

Apple Pie

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Get out 8 apples and a glass pie plate.

Measure 1/4 cup of cold water and set aside

Separate an egg so you have the white in a little dish.

In a large bowl, sift:

2 cups unbleached flour (2 1/4 cups spelt)

2/3 tsp salt

Cut one cup of shortening into the flour, until the shortening isn't in bare chunks.

Throw the water over the flour, then stir vertically and vigorously until the whole thing balls up.

Use a wooden rolling pin or a wine bottle and gently roll from the center to the outside until it reaches the edge of the waxed paper, sprinkling flour over the rolling pin and on the pastry as much as you need to. The idea is not to over-work the dough so you create nice flakes of flour and fat.

Place the pastry in the plate and coat with egg white.

Use a new sheet of wax paper, or flip the old one over and roll out the other half of the dough.

Preheat the oven to 425.

Now peel the apples and slice nice fat chunks into a bowl. Then gently dump the apples into the pie. Sprinkle two tablespoons of sugar over them. Sprinkle a good amount of cinnamon and just a sprinkle of nutmeg. Now get some warm water and use your wet fingers to moisten the edge of the pastry so the top will stick to the bottom. Drape the second sheet of pastry over the pie and press the edges. Take a sharp knife and cut some slits in the pastry to let the steam out.

Bake 40-50 minutes, making sure it's not too brown. Cool on a rack.

Banana Bread

Oil a loaf pan and line with waxed paper.

Preheat oven to 350.

With a fork, mash 2-3 overripe bananas = 1 cup.

In a small bowl, beat well 3 eggs

Beat into the eggs:

1/3 cup oil

1/4 cup honey

1/4 cup sugar

1 cup mashed bananas

1 tsp vanilla extract

1/4 cup hot water

In a large bowl, combine:

1 3/4 cups whole wheat flour

1/2 tsp salt

1 tsp baking powder

1 tsp baking soda

With a spoon, mix the wet into the dry just until it's all moist.

Bake 45 to 60 minutes.

Baking Powder Biscuits

Preheat oven to 400°

Sift together:

1 3/4 cups unbleached flour (2 cups of spelt)

1/2 tsp salt

1 tbsp baking powder

With a knife or pastry cutter, cut in:

4-6 tbsp butter

Add:

1 cup milk (made with water and 1/4 cup skim milk powder)

Stir vigorously with a dinner knife till the flour is all mixed in.

Spoon onto an oiled baking sheet

Bake 12 minutes, then break one open to see that it's not gooey inside.

Black Bean Soup

Soak: 4 c black beans in 12 cups water

Simmer 2-3 hours with:

4 large whole onions

6 whole carrots

6 whole stalks of celery

1/2 head of garlic, whole cloves peeled

2 heaping tablespoons of cumin

1 heaping tablespoon of chili powder

heaping tablespoon of salt

Lots of ground black pepper

When the beans are nice and soft, fish the the (soft) cooked veggies out into a bowl and purée them in a food processor. Stir this smooth mixture back into the soup. This way the soup has all your protein and veggies for a meal in one bowl. Add cayenne if you like it spicier.

Black and Orange

This lentil stew has the flavors of the poultry stuffing I grew up loving. Spooning it over smooth mashed root veggies makes for a real comfort food.

Sauté in oil:

1 diced onion,
2 cloves of garlic, minced

Add:

3 cups boiling water
1 veggie bouillon cube
1 tsp thyme
1 tsp sage
1 tsp salt
ground pepper,
bay leaf
2/3 cup black (Beluga, or French) lentils
1/3 cup red lentils (key to making a smooth, yummy
gravy-like stew, because black lentils hold their shape like
beans)

Simmer 30 minutes or more, until it gets quite thick on
the bottom and when you stir it, it's nice and thick.

Boil in a medium to large pot:

1 small rutabaga, no more than 1/2 inch thick
1 large sweet potato in bigger chunks
2 medium white potatoes, peeled and quartered

When the rutabaga is soft, drain and mash with:

1/4 cup butter
1 tbsp brown sugar

Yum.

Buttermilk Pancakes

Sift together:

1 cup unbleached flour (1 1/8 cup of spelt)
1/2 tsp salt
3/4 tsp baking powder
1/2 tsp baking soda

Beat until light:

1 egg

Add:

1 cup buttermilk (buy buttermilk powder at the bulk store)
1 tbsp melted butter

Mix the liquid into the dry quickly.

Cook in a hot pan till the edges look a little dry and the
top has lots of bubbles. Turn and cook till it bounces back
when you dent it with your finger. Not too long!

Cabbage Soup

This soup keeps for a week (as I think most everything does). I used to freeze it, but the cabbage gets a bit rubbery, so if you can't use twelve bowls in a week, consider halving the recipe. Everyone I've served it to has enjoyed it, so it has as much flavor as people who are used to canned soups expect.

1. Get out the 8 quart pot.
2. Boil two quarts of water in a kettle.
3. Dice:
 - 2 large onions
 - 1/2 head of garlic
4. Slice:
 - 2 stalks of celery
 - 2 large carrots
5. Cover the bottom of the pot with olive or grape seed oil and stir-fry the above veggies. Add at least a tablespoon of sea salt and lots of black pepper. When hot, not tender, pour in the boiling water and refill the kettle.
6. Add to the soup and boil:
 - 1 small can of tomato paste or 5 heaping table-spoons of crushed tomatoes (freeze the rest in an ice cube tray)
 - 5 bay leaves
 - 3/4 cup of apple cider vinegar
 - 1/2 cup of brown sugar
7. Slice the cabbage as small as you'll be comfortable eating, and to avoid really bad slurping noises. Put it in the pot as you go and add the second kettle of water when it's boiling.
8. If you have fresh parsley, chop a good bunch in. Otherwise throw in a handful of dried parsley.
 - Cover the pot and boil the heck out of it. It's done when the celery is no longer hard and the thick bits of cabbage are a bit translucent. The pot can cool overnight on the counter before you store it in the fridge.

Chili with no Carne

This makes about 8 servings.
Just cook enough kasha fresh each time you eat it, 1/2 cup per person.

Soak overnight, then cook, salted:

- 1 1/2 cups kidney beans
- 1 1/2 cups pinto beans
- 1/2 cup chick peas

Stir-fry in olive oil in soup pot till tender-crisp:

- 4 onions
- Garlic
- 6 stalks celery, sliced
- 2 large carrots, diced
- Drain beans, and add to veggies
- with 4 (four) 28 oz. cans diced tomatoes

Add:

- 1/2 cup chopped walnuts
- 1/2 cup pine nuts
- 1/3 cup chili powder
- 1/4 cup cumin
- 1 tbsp coriander
- 1 tsp black pepper
- 1 tbsp salt
- 1/2 tsp cayenne pepper

Simmer 1/2 hour or more.

In small pot boil:

- 2 cups water
- add:
 - 1 cup rinsed buckwheat kasha
- simmer 15 minutes
- Serve on top of chili.

Falafel Dinner

For two people, mix thoroughly until thick:
one cup of falafel mix with
7/8 cup water
(Brands differ, so stir in enough water that after it's really mixed in, it's pretty thick, but not stiff. Better too runny than too stiff.)

Let sit covered in the fridge at least one hour.

Fry in plenty of oil in a hot cast iron pan over medium heat until puffy and browned on both sides.

Serve as falafel sandwich in pita bread with greens or sprouts and your favourite dressing.

For my wheat-sensitive partner we have it with veggie gravy, veggies and millet.

Cook millet like rice for 15-20 minutes. One cup millet to 1 3/4 cups water.

Veggie Gravy

Make 1 cup veggie bouillon

In a small pot on medium heat, whisk together:

2 tbsp butter (let it melt and sizzle)
2 tbsp flour (or two and a half tbsp spelt flour)
bouillon
Simmer and whisk till it's smooth and thick.

Fruit Muffins

Put 'large' paper muffin cups in a 12-muffin pan.
Preheat oven to 375.

In a large bowl, sift through a strainer:
2 cups unbleached flour (or 2 1/4 cups light spelt)
1 tsp salt
2 tsp baking powder
1 cup of frozen berries
OR 1 large apple peeled and diced, plus 1 tsp cinnamon

In a small bowl, beat well 2 eggs

Beat into the eggs:
1/3 cup oil
1/2 cup honey or sugar
1 tsp vanilla extract

With a spoon, mix the wet into the dry just until it's all moist.

Bake 12-20 minutes. The muffins should rise to a nice point, but it's OK if they're flat on top.

Hummus

Soak:

2 cups dry chick peas in 6 cups of water overnight
simmer till tender, cool and drain

In food processor combine:

Chick Peas

1/2 + cup tahini (or nut substitute)

1/2 cup olive oil

1/2 cup lemon juice

1 1/2 tsp salt

2 tsp cumin

ground pepper

Optional: buzz in one roasted red pepper

Divide into 6 servings and freeze the extra.

Serve on biscuits or pita with squash soup.

Oatmeal Porridge

1. Get out a pot that holds at least 4 quarts and fill it with 11 cups of water. Add 3 teaspoons of salt. Turn it on high. It should boil by the time you've got the apples diced.

2. Measure out 3 cups of packed quick-cooking oats into a container so you can pour it in all at once. Add 1 teaspoon of cinnamon.

3. Peel and dice three apples.

4. When the water boils, stir in the oats and the apples and DON'T WALK AWAY! Stir constantly until it starts to thicken, maybe ten minutes or more. It doesn't have to be as thick as you expect it to be when you eat it – it's going to swell up overnight.

5. Take it off the burner and add three small handfuls of raisins and half a cup of honey and stir well. If you like (we do) add 1 teaspoon of vanilla extract. Mmmmm.

6. Put the cover on and leave it overnight.

7. In the morning, use elbow grease to stir it well to distribute the sunken raisins. Fill containers – you'll get five two-cup bulk food plastic containers, assuming you're having some for breakfast.

8. Add a little bit of water to get things steaming when reheating, stirring well on medium heat.

Serve with yogurt on top, or hulled hemp seed, or other nuts.

Pinto Beans - in Tacos or over Rice

Make a big batch (8-10 servings) and freeze the extra

Soak 4 cups pinto beans overnight in 12 cups water

Dice finely:

2 onions

1/2 head of garlic

1 large stalk celery

Drain beans, add the veggies and fill with water till beans and veggies are covered.

Add:

Parsley

1 tbsp salt

black pepper

Simmer till beans are soft, 1 1/2 to 3 hours.

For every day, serve pinto beans over rice with salsa and a little grated cheese on top.

Homemade corn tortillas are great for treating guests to something special and fun, without spending a lot of money on expensive ingredients. It's too much work for every day, though. At least we think so. Takes a lot of electricity, too.

Homemade Tortillas

Buy **Masa Harina**, special dried corn paste in a fairly big bag, like flour. Follow the instructions, making sure the dough is damp to the touch and soft, or the tortillas will be thick and dry. If the dough is too wet, it will tear too easily. Be prepared to waste a bit the first time, but once you've done it well, you'll remember how it feels when it's right. Use a tortilla press (about \$20 from a kitchen supply house) to flatten the balls between sheets of waxed paper.

Cook them 30 seconds on each side and stack in the oven wrapped in a cloth. I get a nice rhythm going of counting to myself while rolling balls, lining up squares of torn waxed paper, flipping tortillas in the pan and opening the oven door. You don't need company talking to you while you do this.

On the table have bowls of:

Greens or sprouts

salsa

mashed reheated pinto beans

grated cheese

Let everyone make their own tacos. They're small, delicate and delicious.

Polenta

Combine:

2 cup cornmeal grits (polenta) I get Bob's Red Mill.
2 tsp salt

Stir into:

6 cups boiling water
Bring mixture back to a boil while stirring constantly.

Reduce heat to a simmer and stir in:

1 green pepper, diced
a few sun-dried tomatoes in oil, diced

Simmer stirring frequently until it becomes very thick,
about 15 minutes or longer.

Spread into a loaf pan and refrigerate at least 4 hours before slicing. Freeze extra slices. Nice fried in olive oil and butter, served with black bean soup.

You can buy prepared polenta pretty cheap in a big sausage-shaped package. I put chunks right into my bowl of black bean soup.

Quinoa Salad

Simmer:

two cups of quinoa* in 3 1/2 cups of vegetable bouillon for 30 minutes.
Let cool.

Steam:

about a cup or so of 1" pieces of asparagus, broccoli or green beans till crisp-tender.
Let cool.

To the veggies add:

1/2 a large green pepper, chopped
two carrots sliced thinly
a few handfuls of baby spinach leaves or local wild spring greens
about three cups of mixed nuts or seeds (cashews, hazel nuts, pine nuts, sunflower seeds; pecans).
1 cup cooked chick peas

Shake together:

3/4 cups white wine vinegar
1/2 cup olive or grapeseed oil
1 tbsp of Dijon mustard

Mix dressing into nuts and veggies, then mix in loosened cool quinoa.

Refrigerate before serving. It's a whole meal!

* Quinoa is pretty expensive. To make this a bit more frugal, replace half the quinoa with brown basmati rice. Try it with all quinoa first, though. You might think it's worth it. I do.

Ratatouille, rice and lentils

The zip in this seasonal meal is in the seasoned fresh tomatoes. Of course a can of tomatoes, barely heated would work, too. Or a jar of your home-grown.

Get the rice and lentils going first.

Combine in a small pot, bring to a boil and simmer 40 minutes:

1 cup brown basmati rice
1 1/4 cup water
1/2 tsp salt
1 tbsp butter

Combine in a small pot, bring to a boil and simmer 40 minutes:

3 cups boiling water
1 1/2 veggie bouillon cubes
1 cup green lentils, rinsed and strained

Test for softness before serving.

Sauté in oil:

1 diced onion,
2 cloves of garlic, minced
1 sliced stalk celery
1/2 tsp. dried oregano
1 tsp dried basil
1/2 tsp salt
black pepper

Add as many tomatoes as you can hold in two hands, or an 800 ml can.

Add a zucchini sliced not too thinly.

Simmer till the zucchini is tender, not mushy, only about 20 minutes or less.

Red Lentil Curry

This takes 40 minutes, but you're not standing in the kitchen the whole time. You'll need to go and stir the dahl two or three times while it's cooking to prevent it sticking. It makes three servings.

First, in a small pot:

Add 1 1/2 cups brown basmati rice* to:
1 7/8 cups cold water
salt
1 tbsp butter
Bring to a boil and simmer covered 40 minutes.

Once that's on, in a medium pot:

Sauté in olive oil & butter:
a diced onion
2 cloves of garlic minced

Add:

3 cups boiling water
Bouillon cube
1 cup red lentils
2 tsps hot curry powder (or Patak's Curry Paste; or a combination of cumin, coriander & turmeric)
pepper
Bay leaf
salt
Add:
Stalk of celery sliced
carrot sliced and other veggies – broccoli, fiddleheads when you have 'em, etc.

Simmer at least 30 minutes, until lentils lose their shape, making a smooth stew.

Put zucchini in late so it doesn't get mushy.

*We need to eat whole grains with our pulses in order to replace the protein in meat.

Red Soup (Beet & Bean Stew)

In the 8-quart pot,
Soak: 3 cups kidney beans
Simmer 2-3 hours with:
2 veggie bouillon cubes

Add 1/2 chopped red cabbage for last 1/2 hour

Separately:
Cook 1 cup red rice (I use Lundberg Wehani rice) with 1
bouillon cube

And also separately:
In just enough water to cover, cook:
A bag of beets peeled and diced
3 large carrots diced (or all beets if you have lots of fresh
ones)
1 large onion diced

Add rice and veggies to beans.
Add 1/3 cup apple cider vinegar
Add 1/3 cup brown sugar

Done. A rich meal in a bowl.

Squash Soup

Peel and cube a large butternut squash. Set aside.
Boil 4 cups of water.

Dice:
1 stalks celery
1 onions
2 cloves of garlic

In an 8-quart pot:
Sauté the veggies in oil with:
1 tbsp cumin
1 tbsp powdered ginger
1 tsp salt

Add squash and stir-fry a bit

Add boiling water, just enough to cover squash.

Simmer till the celery is tender.
Process till smooth.
Serve with a little coffee cream if you like it creamy.

Makes a good supper with hummus and biscuits.

Squash soup is watery after it's been frozen. Better to
cube extra squash and freeze it that than to freeze serv-
ings of soup. I used to do it, but it's just so disappointing
when what you want is nice creamy smooth soup. Or try
buzzing a can of pumpkin into the simmered veggies.
Same thing, really.

Zucchini Bread

The recipe makes two loaves, so you can freeze one and only have the oven on once.

Oil two loaf pans and line with waxed paper.
Preheat oven to 350. Chop dates to make 1/2 cup

In a large bowl combine through a sieve:
3 1/2 cups whole wheat flour
2 tsp baking soda (1 tsp if using spelt)
2 tsp baking powder (1 tsp if using spelt)
1 tsp salt
2 tsp cinnamon

In a second bowl, with electric beaters beat together:
4 eggs
1/2 cup sugar
1 cup oil
1/2 cup molasses
1/2 cup hot water

Add to the wet ingredients:
2 1/4 cups packed grated zucchini squash (courgette in UK); or carrots; or cooked, mashed pumpkin
1/2 cup packed chopped dates (or raisins, but dates are best)

With a spoon, mix the wet into the dry just until it's all moist.

Bake 45 minutes. Stick a toothpick in and if it comes out clean, it's done. You don't want it still goey in the middle.

Yogurt (for a 2 quart Yogourmet Maker)

Fill the inner tub with cold water to within an inch of the top and pour it into a stainless steel pot.

Put the empty tub into the yogurt maker and hold it down while pouring hot water into the space between. Plug it in.

In a cup, place 1/3 cup cold water and stir in 1 1/2 tsp gelatin powder (cheaper at the bulk store than those envelopes). Mix in your half cup of yogurt.

Measure three cups of instant skim milk powder into the cold water and whisk it in. Put the thermometer on the side of the pot and stir constantly while heating the milk to 115° F (42° C).

Pour the hot milk into the tub. Use the whisk to stir in the starter & gelatin. Cover and leave for 5 hours. Longer will only make it more tart, not thicker.

Cool overnight before using the whisk to stir the finished yogurt.