

# Oa's Kitchen

## Vegetarian Ascension Recipes



## Complete Meals

The Earth Mother through Karen Danrich "Mila"  
May 31, 2005

Dear Beloved Ascending Human,

Complete meals provide all the nutrition required by an ascending human form in a single meal. Complete meals were spoken to in a recent article [From the Fruit, Vegetable and Nut Bearing Plants](#). Complete meals include protein (milk products, legumes and eggs), carbohydrates (rice, grains and potatoes) enzymes to digest the food (fresh fruit and vegetables), fermented foods (pickles, yogurt, cider, beer and wine) and fats suited to the ascending biology (nut oils for the nervous system and milk and egg fats suited to the crystalline cells). Only vegetarian recipes are explored in this series to retain a state of harmlessness and non-violence. Earth invites initiates to adapt a vegetarian diet in ascension in support of sustaining a harmless state of being. (See [Diet for Ascension](#) for more information.)

The digestive tract in those who are ascending to 3000 strands goes through modifications in which there are stronger digestive enzymes produced in one's own digestive system that are designed to break down complete meals. The stomach and intestines also forms a thicker mucous to protect one's own biology from the strength of the enzymes. (See [Ascending into Regenerative Biology](#) for more information.) One will therefore feel more satisfied at mealtime in combining foods in the complete meal format as an ascending human. It is for this reason that the Earth Mother and Oa have come up with the following meals through our experimentation in the kitchen this year to date. There will be more added to this section towards the end of this year so stay tuned!

This time Oa has had time to experiment with more stir-fry and dishes with the flavors of Asia. Asian foods offer the gift of a rapid cooking of vegetables in a wok or boiled only for a short time in soup. The result is that the enzymes are retained in the vegetables to assist with digestion. Many of these dishes are accompanied by rice. Rice is a grain that has kept many humans alive in the East since ancient times. For a long time Oa found this grain particularly empty of soul much as with wheat; through the continuous blessing this is no longer so, the soul of rice and wheat is returning through the love of the act of blessing the food, not only on the part of Oa, but each willing to participate as an ascending human. Earth estimates that more soul has returned to organic farmlands than was originally estimated by this time in history; perhaps this speaks to how many of you are choosing to consciously bless the food that you prepare or eat out at a restaurant. We can reverse this dance of extinction, and as Mila would say, let us make it so, HO!

# Brunch

Taking time to cook on the weekend a special treat to others along with oneself and is a nice gift after a long week of work.



## ASPARAGUS AND SWISS CHEESE OMELET WITH ROASTED TOMATOES

Serves 4

1 bunch asparagus  
12 organic eggs  
Half and half  
1 teaspoon salt  
Pepper to taste  
8 ounces Swiss cheese grated  
4 ripe tomatoes cut in half  
1/4 cup parmesan cheese  
Organic olive or safflower oil  
White wine vinegar

### HOMEMADE EGG BREAD

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  
Butter for serving

**BREAD:** If you are using a bread machine, place the ingredients for the egg bread into the machine in the order stated and set the machine on the 1.5 loaf cycle. If your machine has a timer, you can set it to begin well ahead of time so that you have a fresh loaf of bread to serve with brunch.

### ASPARAGUS AND TOMATOES:

Trim and wash asparagus. Place in a glass baking pan and drizzle with olive oil and a little white wine vinegar. Place in a 400 degree oven and roast for 20 minutes. Remove and set aside.

Cut the tomatoes in half and place upon a roasting pan. Sprinkle with parmesan cheese. Roast along side the asparagus. When done, place two tomato halves upon each serving plate.

**OMELETTE:** In a frying pan, add a little oil and heat to medium. Whisk together three eggs at a time with a dash of cream, salt and pepper. Pour into the heated frying pan. As the eggs become firm, add some of the roasted asparagus on one side and top with the grated Swiss cheese. Fold the eggs in half allowing the cheese to melt. Place on to heated dishes when done. Serve with roasted tomatoes and fresh egg bread with butter, and sparkling cider or mimosas, plus coffee with cream.

## DRINKS

Fresh Coffee with Cream  
Mimosas or Sparkling Apple, Pear or  
Cranberry Cider

## COMPLETE MEAL ANALYSIS

Protein: *Eggs*  
Carbohydrates: *Egg bread*  
Enzymes: *Roasted Asparagus and  
Tomatoes*  
Fermented Foods: *Mimosas (Champagne)  
or Cider*  
Fats: *Eggs, Oil and Butter*

Coffee is an excellent blood cleanser and stimulates the intestines to eliminate. Try organic coffee from Hawaii brewed in a French Press with half and half or better yet, whipped cream!



## MACADAMIA NUT BANANA PANCAKES WITH PAPAYA PINEAPPLE TOPPING Serves 2-3

2 cups organic spelt or unbleached flour  
3 organic eggs  
1 cup buttermilk  
1 teaspoon salt  
1 1/2 teaspoon baking powder  
2 ripe bananas (or more)  
3/4 cup macadamia nuts chopped (can  
substitute pecans, walnuts, almonds or  
cashews)  
Organic peanut or safflower oil or frying

**FRUIT TOPPING:** In a saucepan, melt the butter. Cut up the fruit into small pieces. Place fruit into the melted butter and add the brown sugar. Allow the fruit to cook while you prepare your pancakes. Cooking fruit causes a chemical reaction that increases vitamin C and D and is a nice alternative to fresh fruit from time to time.

**PANCAKES:** Mix together the flour, eggs, buttermilk, salt, and baking powder in a mixing bowl. Fold in the nuts. Cut up the banana and set it aside upon a plate. Put a generous amount of oil in the frying pan and turn up heat to medium. Place a hand full of sliced bananas into the oil arranging them to fit the pancake. Then pour a ladle full of the pancake batter into the pan covering the bananas. Cook until brown on the bottom and flip, cooking the other side. Repeat until all bananas and batter is used up.

### PAPAYA PINEAPPLE TOPPING

1/2 fresh pineapple (can substitute ripe strawberries)  
1 ripe papaya (can substitute ripe peaches)  
4 tablespoons butter  
1/2 cup brown sugar  
Fresh plain yogurt as garnish

### DRINKS

Fresh Coffee with Cream  
Mimosas or Sparkling Apple, Pear or Cranberry Cider

### COMPLETE MEAL ANALYSIS

Protein: *Eggs*  
Carbohydrates: *Pancakes*  
Enzymes: *Fruit Topping and Bananas*  
Fermented Foods: *Yogurt, Buttermilk and Mimosas (Champagne) or Cider*  
Fats: *Eggs, Nuts, Oil and Butter*

Serve a stack full of pancakes with some fruit compote topping and a dollop of plain yogurt on top. Enjoy coffee with cream and a mimosa (champagne with orange juice) or cider with brunch.



### POTATO CHEESE BAKE WITH EGGS AND FRESH FRUIT BOWL

Serves 4-6

6 yellow potatoes  
1 cup bread crumbs  
1/2 cup parmesan cheese  
4 tablespoons butter  
1 cup grated smoked gouda cheese (or cheese of preference)  
2 cloves roasted garlic  
2 stalks fresh parsley chopped  
Salt and pepper to taste  
Olive oil  
2 Eggs per person

**POTATO BAKE:** Melt the butter in a sauce pan. Add roasted garlic and chopped fresh parsley. Set aside.

Oil an 8 x 12" glass baking dish. Finely slice the potatoes. Place a layer of sliced potatoes in the bottom of the pan. Drizzle with butter and sprinkle with bread crumbs and parmesan cheese. Add 1/3 of the grated gouda cheese. Place another layer of potatoes on top again drizzling with butter, bread crumbs and parmesan cheese. Add 1/3 of the gouda. Place the final layer of sliced potatoes on top of this and the remainder of the butter, parmesan cheese, bread crumbs and top with the gouda cheese. Press down firmly upon the final layer. Bake for 1 hour until brown.



### FRESH FRUIT CUP

1 Cup fresh berries in season  
1 1/2 Cup chopped watermelon  
1 1/2 Cup seedless grapes  
1 1/2 Cup melon in season  
Fresh plain yogurt to garnish  
Mint sprigs

### DRINKS

Fresh Coffee with Cream  
Mimosas or Sparkling Apple, Pear or  
Cranberry Cider



### COMPLETE MEAL ANALYSIS

Protein: *Eggs*  
Carbohydrates: *Potatoes*  
Enzymes: *Fresh Fruit*  
Fermented Foods: *Yogurt, Mimosas  
(Champagne) or Cider*  
Fats: *Eggs, Oil and Butter*

### FRUIT CUP

While the potatoes are baking, slice the watermelon and melon each in half and with a spoon, carve out small round pieces and distribute into four or six small bowls. Wash and remove the grapes from their stems and distribute these into the bowls. Wash the berries an top each bowl with a portion. Add a spoon full of plain yogurt and a mint sprig unto each fruit cup.

Remove the potatoes from the oven and allow to cool slightly. Cut into squares and place upon heated serving plates. Place some oil in a frying pan and fry two eggs per person sunny-side up. Place the eggs along side the potatoes and serve with the fruit cup, champagne cocktails or cider, and fresh coffee with cream.





## VEGGIE FRIED RICE AND EGGS

Serves 4

4 cups left over jasmine or basmati rice  
10 organic eggs  
2 fresh ears of corn cut from the cob  
2 stalks celery cut at an angle  
20 fresh snow peas  
10 fresh shitake mushrooms sliced (or one cup sliced regular mushrooms)  
2 carrots cut into small pieces  
1 small bunch green onions sliced  
4 tablespoons sesame oil  
4 tablespoons ponzu sauce (or soy sauce)  
Peanut oil for frying  
Hot sauce on the side

*Ponzu sauce is a Japanese invention and is a combination of soy sauce blended with a little yuzu citrus juice. Mila and Oa have come to prefer the taste to plain soy sauce.*

### DRINKS

Fresh Coffee with Cream  
Mimosas or Sparkling Apple, Pear or Cranberry Cider

### COMPLETE MEAL ANALYSIS

Protein: Eggs  
Carbohydrates: Rice  
Enzymes: Stir Fried Vegetables  
Fermented Foods: Soy or Ponzu Sauce, Mimosas (Champagne) or Cider  
Fats: Eggs, Oil and Cream

In the Hawaiian Islands, having fried rice and eggs or two scoops of rice and eggs is a common breakfast amongst the locals. Mila and Oa have come to enjoy this as a lovely meal that can be served any time of the day and is to be topped with hot sauce.

### FRIED VEGGIE RICE

In a heated wok or large frying pan, heat 2 tablespoon of the sesame oil and some peanut oil. Wisk together two eggs until creamy and scramble in the wok. Remove and set aside.

Add the other 2 tablespoons of sesame oil and more peanut oil to the wok. Drop the shitake mushrooms into the sizzling oil and cook for a few minutes until tender. Add the carrots and celery along with the corn. Cook for another few minutes constantly stirring. Add the snow peas and green onions and cook for another few minutes. Add the rice and egg and a little more oil as needed continuing to stir the ingredients until all is sizzling hot. Add the ponzu sauce or soy sauce and stir again. Set aside placing a cover over the wok and remove it from the heat.

### FRIED EGGS

In a separate frying pan, heat some more peanut oil and fry two eggs per person sunny-side up. Place a large scoop of the fried rice on each plate or bowl and top with two fried eggs. Serve with a side of hot sauce, extra ponzu sauce, champagne cocktails or cider, and fresh coffee with cream.

# Italian Dishes

Oa's love of pasta and pizza will never end and are good sources of carbohydrates for times that the body is detoxifying heavily and requires something in the intestines to absorb what the body is releasing. Pasta is also useful in assisting with stomach aches and pains as it will absorb excessive enzymes produced in the act of digestion.



## BROCCOLI AND SMOKED GOUDA RISOTTO WITH ARUGULA SALAD

Serves 4-6

1 bunch fresh broccoli  
4 tablespoons herb oil or more as needed  
4 cloves fresh garlic  
1.5 cups Arborio or risotto rice  
8 ounces smoked gouda shredded  
Sliced shitake mushrooms from stock  
6 cups herb mushroom stock (homemade or organic store bought)



## QUICK HERB MUSHROOM STOCK

15 dried shitake mushrooms  
2 stems fresh basil  
1 stem fresh rosemary  
2 stems fresh thyme  
4 cloves fresh or roasted garlic  
8 cups filtered water

**HERB OIL:** For the Herb Oil, prepare this several days ahead of time. Place the roasted or fresh garlic in the bottom of a cleaned oil jar. Add two stalks of fresh basil, one stalk of fresh rosemary and two stems fresh thyme. Fill with virgin olive oil. Allow to diffuse for 2 days before using. One can add more oil, herbs and garlic over time continuing to use the herb oil as desired.

**HERB MUSHROOM STOCK:** Several hours or a day ahead of time, make the herb mushroom stock by placing the dried mushrooms and herbs into a stock pan. Add the filtered water and bring to a boil. Turn down the heat and simmer for 1.5 to 2 hours. Set aside and strain and cool or store in the refrigerator until use. Retain the mushrooms and save to be added to the risotto.

**RISOTTO:** In a large pan, heat the herb oil until sizzling. Add the garlic and allow it to diffuse the flavors. Add the risotto and stir coating each piece of rice with the oil. Add the 6 cups of stock and simmer until it has almost evaporated, turning down the heat. Cut the broccoli into tiny florets discarding the stem. Add the broccoli and cover. Allow the broccoli to steam for the last 8 minutes. Add smoked gouda and stir until melted and serve.



### ARUGALA SALAD

1 bunch Arugala  
20 cherry tomatoes  
1 cucumber sliced  
8 ounces blue cheese  
Balsamic Vinegar  
Herb Oil  
Salt and Pepper

### HERB OIL

1 cleaned out jar for oil  
2 stems fresh basil  
1 stem fresh rosemary  
2 stems fresh thyme  
3 cloves fresh or roasted garlic  
Extra Virgin Olive Oil

### HERB OIL BREAD DIP

1 cup herb oil or more  
4 to 6 tablespoons balsamic vinegar  
4 to 6 tablespoons parmesan cheese  
Chili pepper flakes (optional)

### DRINKS

Red wine, beer or Sparkling Apple, Pear  
or Cranberry Cider

### COMPLETE MEAL ANALYSIS

Protein: *Shitake Mushrooms, Cheese and Rice combination*  
Carbohydrates: *Rice*  
Enzymes: *Fresh Vegetables and Broccoli*  
Fermented Foods: *Vinegar, Wine or Cider*  
Fats: *Oil and Cheese*

### ARUGALA SALAD

While the risotto is simmering, wash and trim the Arugala and distribute between 4 or 6 plates. Wash and cut the cherry tomatoes and cucumber and arrange upon each plate. Top with crumpled blue cheese. Drizzle with herb oil and balsamic vinegar, and top with a little salt and pepper just before serving.



### BREAD AND OIL DIP

Serve with fresh French bread and herb oil dip. Upon a separate small plate for each, place a portion of herb oil. Add dollop of balsamic vinegar into the center of each plate of oil. Sprinkle with parmesan cheese, salt and pepper and some chili pepper flakes. Serve with bread for dipping along with some fine red wine or sparkling cider, and sparkling mineral water with lemon or lime wedges.



## HOMEMADE GNOCCHI WITH TOMATO CREAM SAUCE

Serves 4

1 order gnocchi (prepackaged or homemade)  
1/2 cup organic mushrooms diced  
1 leek washed and cut  
4 ounces organic tomato sauce  
2 cups whole milk (or half and half)  
1/2 cup chopped basil  
2 cloves garlic pressed  
1/2 cup red wine  
1 tablespoon chipotle chili powder  
Salt and pepper to taste  
Parmesan cheese and fresh basil sprigs to garnish  
Herb oil for sautéing (see above section for more information.)

### HOMEMADE GNOCCHI

2 1/4 waxy yellow potatoes  
1 tablespoon salt  
2 1/5 cups organic flour  
1 egg  
1 tablespoon nutmeg



**HOMEMADE GNOCCHI:** You may wish to make the gnocchi ahead of time or earlier in the day. Boil the potatoes with skins until tender. Drain and peel as soon as they cool enough to the touch. Mash the hot potatoes through a food mill or food processor. Do not over puree. Add 1/2 of the flour and mix lightly into the potatoes. Break the egg and add the salt and nutmeg to the food processed dough. Add a little more flour and blend. Remove dough and knead lightly with your hands adding the remainder of the flour until the dough is no longer sticky or moist.

Roll the dough into four 3/4 inch diameter logs. Cut the logs into 3/4 inch sections. Take each section and press a fork on either side giving it indentations. If you are going to use right away, refrigerate for at least 30 minutes before cooking. You can store up to 3 days in the refrigerator or freeze for future use thereafter.

### HOMEMADE CROUTONS:

Homemade croutons are also something that can be made a day ahead or earlier in the day. Take an old loaf of French bread and cut up into 1 inch squares. Place them upon a roasting pan and drizzle with oil, sprinkle with garlic salt and Italian herbs. Bake for 20 minutes until toasted in a 400 degree oven. Remove and cool, storing in an airtight container overnight if need be.

### CAESAR SALAD

1 head romaine lettuce  
2 cloves roasted garlic (or fresh pressed garlic)  
3/4 cup light olive oil  
1 egg yolk  
1 tablespoon fresh lemon  
1 teaspoon salt  
1 tablespoon vegetarian worsheshire sauce  
4 tablespoons or more capers  
Home made croutons  
Fresh parmesan cheese

### HOMEMADE CROUTONS

1 loaf day old French bread  
Olive oil  
Garlic Salt  
Italian Herbs

### DRINKS

Red wine, beer or Sparkling Apple, Pear or Cranberry Cider

### COMPLETE MEAL ANALYSIS

Protein: *Milk, Cheese and gnocchi combination*

Carbohydrates: *Gnocchi and croutons*

Enzymes: *Fresh Lettuce*

Fermented Foods: *Wine or Cider*

Fats: *Oil and Cheese*



**PREPARING GNOCCHI:** When you are an hour away from dinner time, add some herb oil into a large pan and heat until sizzling. Throw the chili powder and garlic into the oil allowing the flavors to diffuse. Add the leeks and mushrooms and cook until tender. Add the tomato sauce, milk, wine, salt and basil. Bring to a near boil and add a portion of the fresh gnocchi into the sauce. Turn down heat and cover. Allow to simmer for 30 minutes or so. The starch from the gnocchi will thicken the sauce quite nicely. You can add more milk if it is too thick and as needed.

**CAESAR SALAD** While the gnocchi are cooking, tear up the romaine lettuce leaves. In a food processor or blender, add the oil, crushed or roasted garlic, egg yolk, lemon, salt, Worcestershire sauce and a tablespoon of the parmesan cheese. Blend together until thick and creamy. Add more salt and pepper, lemon or Worcestershire sauce to taste. Pour over lettuce leaves. Top with croutons, capers and parmesan cheese.

Serve gnocchi garnished with fresh parmesan cheese and a sprig of basil with the Caesar salad on the side. Enjoy a nice bottle of red wine or sparkling pear cider with the meal. French bread and butter is also a nice accoutrement.

## MARGARITA PIZZA AND WALDORF SALAD

Serves 2-4

Pizza dough (see below) or foccacia bread sliced through the middle creating two large sections

Pizza sauce (organic canned or homemade - see below)

Herb oil

2 small tomatoes sliced

8 shitake mushrooms sliced (or other mushrooms of choice)

20 fresh basil leaves torn

8 ounces mozzarella cheese grated  
parmesan cheese

### PIZZA 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 Teaspoons Sugar

2 Teaspoons Active Dry Yeast

### HOMEMADE PIZZA SAUCE

8 ounces tomato paste

2 tablespoons herb oil (or olive oil)

1 tablespoon honey

2 teaspoons salt

2 tablespoons red wine

1 tablespoon Italian herbs

1 teaspoon chipotle chili pepper



### PIZZA DOUGH

If you wish to make the pizza dough, place all ingredients in the order stated into the bread machine and put on the 1.5 pound setting for dough. As the dough comes together and rises, remove from machines and roll with a rolling pin into a 12 inch round or 8 x 12 inch square roasting pan. Or you can use organic store bought foccacia bread sliced down the middle in half creating two large sections to top.

### PREPARING THE PIZZA

Spread some herb oil over the dough or the foccacia bread with a cooking brush. Next spread the pizza sauce on the pizza with the cooking brush. If you are making the pizza sauce, simply whisk together all ingredients listed and use. Top with the sliced tomatoes, shitake mushrooms and the basil. Sprinkle a little parmesan cheese on and top with the grated mozzarella cheese. Bake at 375 degrees for 20-30 minutes until cheese melts and browns on top.



### WALDORF SALAD

- 1 ripe pear chopped
- 1 granny smith apple chopped
- 1/2 cup walnuts chopped
- 1/4 cup raisins or craisins
- 1/4 cup organic or homemade mayonnaise
- 1/4 cup organic or homemade whole milk yogurt ( see [condiments](#) for homemade recipes for yogurt and mayonnaise)
- 1 tablespoon honey
- 1 teaspoon rice or white wine vinegar

### DRINKS

Red wine, beer or Sparkling Apple, Pear or Cranberry Cider

### COMPLETE MEAL ANALYSIS

Protein: *Shitake mushrooms and cheese*  
Carbohydrates: *Pizza dough*  
Enzymes: *Fresh pears and apples*  
Fermented Foods: *Yogurt and beer, wine or cider*  
Fats: *Oil and Cheese*



### WALDORF SALAD

While the pizza is baking, combine the sliced pear, apple, walnuts and raisins in a mixing bowl. Whisk together the mayonnaise and yogurt, honey and vinegar. Mix with the fruit and serve with the pizza along with some fine red wine, beer or apple cider.





## **STUFFED RED PEPPERS PUNTANESCA WITH GORGONZOLA COUSCOUS**

Serves 2-4

1 small bunch arugala  
2 red bell peppers  
2 ripe plum tomatoes  
4 tablespoons black olive tapenade or 8  
black olives chopped and seeds removed  
2 garlic cloves sliced  
8 fresh basil leaves torn  
4 tablespoons capers  
dash balsamic vinegar  
dash herb oil (or olive oil)

### **GORGONZOLA COUSCOUS**

2 1/2 cups couscous  
3 cups boiling water  
4 ounces gorgonzola cheese cubed  
4 tablespoons butter  
Salt and pepper to taste

### **HERB OIL BREAD DIP**

1 cup herb oil or olive oil  
4 to 6 tablespoons balsamic vinegar  
4 to 6 tablespoons parmesan cheese  
Chili pepper flakes (optional)

### **DRINKS**

Red or white wine, beer or Sparkling  
Apple, Pear or Cranberry Cider

## **PEPPERS**

Wash and slice peppers in half. Remove the seeds but not the stems as this will assist in holding them together while roasting. Put each pepper on a roasting pan. Fill each pepper with 1/4 of the chopped tomatoes and black olive tapenade. Slice garlic and tuck in several pieces in each pepper. Add a tablespoon of capers into each, and top with the fresh basil, a dash of herb oil and balsamic vinegar. Place into a 400 degree oven and roast for 30-40 minutes until tender.

## **COUSCOUS**

While the peppers are roasting, place couscous into a mixing bowl and cover with boiling water. Allow to stand for 10 minutes until it is flaky. Add butter, salt and pepper and stir until blended. Fold in gorgonzola cheese and mix. With an ice cream scoop or large spoon, take four large spoons of the couscous and arrange in the middle of four plates. Tear some arugala and place along side the couscous.



As the peppers are roasted, place one pepper on top of each plate of gorgonzola and arugala. Serve along with some fresh French bread and herb oil dipping oil, white wine or cranberry cider.

## COMPLETE MEAL ANALYSIS

Protein: *Cheese*

Carbohydrates: *Couscous*

Enzymes: *Peppers, arugala*

Fermented Foods: *Olives, capers, wine or cider*

Fats: *Butter, oil and cheese*



# Delicacies from India and Turkey

Mila and Oa have enjoyed their time in Greece and continue to explore cooking from this region of the world including India and Turkey



## PALAK PANEER

WITH HOMEMADE CHEESE,  
NAAN AND RAITA

Serves 4

1 1/2 pounds fresh spinach  
6 cloves garlic  
2 tablespoons red chili paste (Thai chili paste is useful here) or chili powder  
1 inch fresh ginger peeled and chopped  
1 tablespoon curry powder  
1/4 cup water  
1/4 cup heavy cream  
3 tablespoons butter

## FRESH HOMEMADE CHEESE

5 cups whole milk (or half and half)  
2.5 tablespoons lemon juice  
Cheese cloth  
Rubber band and string

## NAAN BREAD

2 Cups Flour  
1 Egg  
2 Tablespoons Yogurt  
4 Tablespoons Milk or more to mix  
1 Tablespoon Olive Oil  
1 Teaspoon Active Dry Yeast



## FRESH CHEESE

To make the fresh cheese for this dish, one will require doing this a day ahead or more. Heat the milk until it bubbles. Remove from heat and add the lemon juice and stir. Allow the mixture to stand for 15 minutes and the curds will separate from the whey.

Pour the mixture through a colander lined with 4 layers of cheesecloth. Squeeze the cheesecloth by pulling the top together tying the ends with a rubber band. Squeeze as much of the fluid as you can out with your hands. Hang the cheesecloth from the sink over a pan allowing it to drip for four hours or over the course of the afternoon.

When most of the remaining whey has released, take the cheesecloth wrapped cheese and place upon a round plate. Place a pan filled with water on top pressing the cheese into a solid mass. This may take several hours or one can place it in the refrigerator overnight. When complete, one can remove the pan of water and the cheesecloth, and cut the fresh cheese into squares or triangles

### BASMATI RICE

1 cup basmati rice  
1 cup milk  
2 cups purified water



### RAITA

3/4 Cup Homemade or Plain Whole Milk Yogurt  
1 Medium Tomato Cut into Small Pieces  
1/2 small cucumber deseeded and cut into small pieces  
1 teaspoon salt  
1 teaspoon coriander



### MANGO CHUTNEY

1 or 2 Large Ripe Mango (or 3-4 ripe peaches can be substituted)  
1/2 Cup Raisins  
1/4 Cup Brown Sugar  
2 Tablespoons Cider Vinegar  
1 Tablespoon Finely Chopped Ginger  
1 Teaspoon Chili Powder  
1 Teaspoon Whole Mustard Seeds  
1 Teaspoon Salt  
1 Teaspoon Lemon Rind  
1 Teaspoon Orange Rind  
dash Cayenne Pepper  
dash Cinnamon

### CHUTNEY

To make the chutney, wash and remove skin and seed from the mango or the peaches. Cut into small pieces. Cook all ingredients stirring often for about an hour. Store in an airtight container in the refrigerator.

### NAAN

If you are making the naan bread from scratch, put all ingredients in a bread machine in the order listed and place upon the dough cycle. When the bread has come together, remove and knead one last time by hand. Separate into four rounds and allow to rise one more time. Some store sell pre-made naan and if one chooses, one can bake it just as one will bake the dough one has prepared in the machine.

Place 3 baking pans on top of one another heating the oven as high as it will go (500 degrees). Place each naan on the top of the baking pans and bake for 5 to 8 minutes until brown. Top with melted butter.

### PANEER

To prepare the Paneer, take the spinach and chop very finely by hand or in a food processor. In a large frying pan, place a good amount of herb oil and heat until sizzling. Add the chopped garlic and chili paste along with curry powder and ginger. Allow the herbs to diffuse into the oil. Add the spinach and mix. Sauté the spinach for 15 minutes until tender. Add the heavy cream and butter and cook for another 10 minutes. Add the fresh homemade cheese and continue to cook until ready to serve over fresh basmati rice.

## DRINKS

Red or white wine, beer or Sparkling  
Apple, Pear or Cranberry Cider

## COMPLETE MEAL ANALYSIS

Protein: *Fresh cheese*

Carbohydrates: *Rice and Naan*

Enzymes: *Spinach*

Fermented Foods: *Yogurt, wine or cider  
and chutney*

Fats: *Butter, oil and cheese*

## RICE

For the basmati rice, place the rice, water and milk into a sauce pan. Heat until boiling and then turn burner down to low and simmer for 20 minutes until done. The milk adds a creamy texture and taste to the rice.

## RAITA

Just as the naan and palak paneer are coming together, place all ingredients for the Raita in a mixing bowl and stir. Serve on top of the palak paneer or naan along with some chutney, white wine or pear cider to create a complete meal.



## STUFFED TURKISH EGGPLANT WITH MINT YOGURT

Serves 2-4

2 long eggplant  
1/2 cup couscous  
1 medium onion chopped finely chopped  
4 fresh pressed garlic cloves  
1 tablespoon salt  
1 teaspoon cinnamon  
6 shitake mushrooms minced  
1/2 cup pine nuts or chopped pecans  
1 teaspoon cumin seeds  
6 dates pitted and chopped (or 1/2 cup dried dates)  
handful parsley chopped  
1 tomato cut in half  
Oil for frying  
1 cup boiling water



### MINT YOGURT

3/4 Cup Homemade or Plain Whole Milk Yogurt  
1 teaspoon salt  
2 springs chopped fresh mint  
1 teaspoon white wine or rice vinegar  
1 teaspoon marin or honey

## HUMMUS

For the hummus, place the garbanzo beans and all other ingredients in a food processor or blender. Blend until smooth adding more oil as need be. Place the hummus in a bowl and add a dollop of olive oil in the middle. This can be prepared ahead and refrigerated for use at a later time. When serving, Surround with cut up toasted pita bread.

## EGGPLANT

Beat the fresh eggplant with a rolling pin and roll with your hands until tender inside. Cut the end but not all the way through and pull out the top and core; the core will come out with the top. Scoop out the inside of the eggplant with a large spoon. Do not destroy the skin as it will be used to hold the stuffing.

Add some olive oil to a heated frying pan. Add the garlic and cumin seeds and sauté until they defuse their essence. Add the minced onion allowing it to sauté until translucent. Add the shitake mushrooms and sauté until tender. Add the inside of the eggplant, salt, cinnamon, nuts, and parsley. Sautee for 10 minutes over medium heat.

In the meantime, take the couscous and cover with boiling water. Allow it to stand for 10 minutes or so. Then mix the couscous and eggplant mixture until a nice paste forms. Stuff the inside of each eggplant with the paste and seal with the half tomato at the end. Roast over a grill or in an oven at 375 degrees for 30 minutes until the outside is slightly charred, turning it over once on the grill or in the oven.

## HUMMUS

1 1/2 Cups Cooked Garbanzo Beans (or organic canned)  
2 Tablespoons Olive Oil  
1 Tablespoon Fresh Lemon Juice  
4 Cloves Roasted Garlic  
1 Tablespoon Salt (or more to taste)  
1/4 Cup Fresh Chopped Parsley  
Pita bread cut into triangles

## DRINKS

Red or white wine, beer or Sparkling Apple, Pear or Cranberry Cider

## COMPLETE MEAL ANALYSIS

Protein: *Hummus*  
Carbohydrates: *Couscous and pita bread*  
Enzymes: *Eggplant and tomato*  
Fermented Foods: *Yogurt, wine or cider*  
Fats: *Oil*

## MINT YOGURT

While the eggplant is roasting, mix the yogurt, salt, mint, vinegar and honey together. When the eggplant is done, cool slightly and slice into 2 inch spheres serving 3 slices per plate. Top with the mint yogurt and serve with toasted pita bread, and some hummus on the side along with some wine, beer or cider.

# Asian Favorites

Japanese, Chinese and Thai restaurants abound in the islands and are a favorite place of Mila and Oa who find delicious vegetarian food filled with herbs and spices that are healing and soothing to their ascending bodies. They have just begun to experiment with this type of cooking at home and have found it not only tasty, but fun to prepare. Enjoy!



## STIR FRY VEGGIES IN THAI PEANUT SAUCE

Serves 4

2 carrots finely sliced on an angle  
3 celery stalks finely sliced on an angle  
1 small head of broccoli cut into florets  
15 to 20 snow peas  
1 baby bok choy  
1 small bunch green onions  
10 fresh shiitake mushrooms finely sliced (or reconstituted dried from stock)  
8 oyster mushrooms  
Peanut oil  
Sesame oil



## MUSHROOM STOCK

For the mushroom stock, place all ingredients in a stock pan and cover with the purified water. Bring to a boil and then turn down the heat and simmer for 1.5 to 2 hours. Remove ingredients saving the shiitake mushrooms for later use.

## PEANUT SAUCE

To make the peanut sauce, place all ingredients into a food processor or blender and blend until smooth. This sauce can also be served over vegetable kabobs as an appetizer.

## STIR FRY

Cut up the vegetables and have on a platter ready to be stir fried in a wok or large frying pan. Begin by adding some peanut oil and a little sesame oil to the wok. Add the mushrooms and cook until tender while stirring. Then add the carrots and celery. Continue to stir the ingredients in the wok for a few minutes. Then add the broccoli and stir fry for another minute. Then add the green onions and snow peas and stir for a few more minutes. Add the peanut sauce and mix well and serve.

### PEANUT SAUCE

1/2 cup unsweetened coconut milk (organic canned)  
2 tablespoons Thai red curry paste (vegetarian version)  
3/4 cup mushroom stock (organic or homemade)  
2 tablespoons fresh lime juice or tamarind juice  
2 tablespoons brown sugar  
1/4 cup peanut butter

### QUICK THAI MUSHROOM STOCK

15 dried shitake mushrooms  
2 stems fresh basil  
20 Lime leaves or fresh lime rind  
1 stem fresh lemon grass  
4 cloves fresh or roasted garlic  
8 cups filtered water

### COCONUT RICE

1 cup jasmine rice  
1 cup unsweetened coconut milk  
2 cups purified water

### DRINKS

Plum wine, beer or Sparkling Apple, Pear or Cranberry Cider

### COMPLETE MEAL ANALYSIS

Protein: *Shitake and oyster mushrooms and peanuts*

Carbohydrates: *Rice*

Enzymes: *Veggies*

Fermented Foods: *Wine or cider*

Fats: *Oil and peanut butter*



### RICE

For the jasmine rice, place the rice, water and coconut milk into a sauce pan. Heat until boiling and then turn burner down to low and simmer for 20 minutes until done. The coconut milk adds a creamy and nutty texture and taste to the rice.

Serve the veggies over the rice along with some chilled plum wine, white wine or sparkling cider. The plum wine assists in washing the heat of the spices from the pallet.





## TOM YUM COCONUT SOUP

8 shitake mushrooms  
6 oyster mushrooms  
1 small head broccoli cut into florets  
1 cup snow peas  
1 small bunch green onions diced  
20 thin slices fresh ginger  
3 lemon grass stalks cut into pieces  
20 kefir lime leaves (or peeling of one lime cut into small segments)  
2 tablespoons vegetarian red Thai chili paste  
2 8 oz. cans unsweetened coconut milk  
1 1/2 cups mushroom stock (homemade or organic store bought)  
2 tablespoons soy sauce  
2 tablespoons fresh lime juice  
Peanut oil for frying

## QUICK THAI MUSHROOM STOCK

15 dried shitake mushrooms  
2 stems fresh basil  
1 stem fresh lemon grass or fresh lime slices  
4 cloves fresh or roasted garlic  
8 cups filtered water

## COCONUT RICE

1 cup jasmine rice  
1 cup unsweetened coconut milk  
2 cups purified water

## MUSHROOM STOCK

For the mushroom stock, place all ingredients in a stock pan and cover with the purified water. Bring to a boil and then turn down the heat and simmer for 1.5 to 2 hours. Remove ingredients saving the shitake mushrooms for later use.

## COCONUT RICE

For the jasmine rice, place the rice, water and coconut milk into a sauce pan. Heat until boiling and then turn burner down to low and simmer for 20 minutes until done. The coconut milk adds a creamy and nutty texture and taste to the rice.



## SOUP

Heat some peanut oil in the bottom of a stock pan. Fry the ginger root slices until crispy. Add the chili paste, the lemon grass stalks and lime leaves and allow them to diffuse their scent into the oil. Then add the mushrooms and broccoli and sauté until tender for a minute or two. Then add the snow peas and green onions and sauté for another minute. Now add the mushroom broth and coconut milk, soy sauce and lime juice and bring to boil for 10 minutes and serve.

## DRINKS

Plum wine, beer or Sparkling Apple,  
Pear or Cranberry Cider

## COMPLETE MEAL ANALYSIS

Protein: *Shitake and oyster mushrooms*

Carbohydrates: *Rice*

Enzymes: *Veggies*

Fermented Foods: *Wine or cider and soy  
sauce*

Fats: *Oil and coconut milk*

This soup is hearty enough as a meal in itself. You can serve the soup with a side of rice, or pour the soup over a bowl of rice if you prefer. You will eat around the lime leaves and lemon grass stalks which can be removed as you eat. Or you can remove them before serving. Serve with some plum wine, a sweet rose, or a sweet white wine such as Riesling, or beer or cider for a complete meal.



## THAI YELLOW CURRY

1 cup carrots sliced fine  
4 cups potatoes cut in cubes  
1 cup finely chopped sweet onion  
2 tablespoons Thai vegetarian yellow curry paste  
Shitake mushrooms (finely sliced from stock)  
8 cloves garlic (fresh or roasted)  
1 tablespoon soy sauce  
2 cups mushroom stock (homemade or organic store bought)  
2 8 oz. cans coconut milk  
10 pieces ginger finely sliced  
Peanut oil for frying

## QUICK THAI MUSHROOM STOCK

15 dried shitake mushrooms  
2 stems fresh basil  
1 stem fresh lemon grass or fresh lime slices  
4 cloves fresh or roasted garlic  
8 cups filtered water

## COCONUT RICE

1 cup jasmine rice  
1 cup unsweetened coconut milk  
2 cups purified water

## DRINKS

Plum wine, sweet rose or white wine, beer or Sparkling Apple, Pear or Cranberry Cider

## COMPLETE MEAL ANALYSIS

Protein: *Shitake mushrooms*  
Carbohydrates: *Rice*  
Enzymes: *Veggies*  
Fermented Foods: *Wine or cider and soy sauce*  
Fats: *Oil and coconut milk*

## MUSHROOM STOCK

For the mushroom stock, place all ingredients in a stock pan and cover with the purified water. Bring to a boil and then turn down the heat and simmer for 1.5 to 2 hours. Remove ingredients saving the shitake mushrooms for later use.

## COCONUT RICE

For the jasmine rice, place the rice, water and coconut milk into a sauce pan. Heat until boiling and then turn burner down to low and simmer for 20 minutes until done. The coconut milk adds a creamy and nutty texture and taste to the rice.



## CURRY PREPARATION

In a large frying pan or wok, add the peanut oil and heat until sizzling. Add the ginger and fry until crisp. Add the garlic and chili paste allowing the flavors to diffuse. Add the onions and cook until translucent. Add the potatoes and carrots sauté for a few minutes. Add the mushrooms, stock, coconut milk and soy sauce. Simmer for 15 minutes and serve over the rice along with some nice chilled plum wine, rose wine, chilled sake, beer or cider.



## **WAFU PASTA WITH SESAME ROASTED JAPANESE EGGPLANT**

10 shitake mushrooms  
10 oyster mushrooms  
10 enoki mushrooms  
2 cloves fresh garlic  
3 tablespoons sesame oil  
3 tablespoons sake  
3 tablespoons white wine  
2 tablespoons ponzu sauce  
2 tablespoons soy sauce  
2 tablespoons marin  
1 package organic angle hair pasta  
Peanut oil for frying



### **SESAME ROASTED EGGPLANT**

4 long Japanese eggplant sliced thin lengthwise  
4 tablespoons sesame oil  
4 tablespoons peanut oil  
2 tablespoons ponzu sauce  
2 tablespoons marin

## **FRESH CUCUMBER SALAD**

Cut up a long hothouse or Japanese cucumber into fine slices. Restaurants often remove the skin and seeds, but if the skin has not been waxed, then include it as it has additional nutrients not held in the flesh of the cucumber. The seeds also contain life force and so leave these as well. Place the cucumber in a glass bowl or jar and cover with the rice vinegar, ponzu sauce, sesame oil and marin. Mix and refrigerate for an hour or more before serving to allow for slight fermentation.

## **SESAME ROASTED EGGPLANT**

Wash and slice the eggplant lengthwise. Oil the bottom of a roasting pan. Whisk together the sesame oil, peanut oil, marin and ponzu sauce. Place the eggplant strips on the pan and drizzle with the sauce. Roast for 30 minutes at 400 degrees until caramelized and tender.

## **WAFU PASTA**

This was a favored vegetarian dish for Mila and Oa at a local Japanese style restaurant upon the Big Island. Heat 8 cups of water in a large stock pan to boiling. Add the angel hair pasta and cook until tender and strain.

Place a good amount of peanut oil in a heated skillet. Add the garlic and allow it to diffuse into the oil as it roasts. Add the mushrooms and sauté until tender. Add the pasta, sesame oil, ponzu sauce and marin, adding more to desired taste and toss. Serve immediately along with the roasted eggplant and fresh cucumber salad, and some hot or cold sake, a cold beer or pear cider.

## FRESH MARINATED CUCUMBER SALAD

1 long Japanese or hothouse cucumber  
finely sliced.

1/2 cup seasoned rice vinegar

1 tablespoon sesame oil

2 tablespoons ponzu sauce

1 tablespoon marin

## DRINKS

Hot or cold sake, beer, white wine or  
Sparkling Apple, Pear or Cranberry  
Cider

## COMPLETE MEAL ANALYSIS

Protein: *Shitake, oyster and enoki  
mushrooms*

Carbohydrates: *Pasta*

Enzymes: *Cucumbers and eggplant*

Fermented Foods: *Cucumbers, Sake,  
beer, wine or cider and soy sauce*

Fats: *Sesame and peanut oils*

