

Oa's Kitchen
Vegetarian Ascension Recipes



Condiments

The Earth Mother through Karen Danrich "Mila"
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Dear Beloved Ascending Human,

We have learned over time to make our own mayonnaise and yogurt along with salad dressings. We have also found it difficult to find an organic mayonnaise that tastes good in our opinion. Fresh homemade mayonnaise is not only delicious but is also a good base for dressings and coleslaw. We have learned to use olive oil for our dressings and mayonnaise as olives appears to be ascending as a species. This is not so for "canola" which is a genetic modification of corn oil. Safflower oils is another good option. On occasion we also treat ourselves to almond, walnut or macadamia nut oils which are even more delicious upon fresh salads or upon pasta.

Milk and milk products can often be loaded with substances that add toxins to an already toxic system one is trying to ascend out of. We therefore advise the use of organic milk and milk products whenever possible. Skim milk is very hard to digest as some of the enzymes necessary to digest milk are in the cream; remove the cream and you will have milk that cannot assist in it's own breakdown. It is for this reason that we suggest drinking whole milk or half and half instead of skim milk.

Raw milk is the easiest to digest as it has all enzymes available to break itself down, however raw milk can be difficult to obtain in many regions. Not all the enzymes from the fat are destroyed in the pasteurization process which may be why whole milk, half and half or cream is easier to digest even when it is not raw.

Namaste
Mila & Oa and The Earth Mother

Italian Condiments

Basil and garlic are excellent blood cleansers in ascension

BASIL PESTO

1 Bunch Fresh Basil (leaves only)
1/2 Cup Pine Nuts or Macadamia Nuts
(Walnuts or Pecans also are good)
4 or 5 Cloves Fresh or Roasted Garlic
(roasted is more mellow in taste - see below)
1/3 Cup or more Olive or Walnut Oil
(Almond Oil is good too)
1/2 Cup Grated Parmesan Cheese
1-2 Tablespoons Fresh Lemon Juice
Salt to Taste



Place all ingredients in a food processor or blender and blend until a nice paste is made. Add more oil as needed for blending. Store in an airtight container in the refrigerator for many months; or freeze for longer storage.



SUN DRIED TOMATO PESTO

12-15 Sun Dried Tomatoes
1/2 Cup Pine Nuts or Macadamia Nuts
(Walnuts or Pecans also are good)
4 or 5 Cloves Fresh or Roasted Garlic
(roasted is more mellow in taste - see below)
1/3 Cup or more Olive or Walnut Oil
(Almond Oil is good too)
1/2 Cup Grated Parmesan Cheese
1-2 Tablespoons Fresh Lemon Juice or White Wine
Salt to Taste

Place all ingredients in a food processor or blender and blend until a nice paste is made. Add more oil as needed for blending. Store in an airtight container in the refrigerator for many months; or freeze for longer storage.

Mix with buttered pasta for a quick meal, or blended with mayonnaise for a nice pesto-mayonnaise or sour cream for a nice salad dressing or dip. One can also mix pesto with butter as a nice topping on fresh bread. Try spreading pesto upon homemade foccacia bread before it bakes -- yum!



SPICY HOMEMADE MARINARA

2 Pounds Ripe Roma Tomatoes
1/2 Cup Olive Oil
8 Cloves Roasted Garlic
1 Large Onion
1 Cup Parsley
1 Cup Red Wine
1/2 Cup Parmesan Cheese
1 Tablespoon Honey or Brown Sugar
1 bunch each Fresh Oregano and Basil
(or Italian dried herbs)
1 Tablespoons Chipotle Chili Powder
(or more to taste)
Salt and Pepper to Taste

In a sauce pan, heat up the olive oil. Add the garlic. Dice the onion and add to the pan. As the onion becomes translucent, wash and chop each tomato adding them into the pot. Allow this to simmer.

Finely chop the parsley and grate the parmesan cheese. Add these along with the red wine, honey and fresh herbs along with chipotle, salt and pepper to taste. Cook for 40 minutes before serving. Serve over homemade or organic store bought pasta.

If using a pressure cooker, one would place all ingredients in the pressure cooker and cook on high for 10-15 minutes.

Salad Dressings

Vinegar and fresh greens are a good way to manage the pH of the body and provide the necessary enzymes for digestion and ascension

SESAME VINAIGRETTE

3/4 Cup Walnut Oil (or Peanut or Macadamia nut oil)
4 Tablespoons Seasoned Rice Vinegar
2 Tablespoons Sesame Oil
2 Tablespoons Soy Sauce
1 Tablespoon Brown Sugar or Honey
1 Tablespoon Sesame Seeds

Mix all ingredients well and pour over salad greens and other salad ingredients of choice. Diced red and yellow peppers, green onions, cherry tomatoes make nice editions to this type of salad dressing. Top with toasted sesame seeds

BALSAMIC CITRUS SALAD DRESSING

3/4 Cup Olive Oil (or Walnut or Macadamia nut oil)
2 Tablespoons Balsamic Vinegar
4 Tablespoons Orange Juice
Salt and pepper to taste



Mix all ingredients well and pour over salad greens along with other ingredients of choice. Slices of pears, candied walnuts, grapes and gorgonzola or blue cheese go nicely with this dressing.

RASPBERRY VINAIGRETTE

3/4 Cup Light Olive Oil (or Walnut or Macadamia nut oils)
3 Tablespoons Raspberry Vinegar
1 Tablespoon Honey or Organic Sugar
Salt and pepper to taste



Mix all ingredients well and pour over salad greens plus other ingredients of choice. Slices of kiwi, strawberries, pecans and cherry tomatoes go nicely with this dressing..

CREAMY GREEN GODDESS DRESSING

3/4 Cup Homemade Mayonnaise (see below for recipe)
1/4 Cup Buttermilk
1/2 Ripe Avocado (optional)
4 Cloves Roasted Garlic Smashed
Dash Worcestershire Sauce
2 Teaspoons White Wine Vinegar
1 Teaspoon Dijon Mustard
Salt and Pepper to taste



Mix all ingredients well in a blender or with a hand blender or by hand. Serve over greens with croutons and a lemon wedge. The Avocado adds a nutty taste to this dressing.

Roasted Garlic

Garlic has anti-viral and anti-parasitic properties



ROASTED GARLIC

2 or 3 Garlic Heads
2 Tablespoons Olive Oil

Cut the top off each head of garlic. Place upon a baking sheet. Heat oven to 400 degrees. Drizzle garlic heads with olive oil. Roast for 20 minutes. Cool and squeeze out the garlic storing in an airtight container for future use; or serve hot spread upon toast or crackers along with some blue cheese. Yum!

Homemade Mayonnaise

Olive Oil is useful to the crystalline nervous system and eggs to the crystalline cellular structure



HOMEMADE MAYONNAISE

2 Teaspoons Salt
2 Teaspoons Dijon Mustard
1 Tablespoon Fresh Lemon Juice
1 Teaspoon Honey or Organic Sugar
2 Eggs plus 1 Yolk
2 Cups Olive Oil (or safflower oil)

Place the salt, mustard, lemon juice, honey or sugar and eggs and yolk in a food processor or blender. Blend until it turns a creamy yellow color. Add one tablespoon of the olive only and blend on high until the mixture begins to turn white. Drizzle the remaining oil in one tablespoon at a time until the mixture sets. Then one may add the oil a little more rapidly. Makes 1 pint. Refrigerate for up to one month in an air tight container. You can also add 10 drops of colloidal silver as a natural preservative.

Olive oil makes a nice thick mayonnaise, however one can also try organic safflower or a nut oil for a lighter texture.

Spicy Aoli

1/2 Cup Mayonnaise
2 teaspoons Chipotle Chili Power (can substitute regular chili powder)
1 teaspoon fresh Lemon juice or more to taste
Salt to taste



Mix all ingredients and use as a dip with crackers as a lovely snack or upon sandwiches to enhance the flavor. The smoky flavor of Chipotle Chili is delicious.

Pesto Aoli

1/2 Cup Mayonnaise
1 teaspoon Basil or Sun Dried Tomato Pesto (see above)
Dash fresh lemon juice

Homemade Yogurt and Yogurt Cheese

Yogurt is excellent for retaining the proper pH and bacteria in the intestinal tract along with reproductive system.



Homemade Yogurt

2 Quarts Half and Half or Whole Milk
(we prefer the creamy taste of half and half)
3 Tablespoons of your favorite yogurt or yogurt starter
A 2 Quart Thermos

Place milk in double boiler, filling the bottom kettle with water (one is less likely to over boil with a double boiler). Or place the milk in a pan directly upon the stove top. Heat until the milk is as hot as it can become (or to 190 degrees as tested with a candy thermometer).

Remove the pan from the heat. Cool until it is easy to the touch (or to 115 degrees with a candy thermometer). If it is too hot, the heat will kill the bacteria in your starter or yogurt. One can place the pan in a sink full of cool water with a few ice cubes to speed up the process, but make sure not to overcool.

Stir in the yogurt or starter and put the mixture into a 2 quart thermos and seal. Let stand for 4-5 hours and you will have lovely creamy yogurt. The thermos will retain the right temperature to develop the yogurt. When thickened, stir and transfer to an airtight container or two and refrigerate.

Yogurt Cheese

1/2 the above quantity of yogurt

Take one half of the prepared yogurt from above recipe. Line a large sieve with cheesecloth. Place the sieve into a pot. Place the yogurt into the sieve and cover with a cloth. Refrigerate over night and one will have a creamy yogurt cheese to use for dips or serve upon toast the next day. Store in an airtight container and refrigerate.

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
Fresh chopped mint leaves or dried mint
1 teaspoon salt
1 teaspoon coriander

Mix all ingredients in a bowl and serve. Raita is a yogurt based dish that is served over spicy Indian dishes such as the Potato Pea Curry in the Main Dishes section of our recipes.

Jellies and Chutneys

Jelly from scratch is delicious and can be stored in the refrigerator for a month or so until eaten. Chutneys are sweet accoutrements to spicy Indian cooking.

BUTTER JELLY

2 Cups Fresh Fruit (berries, nectarines, pears, peaches, apricots, mangos, pineapple or any combination of preference)
4 Tablespoons Butter



Melt the butter and add the fruit. Cook until the fruit becomes a thick jelly. Serve hot over pancakes, or store in an airtight jar and chill in the refrigerator. Use the jam upon toast with peanut butter or butter.

MANGO CHUTNEY

1 Large or 2 small 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



Wash and remove skin and seed from the mango. Cut into small pieces. Add all ingredients into a stock pot. Cook all ingredients stirring often for about an hour. Store in an airtight container in the refrigerator. Chutney is a nice side dish along with Raita for any spicy dish, and especially Indian cooking.

