Recipes

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## Contents

1. **India**  
   - 1.1 Chana Dal ........................................ 3  
   - 1.2 Chana Masala ..................................... 4  
   - 1.3 Idli ................................................. 5  
   - 1.4 Sambhar ............................................... 6  

2. **Thailand**  
   - 2.1 Sweet Sticky Rice .................................. 8  
   - 2.2 Red Curry ............................................ 9  
   - 2.3 Red Curry Paste .................................... 10  
   - 2.4 Mussamun Curry ..................................... 11  
   - 2.5 Jasmine Rice ......................................... 13  

3. **Miscellaneous**  
   - 3.1 Dried Beans .......................................... 14  
   - 3.2 Well-Fried Beans .................................... 15  
   - 3.3 Tamales .............................................. 16  
   - 3.4 Enchiladas ........................................... 17  
   - 3.5 Baked Beans .......................................... 18  
   - 3.6 Tomato Sauce ......................................... 19  
   - 3.7 Cashew Cream ......................................... 19  
   - 3.8 Almond Sesame Topping .............................. 19  
   - 3.9 Eggplant Lasagne ................................... 20  
   - 3.10 Broccoli Soup ....................................... 21  
   - 3.11 Squash Soup ........................................ 22  
   - 3.12 French Toast ........................................ 23  
   - 3.13 Nut Butter ........................................... 24  
   - 3.14 Nut Milk ............................................. 25  
   - 3.15 Peanut Butter Sauce ............................... 26  
   - 3.16 Oatmeal .............................................. 27  
   - 3.17 Pickled Cucumbers .................................. 28  
   - 3.18 Tapioca Pudding ................................... 29  
   - 3.19 Mushroom Gravy ..................................... 30
4 Baking

4.1 Banana Bread .................................................. 31
4.2 Carrot Bread .................................................... 32
4.3 Pumpkin Bread .................................................. 33
4.4 Pie Crust .......................................................... 34
   4.4.1 Flour Crust ................................................. 34
   4.4.2 Oat Nut Crust ............................................. 34
4.5 Blueberry-Rhubarb Pie ...................................... 35
4.6 Sweet Potato Pie .............................................. 36
4.7 No Knead Bread ................................................. 37
4.8 Regular Bread .................................................. 38
4.9 Rye Bread ...................................................... 40
4.10 Bean Pizza ..................................................... 41
4.11 Dessert Pizza .................................................. 42
4.12 Zimtschnecken ............................................... 43
4.13 Farina Corn Bread .......................................... 44
4.14 Anise Cookies ................................................. 45
4.15 Granola ......................................................... 46
Chapter 1

India

1.1 Chana Dal

- 1 1/2 cups chana dal
- 6 dried red chills, or more to taste
- 2 bay leaves
- 1 large onion, minced
- 8 large cloves of garlic, minced
- 1 large handful dried coconut
- 1 large tomato
- salt to taste

Soak the chana dal for 30 minutes to an hour. Drain the water. Pressure cook with 4 cups of water for 7 minutes. Meanwhile, heat a few tablespoons of oil on medium heat. Add the chilis and bay leaves and sauté for a minute until the red chilis start to smell roasted. Add onion and sauté for 5-10 minutes until the onions are slightly brown. Add garlic and sauté for a few more minutes, then add coconut and sauté for about five more minutes until the garlic and coconut are slightly browned. Now add the tomato and sauté a few minutes more. Add the chana dal and salt to taste (about 1 1/2 – 2 teaspoons). Simmer for 10 more minutes. The chana dal is even better if it sits for an hour or two. Eat the chilis if you want the dal to be quite spicy.
1.2 Chana Masala

- 2 medium/large tomatoes
- 1 tbsp. minced ginger
- 1 serrano chili, chopped
- 3 tbsp. oil
- cumin seed
- asafoetida
- 1 tbsp. besan (chickpea flour)
- 2 tbsp. ground coriander
- 1 tsp. turmeric
- 1 tsp. red chili powder, to taste
- 3 cups cooked chickpeas
- 1 1/2 tsp. salt, to taste (less if chickpeas are salted)
- 1/2 tsp. garam masala
- cilantro, chopped
- lemon juice or mango powder (optional)

Blend tomatoes, ginger, and chili. Heat oil on medium, test heat with a few cumin seeds, which should crack immediately. Once hot, add cumin seeds, asafoetida, and besan, stir for a few seconds. Add tomato puree, coriander, turmeric, and chili powder, and cook for about 4 minutes until reduced by half and the spices are leaving the oil. Then add chickpeas, 1 cup water (or chickpea cooking liquid!), salt, and cook 7-8 minutes. Press chickpeas to soften them, adjust water. Add garam masala, cilantro, and lemon juice or mango powder (if using), and cook for one more minute.
1.3 Idli

- \( \frac{3}{4} \) cup whole urad dal
- \( \frac{1}{2} \) tsp. fenugreek seeds
- 1 cup basmati rice
- 1 tsp. salt
- \( \frac{1}{4} \) tsp. yeast

Soak dal and fenugreek in one container and rice in another container for at least 4 hours. In a blender, blend the soaked dal and fenugreek to a smooth and creamy consistency, using only as much of the soaking liquid as necessary, and then pour into a mixing bowl. Blend the soaked rice afterward using very little water until the texture is slightly gritty, and add it to the mixture. Add salt and yeast to the mixture and mix well with your hand. Cover with a dishcloth and let sit to ferment for 8-24 hours, depending on the temperature (warm accelerates fermentation). If the temperature is cold, try placing the mixture into a slightly warmed oven with the heat turned off. The mixture is sufficiently fermented when it has roughly doubled in volume, become fluffy, and smells slightly yeasty (but not very sour, which is a sign of too much fermentation). Refrigerate until ready to make idlis (cold stops the fermentation). The batter will last for several days in the fridge.

Grease idli moulds. Add water to the idli batter until the consistency is thick but easily pourable without clumping. Scoop idli batter into moulds and steam for roughly 15 minutes. Remove moulds from the steamer, let cool for a few minutes, and use a large spoon to scoop idlis onto a plate. Repeat with the remaining batter.

Enjoy idlis with sambhar or chutneys! Most recipes use a higher rice to dal ratio, so try increasing the amount of rice to \( 1 \frac{1}{2} \) or even 2 cups (add a bit more salt too). You could also decrease the amount of dal to \( \frac{1}{2} \) cup, but \( \frac{3}{4} \) cup dal is a perfect amount for my blender.
1.4 Sambhar

Sambhar paste:

- coriander seeds
- dried chilis
- peppercorns
- cumin seed
- rice
- chana dal
- fenugreek seeds (not too many)
- mustard seeds
- cinnamon stick
- whole cardamom (not too much)
- whole cloves
- oil
- ginger
- garlic
- coconut powder

Dal:

- $\frac{1}{2}$ cup toor dal
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{4}$ tsp. turmeric
- $2\frac{1}{2}$ cups water

Seasoning:

- 2 tbsp. oil
- $\frac{1}{8}$ tsp. fenugreek seed
- $\frac{1}{2}$ tsp. cumin seed
- $\frac{1}{4}$ tsp. mustard seed
- pinch of asafoetida
- 4 dried red chilis, seeded
- 10-12 curry leaves
- 1 large tomato, sliced
- 1 1/2 cups mixed vegetables (carrot, radish, green beans, cauliflower, onion, zucchini, peas, etc.)
- 2-3 tbsp. sambhar paste
- 2 tbsp. tamarind liquid (or use 1-2 stalks of lemongrass)
- 1 cup water

For the paste: dry toast all the seeds (go to Vah Reh Vah for rough amounts) and whole spices (everything before the oil) on a medium-low flame for about 10 minutes. Then pour into a blender. Heat the oil, saute sliced ginger and garlic for a few minutes, add coconut powder, saute another minute, and blend with the dried spices, adding water as necessary.

Cook dal with the other ingredients (and lemongrass if using in place of tamarind) until the dal breaks down (45 minutes?).

Heat oil until a cumin seed cracks immediately. Add fenugreek, cumin, and mustard, then asafoetida, dried chilis, and curry leaves. Add vegetables, stir to mix, then add remaining ingredients. Cook about 10-15 minutes until vegetables are nearly done. Then add lentils and additional water if necessary to get a thin soup-like consistency. Bring back to a boil, add more salt if necessary, and simmer for 10-15 minutes more to blend flavors.
2.1 Sweet Sticky Rice

Rice:

- 2 cups white sticky (glutinous) rice

Coconut sauce:

- 3 cups coconut milk
- vanilla extract
- 1 cup (1/2 lb.) palm sugar
- 1 tsp. salt

Soak the rice for several hours or overnight. Rinse, drain, and steam for 30-45 minutes. Meanwhile, make coconut milk by blending boiling water with coconut flakes, and straining the liquid into a bowl. (Mix 2 cups boiling water and 1 1/2 cups dried coconut, blend, and strain. Repeat using the same coconut and another 2 cups of boiling water. Canned coconut milk is thicker; consider diluting 2 cups canned coconut milk with 1 cup water.) Mix the ingredients for the sauce and heat until the sugar is melted. When the rice is done, mix with 3/4 of the sauce in a bowl, cover, and place back in the steaming basket over the hot water for 15 minutes. Serve by coating small mug or other container with sauce, filling it with rice, and then depositing the small mound onto plates. Serve with fresh fruits (mango, berries, peaches, etc.) and top with some of the leftover sauce and toasted sesame seeds or toasted mung beans.
2.2 Red Curry

- $\frac{1}{4}$ cup red curry paste
- 3 cups coconut milk
- 1-2 tbsp. palm or brown sugar or molasses
- 3-4 tbsp. soy sauce
- 1-2 stalks lemongrass
- 6-10 torn kaffir lime leaves
- slow cooking vegetables (e.g. eggplant, carrot, potato, mushroom, onion)
- fast cooking vegetables (e.g. red and green peppers, zucchini)
- salt, to taste
- cashews (optional)
- fresh basil (for garnish)

Heat a few tablespoons of oil and fry half the paste for a few minutes, stirring frequently, to blend flavors. Add the coconut milk, the sugar, soy sauce, salt, and half the lime leaves, torn slightly. Add the slow-cooking vegetables and cook for about 10 minutes. This is a good time to turn off the heat if you will not be serving immediately. Bring back to a boil if necessary, then add the fast cooking vegetables, and salt to taste. The curry should be well-salted, since it will be mixed with unsalted rice. Cook for a few more minutes, then turn off the heat, add the cashews if desired, and let sit for a few more minutes. Garnish served portions with fresh basil.
2.3 Red Curry Paste

- 30-40 small dried red chilis
- 2 tbsp. coriander seeds
- 2 tsp. cumin seeds
- 20 peppercorns
- 6 stalks lemongrass
- 1/2 cup chopped onion
- 4 tbsp. garlic (8 large cloves)
- 2 tbsp. chopped peeled galangal
- 1-2 tbsp. turmeric root
- 2 tsp. salt
- Chopped fresh red chilis (optional for more heat)

Soak chilies in warm water for 20 minutes. Toast the coriander seeds for 3-4 minutes and the cumin seeds for 1-2 minutes until brown and fragrant. Let cool and grind with the peppercorns. Mince everything else and blend into a smooth paste, adding water as necessary (with a Vitamix, use the tamper to push down the ingredients – no water required). Makes about 1 1/2 cups; enough for roughly four curries.
2.4 Mussamun Curry

Curry paste:

- 20 small dried red chilis
- 2 tbsp. coriander seeds
- 2 tsp. cumin seeds
- 10 cardamom seeds
- 1 small cinnamon stick
- 1 whole nutmeg
- 5 whole cloves
- 1 tsp. black peppercorns
- 3 stalks lemongrass
- ⅛ cup chopped onion
- 2 tbsp. garlic (8-12 cloves)
- 1 tbsp. chopped peeled galangal
- 1 tbsp. turmeric root
- 1 tsp. salt

Curry:

- 3 cups coconut milk
- potato, carrots, onion
- 2-3 tbsp. palm or brown sugar
- 4 tbsp. soy sauce
- salt to taste
- ½ cup tamarind liquid
- 3 bay leaves
- 1 cinnamon stick
- ½ cup roasted peanuts

To make the paste: stem and seed the chilis and soak them in warm water for 20 minutes. Drain and squeeze dry. Toast the coriander, cumin, cardamom, cinnamon, nutmeg, cloves, and peppercorns in a dry pan for 5-7 minutes. Let cool and grind in a coffee grinder (break up the cinnamon first; grate the nutmeg). Mince everything else and blend into a smooth paste, adding water as necessary.

For the curry, heat a few tablespoons of oil and add half the paste (save the other half for another curry). Fry for a few minutes, stirring frequently, to blend flavors. Then add
the vegetables and stir to coat with spices. Reserve about \( \frac{1}{2} \) cup of the richest coconut milk, adding the rest of the coconut milk, the sugar, soy sauce, salt, tamarind, cinnamon stick, and bay leaves. Cook for about 15 minutes, tasting and adjusting the soy sauce, salt, tamarind, and sugar. When the potatoes are done, add the peanuts, turn off the heat, and let sit, covered, for 5 minutes. Then mix in the rest of the coconut milk and serve with rice.
2.5 Jasmine Rice

- 2 cups jasmine rice
- 3 cups water

Rinse the rice. Bring water and rice to a boil, then stir, cover, and simmer for 15 minutes, check to see how much water is left, and simmer a few more minutes if necessary until the water is absorbed. Let rest a few minutes, fluff with a fork, and serve.
Chapter 3

Miscellaneous

3.1 Dried Beans

- 1 cup dried beans
- 3/4-1 tsp. salt (to taste)
- water

Cover the beans in water and soak them overnight. The volume will roughly triple. Drain the beans. Boil them in fresh water for 1-2 hours, depending on the type and age of the beans (older beans take longer). The beans should be soft but not falling apart. Or pressure cook the beans for 8-14 minutes, depending on the type and age of the beans. Add salt to the beans and their cooking liquid after the beans are soft, while they are still hot. Do not pour away the cooking liquid, which is delicious, particularly in sauces and soups. You will get roughly 3 cups of cooked beans.

To help with recipe conversions, note that:

- 1 pound dried beans = 2 cups dried beans
- 1 cup dried beans = 3 cups cooked beans
- one 15 oz. can of beans, drained = 1.75 cups cooked beans
3.2 Well-Fried Beans

- olive oil
- 1 large onion, chopped
- chili powder
- cumin powder
- black pepper
- 6-8 cloves garlic, minced
- 3 cups cooked beans (esp. pinto, black, kidney), plus cooking liquid
- salt
- (optional) diced tomato

Sauté chopped onion until slightly browned. Add chili powder and cumin, then garlic soon afterward. Sauté for another minute until the garlic has browned a little, then add beans with some cooking liquid and salt to taste. Cook until the beans have thickened, mashing the beans if desired (esp. for pinto or kidney beans). Adjust spices. Add tomato (if using) at the end.
3.3 Tamales

Masa:

- 2 cups masa harina
- $\frac{1}{2}$ tsp. salt
- 1 tsp. baking soda
- $\frac{1}{4}$ cup extra virgin olive oil
- $1\frac{3}{4}$ cups water

Other:

- Mushroom/spinach/corn/bean/squash sauce for filling
- Spicy chili tomato sauce for topping
- 15-20 dried corn husks for wrapping

Soak the dried corn husks in water for at least 30 minutes. Prepare the filling and allow to cool. Mix masa, salt, and baking soda, then stir in oil and water and beat with a whisk; the masa should be fluffy. Remove a corn husk from the water, dry the inside, and smear a thin layer of masa on the wide half, leaving a small border on each side (hands work well for this). Then spoon on a tablespoon of filling. Fold the wrapper over so that the masa completely encircles the filling, finish rolling, and fold the bottom end over the crease. Repeat with the remaining tamales.

In a large pot with steaming basket, bring several inches of water to a boil. Insert the tamales into the basket and cover with any extra corn husks. Steam the tamales for 45 minutes, ideally without having to add open the lid to add water. Turn off the heat and allow the tamales to rest for 5-10 minutes so the masa can set. Serve hot with the topping sauce!

To reheat tamales, steam for 10-15 minutes.
3.4 Enchiladas

- tortillas
- bean sauce for filling (e.g. [3.2])
- spicy tomato sauce for topping.
- (optional) sautéed vegetables (e.g. mushrooms and zucchini) for topping

Use up leftover beans by filling them into tortillas, folding up the tortillas, packing them tightly into a baking dish, and covering them with a spicy tomato sauce (a list of possible ingredients could be tomatoes, onion, garlic, spicy peppers, and cumin). Top with additional vegetables if desired, and bake covered at 400 F for 30 minutes, then uncovered for another 15 minutes.
3.5 **Baked Beans**

- olive oil
- 1 medium onion, chopped
- 6-8 cloves garlic, minced
- 3-4 medium tomatoes or 1 15-oz can of diced tomatoes, blended
- ⅓ cup light molasses and/or maple syrup
- 2 tsp. ground yellow mustard seeds
- ¼ tsp. ground allspice
- 1 bay leaf
- 1 tsp. salt (use only ⅓ tsp. if the beans are already salted)
- 2 cups cooked navy beans

Sauté the onion in oil over medium heat until slightly browned. Add the garlic and sauté for another minute. Then add the blended tomatoes, the molasses/maple syrup, and the spices, and cook for 5 more minutes. Mix in the beans, transfer to an oven-safe container, and bake covered at 350 F for an hour, stirring once after 30 minutes. The sauce should thicken and sweeten while baking. Serve warm.
3.6 Tomato Sauce

- olive oil
- 1 large onion, chopped
- 6-8 cloves garlic, minced
- splash of red wine (optional)
- 2-3 cans tomato sauce (about 30 oz.; even better: puree fresh or diced tomatoes in a blender)
- salt and black pepper, to taste
- dried oregano and basil

Sauté onion in oil on medium heat until translucent. Add minced garlic. Sauté about a minute longer, then pour in wine, if using. Allow alcohol to evaporate, then add tomato sauce. Bring to a boil, add spices, reduce heat to low, and simmer partially covered until thicker (about an hour). Taste and adjust spices.

3.7 Cashew Cream

- 1 cup raw cashews, soaked in water for at least 2 hours
- 1/4 cup lemon juice (to taste)
- 2 tbsp. olive oil
- 2 cloves of garlic
- dried basil
- 1 tsp. salt (to taste)

Blend until creamy, starting with the cashews, lemon juice, olive oil, and garlic.

3.8 Almond Sesame Topping

- 1/4 cup chopped almonds
- 1 tbsp. sesame seeds, toasted
- 1/8 tsp. salt
- 1/4 tsp. lemon zest

Pulse in a food processor or spice grinder until fine.
3.9 Eggplant Lasagne

- 1 package lasagne noodles, cooked (you’ll probably only need $\frac{3}{4}$-lb. of pasta)
- double recipe of tomato sauce (3.6)
- double recipe cashew cream (3.7)
- 1 recipe almond sesame topping (3.8)
- olive oil
- 3 eggplants, peeled
- salt and pepper

Cut the eggplants into cubes. Sauté in a little oil until lightly browned, then add salt and black pepper to taste. A cast iron pan works especially well for this because you need hardly any oil.

In a 9 × 13-inch baking dish, ladle in sauce to cover the bottom, then put a layer of noodles, top with half the cashew cream, half the eggplant, and more sauce. Add another layer of noodles, the rest of the cashew cream, and the rest of the eggplant. Top with a third, final layer of noodles, more sauce, and the almond sesame topping (you may have some sauce left over, depending on how saucy you like your lasagne). Cover with aluminum foil and bake at 375 F for 30 minutes, then remove the foil and bake an additional 20 minutes. Allow to cool for 10 minutes before serving.

Also try replacing the eggplant with sautéed mushrooms (use at least a pound) seasoned with salt, pepper, and thyme, or adding layers of spinach (use at least a pound, sauté until the spinach has released its water and some of the water has evaporated – what happens if you put in raw spinach?), which should pair well with both the eggplant and the mushrooms.
3.10 Broccoli Soup

- 1 onion
- several tbsp. flour
- black pepper
- 1 large head broccoli, stems included
- 8 cremini mushrooms
- salt
- a pinch of lovage (Maggikraut)

Sauté chopped onion in olive oil until slightly brown. Add flour and black pepper. Sauté until the flour is light brown. Then add 4-6 cups of water, the chopped broccoli, and half the mushrooms. Bring to a boil, add remaining spices, and simmer for 20 minutes. Then blend the solids with some of the liquid, return the puree to the pot, add any leftover broccoli and thinly sliced mushrooms, salt to taste, and simmer 10-15 minutes longer until the vegetables are done.
3.11 Squash Soup

- 1 onion
- 2-3 dates
- ginger root
- black pepper
- several cups of baked squash (about one large or two medium squash), especially butternut
- salt
- a pinch of turmeric and/or nutmeg (optional)

Sauté chopped onion, dates, and ginger in olive oil until slightly brown. Mix in squash and black pepper and sauté for about five more minutes. Then add about four cups of water and salt to taste. Bring to a boil, let simmer for 5-10 minutes, and blend in a blender until smooth. Check again for salt and serve hot!
3.12 French Toast

Base:

- several slices of bread
- \( \frac{1}{4} \) cup chickpea flour
- 1 tbsp. of rice flour/fine farina
- \( \frac{1}{8} \) tsp. baking soda
- \( \frac{1}{4} \) cup water

Sweet:

- 1 tbsp. sugar
- little bit of vanilla

Savory:

- finely chopped onion
- finely grated zucchini
- cilantro
- green chili
- chili powder
- cumin powder
- salt
- pepper
- other spices

Heat a skillet on medium heat. Mix sifted flours and baking soda, then stir in water and mix well. If making sweet, add sugar and vanilla, and mix well. If making savory, add spices and vegetables and mix well. Lightly oil the skillet, coat the slices of bread with batter, and place on skillet. Cook for a few minutes until browned, then sprinkle some oil on the top of each slice, flip, and cook a few more minutes. Serve sweet with cinnamon and maple syrup (or coat in cinnamon sugar), or savory by itself or with chutney. Serve immediately.
3.13 **Nut Butter**

- 3-4 cups nuts

First, toast the nuts. Toasting time depends on the nuts and your preference (munch on a nut to see if they are toasted to your taste!), for instance:

- Peanuts: 350 F, 20-25 minutes, stir several times.
- Walnuts: 350 F, 15 minutes, stir after 10.
- Pecans: 350 F, 6 minutes, stir after 4.

Then blend using canola oil or a nut oil if necessary (esp. for the peanuts, which also don’t suffer from 1 tsp. of salt and a handful of flax seeds).
3.14 Nut Milk

- $\frac{1}{2}$ cup raw nuts (almonds, hazelnuts, walnuts, pecans, cashews, etc.)
- sweetener, such as a soaked date or two (optional)
- 1 tsp. vanilla extract (optional)

Soak the nuts in water overnight or for at least 4 hours. Blend with 3 cups of water and the optional ingredients, if using. You can vary the amount of water (or nuts) for thinner or thicker nut milk.
3.15  **Peanut Butter Sauce**

- 1 tbsp. oil (esp. peanut, sesame)
- 1 medium onion, minced
- 6-8 cloves garlic, finely minced
- 2 tbsp. sesame seeds
- red pepper flakes (to taste)
- 4 tbsp. peanut butter
- 4 tbsp. soy sauce (to taste)
- water (about a cup, more later as needed)
- black pepper
- juice from \( \frac{1}{2} \) lemon
- also try: ginger, mushrooms, other vegetables.

Sauté onion in oil for a few minutes on medium heat until translucent. Then add garlic and sesame seeds and sauté until lightly browned. Add pepper flakes, peanut butter, and soy sauce, and mix well. Add water, mixing well, until a somewhat liquid consistency is reached. Bring to a boil, cover, and simmer on low for 5 minutes. Add a bit more water to get desired consistency, add pepper and lemon juice, and serve. The sauce gets better if it sits for a day!
3.16  Oatmeal

- $\frac{3}{4}$ cup water
- vanilla extract
- pinch of salt
- 1 big handful of rolled oats (or rolled barley)
- 1 handful of raisins
- 1 tbsp. peanut butter
- 1 ripe banana, mashed
- cinnamon
- (optional) grated nutmeg, cardamom powder, cocoa powder, coffee

Bring 1 cup of water, a bit of vanilla extract, and a pinch of salt to a boil. Add the oats and raisins. Boil uncovered, stirring occasionally, until most of the liquid is evaporated and the oats are soft (about 5 minutes). Meanwhile, mash the banana. Then add grated fresh nutmeg and cardamom powder (if using) into the oatmeal, stir in the peanut butter, and transfer to a bowl. Top with the mashed banana, cinnamon, and cocoa powder (if using). Add a splash of coffee (if using).
3.17  Pickled Cucumbers

Countertop:

- 1½ lbs. small cucumbers
- 2 cups water
- 1½ tbsp. salt
- 1½ cups ice
- dill, garlic, jalapeño

Wash cucumbers well, trim off a bit of both ends, and cut into spears. Pack into glass jars, and push in thinly sliced garlic and jalapeño. Bring the water to a boil, and mix in salt until it dissolves. Mix in the ice and let cool. Pour into jars so that cucumbers are covered. Close lids loosely, place jars in a bowl or pan because of possible leaking, and leave on the counter for 3-5 days, tasting daily after 3 days, until the pickles are sufficiently sour, at which point they should be refrigerated. This made 3 small jars.

Next attempt: whole small cucumbers. About ½-liter of de-chlorinated water made into 5% brine (25 grams of salt) for 1½ pounds of small cucumbers, densely packed into one big strawberry jam jar. Added lots of dill, a few cayenne peppers, and two cloves of garlic, sliced.

Refrigerator:

- 1½ lbs. small cucumbers
- 1 cup water
- 1 cup white vinegar
- 1 tbsp. sugar (use 2 tbsp.?)
- 3 tsp. salt
- 1 cup ice
- dill, garlic, jalapeño

Wash cucumbers well, trim off a bit of both ends, and cut into spears. Pack into glass jars, and push in thinly sliced (or whole) garlic and jalapeño. Bring the water to a boil, and mix in sugar and salt until it dissolves. Mix in the vinegar, add ice and let cool. Pour into jars so that cucumbers are covered. Close lids and refrigerate for at least 2 days. Pickles will get more sour over time.
3.18 Tapioca Pudding

- $\frac{1}{2}$ cup tapioca pearls
- 3 cups thin coconut or nut milk
- $\frac{1}{2}$ cup sugar
- vanilla
- pinch of salt

Soak the tapioca in water for several hours. Bring all ingredients to a boil, and simmer, stirring frequently, until the tapioca pearls are completely translucent. Pour into bowls and serve warm or cool. Try serving with fruit. Also try making chocolate pudding with tapioca.
3.19 Mushroom Gravy

- 1 onion, finely minced
- 6 cremini mushrooms, finely minced
- dried thyme
- 3 cloves garlic, finely minced
- $\frac{1}{4}$ cup chickpea flour (besan)
- 3 tbsp. soy sauce
- black pepper
- 4 cups chickpea broth
- 1 tbsp. fine nutritional yeast
- 1-1$\frac{1}{2}$ tsp. salt, to taste (less if the chickpea broth is salted)

Sauté onion and mushrooms in several tbsp. olive oil until they have released all their water and are slightly brown. Add crumbled thyme, garlic, and besan and sauté until the besan has turned golden brown. Add the soy sauce, pepper, and chickpea broth. Bring to a boil and add the nutritional yeast and salt, mixing with a whisk if necessary to get rid of clumps. Simmer for 5-10 minutes, adjust salt if necessary, and serve hot.
Chapter 4

Baking

4.1 Banana Bread

Wet:

- 5 bananas, mashed (very ripe; small or 3-4 large)
- $\frac{1}{2}$ cup sugar (turbinado)
- 2 tbsp. olive oil
- 1 tbsp. molasses
- 1 tbsp. vanilla

Dry:

- 1 cup flour (mix of plain, whole wheat, chickpea, farina, oat, etc.; try $\frac{3}{4}$ farina and $\frac{1}{4}$ chickpea)
- $\frac{1}{2}$ tsp. baking soda
- 1 tsp. baking powder
- 1 tsp. cinnamon
- pinch salt
- (optional) pinch allspice, nutmeg, cloves, cardamom
- (optional) chopped nuts, esp. pecans, walnuts

Preheat oven to 350 F. Mix wet and dry ingredients separately, then fold wet into dry until well-combined. Finally, fold in nuts. Bake in greased 5 × 9 inch bread pan for 1$\frac{1}{2}$ hours. Remove from oven, let cool about 10 minutes, and then overturn onto a plate. If it won’t come out of the pan, cut around the edges and/or gently push inward from the edges with a knife. Let the moist bottom dry for 10-15 minutes, then turn it back upright and serve. The banana flavor is stronger the next day.
4.2 Carrot Bread

Wet:
- 4 large carrots, grated finely
- 3 tbsp. olive oil
- 1 tbsp. vanilla
- 1 tsp. lemon zest
- \( \frac{1}{4} + \frac{1}{2} \) cup water, nut milk, or orange juice

Dry:
- 1 cup flour (plain, whole wheat, farina, chickpea, etc.)
- \( \frac{3}{4} \) cup sugar (turbinado)
- 1 tsp. baking soda
- \( \frac{1}{2} \) tsp. cinnamon
- pinch salt
- raisins
- (optional) pinch allspice, nutmeg, cloves, cardamom
- (optional) chopped nuts, esp. pecans, walnuts

Preheat oven to 350 F. Mix wet and dry separately, then fold wet into dry until well-combined. Finally, fold in nuts and raisins. Bake in greased 5 × 9 inch bread pan for 1\( \frac{1}{4} \) hours.
4.3 Pumpkin Bread

Wet:

- 2 cups pumpkin puree
- 2 tbsp. olive oil

Dry:

- 1-1 1/2 cups flour (plain, whole wheat pastry)
- 3/4 cup sugar (turbinado)
- 1-1/2 tsp. baking soda
- 1 tsp. cinnamon
- 1/2 tsp. ginger
- ground cloves, nutmeg, allspice, cardamom
- pinch salt
- raisins

Preheat oven to 350 F. Mix wet and dry separately, then fold wet into dry until well-combined. Finally, fold in raisins. Bake in greased 5 × 9 inch bread pan for 1 1/2 hours.
4.4 Pie Crust

4.4.1 Flour Crust

- $1 \frac{1}{2}$ cups flour (try replacing some with ground nuts, such as almonds)
- $\frac{1}{4}$ cup oil
- $\frac{1}{4} - \frac{1}{2}$ cup ice-cold water (the cold makes the dough easier to work with)
- pinch of salt

Mix the ingredients, knead briefly, and divide into two even parts. Roll each half out using a rolling-pin and extra flour, if necessary. One half is for the base of the pie; the other is for the top.

4.4.2 Oat Nut Crust

- $\frac{1}{2}$ cup pecans
- $1 \frac{1}{4}$ cups oats
- 6 dates
- 2 tbsp. olive oil
- 1 tbsp. peanut butter
- 3 tbsp. cold water

Pulse the pecans in a food processor. Add oats and pulse again. Add dates, oil, and peanut butter, and process a bit more. Add water and process again. Push mixture into the base and sides of a pie dish.
4.5 Blueberry-Rhubarb Pie

- 4 cups rhubarb, cut into small cubes
- 2 cups blueberries
- 1 cup sugar (esp. turbinado)
- ground almonds
- 1 flour pie crust (4.4.1)

To prepare the filling, mix the rhubarb, blueberries, sugar, and almonds. Place one rolled-out half of the crust in a pie dish, add the filling, and cover with the other rolled-out half. Make a few holed in the top with a fork. Bake at 400 F for 50 minutes. The pie sometimes leaks, so placing a tray underneath while baking can be a good idea.
4.6 Sweet Potato Pie

- 3/4 cup turbinado sugar
- 2 tbsp. corn starch
- 3/4 tsp. cinnamon
- 1/4 tsp. nutmeg
- pinch of salt
- 1/4 cup cashews, soaked in water for at least 2 hours
- 1-1 1/4 cups coconut milk
- 1 tsp. vanilla extract
- 1 1/2 cups cooked sweet potato (about 2 large yams, steamed/baked)
- 1 oat and nut pie crust (4.4.2), refrigerated until ready to use

Mix sugar, corn starch, cinnamon, nutmeg, and salt in a bowl. Blend cashews, coconut milk, and vanilla until smooth, then add sweet potato and blend a bit more. Pour into bowl with dry ingredients and whisk well to blend. Pour into pie crust and bake at 350F for 50-55 minutes. To prevent the outer crust from burning, refrigerate crust before filling, and push the crust on the edges down to the level of the filling, making it thicker. Cool for at least 3 hours before serving.
4.7 No Knead Bread

Base:

- 2 cups flour (white, rye, whole wheat, chickpea)
- \( \frac{1}{4} \) tsp. yeast
- 1 tsp. salt
- 1-1\( \frac{3}{4} \) cups water (add the extra \( \frac{1}{4} \) if using lots of seeds)

Optional:

- seeds (sunflower, pumpkin, flax, sesame, poppy, chia)
- grains (millet, amaranth, rye flakes, quinoa)
- spices (rosemary, fennel, caraway, coriander, anis)
- oil (EVOO, coconut)
- nuts and dried fruits
- wheat bran or corn meal

(For white rosemary-seed bread, add lots of seeds and grains and two tbsp. oil. For rye bread, use 1 cup white, 1 cup rye flour and increase salt to 1\( \frac{1}{2} \)-2 tsp.)

Mix flour, yeast, salt, spices, and seeds. Add water to get a sticky consistency. Mix in oil, nuts, and dried fruits if using. Cover bowl with a plastic bag and let sit at room temperature for about 18 hours.

Place dough on lightly floured work surface. Using a little flour on your hands, fold dough on itself once or twice. Sprinkle with flour and let sit covered for 15 minutes. Sprinkle flour and wheat bran on a cutting board, then place dough seam side down on the board. Sprinkle with more flour and let sit covered for 2 hours.

Heat oven to 500 degrees, with heavy covered pot or baking dish inside. Once hot, remove pot from oven, turn the dough over into it, replace the lid, and bake 30 minutes. Then remove lid and bake another 15 to 30 minutes.
4.8 Regular Bread

- 2 cups water (half cold, half heated to near boiling – combination should be warm but not too hot)
- 2 tsp. yeast
- 2 tsp. salt
- \( \frac{1}{6} \) cup oil
- white flour

Pour water into large bowl. Add yeast, salt, and oil, and mix well. Then mix in flour until you get a soft but workable (not too sticky) dough. Remove from bowl and knead with additional flour until smooth. Then shape to a ball by kneading in a circular motion with the palm of one hand, adding extra flour underneath if necessary.

Let sit covered for 30-40 minutes. Then form, let rise covered for 35-40 minutes, and bake at 425 F for 30-45 minutes (depending on size of bread).

Makes about 24 Semmeln (rolls).

Here are some ideas for forming.

- Large round loaf. Knead into ball of desired size. Brush the top with water and make several cuts in the top before putting into the oven. Bake for 40+ minutes.

- Long thin loaf (baguette).

For the remaining smaller rolls, begin by pulling off a small bit of dough (about a 24th of the quantity above), and rolling it into a smooth ball by caging it tightly with your hand and fingers, using the palm of your hand to push it onto the working surface, and moving your hand in a circular motion. The baking time will be about 30-35 minutes.

- Semmeln (rolls). Make an indentation through the middle of the ball by pushing hard with the handle of a wooden spoon. (For more of an indentation, tug the ball into an ellipsoid, and make the indentation in the longer direction.) Right before placing them in the oven, brush the top with water.

- Variation (sesame or poppy seed topping). Make two perpendicular indentations in the above manner. Brush the top with water and then drop upside down onto a dish with a layer of the chosen seeds. Let rise and then bake.

- Poppy seed Zöpfle (braided rolls). Roll the ball into a cylinder, divide into three pieces, and roll into three even thin cylinders. Attach the three at one end and braid together. Brush the top with water and drop into a dish with poppy seeds as above. Let rise and bake.
* Salz Stangerln. After rolling the pieces into balls, flatten them with both hands and let sit a few minutes. Then roll them into evenly thin ellipsoids. Next, place an ellipsoid with longer diameter pointing toward you. Now stretch the top end horizontally, and roll it thinly toward you slightly, pushing the ends down a little so they stay rolled. Next, stretch the end nearest to you with your left hand as you roll the top (slightly rolled part) toward you with the palm of your right hand. The idea is that the stretching makes the dough into a triangle, so that as you roll it toward you, you get a nice grading of layers in the finished product. Pinch the end so that it does not come undone.

Once they are all rolled, brush them with water and top with large salt crystals and caraway seeds, pushing a little to help the caraway stick. Then let rest and bake.
4.9 Rye Bread

Starter:

- 4 cups warm water
- saved starter (or 2 tsp. yeast if you haven’t baked rye bread before)
- rye flour

Dough:

- 4 cups warm water
- 7 tsp. salt
- 4 tsp. yeast
- white flour (optionally, more rye flour too)
- molasses or rye malt (optional)
- caraway, coriander, or fennel seeds, or Zigeunerkraut (optional)

Mix ingredients for starter, adding rye flour until you get a wet, sticky porridge. Let sit covered in a warm place for 24 hours to ferment. Once fermented, save several tbsp. in a container in the fridge to use in the next starter. Then add all ingredients for the dough and start to mix. Add white flour until the mixture comes together and becomes kneadable. Knead until the dough is well blended and smooth. Make two loaves or nine small rolls (enough to cover one baking sheet) and let sit covered for 50 minutes to rise. Bake loaves for 52-55 minutes at 420 F and small rolls for 38-40 minutes at 420 F. Form the next set of loaves or rolls right before you put the current batch into the oven.

One good brand of rye flour is the organic whole rye flour in the bulk section of Smith’s Marketplace.

This recipe is for a large amount of bread! If you’re not baking for an army, consider making one-half or just one-fourth of the listed amounts.
4.10 Bean Pizza

Crust (for two pizzas):

- 1 cup warm water
- 1 tbsp. yeast
- 1 tsp. salt
- 2-3 tbsp. oil
- white flour
- seeds (e.g. amaranth, millet, flax, sunflower, cumin)

Topping:

- well-fried beans or other sauce (bean sauce, pesto, hummus, etc.), spreadable but not runny
- tomato, thinly sliced
- zucchini/mushrooms/green pepper/avocado, thinly sliced
- corn
- jalapeño, thinly sliced
- garlic, thinly sliced
- oregano
- olive oil
- coarse sea salt

Mix dough, knead, and let rest covered in a warm area for 30 minutes. Preheat oven to at least 500 F.

Divide dough in half (this will make two pizzas!), knead briefly, and stretch quite thin using your hands/gravity/a rolling pin. Place on slightly greased baking sheet and let sit until almost ready to bake.

Smear a layer of cooled beans on pizza, then add other toppings.

Bake the pizzas one at a time for 14 minutes each at the second lowest oven rack height until the crust is golden brown.
4.11 Dessert Pizza

Crust (as in previous recipe, maybe without seeds)

Topping:

◊ hazelnut butter mixed with a little nut milk or lemon juice
◊ 2 bananas, sliced
◊ frozen berries
◊ lemon zest, grated finely
◊ sugar (esp. turbinado)
◊ cinnamon
◊ nutmeg (freshly grated)
◊ juice from one small lemon

Use the dough and oven instructions as in the Bean Pizza recipe. But top the pizzas with ingredients in the order listed. Drizzle the lemon juice on top of the pizza right before it goes in the oven.
4.12 Zimtschnecken

Starter:
- 2 cups nut milk (esp. almond or hazelnut), warm
- 3 tbsp. sugar
- 2 tbsp. dry yeast
- white flour

Dough:
- 5 tbsp. sugar
- 1 tsp. salt
- 1/4-cup oil
- vanilla
- lemon zest (optional)
- white flour

Filling:
- brown sugar (esp. turbinado)
- raisins
- cinnamon
- very thick nut milk (esp. almond or hazelnut)

Mix the starter in a bowl, adding flour to make a very wet and sticky dough. Let rest covered for 30-45 minutes for the yeast to activate. Then add the other ingredients for the dough, adding enough flour to make a soft but workable dough. Knead in the bowl until the dough comes easily out of the bowl and continue to knead on the counter until the dough is smooth and round, using more flour as necessary. Let rise covered for 20-30 minutes. Then roll out the dough into a thin sheet, top with sugar, raisins, cinnamon, and very thick nut milk (to keep the Zimtschnecken moist). Now roll the sheet into a cylinder, cut slices, and lay the slices onto a baking sheet. Bake at 370 F for 20-25 minutes until slightly brown. Makes about 24 Zimtschnecken.
4.13 Farina Corn Bread

- 2 cups farina
- 1 tsp. baking soda
- ½ tsp. salt
- pepper
- 2-2½ cups almond milk
- 1 tbsp. maple syrup
- ¼-cup olive oil
- 2 cups frozen corn, thawed
- vegetables for topping (green onions, mushrooms, caramelized onion, garlic, corn, beans, tomato, green pepper, etc.)

Mix dry ingredients. Use a whisk to mix in almond milk, maple syrup, and olive oil. Mix in corn. Pour into greased baking pan, top with vegetables, and bake at 350F for about an hour.

(Ideas: polenta bakes well too, but you have to precook the polenta in boiling water.)
4.14 Anise Cookies

- $\frac{1}{4}$ cup flour
- $\frac{3}{4}$ cup semolina
- 1 tsp. baking powder
- $\frac{1}{4}$ tsp. salt
- 2 tsp. anise seeds, ground
- 3 tbsp. oil
- 4 tbsp. coconut milk
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ tsp. vanilla extract
- handful of walnuts, chopped

Mix dry ingredients and wet ingredients separately. Add dry mixture into wet mixture slowly, stirring well. Fold in walnuts. The mixture should be very thick. Scoop heaped teaspoons onto oiled parchment paper, and bake at 350F for 15 minutes.

(Ideas: keep anise seeds whole and use only 1 tsp., use more coconut instead of oil, use cardamom instead of anise, add chocolate chips.)
4.15  Granola

- 2 cups rolled oats
- 2 cups chopped nuts (esp. hazelnuts, walnuts, almonds, cashews, peanuts; pecans toast too quickly, peanuts too slowly) and seeds (esp. sunflower and sesame; also try flax, pumpkin)
- $\frac{1}{2}$-1 cup coconut (optional)
- $\frac{1}{2}$ tsp. cinnamon
- nutmeg, freshly grated
- pinch of salt
- $\frac{1}{2}-\frac{3}{4}$ cup maple syrup (can replace up to $\frac{1}{4}$ cup by molasses, esp. if using ginger)
- $\frac{1}{4}$ cup oil or $\frac{1}{2}$ cup peanut butter, optional (for richer granola)
- vanilla extract
- other spices, optional (ground anise, cardamom, cloves, nutmeg; ground/grated ginger, cocoa powder, coffee)
- $\frac{1}{2}$-1 cup raisins/cranberries/other dried fruit

Stir together dry ingredients, then mix in the maple syrup and vanilla (well mixed with the oil, if using). Bake on a large sheet at 350F for 25-30 minutes, stirring occasionally until browned (bake to taste!). Remove from oven, mix in raisins or other dried fruit, and let cool and harden.