

Oa's Kitchen
Vegetarian Ascension Recipes



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

Oa often gets lost in the kitchen cooking the day away. There is a rhythm to cooking that can be quite beautiful and creative to experience. Much as an artist, one is combining food to create something beautiful and as well as delicious to eat. If one communes with the nature kingdoms, they will tell you how the food desires to be cooked, and what herbs and spices are needed. This is how many of these recipes came forth; through listening to the kingdoms as to how the food wished to be prepared.

Earth invites each to take the time to cook for oneself, or for a special occasion with guests. Just as one would give unto oneself to walk, swim, have a mud bath to detoxify or any other activity that supports ascension, cooking also can support ascension. For in the act of cooking, one is gathering up the food source that one requires to supply the body with the necessary nutrition to ascend.

In the blessing of the food that one is preparing, there can be an even greater gift, and this is the blessings from earth and nature for your continued life dance and ascent. We hope that each experiences these blessings through these recipes.

**Namaste
Mila & Oa
The Earth Mother**

Risottos

Risotto is a form of rice known as "Arborio" that creates a creamy dish due to the high amount of gluten naturally occurring therein.

WILD MUSHROOM AND LEEK RISOTTO

Serves 4

1 Cup Arborio Rice
1 Quart Organic Mushroom Broth (or 6 cups vegetable stock or water)
3 Tablespoons Olive Oil
1 Leek, Diced
1/2 Cup Fresh Oyster Mushrooms (or crimini mushrooms)
1/2 Cup Fresh Shitake Mushrooms (or dried and reconstituted)
4 Ounces Dried Wild Mushrooms, Reconstituted
4 Tablespoons Butter
1/2 Cup Parmesan Cheese
1/2 Cup Pine Nuts
1/2 Cup White Wine
Parsley and Parmesan Cheese to garnish

Wild Mushrooms have a particular substance useful to the ascending nervous system, as do shitake mushrooms. Shitake mushrooms are also complete protein unto themselves. The pine nuts add another type of protein useful to ascension in this dish.



Reconstitute the dried mushrooms by placing them in a bowl and pouring the white wine over them. Let the mushrooms stand for an hour or more in the wine. Save the wine to be added to the stock.

Place the stock and butter in a stock pot. Heat to a boil and add the Arborio rice. In a frying pan, heat the olive oil. Add the diced leek and simmer. Add the fresh and dried mushrooms and sauté for a five minutes. Add the white wine, and cover, turning down the heat.

As the stock boils off, the rice will turn to a nice creamy texture. Continue to stir the rice until most of the stock has evaporated. Add the mushrooms and leeks, pine nuts and parmesan cheese to the rice. Serve and garnish with parsley and parmesan cheese.



LEMON WALNUT ASPARAGUS RISOTTO

Serves 4

1 Cup Arborio Rice
1 Quart Organic Mushroom Broth
(or 6 cups vegetable stock or water)
3 Tablespoons Olive Oil
1 Bunch Asparagus
1 Lemon
4 Tablespoons Butter
1/2 Cup Parmesan Cheese
1/2 Cup Walnuts Chopped
1/2 Cup White Wine
Parsley and Parmesan Cheese to
garnish

Asparagus with the lemon create a form of iron that supports the creation of crystalline blood. Walnuts, cheese and the rice allow this dish to create a complete protein useful for vegetarians.

Place the stock and butter in a stock pot. Heat to a boil and add the Arborio rice. Wash and trim the asparagus and cut into 2 inch pieces. Grate the skin of the lemon and then juice the inside, setting it aside.

In a sauce pan, heat the olive oil. Add the asparagus, lemon rind and lemon juice along with white wine and simmer. (Do not overcook).

As the stock boils off, the rice will turn to a nice creamy texture. Continue to stir the rice until most of the stock has evaporated. Add the asparagus, walnuts and parmesan cheese to the rice. Serve and garnish with parsley and parmesan cheese.

Italian Dishes



CANNELLONI WITH BÉCHAMEL SAUCE Serves 4-6

1 Recipe Homemade Pasta or 1 box organic cannelloni shells
(see "[Breads and Pasta](#)" for homemade pasta recipe)
1 Recipe homemade marinara or 1 1/2 cups organic sauce from a can or jar
1/2 Grated Parmesan Cheese
8 Ounces Ricotta Cheese
4 Tablespoons Pesto (see [Condiments for homemade pesto and marinara recipes](#))
1 Egg
12 Ounces Mozzarella Grated
Salt and Pepper to Taste

BÉCHAMEL SAUCE

2 Cups Half and Half or Whole Milk
2 Tablespoons Corn Starch or Flour

Pasta is soothing to the intestinal tract. Tomato sauce provides vitamin A and C along with acids useful in the transmutation to the crystalline form. The egg, milk and cheese allows this dish to have a complete protein to support a vegetarian diet as well as providing cholesterol to support the regeneration of the crystalline form.

In a pan, mix the ricotta cheese, parmesan cheese, pesto, egg and 1/2 of the grated mozzarella together into a nice paste. Add salt and pepper to taste.

If you are using store bought cannelloni noodles, then fill each dry noodle with some of the mixture with a spoon. Transfer the filled noodles to a glass baking dish.

If you are using the homemade pasta recipe, roll out the dough on a floured board and cut with a knife into 4 inch wide by 8 inch long strips. Place some of the ricotta mixture in the center of each strip and roll it up, pressing the ends slightly together. Transfer the filled pasta to a glass baking dish.

Mix the milk with the corn starch or flour and pour into a sauce pan. Heat up the milk to a near boil while continuously stirring with a whisk, until a nice thick béchamel sauce has been created.

Pour the marinara sauce over the filled cannelloni. Then pour the béchamel sauce over the marinara. Top with the remaining grated mozzarella cheese.

Bake at 350 degrees for 50 minutes or until brown on top. Serve with some grated parmesan cheese, garlic bread and a nice salad for a complete meal.



Ricotta and Spinach Ravioli with Roasted Red Pepper Sauce Serves 4

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

Pasta for Ravioli

1 1/2 Cups Semolina flour
3 Eggs

Roasted Red Pepper Sauce

6 Large Red, Yellow or Orange Peppers
1 Cup Milk or half and half
4 Tablespoons Butter
Fresh Rosemary (or dried rosemary)
Salt and Pepper to taste

Cook Spinach in a covered saucepan until tender (about five minutes). Mix all other ingredients together into a nice paste.

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 full 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. Use a fluted pastry wheel or knife to 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. Note fresh pasta will cook in 1/3 the time of dried pasta (about 3 to 5 minutes). Cook until the ravioli float to the top of the boiling water.

Cut the top of the peppers and remove the seeds. Slice into quarters and place upon a baking pan. Roast at 400 degrees for 35 minutes. Remove the peppers and cool to the touch by placing them under running water.

Take a sharp knife and remove the skins from the peppers and place them in a food processor or blender. Add one half cup of milk and blend until smooth. Heat the butter and other half cup of milk in a sauce pan. Add the pureed mixture and heat. Stir in a little more milk or half and half until the desired consistency is reached. Serve over the ravioli. Garnish with fresh rosemary.



OA'S "MEATLESS" BALLS

Creates 24 Meatless Balls
Serves 6-8

2 Cups Texturized Vegetable Protein
(also known as TVP)
1 Cup Onion
3/4 Cups Romano Cheese
3/4 Cups Parmesan Cheese
2 Cups Minced Mushrooms
3 Eggs
2 Cloves Roasted Garlic
1/2 cup chopped Parsley
2 Teaspoons Salt
1 Tablespoon Gluten Flour
1 Cup Bread Crumbs or more as needed
1 recipe homemade Marinara or 32
ounces of organic canned tomato
sauce

(see Condiments for homemade marinara
recipe)

From earth's perspective, TVP is easy to digest, and gives weight to any food that it contains. This can assist one in grounding, much as if one were to eat beans and rice. This type of food is useful when the body is in need of more than the regular daily dose of protein than a vegetarian diet provides.

Puree the onions, garlic, parsley and mushrooms in a food processor until they are finely chopped. Transfer into a mixing bowl. Finely grate the Romano and parmesan cheese in the food processor until it is a nice powder in texture. Mix the two together.

Sprinkle the Texturized vegetable protein with the gluten in a separate bowl and mix. Crack and whisk the eggs until they are creamy yellow. Add the eggs to the TVP-gluten mixture.

Blend the TVP and Cheese mixtures together, adding salt and pepper to taste. Add the bread crumbs until you can form a ball or patty that will stick together. You can add more bread crumbs as needed if the mixture is too wet; or a little water if it is too dry.

Take a spoonful of the mixture into your hands and form a nice meatless ball. Place each ball upon oiled baking sheet. Bake until lightly browned (about 45 minutes to an hour).

After the meatless balls cool, transfer them to a large stock pot. Fill the pot until all meatless balls are covered with marinara sauce or canned tomato sauce. Heat up to a boil and then simmer for an hour or more allowing the meatless balls to absorb some of the marinara. Serve over pasta with a salad and some garlic toast for a nice meal.

Mexican Dishes



CORN AND CHEESE ENCHILADAS

Serves 4

8 Tortillas
8 Ounces Jalapeño Cheese
Two Ears of Fresh Corn
1 Recipe Enchilada Sauce (*see below*)

HOMEMADE TORTILLAS

1 Cup Masa (*corn flour*)
1 Cup Unbleached Flour
1 Cup Water

ENCHILADA SAUCE

6 Dried Mild Red Chilies
2 Cups Chopped Onions
6 Cloves Roasted Garlic
1 Teaspoon Salt
1 Teaspoon Apple Cider or White Wine Vinegar
4 Cups Filtered Water

For the Enchilada Sauce, cut the dried chilies lengthwise in half and remove the seeds. Cut into fine pieces and place into a food processor or blender. Add the chopped onions, roasted garlic, salt, vinegar and water, and puree until you have a nice thick sauce. More water can be added to thin the sauce depending upon one's preference and allowing it to cover double the recipe, or be used at a future time.

For homemade tortillas, mix all ingredients by hand. Roll into four balls. Press each ball out on a floured board into a sphere with a rolling pin, or by hand, or with a tortilla press. Heat up a non-oiled skillet and quickly cook each side before using.

Grate the Jalapeno Cheese. Cut the corn from the cob. Heat a pan with some oil to a warm temperature. Take each tortilla and dip it in the oil to make it easier to bend. Fill with cheese and fresh corn and roll, placing each next to each other in a glass baking dish.

Pour the enchilada sauce over the rolled tortillas and sprinkle with the remaining cheese. Bake for 45 minutes at 350 degrees.



CHILE REINNOS

Serves 4

4 Fresh Anaheim Peppers
8 Eggs
Olive oil for frying
6 Ounces Jalapeno Cheese
1 Recipe Enchilada Sauce (*see above*).
2 Ounces Jalapeno Cheese grated

Chiles are high in vitamins A and D and are spicy causing the kundahlini to run in ascension. Eggs are high in protein as well as cholesterol which supports the crystalline cellular structure.

Wash and open the peppers. Remove the seeds. Place the peppers upon a baking pan and roast at 400 degrees for 30 minutes. Cool by running the cooked peppers under cold water and remove the skins with a sharp knife.

Slice the cheese and stuff each pepper with one or more slices of cheese. Heat a skillet with some oil. Whisk two eggs at a time to a creamy yellow color. Place the eggs into the pan as if one were making an omelet. Place the stuffed chili inside of the egg mixture and fold the eggs around it.

Transfer the eggs and stuffed chilies to a glass baking dish and cover with the enchilada sauce. Sprinkle with the grated Jalapeno Cheese. Bake for 45 minutes at 360 degrees until the chilies are tender. Serve with beans and rice for a nice high protein meal.

Other Recipes



HAVARTI BROCCOLI PIE

Serves 4-6

8 Ounces Havarti Cheese Grated
1 Head Broccoli
1 Onion
1 Red Potato
1 Ear Corn
2 Tablespoons Olive Oil
6 Eggs
Fresh Dill (or dried dill weed)
Salt and pepper to taste
1 Pie Crust (See [Breads and Pasta](#) for recipe)

Grate the Cheese. Cut the broccoli into tiny florettes, discarding the base. Dice the onion and potato. Cut the corn off the cob. Heat the olive oil in a pan adding the onion. Sauté until the onion goes translucent. Add the broccoli and potatoes along with corn. Simmer for five minutes.

Make the pie crust in a pie pan and pre-bake before filling. (see "[Breads and Pasta](#)" for recipe). You can experiment with this recipe using any one of the pie crusts offered.

Place the broccoli and potato-corn filling into the crust. Add the grated cheese on top of the filling. Beat the eggs until they turn a pleasant yellow color and pour on top of the cheese and filling. Sprinkle with salt and pepper along with the fresh dill weed. Bake at 350 degrees for 45 minutes or until the eggs set and turn a nice brown color on top.



POTATO PEA CURRY WITH RAISIN ALMOND RICE

Serves 4-6

1 Cup Fresh Peas (or Dried Organic Peas)
4 Cups Water for soaking dried peas

2 Ancho Chilies
3 Large Yellow Potatoes
1 Leek (or yellow onion)
2 Cups Homemade Yogurt or store bought whole milk organic yogurt (See [Condiments](#) for the recipe)
2 Tablespoons Salt
6 Cloves Roasted Garlic
2 Tablespoons Curry Paste (or powder)
1 Teaspoon Chili Powder
4 Tablespoons Butter (or ghee)
Oil for frying

RAISIN ALMOND RICE

1 Cup Brown Rice
3 Cups Water
2 Tablespoons Butter
1 Teaspoon Salt
1/2 Cup Raisins
1/2 Cup Almonds

Heat the water in a sauce pan until it boils. Add the rice, butter and salt and simmer for 45-50 minutes upon a conventional stove top. If you are working with a pressure cooker, the rice will only need to be cooked for 20-25 minutes. Add the raisins and almonds to the cooked rice and serve.

If you are working with fresh peas, they will not require pre-cooking. Simply add them to the rest of the recipe when time. If you are working with dried peas, soak them overnight in the water. Pre-cook the peas for 2 hours on the stove top before adding it to the curry.

If one is working with a pressure cooker, then one does not need to pre-soak the dried peas. One needs to pre-cook the dried peas for 35 minutes in the pressure cooker however before adding them to the curry. This is to assure that they are tender and can digest in ease.

Heat the oil in a large stock pan. Add the curry paste, chili powder and salt along with roasted garlic to diffuse the flavors. Dice the leek or onion and add to the oil and spices. Dice the potatoes into small squares and add this to the pan along with the butter. Cut the chilies into thin strips and add these also to the oil. Add the pre-cooked peas. Sauté for five to ten minutes, and then add the yogurt. Cook for another 30 to 45 minutes until tender.

Serve with Naan, Raita and chutney for a nice meal. See our "[condiments](#)" and "[bread and pasta](#)" sections for the recipes.

The flavors of India are very special and may trigger some ancestral memories amongst those from the west of one's Tibetan root race relations. The spices of India are good blood cleansers. Ghee or butter is often the foundation of Indian cooking; ghee is high in cholesterol which supports the crystalline form. Peas when cooked well are a nice source of protein; and potatoes are good at soothing the intestines.



Vegetarian Chili

Serves 6-8

1 Cup Dried Organic Pinto Beans
1 Cup Dried Organic Kidney Beans
4 Cups Water (to soak the beans)

2 Tablespoons Olive Oil
1 Onion
2 Fresh Ancho Peppers
6 Cloves Roasted Garlic
3 Canned Chipotle Chilies (or 3
Tablespoons Chipotle Chili Powder)
Salt to Taste
Sour Cream to Garnish

Beans are a good source of protein for vegetarians, provided that they have been adequately cooked. One will find the dried beans cooked from scratch more "meaty" than canned beans. The reason for this is that they have not deteriorated due to standing upon a shelf for months to years. This type of meal will have a grounding effect upon oneself which is useful on a "bad ascension day."

If you are using a conventional oven and not a pressure cooker, you will need to soak the beans overnight and cook for 2 hours before adding the rest of the ingredients. With a pressure cooker, you will be able to cook the beans without pre-soaking in about 45 minutes on high setting.

In a large stock pan, heat the oil. Add the garlic, and chilies or chili powder allowing it to diffuse in the oil. Dice the onion and add it to the the oil, cooking until it becomes translucent.

Slice the peppers in half removing the seeds. Cut into small strips and add to the stock pan. Add the pre-cooked beans to the mixture and stir. Cook for another 30 to 45 minutes until tender.

Serve with a dollop of sour cream on top and with some Corn Bread. See our [Breads and Pasta](#) section for a nice corn-bread recipe.