tofu
1 Tbsp sage
1 tsp turmeric
1 small bay leaf (optional)
2 Tbsp oil
salt and pepper to taste

Crumble the tofu, Heat the oil in a fry pan. Just a moment before adding the tofu, toss in the spices. Add the tofu and fry until browned (about 2 min.). Turn over with a spatula and brown the other side, Serve with ketchup!

Hijiki and Carrots (Japan)

15 gramshijiki
2 carrots, grated
1/2 white turnip or daikon, sliced into thin strips
2 Tbsp soy sauce
1 tsp sugar
thin strips of fried tofu, optional

Rinse the hijiki and soak it in cold water for about 5 min. Drain. Heat a spoonful of oil in a frying pan. Sauté the carrots, turnips (and tofu). Add the hijiki. Add the soy sauce and sugar.

Vegetable Kebabs

6 20-25 cm wooden skewer sticks or rosemary sprigs
225 grams tofu, in 1 cm cubes
1 red pepper, sliced in 1 cm strips
12 mini sweetcorns
3 small zucchini, cut in rounds
12 cherry tomatoes
carrots, cut prettily into 12 pieces

Thread the vegetables and tofu decoratively onto the sticks/sprigs. Make the maranade. Lay flat the kebabs on a non-metal tray/plate Spoon the maranade over them, turning them over to get thoroughly coated. Stand for an hour or more, occasionally spooning the maranade over the kebabs. Cook the kebabs under a grill or on the BBQ.

Maranade:

1 tsp mustard
2 Tbsp honey
2 Tbsp soy sauce
2 Tbsp olive oil
1 tsp salt
pepper to taste

Spinach with Parmesean

serves 4

- 1 - 2 Tbsp olive oil or butter
- 500 grams spinach, cleaned and chopped
- 1 red bell pepper, sliced in strips
- 3 - 4 Tbsp Parmesean or romano cheese. grated
- salt and pepper to taste

Saute the bell peppers in olive oil, salt and pepper. Add in the spinach. Sauté and simmer for another 2 - 3 min. Sprinkle in the cheese and serve.

Cheesy Rice and Broccoli

serves 4 - 6

- 1 Tbsp olive or cooking oil
- 250 grams white or brown rice
- 1 head broccoli, broken into flowerettes
- 1 tsp thyme
- ½ tsp rosemary
- salt and pepper to taste
- 200 grams cheddar cheese, grated
- 50 grams greuyere or romano cheese. grated

Wash and drain the rice. Sauté the rice in oil with the herbs, salt and pepper. Add water and cook. Whether you are using white or brown rice. add the broccoli in the last 10 min. And add the cheese in the last minute before serving.

Rosemary Potatoes and Chickpeas

- 3 - 4 medium potatoes
- 1 cup chickpeas. cooked soft
- 2 Tbsp butter
- 1 Tbsp rosemary
- salt and pepper to taste
- a little milk or water
- Parsley for garnish

Boil the potatoes and mash. Add in the butter, herbs, salt and pepper. Add enough milk or water to make a smooth mash. Add in the chickpeas. Garnish with parsley and serve hot.

Stuffed Vegetables [Dolmas] (Middle East)

Stuffings:

Variation 1:

rice	parsley or coriander	
bay leaf	raisins	salt and pepper

Variation 2:

rice	tomatoes	parsley
raisins	pinenuts	salt
dill or mint	pepper	cinnamon

Variation 3:

chickpeas	rice	tomatoes
mint	tarragon	dill
salt	pepper	cinnamon

Variation 4:

celery	carrots	tomatoes
parsley	tarragon or dill	salt
pepper	oil	

Basil Tofu

250 grams tofu, cubed

1 - 2 Tbsp oil for frying

1 - 2 Tbsp soy sauce

a big handful of fresh basil leaves, washed

These recipes were given to me without any proportions. And I think that you shall have to estimate it for yourself, because it always varies depending on the size of the shells, the amount you are making, and the ingredients you have on hand. Estimate about: 2 tsp rice/chickpeas, 1 tsp raisins, nuts. 1 tsp vegetable per shell, spices to taste.

Use any of the following vegies for stuffing: tomatoes, bell peppers, marrows (zucchinis), eggplant. The process is the same for all: Slice them in half, scoop out the inner pulp. Save that for stuffing or other dishes. The marrow or eggplant may be lightly steamed before.

Preparation: Saute the vegetables and spices in oil, add the rice, Add water to cook the rice. (Add in the pre-cooked chickpeas.)

Open the vegetable shells by slicing in half or by just cutting off the top portion. Scoop out the pulp/ seeds. Fill the vegie with the stuffing. If possible close up the tops again. Bake at 175° C (or steam) for 30 min. Serve hot or cold.

Brown the tofu in oil, add the soy sauce and continue frying for another minute. Toss in the fresh basil and fry until the leaves are cooked.

Broccoli with Peanut Sauce (China)

300 grams mixed broccoli
2 Tbsp peanut butter or 4 Tbsp ground peanuts
■ Tbsp soy sauce
1 Tbsp *lemon juice* or vinegar
■ Tbsp water
2 Tbsp honey or brown sugar
¼ tsp ginger

Break the broccoli into flowerettes. Stir-fry the broccoli and don't overcook it, keep it crispy. Blend all of the other ingredients together. Set the beans on a serving dish and pour the sauce over them. Garnish with whole roasted peanuts.

Stir-Fried Vegies with Tofu (China)

500 grams your choice of mixed vegies: carrots, peas, cabbage, celery, cauliflower - sliced in long half-moons, strips or flowerettes
200 grams tofu, cubed
1 - 2 tsp ginger
1 - 2 Tbsp soy sauce
pepper tsp o taste

Lightly brown the ginger in a deep fry pan or wok with 1 - 2 Tbsp oil. Brown the tofu. Toss in the vegies in the order of their cooking time: for instance, first would be cauliflower and carrots, which take the longest to cook. Stir-fry them for 1 - 2 min. Then add in other vegies which take less cooking time, say, cabbage or green beans. Continue to stir-fry for another minute. Add in last the quick cooking vegies, tomatoes, green pepper or spinach. Stir-fry for another minute, then add soy sauce and pepper. Add 1 - 2 Tbsp water, turn down the heat and simmer for another 1 - 2 min.

Creamed Zucchini over Bread

serves 4

8 slices whole wheat bread
125 grams butter
2 Tbsp fresh parsley, chopped
500 grams zucchini, sliced in thin rounds
300 ml single cream
150 ml double cream
1 Tbsp soy sauce
½ tsp yeast extract, optional
5 Tbsp fresh basil, shredded
salt and pepper to taste

Use a 9 cm round, fluted cutter and stamp out 1 round from each bread. Heat some of the butter and fry the breads on both sides, then set aside. Brush the side edges of the bread with some melted butter and coat in finely chopped parsley.

Melt the remaining butter and fry the zucchini. Add both the creams and all seasonings to the pan. Bring to a boil and simmer until saucy. Arrange 2 breads on each plate and pour the mixture over them. Garnish with parsley or fresh basil.

String Beans with Sesame Sauce (japan)

serves 4

500 grams beans -sliced in long diagonals
2 *tsp salt*

Sesame [Goma] Sauce:

4 Tbsp white sesame seeds
1 Tbsp sugar
1 Tbsp soy sauce
1-2 Tbsp *broth/water*

Cook beans in a litre of water with 2 tsp salt. Take care not to overcook the beans. They should still be crisp. Drain.

Toast the seeds over low heat. Again, take care not to burn or blacken them because this will cause them to taste bitter. Grind. Blend the seeds in with the rest of the sauce ingredients and pour over beans. Serve hot or cold.

Walnut Balls (Syria)

150 grams ground walnuts
50 grams bread crumbs
 $\frac{1}{2}$ *tsp* cumin
 $\frac{1}{2}$ *tsp* cayenne
50 grams sesame seeds
tahini
salt
olive oil

Mix the walnuts, bread crumbs and cumin. Add enough tahini to mash into a soft paste. Add the cayenne and salt to taste. Oil your fingers with olive oil and shape the mixture into balls. Roll the balls in the sesame seeds.

Cauliflower with Tahini (Turkey)

serves 4

700 grams cauliflower
150 *ml tahini*
150 *ml water*
1 *tsp salt*
2 *Tbsp* parsley, chopped
juice of 1 lemon

Break cauliflower into flowerettes and rinse. Simmer in salted water or steam the cauliflower until tender. In a bowl, mix all the other ingredients into a creamy paste. Add more water if its needed. Set the cauliflower on a serving dish and pour the tahini mixture over the, cauliflower. Garnish with parsley. Serve hot or cold.

Nut Roast (Britain)

serves 4

50 grams butter
1 tsp thyme
1 Tbsp whole wheat flour
150 ml water
100 grams cashews, ground
100 grams hazelnuts, ground
100 grams breadcrumbs, ground fine
50 grams celery or parsley, chopped fine
1 Tbsp lemon juice
salt and pepper
8 Tbsp oil for roasting
dried bread crumbs for coating

Preheat oven to 200° C. Melt butter, fry celery, add thyme and flour, then water. Cook until thickened. Remove from heat, add the nuts, breadcrumbs, lemon, salt and pepper. Mix well. Form into loaf, and coat in bread crumbs. Heat the oil in a small bread tin in the oven until smoking hot. Put the loaf into the tin and baste in oil. Bake 35-40 min. Remove from tin, serve immediately, hot and sliced.

Cashew Vegies

serves 4

500 grams mixed vegies: carrots, broccoli, zucchini, cauliflower, corn and green beans, sliced or diced
50 grams whole cashews
1 tsp basil or ginger
salt and pepper to taste

Heat the butter or oil in a fry pan. Toss in the seeds and lightly brown them. Add the carrots, herb, salt and pepper. Stir fry for 3-5 min.

Carrots and Seeds

serves 4

4-5 large carrots, sliced in long diagonal half-moons
75 grams seeds: sesame, sunflower or pumpkin
2 Tbsp butter or cooking oil
1 tsp marjoram, thyme or basil
salt and pepper to taste

Heat in a deep fry pan 1-2 Tbsp oil. Lightly brown the cashews. Toss in the vegies, herb salt and pepper. Stir-fry for 3-5 min.

Grains and Pasta

Millet Croquettes

serves 4 -6

2 Tbsp oil
115 grams cheese, grated
2 cups cooked *millet*
2 Tbsp *whole wheat flour*

parsley, celery
salt and pepper
sesame seeds, breadcrumbs or nut meal

Fry the parsley and celery in oil. Add the cheese, millet, flour, salt, and pepper with a little of the milk to help hold it together, if necessary. Make patties, Dust them in flour, then coat them in milk. Finally coating them in the seeds/crumbs. Fry and serve.

Mustard Rice with Zucchini

serves 4

3 cups cold, cooked rice
2 medium zucchini, sliced in half-moons
1 tsp mustard seeds or powder
½ tsp fresh ginger, grated
salt and pepper to taste

Wash the rice in cold water and drain. Heat 2-3 Tbsp of oil in a fry pan. When the oil is hot add the mustard seeds (If using powder for this recipe then add it a bit later so that it doesn't burn), ginger and pepper. Saute the zucchini, add salt. Add the rice and fry well. Serve hot.

Chestnut Rice (Korea)

serves 4 - 6

100 grams dried chestnuts, soaked and cleaned
250 grams long grain rice, brown or white
salt to taste

Soak the chestnuts until soft (about 1 hour). Clean out the hard bits. Cook the chestnuts and rice together in lightly salted water.

Aduki Rice (Japan)

serves 4 - 6

250 grams long grain rice, white or brown
100 grams aduki beans

Polenta

serves 4

200 grams maize (corn) meal
1 Tbsp soy flour (optional)
500 -600 ml water or vegetable stock
salt
50 grams grated cheese

Optionals:

chopped parsley, green peppers, carrots

Paella Vegetariana (Spain)

serves 4

4 Tbsp olive oil
225 grams long grain rice
good pinch saffron
750 ml vegetarian stock or water
1 - 2 Tbsp lemon rind
100 grams peas, diced carrots and green peppers
50 -100 grams black olives
50 grams celery, chopped
parsley for garnish
1/2 lemon, sliced in thin half moons for garnish

Soak the beans for at least 2 hours, Cook the rice and beans together. The red aduki beans give a lovely colour to the rice and compliment the protein factor.

ALTERNATIVE: Green mung beans will also work in this recipe, but they are not as pretty,

Bring the water to a boil, mix the soy flour in with the meal. The soy is optional and will help nutritionally. Stir the meal into the water. (as you would with semolina) and cook till thickened. Spoon into a baking dish and top with cheese. Under a grill or hot oven until the cheese melts. Serve hot or cold,

Also: Prepare a tin (such as used for tomato paste) by oiling it well. Spoon the polenta into that. When it is cool, open the bottom and push out the polenta. Slice and fry,

Optionals: Saute some vegetables and add into the cooking dish.

Wash the rice and drain it on an absorbant towel, Fry the uncooked rice in oil, celery. Add saffron, stock, lemon rind. salt and pepper. Bring to a boil and stir one to mix the saffron thoroughly. Attractively arrange the vegies on top. Cover and simmer. Garnish with parsley and lemon half moons.

Vegetarian Sushi (Japan)

- 3 cups rice
- 3 cups water
- 10 sheets nori

Vinegar mixture:

- 4 Tbsp vinegar (rice vinegar, if you have it)
- 2-3 Tbsp sugar
- 2 tsp salt

Vegetable preparations:

You can prepare the following ingredients **by** cutting long thin slices or grating:

Carrots: Cook carrots in: pinch of salt, 1 Tbsp sugar, water

Cucumbers: Cut into strips and sprinkle lightly with salt.

Kampyo or radish: Soak the kampyo (turnips) or the radish strips in : 2 Tbsp sugar 3 Tbsp soy sauce & cook.

Sesame Rice Balls

This could be a tasty treat made from leftovers. And good for picnics.

Roll cold, cooked, salted rice into 4 cm balls. Coat the rice balls in sesame seeds. Deep fry.

Wash the rice 1 hour before cooking. Mix together the vinegar, sugar and salt and keep aside. Cook the rice. When finished, don't let it stand for more than 12 minutes. You can remove the lid and place a clean towel over the top of the pot. This acts to absorb the excess steam yet not dry it out too much. Turn the rice into bowl (wooden one is best). It should be a bit sticky.

Pour the vinegar mixture over the rice. Fluff rice with a wooden paddle or spoon and fan to cool it. Fanning helps to absorb the vinegar quickly. For easy handling roll the sushi before the rice becomes cold.

The easiest method for rolling the sushi uses a small bamboo mat. You can buy these in an oriental-food shop. Spoon a layer of rice on the bottom 2/3 of the nori. Leave about 3 cm of nori without a cover of rice. Along the middle of the rice set out the strips of carrot, cucumber and kampyo/radish. Now from the bottom roll the bamboo and the nori up together. The bamboo keeps the sushi firmly and evenly rolled without breaking it. This can be done without a bamboo mat but it takes more practice. Dip your finger into water and run it along the top of the roll. This will help to close the edges smoothly. The sushi can also be made half-size by cutting the nori in half and only using one vegetable at a time for filling.

Serve whole or slice with a wet knife into quarters. Use any of the Japanese sauces as a dip. Serve with Sweet Vinegared Ginger (see page 42).

Rice Pilav (*Middle East and India*)

Pilav 1:

Serves 6

1 tsp salt
4 cups water
4 bay leaves
2 cups basmati or long grain rice
4 Tbsp ghee
50 -75 grams almonds, blanched and slivered
50 -75 grams cashews, halved
2 carrots. diced or shredded
50 grams peas
50 grams corn (optional)
50 grams raisins

Variation 2:

basmati or long grain rice
almonds, blanched and slivered
dates, chopped
raisins
1 tsp rosewater per 2 cups rice

Variation 3

rice or millet butter
raisins sugar
cinnamon rosewater
parsley pitachios
black pepper

Variation 4

ground ginger sesame seeds
black pepper almonds

Variation 5

tomatoes basil
parsley black pepper

About 1 hour before cooking, wash the rice thoroughly, drain and spread it out on a clean towel to dry. Start to bring to a boil a pot of salted water with the bay leaves. Prepare all the ingredients for cooking but keep them all in separate dishes for now. In a wok or fry pan heat the ghee. Now brown in the ghee one item at a time: the almonds, then the cashews, the vegetables, then the raisins (these will puff up quickly, and that's enough cooking.) Each time as you finish one item put it into the boiling water. Last fry the rice in the ghee, stirring it all around and getting the rice well coated with the ghee. Now empty the rice and ghee into the water. Bring it up to a boil, cover and finish cooking the rice. Remove the bay leaves before serving.

There are many ways of preparing pilavs. The basic process is the same for all. These other variations follow the same basic method, that is:

- 1) prepare the water with the spices/flavour
- 2) fry each of the ingredients in ghee or butter.
- 3) cook it all together.

These recipes were given to me without cookbook measurements. All I can say is that you can estimate the proportions quite easily. Allow 1 cup of rice for 3 people and 1 handful of nuts, etc. per 2 cups of rice.

Barley Stew

serves 4

50 grams butter
1 stalks celery, chopped
1 paprikas, chopped
100 grams carrots, diced
350 grams potatoes, diced
100 gramscorn
100 grams peas
150 grams barley
1 vegetable stock cube or yeast extract
400 ml water
salt and pepper to taste

SOME IDEAS FOR PASTA

Pasta, Beans and Black Olives

While the pasta is cooking, heat a can of cannellini beans in another saucepan. Drain both the beans and the pasta and mix together, a tablespoonful or so of olive oil and a few whole black olives. You can add a chopped tomato and some chopped parsley.

Pasta and Nuts

Chop some fresh walnuts and mix into hot cooked pasta. They're nicest if you buy them in the shell and crack a few while the pasta cooks. Chop them roughly and add to drained and buttered pasta. A little cream mixed in as well make this really special.

In a pot, saute the vegetables in butter, and simmer 5 min. Add the barley, water, stock cube with salt and plenty of freshly ground pepper. Cook over a gentle heat for 60 min. or until the barley and potatoes are well cooked. Check the seasoning. Seve and garnish with parsley. This also works as a soup by adding more water.

Avocado Pasta

Chop a small ripe avocado and add to hot cooked pasta after draining. It will heat through from the heat of the pasta. It gives a buttery flavour and texture.

Chickpeas Pasta

This is just hot drained chickpeas, canned or home cooked, added to hot cooked pasta with some olive oil to make the whole lot glossy and plenty of pepper to spice it up.

Creamy Pasta

For special occasions, stir a little double cream or sour cream into hot cooked pasta allowing a couple of tablespoons per person. Use Mascarpone (Italian cream) if its available.

Lasagne (Italy)

serves 4

250 grams lasagne noodles
 $\frac{1}{2}$ cup parmesan cheese, grated
 $\frac{1}{2}$ cup cream

TVP Sauce:

150 grams TVP mince
1 cup tomato paste
50 grams celery or parsley, chopped fine.
oil

Cheese Sauce:

60 grams butter
4 Tbsp flour
2 cups milk
125 grams cheese, grated (cheddar, romano, etc.)
1 Tbsp parmesan, grated
pinch nutmeg
salt and pepper

Peanut Spagetti (USA)

serves 4

2 cups broken *spagetti* or *macaroni*
2 -4 Tbsp butter
3 Tbsp wholewheat flour
 $\frac{1}{2}$ tsp salt
1 tsp mustard powder
 $\frac{1}{2}$ tsp pepper
2 cups milk
3 drops hot pepper sauce
 $\frac{1}{2}$ cup black olives, pitted and sliced
1 cup cheddar cheese, grated
1 cup peanuts, chopped
1/3 cup bread crumbs

Cook the noodles separately. They should be just undercooked. Leave them in cold water until ready. Drain well,

Soak the TVP for 10 min in 150 ml water. Fry the chopped celery in some oil and add the TVP. Add in the tomato paste and let the TVP soak up most of the liquid. Add water if needed. The paste should not be too thick,

Heat the butter in a sauce pan, Brown the flour. Add the milk, cheese, nutmeg, salt and pepper. Cook for 1-2 min.

Use an oiled, deep baking dish (20 x 20 cm). Line the bottom of the dish with 1 layer of noodles, Make layers of TVP sauce, cheese sauce and again noodles. Continue the layering until all the ingredients are used up. (3 - 4 layers) Bake for 20-25 min. at 175°C. Remove and pour the cream and grated parmesan cheese on top. Bake again for another 10-15 min.

Cook the spaghetti until tender, drain and set aside. Preheat oven to 170 C. Heat butter in a medium saucepan and add flour, salt, mustard and pepper. Stir until the flour is browned. Add milk, pepper sauce, and stir until thickened. Put half the spaghetti in a baking pan and top with half the olives, cheese and peanuts. Repeat the layers. Pour the sauce on top and sprinkle with bread crumbs. Bake at 190° C for 25 min.

Fried Noodles/Fried Rice

Ever look into your vegetable bin to find only a single carrot, a potato, half a green pepper and a stump of cabbage? This quick recipe is ideal for leftovers. There are no fixed ingredients, no fixed measurements: use whatever is on hand; whatever combination you fancy. Of course, you may find it so delicious that you won't want to wait until you have leftovers to make it!

Possible ingredients:

- a) Any type of rice or noodles. Though if your planning on it, flat noodles are a good choice.
- b) Carrots, beetroots, green peppers, cabbages, green beans, bean sprouts, celery, parsley. Whatever you use, chop fine, grate or shred.
- c) Almonds, walnuts, hazelnuts, pinenuts, sesame seeds, sunflower seeds, pumpkin seeds. Chop the nuts.

Timpana (Malta)

serves 6 - 8

- 500 grams Pastry Dough (see page 46)
- 500 grams rigatoni or elbow macaroni
- 2 - 3 Tbsp oil
- 100 grams TVP, mince or chunks, soaked
- 2 - 3 Tbsp soy sauce
- 2 - 3 Tbsp oregano
- 250 grams tomato paste mixed with 100grams water
salt and pepper to taste
- 200 grams grated cheese, cheddar, or other soft
cheese (optional)
- 50 grams parmesan cheese, grated (optional)

d) Tofu, gluten. Cubed.

e) Try one of the following spice combinations along with salt and pepper:

1. ginger and soy sauce
2. Chinese 5-spice and soy sauce
3. thyme and oregano
4. basil
5. mustard and ginger
6. curry powder: cumin, coriander and tumeric

Prepare all the ingredients you will use beforehand. In a deep fry pan or wok heat a few tablespoons of oil. Begin by browning the nuts, the tofu or gluten first. Then add the spices. Stir-fry the vegies, starting with the longest cooking ones first, for 2 - 3 min. Add last the rice or noodles. Stir-fry another minute.

Slightly undercook the pasta, rinse in cold water and drain. Line an oiled deep baking dish with Pastry Dough.

Squeeze out the excess water from the TVP. Brown in oil with soy sauce. Mix together all the ingredients except about $\frac{1}{2}$ of the cheese. Pour it all into the baking dish. Top off with the rest of the cheese and bake at 190° C for 30 min. Let it cool, slice into squares and serve.

Blinzes Vegetarian (Yiddish)

Use spring roll or fillo pastry or make your own crepes:

Crepe batter:

- 1 cup white flour
- 1/2 cup oat flour (or more white flour if this is unavailable)
- 1/2 tsp salt
- 1 Tbsp sugar
- 1 tsp baking powder
- 4 cups cold water

Cheese Filling:

- 2 cups pressed tofu or drained cottage cheese
- 6 Tbsp butter or *margarine*
- 1/2 cup sour cream or blended tofu
- 6 Tbsp sugar
- 1/2 tsp salt

Cherry Filling:

- can cherry pie filling

Cheesy Vegetable Pie

- 1 -2 carrots, diced
- 1 green pepper, diced
- 1 potato, diced
- 100 grams cauliflower, broken into flowerettes
- 50 grams peas
- 50 grams corn
- 50 grams black olives, pitted and sliced
- 50 grams walnuts, hazelnuts or pecans
- 2 *tsp basil*, thyme or oregano (or all three together!)

salt and pepper to taste

Basic Cheese Sauce (see page 40)

Pastry Dough (see page 46)

To make the batter combine all the dry ingredients in a bowl. Whisk in the cold water. Pour 1/8 - 1/4 cup of batter in a hot lightly oiled frying pan. Make turn the pan to spread the batter in a thin layer. Cook until dry and has bubble on one side. Cook one side only. Stack these crepes inside a clean, folded cloth.

Mix the cheese filling ingredients together. You can make it less sweet, if you like. The filling should hold together but not be too wet. Or choose the cherry filling for something more sweet.

Lay out 1 crepe. Put a spoon of filling in the lower half. Fold in the sides. then roll up the blinze. It will be a square or rectangular shape. Fry the blinzes in butter or oil. Serve hot plain, or with sour cream or maple syrup.

Prepare the Pastry Dough according to the Instructions on Prepare the Basic Cheese Sauce. You may have to thicken it more for this recipe; add another 1 -2 tsp of flour to the sauce.

Roll out the pastry dough and put inside an oiled deep baking dish or pie tin.

Lightly fry all the vegetables, herbs and salt together for 2 - 3 min. in a fry pan. Add in the olives and nuts. Mix the cheese sauce into the vegetables and pour the whole mixture into the pie shell. Close the pie with a cover of dough,

Poke a few holes in the top with a fork and bake at 190° C for 20 min. or until the dough is lightly browned.

Gluten

GLUTEN is a protein usually found in grains. For anyone who has kneaded bread dough, you know that gluten is what makes the bread elastic and hold together. Gluten is those little balls of dough that stick to the back of your hands afterwards. Wheat has about 12% gluten protein. Here is the process to extract the gluten to use as a concentrated protein food.

You can use whole-wheat or white flour for making gluten. As far as protein content, there is little difference between the two. Whole-wheat gluten will have the added advantage of bran and other nutritional elements. But some people prefer the texture and flavour of white flour gluten.

Prepare a pliable dough of only flour and water. Knead it for 5 minutes or more. Place it in a bowl and cover it with water. Let it sit for at least one hour, but there is no harm to let it sit longer or overnight.

Now comes the messy part, This is done best in the sink. Fill the bowl with lukewarm water. [Note: Cold water will do, but is hard on the hands. Hot water melts the dough into a useless blob, don't use it.] Now take a handful of dough at a time and begin to knead it under the water. The water will turn white with the starch. Continue this process, changing water as needed, until nearly all the starch has been washed out. During this kneading process the dough will go through a stage of seeming to fall apart. Don't stop! Hold it together and continue kneading. After a few minutes more the starch will be washed out. Nearly pure uncooked gluten has a rubbery texture something like chewing gum. The colour will also be a few shades darker than normal bread dough,

Uncooked gluten will not keep very long so it is best to cook it immediately. Gluten can be fried, baked or boiled.

Boiled gluten keeps well in the refrigerator and freezes well too. Cooked (boiled) gluten is very versatile and suitable for all types of recipes.

Bring a pot of salted water to a rolling boil. Break off lumps of gluten and put them in the pot. Boil for 30 - 45 minutes depending on the sizes of the portions.

I usually like to break off 300 gram portions, which is an ideal amount for a recipe for 3 or 4 servings. If you like, flatten a piece of gluten and wind it around a chopstick to form sausage type shapes. Or twist a roll of it into a decorative knot.

Gluten is very bland and will take any flavour while it cooks. You can boil the gluten with curry spices, bay leaves, herbs or soy sauce to liven it up. I prefer to simply cook it just in salt water because that leaves me free to flavour it as I choose in a recipe. The popular Macrobiotic Sei-tan is whole-wheat gluten boiled in soy sauce and water.

Frying uncooked gluten is always a bit tricky because it's sticky, it puffs up quickly and it bums easily, But the texture is interesting and useful in curries and stews.

Gluten Roast

serves 4

- ½ cup ground walnuts
- ½ tsp yeast extract
- 1 cup cooked gluten, diced fine
- 1 Tbsp agar-agar
- 1 Tbsp cornstarch or flour
- ½ cup tomato juice
- 1 Tbsp oil
- ¼ tsp salt
- ¼ tsp sage or mixed herbs

Mix nuts, gluten, agar-agar, cornstarch, and tomato juice together, in a saucepan mix the yeast extract, oil, salt and sage and simmer for a few minutes. Mix in the gluten and continue simmering. Pour into an oiled dish and bake 1 hour at 175° C. Serve hot with any sauce.

Fried Gluten Balls

- 100 grams uncooked gluten
- Oil for deep frying

Pinch off tiny bits (½ centimetre) of gluten and roll into balls. Heat the frying oil. Fry several pieces at a time but don't overcrowd the fry pan. The little bits will quickly puff up into balls. Brown well, remove from the oil and drain on absorbent paper. Use them in soups and fried veges.

Three-Colour Peppers (China)

serves 4

- 300 grams cooked gluten, in long slices
- ½ green bell pepper, long slices
- ½ red bell pepper, long slices
- ½ yellow bell pepper, long slices
- 2-3 Tbsp soy sauce
- 2-4 Tbsp oil
- 1 Tbsp star anise, allspice or Chinese 5-spice
- pinch clove
- 1 tsp sugar (optional)
- 1 tsp arrowroot or corn flour

Heat the oil in a deep fry pan. Toss in the spices just for a moment - don't burn them. Brown the gluten on both sides, add in the peppers and soy sauce and continue stir-frying for another 2-3 min.

In a small bowl mix together the sugar and arrowroot plus about ¼ cup water. Make a space in the centre of the fry pan, pushing the vegetables to the sides. Pour the arrowroot mixture into the centre and stir it until it turns clear. Mix the vegetables into this glaze and simmer for 1 minute.

Chorizo (Philippines)

serves 4

Bean-skin wrappers (An Asian preparation, possibly available *in* orientai shops)

- 200 grams cooked gluten, chopped
- 200 *grams potatoes, diced*
- 3 bay leaves
- ½ *tsp* pepper
- 2 Tbsp soy sauce
- 1 *tsp* tumeric
- 1 Tbsp sugar
- 1 tsp vinegar

Cook everything together, Let it simmer until it's dry. Remove the bay leaves. Soak the bean skins soft. Handle carefully. Cut the bean skins into rectangles (small ones would be 8 x 10 cm, but you can form them longer). Put a spoonful of mixture onto a wrapper and roll it into a sausage shape. Tie the ends closed with dean cotton thread. They will keep this way for some time. When you want to serve them, fry in a bit of oil. Note: warn your diners to remove the strings! Serve with a Japanese sauce (see page 41)

Curried Gluten

serves 4

- 350 grams uncooked gluten
- 3 Tbsp oil
- 1 *tsp* flour
- ½ *tsp* salt
- 1 tsp sugar (optional)
- ½ *tsp* tumeric
- ½ *tsp* cumin
- ½ *tsp* coriander
- ½ *tsp* cinnamon
- ¼ *tsp* ginger powder
- ½ *tsp* chilli
- ¼ *tsp* clove
- pinch nutmeg

Heat the oil in a fry pan. Break off bite-size bits of gluten, flatten them a bit and fry in the oil. It will bubble up. but that's okay. Brown on both sides. Turn down the heat and move the gluten to the side³ of the pan. In the centre of the pan lightly fry the spices and flour. Add just a little water to turn it into a sauce. Add the sugar for a sweet-pungent taste. Serve hot or cold.

Vegetarian "Tripe"

serves 4

- cup milk
- 1 Tbsp parsley
- Tbsp flour
- Tbsp oil
- 1 cup cooked gluten, *in* long slices
- 1 tsp yeast extract
- 2 Tbsp parsley, chopped

Mix the oil and salt in a saucepan and heat, Add flour and stir smooth. Add the yeast extract and milk a little at a time and then stir smooth each time. Cook this roux until thick. add the gluten and reheat. Add the parsley.

Fried Gluten with Peanuts (China)

- 250 grams uncooked gluten
- 75 grams large raw peanuts, skinned
- 4 Tbsp soy sauce
- 3 tsp sugar
- 1 cup water

Break off bite size pieces of gluten and deep fry them. Boil the gluten and peanuts together in a saucepan with the water, soysauce and sugar until most of the water has evaporated. Add more soysauce or salt if desired.

Peppery Beans (Hungary)

serves 4

350 grams white beans
 $\frac{1}{2}$ -1 tsp cayenne
1 - 2 tsp pepper
salt to taste

Presoak the beans. Cook until **soft**, about 30 min. Add enough water so that the beans get thickened into a broth. Add the cayenne and pepper to taste. These beans are meant to be hot! **Add** salt only after the beans are soft.

Favoli (Malta)

serves 4 - 6

500 grams favoli beans, (these are Italian brown, broad beans)
2 - 4 Tbsp olive oil
1 tsp salt
 $\frac{1}{2}$ tsp pepper

Mix all the ingredients and mash to a paste. Garnish with parsley and olives. Serve cold with some oil poured over the top.

Kidney Bean Cassarole (North Africa)

serves 4

250 grams kidney beans
3 Tbsp olive oil
 $\frac{1}{2}$ tsp basil
 $\frac{1}{2}$ tsp cumin
 $\frac{1}{4}$ tsp chili
 $\frac{1}{4}$ tsp cayenne
250 grams mixed vegies: celery, green peppers, carrots, chopped in chunks
80 grams bulgar
1 cup tomato puree
1 cup water

Presoak the beans, In a pot bring the beans to boil for about 12 min. This is important for kidney beans as it destroys particular toxins in this variety of beans. Cook the beans just a bit underdone. Lightly fry the herbs and spices with the vegles. Add the beans.

In a baking dish mix together the beans, tomato puree, water and bulgar. Bake at 175° C for about 30 min. Add more water if necessary. The cassarole should be firm

Chickpeas with Spinach (Armenia)

serves 4 - 6

- 100 grams chickpeas, soaked
- 450 grams fresh spinach, washed and chopped
- 300 ml water
- 4 Tbsp tomato puree
- tsp salt
- 50 grams butter
- 1 tsp sugar
- ½ tsp pepper
- Tbsp cumin

Boil the chickpeas until soft. (Optional: remove their skins by squeezing them between your fingers.) Put spinach and chickpeas into a saucepan. Add the rest of the ingredients. Stir and bring to a boil. Simmer for about 30 - 40 min. or until the spinach is tender and the water has evaporated.

Hommus (Middle East)

serves 4 - 6

- 500 grams chickpeas, cooked very soft
- 2 Tbsp *tahini*
- 1 Tbsp olive oil
- 2 Tbsp lemon juice
- ½ tsp salt
- chopped parsley for garnish

Mix all the ingredients and mash to a paste. Add a little water if necessary. Garnish with parsley. Serve hot or cold as a side dish or dip for bread or crackers.

Barbeque Beans (USA)

serves 4

- 2 cups Barbeque Sauce (see page 43)
- 250 grams beans. You can use broad, lima, *pinto*, navy or kidney beans.

Presoak the beans and cook them soft. Add the barbeque sauce and cook for another 10 - 15 min.

Saffron Lentil-Rice (Iran)

serves 4 - 6

This was served to me by a lovely couple in Switzerland. It made a surprising and delightful meal in itself served with a side of salad, yogurt and olives.

1 cup brown lentils
3 cups long grain white rice
1 tsp cinnamon
1 • 1/2 cups dates, chopped
1 handful walnuts or *pinenuts*
2 Tbsp butter or ghee
1/4 tsp saffron

Ash-e-Reshteh (Iran)

serves 6 -8

1 cup chickpeas
1 cup lentils
1 cup kidney beans
100 grams spinach, washed and chopped
100 grams parsley or coriander, chopped
1 Tbsp butter
1/2 tsp turmeric
1 tsp salt
100 grams Italian noodles
2 cups drained, sour yogurt
fresh mint for garnish

Prepare the rice and lentils first by washing and soaking it for about an hour. Place the chopped dates in a bowl and sprinkle the cinnamon over them. Set aside. Chop walnuts if you have them, and set aside.

Boil salted water. Add the rice and lentils. Cook only for about 8 minutes and drain; don't cook it thoroughly. Add the dates, walnuts or pinenuts. Dissolve the saffron in a bit of water.

Heat the butter or ghee in a small saucepan. Then add the saffron to the butter/ghee and add to the rice. Add just enough water at a time to keep it from burning. Again heat up the mixture and finish by steaming for about an hour. Serve hot with yogurt on the side.

Pre-soak the beans, then cook until half done. Add the washed, chopped greens, turmeric, salt and butter. Before serving time, add the noodles and finish cooking. Garnish with fresh mint. serve hot with yogurt on the side.

Lentejas Gratinadas (Chile)

serves 4

400 grams green or puy lentils
75 grams breadcrumbs
500 grams tomatoes
400 grams potatoes, diced and fried
100 grams cheddar cheese

2 tsp cumin seeds
1 Tbsp parsley or fresh basil
½ tsp oregano
50 g parmesan or romano cheese
½ tsp white pepper
3 Tbsp oil
1 tsp salt

Put lentils to cook in cold water with cumin and simmer for 25 min. Add salt halfway through cooking. In another pan, fry chopped tomatoes, parsley/basil add oregano, salt and pepper. Mix together lentils, tomatoes, parmesan cheese and breadcrumbs. This mixture should be thick but not dry.

Fill an oven dish full with lentils, spread the potatoes on top and finally, the cheddar cheese. Bake at 200° C for 5 - 10 min.

Estofado de Garbanzos (Chile)

serves 4

350 grams chick peas
350 grams zucchini, sliced
350 grams white cabbage, chopped
225 grams corn
200 grams carrots, sliced in thin rounds
2 tsp cayenne
1 tsp cumin
½ tsp oregano
1½ tsp salt

Pre-soak the chickpeas. Drain, rinse and put them in cold water with the cumin. Bring to a boil and cook for 50 min. or until tender. Halfway through cooking, add salt. Don't put too much water. Keep the thickened water. Fry carrots in hot oil, add cabbage and spices. Steam other veggies then mix everything together. This is nice to prepare the day before and serve cold with rice or salad,

Soysage (USA)

- 4 cups soy beans, soaked and ground to a pulp (such as *the* leftovers from making tofu)
- 2 cups whole wheat flour
- 1 cup wheat germ or 1 cup gluten powder
- 1 cup nutritional yeast
- 1¹/₄ cups water or *soymilk*
- ³/₄ cup oil
- ¹/₄ cup soy sauce
- 2 Tbsp brown sugar or molasses
- 2 tsp salt
- 1¹/₂ tsp black pepper
- ¹/₂ tsp cayenne
- 1¹/₂ tsp fennel
- 2 T wet mustard or 1Tbsp dry
- 3 tsp *oregano*
- 2 tsp allspice

Mix all the ingredients in a large bowl. Oil a tin can, or narrow bread tin. Fill it with the mixture and cover it (with aluminum foil or other methods.)

There are different methods to cook the soysage. One method is to steam on a rack. Another is to set the tins in pressure cooker with about 5 cups of water. And another is to bake the bread tins. Using the tin can moulds you need to steam or pressure cook for only about 30 min. Baking in the bread tins may take longer - up to 45 min. or an hour at about 200° C.

You can try substituting some vegetarian bouillon or paste - about 2 Tbsp - for the spices and add less salt

The soysages should be well cooked and firm. Let cool. Turn out of the moulds. An easy method for the tin cans is to open up the bottom and push the soysage out. Slice and fry. Serve hot or cold. These can be frozen.

Tacos (Mexico)

- 1¹/₂ cups TVP mince, soaked and drained
- 5 Tbsp oil
- 2 - 3 Tbsp *soysauce*
- salt, pepper and chili to taste

Tomato sauce:

- 2 cups tomato paste
- ¹/₂ tsp salt
- 2 tsp chili
- 1 Tbsp sugar

- 8 taco shells
- shredded lettuce.
- pitted, sliced olives
- grated* Cheddar cheese

in deep fry pan. Sauté the TVP with the salt, pepper and chili. When well-browned, add the soy sauce and fry a little more. Mix together the tomato sauce ingredients and stir into the TVP. Simmer for 10 - 15 min. Serve inside the shells with lettuce, cheese and olives.

Macroburgers (USA)

- 10 cups drained cooked soybeans
- 6 cups cooked *millet*
- 3 cups toasted oats
- 2 carrots, grated
- 4 celery, chopped fine
- 3/4 cup oil
- 1 cup soy sauce
- 2 tsp mustard
- 1 tsp celery seed
- 1 1/2 tsp cumin
- 1 *tsp pepper*
- 3 tsp sage
- 3 tsp thyme
- 1 1/2 tsp cayenne
- 3 tsp dill

Dahi Bara (India)

serves 4

- 2 cups *urid* dhal & split peas
- ghee/oil* for frying
- 1 1/2 cups water
- 1 1/2 tsp salt
- 2 Tbsp sage (optional)
- 1/4 *tsp* cinnamon
- 1 *Tbsp* cumin
- 1 *Tbsp* coriander
- 1/4 *tsp* hing
- 1 *Tbsp* *tumeric*
- 1/2 *tsp* *chili*
- 1/4 *tsp* allspice
- 2 - 3 cups yogurt

Mix together all ingredients. If you like, you can slightly mash the soybeans before adding them in. Form into patties and fry. Top off with cheese, tomato, lettuce and condiments. Serve hot on a bun.

Soak peas 2 hours, drain. Grind in a food processor or by hand. Discard any excess water. Add spices. Heat *ghee/oil* in a fry pan. (Optional: In another pot make salt-water: 2 handfuls of salt in 6 cups water.)

Shape 3 - 5 cm balls of paste into slightly flattened *baras* (dumplings). A bit of salt water on the hand helps keep the paste from sticking.

Fry the dumplings until hard but not over-brown. (Then soak them in the water until soft.) Put them into a bowl with yogurt and let them soak up the yogurt for at least a half hour. You may want to slightly dilute the yogurt with water & add more yogurt before serving. Sprinkle a little cumin over the top as a garnish. Serve cold.

Cuddy (India)

serves 4

The original "curry".

- 1 cup yogurt
- ½ cup gram or chickpea flour
- 4 cups water
- 1 *tsp* tumeric
- 2 *tsp* salt
- 2 *tsp* cumin
- 1 *tsp* *chili*
- 3 *Tbsp* ghee or butter

Bhuni Kichori (India)

This recipe was given by Baba Anandamurtiji, my spiritual master. He said that Lord Krishna sustained his army with this nourishing food.

- 1 cup fresh peas
- 1 cup fine rice, washed *and* drained,
- 1 *cup yellow or mung dal, washed and drained*
- 1 *tsp* white cumin seeds
- 1 *tsp* fresh ginger. minced
- 1 *tsp* *tumeric*
- pinch *hing* (asafoedita)
- 1 *tsp* *chili*
- ½ *tsp* *salt*
- 4 ½ cups water

Mix the yogurt and gram flour in a saucepan. Add water, salt and tumeric. Bring to a boll. When it foams up, remove from the heat.

In another pan heat the ghee and lightly fry the cumin and chili. Add to the cuddy.

Heat the ghee and fry the chills in a wok. Add the cumin and ginger and continue stirring. Add the rice and dal and fry. Sprinkle the tumeric into the mixture and add the salt and hing. Continue to stir-fry until the dal and rice have lightly browned. If you are using a very fine rice, it should be fried separately from the dal, Heat the water in a saucepan and add the mixture and peas. Cover the pot and slowly simmer until all the liquid is absorbed. The kichori should be like a very thick stew - not too watery, not too dry. Let it stand for a few minutes before serving.

Sauces and Dressings

Mayonnaise

The exact measures may vary a bit from changes in temperature, etc. This mayonnaise will keep about 10 -14 days in the refrigerator, It is best made with a high speed liquidizer or blender.

200 ml milk, cream, yogurt or *soymilk*
1/4 tsp salt
1/4 tsp mustard powder
4 tsp vinegar or 2 tsp vinegar & 2 tsp lemon juice
200- 400 ml sunflower oil
black pepper

Put all ingredients, except the oil, in a liquidizer pitcher. The milk/yogurt should just cover the blades of the machine. Put on the cover and start it. Turn it to the highest speed. Remove the cover and very, very slowly, pour the oil steadily into the centre of the liquid. After a minute It should start to emulsify (thicken). Add only as much oil as you need to get it to the desired thickness.

Basic Bechamel Sauce

600 ml milk
50 grams butter
2 Tbsp flour
salt, pepper and parsley

Melt the butter in a saucepan. Stir in flour. Cook for a moment. Add milk. Stir over heat until thick. At first it may be lumpy, but with continued stirring should smooth out.

Basic Cheese Sauce

Begin with the Bechamel Sauce
50 - 100 grams melty cheese such as Cheddar
Optionals: herbs of choice
pinch of nutmeg
soy sauce
vegetable stock cube or yeast extract

Heat bechamel and add in the grated cheese. Most of the cheese should be cheddar or other soft cheese, but for other flavours add in some romano, parmesan, greuyere, etc.

Miso Dressing

2 Tbsp miso
1 Tbsp soy sauce
100 ml water
2 Tbsp sesame oil
1 Tbsp vinegar
1 tsp cayenne.

Blend all the ingredients together. Add more water, if desired. Use as a salad dressing or over steamed vegies.

Sambai-zu (Japan)

3 Tbsp vinegar
1 tsp soy sauce
1 tsp sugar
½ tsp salt

Nahai-zu (Japan)

3 Tbsp vinegar
2 Tbsp soy sauce
½ tsp salt

Pon-zu (Japan)

Pare off a ½" wide peel of orange centre. Cut crosswise at the pared area (to avoid bitterness) and squeeze out the juice. Mix with equal amount of soy sauce

Sweet And Sour Sauce

- 6 cups chopped fruit (peaches, plums or pineapples)
1 cups water
1 Tbsp soy sauce
1/2 cup honey
1/2 tsp salt
1 Tbsp corn flour or arrowroot
1/3 cup cider vinegar

Simmer the fruit in water until tender, mash gently and stir in remaining ingredients. Simmer 5 min. more. Keeps in the fridge up to 14 days.

Tamarind Chutney (India)

- 100 grams dried *tamarind*
1 cup water
1 tsp *chili*
2 tsp sugar
1/2 tsp ginger
1/4 tsp salt
1 firm *banana, sliced*

Soak the tamarind for about 1 hour. Clean it thoroughly, taking out all the seeds and stringy bits. Bring all the ingredients, except the banana, to a boil for about 10 min. Adjust the sweetening, chili and salt to your taste. Remove from the heat. Slice the banana in to thin rounds, mix into the chutney and serve.

Sweet Vinegared Ginger (Japan)

- fresh ginger
1/2 cup vinegar
4 Tbsp sugar
1 tsp salt
1/4 cup water

Pare fresh ginger. Soak in water. Cut into paper thin slices. Cook in boiling water. Drain; cool. Mix together the vinegar, sugar, salt and water. Marinate the ginger in this mixture for at least a day.

Barbeque Sauce (USA)

- 1/3 cup *oil*/ margarine
- 2 1/2 cups tomato paste
- 1/4 cup water
- 1 cups sugar
- 1 Tbsp black molassas
- 1/2 cup wet mustard or **1- 2 Tbsp mustard powder**
- 1 tsp allspice
- 4 ***tsp salt***
- 1 Tbsp chili
- 1 1/2 ***tsp*** parsley, chopped
- 3/4 ***cup*** lemon juice or vinegar
- 2 Tbsp soy sauce

Mix ail the ingredients for the sauce together except the lost two. Simmer for an hour. Add the lemon/vinegar and soy sauce. You may want to adjust the sugar or chili content to your own taste. Use over beans or try it on kebabs, grilled tofu or gluten, It will keep for 2 weeks or longer in the refrigerator.

Om-made Salad Dressing

- 4 Tbsp olive oil
- 4 Tbsp vinegar or lemon juice
- 2 Tbsp honey
- salt and pepper

Breads and Cakes

I chose a few of my easy and favourite bread and cake recipes for you to tryout.

Corn Bread

250 grams flour
500 grams fine maize (corn) meal
1 Tbsp salt
1 Tbsp baking powder
½ litre milk
40 grams butter
2 Tbsp corn starch
80 grams honey
2 Tbsp soy four

Mix everything together. Pour into a cake pan and bake at 200° C for about 35 minutes,

Zopf (Switzerland)

For 5 loaves

This is a lovely braided bread made especially for sabbath (Sunday) morning meals.

60 grams yeast
900 ml warm milk
1.5 kg fine whole wheat flour
180 grams butter, melted
6 tsp salt

Dissolve the yeast in the milk and add the flour, butter and salt. Knead until the dough is smooth and elastic. Let it rise for 50 minutes. Punch it down and let it rise again for 30 minutes.

To prepare the loaves: break the dough into five portions and set aside. Take one portion and break into 2 halves. Roll these out into long "snakes". On the breadboard, place them to form a cross. Take hold of the bottom "snake" and cross it over the top. Then repeat that with the other "snake". In this way a braid will form, starting big at the top and narrowing smaller as it gets to the end. Braid the five loaves and let them rise for 20 minutes. Bake in a medium oven for about 45 minutes or until done. You may want to make the crust shiny by brushing a bit of milk on it in the last five minutes.

Basic Bread

4 loaves

Step 1:

6 cups lukewarm water
2 Tbsp yeast
 $\frac{1}{2}$ - $\frac{3}{4}$ cup sugar or honey
2 cups milk powder
7 - 9 cups wholewheat flour

Step 2:

$2\frac{1}{2}$ Tbsp salt
 $\frac{1}{2}$ - 1 cup oil
6 - 8 cups whole wheat flour
2 - 3 cups flour for the breadboard

Dissolve the yeast in the water. Add the sugar/honey. Then add the milk and flour. Beat 100 times. Cover and let rise in a warm place for 1 hour.

Fold in the salt, oil and the flour. Knead 10 - 15 minutes until the dough is smooth and elastic. Cover and let it rise for another 50 min. Punch it down and then let it rise a third time for about 40 minutes.

Shape into loaves and let it rise for 20 minutes. Bake at 175° C for 1 hour.

Bagels (Jewish)

This is another sabbath favourite. Its special crust makes it unique. Delicious with cream cheese.

2 Tbsp yeast
6 Tbsp sugar
2 cups warm water
6 cups flour
 $\frac{1}{2}$ cup oil
2 tsp salt
water for boiling
 $\frac{1}{3}$ cup sugar
Optional toppings:
sesame seeds
poppy seeds

Dissolve the yeast and sugar in the warm water. Add 2 cups of flour. Beat until very smooth. Let it rise for 10 min. Add in the oil, salt and the rest of the flour. Turn the dough out on a board and knead for 10 min.

Form the bagels: Break off 5 - 6 cm ball of dough. Roll out into small "snakes". Loop these, closed to form rings. Set them on a floured board to rise. Let rise for 5 min.

Prepare a 4 litre pot 2/3 full with water and bring it to a boil. Add the sugar. Boil the bagels for about $\frac{1}{2}$ min. See that when the bagels rise to the top of the water the first time you turn them over so that each side gets done. Don't overcrowd the pot.

Place them on an oiled baking sheet and Bake at 190° C for 25 -30 min.

OPTIONALS: Before baking you can coat the top of the bagels with sesame or poppy seeds.

Scones/Biscuits

Once, one of my English friends was longing for scones, while I was pining for American biscuits. Finally I made my biscuits. Serving them up hot and buttery, she was delighted that I finally made her scones! Call them what you will, they are quick and delicious.

- 2 cups flour
- 1 *tsp* baking powder
- $\frac{1}{2}$ *tsp salt*
- 3 Tbsp oil (or butter)
- 3 -4 Tbsp cold wafer or milk

Mantou (Steamed Bread) (Chinese)

- 1 cup warm water
- 2 Tbsp yeast
- 500 grams white or pastry whole wheat flour

Pastry Dough

- 500 grams whole wheat flour
- 85 *ml* oil
- 140 grams butter
- $\frac{1}{2}$ *tsp salt*
- iced wafer*

Rub the flour and margarine together. Add the sugar, rind and raisins. Juice the orange and add enough milk to make 125 ml liquid in total. Add it to the dry ingredients. Beat smooth. Pour into a cake tin and bake 1 1/2 hours on a low oven (160 C)

Dissolve yeast in the water. Mix the water and the flour into a dough. Knead into a smooth dough for about 8 minutes. Let it rise 2 hours. Knead again and repeat. Form 10 -12 buns and place them on a damp cloth in a steamer. Steam for 15 - 20 min.

Sift together the dry ingredients. Mix in the oil, rubbing the flour between your hands until it is well oiled. Add more oil if necessary. Pour in the water/milk and mix thoroughly. Spoon onto an oiled baking pan bun-sized portions of dough. Some people like to roll the dough into neat rolls. Personally, I prefer irregular, lumpy rolls that bake into an interesting crusty texture. Bake at 190° C for 15 min. Sift flour and salt together. Rub in oil. Don't handle more than necessary. Add cold water a little at a time until the pastry just holds together. Refrigerate before rolling out.

Sweet Quick Bread (Moravia)

This is more cake than bread.

ERRATA

The publishers wish to apologize for any inconvenience caused by the printing errors of the following recipes.

Scones/Biscuits

Once, one of my English friends was longing for scones while I was pining for American biscuits. Finally I made my biscuits. Serving them up hot and buttery, she was delighted that I finally made her scones! Call them what you will, they are quick and delicious.

- 2 cups flour
- 1 tsp baking powder
- 1/2 tsp salt
- 3 Tbsp oil (or butter)
- 3-4 Tbsp cold water or milk

Kamala's Special Cake

- 200 grams self-raising flour (or add 1/2 tsp of baking powder to the flour)
- 4 tsp baking soda
- 50 grams butter/margarine
- 100 grams castor sugar
- 4 grated rind of an orange
- 150 grams raisins
- 125 ml juice of the 1/2 orange + milk

Mix all the dry ingredients together. Add in the oil and mix.

Mix all the dry ingredients together. Rub in the oil/margarine. Add the cold water/milk mixing it together just enough to make the dough. Don't over-mix it. Spoon onto a greased baking sheet and bake at 175°C for 10-15 min. They should be just browned on the top and hollow-sounding when you tap the bottom.

Rub the flour and margarine together. Add the sugar, rind and raisins. Juice the orange and add enough milk to make 125 ml liquid in total. Add it to the dry ingredients. Beat smooth. Pour into a cake tin and bake 1 1/2 hours on a low oven (160°C).

Sweet Quick Bread (Moravia)

This is more cake than bread.

- 2 cups flour
- 1 cup sugar
- $\frac{1}{2}$ tsp salt
- 2 tsp baking powder
- $\frac{1}{3}$ cup oil/butter
- 1 cup milk

Topping:

- 1 Tbsp melted butter
- $\frac{1}{2}$ cup brown sugar
- 2 tsp cinnamon

Kamala's Special Cake

- 200 grams self-raising flour (or add $\frac{1}{2}$ tsp of baking powder to the flour)
- $\frac{1}{2}$ tsp baking soda
- 50 grams butter/margarine
- 100 grams castor sugar
- $\frac{1}{2}$ grated rind of an orange
- 150 grams raisins
- 125 ml juice of the $\frac{1}{2}$ orange + milk

Mix all the dry ingredients together. Add in the oil and mix. Add in the milk. Beat into a smooth batter. Pour the batter into a bread tin.

Mix together the topping ingredients. Dribble down the centre of the bread. Bake at 175° C for about 30 minutes or until it is browned on top and it comes out dry when you prick it with a fork or toothpick.

Mix all the dry ingredients. Rub the butter into the dry ingredients. Add the raisins and orange rind. Stir in the liquid. Beat well. Pour into a cake tin and bake for 1 hour at 175 C.

Note

bell peppers

kg

ml

saute

tbsp

tsp

tvp

yeast extract

zucchini

These are also known as sweet peppers, paprika or capsicum

kilogram

millilitre

It means to fry lightly. similar to stir-frying.

tablespoon

teaspoon

Texturized Vegetable Protein. This is a dehydrated soy bean product commonly known as soya chunks or a similar name. It usually comes in bite-size chunks or mince form.

This product is under the trade names of barmene, vegemite, promite.

These are also known as marrow

Appendix: Yogic diet

"YOGA" comes from a word meaning "union" and it is the path of total union with the Infinite Entity. In yoga, the approach is based more in direct experience and practice and less in theory. Yogic practices are designed to maximize one's personal development. They cover every aspect of life. Keeping one's body healthy for its inner work is very important. Exercises, breath control – as well as proper food and diet – are all part of the yogic way.

The effects of proper food for the body are fairly well understood. Nutritional science has proven the need for vitamins, minerals, etc. for maintaining good health. Yogic science takes this a step further. It says that it is not just the vitamins and minerals that are needed. The role of food is as an energy source to maintain the body, which in turn maintains the mind. According to yoga, consciousness plays an important role in the effect of food on the mind.

Over thousands of years, yogis have experimented with the effects of food on the body and mind. They have formed three broad categories for food:

1. *Sattvik* (sattvic) food: Food that is good for body and mind:

fruits	most vegetables
herbs	most beans, legumes
nuts	most spices
cereals, grains	

2. *Rajasik* (mutative) food: Food that may be good for the body or may be good for the mind:

hot spices
caffelnated beverages and foods (coffee, tea, colas, cocoa)
medicinal herbs or drugs

3. *Tamasik* (static) food: Food that is not good for the mind and may or may not be good for the body. Dead, decayed, or fermented foods, or those grown out of dead sources such as fungi and molds are also in this category.

meats of all kinds	eggs
fish	poultry
onions (chives, leeks, etc.)	garlic
mushrooms and fungi	blue cheeses
alcohol	tobacco
fermented, stale or spoiled food	addictive or non-medicinal drugs

The question why eggs, mushrooms, garlic and onion are included in this *tamasik* food list bothers many a new yogi. No doubt some of these foods carry a certain amount of nutritional and medicinal value. But it has been found by many yoga practitioners that these foods detract from mental well-being. And since whatever benefits that may have for the body can be gotten elsewhere, they can be avoided.

Eggs, as a concentrated animal protein, contains a high amount of fatty cholesterol which is a major factor in high blood pressure and heart diseases. One egg contains nearly twice the amount of cholesterol as 150 grams of beef. More and more nutritionists and doctors are advising their clients to stay off eggs.

Mushrooms, fungi and molds grow off of manure and other decaying materials. They lack chlorophyll and do not use sunlight to grow. The effect of this on the mind is significant. Mental dullness, drowsiness and physical lethargy are some of the effects from eating mushrooms. Mushrooms also decay very rapidly, producing highly toxic ptomaine alkaloids. Some edible field mushrooms picked on a warm day may rot even before they reach the kitchen. Yogis prefer, as far as possible, to get their energy from sources that are full of life and light.

Onions and garlic are highly acidic foods. Since over-acidity is a major disease-causing factor, eating onions and garlic may be more harmful than helpful. They also create much heat in the body causing agitation to the nervous system and in turn disturb the mind. Meditators and others who wish increase concentration and mental equilibrium will avoid these foods.

Some other tips for consciousness cooking and eating:

1. Cooking can be an art. Don't prepare food in an angry or upset mood. Your mental vibration goes directly into the food and is passed onto the diners. Clear your mind and look on your work as a chance to nourish others not only with vitamins but also with love.
2. Eat in a peaceful mood. Remember that food is just an energy exchange with the universe.
3. Eat at regular hours and eat balanced food. Irregular (non-)habits are a sure way to cause ulcers and other stomach diseases.
4. The fresher the better. Eat more fresh, raw or lightly cooked foods.
5. Drink plenty of water. But don't flood your system all at once. Best is to take about a cup of water every hour. This will promote bowel regularity, aid digestion and regulate body temperature.
6. Fast occasionally. A one-day fast is beneficial for both body and mind. Yogis recommend fasting twice a month. It helps in cleansing the body and giving the digestive system a rest. It also helps to clear the mind. Long fasting should only be done with proper guidance.

Recipe Index

Azuki Rice 22
Ash-E-Reshteh 35
Avocado Pasta 25

Bagels 45
Baked Potatoes with Tofu 14
Barbeque Beans 34
Barbeque Sauce 43
Barley Stew 25
Basic Bechamel Sauce 40
Basic Bread 45
Basic Cheese Sauce 40
Basil Tofu 17
Bean Sprouts/Spinach in Sesame Oil 12
Bhuni Kichori 43
Bisquits 46
Blinzles Vegetarian 28
Broccoli with Peanut Sauce 18

Cabbage Rolls 12
Carrots and Seeds 20
Cashew Vegies 20
Cauliflower with Tahini 19
Cheesy Rice and Broccoli 16
Cheesy Vegetable Pie 27
Chestnut Rice 21
Clear Broth 8
Chickpeas Pasta 25
Chickpeas with Spinach 34
Chinese Stir-Fried Vegies
Chorizo 31
Corn Bread 44
Corn Chowder 7
Cream of Anything Soup 9
Creamed Zucchini over Bread 18

Creamy Pasta 25
Cucumber and Seaweed Salad 3
Cuddy 43
Curried Gluten 31

Dahi Bara 38
Dolmas 17
Dulse Oatmeal Soup 6

Eggplant Parmigiana 13
Estofado De Garbanzos 36

Favoli 33
Fried Gluten Balls 30
Fried Gluten with Peanuts 32
Fried Noodles/Fried Rice 27

Glazed Roots 12
Gluten Roast 30
Greek Salad 1
Green Papaya Salad 2
Guacamole 2

Hadra Bean Soup 8
Hijiki and Carrots 15
Himmei und Erde 12
Hommus 34
Hot Radish Salad 4

Japanese sauces 41

Kamala's Special Cake 47
Kidney Bean Cassarole 33

Lasagne 26

Lentejas Gratinadas	36	Salsa Di Avacado	2
Lentil Soup	6	Sambai-Zu	41
Macroburgers	38	Scones	46
Mantou	46	Scrambled Tofu	15
Marinated Seaweed	13	Sesame Rice Balls	23
Mayonnaise	40	Soysage	37
Millet Croquettes	21	Special Rosti	14
Miso Dressing	41	Spinach with Parmesean	16
Mung Pilau		Spinach Triangles	13
Mustard Rice-Zucchini	21	Steamed/Baked Fennel and Cheese	10
Nahai-zu	41	Steamed Bread	46
Nut Roast	20	Stir-Fried Vegies with Tofu	18
Om-made Salad Dressing	43	Stone Soup	v
Paella Vegetariana	21	String Beans with Sesame Sauce	19
Pasta and Nuts	25	Stuffed Vegetables	17
Pastas	24	Stuffed Eggplant	. 10
Pastas Beans and Black Olives	25	Sushi	23
Pastry Dough	46	Sweet and Sour Sauce	42
Peanut Soup	6	Sweet Quick Bread	47
Peanut Spagetti	26	Sweet Vinegared Ginger	42
Peppery Beans	33	Tabouii	3
Polenta	22	Tacos	37
Pon-zu	41	Tamarind Chutney	42
Potato Salad	5	Tempura	11
Potatoes Huacaina	14	Three-Colour Peppers	30
Pumpkin Soup	7	Timpana	27
Raita	4	Vegetable Kebabs	15
Rice Pilav	24	Vegetarian "Tripe"	32
Rice Salad	5	Waldorf Salad	1
Root Salad	1	Walnut Balls	19
Rosemary Potatoes and Chickpeas	16	Yogurt-Cucumber Salad	4
Saffron Lentil-Rice	35	Yummy Cabbage	11
		Zopf	44

THE DOE edged a little closer. "What's that you say?"

"Stone Soup."

"Stone Soup?"

"Stone Soup, I said, and a good one, too!" she snapped.

"I've got nearly all the things I need to make it and would have made it for everyone, you know, but you are all so busy and no time to set and sup a while with an old woman like me."

STONE SOUP is a collection of over 120 delicious recipes from around the world. They are quick, simple to make, and ideal for newly-vegetarian cooks. Experienced cooks, too, will enjoy STONE SOUP.