

6-6-10 Recipes for Kitchen as Mirror at Eisenberg's

(Each recipe is the best equivalent of what we actually did, scaled to serve 3-4 people—comments welcome as I cook by feel not recipe!)

Red Lentil Soup.

2 c. red lentils, rinsed. Soaking 2-8 hrs decreases cooking time and improves digestibility. Don't use soaking water.

¼ inch piece of ginger peeled and chopped

½ c. chopped green onion

¾ c. chopped carrots

2 c chopped greens of choice (we used mustard greens; kale, spinach, etc. would work too!)

1 ¼ inch strip Kombu (kelp) improves digestibility of beans and adds trace nutrients

1 table spoon Ghee or sunflower oil

1 tsp ground coriander

1 pinch hing (asafoetida)—improves digestibility of

½ tsp coriander

¾ tsp dill

½ tsp salt (or to taste)

Juice of half a lemon or lime

Sauté onions and ginger in oil/ghee until translucent at medium high heat. Add all spices except dill. Toast until they are strongly aromatic but before they browned. Add all veggies except greens. Stir with spices. Add lentils and stir. Cover lentils with 2 inches of water. Add Kombu and dill. Bring to a boil, reduce to simmer. Cook until tender (20-30 minutes). Add more water for thinner consistency. Add salt and remove from heat. Stir in greens which will wilt. Stir in lemon juice. Serve hot with olive oil or ghee to taste.

Brown Basmati Rice

1 c rice (Soaking 2 hrs or overnight decreases cooking time, increases digestibility, and makes a sticker rice)

2 cups water

¼ tsp salt.

Rinse rice. Combine rice and cooking water in pot. Add salt after soaking. Cover. Bring to gentle boil. Reduce to simmer. Simmer unsoaked rice 20 minutes, cooked rice 10 minutes. Turn off heat and let sit covered and undisturbed in warm place for at least half an hour, or until ready to serve any time in the day.

Creamy Sesame Salad dressing

Soak 1 c. sesame seeds overnight. Drain and rinse. Blend seeds together with ½ c. water, one peeled lemon, 1 table spoon ground coriander, and 2 tablespoons Braggs Liquid Aminos, a ½-inch piece of fresh ginger, and ½ chopped onion greens or green herb of choice. Add more water to thin to desired consistency.

Bitter-Sweet Greens

3 Cups rough chopped greens of choice

1 c. onion greens or half an onion chopped
¼ c. raisins
Salt and pepper to taste
Lemon juice to taste
Olive oil to taste

Add moist greens to hot skillet until starting to wilt (if using onion, sauté in a small amount of ghee or oil until golden). Add raisins. Cover until greens are completely wilted. Remove from heat; add lemon, salt, pepper, and olive oil to taste.

Raita

2 c. whole milk yogurt
½ c. water
¼ tsp cinnamon, and a scant ¼ tsp cardamom, ginger, and black pepper.

Wisk all ingredients together. Add as a dressing, a side, or a creamy accompaniment to soup, rice, etc. Use more water and shake vigorously for a *lasse*-type yogurt drink.

Summer Digestive Tea

Simmer 1 tablespoon each coriander, cumin, fennel, and 6 crushed whole cardamom 10+ minutes. Add handful of chopped fresh mint. Let steep at least 10 min. Serve warm or at room temperature before, during, or after meals.