

## **Menu**

*Whole Grain Quinoa Pilaf*  
*Sweet and Sour Red Cabbage*  
*Yukon and Yam Croquettes*  
*Brussels Sprouts and Broccoli Mix*

### **Whole Quinoa Grain Pilaf**

A pilaf is any cooked grains that are enhanced with, but not limited to, the addition of vegetables, dry fruit, nuts, spices or herbs.

The following recipe can be made with any cooked whole grains. These include quinoa (red and white), the family of rice (long and short, wild, red, brown and semi-refined white). More information on whole grains can be found at <http://www.mypyramid.gov/pyramid/grains.html> .

Cooking whole grains can be challenging and confusing, given the availability of partially cooked boxed grains, oven vs. top-stove vs. microwave cooking. Even with ranges, cooking grains over electrical stoves vs. gas can make a difference and might require slight adjustment to the proportion of grains and liquid and/or cooking time. To help cooking the grain more evenly, especially when cooking over an electrical range, the use of a flame-deflector (available on-line or at hardware stores) might be helpful. Readers can choose to cook grains the way they are most comfortable with.

These recipes, however, apply for grains bought in bulk, or packaged, but *not* partially cooked and are designed to be cooked on a gas stovetop. The grains mentioned below are available both at specialty health food stores and supermarkets.

## **Step One: Cooking The Grain**

### **Secrets for cooking fluffy grains**

As the grains cook, never take the lid off the pot and never, *absolutely never*, stir the grain as it cooks.

### **Basic Quinoa**

*1 cup white quinoa*

*1.5 cup of water*

*pinch of salt (1/16<sup>th</sup> of a teaspoon or a few grains)*

1. Place quinoa in a bowl. Add enough water to cover the quinoa, and with your hands, swirl the water around to rinse the grain. Drain. Repeat this process about three or four times, or until the water is clear.
2. Drain well.
3. Place water in a small pot and bring to a full boil.
4. Add salt.
5. Add drained quinoa.
6. Bring back to a light boil.
7. Cover and cook over low flame for **20** mns.
8. Allow to sit for 10 mns.
9. Then transfer to a bowl, fluff up and set aside.

### **Basic White Semi-Refined Basmati or Jasmine Rice\***

*1 cup white Basmati*

*2 cups water*

*pinch of salt.*

*In this recipe, the white rice does not need to be rinsed prior to cooking.*

1. Place water in a small pot and bring to a full boil.
2. Add salt.
3. Add white rice
4. Bring back to a light boil.
5. Cover and cook over low flame for **20** mns.
6. Allow to sit for 10 mns.
7. Then transfer to a bowl, fluff up and set aside.

*\* Whole grain brown rice may, in some locations, be difficult to obtain in which case, a white Basmati or long grain rice or Jasmine Asian is an alternative. Most organic white*

*Basmati are semi-refined, meaning that the refining process is less than fully refined grains.*

*For individuals who never eat grains, I feel that starting with white rice can be a first step in the process towards eating whole grains. If readers are familiar with white rice, and do want to move to a healthier alternative, then brown rice might be a choice for them.*

## **Basic Brown Basmati or Long Grain Brown Rice**

*1 cup brown Basmati or Long Grain*

*2 cups water*

*pinch of salt*

1. Place rice in a bowl. Add enough water to cover the rice, and with your hands, swirl the water around to rinse the grain. Drain. Repeat this process about three or four times, or until the water is clear.
2. Drain well.
3. Place water in a small pot and bring to a full boil.
4. Add salt.
5. Add drained rice.
6. Bring back to a light boil.
7. Cover and cook over low flame for **50** mns.
8. Allow to sit for 10 mns.
9. Then transfer to a bowl, fluff up and set aside.

## **Step Two: Making The Pilaf**

### **Quinoa or Rice Pilaf**

*Cooked grains—either quinoa or rice*

*1 red, white or yellow onion*

*2 cups sliced mushroom of choice*

*2 carrots shredded*

*½ cup currants or other dry fruit—raisins, cranberries*

*1 teaspoon cumin or ½ ground cumin and ½ dry ground coriander*  
*olive oil or other vegetable oil of choice*

*salt*

*optional: soy sauce*

1. Peel onion and dice small.
2. Rinse mushroom quickly under running water and slice thin.
3. Wash carrots and grate.
4. Place 2 teaspoons of oil in skillet, place one piece of onion and wait until it sizzles.
5. Add the rest of the onions, stir, cover and cook until soft and translucent, but not browned.
6. Stir in the dry spices.
7. Add sliced mushroom and a pinch of salt.
8. Cover and cook until mushroom start releasing water.
9. Add carrots, currants, and another pinch of salt.
10. Cover and cook over low flame until all vegetables are cooked.
11. Lay the cooked quinoa or rice over the vegetables.
12. Add a teaspoon of oil, 2 of soy sauce, and cover.
13. Continue cooking over low flame until steam comes through the quinoa.
14. Transfer the quinoa dish into a bowl and mix all ingredients.

### **Optional**

- Serve garnished with fresh sliced scallions or chopped fresh parsley.
- Substitute dry herbs such as ground sage for spices.
- Simplify the recipe and use only sliced mushroom.
- Add toasted nuts (walnuts, pecans) for a richer taste.

## **Sweet and Sour Red Cabbage with Raisins and Apples**

*4 cups shredded red cabbage—or about 1 cup per person*

*1 green apple*

*¼ cup raisins*

*1 tablespoon of olive oil or other vegetable oil*

*Umeboshi vinegar\**

*salt*

1. Shred cabbage really fine, such as when making cole-slaw.
2. Place in skillet.
3. Rub in 1/8<sup>th</sup> teaspoon of salt
4. Sprinkle olive oil.
5. Rinse apple and chop in cubes.
6. Add cubed apple and then raisins.
7. Add about ¼ cup of water.
8. Cover and start cooking over medium flame.
9. About ½ way in cooking, stir and check for liquid. Add a bit more water if it is too dry.
10. Continue cooking until cabbage is soft.
11. When done, sprinkle Umeboshi vinegar to taste.

*\* Umeboshi vinegar is a specialty item that is found in health food stores/ supermarkets or on-line. It is traditionally made in Japan with Ume plums, shisho leaves and salt. It is less acidic than wine or apple cider vinegar and its tangy taste uniquely enhances the taste and look of this sweet and sour cabbage dish. It is salty, however, so it should be used lightly. If it is not available, apple cider vinegar can be an alternative.*

## **Yukon & Yam Croquettes**

*While a seemingly complex recipe, it is actually very easy and very delicious.*

*Equal amount of Yukon potatoes & yams or proportionate amount—1/3 of one and 2/3 or the other; 1/4 of one and 3/4 of the other.*

*Vegetable oil—regular sesame or olive*

*Soy sauce*

*salt*

*parchment paper, cookie sheet, pastry brush*

*Latex gloves for food preparation*

### **Step One: Cooking The Potatoes**

1. Peel and cut in chunks to make 6 to 8 cups
2. Rinse. Place in pot and cover with just enough water to barely cover potatoes.
3. Bring to a boil. Add salt.
4. Cover and cook until soft—about 15 to 20 mns.
5. Set aside, but do not drain until ready to make croquettes.

### **Step Two: Cooking The Yams**

1. Peel yams and cut in chunks to make 6 to 8 cups.
2. Rinse. Place in skillet or pot. Add 1 tablespoon of vegetable oil.
3. Sprinkle salt.
4. Cover and cook until soft—about 15 to 20 mns.

### **Step Three: Making The Croquettes**

1. Pre-heat oven to 350°.
2. Drain potatoes.
3. Place in bowl with cooked yams. Mash with a potato masher until mixture is soft, but still a bit chunky. (Do not use food processor for risk of making potatoes gummy.)
4. Using a round ice-cream scooper about 1/4 cup deep, make little round croquettes.
5. Place on cookie sheet covered with parchment paper.
6. Mix 1 tablespoon of soy sauce with 2 of vegetable oil.
7. Using pastry brush, spread soy sauce/oil mix around and top of croquettes.
8. Bake until top is crispy and inside fluffy--15 to 20 mns.
9. Serve hot or room temperature.

## **Brussels Sprouts and Broccoli Mix**

*1 lb Brussels sprouts*

*1 bunch broccoli*

*olive oil*

*garlic powder*

*salt*

*optional: Ume vinegar OR soy sauce*

*This recipe can be made with frozen vegetables. If such is the case, cook according to package directions and go to Step Three.*

### **Step One: Cooking The Brussels Sprouts**

1. Remove outer dark green leaves and make an X with a knife on the bottom of the Brussels sprout. If too big, cut the Brussels sprout in half
2. Place in steamer basket; sprinkle a bit of salt and steam until soft, but not mushy.
3. Set aside.

### **Step Two: Cooking The Broccoli**

1. Remove bottom stem if hard and fibrous. If stem is thin and appears less woody, peel and slice thin.
2. Break bunch into small pieces. Peel stems.
3. Add about 3" of water to pot and bring to a full boil.
4. Add a pinch of salt.
5. Add broccoli.
6. Bring back to a boil, cover and cook until soft, but not mushy, and still bright green—about
7. Drain.

### **Step Three: Finishing The Dish**

1. Place both cooked vegetables in serving.
2. Sprinkle olive oil, a dash of garlic powder and a sprinkle of Umeboshi vinegar OR soy sauce.

## **Pumpkin Muffins**

*Proportions below yield 20 to 24 small to medium-size muffins*

### **Wet ingredients**

*1 15-oz can pumpkin puree  
½ cup canola or other flavorless oil  
½ cup maple syrup  
½ cup flax meal (see below for recipe)  
2 teaspoon of vanilla*

### **Dry ingredients**

*1 ½ cup unbleached white flour  
1 ½ cup whole-wheat pastry flour  
up to 1 cup of dry fruit: raisins, cranberries, cherries  
3 teaspoons baking powder  
1 teaspoon dry ground cinnamon  
1/8 teaspoon dry ground ginger  
1/8 teaspoon dry ground nutmeg  
1/8 teaspoon salt*

*You will also need muffin tins and muffin baking cups.*

1. Preheat oven to 350°.
  2. Mix all dry ingredients together.
  3. Mix all wet ingredients together.
  4. Stir wet ingredients into dry ingredients.
  5. Pour ¼ cup in each muffin cup.
  6. Bake for 20 mns in pre-heated oven.
- Eat plain or with apple butter or favorite jam or other topping.

### **To make flax-seed meal**

1. Place 1 cup of dry, unwashed flax seeds in blender.
2. Turn blender on and grind seeds for a few minutes until they break down (about 1 to 2 mns)
3. Slowly add up to 1.5 of water and blend until the mixture is slightly gray and fluffy. It will look like a “rubber ball”. Add a bit more water if mixture is too dense, but no more than 2 cups total water.
4. Use ¼ cup of this mixture as a substitute for 1 egg in baking recipes.