

Oa's Kitchen

Vegetarian Ascension Recipes



Breads and Pastas

The Earth Mother through Karen Danrich "Mila"
November 20, 2004

Dear Beloved Ascending Human,

Oa was a baker for many years in his twenties. Oa loved working with the dough. Last year, Mila treated Oa to a bread machine. Oa rapidly discovered how nice it was to have a device that could mix small batches of dough for bread or pasta. This took away the labor intensive process of make fresh bread or pasta by hand, which has allowed them to enjoy homemade bread and pasta many times per week now. Oa only uses the bread machine to mix and allow the dough to rise; after it has risen adequately enough, he kneads the dough one last time by hand and then shapes it into a loaf and several buns, and then bakes it off in a traditional oven. Pasta is kneaded in the machine and then rolled out and cut into strips to be cooked in boiling water for a few minutes before serving.

Homemade bread and pasta is so lovely in taste that there is nothing store bought that can compare. Perhaps this is why bread machines have become so popular. We hope that each reading these materials will treat oneself such a device and enjoy making bread and pasta from scratch. There are many other recipes that come with the bread machines that can also be experimented with. Happy eating!

Namaste
Mila & Oa
The Earth Mother

Breads

Breads are a good source of carbohydrates and create a complete protein for vegetarians when combined with cheese or cream cheese or peanut and other nut butters. Butter is an excellent source of fat for the crystalline nervous system; therefore we enjoy your bread warm from the oven with butter!



Brioche Sweet Egg Bread

1.5 Pound Loaf or
12 Dinner Rolls

2/3 cup warm Milk
1 1/2 Tablespoons Butter
2 Eggs
3 cups Unbleached Organic Bread
Flour
2 tablespoons sugar
2 teaspoons active dry yeast
2 tablespoons gluten (helps the dough
hold together easily)
Sesame Seeds

One can also shape the brioche into a braid for special occasions. Separate the dough into three equal sections. Roll the dough into three long logs about an inch and a half thick. Braid the three logs much as one would braid one's hair. Brush the top with some milk so that it will have a shiny surface when baked. Allow the braided dough to rise one last time upon a baking sheet until it is the desired size. Bake for about 20 minutes at 350 degrees or until it is brown on top.

If you are using a bread machine, place the ingredients into the machine in the order stated and set the machine on the "dough" cycle. When dough has risen several times, remove and knead one last time by hand. Form into a single loaf, or a smaller loaf and some rolls, or all rolls.

Place the loaf or rolls upon a baking sheet and brush the top of each with milk and sprinkle with sesame seeds. Allow the loaf and rolls to rise one last time to the right size, and bake in an oven set at 350 degrees until they have browned (about 10 minutes for the rolls and 20 minutes for a loaf).

If you are kneading by hand, mix ingredients and knead until the dough comes together for about 7 to 10 minutes. Set in a bowl and cover with cloth. Allow to rise for 20 minutes and knead again for 7 to 10 minutes. Cover and set aside allowing to rise one more time for 20 minutes.

Knead for the last time and shape into loaf or rolls and place upon a baking pan. Brush the top with milk and sprinkle with sesame seeds. Allow the loafs or rolls to rise one last time until they are the right size and then bake at 350 degrees for 10 minutes (for the rolls) and 20 minutes for the loaf, or until browned on top.

Cheese Bread

1.5 Pound Loaf

2/3 Cups Warm Water
1 Tablespoon Butter
1 egg
1 Tablespoon Sugar
1 Teaspoon Salt
1/2 Cup Whole Wheat Flour
2 1/2 Cups Unbleached Bread Flour
1 Cup Cheddar Cheese Grated
3 Tablespoons Parmesan Cheese Grated
2 Teaspoons Active Dry Yeast
2 Tablespoons Gluten
Sesame Seeds (optional)



Follow the above instructions for kneading and baking. Cheese bread has a lovely rich taste that is delicious for breakfast and is a complete protein by itself. Cheese bread is high in cholesterol to assist in the ascension into the crystalline form.



Focaccio Bread and Pizza

1.5 Pounds of Dough

1 1/8 cups Warm Water
1 Tablespoon Olive Oil
1 Teaspoon Salt
3 1/3 Cups Whole Wheat or Unbleached Bread Flour
2 Tablespoons gluten
2 Teaspoons Sugar
2 Teaspoons Active Dry Yeast

For Focaccio Bread, follow the directions above for kneading and rising the dough. After the last rise, roll the dough out with a rolling pin. Place upon a baking pan and brush with olive oil or melted butter, and sprinkle salt and parmesan cheese along with some dried Italian herbs. Allow the dough to rise again to the desired height and bake for 10-15 minutes in a 350 degree oven.

For pizza, follow the directions above for kneading and rising the dough. Press the dough into a circular 12 inch or 14 inch pan. After the dough rises again to the desired height, brush with olive oil, tomato sauce, and sprinkle with Italian herbs and parmesan cheese along with sliced mushrooms or other veggies of choice. Top with grated mozzarella and provolone cheese, or other favorite cheese of choice. Bake for 20 minutes at 350 degrees or until the cheese bubbles and slightly browns.

Sweet Rye Bread

1.5 Pounds of Dough

1 cup Warm Water
1 1/2 Tablespoon Olive Oil
1 Egg
1 Teaspoon Salt
1 Teaspoon Sugar
1 Cup Rye Flour
2 1/3Cups Unbleached Bread Flour
1 Tablespoon Dark Molasses
3 Tablespoons Gluten
2 Teaspoons Active Dry Yeast



Follow the above instructions for kneading and baking. Sweet Rye Bread has a nice taste that goes well with salads, soups and most main courses requiring something to complement the meal.

Naan

2 Cups Flour
1 Egg
2 Tablespoons Yogurt
4 Tablespoons Milk
1 Tablespoon Olive Oil
1 Teaspoon Active Dry Yeast
Melted Butter

Put all ingredients into the bread machine setting it on the dough cycle allowing the Naan to rise, or knead by hand from the above instructions.

Divide the dough into 3 parts. Roll each part upon a floured board into a sphere. Brush with melted butter.

Heat the oven as high as it will go (500 degrees). Place three baking pans on top of each other into the oven and allow them to heat up. This will simulate a Tandoori Oven. When heated, place the dough upon the baking pans and bake until brown on top (about 5 to 8 minutes).

Pasta and Ravioli

Pasta is a gentle food that can assist in resetting the digestive tract following indigestion, nausea or intestinal discomfort. Pasta when blended with cheese creates a whole protein for vegetarians.



Homemade Pasta

1 1/2 Cups Semolina flour
1 Teaspoon Salt
2 Eggs
2 Teaspoons Water
2 Teaspoons Oil

Put all ingredients into the bread mixer and put on "dough" cycle. One need not let this rise as there is no yeast; and so one can stop the mixer mid-cycle to roll out the dough.

One can also mix the pasta dough by hand until you have a firm dough. Once mixed, roll out the dough with a rolling pin upon a floured board to about 1/8 inch thick, and cut into thin strips for fettuccini, or larger strips for cannelloni or lasagna.

At the baking store, one will find a device that is made in Italy that will cut many strips of pasta at once, perhaps worth investing in if one is going to regularly make one's own pasta.

Ricotta and Spinach Ravioli

14 Ounces Fresh Spinach
3/4 Cup Ricotta Cheese
1 Egg
1/2 Cup Parmesan Cheese
Pinch of Nutmeg
Salt and Pepper to taste

Cook Spinach in a covered saucepan until tender (about five minutes). Squeeze out all excess water by hand. Mix with the ricotta cheese, egg, and parmesan cheese forming into a nice paste. Add salt and pepper to taste.

Knead pasta by hand or with a bread machine until a nice dough has formed. Divide the dough in half and roll out each section until it is about 1/8 inch thick. Cut the dough into 2 1/2 inch strips. Place small spoons of filling 2 inches apart upon half of the strips of dough. Cover each with another strip of pasta, pressing down gently to expel any air.

Pasta for Ravioli

1 1/2 Cups Semolina flour
3 Eggs

Use a fluted pastry wheel or knife, cut between the rows to form small squares with the filling in the center. Allow the ravioli to dry a little (30 minutes) before cooking in boiling water or refrigerating for future use.

Pie Crust

Pies are delicious for dessert or for quiche and tortes as vegetarian dishes. Vegetarian food need not be boring; it can be very creative as well as delicious.

Traditional Pie Crust

1 Cup Whole Wheat or Unbleached Flour
Pinch of Salt
4 Tablespoons Butter
2 Teaspoons Water

Knead the dough by hand or in the bread machine. Roll the dough out with a rolling pin on a floured board into a sphere. Fill an 8 inch pie or quiche pan with the dough pressing it into shape. Use a fork to create small holes in the dough. Chill for 20 minutes. Bake the pie shell for 20 minutes at 400 degrees before filling.



Polenta Pie Crust

1 Cup Polenta (course corn meal)
2 Cups Water
1 Teaspoon Salt

Place the water in a sauce pan and bring to a boil. Pour the polenta into the water and cook until thick and somewhat sticky. Allow to cool slightly and then transfer to a pie pan. Flatten out the polenta to the edges making an even crust in the pan. This crust need not be pre-baked before filling. This is an excellent crust for a quiche.



Potato Pie Crust

2 Medium Yellow Potatoes (or 3-4 Red Potatoes)
2 Tablespoons Butter
1 Teaspoon Salt

Boil until tender and cool slightly. Remove peel and mash the cooked potatoes adding the butter and salt. Press the potatoes into an 8 inch pie pan to the edges. This pie crust also does not require baking before filling. This is an excellent crust for a quiche.

Dessert Breads

Humans often crave sweet things. This is not wrong as it is the sweetness of life one is craving. Give to oneself wholesome sweet treats and one will draw the sweetness of life into one's life dance.

Papaya Banana Bread

1 Large or 2-3 Small Ripe Bananas
1 ripe Papaya (or Peach)
2 Eggs
1/3 Cup Brown Sugar
1 Cup Yogurt
4 Tablespoons Butter
1 Teaspoon Vanilla
2 1/2 Cups Unbleached Flour
1 teaspoon Salt
1 Teaspoon Baking Powder
1 Teaspoon Baking Soda
Dash of Milk
Chopped Macadamia Nuts
(or almonds, pecans or walnuts)



Place the Bananas and Papaya along with eggs, brown sugar, yogurt, vanilla and butter into a food processor. Blend on high until smooth or blend by hand with a mixer. Add the flour, salt, baking powder and baking soda and blend again, adding a little milk if the formula is too sticky.

Oil a bunt pan or loaf pan. Transfer the ingredients to the pan and top with the chopped nuts. Bake at 350 degrees for 40 to 45 minutes or until brown on top.

Cinnamon Macadamia Nut Coffee Cake

1 Cup Butter (2 sticks)
1 Cup Brown Sugar
4 Eggs
1 Teaspoon Vanilla
3 Cups Unbleached Flour
1 Tablespoon Baking Powder
1 Teaspoon Baking Soda
1 Teaspoon Salt
1 Cup Buttermilk
1 Teaspoon Nutmeg

FILLING

1/2 Cup Chopped Macadamia Nuts
(almonds, pecans or walnuts o.k.)
1/4 Cup Brown Sugar
1 Tablespoon Cinnamon

Allow the butter to become soft or cut into small pieces. Place the butter, sugar, eggs, and vanilla into a food processor. Puree until smooth. Add the flour, baking powder, baking soda, salt, buttermilk and nutmeg. Blend again upon high until smooth.

Oil a bunt pan. Pour one third of the batter into the pan. Mix the nuts, sugar and cinnamon and sprinkle one half on top of the batter. Pour another third of the batter into the pan. Sprinkle the other half of the nuts and sugar on top. Pour the last third of the batter on top. Bake for 55 minutes or until brown at 350 degrees.



Spicy Corn Bread or Muffins

1 1/2 Cups Unbleached Flour
1/2 Cup Polenta (course corn meal)
1/2 Teaspoon Baking Powder
1/2 Teaspoon Baking Soda
1/2 Cup Milk or Buttermilk
1/2 Cup Brown Sugar
1/2 Cup Sour Cream or Yogurt
2 Eggs
1/3 Cup Olive Oil
2 Tablespoons Tabasco Sauce (can
substitute Chili Powder or other hot
sauce)

Mix the brown sugar sour cream, milk, eggs, Tabasco and olive oil with a spoon or mixer. Add the flour, polenta, baking powder and baking soda. Blend by hand until a lumpy batter forms.

Oil a loaf pan or muffin tin. Place the batter in the loaf pan or in the muffin tin. Fill each muffin tin only 2/3rds to the top.

Bake the muffins for 10-12 minutes at 350 degrees or until brown. Bake the loaf for 35 minutes or until brown.