



# **Cooking With Light**



Favorite Vegetarian  
Recipes

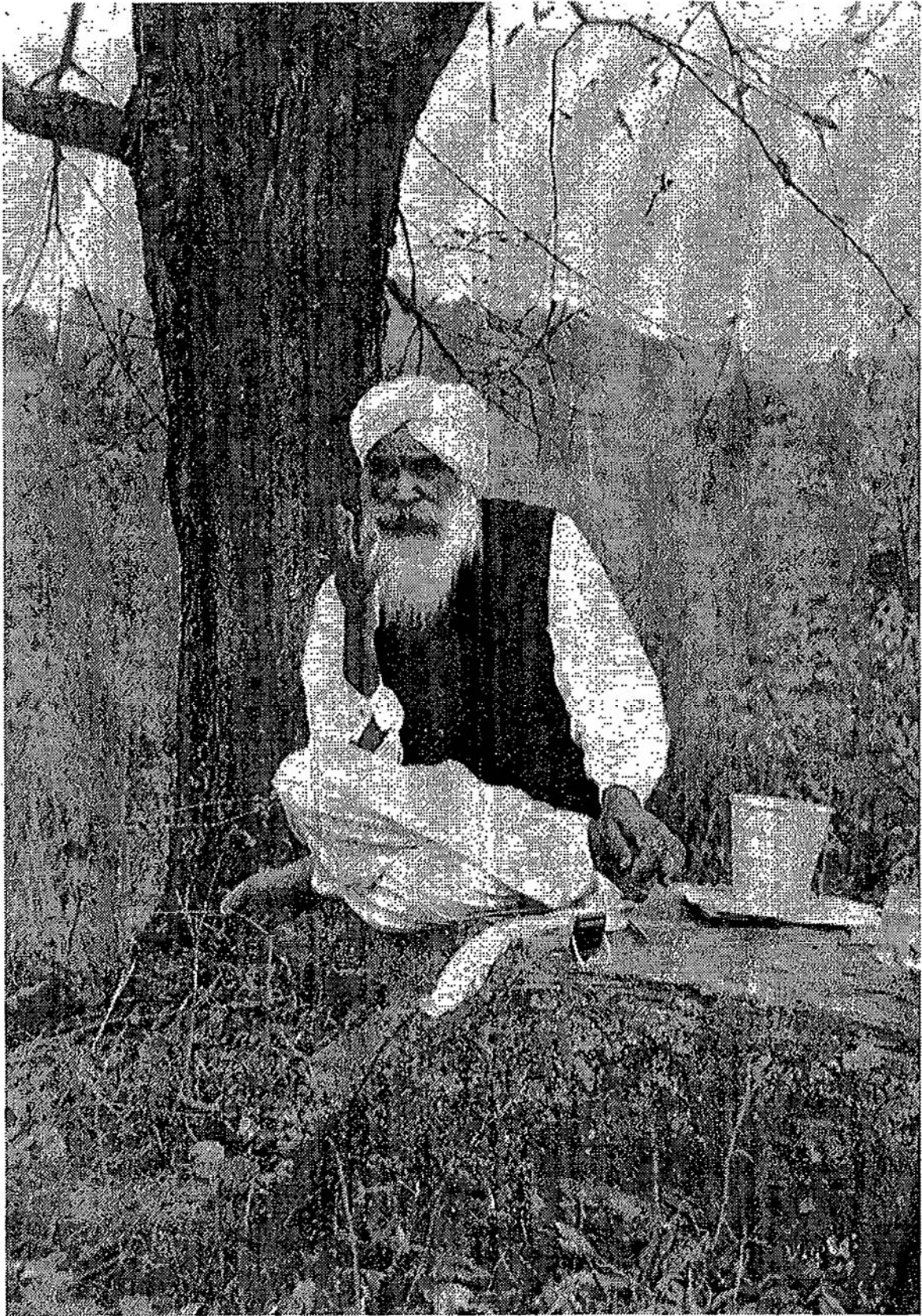
This collection of vegetarian recipes contains the tried and true favorites of the Sangat (congregation) of Sant Bani Ashram. They are egg-less, but include a wide variety of dishes using cheese and milk products. They were lovingly compiled and edited to offer an extensive selection for the help of those new to vegetarian cooking and for experienced cooks a chance to learn and try other family favorites. You will find them easy to read, easy to follow and delightful to eat.

# COOKING WITH LIGHT

*Favorite Vegetarian Recipes*

*Dedicated to the remembrance of our Guru  
Sant Kirpal Singh Ji Maharaj  
with gratitude*





The Sant Bani School began in 1973 as a service of Sant Bani Ashram, a spiritual retreat center which had been founded ten years earlier. During a tour of the United States in 1963, Master Kirpal Singh of New Delhi, gave a talk at the Unitarian Church in Franklin, N.H. and spent the night in nearby Sanbornton in the home of Russell and Judith Perkins. During that visit Master Kirpal Singh named their 200-acre farm "Sant Bani Ashram" and gave them instructions for its maintenance as a spiritual retreat.

Over the next decade the work of the Ashram attracted a number of families with young children. The idea of creating an educational setting which would support a spiritual perspective, as well as provide sound scholastic training, bore fruit on September 6, 1973, when the school welcomed its first group of students. From the beginning the school encouraged the enrollment of students of any background, and the early rapid growth (from six to thirteen to thirty-five in three years) confirmed that such a resource was much needed. The school, which began under the direction of Master Kirpal Singh (1894-1974), continued with the guidance and support of Sant Ajaib Singh (1926-1997) of Rajasthan, India, who visited the school several times.

The land of the Ashram was established as a sanctuary for living creatures, and the spiritual teachings promoted a reverence for all life through a vegetarian diet. As the school took shape, it was agreed by all that this non-violent approach to life should be reflected in the school as well. Thus, while not requiring families to change their diets outside of school, the school has always asked that food taken on the premises or as part of school functions be vegetarian.

These recipes are lacto-vegetarian, the diet that the Master prescribed for following a Path in which the soul can develop and find its Source — God. Members of the Sant Bani Ashram and School communities contributed all the recipes in this book, which was compiled to augment the scholarship fund for students at the Sant Bani School.

For more information about the teachings of Kirpal Singh as they relate to diet, see "The Spiritual Aspect of the Vegetarian Diet," in *The Way of the Saints*, (p. 291) or send for a school brochure.

# COOKING WITH LIGHT

# Why People Choose to be Vegetarians

THERE ARE several reasons why people are impelled to become vegetarians. They may be explained briefly, as follows:

1. SPIRITUAL: Being a vegetarian prevents a person from being responsible either directly or indirectly, for the death of another member of creation. Karmically, killing creates severe reactions to those responsible. Eating from the vegetable kingdom only produces less bad karma and recognizes our relationship of brotherhood with animals. It prevents untold suffering and misery for these younger brothers and sisters.

2. HEALTH: Many animals raised for market are infused with numerous drugs and hormones which have harmful effects when ingested by humans. When slaughtered, frightened animals secrete high amounts of adrenalin. When flesh of these animals is eaten, the human is affected both mentally and physically in an adverse way. Commercially produced eggs come from hens raised in unnatural conditions and are full of drugs. The oceans, lakes and streams are polluted and the creatures which live in this environment are full of dangerous poisons. The vegetarian diet is much more healthy, especially when the foods are organically grown, because harmful drugs, poisons, and adrenalin are not present.

3. ECONOMIC: Meat, fish, poultry and eggs are the most expensive items in grocery stores. Most high-protein vegetarian foods cost much less in comparison.

4. HUMANITARIAN: Many areas of the world are afflicted by drought and other natural disasters. Our brothers and sisters living there are starving to death. They could be helped and fed by the high protein grains we have which are instead being used to fatten animals for slaughter. "The average American consumes 1,600 pounds of grain yearly, but only 150 pounds are eaten directly in the form of breadstuffs and cereal, with most of the remaining 1,450 pounds being consumed indirectly in the form of meat. In comparison, an average person in the developing nations consumes perhaps 400 pounds of grain per year, practically all in the form of cereals and breadstuffs. . . . It takes 7 pounds of grain to produce 1 pound of beef, 4 pounds of grain for 1 pound of pork. The ratio is 3:1 for poultry."\* Protein *can* be provided directly from grains to nourish the body. Instead of consuming meat, we could eat more healthfully and economically, as well as freeing more grain protein for our brothers and sisters abroad, by eliminating meat and poultry from our diet.

We hope that for whatever reason you choose to be a vegetarian, these recipes will help you to enjoy and make the best use of food and life.

This cookbook was compiled to help those who wish to eat an eggless, vegetarian diet, for whatever reason, to have delicious and healthful meals and to know how to bake without eggs. Profits will help in the development of the Sant Bani Ashram School.

An important ingredient in each recipe is LOVE; food prepared with love nourishes the soul as well as the body, and brings us all closer to our goal, unity with God. Let us put our thoughts on Him as our hands work for each other.

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\* *Babson Bulletin*, Spring 1975, p. 14; "Some Thoughts on Food Costs," J. Boutilier

# COOKING WITH LIGHT



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# Main Dishes

*As we cannot do without food, we must select at least such articles of diet as may prove the least harmful in our spiritual pursuit. Our diet should not contract for us unnecessary Karmic debts which it may be possible to avoid with a little care. . . . According to the moral, social, and spiritual codes of conduct, one must not interfere with the lives of any animal in God's creation.*

KIRPAL SINGH



# Casseroles

## BARLEY CASSEROLE

- 1½ cup barley
- 3½ cups water
- 1 minced onion
- ½ green pepper, minced
- 1 chopped tomato
- 1 tablespoon vegetable oil
- ½ teaspoon salt
- 1 pinch savory
- 1 cup natural cheese, grated

Place all ingredients except cheese in a covered baking dish and bake at 375 for 45 minutes. Remove from oven and mix thoroughly. Return to oven and bake for 15 minutes more. Sprinkle cheese over top and bake, uncovered, about 5 minutes until cheese melts. Serves 6.

## MARMA'S BEAN AND CARROT CASSEROLE

Mix and arrange in a buttered oven-proof dish:

- 2 cups julienne of French-cut green beans
- 2 cups julienne of French-cut carrots
- ½ cup chopped green pepper
- ½ cup grated onion
- ½ can of diced water chestnuts

Pour over this a sauce made from 2 tablespoons butter, 2 tablespoons flour, and 1 cup milk, salt to taste, and ½ pound cheddar cheese, melted in. Top with ¾ cup dried bread crumbs and ½ cup chopped peanuts. Dot with butter. Bake 30-45 minutes at 350. Serves 6.

## BROCCASSEROLE

In a large bowl combine thoroughly:

- 1½ cup whole wheat macaroni shells,  
cooked & drained
- 1 can cream of mushroom soup
- 2 cups frozen broccoli
- ½ cup chopped nuts
- 1 chopped onion
- 1 cup cottage cheese
- 2 tablespoons imitation bacon bits
- pinch of garlic salt
- 1 teaspoon salt
- ½ teaspoon pepper

Turn into a buttered 2 quart casserole dish. Top with buttered bread crumbs. Bake for 45 minutes at 350.

## BROCCOLI CASSEROLE

- 1 head broccoli
- 3 tablespoons butter
- ¼ cup flour
- 2 cups milk
- ¾ teaspoon salt
- ⅛ teaspoon pepper
- 1 package (8 oz.) Pepperidge Farm Herb Stuffing
- 1 cup water
- ½ cup melted butter

Cook broccoli until just tender. Drain and place in a shallow 2 quart casserole and cut the broccoli into bite-size pieces. Melt 3 tablespoons butter in a medium saucepan. Stir in flour and cook together for a few minutes while stirring. Re-

move from heat and blend in milk. Bring to a boil, stirring constantly, and simmer until thickened. Pour over the broccoli in the casserole. Combine the the last three ingredients and spoon over the top of the broccoli, pressing down if necessary. Bake at 350 for 30 minutes. Cauliflower can be substituted for the broccoli.

*You will appreciate that for obtaining a refined state of mind, one is required to adapt himself or herself to a refined vegetarian diet, for maintaining the physical body in a normal state.*

KIRPAL SINGH

### COUNTRY BROCCOLI CASSEROLE

- 1/2 cup oil
- 1/4 cup chopped scallions
- 2 pounds broccoli, chopped
- 1/4 pound fresh mushrooms
- 1 sweet pepper
- 1/2 cup whole wheat flour
- 3/4 cup milk powder
- 2 cups hot stock or water
- 1/4 cup chopped parsley
- 1 teaspoon salt

Heat oil slowly in deep pot. Add scallions and broccoli. Cover and steam gently. Chop mushrooms and pepper and add to the pot. Continue steaming for 5 minutes more. Sprinkle flour and milk powder over vegetables and blend in. Gradually add more stock and cook until thickened. Add salt and parsley, stirring gently. Turn into a casserole and serve.



### "YOLANDA'S INCREDIBLE" BROCCOLI LASAGNE

- 1/2 recipe Yolanda Tomato Sauce (see sauce recipes)
- 2 packages frozen chopped broccoli, defrosted
- 1 carton Ricotta cheese combined with 2 tablespoons dry parsley flakes
- 4 ounces shredded Mozzarella cheese
- Parmesan cheese, grated
- 1 pound lasagne noodles, cooked per pkg. directions

Layer ingredients starting with sauce and ending on top with mozzarella cheese. Bake at 350 until bubbly and cheese on top is brown. Let stand to cool and set about 10 minutes. Cut into squares. Serves 6-8.

### CABBAGE AND BEAN CASSEROLE

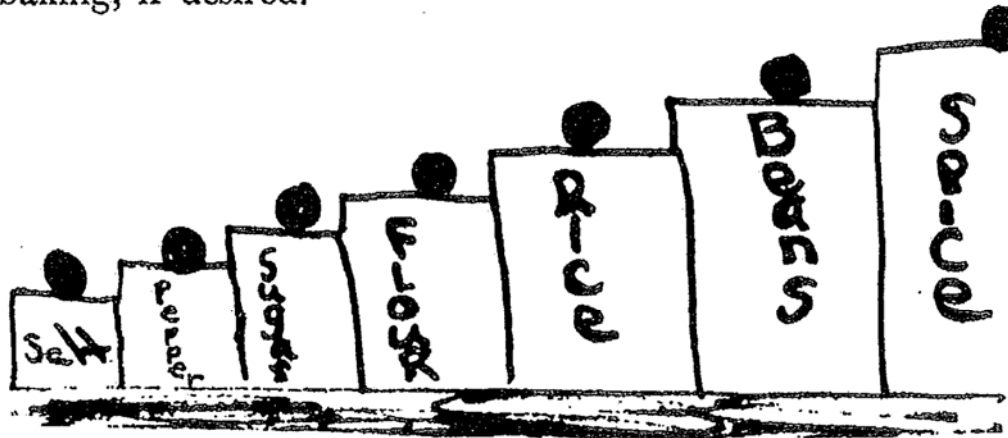
- 1/3 cup olive oil or salad oil
- 1/2 cup chopped celery and leaves
- 1/2 cup chopped onion or scallion
- 1/4 cup flour
- 1 quart stewed tomatoes
- 1 can (1 pound) chick peas, drained
- 1 head green cabbage, cut in slices and cooked in water until tender, drained

In a saucepan heat the oil. Add celery and onion, saute until wilted. Stir in flour. Gradually stir in tomatoes and stir until sauce thickens. Stir in chick peas. Place cabbage slices in oiled shallow cassrole. Cover with sauce and bake in a preheated 350 degree oven for 35 to 40 minutes or until cabbage is easily pierced. Makes 6 servings.

## EGGPLANT CASSEROLE

- 2 medium or 1 large unpeeled, diced eggplant
- 2 medium tomatoes, cut up
- 1 small onion, diced
- 4 stalks celery, diced
- 1/2 sweet pepper, diced
- 1/2 tablespoon vegibase
- 8 ounces ground cashew nuts

Place all but cashews in casserole, add a little water. Steam, covered, on top of stove for about 3 minutes. Add cashew nuts. Bake uncovered at 350 about 20 minutes. Add dots of butter. Grated cheese can be placed on top for last few minutes of baking, if desired.



## EGGPLANT-WALNUT DELIGHT

- 1 medium eggplant
- 1 medium onion
- 1/2 cup walnuts
- sea salt and oregano to taste
- 1/2 cup tomato sauce

Chunk eggplant. Put first 3 ingredients through a food grinder. Add remaining ingredients. Mix well. Bake in oiled casserole at 350 for 20 minutes.

## GOOD & EASY BAKED MACARONI & CHEESE

- 3 cups whole wheat macaroni shells
- 3 cups or more cubed sharp cheese
- 1/2 cup diced scallions
- 1 teaspoon prepared mustard
- milk, butter and a dash of salt

Boil macaroni 10 minutes and drain. Place in casserole. Mix in cubed cheese, scallions and salt. Pour in milk until you can just barely see it come to the surface of the macaroni mixture. Dot with butter. Bake uncovered in a 350 oven for 1/2 hour or until golden and crusty on top.

## MACARONI & CHEESE II

Cook 2 cups macaroni. In blender combine 1 cup fresh milk with 2/3 cup instant milk powder. Mix in casserole dish the cooked macaroni, milk mixture and 1-1/2 cup cubed cheese. Top with wheat germ and dot with butter. Brown in oven at 300 for 15 to 20 minutes. Serves 4-6.

## NUT ROAST

- 1/2 cup oil
- 1 onion, chopped
- 1/2 cup parsley, chopped
- 1/2 cup celery, chopped
- 1 cup ground walnuts
- 2 cups bread crumbs
- 1/2 cup milk
- 3/4 teaspoon salt

Saute vegetables in oil. Combine with rest of ingredients and turn into oiled casserole. Bake, covered, at 350 for 45 minutes.

## POTATO PIE

6 medium potatoes  
1½ teaspoons salt  
dash of paprika  
1 large onion  
1 teaspoon chopped parsley  
2 tablespoons butter  
1½ cups cream  
pastry for two crusts

Peel the potatoes and cut in thin slices. Season with salt and pepper and mix with the onion and parsley. Line a 9 inch pie plate. Arrange potato mixture on the pastry. Moisten the rim of the bottom crust and place the top crust on. Crimp the edges together tightly so that no juice can escape. Cut a few slits in the top. Bake 1 to 1-1/4 hours in moderately hot oven, 375-400. Test with a fork to make sure that the potatoes are done. When done, cut a small hole in the top and pour in the cream. Let cool a little and serve either warm or cold. Serves 6.

## MAIN DISH PIE

Make your favorite pie crust, enough for a double crust 9 inch pie. Line a pie pan and layer in:

2 large onions, sliced into rings and sauteed  
sliced tomatoes, fresh or canned and drained  
salt and pepper  
sweet basil leaves, fresh if possible  
1½ cups grated cheddar cheese

Cover with slitted top crust and seal well. Bake at 350 in a pre-heated oven for 45 minutes. Good either hot or cold.

## RICE AND MUSHROOM CASSEROLE

- 1/4 cup oil
- 1 small onion, chopped
- 1/2 cup chopped celery
- 1/4 cup chopped parsley
- pinch of thyme
- pinch of marjoram
- 1/4 teaspoon celery seed
- 1/2 pound fresh mushrooms
- 2 cups rice
- 2 cups milk
- 2 cups stock or water
- 1 1/2 teaspoons salt
- 1/8 teaspoon paprika

Saute vegetables in oil with seasonings. Add rice and cook five minutes, stirring frequently. Meanwhile heat milk and stock. Add hot liquid to rice, bring to boil, and cook, covered, slowly for one hour, or until liquid is absorbed and rice is tender.

## FANCY WILD RICE

- 1 teaspoon salt
- 1/2 cup wild rice
- 1 quart mushrooms, sliced
- 1 cup long grain brown rice
- 2 onions, chopped
- 1/2 cup butter
- 1 teaspoon Savita or Vegex
- 1/4 teaspoon black pepper

1 can cream of mushroom soup

1 or 2 tablespoons dry or fresh chopped parsley

Boil wild rice in 1-1/2 cups water with salt. Meanwhile, saute mushrooms and onions in butter until onions are transparent. Combine sauteed vegetables with wild rice and add long grain brown rice, Savita, 2 cups water and pepper. Cook over low heat until rice is tender, about 35 minutes. Then stir in cream of mushroom soup or 1-1/2 cups cream sauce and parsley. Heat and serve.

### SOYBEAN SOUFFLE WITH VARIATIONS

3/4 cup soy flour

3/4 cup water or soy milk or milk

1 cup canned or chopped fresh tomatoes

2 tablespoons ground peanuts or peanut butter or  
sunflower butter

4 tablespoons oil

1/2 teaspoon salt

dash of paprika or pepper

1 teaspoon onion powder or 1 clove of garlic  
or 2 shallot cloves or 1/4 raw onion

Blend above ingredients together until smooth. Fold in:

1 cup cooked corn or green beans, peas, or other  
cooked and drained vegetables

1 cup soft bread crumbs or cornflake crumbs

Pour into ungreased casserole. Set casserole in a pan of water 1 inch deep. Bake at 350 for 1 hour.



## SPANISH POTATOES

- 1 cup soybeans, soaked overnight in water to cover
- 2 medium potatoes
- 1 medium onion
- 1 teaspoon comfrey flakes
- 1 teaspoon parsley flakes or 1 tablespoon chopped fresh parsley
- 1 teaspoon salt
- 1 small can tomato paste

Cook soybeans until tender, several hours. Add herbs and tomato paste during last hour of cooking. Add water as needed to keep the soybeans from becoming too dry. Slice potatoes thinly. Dice the onion. Stir the soybean mixture until it becomes mushy. Oil a casserole and place in it the layers as follows: potatoes, soybeans, onions; repeat. Cover with a little tomato juice and bake at 325 for 1 hour, covered for the first half hour only.

## VEGETABLE PIE

- 1 whole wheat double pie crust
- 1 cup carrots cut in  $\frac{1}{2}$  inch slices
- 1 cup parsnips cut in  $\frac{1}{2}$  inch slices
- 3 tablespoons oil
- 1 cup onion rings
- 1 cup thinly sliced turnip (yellow or white)
- 2 tablespoons arrowroot flour
- 1 cup very cold water
- 3 tablespoons tamari

Steam carrots & parsnips until nearly done. Meanwhile, in a large pot, saute the onion rings and turnip in vegetable oil

until turnips are nicely browned and tender. Add steamed vegetables and saute together briefly.

In a bowl, mix the arrowroot flour with the cold water and tamari. Pour over vegetables and simmer until mixture begins to thicken.

Line a pie plate. Place vegetables in with a slotted spoon if there is too much liquid. Cover with top crust and brush with oil or butter. Slit the top crust. Bake in a hot oven for 15 minutes. Reduce to moderate temperature and bake until juice starts to bubble out of the crust. Serve well cooled.

## WINTER CASSEROLE

- 2 large sliced onions
- 1 pint frozen corn, thawed
- 1 quart canned tomatoes, drained (save the juice)
- 1 cup grated cheese
- juice from tomatoes and milk to equal  $1\frac{3}{4}$  cups
- 1 cup soy flour
- $\frac{1}{2}$  cup whole wheat flour
- 2 tablespoons parsley flakes
- dash garlic salt
- $\frac{1}{2}$  teaspoon salt
- 2 tablespoons vegetable oil

Place vegetables and cheese in casserole dish. In blender combine remaining ingredients. Pour sauce over vegetables and cheese, poking with a knife so that the blended mixture will sink into the vegetables. Bake at 350 for 1 hour or until firm. The casserole sets more as it cools.

## Loaves

### CARROT-PEANUT LOAF

- 1/2 cup oil
- 1 onion, chopped
- 6 cups grated carrots (raw)
- 2 cups raw peanut flour (ground raw peanuts)
- 1/2 cup whole wheat flour
- 2 tablespoons chives
- 1 1/2 teaspoons salt
- pinch each of sage, savory, thyme
- 2 cups milk

Saute onion in oil and blend well with remaining ingredients. Turn into oiled square pan or casserole and bake at 350 for 30 minutes. Serves five.

### LENTIL LOAF SUPREME

- 3 cups cooked lentils
- 1 cup cooked rice
- 1/2 cup sunflower seeds, chopped
- 1/2 cup chopped cashews
- 2 tablespoons oil
- 1 tablespoon sage
- 3 tablespoons onion powder
- salt to taste

Combine all ingredients and bake in a loaf pan at 350 for 20 minutes. Serve with a cashew gravy: cook 1/2 cup ground cashews with 1/2 cup milk until thick. Add salt and butter. For sandwiches, chill the loaf, spread over bread with mayonnaise.

**BARLEY-LENTIL LOAF**

- 1 cup green lentils
- 1/2 cup barley
- 4 cups water
- 1 teaspoon salt
- 1 cup bread or cracker crumbs
- 1 clove garlic, minced
- 1 rib celery, thinly sliced
- 1 tablespoon molasses
- 1 tablespoon tomato paste
- 1/2 tablespoon lecithin

Add lentils and barley to boiling, salted water. Allow to boil for 1 minute. Reduce heat, simmer with lid ajar for 40 minutes or until most of the water is absorbed. Remove from heat and add the remaining ingredients. Mix well. Place mixture in a well-oiled 9 x 5 x 3 inch loaf pan. Bake at 350 for 35 minutes. Let cool in pan for 15-20 minutes before inverting over a platter to serve. Serves 6-8.

**LENTIL-RICE LOAF**

- 2 cups cooked rice
- 1 cup cooked lentils, mashed
- 1 tablespoon sesame oil
- 1/3 cup chopped walnuts
- 1 tablespoon whole wheat flour
- 3 tablespoons soy milk or tomato juice
- salt, sage and dill to taste

Saute onions in oil for 2 minutes. Add flour, then soy milk or tomato juice. Stir over heat until smooth. Mix with remaining ingredients. Place in oiled baking dish. Bake at 350 for 20 minutes or until lightly browned.

## NUTTY RICE LOAF

- 1 cup chopped nuts
- 1 cup cooked brown rice
- 1 cup wheat germ
- 2 tablespoons flaxseed egg replacer
- 2 chopped onions
- 1/2 green pepper, chopped
- 1 cup water
- 1/2 cup soy flour
- 1/2 teaspoon sea salt
- 1/4 cup celery and tops, chopped
- 1/2 teaspoon dried sage or 2 teaspoons fresh

Blend all ingredients together and turn into an oiled loaf pan.  
Bake at 350 for 45 minutes. Serve with tomato sauce. Serves 6.

## MY BROTHER'S NUT LOAF

Blend until crumbly:

- 1 cup walnuts
- 1 cup bread crumbs
- 2 tablespoons raw sunflower seeds
- 1 tablespoon sesame seeds

Then add:

- 1 grated carrot
- 1 minced onion
- 1/2 minced celery stalk

Add:

- 1 tablespoon oil
- salt, pepper, basil and thyme

1/2 cup water

3 tablespoons flax seed jell (egg replacer)

Mix together well. Bake in greased pan at 350 for 20 to 30 minutes.

## HOLIDAY NUT LOAF

1/2 cup water to which 1 tablespoon nutritional yeast or savita has been added

1 cup bread crumbs

1/2 cup toasted wheat germ

1/2 cup roasted peanut meal

2 cups raw cashew meal

2 cups grated carrot

1 cup finely chopped onion

1/2 cup finely chopped celery

1 8 ounce can mushroom pieces or 1/2 quart mushrooms sauteed in butter

1/2 teaspoon sage

1/2 teaspoon thyme

2 tablespoons parsley or 1/4 cup chopped fresh parsley

Blend and bake at 350 for about 40 minutes.

### Variations:

A. Substitute Pepperidge Farm stuffing mix for bread crumbs, sage, thyme and parsley.

B. Substitute almond meal, toasted sunflower seeds, or walnut meal for roasted peanut meal.

C. If using fresh mushrooms, saute onion and celery also.

D. If freezing this loaf for later use, cook all the raw vegetables first or cook the whole loaf first. This will avoid flavor change due to enzymes in the raw vegetables.



## PEANUT LOAF

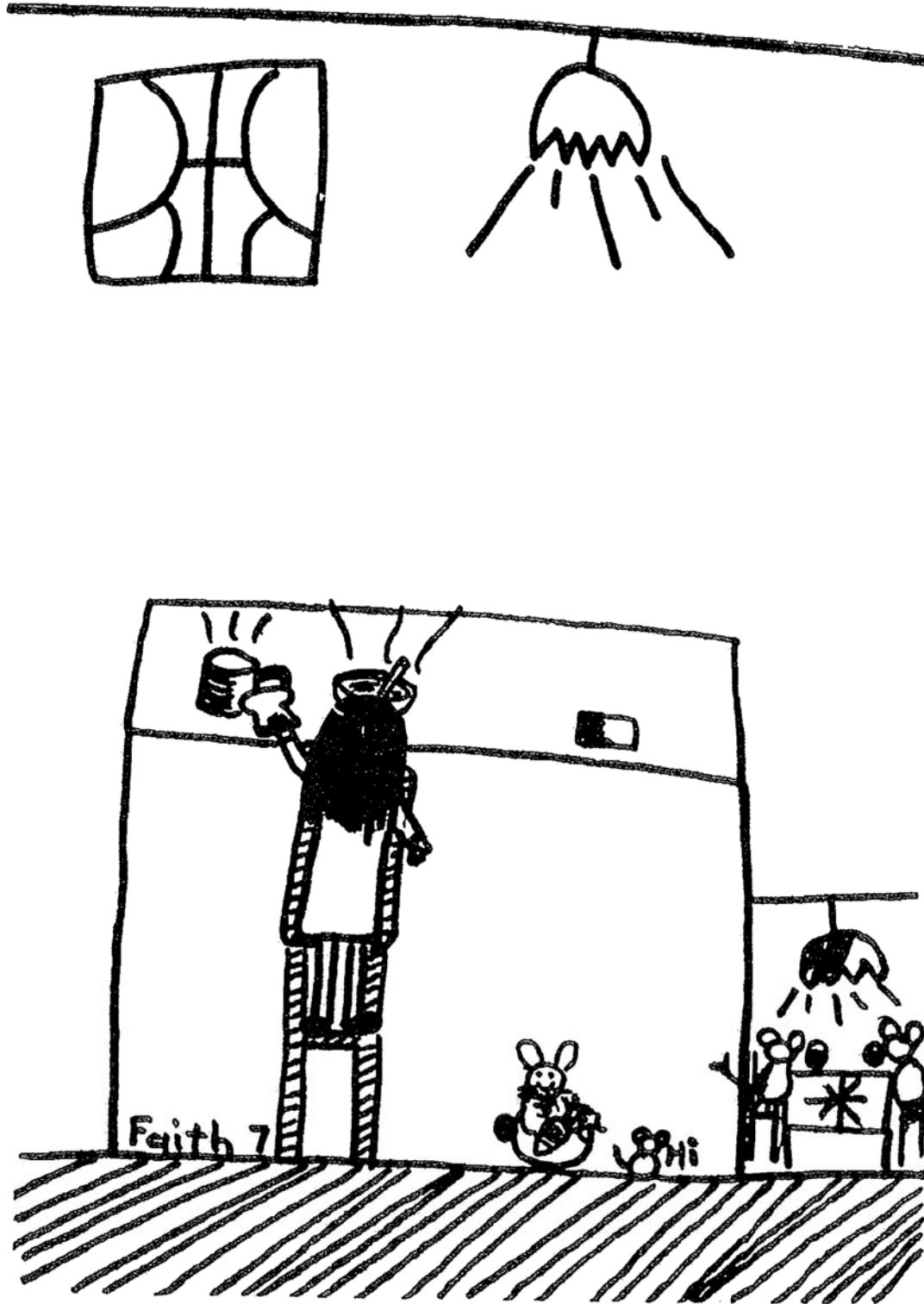
- 2 onions, chopped
- 2 stalks celery, chopped
- 2 cups mung bean sprouts
- 1/2 cup oil
- 4 cups roasted peanut flour
- 2 cups wholewheat bread crumbs
- 2 cups toasted wheat germ
- 2 teaspoons salt
- 2 teaspoons broth powder
- 4 cups milk

Saute onion, celery and sprouts in oil. Combine remaining ingredients and add vegetables. Turn into oiled loaf pan or casserole and bake at 350 for 45 minutes. Serve with cream sauce, with or without cheddar cheese added.

## SOY LOAF

- 2 cups soy flour
- 1 cup roasted peanut flour
- 1/2 cup toasted wheat germ
- 1 teaspoon salt
- 1/3 cup chopped parsley
- 1/2 teaspoon kelp powder (optional)
- 1/3 cup chopped chives
- 1/4 cup crude soybean oil (or vegetable oil)
- 1 1/2 cups hot milk
- pinch each of marjoram, thyme, savory, basil
- 1 tablespoon broth powder
- 1 cup alfalfa sprouts

Combine ingredients and turn into large loaf pan. Bake at 350 for 45 minutes. Slice and serve with cream sauce or cheese sauce. Or slices may be browned lightly in skillet with a slice of cheese melted over them.



## Patties & "Burgers"

### BUCKWHEAT BURGERS

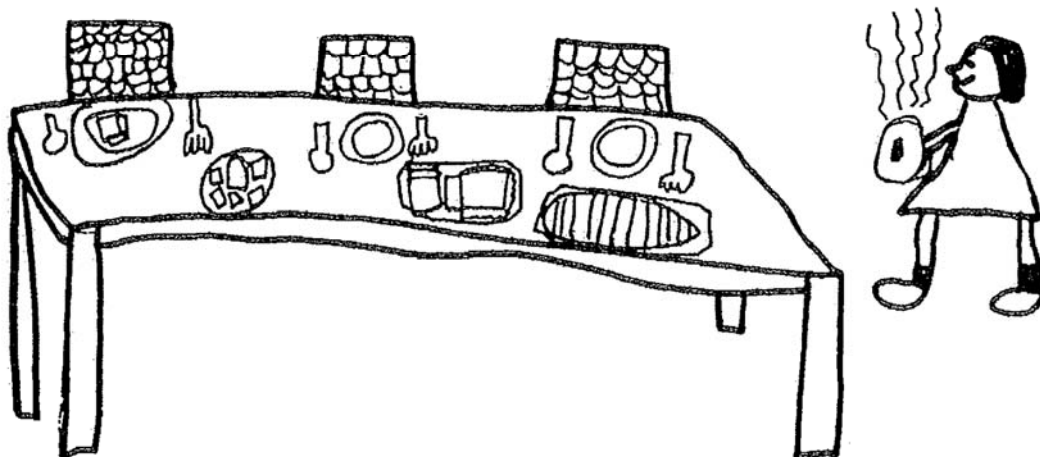
- 1 cup buckwheat groats (in supermarkets as "kasha")
- 2 cups cold water
- 1 carrot, grated, about 1 cup
- 1 medium onion, chopped
- 2 tablespoons oil
- 1 tablespoon nutritional yeast
- 1 teaspoon savita or 1 tsp. soy sauce or 1 tsp. salt
- 1 teaspoon dried parsley flakes
- 1/2 cup ground nuts (order of preference is raw cashews, toasted sunflower seeds, raw almonds, or raw walnuts)

Bring buckwheat and water to a boil. Simmer until all water is absorbed and the buckwheat is mushy, about 15 minutes. Saute onion in oil. Add onion and other ingredients. Stir and taste. More savita, soy sauce, or salt can be added if not salty enough. Let this cool. Form into 8 patties. Fry or brush with oil and broil.

### LENTIL PATTIES

- 1 cup cooked lentils
- 2 small carrots
- 1/2 small onion
- 1/2 cup cooked rice
- 1 tablespoon flaxseed egg substitute
- 1 tablespoon flour
- 1 1/2 teaspoons salt
- other seasonings to taste

Drain lentils well and mash them. Coarsely grate the carrots and cook them until tender in a small amount of water. Drain and mix with the lentils. Add onions, rice, egg substitute, flour, salt and seasonings. The mixture is quite soft, so bread crumbs may be added for body. Spoon mixture into mounds on waxed paper spread on cookie sheet and put in freezer for 45 minutes. When firm, heat oil in skillet and fry until browned on both sides. Serves 4-6.



### MARVELOUS PATTIES

Combine 4 cup chickpea flour with any or all of the following: chopped fairly fine: fresh or canned mushrooms, onions, green peppers, a little celery, parsley, chives, carrots. Season with any or all of the following: sea salt or tamari, pepper, keup, garlic salt, tumeric. Mix well and add cold water gradually until mixture becomes sticky. Add 1 tablespoon oil. Let sit 10 minutes. Stir again. Mixture should be quite sticky and easily shaped into patties. If too dry, add more water. In a large skillet, heat oil (1/8 inch deep) over low heat. Shape thin patties, 2-3 inches in diameter with oiled hands. Fry in oil until both sides are golden brown. The flavor improves if these are cooled and stored in the refrigerator for 2-3 days, then served at room temperature. Other good seasonings are mustard, coriander, basil, carraway seeds, or cumin, used sparingly.

## NUTTY BURGERS

- 1 cup nuts, ground fine
- 1/2 cup sunflower seeds, ground fine
- 1 onion, ground
- 1 stalk celery, ground
- 1/2 cup grated carrots
- 1/2 cup green pepper, ground
- 1 sprig parsley, ground

Combine ground nuts, seeds, and vegetables with 1/2 cup liquid. Add 1 teaspoon kelp, and a pinch of sage or marjoram. Shape into patties and broil or fry until brown on both sides.

## POTATO-NUT PATTIES

- 2 cups leftover mashed or baked potato
- 2 cups ground nuts
- 1/3 cup melted butter
- 2 tablespoons chopped onions or chives
- 2 tablespoons chopped parsley

Mix all ingredients together well. Form into patties or loaf. Bake in 350 oven for 30-45 minutes. Patties may also be fried in vegetable oil over medium heat.

## RICE PATTIES NO. 1

Cook 1/4 pound rice with white stock to cover until all liquid is absorbed. Add 1/4 cup milk and 1 cup grated cheese. When the cheese is melted, pour mixture into a shallow dish. Cut out the patties with a round biscuit cutter.

**RICE PATTIES NO.2**

- 1 cup cooked rice
- 1 cup cooked squash, pumpkin, or sweet potato, pureed
- 1 tablespoon oil
- 1 - 1½ cups non-instant milk powder

Combine ingredients, adjusting amount of milk powder as needed to make batter stiff. Spoon onto oiled cookie sheet, shaping into round patties. Cook under broiler until browned, turn and cook other side.

*We have all been created by God. All of us are embodied souls. Soul is of the same essence as that of God and God is in all of us and we should, therefore, love one another.*

KIRPAL SINGH

**SOYBURGERS**

- 1 cup soybean flour
- ½ cup chopped onions
- ½ cup chopped celery
- ½ tablespoon chopped parsley
- ½ cup leftover cooked cereal such as oatmeal or cornmeal
- 2 tablespoons blackstrap molasses
- ½ cup hot milk or cold tomato juice
- ¼ cup vegetable oil

Mix all ingredients together. Batter should be stiff. Form into patties. If they stick to your fingers, add bread crumbs or uncooked rolled oats or whole wheat flour. Fry in a little vegetable oil over medium-low heat for 3-5 minutes on each side.

**DELUXE SOYBURGERS**

1 $\frac{1}{4}$  cups soybean flakes

2 $\frac{1}{2}$  cups water

1 teaspoon dry parsley flakes

1 teaspoon crushed, dry celery flakes

$\frac{1}{2}$  teaspoon sea salt (optional)

1 or 2 chopped green onions or 1 small finely chopped onion

$\frac{1}{2}$  cup whole wheat flour

3 tablespoons arrowroot flour

2 teaspoons Savita

Bring water to a brisk boil and add the soybean flakes. Reduce heat and cook until tender, about 40 minutes. Add remaining ingredients. Shape into 6 patties, sandwich size and  $\frac{1}{2}$  inch thick. Fry in hot oil (380) until crisp on both sides. Serve on toasted bread with catsup, lettuce and tomato slices. Delicious the next day, served cold. This recipe is good for people who usually suffer from gas pains after eating cooked, whole soybeans.



Dean Hively, age 9

## Vegetable Main Dishes

### BAKED ASPARAGUS

- 2 pounds fresh asparagus
- water as needed
- 1/2 cup milk powder
- 1/2 cup grated cheese
- 2 teaspoons lemon juice
- 1/4 cup ground nuts
- 1/2 teaspoon salt

Cut tough ends from asparagus and arrange in long, flat baking dish. Add water just to top of tough ends. Place remaining asparagus spears on top of tough ends, cover and steam in 350 oven until tender, about 40 minutes. Combine remaining ingredients in a saucepan. Gradually add water in which the asparagus was cooked and cook very gently until cheese melts. Place asparagus spears, discarding tough ends, on a plate or serving dish and pour the sauce over. Serve immediately.

### GREEN BEANS MORNAY

Mornay Sauce; Melt 1/4 cup butter over medium heat. Add 1/4 cup flour and stir in with a fork. Add 2 cups milk and a dash each of salt and pepper. Cook and stir until thick. Blend with 1/4 pound Swiss cheese in a blender until smooth.

Arrange 1 pound cooked green beans in a casserole. Top with Mornay sauce. Sprinkle with 1/4 cup Parmesan cheese and 1/4 cup fine bread or cornflake crumbs. Bake at 350 for 1/2 hour until bubbly. This is a good way to use overripe beans from the garden.



## EASY GREEN BEAN CASSEROLE

Combine thoroughly:

- 2 pounds frozen green beans
- 1 can cream of mushroom soup
- 1 box frozen french-fried onion rings (check label for eggless brands)

Bake in casserole dish for one hour at 350, until bubbly in center.

## KENTUCKY CABBAGE

- 1 small head green cabbage
- 1 cup thinly sliced celery
- 1 cup boiling water
- $\frac{1}{4}$  teaspoon salt
- 1 can cream of celery soup, undiluted
- $\frac{1}{3}$  cup milk
- 4 teaspoons soy sauce
- 1 tablespoon minced onion

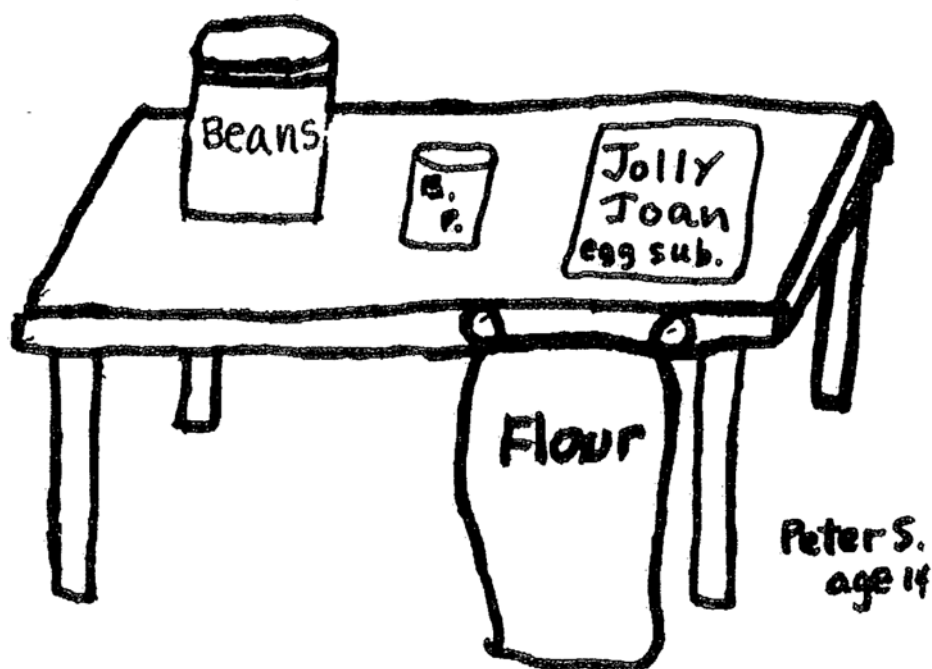
With a knife, shred the cabbage coarsely to make 4 cups, packed. In a large saucepan, cook cabbage, celery, water and salt, boiling for 5 minutes. Drain well. In a 1-1/2 qt. casserole, whisk together soup, milk, soy sauce, and onion. Add the cabbage and celery. Sprinkle with buttered bread crumbs and bake at 350 for 40 minutes.

## BAKED CAULIFLOWER

- 1 cup milk
- 1 large cauliflower
- 2 cups fresh peas
- 1 large sweet red pepper

- 1 pound muenster or cheddar cheese, sliced
- 1 teaspoon salt
- 2 tablespoons parsley

Heat milk to simmering in deep pot. Separate cauliflower into flowerettes and cut all but tough center spine into small pieces. Add to milk. Cover and cook gently 10-15 minutes. Cauliflower should be firm, not mushy. Place cauliflower mixture in a baking dish, surrounded by peas and strips of red pepper. Sprinkle salt and parsley over cauliflower and cover with cheese slices. Bake uncovered at 350 for 15-20 minutes.



### EGGPLANT PIZZA

Peel an eggplant and slice into 1/4 inch rounds. Quickly brush oil over both sides of each slice and arrange on baking sheet. Sprinkle with salt, then spread a thick layer of tomato sauce over each round. Sprinkle generously with basil and oregano. Place sliced or grated cheese on top. Bake in a preheated oven, 375-425 for 15-25 minutes, until eggplant is tender. Lacking tomato sauce, chopped canned tomatoes, tomato puree or undiluted canned tomato soup may be substituted, seasoned with onion powder, celery salt, and pepper, if desired.

## STUFFED ACORN SQUASH

- 1 large or 2 small acorn squash
- 1 can cream style corn
- 1 stalk celery, chopped
- 2 sprigs parsley
- 1 teaspoon tamari
- 1 teaspoon oil
- 1/2 cup shredded mild cheese

Cut squash in half and remove seeds and fibers. Bake, open side down, in 1 inch of water at 375 for 20 minutes. Mix all ingredients together except cheese. Fill center of each squash. Top with cheese. Wrap in aluminum foil and bake at 375 for 20 minutes.

## TOFU WITH MUSHROOMS

- 4 ounce can of mushrooms
- 2 cakes of tofu, 3 inches square
- 2 tablespoons cooking oil
- 1/2 teaspoon salt
- 1 tablespoon soy sauce
- 1 1/2 teaspoons cornstarch

Drain mushrooms, save 1/2 cup liquid. Cut tofu into pieces 1 inch by 1/2 inch. Mix cornstarch with mushroom liquid. Saute mushrooms in oil for 2 minutes, then add salt, soy sauce and tofu. When the pan is almost dry, add the cornstarch mixture and stir until thick. Optional: add a few stir-fried pea pods for color, or garnish with sesame seed oil if you enjoy a nut-like flavor.

## MILLET & VEGETABLES

- 1/2 cup millet, browned slightly in a dry skillet
- 1/2 cup sesame seeds
- 1 medium onion, minced
- 2 cups boiling water
- 4 strips celery
- 3 small zucchini, sliced
- 1 teaspoon vegebase
- butter

Cook millet, sesame seeds and onion in water about 10 minutes. Add celery and zucchini and cook about 15 minutes more, until water is absorbed. Add Vegebase and butter before serving.

## RICE & VEGIES

- 1 large onion
- 1 cup sliced carrots
- 1/2 cup chopped celery
- 1 cup brown rice
- 1/3 cup raisins
- 1/3 cup sesame seeds or sliced almonds
- salt to taste

Saute onion in oil with celery and carrots for 5 minutes. Add rice and continue cooking until rice looks transparent. Add 4 cups hot stock or water, bring to a boil and then reduce heat to simmer. Cover and cook 40-50 minutes. Mix in raisins and nuts just before serving. Serves 4.

## REFRIGERATOR CHEESE CAKE

Crust:

- 1 cup oats, lightly toasted
- $\frac{1}{2}$  cup coconut
- $\frac{1}{4}$  cup whole wheat pastry flour
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  cup oil or butter
- $\frac{1}{4}$  cup water

Mix dry ingredients. Add oil and water. Press into pie plate and bake at 350 until golden brown and firm. *Cool thoroughly* before putting in filling:

- 1 stick agar-agar
- 1 cup apple juice
- 8 ounces cream cheese
- 1 cup cottage cheese
- 1 cup yogurt
- 2 tablespoons vanilla
- 1 teaspoon almond extract
- $\frac{2}{3}$  cup or more honey
- 1 teaspoon nutmeg
- $\frac{1}{4}$  cup powdered milk

Dissolve agar-agar in juice by boiling together 1 minute, stirring constantly. Cool 1 minute. Blend with remaining ingredients in blender, adding a little milk or apple juice if too thick. Pour into *cooled* crust and refrigerate to set. When nearly set, sliced peaches, bananas, or strawberries may be placed on top. This may also be made with soy cheese.

## ITALIAN CHEESE CAKE

- 1 regular pie crust
- 8 ounces cream cheese
- 2 cups ricotta or cottage cheese
- 1 cup honey or  $\frac{1}{2}$  cup honey,  $\frac{1}{2}$  cup sugar
- $\frac{1}{2}$  cup powdered milk
- 2 tablespoons grated orange rind
- 1 teaspoon almond extract
- $\frac{1}{2}$  cup or more orange juice

Line pie plate with crust. Mix remaining ingredients in blender adding orange juice to blend easily (it will be thick). Pour into unbaked crust and bake at 400 for 10 minutes, lower heat and bake at 325 for 1 hour. Cool and let set 4-12 hours before eating.

Variation:

1. Traditionally made with lattice work of crust on top.
2. Top may be covered with chopped almonds before baking.
3. One cup chocolate chips may be mixed into the filling.

## BLUEBERRY CHEESECAKE

Same as for Italian Cheese Cake (above) but add  $\frac{1}{2}$  cup soy flour to filling and no pie crust needed. Line bottom of rectangular bread pan with 1 cup cooked blueberries thickened with 1 tablespoon arrowroot flour or cornstarch. Bake in a 325 oven until brown crust forms on top.

## LEMON CREAM CHEESE PIE

- 8 ounces cream cheese
- 1 can sweetened condensed milk
- $\frac{1}{3}$  cup lemon juice
- 1 teaspoon vanilla

Blend cheese and milk. Slowly add lemon juice. (That will thicken it.) Pour into baked crumb crust and chill. Top with blueberry pie filling, if desired. Double recipe for 10 inch pie.

### TRADITIONAL PUMPKIN PIE

3 cups pumpkin or squash

2½ cups milk

½ cup cream

⅓ cup cornstarch

1 cup brown sugar

2 teaspoons vanilla

2 teaspoons salt

1 teaspoon cinnamon

½ teaspoon ginger

Combine all ingredients except milk and corn starch in pot and heat, stirring constantly. Put milk in blender, turn blender on to lowest setting, and add cornstarch. Add milk mixture to other ingredients and continue cooking, stirring constantly, until thickened. Cool slightly, pour into two unbaked pie shells, and bake at 350 for 1 hour.

### SQUASH PIE

Mix:

3 cups cooked, mashed winter squash

½ cup honey or molasses or sugar

1 teaspoon salt

½ teaspoon each of cinnamon, ginger, nutmeg

2 tablespoons soy flour

1¾ cups milk

Line a 9 inch pie pan with pastry. Pour in filling. Bake 10 minutes at 425-450, then reduce heat to 325 and bake until firm, 45-50 minutes.

## STRAWBERRY SURPRISE PIE

(Takes two days but worth it)

First day: Prepare vanilla pudding according to recipe on cornstarch box. Chill overnight. Prepare pie crust, bake, and cool.

Second day: Fill baked pie crust with following ingredients, in this order:

sliced banana

vanilla pudding

grated coconut

sliced strawberries (fresh or frozen)

whipped cream (whipped with sugar and vanilla to taste)

Chill thoroughly.

## Cakes

### APPLESAUCE CAKE I

1/2 cup butter

1/2 cup brown sugar

1/2 cup light raw sugar

2 cups unsweetened applesauce

1 cup raisins

2 cups whole wheat pastry flour

2 teaspoons baking soda

1/2 teaspoon salt

1 teaspoon cinnamon

Cream butter and sugar. Heat applesauce; add it and raisins to sugar mixture. Add dry ingredients. Spoon into an 8 x 8 square pan and bake at 325 for one hour.



## APPLESAUCE CAKE II

- 1 cup applesauce
- $\frac{2}{3}$  cup sugar
- $\frac{1}{3}$  cup molasses
- $\frac{1}{2}$  cup oil
- 1 cup whole wheat flour
- $\frac{1}{3}$  cup soy flour
- $\frac{1}{3}$  cup wheat germ
- 2 teaspoons baking powder
- $\frac{1}{2}$  teaspoon salt
- 1 teaspoon cinnamon
- $\frac{1}{2}$  teaspoon powdered cloves
- $\frac{1}{2}$  cup raisins
- $\frac{1}{3}$  cup sunflower seeds and  $\frac{1}{3}$  cup peanuts, chopped or blended together

Mix together: applesauce, sugar, molasses and oil. Add dry ingredients and mix, then stir in raisins and nuts. Blend well. Spoon into oiled 9 inch square pan. Bake at 350 for 40 minutes. Recipe can be doubled and baked in a 9 x 12 pan—cooking time will be longer.



**APPLESAUCE CAKE III**

- 1/2 cup butter
- 1 cup sugar
- 1 1/2 cups applesauce
- 1 cup raisins
- 2 cups sifted flour
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- 1/2 teaspoon powdered cloves
- 2 teaspoons baking soda
- 1/2 teaspoon salt
- 1/2 cup chopped nuts

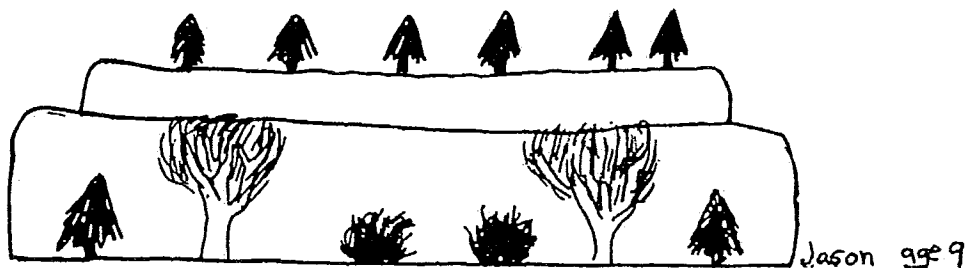
Cream shortening and sugar. Heat applesauce and add raisins and creamed mixture. Cool. Sift dry ingredients and gradually beat them into the applesauce mixture. Add nuts. Pour into a well buttered 9 x 5 x 3 inch loaf pan. Bake at 325 for 1 hour. Cool slightly before removing from pan. Frost with confectioner's sugar icing made with plenty of butter and vanilla and a dash of nutmeg.



**BLACK FOREST CHOCOLATE CAKE**

- 1-9 inch square chocolate cake
- 1 can sour cherries
- 1 tablespoon arrowroot starch
- 1/2 cup honey or sugar
- 1 cup heavy cream, whipped
- 1 teaspoon almond extract

Drain juice from cherries into small saucepan, add starch, and sugar or honey. Cook, stirring, until thick. Add extract and cherries. Cool. Cut cake in squares and top with cherries and a dollop of whipped cream.

**CAROB CAKE**

- 3 cups whole wheat pastry flour or unbleached white flour
- 2 cups toasted carob flour
- 1 tablespoon pure vanilla extract
- 2 teaspoons baking soda
- dash of salt
- 1 1/2 cups raw sugar
- 3/4 cup light salad oil
- 2 1/2 cups sour milk (sweet milk plus 2 tbs. vinegar)

Mix all ingredients together and beat with an electric mixer. Bake 45-60 minutes at 350. Makes two 9 inch layers.

**CHOCOLATE-APPLESAUCE CAKE**

- 4 cups whole wheat pastry flour
- 1 cup honey
- 1 cup brown sugar
- 1 1/4 teaspoons salt
- 2 teaspoons cinnamon
- 1/2 teaspoon powdered cloves
- 1/2 teaspoon nutmeg
- 4 teaspoons baking soda
- 2 tablespoons cocoa or carob powder
- 1 cup oil
- 3 cups applesauce
- 1/2 cup raisins
- 1/2 cup chopped nuts

Sift the dry ingredients together and set aside. Combine the oil, honey and brown sugar together, beat until well blended. Stir in the applesauce and mix well. Blend in the dry ingredients. Add the raisins and nuts and mix well. Turn into 2 oiled and floured round pans. Bake at 400 for 15 minutes, reduce heat to 375 and bake for 15 more minutes. Frost or dust with powdered sugar when cooled. Makes a two-layer cake. This recipe can be halved.

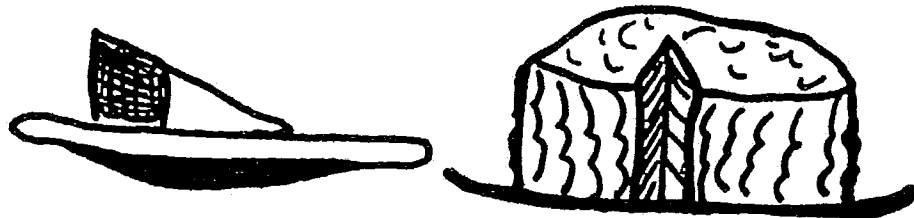


## CHOCOLATE CHIP CAKE

- 2 cups flour, sifted
- 1 teaspoon baking soda
- $\frac{1}{2}$  cup light brown turbinado sugar
- 1 cup milk soured with 1 tablespoon cider vinegar
- 3 tablespoons melted butter
- 1 teaspoon vanilla
- 1 package of chocolate chips (6 ounces)

Sift dry ingredients together. Add milk, butter and vanilla. Beat until smooth. Stir in chocolate chips. Bake in an oiled 9 inch square pan for 35 minutes at 350 or until top is brown. Delectable served warm.

Linda S.  
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## GINGERBREAD

(Less spicy than the usual; some prefer)

- $4\frac{1}{2}$  cups whole wheat flour
- 3 teaspoons baking soda
- 1 teaspoon salt
- $\frac{1}{2}$  teaspoon ginger
- 1 cup sugar
- $2\frac{1}{2}$  cups sour milk (sweet milk plus  $2\frac{1}{2}$  tbs. vinegar)
- 1 cup molasses
- $\frac{1}{2}$  cup melted butter

Combine dry ingredients. Add liquids. Bake at 375 for about an hour (or until toothpick comes out dry).

## HOLIDAY FRUIT CAKE

- 1 pound dried fruits (peaches, pears, prunes & apricots), cut in pieces
- 1 cup seeded raisins
- $\frac{3}{4}$  cup currants
- 4 ounces mixed candied fruits and peels
- 4 ounces candied cherries
- 1 pound pecan pieces
- 1 cup pitted dates
- 2 cups whole wheat flour
- $\frac{1}{2}$  teaspoon baking soda
- $\frac{1}{2}$  teaspoon cinnamon
- $\frac{1}{2}$  cup oil
- $\frac{3}{4}$  cup brown sugar
- 1 teaspoon orange rind
- $\frac{1}{2}$  cup molasses
- $\frac{1}{2}$  cup milk
- 2 tablespoons lecithin

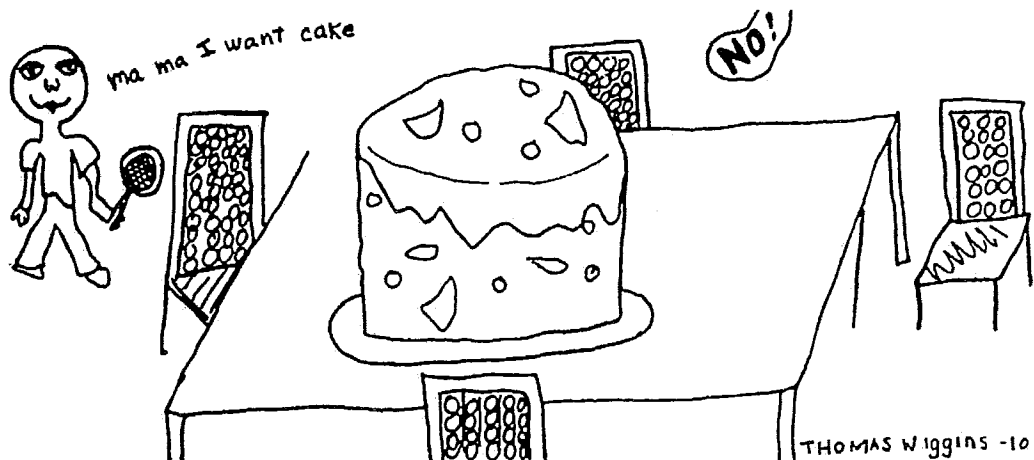
Combine fruits, except for dates, in a deep bowl. Cover with boiling water and soak two hours. Set oven at 325. Blend brown sugar with oil and add milk, lecithin and molasses. Combine flour, soda, cinnamon and rind and add to liquid. Add fruits and pecans and spoon into two large or several small loaf pans. Bake at 325 for about 1-1/4 hours.



## HONEY SPICE CAKE

- 1 cup sour cream
- 2 cups pastry flour
- $\frac{1}{2}$  teaspoon ginger
- $\frac{1}{4}$  teaspoon cinnamon
- 2 tablespoons sugar
- 2 tablespoons honey

Stir sour cream into flour. Add remaining ingredients. Mix thoroughly, adding a little water if too thick. Pour mixture into a buttered mold and bake at 350 until toothpick inserted in center comes out dry.



## LIGHT HONEY CAKE

- 3 cups whole wheat flour
- 1 cup rye flour
- 2 teaspoons soda
- 1 teaspoon salt
- $1\frac{1}{2}$  cups light sugar
- 2 cups sour milk (or add 2 tablespoons vinegar to sweet milk)
- 1 cup oil
- $\frac{1}{2}$  cup honey

Combine ingredients. Bake at 375 for one hour.

## HEAVY HONEY CAKE

Best served a day or two after making. Keep it in moisture-proof wrap.

1 cup honey

$\frac{1}{4}$  cup water

2 cups triticale flour or rye flour

1 teaspoon cinnamon

$\frac{1}{2}$  teaspoon ginger

2 teaspoons baking powder

$\frac{1}{2}$  cup chopped walnuts or other nuts

Stir the honey and water together. Sift together the dry ingredients. Beat into the honey and water until well blended. Grease and then line an 8 inch square pan with waxed paper. Pour in and bake at 350 for about 35 minutes. Place a pan of boiling water on the bottom of the oven, while baking.

## LEMON CAKE

$\frac{3}{4}$  cup butter

$1\frac{1}{2}$  cups sugar

3 teaspoons Jolly Joan egg replacer combined with

$\frac{1}{2}$  cup milk

3 cups whole wheat pastry flour

3 teaspoons Rumford baking powder

$\frac{3}{4}$  cup walnuts

1 teaspoon mace

1 cup milk

$1\frac{1}{2}$  teaspoons grated lemon peel

3 tablespoons lemon juice

1 teaspoon vanilla

$\frac{3}{4}$  cup raisins

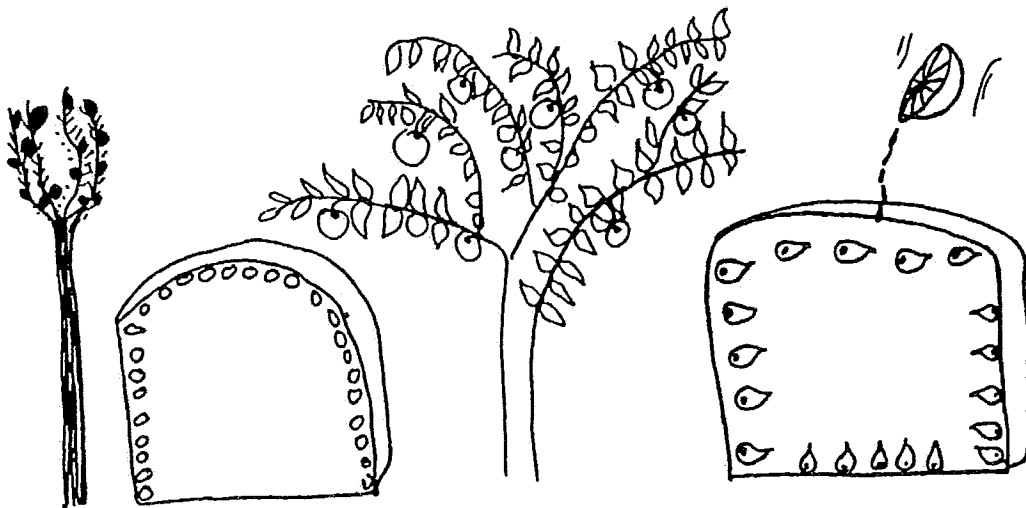


Cream butter and sugar. Add egg replacer and milk and beat. Sift flour, baking powder and mace. Add to creamed mixture alternately with milk. Stir in remaining ingredients, blending lightly. Turn into a well-buttered 10 inch fluted tube mold and bake at 325 for 1-1/4 hours.

### ORANGE CAKE I

- 2 cups whole wheat flour
- 1 cup sugar
- 1 teaspoon baking soda
- 2 teaspoons cornstarch or arrowroot or tapioca flour
- 1/2 teaspoon salt
- 1 cup milk
- 1 whole orange, including rind
- 1 cup raisins
- 1/2 cup butter, melted

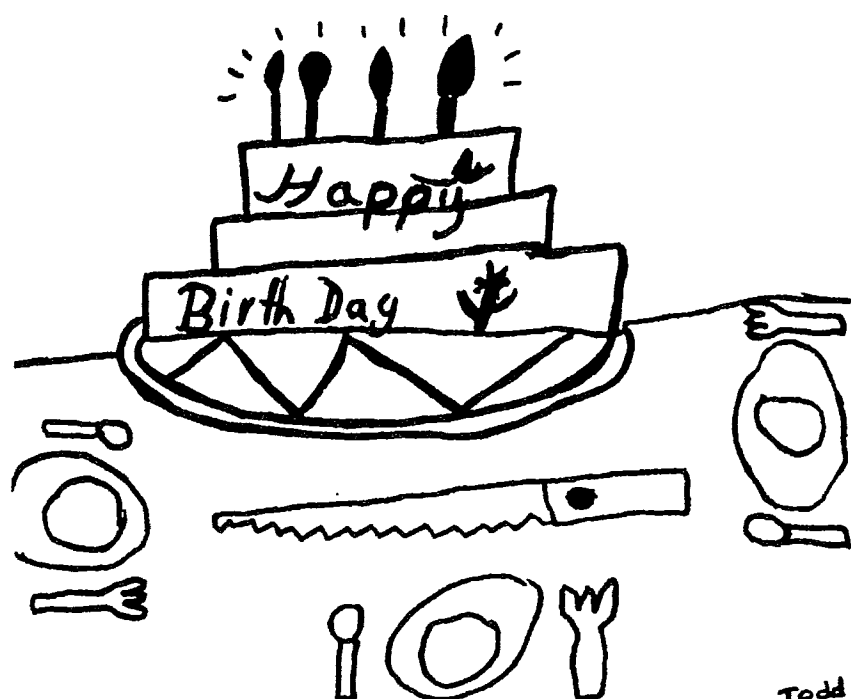
Blend in blender: milk, raisins and orange until smooth. Combine dry ingredients, add blended mixture and butter. Pour into 9 inch square pan, oiled. Sprinkle top with cinnamon & sugar, and bake at 350 for one hour, or until toothpick comes out dry.



## ORANGE CAKE II

- 2 cups sifted whole wheat pastry flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1/2 cup butter
- 1 cup sugar
- 1 large orange, sliced but not peeled
- 1/2 cup raisins
- 3/4 cup milk
- 1/3 cup almonds

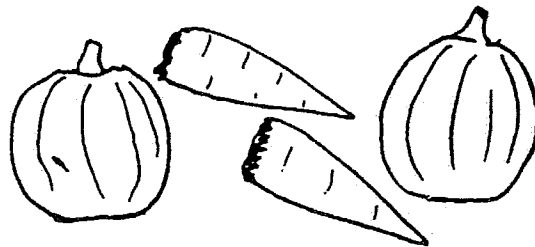
Blend in blender: orange, raisins, almonds and milk. Sift flour, soda, and salt. In a bowl, cream butter and sugar. Add orange mixture and then flour mixture. Beat 2 minutes. Bake at 350 in an oiled pan for 40-50 minutes. If you don't like frosting, pour 1/3 cup orange juice over cake while still warm. Sprinkle sugar, cinnamon and a few chopped nuts over top. Makes a 9 inch square cake.



## PUMPKIN OR CARROT CAKE

- 3 cups sifted flour
- 2 teaspoons salt
- 2 teaspoons baking powder
- 2 teaspoons baking soda
- 2 teaspoons pumpkin pie spice for pumpkin cake,  
cinnamon for carrot cake
- 4 teaspoons Jolly Joan egg replacer mixed with  $\frac{1}{2}$  cup  
water
- 2 cups sugar
- $1\frac{1}{2}$  cups salad oil
- 3 cups cooked pumpkin or 3 cups grated carrots
- $\frac{1}{2}$  cup chopped nuts
- $\frac{1}{2}$  cup raisins

Sift first five ingredients and add nuts and raisins. Combine oil, pumpkin or carrot, sugar and egg substitute, beating well. Add dry ingredients, beating carrot well again. Bake in a well-greased 10 inch tube pan or two 9 inch pans at 350 for 1 hour or until toothpick comes out clean. This is a moist cake and keeps well. Slice the day after baking.



## CARROT CAKE FROSTING

Combine 8 ounces cream cheese, 1 box sifted confectioner's sugar,  $\frac{1}{2}$  cup shredded coconut,  $1\frac{1}{2}$  cups chopped nuts, and 2 teaspoons vanilla. Spread over cooled cake.

## RHUBARB CAKE

Mix thoroughly:

1½ cups sweetened rhubarb sauce

7/8 cup sugar

½ cup vegetable oil

Sift into large bowl:

1¾ cups whole wheat pastry flour

1 teaspoon baking soda

½ teaspoon salt

1 teaspoon cinnamon

½ teaspoon powdered cloves

Add:

½ cup currants

½ cup nutmeats, chopped

Add the rhubarb mixture. Blend well and spoon into a buttered 9 inch square pan. Bake in a pre-heated 350 oven for 40 minutes. Ice with vanilla frosting if desired.

Variations: Many fruits may substitute for the rhubarb: apple, pear, plum, or peach sauces or ripe mashed banana. Feasible vegetables include cooked and pureed carrots, pumpkin, yams, or squash.



## SOUR MILK CAKE

Sift together:

1-2/3 cups whole wheat pastry flour

1 cup raw or brown sugar

1 teaspoon baking soda

1/2 teaspoon salt

Combine and beat in:

1 cup sour milk (or add 1 tablespoon cider vinegar to sweet milk)

1/2 cup vegetable oil

1 1/2 teaspoons vanilla

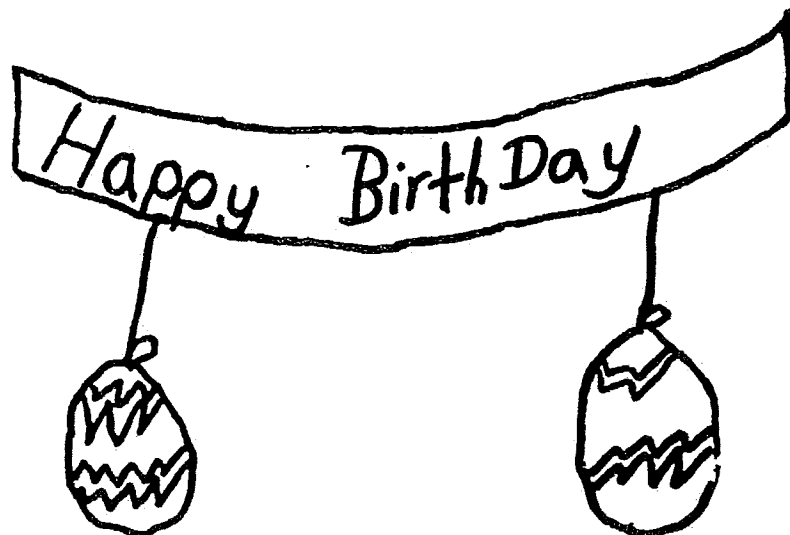
Stir until smooth. Spread in oiled and floured 9 inch square pan. Bake at 375 for 30 minutes. Cool before frosting.

Variations:

Chocolate or carob cake—add 1/2 cup cocoa or carob powder to dry ingredients.

Orange cake—substitute 1 cup orange juice and 1 teaspoon cider vinegar for sour milk.

Spice cake—add 1 teaspoon each of cinnamon and nutmeg, 1/2 teaspoon powdered cloves to the dry ingredients.



**WACKY CAKE**

- 1½ cups flour
- ½ teaspoon baking soda
- ½ teaspoon salt
- 3 tablespoons cocoa
- 6 tablespoons oil
- 1 cup sugar
- 1 teaspoon vanilla
- 1 tablespoon vinegar

Sift all dry ingredients together into a 9 inch square pan. Make 3 holes with a spoon. Pour oil into one, vinegar into one, and vanilla into one. Pour 1 cup warm water over all and stir gently with a fork until well blended. Bake at 350 for 30 minutes.



**YUMMY FOR THE TUMMY CAKE**

1½ cups corn meal  
¾ cup whole wheat flour  
1½ teaspoons baking powder  
1½ teaspoons baking soda  
¾ teaspoon salt  
2 tablespoons arrowroot flour (optional)  
2 tablespoons brown sugar  
½ cup honey  
¼ cup molasses  
3 tablespoons oil  
1 tablespoon liquid lecithin  
½ to ¾ cup milk  
½ to ¾ cup water  
medium size can of pineapple chunks  
melted butter  
chopped nuts and/or coconut  
brown sugar or honey

In a 9 inch square pan, pour in melted butter, sprinkle in brown sugar or pour in ¼ cup honey and stir well. Sprinkle in chopped nuts and/or coconut and pineapple chunks, reserving pineapple liquid for batter. Set aside. Combine wet ingredients in a large bowl. Add dry ingredients to wet ingredients, stir well. Batter should be thick but pour easily. Pour batter into pan over first mixture. Bake at 375 until top is brown and has split. Let cool and turn out onto plate.

*May God give us grateful hearts  
and keep us mindful  
of the need of others.*

**MAPLE CREAM ICING**

- 8 ounces cream cheese
- 1/2 cup butter
- 1 cup maple syrup
- 1/2 cup powdered milk
- 2 tablespoons vanilla
- 1 teaspoon almond extract

Cream softened butter and cream cheese with the syrup. Add remaining ingredients and knead with hands if lumpy. Honey may be substituted for the maple syrup.

## Cookies

**CHRISTMAS ALMOND CRESCENTS**

- 1 cup butter
- 2 teaspoons vanilla
- 1/4 cup powdered sugar
- 1 tablespoon water
- 2 cups flour
- 1 cup chopped and blanched almonds

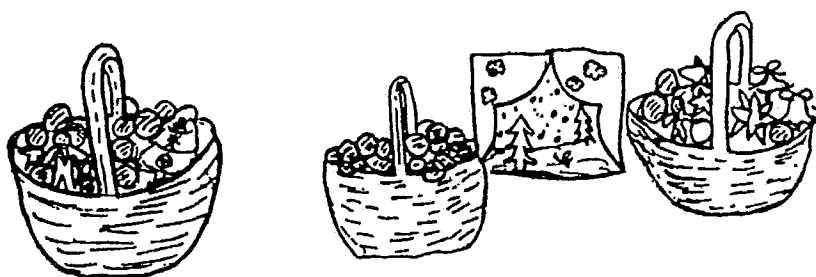
Cream first four ingredients. Add flour, mix and stir in almonds. Form crescents about 2 inches long. Bake 20 minutes at 350 on an ungreased cookie sheet. Roll in powdered sugar while hot.



## CHRISTMAS ANISE BUTTER COOKIES

- 1 cup butter
- $\frac{1}{2}$  cup powdered sugar
- 1 tablespoon vanilla
- 1 tablespoon anise extract
- 1 tablespoon almond extract
- $\frac{1}{2}$  teaspoon salt
- 2 cups flour

Cream butter and sugar. Add vanilla and other extracts. Sift in the flour and salt. Form into balls. Bake on ungreased cookie sheet at 325 for 20 minutes. Roll in powdered sugar while hot.



## CHINESE ALMOND COOKIES

- $1\frac{1}{2}$  cups whole almonds
- 1 cup flour
- $\frac{1}{2}$  teaspoon baking powder
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{3}$  cup sugar
- $\frac{1}{2}$  cup butter
- $\frac{1}{2}$  teaspoon almond extract

Reserve 36 almonds. Grind remainder. Sift flour, baking powder and salt. Cream butter and sugar. Mix all ingredients together. Form into 36 balls. Press almond into each. Bake on an oiled cookie sheet for 20 minutes.

## CHOCOLATE ROCKS

- 1 cup sugar
- 1/4 cup butter
- 2 ounces unsweetened baking chocolate\*
- 2 heaping teaspoons egg replacer\*\* dissolved in 1/4 cup water
- 1 teaspoon vanilla
- 1 teaspoon salt
- 1 tablespoon liquid lecithin
- 1 3/4 cups flour sifted with 3/4 teaspoon baking soda
- 1 cup broken cashews, raw

Melt together butter and chocolate. Set aside. Beat together in a big bowl sugar, dissolved egg replacer, lecithin, salt and vanilla. Add butter and chocolate. Mix. Then add flour and soda. Mix. Stir in cashews. Form into about 50 flattened balls. Place on greased cookie sheet and bake at 350 for 10 minutes. Cool on racks.

\* 5 tablespoons cocoa and 1 tablespoon butter can be substituted. \*\* Egg replacer can be Jolly Joan or 1 heaping teaspoon of soy powder and 1 heaping teaspoon of arrowroot starch.

## COOKIE PRESS DOUGH

- 1 cup butter
- 2/3 cup sugar
- 1 teaspoon vanilla or almond extract
- 2 cups flour, sifted, then measured
- 2 teaspoons liquid lecithin

Cream butter. Add sugar and beat until smooth. Add vanilla and lecithin. Blend well. Gradually mix in flour. When smooth, press through a cookie press onto lightly oiled cookie sheets. Bake at 350 for about 15 minutes, until brown at the edges.



### PEANUT BUTTER CHOCOLATE CHIP COOKIES

Cream together:

1/2 cup butter

3/4 cup old-fashioned type peanut butter

Beat in:

1/4 cup water in which 1 tablespoon arrowroot flour is dissolved

Add and cream together:

1 cup light brown sugar

1 teaspoon vanilla extract

Sift together:

1 cup sifted all-purpose flour

3/4 teaspoon baking soda

Gradually beat flour mixture into peanut butter mixture and stir in:

1 cup chocolate chips (6 ounces)

Roll into 40-50 balls, press flat. Bake at 350, until brown, about 15 minutes.

## GINGER COOKIES

- $\frac{3}{4}$  cup vegetable shortening
- $1\frac{1}{2}$  cup molasses
- 5 tablespoons boiling water
- 4 to 5 cups flour (half or more whole wheat)
- $\frac{3}{4}$  teaspoon baking soda
- $\frac{1}{4}$  teaspoon salt
- 2 teaspoons baking powder
- $1\frac{1}{2}$  teaspoons ginger
- $\frac{1}{2}$  teaspoon cinnamon

Cream shortening. Add molasses and water and blend. Sift flour and measure 4 cups. Add other dry ingredients and sift again. Add flour mixture to creamed mixture and enough additional flour to make a soft dough. Chill thoroughly. Roll  $\frac{1}{4}$  inch thick, cut and place on a baking sheet. Bake for 12 minutes at 350. Cool thoroughly.

## MAPLE MACAROONS

- $\frac{1}{2}$  cup butter
- 1 cup maple syrup
- 2 cups whole wheat pastry flour
- $\frac{1}{2}$  cup coconut
- 1 teaspoon coriander
- $\frac{1}{2}$  teaspoon baking soda

Cream butter and syrup. Add flour mixed with spice. Add coconut and then soda. Form into balls, slightly flattened and bake on greased cookie sheet at 350 for 10-15 minutes or until golden.

**MOLASSES SPICE COOKIES**

- 1/2 cup butter
- 3/4 cup molasses
- 2 cups whole wheat pastry flour
- 1/2 teaspoon each of ginger, cinnamon, and nutmeg.
- 1/2 cup raisins
- 1 teaspoon baking soda

Cream butter and molasses. Add flour which has been mixed with the spices. Mix well and add the raisins. Add soda at the last moment, mixing in well with hands. Form into balls and place on oiled cookie sheet. Bake at 375 for 8-10 minutes.

**OATMEAL CHOCOLATE CHIP COOKIES**

Sift together:

- 1 cup pastry flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt

Mix together and beat until creamy:

- 1/2 cup soft butter
- 3/4 cup firmly packed brown sugar
- 2 teaspoons Jolly Joan egg replacer or arrowroot starch dissolved in 1/4 cup water

Add dry ingredients slowly to creamed mixture. Blend in:

- 1-6 ounce package chocolate chips
- 3/4 cups oatmeal
- 1 teaspoon vanilla

Blend well. Drop by teaspoonfuls onto lightly oiled cookie sheets. Bake at 375 for 8-10 minutes. Makes 45 cookies

**OATMEAL SESAME SPICE COOKIES**

Cream:

- 1/2 cup oil
- 1 cup brown sugar

Blend in:

- 1 1/4 cups rolled oats
- 3/4 cup sesame seeds
- 1/2 cup raisins
- 3 tablespoons milk

Sift together and add to the above mixture:

- 1 1/4 cups whole wheat pastry flour
- 1/4 teaspoon salt
- 1/2 teaspoon baking soda
- 1/2 teaspoon nutmeg
- 1 teaspoon cinnamon

1 teaspoon arrowroot flour or cornstarch

Drop from teaspoon onto oiled cookie sheet. Flatten with a fork dipped in cold water. Bake at 375 until browned.

**PECAN FINGERS**

- 1 cup butter
- 4 tablespoons powdered sugar
- 3 teaspoons vanilla
- 2 cups ground pecans
- 2 cups unbleached pastry flour

Work all ingredients together with fingers into small oblong cookies. Bake at 325 for 20 minutes. Roll in powdered sugar when done.

**SCOTTISH SHORTBREAD**

1/2 pound butter

1/2 cup confectioners sugar

2 scant cups flour

Cream ingredients together well. Spread mixture on cookie sheet 1/4 inch thick. Bake about 25 minutes at 350. Cut while hot.

**SWEDISH COOKIES**

1 cup butter

1/3 cup sugar

1 teaspoon vanilla

2 1/2 cups flour

1/2 cup chopped walnuts

powdered sugar

Cream butter and sugar. Add flour, vanilla and walnuts. Roll into small balls. Bake in a slow oven, 300, until light golden brown, 12-15 minutes. When baked and cooled, roll in powdered sugar.

Very similar to this is VIENNESE CRESCENTS. All ingredients are the same except that the flour is reduced to 2 cups and the nuts are increased to 1 cup ground, unblanched almonds. These cookies are shaped into crescents about 3 inches long, 1 inch wide and 1/2 inch thick and baked at 300 for 12-15 minutes. Then roll in powdered sugar.

**VIENNESE CREAM CHEESE COOKIES**

Cream together 1/2 pound cream cheese and 1/2 pound butter. Gradually mix in 2-1/2 cups flour. Knead for a few minutes into a soft, smooth dough. Chill overnight. Roll out 1/3 inch thick. Cut into rounds. Make a depression in each cookie and fill with a dab of jam. Bake at 400 for about 20 minutes. Cool and dust with powdered sugar.

## Miscellaneous Desserts

### GREAT APPLE CRISP

In a 9 inch square pan, melt enough butter to cover the bottom. Sprinkle liberally with brown sugar. Pare and slice enough apples to fill the pan  $\frac{3}{4}$  full. Sprinkle raw sugar to taste and a pinch of cinnamon over the apples. Make a topping by combining 1 cup flour,  $\frac{1}{2}$  cup melted butter and  $\frac{1}{4}$  cup dark brown sugar. Crumble over the apples and press down. Bake at 350 for 45 minutes. Cover for the last 10 minutes to prevent the top from burning. Peaches can be substituted for apples for a delicious cobbler.

### BAKED FRUIT CRESCENT

4 tablespoons oil

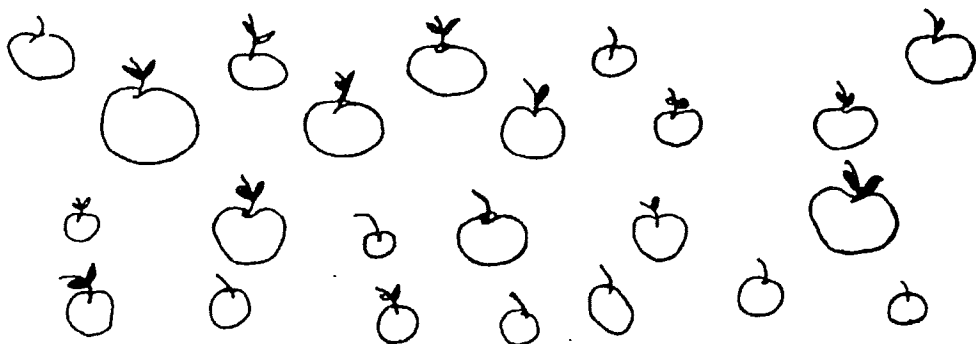
4 tablespoons honey

$1\frac{1}{2}$  cups whole wheat flour

cold milk to mix

2 cups mixed dried fruits, chopped

Blend oil and honey. Add flour, and enough milk to form smooth dough. Chill. Roll out thin on lightly floured board. Cover with fruit. Roll up like a jelly roll, then shape into a ring. Place on oiled cookie sheet. Brush with milk. Bake at 375 for about 40 minutes. Serves 6.





## DATE BARS

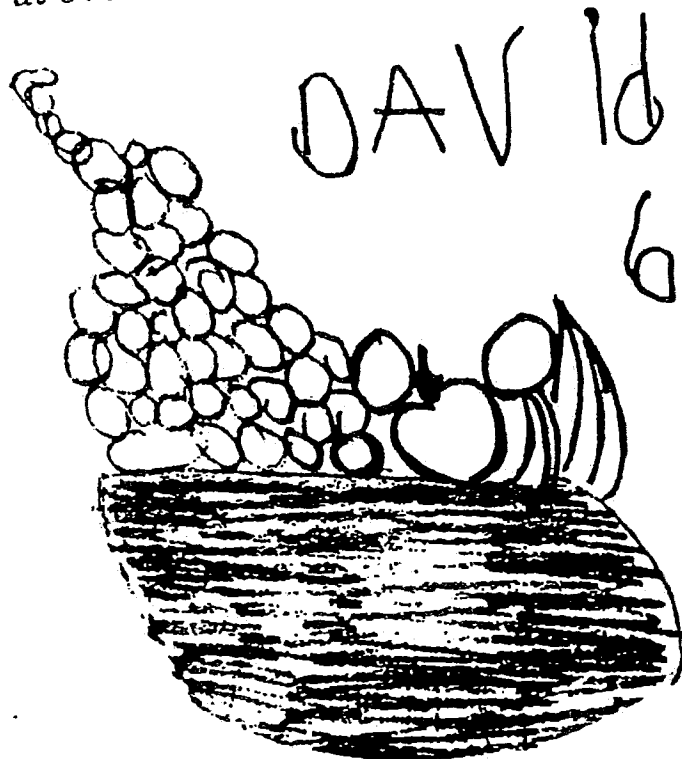
### Filling:

- 2 cups pitted dates
- 3 cups water

### Crumb crust:

- 1 cup whole wheat flour
- 1 cup barley flour
- 1 cup rolled oats
- 1 cup chopped nuts
- 1 cup brown sugar
- 1 cup melted butter
- 1 teaspoon salt

Cook dates and water until smooth and thickened (about ten to fifteen minutes). Remove from heat. Combine ingredients for crust. Spread half of crust in bottom of square pan. Cover with date filling, and cover that with remaining crumb mixture. Bake at 375 for 45 minutes. Cool and cut into squares.



**POPPY SEED TARTS (Hamantaschen)**

2 cups whole wheat flour  
1 cup butter  
1/2 pound cream cheese  
1 cup walnuts  
1 cup raisins  
1/2 cup poppy seeds  
honey

Cream butter and cheese together until well blended. Gradually work in flour a little at a time. Form dough into a ball and chill overnight. Roll out about 1/4 inch thick and cut into 3 inch squares. Combine poppy seeds, nuts and raisins and mix with enough honey to hold together. Place one tablespoon of mixture on each square of dough, and fold dough over to make a triangle. Bake on oiled cookie sheet at 350 for about 25 minutes.

**BLINTZES OR CREPES****Batter:**

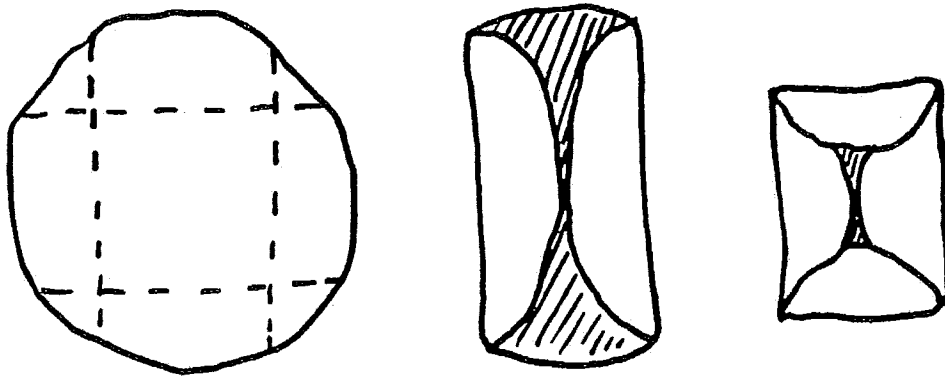
2 teaspoons sugar  
1 teaspoon vanilla extract  
1/2 cup milk  
3/4 cup dairy sour cream  
1/8 teaspoon salt  
1 cup unbleached pastry flour  
1 tablespoon arrowroot flour or corn starch  
butter for frying

Have all ingredients at room temperature. Beat together all ingredients except the flour and starch. Sift the flour and starch together and add, stirring until smooth. Heat a little butter in a 7 inch skillet over medium heat. Pour in a scant

1/4 cup of batter, tilting the pan to spread evenly. Fry until slightly brown and gently turn over to brown the other side. Stack with waxed paper or plastic wrap between as they are fried. Makes about 16 leaves.

#### Filling for Blintzes:

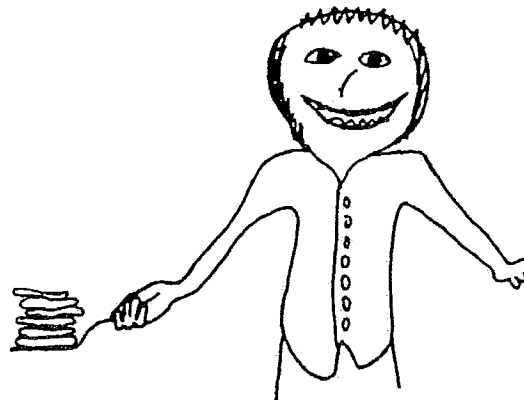
Place 1 tablespoon of the desired filling on the center of a blintz leaf and fold as pictured:



Fold opposite ends.

#### JEWISH STYLE CHEESE BLINTZ FILLING

Mix together 1 teaspoon arrowroot flour, 1/2 tablespoon lemon rind, 2 teaspoons sugar, and 1 pound creamed cottage cheese. Place 1 tablespoon of mixture in a blintz leaf, fold, and fry until crisp in butter. Serve with strawberry jam and sour cream.



## JEWISH STYLE BLUEBERRY BLINTZES

Fill leaves with the following mixture and fry: 1-1/2 cups blueberries, 3 tablespoons sugar, and 1 tablespoon cornstarch tossed together.

## APPLE BLINTZES

Fill leaves with the following mixture and fry: 1-1/2 cups chopped apple, 1 tablespoon cornstarch, 3 tablespoons brown sugar, 1/2 teaspoon cinnamon, and 1 teaspoon lemon juice.

## CHERRY OR APRICOT FILLING

(Hungarian Style Polichentkin)

Preheat oven to 450. Butter a baking dish. Fold a blintz around 1-2 tablespoons cottage cheese. Place in the baking dish and cover with either cherry or apricot sauce. Bake 10-15 minutes until brown and bubbly.

### Cherry:

- 1 can sour cherries
- 1/2 cup sugar
- 1 teaspoon almond extract
- 1 tablespoon cornstarch

Drain liquid from cherries and combine with other ingredients in a sauce pan. Bring to a boil and add cherries.

### Apricot Sauce:

- 1 cup dried apricots
- 2 cups water
- 1/2 cup honey

Simmer all ingredients together until apricots are soft. Puree in blender.

## YOGURT ICE CREAM

2 cups berries or other fruit

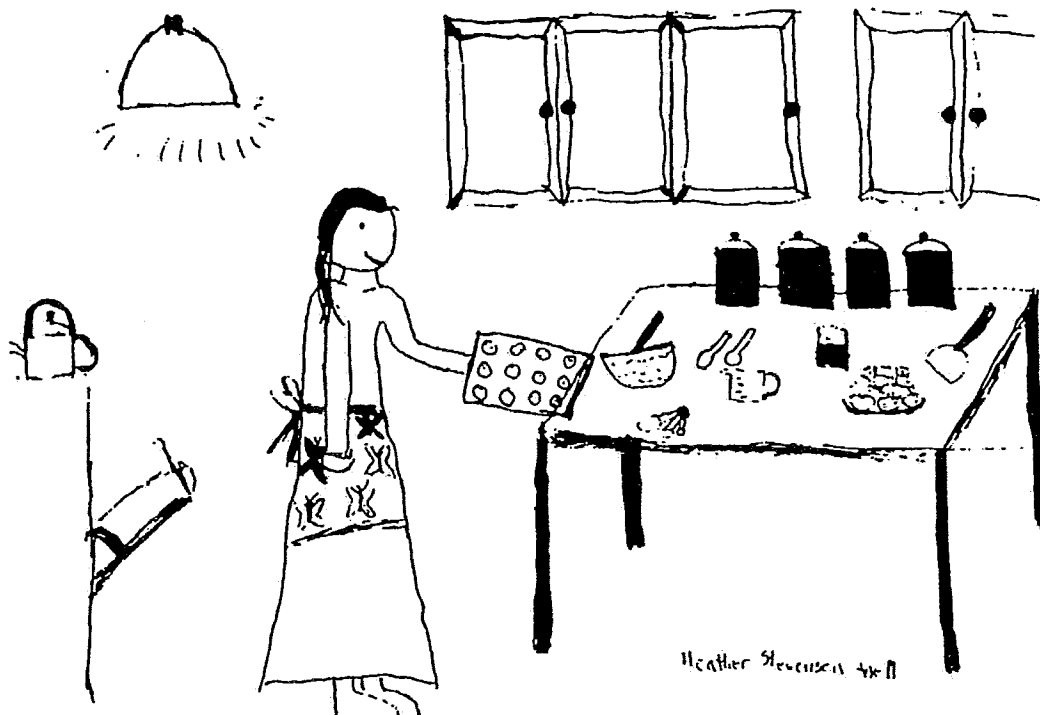
1 cup yogurt

1/3 cup honey

Mix all ingredients together in the blender. Pour into a tray and place in the freezer. Take out when just beginning to crystalize and mix again. Put back in the freezer until solid.

## EGG-LESS COMMERCIAL ICE CREAMS

Weeks', Friendly's, Hood's, Baskin-Robbins', Seymour's, Marriott Hotels' (Hot Shoppes), Kellers's, Sealtest, Breyer's, Dairy Queen, Durocher's and Mackenzie's claim that their ice creams are made without eggs. Small restaurants that make their own either have their own recipe or use a mix from a larger company such as Hood's and just add flavoring and coloring, so should be checked. Howard Johnsons', Hayes-Bickford's and Brigham's definitely contain eggs; also any ice cream labeled "French," any ice cream containing marshmallows, and most frozen yogurt, excluding Hood's, are non-vegetarian.



## Confections

### YUMMY BANANA SNACK

Split a ripe banana in half, lengthwise. Spread with cream cheese that has been softened with honey. Sprinkle with walnut pieces and eat.

### FROZEN BANANA POPS

Peel ripe bananas, cut in half, and insert a popsicle stick in the large ends. Roll in toasted wheat germ, ground nuts, sesame seeds, or coconut to cover. Freeze.

### CAROB FRUIT BALLS

(grinder needed)

1/2 cup sesame seeds

1/2 cup raw peanuts

1/2 cup almonds

1 cup raisins

1 cup dates or apricots

1 cup whole sunflower seeds

1/2 cup carob powder

1/4 cup oil

Grind sesame seeds and nuts first. Set aside. Grind raisins and dates. Mix carob powder and oil with the nut meal before adding the fruit paste. Then add the sunflower seeds and knead all together with moistened hands. Keeping hands wet, roll into 1/2 inch balls which may then be rolled in coconut or ground nuts. Refrigerate before serving.

## CHOCOLATE CHIP COOKIE BRITTLE

Preheat oven to 375.

Combine:

- 1 cup butter
- 1½ teaspoons vanilla
- 1 teaspoon salt

Gradually beat in:

- 1 cup brown sugar

Add:

- 2 cups sifted pastry flour
- 1 cup chocolate chips

Mix well. Press evenly in a 15 x 10 inch pan. Sprinkle with:  
1/2 cup finely chopped walnuts or pecans. Bake 15-20 minutes.

## GOBBLEDY GOOK CANDY

- ½ cup sesame seeds
- ½ cup coconut
- ½ cup raisins
- ½ cup chopped nut meats
- 1 cup toasted carob powder
- 1 cup sunflower seeds
- 1 cup peanut butter
- 1 cup honey

Mix all together. Pat into a buttered rectangular pan. Cut into small squares.

## HALVAH

1 cup each of whole sesame seeds and walnuts, ground  
1/2 cup honey  
2 tablespoons oil  
water

Knead together, roll into balls and refrigerate.

## NUTRITIOUS CANDY

1/2 cup natural peanut butter  
4 tablespoons toasted carob powder  
1/2 stick melted butter  
1 or 2 tablespoons honey  
1/2 cup raw, hulled sunflower seeds  
1/2 cup sesame seeds, raw  
1 teaspoon vanilla  
1/4 cup each of walnuts, almonds, cashews.

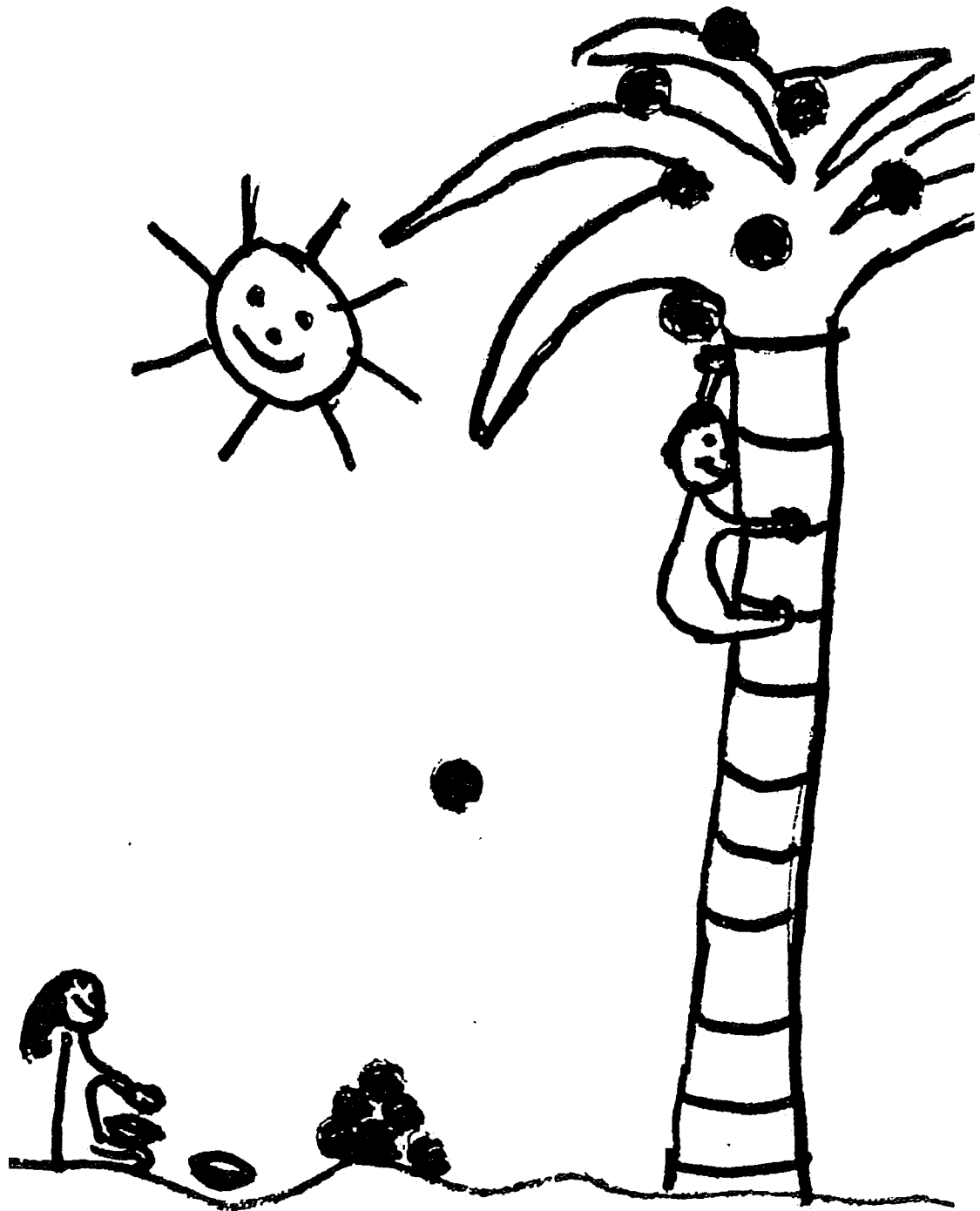
Mix together all ingredients except the nuts. Blend the nuts in the blender and add to the other ingredients along with some raisins. Consistency should be moist enough to press down into a pan like fudge. Keep refrigerated. Don't eat too much at a time as it is very filling.

## SESAME BRITTLE

1 cup honey  
1/4 cup molasses  
3 cups sesame seeds

Bring molasses and honey to a boil in a heavy saucepan and boil for 1 minute. Add seeds and keep over fire until mixture returns to a boil. Remove from heat, cool slightly and spread on well oiled cookie sheet (with sides) to cool and harden in the refrigerator. Cut in squares when cold.





Natalie age: 9

## HALVAH II

1 cup ground white sesame seeds

$\frac{1}{2}$  cup honey

$\frac{1}{2}$  cup tahini

Mix all ingredients together and divide in half. To one half add  $\frac{1}{4}$  cup more sesame seeds, ground, and 1 tablespoon vanilla. To the other half, add  $\frac{1}{4}$  cup carob powder. To form balls roll a piece from each half to form one. Refrigerate.

## YOGURT POPS

Mix in blender: 2 cups yogurt, 10 tablespoons frozen orange juice concentrate, and  $\frac{1}{3}$  cup honey. Pour into containers: paper cups, ice cube trays, etc., and insert popsicle sticks. Freeze. Makes ten 2 ounce pops.

## NO-BAKE PEANUT BUTTER BALLS

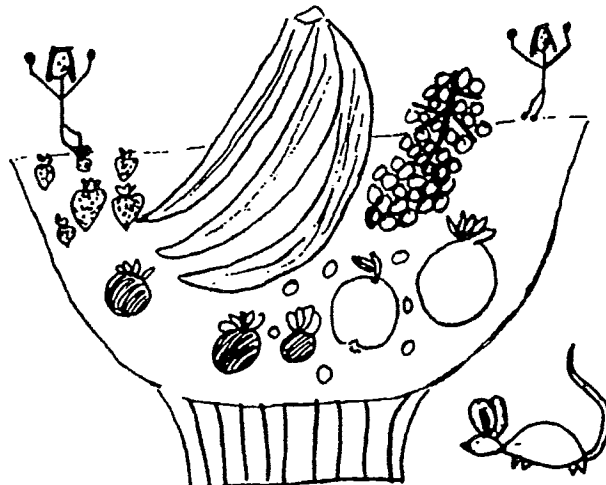
1 cup peanut butter

$\frac{1}{4}$  cup nutritional yeast

$\frac{1}{4}$  cup powdered milk

$\frac{1}{2}$  cup honey

Knead all ingredients together and roll into balls with wet hands.



# Breakfast Dishes

*If your food is regularized you will rise up punctually in the morning.*

KIRPAL SINGH



Melissa

# Breakfast Dishes

Everyone should eat a good breakfast. In order to do work, the body needs nutrients, so never skip breakfast.

## CORN-SOY CEREAL

- 1/2 cup dry soybeans, soaked overnight
- 2 cups water
- 2 tablespoons sesame seeds
- 2 tablespoons coconut
- 2 tablespoons oil
- 1 tablespoon honey
- 1 teaspoon salt

Puree soybeans with water in blender. Add remaining ingredients and liquify until very smooth. Add 1-1/2 cups cornmeal and 2 more cups water. Cook from 1-3 hours in a double-boiler or over very low heat.

## NEW HAMPSHIRE GRANOLA

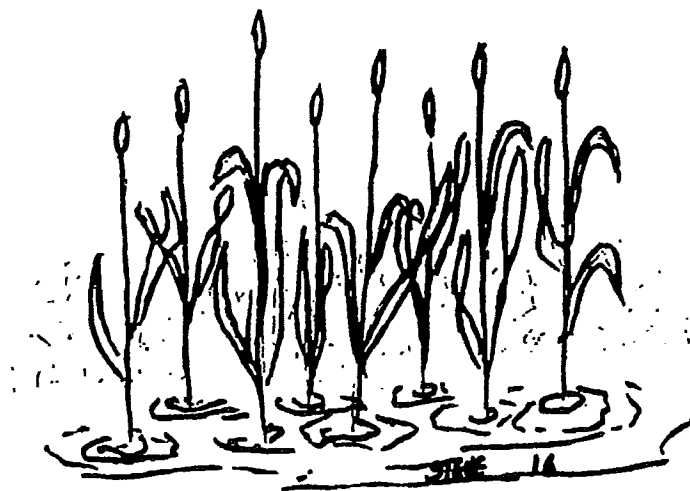
- 7 cups rolled oats
- 1 cup wheat germ
- 2 cups sunflower seeds
- 1 cup sesame seeds
- 1 cup maple syrup
- 1 cup corn oil
- 1 teaspoon salt

Combine all ingredients. Spread on 4 cookie sheets and bake at 200-225 for 2 hours, stirring occasionally. Store tightly.

**FAVORITE GRANOLA**

- 4 cups wheat flakes
- 2 cups rolled oats
- 2 cups wheat germ
- 1 cup soy milk powder (optional)
- 1 cup cashews
- 1 cup peanut flour
- 1 cup sunflower seeds
- 1 cup almonds, ground
- 1½ teaspoons salt
- 1 cup oil
- 1 cup honey

Heat oil and honey in saucepan, stirring to blend. Combine dry ingredients in a large pot. Pour oil and honey mixture over dry ingredients, and stir thoroughly so that all is covered. Turn into shallow pan, and bake 1 hour at 300. Turn oven off and leave pan in oven for several hours more, stirring occasionally. Store in tight container. (This makes a LOT. Recipe can be reduced by half, or quarter.)



**ASHRAM PANCAKES**

(Much more nutritious than the usual type, and delicious)

- 1 teaspoon baker's yeast
- 1/2 cup warm water
- 2 cups warm milk
- 2 tablespoons oil
- 2 tablespoons blackstrap molasses
- 1/2 cup whole wheat flour
- 1/2 cup toasted wheat germ
- 1/2 cup soy flour
- 1/2 cup buckwheat flour
- 1 teaspoon salt
- 1/2 cup powdered milk

Dissolve yeast in water in large pitcher. Add remaining ingredients, stir well, and bake on buttered griddle, turning once. Keep fire moderately low to prevent burning. Serve with butter and maple syrup.

**BLENDER PANCAKES**

- 1 cup milk
- 1/4 cup oil
- 1 cup whole wheat pastry flour
- 1/2 cup soy flour
- 1 tablespoon vanilla
- 1 tablespoon baking soda
- 1 teaspoon salt

Blend all ingredients together until smooth. Add more milk or flour to get correct consistency. Pour onto hot, lightly oiled iron griddle. Turn when bubbles burst and edges start to brown.

**CORN-WHEAT PANCAKES**

- 1 cup warm water
- 2 teaspoons yeast
- 4 cups warm milk
- 1/3 cup oil
- 1/3 cup honey
- 3 cups whole wheat flour
- 1 cup cornmeal
- 2 teaspoons salt
- 1 cup powdered milk

Dissolve yeast in warm water. Add warm milk, oil and honey. Add dry ingredients and stir. Bake on moderately hot skillet, turning once, until browned on both sides. Serves six.

**JEFFY BUCKWHEAT PANCAKES**

- 4 cups warm water
- 2 teaspoons baker's yeast
- 2 tablespoons honey
- 2-2/3 cups buckwheat flour
- 1 cup wholewheat flour
- 2 teaspoons salt

Add yeast and honey to water and stir. Add flours and salt and stir again. Batter should be thin. Preheat griddle on low flame, butter griddle, and bake pancakes, keeping fire moderately low. Turn pancakes once. Serves 5.

*As food is necessary for the body,  
prayer is necessary for the soul.*

KIRPAL SINGH



## SUNDAY PANCAKES

2 cups flour—1 cup whole wheat and 1 cup buckwheat  
and/or cornmeal

2 teaspoons baking soda

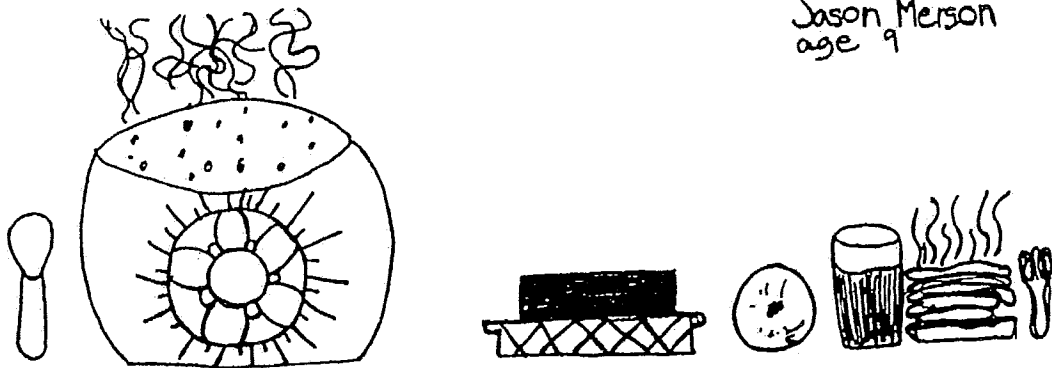
1 teaspoon salt

1 tablespoon sugar

2 cups sour milk, buttermilk or yogurt

2 tablespoons melted butter or oil

Mix dry ingredients. Add milk and lastly the fat. Fry on hot griddle. Serve with maple syrup and butter.



## BREAKFAST SQUARES

4 cups oatmeal

1 cup cornmeal

2 cups pastry flour

$\frac{3}{4}$  cup soy flour

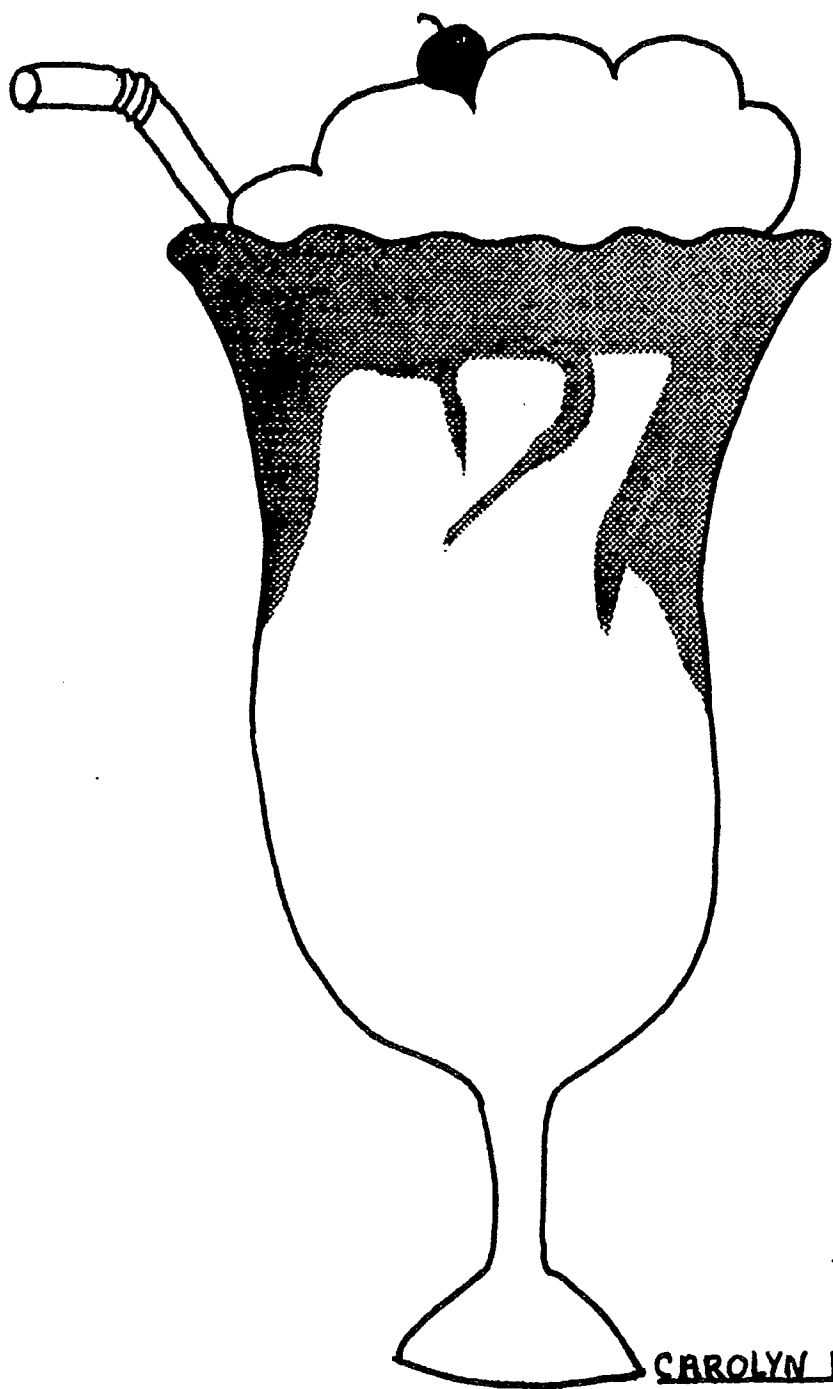
1 cup oil

1 cup honey

$1\frac{1}{2}$  teaspoons salt

1 teaspoon coriander

Mix all ingredients together. Oil a sheet cake pan and drop the mixture in. Pat down very firmly. Score with a knife. Prick each square with a fork, 3 times each. Bake at 350 for  $1\frac{1}{2}$  hour or until brown.

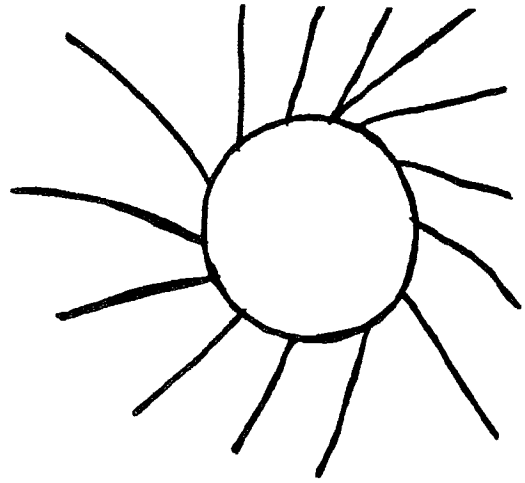


CAROLYN HAMMOND

# Beverages

*"Sound mind in a sound body." We have to keep both body and mind in a healthy condition before these can be used as instruments for spiritual advancement.*

KIRPAL SINGH



# Beverages

## TIGER'S MILK

- 2 cups milk
- 1/3 cup nutritional yeast
- 1-1/3 cups "instant" powdered milk
- 2 tablespoons blackstrap molasses

With blender on lowest speed, blend all ingredients. Can also be made in a glass, by cutting recipe in half and stirring with a spoon; but will not be as smooth. This drink is almost guaranteed to increase vitality dramatically. Best when taken for breakfast.

## BANANA MILKSHAKE

- 2 ripe bananas
- 2 cups milk
- 1/2 cup powdered milk

Blend in blender. Very sweet without any added sugar.

## PINEAPPLE-ROSEHIPS COLD-FIGHTER

- 2 cups unsweetened pineapple juice
- 1 tablespoon rosehips powder

The most delicious way to cure a cold. A glass of this every hour should conquer a cold in a day, if otherwise healthy.

## ALMOND-ORANGE DRINK

- 2 cups orange juice
- 1/2 cup raw almonds
- 2 tablespoons honey

Blend at high speed for 10-15 minutes.

## ORANGE YOGURT DRINK

1 cup orange juice

1 cup yogurt

1/4 cup honey

Blend briefly in blender at lowest speed.

## GRAPE JUICE

Harvest ripe grapes only. Bring to a boil 5 pounds of grapes covered with water. Cook until the fruits pop open. Let sit 1/2 hour, then strain. Add 5 cups sugar, bring to a boil and pour into hot sterilized jars. Seal.

## CRANBERRY JUICE

1 pound cranberries, washed

7 cups water or part apple cider, if desired

1-1 1/2 cups honey or sugar

Bring all ingredients to a boil, then simmer for 10 minutes. Strain and cool.

## INDIAN TEA

2 cups cold water

half the seeds of a cardamom pod, crushed fine

loose black tea; 1 teaspoon if fine, 2 1/2-3 teaspoons if coarse

1 cup rich whole milk

6 heaping teaspoons sugar, or more if desired

Combine all ingredients in a saucepan and bring to a boil, stirring occasionally. Reduce heat and simmer several minutes. Remove from heat and let steep for 2 minutes. 1/2 teaspoon crushed anise seed or a pinch of powdered cloves may be included, if desired.

## THE ONLY WAY TO MAKE ICED TEA

Put 3 teabags and 1/3 cup dried or 4 leafy stems fresh mint in a 2 quart glass bottle. Warm the bottle under hot running water and fill with boiling water. Let cool and serve with ice in tall glasses. Once you've tried it, plain iced tea will be a thing of the past!

## HEALTHY SODA POPS

### GRAPE SODA

Use club soda instead of water with frozen grape juice concentrate.

### ORANGE SODA

Use club soda instead of water with frozen orange juice concentrate. Sweeten to taste.

### MEXICAN MANZONA SODA

Use club soda with frozen apple juice concentrate

### MAPLE SODA

Combine 1-1/2 ounces maple syrup with 8 ounces club soda.

### NEW YORK "EGG" CREAM

Combine 1 part chocolate syrup with 5 parts club soda. Add 1 tablespoon cream.

### CHICAGO CHOCOLATE PHOSPHATE

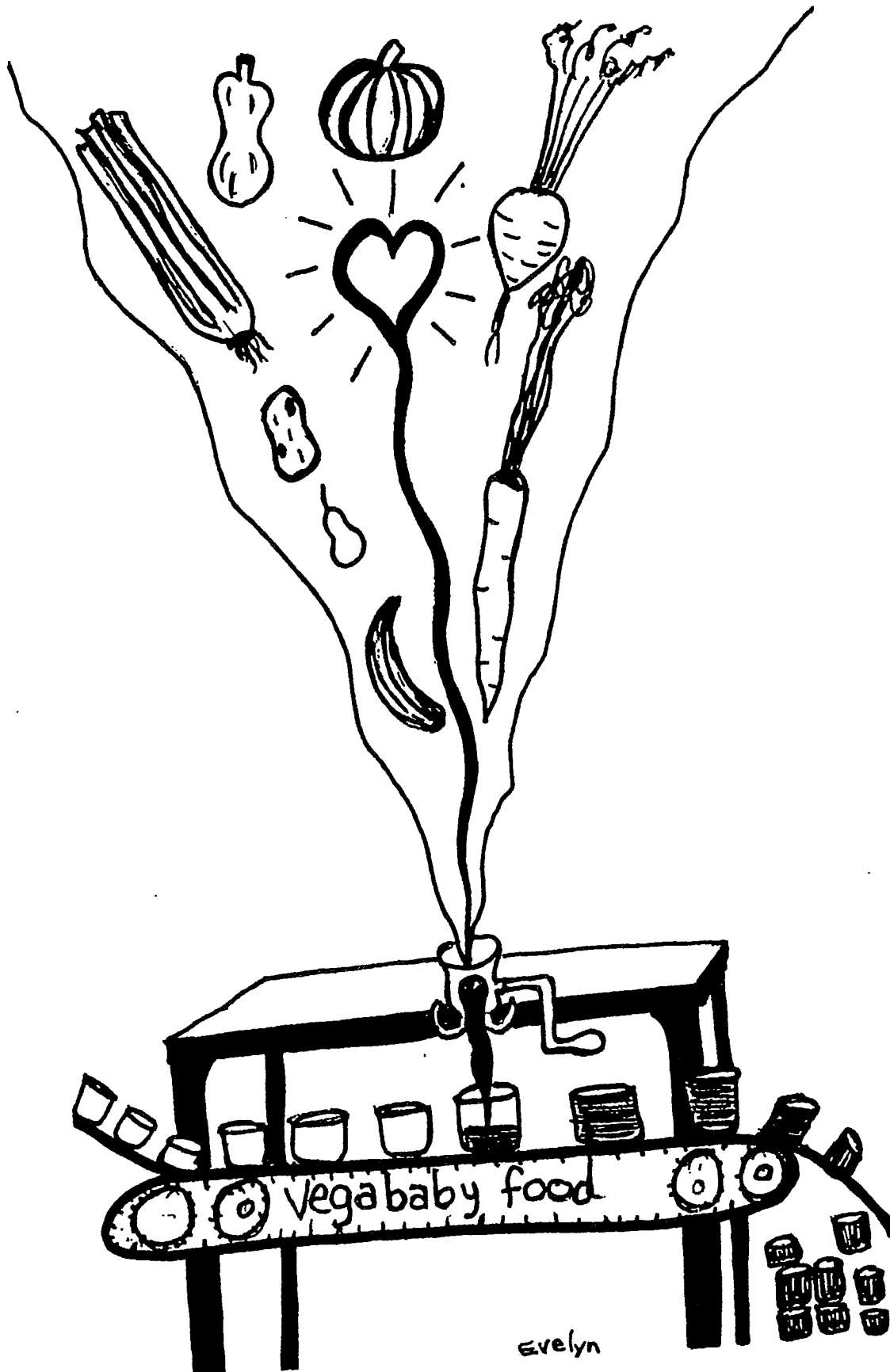
Same as "EGG" CREAM, but omit cream.

### ITALIAN ORZOTTA

Combine 1 part sugar syrup with 5 parts club soda and add 1 teaspoon almond extract.

### LEMON FIZZ

Use club soda instead of water when preparing frozen lemonade concentrate.

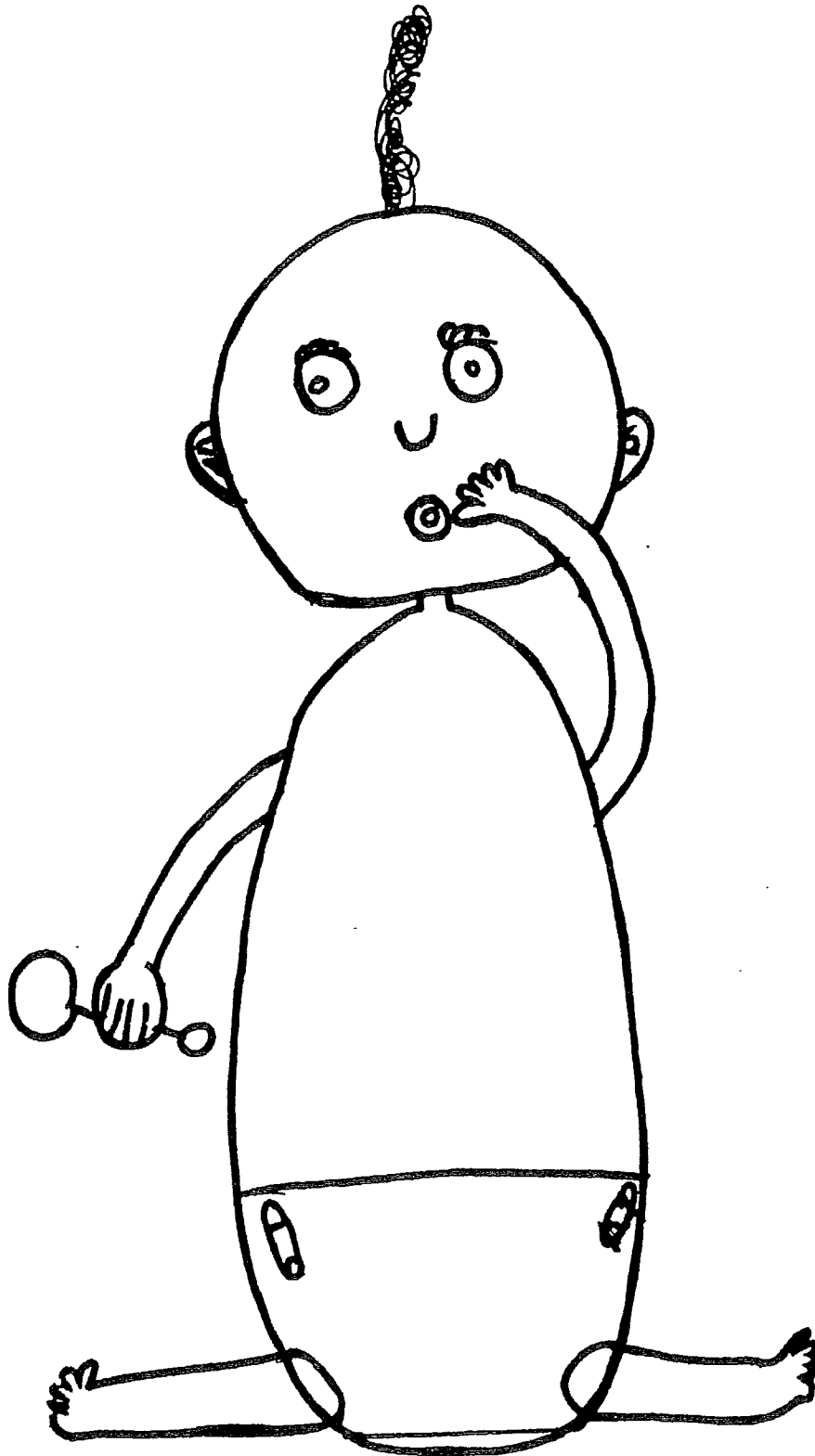




# Baby Foods

*Our duty is to bring up children and make them ideal men—even better than we are. If you are to bring up a child, Masters say, bring him up a Saint or bring him up a brave man, or a man who will help others.*

KIRPAL SINGH



## Baby Foods

The best food for an infant is its mother's milk. Parents should invest in a blender to prepare the baby's food beginning when he is five or six months old. Eventually, almost anything that the parents eat can be pureed in the blender for the baby's use. Nutritional yeast, powdered milk, yogurt, and/or wheat germ can be added for extra protein. Yeast and wheat germ are also rich in iron, as are nuts and seeds, and should be fed to the baby starting at six months of age, because milk is very low in this vital nutrient and the baby's store of iron has been depleted by this age. These foods can be prepared in tasty ways and pureed for the baby's enjoyment.

The following recipes give some ways for preparing home-made vegetarian baby food. The cookbook *Ten Talents* also has a section on baby foods which may be referred to.

Experiment, listen to your heart and your child, and always taste what you try to feed him.

### LACTATION-STIMULATING FOODS FOR MOTHERS

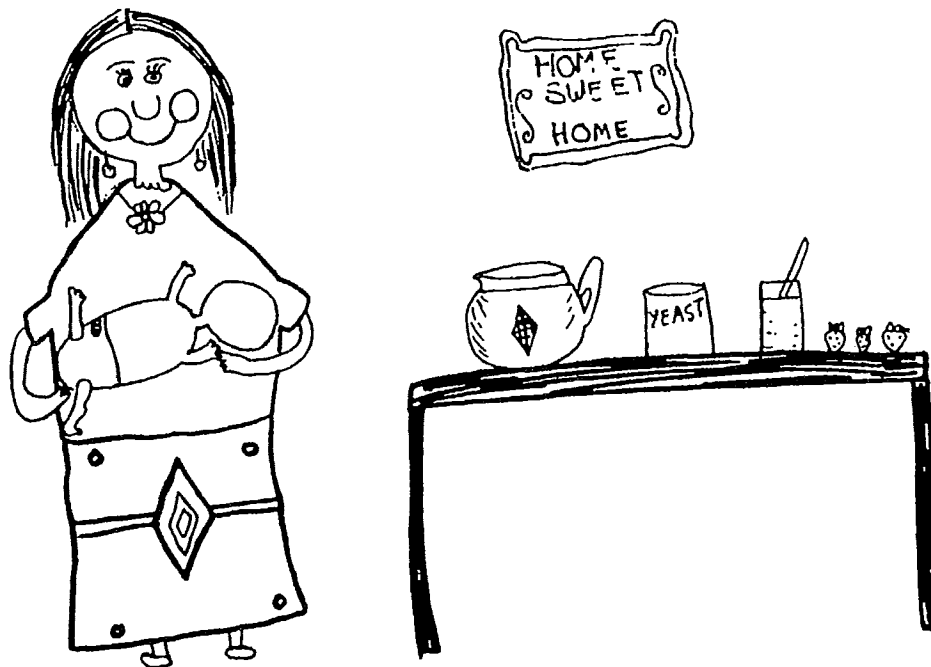
Eat salads daily which include extra alfalfa sprouts, and some root vegetables. Eat plenty of nutritional yeast, yogurt and fruit; whole grains such as rice, wheat, etc.; and Tiger's Milk. Drink plenty of water and juice but be sure to eat enough solids. Make sure that you do not substitute filler foods for milk when feeding the baby. The more he or she eats of other foods, the less he or she will nurse. Milk should be the baby's sole food for six months or so. At this age the baby will require an outside source of iron as it is not supplied in the mother's milk. Babies should be allowed to nurse as long as you feel it necessary but other foods should be introduced to the diet starting at five to six months.

## TIGER'S MILK For pregnant and nursing mothers and babies over 18 months

- 1 quart whole milk
- 1/2 cup powdered milk
- 1/2 cup molasses, preferably blackstrap
- 4-6 tablespoons nutritional yeast or more
- 1 teaspoon vanilla
- 1 tablespoon malt (a good milk producer)

Blend in blender. Refrigerate and drink at *least* 1 cup per day, more if milk supply is low or the baby is a slow gainer. Honey or maple syrup may be added to taste but sugar is not suitable as it is a de-calcifier. One tablespoon of yogurt will increase the digestability of the Tiger's milk.

Nutritional yeast is a nursing mother's best friend—it helps necessary B vitamin production in the small intestine and provides valuable protein in the form of amino acids. No one will suffer from lack of milk while taking 4-6 tablespoons of nutritional yeast a day.



## YOGURT

1/2 gallon milk

1 cup powdered milk

3 tablespoons yogurt culture

(Lacto or Colombo in the East, Dr. Gaymont in the midwest, Continental in the West—all contain the superior strains of bacillus)

Heat milk to just below boiling. Remove from flame and cool to wrist temperature. Mix about 1 cup of this warm milk with the powdered milk and culture in the blender. Add to remaining milk. Place in a crock or two quart mason jars in a constantly warm place until firm. Refrigerate. Failures are caused by: milk that is too hot, inconsistent temperature or jarring of the container while it is firming, or too much culture (bacteria need room to grow).

Yogurt is more easily assimilated than milk and less mucous-forming. It is pre-digested by beneficial bacteria. Yogurt and nutritional yeast, about 1/2 teaspoon yeast to 1/2 cup yogurt, is a good remedy for the baby with poor assimilation or lazy fermenting bacteria in the small intestine. May be fed medicinally earlier than 7-8 months but should be used as a food only after this age.

## BLENDED SALAD for babies 8 months and over

May be drunk from a bottle with a large hole in the nipple.

Blend in the following order: cucumber, tomato, celery, romaine or other loose-leaf, *green* lettuce, green pepper, alfalfa and/or wheat sprouts. Season with kelp. Don't be afraid to be bravely stern and persistent in getting your baby to drink this—he or she will soon come to love it and you will, too.

**BLENDED FRUIT for babies over 8 months**

With a little fruit juice, blend in blender equal parts of banana with any one of the following: fresh apple, pear, avocado, or plum, peach, strawberries, or apricot. Add 1 tablespoon nutritional yeast for each cup of fruit blend.

*Soaked* dried fruits such as raisins, apricots, dates, etc., may be added to the above pureed mixture. Raisins, especially, must be soaked and blended as they pass through a baby's digestive system whole and too quickly for nutrients to be absorbed. Ground un-hulled sesame seeds or hulled sunflower seed meal may be added to the puree in the proportion of 1/4 cup seeds to 1 cup fruit.

**MELON SHAKE for babies over 6 months**

May be served in a bottle with a large hole in the nipple.

Blend in the blender: 1/2 cantaloupe, 1/4 cup nutritional yeast, and 1/4 cup yogurt. Watermelon with the seeds removed or honeydew melon may be substituted but cantaloupe is best as it is highest in calcium and iron.

**SETHIE'S TREAT**

1/2 very ripe, small banana

2 teaspoons toasted carob powder

1 teaspoon honey

Grind banana through Happy Baby Grinder. Add carob powder and honey and mix well.

**SALAD for babies over 12 months**

Babies love salads made this way as very little chewing is needed and the taste of the vegetables is sweet.

Finely grate and mix: carrot, rutabaga, beet, cabbage. Add alfalfa sprouts. Stir in a dressing of eggless mayonnaise or safflower oil and fresh lemon juice. Sprinkle with kelp.

**SETH'S FAVORITE SUPPER**

(For a five-month-old nursing baby)

1/4 small avocado

2 tablespoons dry banana flakes

juice of 1/2 orange

Combine in Happy Baby Grinder.

**ZWEIBACK—twice-baked bread**

This is the only way to serve grains to babies between 8 and 18 months. Babies do not secrete the enzyme, pytalín, needed to digest carbohydrates before 18 months, nor do they have the teeth (2 year molars) to properly masticate grains.

Slice firm whole-grain bread, preferably bread which includes soy flour, about 1/4-1/2 inch thick. Place on cookie sheet in a slow oven (140-200) and bake until golden brown, turning every 30 minutes. These can be used like crackers yet will be hard enough so that baby will really have to chew.

**PLAY DOUGH (not to eat but for hours of fun!)**

1 cup flour

1/2 cup salt

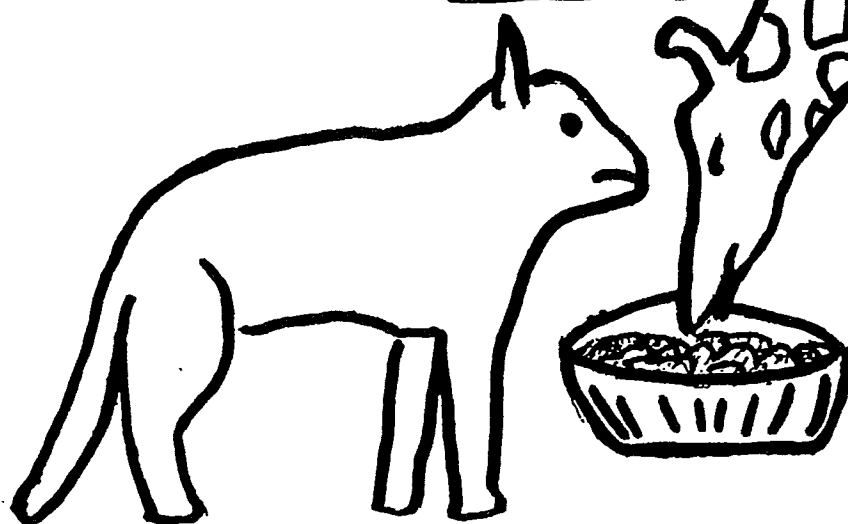
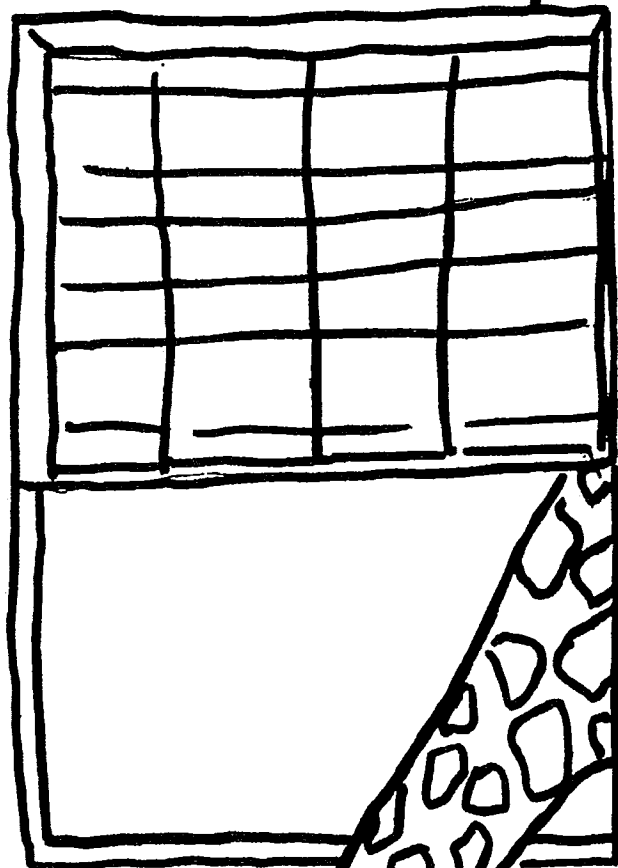
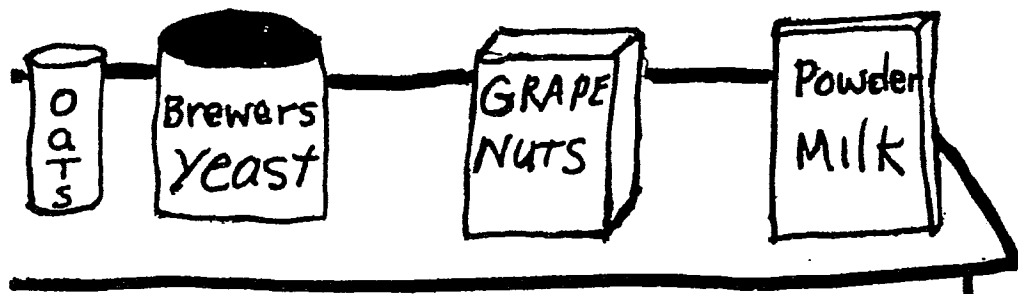
2 teaspoons cream of tartar

1 tablespoon oil

1 cup water

several drops food coloring

Blend well, stir over medium heat for three minutes. Let cool.





# Pet Foods

*Just as a tree is known by the fruit it bears, so is a man by what he does. This is a teaching of great value. It helps a man to flourish and receive a good name both here and hereafter. He will be the friend of all creatures for he resolves not to hurt or kill any of them, not even the humble bee nor the lowly ant. Such a person will surely know the Truth one day.*

KIRPAL SINGH



# Pet Foods

## FEEDING YOUR DOG HEALTHFULLY THE VEGETARIAN WAY

Many mistakes are made in feeding a dog a vegetarian diet. Basically, the dog can eat what its owner can: however, certain caution must be taken owing to the differences in the physiology of man and dog. Remember, dogs do not chew their food.

One of the most common errors is improper preparation. For the dog to completely digest his food, firmly structured grains and beans must be finely ground or pressure cooked. All foods with starch, including oatmeal, must be totally cooked until mushy. Symptoms of improper preparation include the dog vomiting his food undigested or passing stools with undigested particles.

Another error is insufficient oil. About 10 percent of the dog's calories should be from fat. Fat must be present for the synthesis of Vitamins A, E, and D. One symptom of insufficient fat is a lackluster coat. Polyunsaturated oils, not hydrogenated shortenings, are recommended.



Yeast is a very rich source of B vitamins. A small amount ensures an adequate supply. However, dogs need B<sub>12</sub>, not found in yeast unless it is specifically fortified. If the dog isn't given fortified yeast, and is not given many dairy products, he may be deficient. Milk, fresh or dried, and dried whey, contain lactose which can give a dog diarrhea. Dogs differ as to their tolerance. Five to ten percent of the dog's calories can be milk.

Soybean is excellent as a staple in the dog's diet. It contains good protein, fat, B vitamins and minerals. It should be ground finely into soy flour and cooked with water or ground coarsely into grits and pressure cooked. Soy grits can be purchased cheaply at a feed and grain store. These are defatted so oil must be added to the dog's diet. They cook more quickly than full fat grits. Wheat germ is about as good a protein source as soy. A dog can be fed all soy with the addition of a source of calcium and a source of vitamin A. Calcium can be given as calcium gluconate, calcium lactate, or dicalcium phosphate. Due to milk's lactose, enough milk cannot be given to satisfy a dog's heavy calcium needs. Vitamin A can be provided with yellow or dark green vegetables. Be sure to pulverize and soak vitamin or mineral pills before giving them. A good recipe for a 30 pound dog is the following:

- 1/2 pound soy flour or soy grits
- 1 1/2 tablespoons oil if soy is defatted
- 1 ounce (2 tablespoons) yeast fortified with B<sub>12</sub>
- 1 teaspoon salt
- 3 grams calcium (available at Health food store or pharmacy in various pill forms)
- Either of the following vegetables: 1 ounce of cooked carrots, squash, or sweet potato; or 2 ounces of broccoli; or 3-5 ounces of lettuce; or 1/2 pound of green beans

Another recipe using the complimentary protein theory is the following:

1/4 pound wheat or 1/4 pound cereal or 1/4 pound beans  
or 2 1/2 pounds fresh potatoes

1/4 pound soy or 1/4 pound wheat germ

1 ounce yeast fortified with B<sub>12</sub>

1 teaspoon salt

about 3-3 1/2 grams calcium & 3 grams phosphorus

either of the following vegetables: 1 ounce of cooked  
carrots, squash, or sweet potato; or 2 ounces of  
broccoli; or 3-5 ounces of lettuce; or 1/2 pound of  
green beans

1 1/2 tablespoons oil

Another recipe is the following:

1/4 pound rice or mashed potato or other starchy food  
almost one pound of cottage cheese

4 ounces or more of a vegetable rich in vitamin A

about 3-3 1/2 grams calcium and 3 grams phosphorus

2 ounces yeast

1 teaspoon salt

1 1/2 tablespoons oil if low-fat cottage cheese

All of these recipes are for a 30 pound dog. A 60 pound dog  
needs twice as much, a 15 pound needs about half as much.  
However, a 5 pound dog needs one quarter as much and a  
10 pound dog about one half as much.

**FLUFFY'S DOG FOOD**

Bring to a boil:

3 quarts water

1/2 cup soy flour

2 tablespoons cider vinegar

3 tablespoons molasses

1 teaspoon sea salt

1 1/2 cups frozen mixed vegetables

Add, stirring in:

7 cups old-fashioned rolled oats

Simmer for 2 minutes. Turn heat off, cover and let sit until cool enough to eat. Place 1/3 of this mixture in the dog's dish. Mix in: 1/4 cup grated parmesan cheese, 1/4 cup nutritional yeast and 2 tablespoons corn oil. Whole wheat bread crumbs or dry cereal such as Wheat Chex can be added. Cottage cheese or powdered milk may replace the parmesan cheese. Refrigerate the remaining cooked mixture for 2 more meals.

Fluffy, a 40 pound male dog, has thrived on this food for 6 years. He gets one meal per day.

Reasonably priced di-calcium phosphate and canine vitamins are available from PETCARE INDUSTRIES, 576 High St., Burlington, N. J. 08106. Yeast fortified with B<sub>12</sub> is available from PLUS PRODUCTS at health food stores, brand-name: YEAST PLUS, FORMULA 250. If this is not available, regular nutritional yeast and B<sub>12</sub> vitamins can be substituted. 25 mcg tablets of B<sub>12</sub> are sold by WALNUT ACRES, Penns Creek, PA. 17862. A thirty pound dog needs 9 mcg per day.

## Feeding Cats a Vegetarian Diet

Cat nutrition has not been well researched. Requirements for cats seem to be different from dogs and humans. They do best on a diet high in protein (32 percent) and fat (26 percent).

Evidence suggests that they require an unusual amino acid pattern. Vegetable pigment cannot be used by the cat to form Vitamin A. Vitamins A, D, E, and B complex are needed. Calcium and phosphorus are needed in a ratio of 1 to 1. Raw milk is better than cooked. Cats are fussy about food. However, they like yeast and milk. Some cats like wheat-soy macaroni and cheddar cheese with yeast sprinkled on top. Others like whole wheat bread soaked in milk, oil, and yeast. Other cat favorites are cottage cheese, hard cheese, peanut butter, and dog food with extra oil and yeast.

### JONATHAN'S CAT FOOD FORMULA

whole wheat flour or oatmeal—50 percent  
soy flour—25 percent  
milk or powdered milk  
nutritional yeast  
oil  
salt

This can be mixed together and either baked for those who prefer dry food, or cooked with water in a saucepan until mushy for those cats who aren't so fussy. It is convenient to cook about a week's supply at a time and refrigerate. Be sure to cook the grains and soy well.

**TISRA AND TILLIE'S CAT FOOD**

For each serving, combine:

$\frac{1}{4}$  can macaroni and cheese

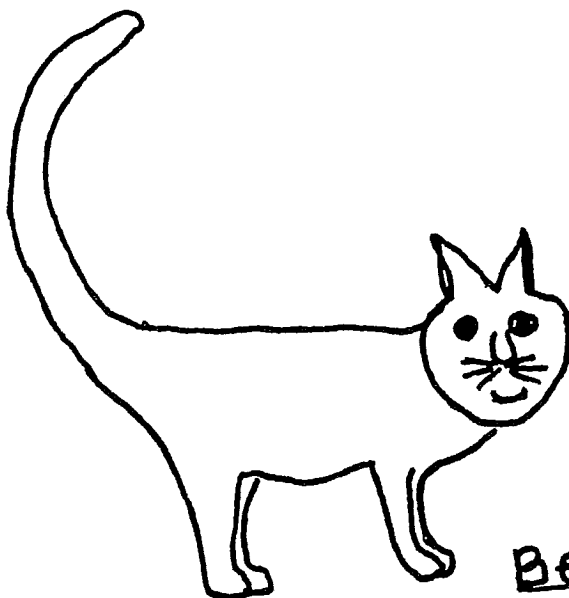
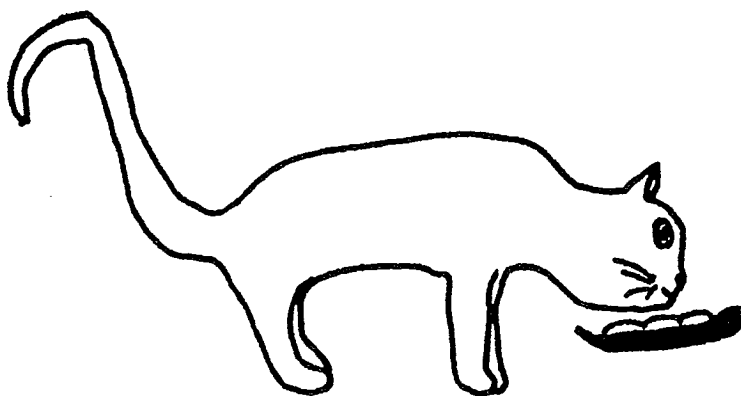
$\frac{1}{4}$  cup cottage cheese

$\frac{1}{4}$  cup Fluffy's food

$\frac{1}{3}$  cup Wheat Chex

1 tablespoon nutritional yeast

Our cats are fed twice a day and have eaten this food since being weaned, except for table scraps and an occasional mouse (not encouraged by us!)



Bev age 9

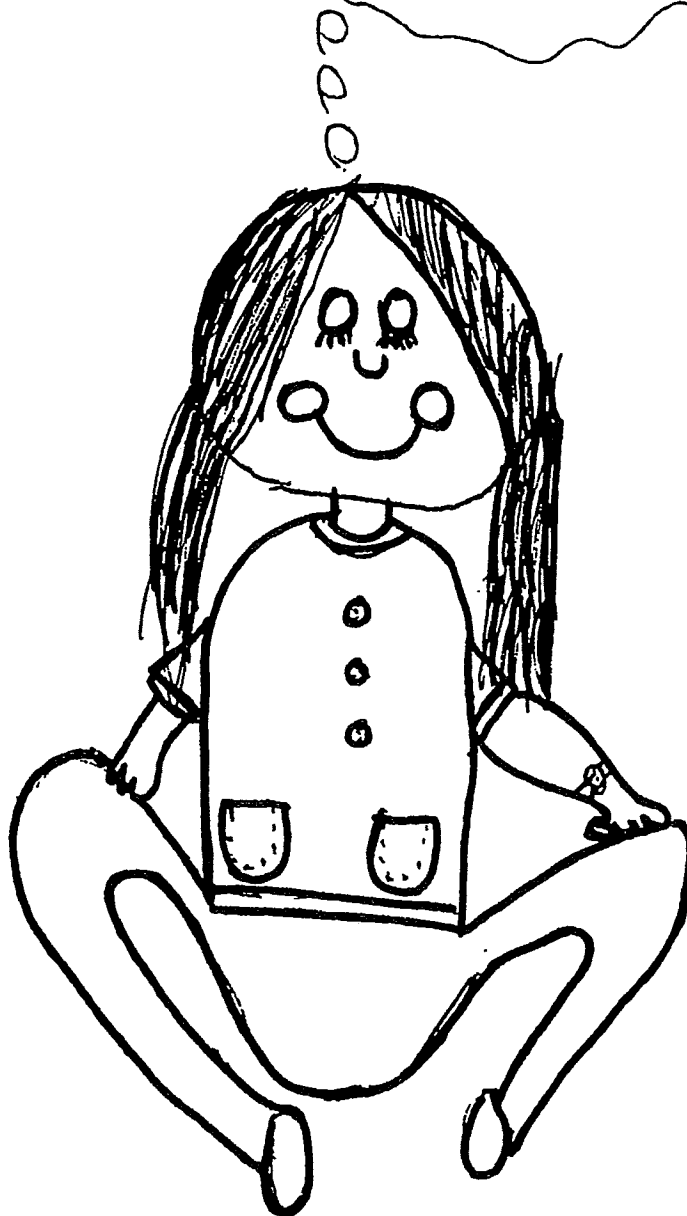


# Miscellaneous

*Simple living, simple diet and high thinking is what is wanted.*

KIRPAL SINGH

THANK YOU  
GOD  
For  
Everything!



# Miscellaneous

## EGG REPLACERS & SUBSTITUTES

Many recipes calling for eggs can be used by substituting one of the following:

1. Liquid lecithin. Between 1 teaspoon and 1 tablespoon can be used in place of one egg. This is especially good in cookies. It is a reluctant dissolver so try to add it to batter or when you add oil.

2. Chick pea flour. This is good sprinkled into nut loafs, millet patties, and even into pancakes.

3. Egg replacer flour. Between 1 teaspoon and 1 tablespoon is mixed with 2 tablespoons water. This can be purchased as "Jolly Joan" egg replacer or made by mixing 1 part soya powder and 1 part arrowroot starch.

4. Flaxseed jell. This is good in pancakes and in touchy bakery products. To 3 cups of cold water add 1 cup ground flaxseed. Bring to a boil, stirring constantly. Boil for 3 minutes. Cool. Place in the refrigerator in a closed jar. Whenever your recipe calls for 1 beaten egg, substitute 2 tablespoons of above mixture.

5. Apricot Jell. Soak 1/2 pound apricots in 2 cups water overnight. Next morning beat or blend them. Add water if needed. Strain and store in refrigerator. Use 1 generous tablespoon to replace each egg called for.

6. Cornstarch or arrowroot. Between 1 teaspoon and 1 tablespoon is mixed with 2 tablespoons water to replace each egg.

7. "Chone." An imitation of whole egg powder made of safflower oil, rice flour, and non-fat milk solids. It is available from drug stores or from General Mills Chemicals, Dept. FH. 4620 W. 77th St., Minneapolis, Minn., 55435.

## EGG YOLK SUBSTITUTE

Blend  $\frac{1}{2}$  cup soy flour and 1 cup water. Cook gently on top of double boiler for 1 hour. Beat in 2 tablespoons oil and  $\frac{1}{4}$  teaspoon salt. Store in refrigerator—it thickens as it cools. 2 teaspoons equal 1 egg yolk. Not a leavening agent.

## SOYA FLOUR BASE

For soya milk, spreads, mayonnaise, etc.

1. Place 1 cup of soy flour in a pan,  $\frac{1}{4}$  inch deep. Lightly toast in a 350 oven for 15 minutes, stirring to avoid burning. Cool and store in a cool dry place, or continue with step 2.

2. Blend the cup of toasted soy flour with  $2\frac{1}{2}$  cups water and 1 teaspoon salt. Cook in top of double boiler for  $1\frac{1}{2}$  hours, stirring occasionally. Remove from heat, cool and liquify to remove lumps. Store in glass jar in the refrigerator to use as needed.



**SWEET PICKLES**

cucumbers  
3 cups vinegar  
3 cups sugar  
1 cup water  
scant  $\frac{1}{2}$  cup salt

Fill jars with sliced cucumbers. Add a slice of onion. Heat vinegar, sugar and water. Add salt. Pour vinegar mixture over cucumbers while hot. Add 1 teaspoon celery seed to each jar. Seal.

**KOSHER STYLE DILL PICKLES**

30 pickling cucumbers  
 $\frac{1}{2}$  cup sea salt  
2 quarts water  
2 tablespoons cider vinegar  
3 bay leaves  
6 small to medium sized cloves of garlic  
 $1\frac{1}{2}$  teaspoons mixed pickling spice  
10 sprigs dill or 1 tablespoon dill seeds

Arrange washed and dried cucumbers in a 1 gallon jar or crock. Bring water and salt to a boil. Let cool. Place remaining ingredients over cukes in jar. Pour in cooled brine. Let sit in cool place for 5 days to a week. Be sure that the cukes are submerged in the brine; weight them if necessary. Process in canning jars.

## ROSE HIP JELLY

Hull and wash 2 quarts ripe rose hips. Cover with water and boil until soft, about 3 hours. Mash and strain through a Foley food mill.

Tart Jelly:

7 cups rose hips juice

9 cups sugar

3 bottles Certo

Sweet Jelly:

3½ cups juice

7 cups sugar

1½ bottles Certo

Add sugar to juice and bring to a boil. Add Certo and continue a rolling boil for 1 minute, stirring. Pour into sterilized glasses and cover with paraffin immediately. If more flavor is needed in the jelly, lemon juice may be added.

## GRAPE JAM

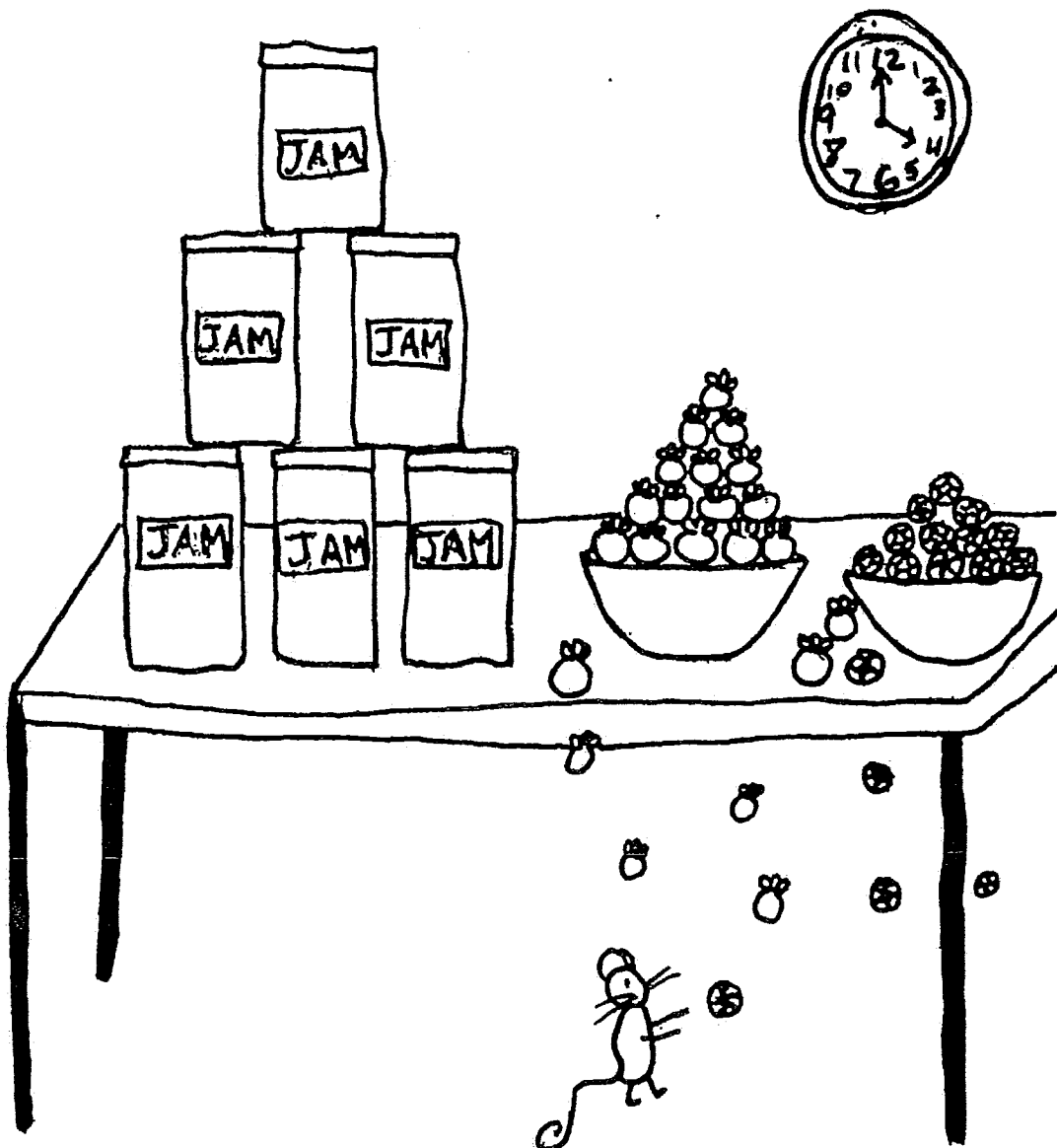
Bring to a boil 5 pounds ripe grapes covered with water. Cook until the grapes pop open. Mash with a potato masher and strain. Add 10 cups sugar and 2 boxes of Sure-Jell. Pour into hot, sterilized jars and seal with melted paraffin.

## STORING HERBS

To preserve more flavor in herbs, instead of drying, store them in the following way: Gather the leaves while in season, wash and pat dry. Pack in a glass jar with a small amount of coarse salt. The leaves will wilt and settle within a few days. Repack very tightly in a clean dry jar. Screw lid on tightly and store in the refrigerator or freezer. Will keep for months.

**FREEZING BERRIES** (Blackberries, blueberries, raspberries or strawberries)

Wash berries as soon as they are picked. Place in plastic containers and put in the freezer. Do not hull strawberries until the day they will be used. They taste fresh-picked all year long.



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## Recommended Reading

### COOKBOOKS:

- The Book of Whole Meals* by Anne Marie Colbin  
*Horn of the Moon Cookbook* by Ginny Callan  
*Laurel's Kitchen* by Laurel Robertson, Carol Flinders, and  
Bronwen Godfrey  
*Lord Krishna's Cuisine: The Art of Indian Vegetarian  
Cooking* by Yamuna Devi  
*Moosewood Cookbook* by Mollie Katzen  
*The Natural Food Cookbook* by Beatrice Trum Hunter  
*Natural Foods Cookbook* by Mary Estella  
*Ten Talents* by Frank and Rosalie Hurd  
*Vegetarian Times Cookbook* by the editors of  
Vegetarian Times  
*Victory Through Vegetables* by Joan Wiener

### ALSO:

- Diet For A Small Planet* by Frances Moore Lappe  
*Eat More, Weigh Less* by Dr. Dean Ornish, M.D.  
*Living the Good Life* by Helen and Scott Nearing  
*The McDougall Plan* by John McDougall, MD and  
Mary McDougall

In the years since the recipes presented in this cookbook were first gathered there has been a blossoming of interest in diet and vegetarianism. There are now many good vegetarian cookbooks available. The books listed here are some of those we use in our own kitchens.

October 1994

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**FRIED RICE & GRANBURGER (texturized veg. protein)**

For each serving: saute 1/2 small onion and 2 leaves Chinese cabbage, chopped. Add 1/2 cup cooked brown rice and 1/4 cup soaked granburger. Season with 1 teaspoon tamari soy sauce. Serve hot.

*Bless, O Lord, this food to our use,  
And us to thy loving service.*

**ITALIAN STYLE STUFFED ZUCCHINI**

- 2 zucchini, 1/2 pound each, or summer squash
- 2 tablespoons vegetable oil
- 1 onion, chopped
- 1/2 cup chopped tomato, fresh or canned
- 2 tablespoons grated Parmesan cheese
- 1/2 teaspoon salt
- 2 tablespoons parsley, chopped fine
- 1/3 cup bread crumbs
- melted butter

Cook zucchini whole in water until crisply tender. When ready, remove the inside pulp with a teaspoon and chop it. In a saucepan, saute the onion in the oil. Add the pulp and remaining ingredients, except the butter. Cook together for 5-10 minutes, until the flavors are blended and the zucchini pulp and onions are tender. Brush the zucchini shells with butter and stuff them with the stuffing mixture. Drizzle butter over the top. Bake for 30 minutes at 350 in a large casserole or on a cookie sheet. The top may be broiled before serving.

## Beans

### BLACK BEANS

Soak 2 cups black turtle beans overnight. Rinse well. Cover with water and simmer until almost tender.

Add:

2 sauteed onions

1 sauteed green pepper

2 cups chopped tomatoes or one 16 ounce can

1 teaspoon salt

dash of black pepper

Simmer until tender. To thicken the sauce, remove 1/2 cup of beans, mash or blend, and return to bean pot. Simmer. Serve with cornbread and top with grated cheese.

### CHICK PEAS

4 cups chick peas (garbanzo beans)

8 cups cold water

1 tablespoon salt

2-3 onions, chopped

1/3 cup crude soybean oil

Soak chick peas in water overnight. Next day, bring to a boil and simmer for 3 hours, or until tender. Saute onion in oil until tender. Mash chick peas slightly with potato masher. Add onion and salt and simmer another 10-15 minutes or longer. Leftovers can be mashed and mixed with mayonnaise for a sandwich or made into loaves or patties.

### DONNA'S CHICK PEAS

- 1 onion, chopped
- 1 stalk celery, chopped
- 1 green pepper, chopped
- 3 tablespoons oil
- 1/2 teaspoon curry powder
- pinch each of tumeric, paprika, chili powder
- 1/2 teaspoon each of thyme and oregano
- 2 cups cooked chick peas

Saute onions, celery, pepper, herbs and spices in oil for 5 minutes. Add chick peas and heat thoroughly. Serve with rice.

### NORTH AFRICAN CHICK PEAS

- 1/3 cup raisins
- 1 cup chick peas, cooked
- 1 onion, sliced
- 1 tomato, sliced
- pinch of pepper & salt

Saute onions in oil with raisins, add tomato and a little water or stock. Simmer 5-10 minutes. Combine with chick peas, season to taste. Serve on rice or bulghur.

### AMERICAN STYLE CHILI

- 1 cup dry pinto beans, cooked
- 2 onions, chopped
- 1 green pepper, chopped (optional)
- 2-3 stalks celery, chopped
- 1 6-ounce can tomato paste
- 1/2 of a 20 ounce can of Worthington Choplet Burger or Vegeburger or 1 1/4 cup prepared Granburger

2 teaspoons chili powder  
3 tablespoons oil  
salt to taste

Saute onions, pepper, celery, and burger in oil. Add remaining ingredients. Simmer 10 minutes. Serve with saltine crackers or corn chips.

### SOUTHERN BAKED BEANS

2 cups dried beans—navy, pea, kidney or baby lima  
2 medium onions, chopped  
1 teaspoon salt  
1 small clove garlic  
2 cups catsup  
4 teaspoons mustard (prepared)  
 $\frac{1}{2}$  teaspoon liquid smoke  
1 cup dark brown sugar or molasses  
 $\frac{1}{4}$  pound butter

Pick over beans. Soak overnight. Turn into kettle with onions, salt, and just enough water to cover. Add garlic clove, speared with a toothpick so you can find it again. Cover pot and simmer beans until just barely tender, from 1-2 hours, depending on type used. Add water sparingly if needed. Into beanpot combine remaining ingredients and 1 cup of bean water. Stir until blended. Add beans and remaining liquid. Combine gently. Discard garlic. Add more salt if desired. Bake at 300 for 3 hours, covered. Continue baking 2-3 hours more, uncovered, adding more liquid if necessary. This recipe freezes well.



## NEW ENGLAND BAKED BEANS

Soak 1 pound pea beans over night after washing and sorting them. Next morning, cook them until skins peel when blown on—about 1-1/2 hours. Combine in bean pot with:

- 4 tablespoons vegetable oil
- 1 1/2 teaspoons salt
- 3 tablespoons molasses
- 3 tablespoons raw sugar
- 1 tablespoon honey
- 1 teaspoon dry mustard
- 3 onions, quartered
- 3 tablespoons catsup (optional)

Add water to cover and bake, covered, at 250 for 6 hours. Add more water if they get dry. Uncover during the last 1/2 hour to brown.

Variations: 1/3 of the beans may be replaced with soy, pinto or kidney beans. Soybeans must be cooked 2 hours first.

## BAKED SOYBEANS

- 2 cups dry soybeans
- 4 cups stock or water, cold
- 1/2 cup oil
- 2 onions, chopped
- 1 green pepper, chopped
- 1/2 cup parsley, chopped
- 1 stalk celery, chopped
- 2 cups stewed tomatoes
- 2 teaspoons salt
- 1/4 cup wholewheat flour
- 1/4 cup blackstrap molasses

Soak beans overnight in stock in a cool place. Next day, boil beans in same stock until tender (about 3 hours). Fire must be kept very low or beans will boil over. Use an asbestos pad under pot if necessary. Meanwhile, saute vegetables in oil, add salt and flour and blend well. Add vegetables to beans and blend in molasses. Bake at 300 to 325 for several hours. Beans may be baked at 350 for 30 minutes but will not have the same flavor.



### KOSHER-STYLE LIMAS

Soak 2 cups of dried beans overnight. Rinse. Cover with 1 inch of water, cover pan, cook on low heat until tender, stirring occasionally.

Add to the beans:

1 cup catsup

1 teaspoon salt

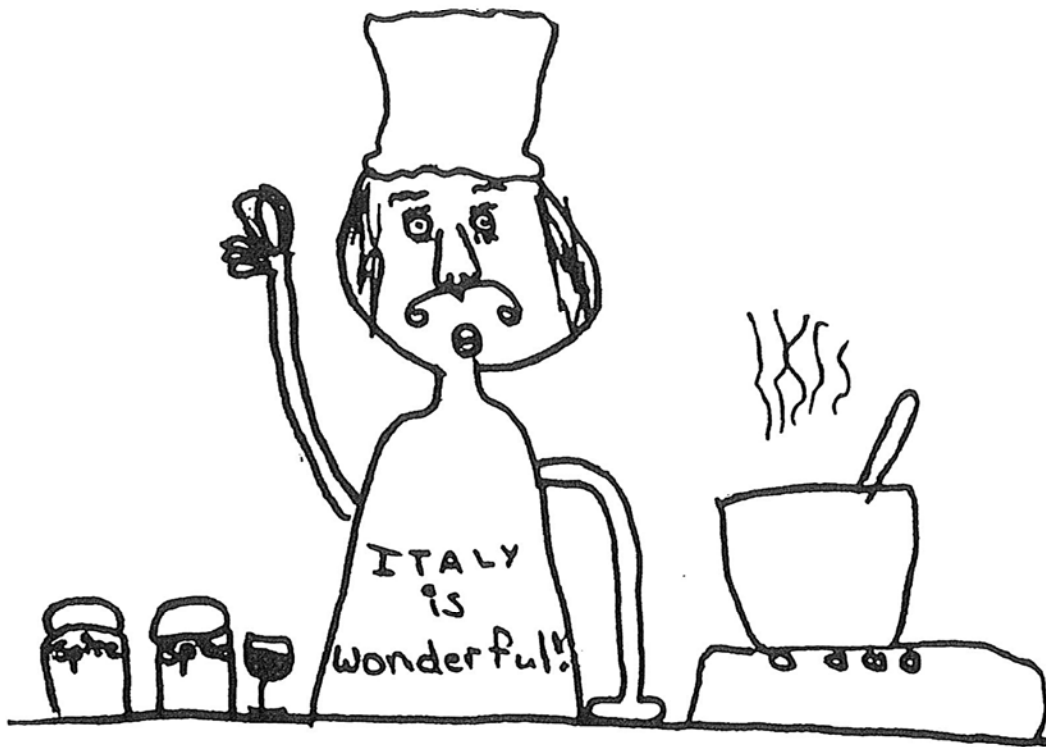
2 teaspoons honey (if the catsup isn't sweet enough)

2 tablespoons vegetable oil

(commercial chili sauce can be used instead of catsup)

Bake in an open casserole at 350 for 1 hour.

# International Cuisine



## ARROZ Y HABITUELAS

### Puertoriquen Rice and Beans

1½ pounds white rice or 1 pound brown rice

½ pound kidney beans, cooked 1 hour after soaking overnight

3 garlic cloves, crushed

1 medium onion, diced

1½ teaspoons salt

1 small can tomato sauce

3 tablespoons oil

Saute onions and garlic in oil for 3 minutes. Add tomato sauce and 1 tablespoon beans. Crush the beans to form a gravy. Add remaining beans and cook ½ hour. Meanwhile cook rice in water and 2 tablespoons oil. When done, serve with the bean mixture on top.

## EGG-FREE BLINTZES OR CREPES

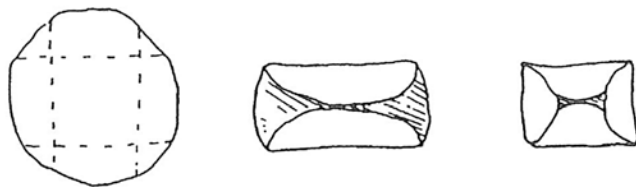
## PLAIN BLINTZ BATTER

- 2 tablespoons arrowroot starch  
blended with  $\frac{1}{2}$  cup water
- 1 cup unbleached pastry flour
- 1 cup milk
- 2 tablespoons melted butter or vegetable oil
- $\frac{1}{2}$  teaspoon salt
- a pinch of lemon rind

Blend all ingredients together in an electric blender. Let stand at room temperature. Heat a little butter in a 7 inch skillet over medium flame. Pour in a scant  $\frac{1}{4}$  cup of batter, tilting the pan to spread evenly. Fry until slightly brown and gently turn over to brown the other side. Stack with waxed paper or plastic wrap between as they are fried. Makes about 16 leaves.

## Filling for Blintzes

Place 1 tablespoon of the desired filling on the center of a blintz leaf and fold as pictured:



Fold opposite ends.

## RUSSIAN STYLE KASHA BLINTZES

Prepare the filling by sauteing 1 sliced onion, 1 cup buckwheat groats, and a dash of salt in 3 tablespoons butter. Add 2 cups boiling water and cook until buckwheat is dry. Fill *plain blintzes* prepared without lemon rind. Fry in butter. Serve with cucumbers and tomatoes covered with sour cream and cottage cheese.

## CREPES SUZETTES

Prepare plain blintzes. Fold into quarters, making wedge shapes. In a large frypan, melt 1/4 cup butter. Add grated rind of an orange, juice from 1 or 2 oranges and 1 tablespoon sugar. Place folded crepes in a pan, overlapping them. Heat thoroughly. When served, top with a quick sift of confectioner's sugar.

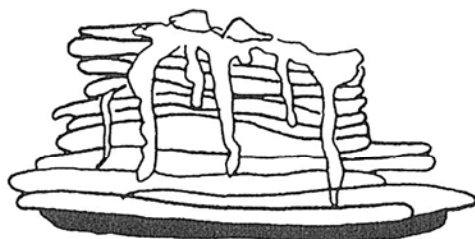
## GERMAN PANCAKES

Prepare batter for plain blintzes. Fry in hot, browned butter. Top with sifted confectioner's sugar and sweet butter. Serve with lemon wedges.

## OTHER USES FOR BLINTZ LEAVES

Blintz leaves can be used in a variety of ways. They can be used instead of pasta to make Italian manicotti or use them to make Mexican enchiladas. Fill them with different cooked vegetables and top with Mornay sauce. Or fill with whipped cream cheese and top with pineapple or other preserves. Experiment!

SEE MORE BLINTZ RECIPES IN THE CHAPTER ON DESSERTS.



## CARROT TZIMMES

- 1/4 cup barley
- 5 cups grated carrots
- 1 cup grated apple
- 1 teaspoon salt
- 1 tablespoon honey
- 1/2 cup water
- 1/4 cup butter

Wash barley, cover with water and bring to a boil. Let soak an hour, then drain. Put barley and remaining ingredients in a saucepan and cook over low heat for about 2 hours, or until barley is tender. Wonderful when reheated in covered casserole in the oven the next day.



## CHILI

Soak 2 cups kidney beans, cook without salt until tender. Add:

- 1 teaspoon salt
- 1 can whole tomatoes
- 1 tablespoon sugar
- 1/2 teaspoon chili powder
- 3 medium onions fried separately (you may add some Granburger or other vegetarian meat extender to this and then add to the rest if desired)

Cook for 1/2 hour or more to blend flavors—serve with cheese and crackers.

## CHILI BEANS RICE WITH TACOS

- 3 cups cooked pinto beans
- 3 cups cooked brown rice
- 1 large can tomato sauce
- 2 sliced green peppers
- 1 large onion, sliced
- 1 tablespoon chili powder
- 1 teaspoon cumin powder
- 1 clove garlic, sliced
- 2 tablespoons oil
- 3 or 4 taco shells
- salt and pepper or kelp powder to taste

Fry onion, peppers, and garlic in oil until onion is golden. Add cumin and chili powder and stir. Add tomato sauce and let simmer a bit. Then add beans and simmer a bit longer. Put rice and beans and tomato mixture into a bowl together and mix. Oil bottom and sides of a casserole dish. Put in layers of rice and bean mixture alternately with taco shells. Top with grated cheese. Bake covered at 350 for 45 minutes, then 5 minutes uncovered.

## CHOW MEIN

- $\frac{3}{4}$  pound Chinese pea pods
- 1 stalk celery, chopped
- $\frac{1}{2}$  cup vegetable broth
- $\frac{1}{4}$  cup hot water
- 4 tablespoons tamari soy sauce
- 1 pound bean sprouts
- $\frac{1}{4}$  cup chopped cashews

Combine pea pods and celery in heavy fry pan. Add broth and boil 3 minutes. Add remaining ingredients. Simmer 10 minutes, stirring occasionally. Serve over cooked brown rice or soba noodles.

### CORN MEAL CHAPATTIS

$\frac{3}{4}$  cup whole wheat flour

$\frac{1}{2}$  cup cornmeal

dash of salt

$\frac{1}{4}$ - $\frac{1}{3}$  cup hot water

Combine cornmeal, flour and salt. Add water and knead roughly to form a small elastic ball. Divide into 6-8 pieces and roll out very thin, using pastry flour to keep it from sticking. Cook on a hot cast iron griddle or frying pan, one at a time, without any oil or butter. Serve hot with chili beans topped with grated cheese, chopped lettuce, onions, tomatoes, green peppers, etc. Roll them up and serve.

### SIMPLE CURRY

3 medium onions, sliced

3 medium potatoes, diced

3 tablespoons butter

2 teaspoons curry powder

$\frac{1}{2}$  teaspoon garlic powder (optional)

Fry all ingredients together until onions and potatoes are tender. Add carrots, peas, string beans, or whatever vegetable you wish and cook until tender. Add  $\frac{1}{2}$  cup yogurt, 3 tablespoons lemon juice and salt. Heat through and serve.



## EGGPLANT ITALIANO

- 1/4 cup oil
- 1 onion, chopped
- 1 large eggplant, peeled and cut in chunks
- 2 cup stewed tomatoes
- 2 cups grated cheese
- 1 teaspoon salt

Saute onion and eggplant in oil until almost cooked. (Eggplant darkens as it cooks.) Add tomatoes and heat through. Cover with cheese and heat or bake until cheese melts.

## JAPANESE GOULASH

- 3 cups water
- 1/3 cup aduki beans
- 1/3 cup white rice
- 1/3 cup millet
- 1 1/2 cup chopped parsley
- pinch of ginger
- 1/4 teaspoon sea salt
- 1 tablespoon butter

Cook beans in water in pressure cooker for 15 minutes at 15 pounds pressure. Cool pressure cooker before opening. Add remaining ingredients and cook 12-15 minutes more. If you intend to pack some of this in a thermos for eating later, cook 3 minutes less than given time so that the ingredients will not be overcooked when eaten. Serves 2.

## PIZZA

- 1 cup warm water
- 1 tablespoon baker's yeast
- 1 tablespoon vegetable oil
- 1 teaspoon sea salt
- 2½ cups whole wheat flour
- 1½ cups tomato sauce (thick)
- 1 cup shredded cheddar cheese (or more)

Place water and yeast in a mixing bowl and let stand 15 minutes. Stir in salt and oil. Add 1-1/2 cups flour and beat until smooth. Add remaining 1 cup flour and knead until smooth. Divide dough in thirds. Form each piece into a ball, flatten, and pull and stretch gently to fit 9 inch oiled layer cake pans. Press up around edges to make a slight rim. (Can also be made in one cookie sheet.) Let rise 15 minutes. Brush lightly with oil and sprinkle with some cheese. Cover with tomato sauce and more cheese. Bake at 425 for 25 minutes.

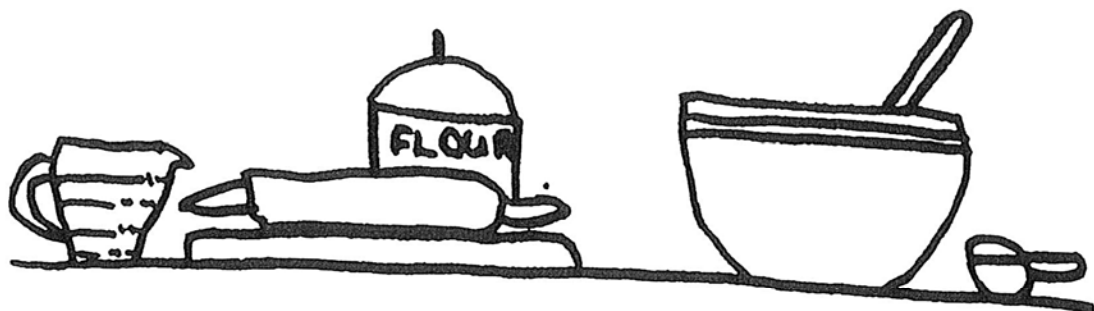
## TOMATO SAUCE FOR PIZZA

- 1½ cups tomato puree
- 1 small can tomato paste
- ¾ cup chopped mushrooms
- ¼ cup minced onion
- 1 tablespoon onion powder
- pinch each of basil, savory, thyme, and marjoram

Cook together until heated through. Proceed with pizza recipe.

## BAKING-DAY PIZZA

Save enough dough after first rising from your bread-making to line a pizza tray or cookie sheet which has been lightly oiled. Pour tomato sauce which has been flavored to taste with sugar, oregano and garlic salt over the dough. Cut up onions, green peppers, mushrooms, celery and ripe olives and spread over the sauce. Lay thinly sliced cheese over the top, and bake in a 450 oven for 15-20 minutes.



## KASHA VARNISHKAS

2 onions

1 cup buckwheat groats

$\frac{1}{4}$  cup butter

2 cups boiling water

$\frac{1}{4}$  pound whole wheat noodles or macaroni

1 teaspoon sea salt or kelp

$\frac{1}{2}$  teaspoon black pepper

Saute onions and buckwheat in butter until onions are transparent. Add 2 cups boiling water and cook on low heat until all water is absorbed and the groats are tender, about 20 minutes. Meanwhile, boil noodles or macaroni in salted water. Mix together the groats, salt or kelp, pepper and the noodles. This may be eaten immediately. It tastes better if warmed in a casserole in the oven and even better the next day reheated. For an even more delicious taste, saute mushrooms in butter and add to the cooked groats and noodles.

## SPANAKOPITA

$\frac{3}{4}$  pound spinach

$\frac{3}{4}$  cup feta cheese or part cottage cheese, part feta

$\frac{1}{3}$  cup butter

$\frac{1}{3}$  cup chopped parsley

filo or strudel pastry

$\frac{1}{3}$  cup diced onion

Cut spinach into bite-size pieces. Saute onions in oil until tender. Add parsley and crumbled cheese and mix. Butter a baking dish. Alternate layers of spinach, cheese mixture, and filo leaves (5-10 leaves per layer). Each filo leaf should be spread lightly with melted butter. Pile the ingredients high in the dish as they shrink while baking. Bake at 350 for 35 minutes or until filo is crisp. Serves 4.

## ITALIAN BAKED STUFFED SQUASH

Use either acorn, buttercup, or butternut squash. Cut squash in half, scoop out seeds. Oil the squash and for every 2 you plan to bake, fill with a mixture of:

2 cups cooked bulghur and onions

1 cup ricotta cheese

$\frac{1}{2}$  cup grated parmesan cheese

$\frac{1}{2}$  cup raisins

2 tablespoons tamari soy sauce

Place in covered baking dish or wrap tightly in foil. Cook in hot oven until squash is soft.

**TOFU (SOY CHEESE)**

2 cups soy flour

5 cups water

 $\frac{1}{2}$  cup lemon juice

1 cup soy oil

1 teaspoon salt

Blend soy flour with 1- $\frac{1}{2}$  cups water to make a paste. Gradually add remaining 3- $\frac{1}{2}$  cups water, stirring to prevent lumping. Bring to boil and simmer for five minutes, stirring constantly. Remove from heat, add lemon juice, and pour into bowl to cool. When cool, place a cheesecloth in a colander and pour cheese into it. Gather up corners of cheesecloth and gently squeeze liquid out of cheese. Return cheese to bowl and add oil and salt.

**WELSH RAREBIT** $\frac{3}{4}$  cup milk $\frac{1}{4}$  cup cream $\frac{1}{4}$  cup whole wheat flour

2 tablespoons cornstarch or arrowroot powder

1 teaspoon soy sauce

 $\frac{1}{4}$  teaspoon salt $\frac{1}{4}$  teaspoon dry mustard $\frac{1}{2}$  teaspoon paprika $\frac{1}{2}$  pound (2 cups) cheddar cheese, diced

Combine all ingredients except cheese in blender and blend until smooth. (Add dry ingredients to milk while blender is running at slowest speed.) Cook slowly in double boiler or stainless steel pan, stirring constantly, until cheese melts and mixture thickens. Serve over asparagus or broiled tomato slices on toast.

## Sauces

### BASIC CREAM SAUCE

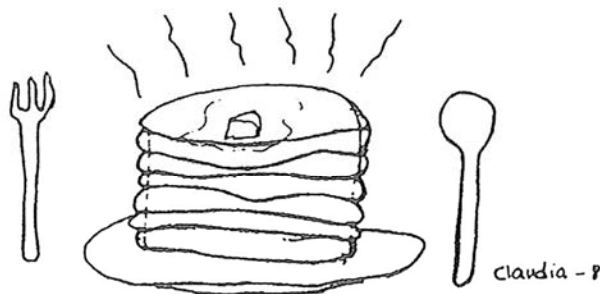
- 1/2 cup oil (refined), butter, or combination
- 1/2 cup wholewheat pastry flour
- 2 cups hot milk
- 1 teaspoon salt

Heat oil (and/or butter) in saucepan. When hot, blend in flour. Add hot milk gradually, stirring until thickened. Add salt. May be varied almost infinitely by adding chives, parsley, any herbs or seasonings, shredded cheese, etc. May be stored in refrigerator for future use over vegetables, to thicken soup, etc.

### GOOD GRAVY

- safflower or corn oil
- scallions or onions, chopped
- 2 tablespoons or more whole wheat pastry flour
- water
- 3 tablespoons soy sauce

In a skillet, pour in enough oil to cover the bottom. Fry onions or scallions until golden. Add flour and stir for a few minutes. Add tamari and stir constantly while adding warm water gradually, until desired consistency is obtained. Good on loaves or potatoes.



### YOLANDA'S TOMATO SAUCE

- 2 onions, chopped
- 1/4 cup celery, chopped, or 2 tablespoons dry flakes
- 1 clove garlic, minced
- 1/4 cup olive or other oil
- 1 No. 2 1/2 can tomatoes in puree
- 2 small cans tomato paste
- 2 cups water
- 1 bay leaf
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon oregano
- 1/4 cup chopped parsley or 2 tablespoons parsley flakes
- 2 teaspoons sugar
- 1 scant cup Worthington's Granburger, dry

Saute onions and garlic in oil. Add the rest of the ingredients. Simmer uncovered for about 2 hours. Sauce should be thick.

### ANDY'S SPAGHETTI SAUCE

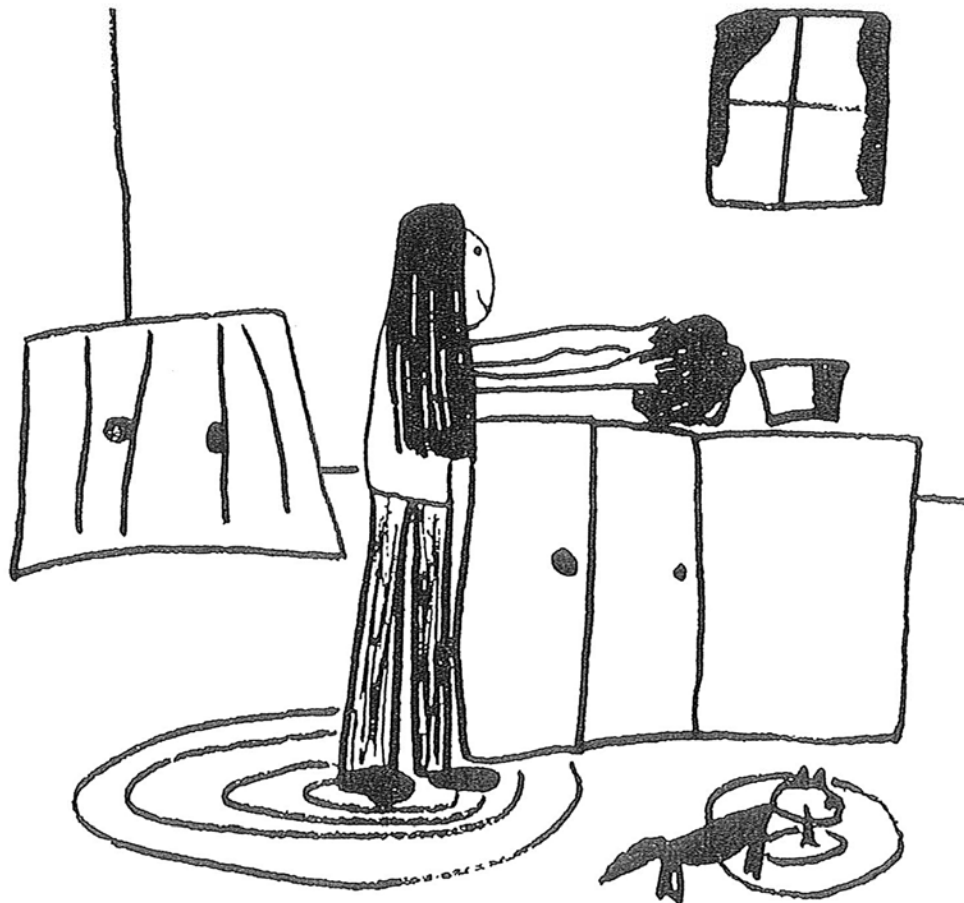
- 1/2 pound fresh mushrooms, sliced
- 1 large onion, diced
- 1 green pepper, diced
- 1 clove garlic, crushed
- 2-12 ounce cans tomato paste
- 1 tablespoon sugar or honey
- 2 tablespoons butter or oil
- salt and pepper
- 2 teaspoons sweet basil

In a large saucepan, saute the crushed garlic until clear. Add onion and green pepper and continue to saute until tender.

Add mushrooms, saute gently. When tender, add tomato paste and an equal amount of water. Stir. Add remaining ingredients and simmer for 45 minutes.

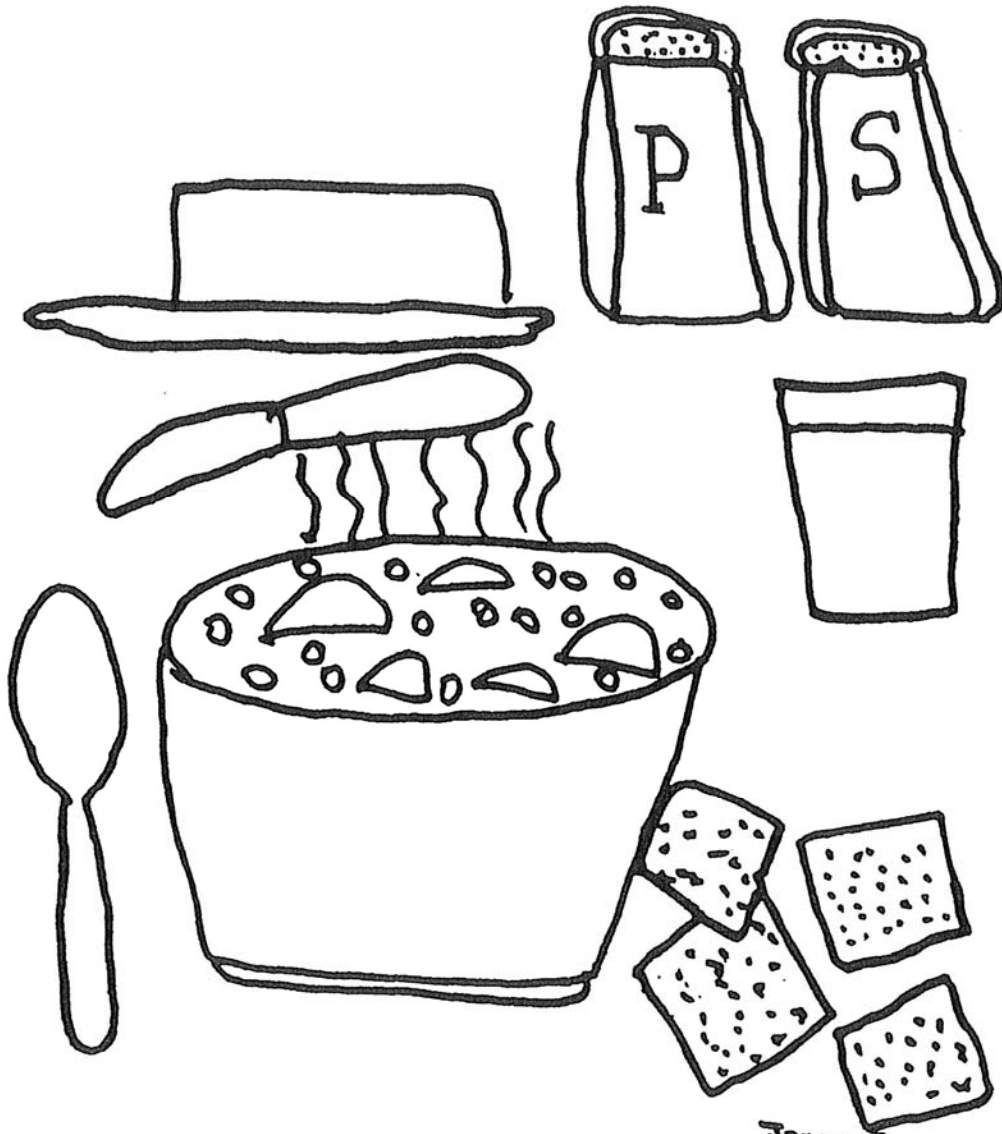
### GROUND BEEF SUBSTITUTE for TOMATO SAUCES

An adequate ground beef substitute for "sloppy joes," chili, and spaghetti sauce can be made by adding 1 cup soy bean flakes to 2 cups boiling water. Simmer for about 1 hour, until tender. Water can be added or drained off as needed. Mash, grind, or chop the beans, salt to taste and add to a tomato sauce.



christina





Jenny Age. 10

# Soups & Stews

*Food, as you know, is made for man and not man for food. We have to make the best use of food like all the other things of life. One who is a slave to the palate cannot do anything useful. By a righteous control of the palate, we can control our entire physical and mental systems. A simple diet is more nourishing and wholesome and conducive to spiritual advancement than all the so-called delicacies which the modern culinary art provides.*

KIRPAL SINGH

# Soups & Stews

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KIRPAL SINGH

## Soups & Stews

### BESAR (Moroccan Pea Soup)

1½ quarts water

2 cups split peas

1 teaspoon salt

Cook until creamy, 1-1½ to 2 hours, longer if possible—long woodstove simmering enhances flavor. When done, add 2 tablespoons olive oil and sprinkle liberally with ground cumin. Simple but good.



### BORSCH

1 onion, chopped

1 small cabbage, cut in 2 inch chunks

3 carrots, cut in 2 in strips

1 parsnip cut in 2 inch strips

3 beets, cut in 2 inch strips

3 potatoes, diced small

Fry all the vegetables lightly in oil. Then put them in a saucepan with 1 clove garlic, 2 bay leaves and six cups water, 1 cup tomato puree, salt and pepper. Simmer covered for 1 hour or until vegetables are soft. Serves 6.

**BOZBASH, Azerbaidzhani Soup**

Simmer the following:

- 8 cups water
- 6 tablespoons dried split peas
- 2 teaspoons salt
- 2 tablespoons nutritional yeast
- European dried mushrooms, one envelope,  
or 2 Japanese dried mushroom tops (optional)

When peas are totally dissolved, add:

- 3 medium potatoes, cubed
- 2 medium onions, cubed
- 1 medium carrot, cubed
- 4 tablespoons tomato paste

When vegetables are tender serve topped with crushed dried peppermint.

**CREAM OF CELERY SOUP**

Saute 2 cups fresh, washed celery and leaves, cut with a French knife, with oil, margarine, or butter and 1 teaspoon salt, 1/4 teaspoon sage and 1/8 teaspoon savory until celery is clear. Add 2 tablespoons unbleached white flour and a dash of pepper, stirring well. Add milk gradually to form a sauce, then up to a quart of milk, depending on how thick you like your soup, stirring over low heat. For **CREAMED CELERY ON TOAST**, use only 2 cups milk and cook for 5 minutes. Serve over warm, buttered toast. Flavor is enhanced by letting the soup or sauce set for at least 5 hours, and then reheating.

**CORN CHOWDER**

Saute 2 diced onions in oil. Add 4 diced potatoes and water to cover. Cook until tender. Add milk to desired thickness and salt to taste. Add 3 cups whole kernel corn and 2 cups or more

instant powdered milk. Heat through but do not boil. Add 2 tablespoons dried parsley. Stir and sprinkle with ground cashews, if desired, then serve.

### GAZPACHO

- 3 pounds very ripe tomatoes
- 1 clove garlic
- 2 medium cucumbers, peeled and chopped
- 1/2 cup minced green pepper
- 1/2 cup minced onion
- 2 cups tomato juice or ice water
- 1/3 cup olive oil
- 3 tablespoons vinegar
- salt & pepper

Rub bowl with cut garlic. Peel, core, and chop the tomatoes, saving all their juice. Pour tomatoes and juice into the bowl. Add remaining ingredients. Chill and serve very cold.

### LENTIL SOUP

- 2 cups lentils
- 4-6 cups water
- 1 cup sliced carrots
- 1 cup chopped celery
- 1 tablespoon Savita or any vegetable seasoning
- 1 bay leaf
- salt

Soak lentils in water. Add remaining ingredients and cook well. Add 2 cups grated cheese and juice of one lemon and serve.

## MINESTRONE SOUP

3 cups mixed dried beans ( $\frac{1}{2}$  cup each great northern, lima, red, pinto, pink and garbanzo)

$\frac{1}{2}$  cup olive oil

$\frac{3}{4}$  cup finely chopped onion

2 cloves garlic, minced

1- $\frac{1}{2}$  cups chopped celery and leaves

2 cans (1 pound each) tomatoes, quartered  
salt

2 cups shredded cabbage

2 cups finely sliced zucchini

$\frac{1}{4}$  cup chopped parsley

pepper

Wash and drain beans. Put in large kettle with 3 quarts of water. Bring to a boil and boil 2 minutes. Remove from heat, cover and let stand 1 hour. Bring to a boil, cover and simmer an hour and a half, or until tender. Put oil in skillet, add onion, garlic and celery, and saute about 10 minutes (do not brown). Add to beans with tomatoes and 4 teaspoons of salt. Cover and simmer about 45 minutes. Add cabbage, zucchini and parsley and a little more water if necessary to make a thick soup. Simmer 20 minutes, or until vegetables are tender. Add the pepper and more salt if needed. Makes 5 quarts.

## POTATO-KALE SOUP

4 large potatoes, sliced thin

$\frac{1}{2}$  teaspoon salt

3 tablespoons salad oil or olive oil

1 whole sliced onion if desired

water

3 cups thinly sliced kale

Cover potatoes with water, add salt and oil. Boil potatoes until tender. Mash potatoes in cooking water, or mash in blender. Add kale to this mixture, cook slowly until kale is tender. Add more water if desired.

### WINTER SQUASH SOUP

- 1/4 cup chopped onion
- 2 tablespoons butter
- 2 tablespoons flour
- 1/2 teaspoon salt
- dash of pepper
- 2 cups milk
- 1 cup vegetable broth
- 1 cup cooked winter squash
- 2 tablespoons chopped parsley

Cook onion in butter until tender. Blend in flour, salt & pepper. Stir in broth. Blend milk and squash together in blender until smooth. Add to the pot, cook and stir until mixture comes to a boil. Serve at once, garnished with parsley. Serves 3-4.

### TOMATO SOUP TO FREEZE

Pick all your ripe, organically grown tomatoes that you want to use. Wash well. Quarter and puree in small batches in blender. Pour into 8 quart kettle. Repeat until kettle is nearly full. Heat at medium temperature until gently boiling. Meanwhile, for each kettle-full of tomatoes, puree 2 large onions and 2 heads of garlic. Add to tomatoes. Turn down heat, simmer until 6 quarts remain. Season to taste with raw sugar, salt and 4 tablespoons butter. Let cool, place in containers and store in freezer.



## MUSHROOM BARLEY SOUP

1 ounce dried European mushrooms  
scant  $\frac{1}{4}$  cup barley  
2 quarts water  
2 teaspoons salt  
 $\frac{1}{4}$  teaspoon pepper  
2 carrots, sliced  
2 onions, diced  
2 tablespoons butter  
2 tablespoons flour  
 $\frac{3}{4}$  cup milk

Wash the mushrooms well in cold water. Snip them fine with scissors. Cook the mushrooms, barley, salt, pepper, carrots and water over low heat in an open kettle for about 1 hour. Brown the onions in the butter and add to the soup. Cook for 30 more minutes. Mix the flour and milk together and add to the soup. Simmer for 15 minutes more. Serves 6-8.

## PAUL'S SOUP

4 cups stewed tomatoes  
juice of one lemon  
2 bay leaves  
1 tablespoon curry powder  
2 tablespoons sugar  
2 fresh tomatoes  
1 pint sour cream

Simmer all ingredients except the sour cream about  $\frac{1}{2}$  hour until you can smell the bay leaves. Let cool 5 minutes. Add sour cream and serve.

## RICE AND PEA SOUP

Wash 1 teacupful of rice. Boil gently with water in a kettle until tender. Meanwhile cook 2 cups fresh peas in another saucepan until tender. Combine with rice. Add 2 cups hot water, bring to a boil and immediately remove from heat, stirring in 2 cups whipped cream. Season to taste with salt, pepper and a pinch of sugar. Pour over squares of toasted brown bread and serve.

## VEGETABLE AND HERB STEW

- 2 cups lentils (about  $\frac{3}{4}$  pound)
- 2 quarts water
- $\frac{1}{4}$  cup onion
- 2 bay leaves
- 2 cups diced tomatoes
- 2 cups sliced carrots
- 2 cups shredded cabbage
- 2 cups sliced zucchini
- $\frac{1}{4}$  cup soy sauce
- 1 tablespoon salt
- 2 teaspoons basil leaves
- $\frac{1}{4}$  cup parsley flakes, optional
- pepper & garlic to taste

In a large saucepan combine lentils with water. Bring to boiling, reduce heat, and simmer for 2 minutes. Remove from heat, let soak 1 hour. Add onion, bay leaves, tomatoes, and carrots. Heat to boiling point. Reduce heat, cover and simmer 1-1/2 hours, or until lentils are tender. Add cabbage, zucchini, soy sauce, salt, basil leaves, and parsley flakes. Cover, simmer 5 minutes. Remove bay leaves before serving. Makes 10-12 servings.

## VEGETABLE STEW

- 2 cups potatoes, unpeeled and cut in quarters
- 2 cups carrots cut in 1/2 inch rounds
- 1 cup sliced celery
- 1 cup peas
- 1 cup string beans

Saute 2 onions in oil in a large pot. When tender, add steamed vegetables and 2 cups or more tomato sauce, 1 tablespoon tamari, and dried parsley and basil. Simmer until flavors merge.

## LENTIL STEW

- 1/2 cup oil
- 1 onion, chopped
- 1 potato, chopped
- 1 carrot, diced
- 1 stalk celery, chopped
- 1/4 pound mushrooms, chopped
- 2 cups lentils
- 6 cups stock (or water)
- 1 teaspoon broth powder
- 2 teaspoons salt
- pinch of marjoram

Saute vegetables in oil. Meanwhile heat stock. Add seasonings to vegetables and blend in. Add lentils and blend to coat with oil. Add hot stock or water and cook slowly until lentils are tender (approximately 1/2 hour to 45 minutes). Leftovers may be chilled, mashed with potato masher, formed into patties and browned lightly in oiled skillet.

**LENTIL-BARLEY STEW**

- 1 medium onion
- 1/2 cup chopped carrots
- 1/2 cup chopped celery
- 2-1/2 cups canned tomatoes
- 2 cups water
- 1/2 cup lentils
- 1/3 cup whole barley
- 1/2 teaspoon salt

In large saucepan, saute onion, celery and carrots in oil until tender. Add remaining ingredients, bring to a boil, cover and simmer gently for 20 -25 minutes, stirring occasionally. Serves 4. This recipe can be doubled or tripled successfully.

**PARSNIP STEW**

(Parsnips are harvested in early Spring when fresh garden vegetables are few. Hence they are worth cultivating a taste for.)

- 1/2 cup oil
- 3 medium onions
- 1 stalk celery
- 6 large parsnips
- 1/4 cup parsley
- 1 teaspoon salt
- 1 tablespoon honey
- 1 cup water
- 1 cup cooked rice

Cook all together except rice until parsnips are tender. (Their texture is similar to carrots.) Add rice and heat through.



Peter age 14

# Vegetables

*In brief, fresh and green vegetables, leafy vegetables, fruits and nuts, milk and butter constitute an ideal diet for any man.*

KIRPAL SINGH

Todd Dane  
malcolm



## Vegetables

### BEETS IN SOUR CREAM

- 4 cups fresh beets, grated or chopped fine
- 1 cup sour cream
- 1 bay leaf
- 1 teaspoon salt

Combine ingredients and place in oiled casserole. Bake covered at 350 for 20 minutes or until beets are just tender. Remove bay leaf before serving.

### GREEN BEANS WITH TOMATOES

- 1 cup chopped onions
- 2 cups canned tomatoes
- 1 cup diced celery
- 1/2 cup chopped green pepper
- 1 tablespoon sugar
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 bay leaf
- 1 tablespoon chopped parsley
- 1 clove garlic, crushed
- 1 1/2 pounds green beans

Saute the onions; when brown add tomatoes, celery and green pepper. Add sugar, salt, and the other spices; simmer 30 minutes. Cook the green beans until tender. Place alternate layers of beans, sauce, and grated cheese in buttered casserole. Top with buttered crumbs and bake 25 minutes at 325. Tastes best with your own home-grown vegetables.



### GREEK STYLE GREEN BEANS

- 1/2 pound green beans
- 2 medium tomatoes, chopped
- 2 onions, chopped
- 2 tablespoons chopped fresh parsley or cilantro  
or 1 tablespoon dry parsley
- 1/4 cup olive oil

Saute onions in oil. Add remaining ingredients and simmer over medium heat until beans are cooked.

### GREEN BEANS WITH ALMONDS

- 1 tablespoon oil
- 1/2 cup stock or water
- 1 pound fresh green beans, cut French style
- 8 ounces cream cheese
- 1/2 cup slivered almonds
- 1 teaspoon salt

Place oil in pot, add stock and heat to boiling. Drop in beans and reduce heat. Cover and cook gently for 10-15 minutes, or until tender. Add cream cheese, replace cover and steam a few more minutes until cheese is softened. Add almonds and salt and mix until well blended.

### CALICO CABBAGE

- 1 small head cabbage
- 3 large carrots, sliced
- 1 cup chopped celery
- 1/2 cup chopped onion
- 1/4 cup sugar

2 teaspoons salt

4 tablespoons butter

Quarter and cut up the cabbage. Mix with the other vegetables. Add sugar and salt. Toss to mix well. Spoon into oiled casserole, slice butter over top. Cover and bake at 350 for 50-60 minutes.

### STEWED CABBAGE

1/2 cup oil (preferably crude soy)

2 medium onions, chopped

1 large head of cabbage, chopped

3-4 carrots, sliced

1 teaspoon salt

1/2 cup stock or water

Heat oil in deep pot. Add half of the cabbage, then the onions and carrots, then the remaining cabbage. Add salt and pour stock over. Cover and cook until tender. Serve with rice or bulghur. Chopped nuts may be added.

### DIVINE MUSHROOMS

mushrooms

grated onions

finely chopped parsley

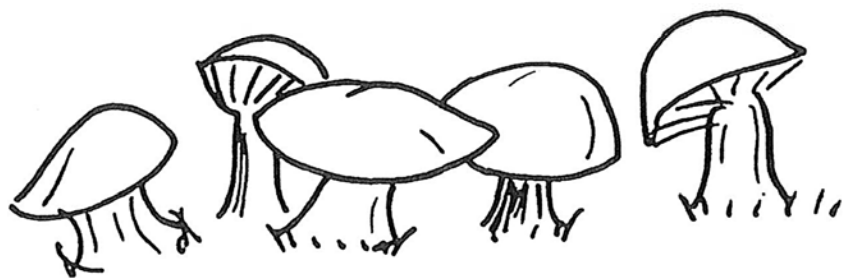
softened cream cheese—creamed

Separate stems from mushroom caps and chop stems finely. Fill mushroom caps with a mixture of the remaining ingredients moistened with milk or cream if necessary. Broil a few minutes until brown.

## BAKED STUFFED MUSHROOMS

- 1 pound medium mushrooms
- 1 cup chopped pecans
- 3 tablespoons chopped parsley
- $\frac{1}{4}$  cup soft butter
- 1 clove garlic
- $\frac{1}{4}$  teaspoon thyme
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  cup of cream
- dash of pepper

Wipe mushrooms with a damp cloth. Remove caps and arrange them in a shallow baking dish with the hollow side up. Chop stems and mix with the remaining ingredients except the cream. Mix well and heap into the mushroom caps. Press down firmly. Pour cream over mushrooms. Cover with foil and bake in a 350 oven until tender. Baste once or twice with the cream in the dish. Add a little more cream if necessary. Serves 6.



## JERUSALEM ARTICHOKEs

Jerusalem artichokes can be harvested in the fall after the first frost, through the winter into spring. A scrubbing brush is needed to get them thoroughly clean when washing. They may be boiled, cooled slightly and peeled before serving with salt and butter. They require  $\frac{1}{2}$  hour more cooking time than potatoes. They may also be eaten raw, sliced thinly into salads or plain like apples.

## GOLDEN CARROTS

- 1 pound carrots
- 1 cup golden raisins
- 1 cup water
- 1 teaspoon salt
- $\frac{1}{2}$  cup firmly packed brown sugar
- 4 tablespoons butter
- 2 tablespoons lemon juice

Pare carrots and combine them with raisins, water and salt in a saucepan. Cover. Heat to boiling, then simmer until carrots are tender. Drain, reserving juice for stock. Sprinkle with brown sugar. Add butter and lemon juice. Return to slow heat until butter melts. Stir often so that the carrots are richly glazed. Serve.

## SWEET AND SOUR CARROTS AND ONIONS

- 8 small carrots
- 4-6 small, mild onions
- 2 tablespoons butter or margarine
- 2 tablespoons whole wheat pastry flour
- $\frac{1}{4}$  teaspoon salt
- 1 cup water (including juices reserved from cooking onions and carrots)
- 2 tablespoons sugar or honey or molasses
- 2 tablespoons vinegar
- $\frac{1}{4}$  teaspoon paprika

Cook carrots and onions in small amount of water until half done. Drain. Make a sauce using the vegetable water and the remaining ingredients, using the method for making white cream sauce. Add vegetables and cook over low heat for 15-20 minutes, occasionally stirring gently. Serves 4.

### APPLES AND ONIONS

- 6 large cooking apples, sliced
- 2 medium onions, sliced
- 2 tablespoons butter

Fry apples and onions in butter until tender in fry pan. Sprinkle with salt and sugar and serve hot for breakfast or lunch.

### CREAMED PEAS AND ONIONS

- 2 cups stock or water
- 6 small white onions
- 1/2 cup oil
- 1/2 cup whole wheat flour
- 3/4 cup milk powder
- 4 cups fresh peas.
- 2 tablespoons parsely, chopped
- 2 tablespoons chives, chopped
- 1 teaspoon salt

Place peeled, whole onions in boiling stock, reduce heat and cook gently until tender, about 15 minutes. Meanwhile, heat oil in large pot and blend in flour and milk powder. When onions are cooked, gradually add stock to flour and oil mixture, stirring constantly. Add peas and onions and cook 5 minutes, stirring frequently. Add remaining ingredients.

### APPLES AND POTATOES

Cook peeled potatoes until half done. Add an equal amount of peeled, cored and quartered apples and simmer until potatoes are done. Drain well and add salt, sugar, cream and 1 fried onion. Mash until smooth and creamy.

### BAKED STUFFED POTATOES

After baking potatoes, scoop out the inside. Mash it with milk,

chopped chives, salt and butter. Return to potato skins and top with cheese and a sprinkle of paprika. Heat in oven for 5 minutes. Serve on a platter, garnished with parsley sprigs. Can be prepared well in advance and reheated as needed in a 350 oven.

### COUNTRY FRENCH POTATO PANCAKES

- 2 large potatoes, or 4 or 5 medium ones, (less than 2 pounds)
- $\frac{1}{2}$  cup grated Swiss cheese or gruyere cheese
- $\frac{1}{4}$  cup white flour
- 2 tablespoons arrowroot starch
- $\frac{1}{4}$  teaspoon nutmeg
- $\frac{1}{4}$  teaspoon salt
- oil for frying

Grate the potatoes. Put in a sieve and press out the moisture. Using no more than  $\frac{1}{4}$  cup liquid, dissolve the starch in the potato juice. Add the potatoes, cheese and spice. Stir to coat. Sprinkle over the flour, and stir. Fry at 360 in an electric frying pan using as little oil as possible, trying to just keep the pan coated.

### PAN-FRIED POTATOES AND BEANS

- 2-3 medium potatoes
- 2 cups frozen, canned, or fresh green beans
- 1 medium onion
- cooking oil

Peel potatoes and cook in water for 10 minutes. Cook or steam beans for 10 minutes. Chop onion and saute in oil in large skillet until golden. Drain beans and potatoes, dice potatoes and add to onions in skillet, turning them with a spatula until thoroughly coated with oil. Cook over low heat, covered, until done. Season with salt and pepper. Two large servings.

## SPROUTING SEEDS AND BEANS

1. Place whole, untreated seeds or beans in a clean, wide-mouthed jar.
2. Soak the seeds in water overnight.
3. Cover the top of the jar with a screen or cheese cloth. Secure with a rubber band.
4. Drain the water from the jar through the screen.
5. Try to distribute the seeds or beans around the wall of the jar evenly. Lay the jar on its side or tilted at an angle to allow draining and place in a warm, dark place.
6. Rinse the seeds through the screen morning and night, making sure to drain thoroughly.
7. After two or more days when the sprouts have grown to the proper length, put the jar in sunlight so the sprouts can develop chlorophyll, a source of Vitamin A.
8. When green, place in a colander to rinse away the seed hulls, if desired.

Type of Seed or Bean	Amount for Quart Jar	Length at Harvest	
Alfalfa	2 tablespoons	1-2 inches	5 days
Chickpea	1/3 cup	1 inch	3 days
Mung bean	1/4 cup	1 1/2-3 inches	5-7 days
Lentil	1/4 cup	1/2-1 inch	2-3 days
Soybean	1/3 cup	1/2-3/4 inch	3 days
Sunflower	1 cup	1/4 inch	2 days
Wheat berries	1/4 cup	1/4-1/2 inch	2 days

## SUGGESTED USES FOR SPROUTS

1. Simply add sprouts (raw) directly to any tossed salad. Sprouted seeds have 4-10 times the amounts of Vitamins A, B, C, E, and G of unsprouted seeds.
2. Add raw sprouts to waldorf salad, cole slaw, jelled salads, carrot salad, potato salad, and any marinated salad. Wheat and sunflower sprouts are good in molded and fruit salads.
3. In soups, blend into cream soups or just add before serving. Alfalfa sprouts make a crunchy soup garnish.
4. Blend sprouts into delicious vegetable cocktails. Add to tomato, carrot, or celery juice.
5. Either blend or mix sprouts into salad dressings.
6. Add sprouts to casseroles, nut loaves, or any vegetable dish. Saute them with other vegetables.
7. Add ground or whole wheat sprouts to breads, rolls, muffins or pancakes.
8. Grind sprouts and add seasoning to make sandwich spreads or simply sprinkle over peanut butter or cheese sandwich fillings.
9. Blend sunflower seeds with pineapple, apricot or prune juice, pears or strawberries. Blend wheat sprouts with milk.
10. Chopped sunflower seeds are good on ice cream or fruit dishes.
11. All grains and beans may be sprouted briefly before using in any recipe.

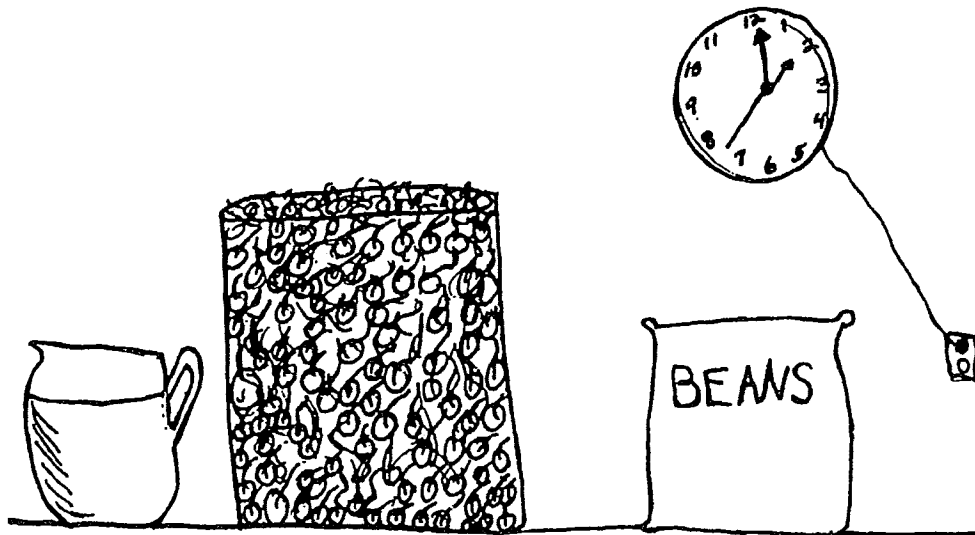
Soybean sprouts must be cooked for 20 minutes before eating, so as to become digestible. All other sprouts are more nutritious eaten raw.



## SAUTEED LENTIL SPROUTS

- 1 quart lentil sprouts
- 2 large onions, chopped
- 4 ounce can of mushrooms or  $\frac{1}{4}$  pound mushrooms sliced (optional)
- 3 tablespoons oil
- $\frac{1}{4}$  teaspoon savita or vegex or a little salt and nutritional yeast to taste

Saute ingredients in oil until the onions are transparent. Add savita. Cover and cook over low heat until tender.



## SPROUT SAUTE

- 1 quart lentil, mung, soybean, or chickpea sprouts
- 1 cup chopped celery
- 1 cup chopped onion
- 3 tablespoons oil
- 1 teaspoon Savita

Saute the celery and onions in oil until tender. Add the sprouts and Savita. Stir and saute for about 5 minutes. Cover and steam until sprouts are tender.



## CHOP SUEY

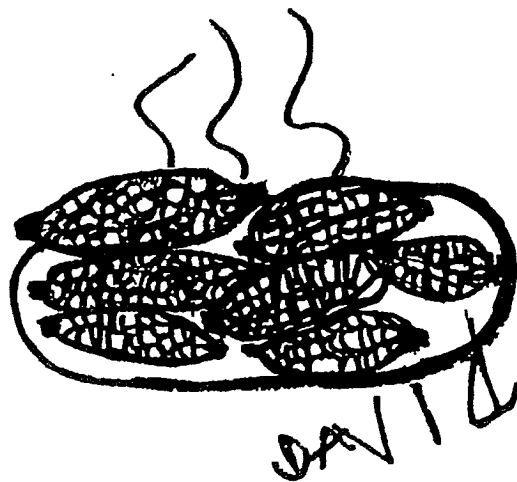
- 3 tablespoons oil
- 2 cups onion slices
- 3 cups sliced celery
- 1 cup sliced mushrooms
- 1 cup other vegetables
- 1 quart sprouts (mung or soy)
- 1 cup broth
- 1 tablespoon cornstarch
- 1 teaspoon soy sauce
- dash of garlic salt

Heat oil in large skillet or wok. Add and fry the vegetables and sprouts. As the vegetables are added, stir well to coat with oil. Cover and steam until tender. Meanwhile, make a sauce by combining 1 cup broth with the cornstarch, soy sauce and garlic salt. Stir into the tender vegetables. Cook until the sauce is clear and thick.

**CREAMED SPINACH**

- 1/4 cup oil
- 1 onion, chopped
- 1/4 cup whole wheat flour
- 1/4 cup milk powder
- 2 tablespoons soy flour
- 1 cup milk
- 1 pound fresh spinach, chopped
- 1/2 teaspoon salt
- 1 teaspoon lemon juice

Saute onion in oil. Blend in flours and milk powder. Add milk a little at a time, stirring constantly. Drop spinach into hot cream sauce and stir in remaining ingredients. Heat thoroughly.

**BAKED VEGETABLES**

Alternate layers of thinly sliced bread with either cooked broccoli, cauliflower or asparagus, ending with a layer of vegetable. Cover with a cheese sauce made of 3/4 cup of cheese, 1 cup milk, 1 tablespoon flour simmered until thick, with salt and butter added last. Bake at 350 for 15 minutes.

## CHINESE VEGETABLES

safflower or corn oil

chopped onions

any desired vegetable such as broccoli, celery, summer squash, peppers, mushrooms, peas, etc., thinly sliced

1 tablespoon arrowroot flour

2 tablespoons tamari soy sauce

1/2 cup water

Saute vegetables over low heat in enough oil to cover bottom of skillet. Add *no* water! Sprinkle with salt and kelp powder. Cook until tender, stirring occasionally. Never overcook—vegetables should retain their fresh color. Meanwhile, blend water, tamari, and arrowroot flour in a bowl, stirring until smooth. Add to skillet of vegetables and stir until thickened. May be served over cooked rice.

## INDIAN STYLE VEGETABLE FRITTERS

1/2 can chick peas or about 1 cup cooked chick peas

1 large onion

1 cup cooked yellow vegetable (winter squash, carrot or sweet potato)

1/2-1 cup other cooked vegetables

1/2-1 teaspoon curry powder

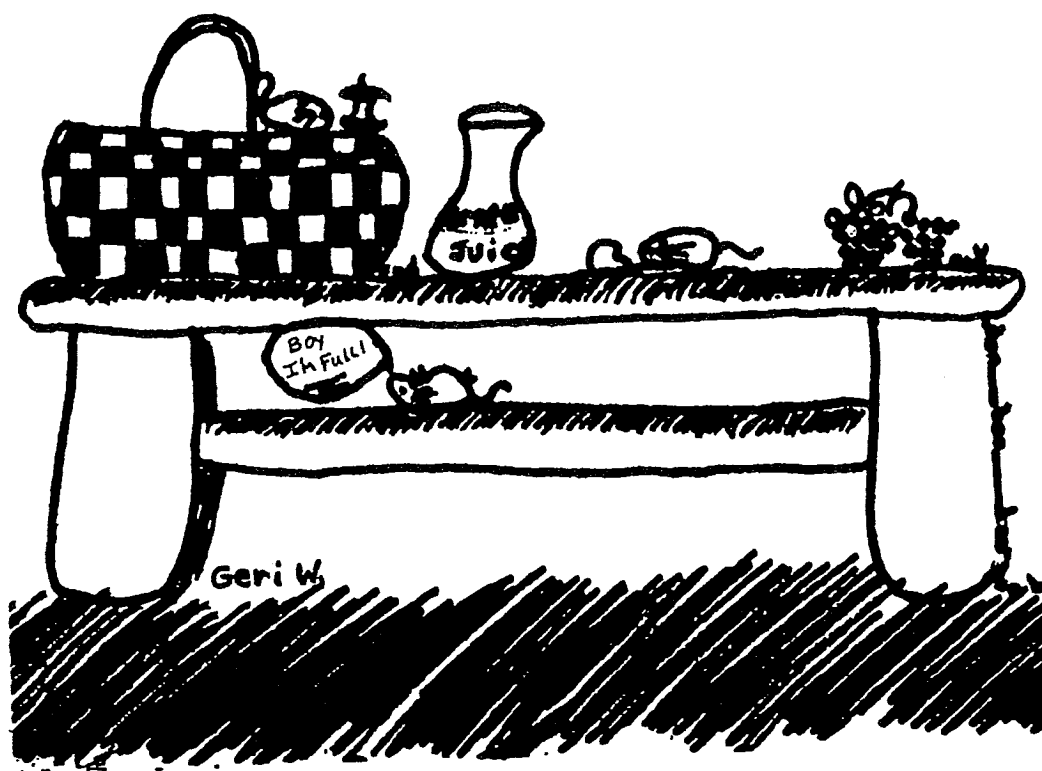
white flour or 1 tablespoon arrowroot starch and wholewheat flour

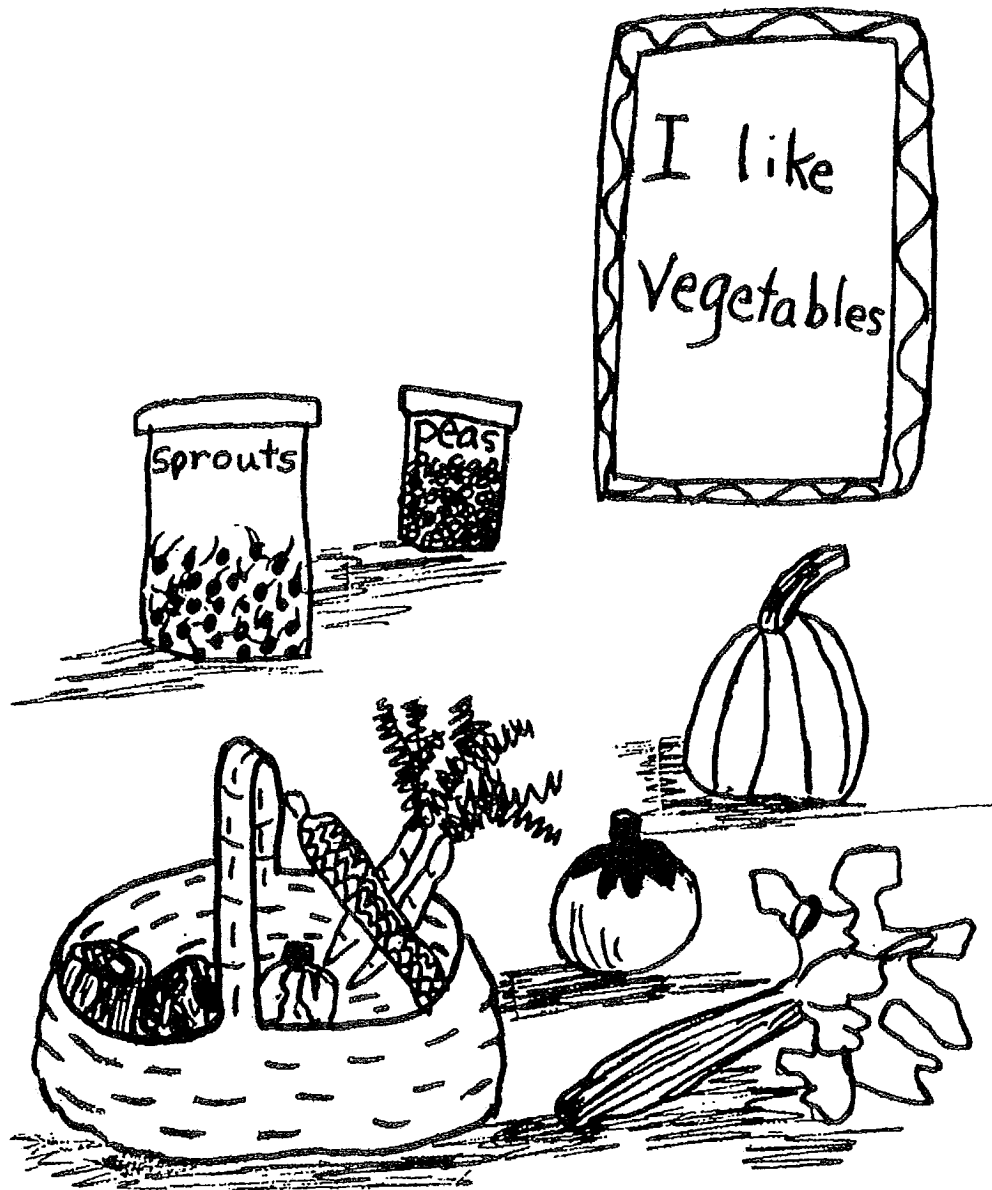
Chop the vegetables and curry powder together until very fine. Add the flour as a binder until the mixture is stiff enough to shape into patties. For lighter fritters, baking powder may be added. Fry in a generous amount of hot oil.

## VEGETABLE MISH-MOSH

- 1 tablespoon butter
- 2 tablespoons oil
- 1 pound fresh green beans
- 1 pound fresh mushrooms
- 4 large onions, quartered
- 1 green pepper, diced

Heat butter and oil in a large stainless-steel skillet. Add the beans, cut Chinese style; mushrooms, whole or halved; the onions and the pepper. Toss to mix well and coat with oil. Sprinkle with garlic salt, sea salt, pepper, and kelp. Cover tightly and cook over medium low heat until done, about 1 hour. Serve with brown rice and a light salad.





### ZUCCHINI FRITTERS.

Put 2 small zucchini or 1 medium one and an onion in a wooden chopping bowl. Chop. Add salt and pepper, 1 table-spoon arrowroot starch, and enough flour\* so that the mixture can be formed into patties. Fry in a generous amount of oil until crisp. Serve with rice pilaf. (\*NOTE: bessam, chick pea flour can be used instead of wheat flour and arrowroot.)

## ZUCCHINI WITH MUSHROOMS

- 1 pound sliced mushrooms
- 2 large sliced onions
- 3 small zucchini squash, sliced
- 1 pound canned tomatoes
- 1 can tomato sauce

Saute mushrooms and onions in butter. Add zucchini and season to taste with salt and pepper. Cook until squash are tender, then add tomatoes and tomato sauce.

Heat and serve over brown rice or bulghur. Sprinkle grated parmesan cheese on top.

## ZUCCHINI SAUTE

- 6 medium zucchini squash, sliced thin
- 1 small onion, grated
- 3 tablespoons oil
- 1 tablespoon soy sauce
- 1/4 cup toasted chopped almonds
- 2 tablespoons chopped parsley

Saute all ingredients together in large skillet for 5 minutes.

# Salads

*Behold, I have given you every herb upon the face of the earth and every tree, in which is the fruit of the tree-yielding seed: to you it shall be meat.*

Chapter 22, *Essene Gospel of St. John*





## Salads

Green and yellow vegetables and fruits supply the body with vitamins, minerals and roughage, all necessary for sound health. Fresh vegetables should be eaten at least once a day.

Salad dressing recipes follow at the end of the chapter.

### CALIFORNIA SALAD BOWL

#### Salad

- 1 head of Romaine lettuce
- 1 cup cut cooked green beans
- 1 cup tangerine or orange segments
- 1 sliced avocado
- 1/2 cup slivered almonds
- 1 red onion, thinly sliced and separated into rings

#### Dressing

- 1/2 cup safflower oil or other light tasting oil
- 1/2 small can of orange juice concentrate
- 2 tablespoons honey
- 2 tablespoons cider vinegar
- 1/4 teaspoon salt
- 1/2 teaspoon dry mustard (less or none may be used)
- 1/4 teaspoon white pepper (black is acceptable, too)

Mix dressing in a blender until smooth. Toss salad with the dressing. All the dressing may not be needed depending on the size of the romaine. This is tasty served with sesame seed crackers and hard cheese.

## CARROT AND RAISIN SALAD

Scrape 4 large carrots well. Grate coarsely into bowl. Add and mix lightly: 1/2 cup seedless raisins, 3/4 teaspoon salt, 1/2 cup chopped pecans or peanuts, dash of pepper, 2 teaspoons grated lemon peel, 1 tablespoon lemon juice. Put in salad and pour over 1 cup or more cultured sour cream. Serves 4.

## COLD VEGETABLE SALAD

Combine cooked broccoli and cauliflower flowerettes, chopped scallions, dried parsley, and add oil, lemon juice and kelp dressing.

Raw cauliflower is also delicious in salads.

## COLD GRAIN SALAD

3 1/2 cups cooked rice or bulghur, salted to taste

1 cup chopped parsley or chives

1/2 cup chopped onions

Mix all ingredients together, add mayonnaise and serve over lettuce.

## GREEK SALAD

1 bunch parsley

1 bunch scallions

2 large tomatoes

1 large cucumber

1 1/2 tablespoons lemon juice

1/2 cup salad oil

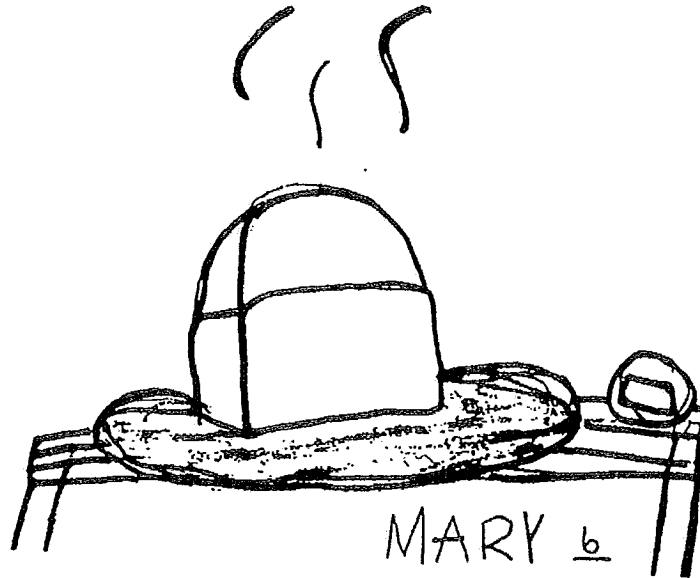
1/2 cup bulghur soaked in water for 1/2 hour

salt and pepper to taste

Chop all vegetables very fine. Add oil, seasonings and bulghur and mix well. Yields about 3 cups.

## ITALIAN COLD BEET SALAD

Combine thinly sliced and cooked beets, thinly sliced red onion rings, and a dressing of olive oil, oregano, basil, and lemon juice or vinegar



## MARINATED THREE BEAN SALAD

- 1 1 pound can each: cut green beans, wax beans, kidney beans, drained
- $\frac{1}{2}$  cup chopped green pepper
- 1 onion, sliced
- $\frac{1}{2}$  cup brown sugar
- $\frac{2}{3}$  cup cider vinegar
- $\frac{1}{3}$  cup salad oil
- 1 teaspoon salt
- $\frac{1}{4}$  teaspoon pepper
- 2 tablespoons celery seed

Combine vegetables, tossing well. Combine remaining ingredients and pour over vegetables. Toss. Chill overnight. Before serving, toss again.

## VEGETABLE PATE

- 3 cups ground vegetables—carrots, parsnips, turnips, etc. (the pulp from making carrot juice plus a little juice may be used)
- 2 chopped scallions
- $\frac{1}{4}$  cup chopped celery
- $\frac{1}{2}$  cup chopped cucumber
- $\frac{1}{2}$  cup ground sesame seeds or almonds
- $\frac{1}{4}$  cup nutritional yeast
- 1 cup mayonnaise
- 1 tablespoon dried parsley
- 2 tablespoons dried kelp
- dash cumin (optional)
- 1 teaspoon onion powder
- $\frac{1}{2}$  teaspoon garlic powder
- tamari to taste
- chopped pickles (optional)

Mix all ingredients together and press into an oiled mold or round bowl. Turn out onto lettuce leaves. Decorate with sliced tomatoes for an attractive salad-centerpiece. Can also be used as a sandwich spread. Can *not* be used as a left-over as raw vegetables will oxidize.

## ONION AND CUCUMBER SALAD

- 1 cucumber
- $\frac{1}{2}$  medium onion
- $\frac{1}{2}$  cup vinegar
- 3-4 teaspoons sugar
- $\frac{1}{4}$  teaspoon salt
- dash pepper
- $\frac{1}{2}$  cup water

Pull fork down cucumber. Slice the cucumber and onion thinly. Combine remaining ingredients. Pour over vegetables and marinate for 1 hour. Drain and arrange on salad greens. Serves 4.

*For what we are about to receive,  
O Lord, make us truly thankful.*

### HOT OR COLD POTATO SALAD WITH CHEESE

- 1 chopped onion
- 1 tablespoon oil
- 1 tablespoon flour
- 1 tablespoon sugar
- 1 teaspoon salt
- $\frac{1}{4}$  teaspoon dry mustard
- $\frac{1}{4}$  cup water
- 3 tablespoons vinegar
- $2\frac{1}{2}$  cups diced potatoes, cooked
- $\frac{1}{2}$  cup chopped celery
- $\frac{1}{4}$  cup chopped green pepper
- $\frac{1}{2}$  cup or more shredded cheese

In a small saucepan, cook onion in oil until tender. Blend in flour, sugar, salt and mustard. Combine water and vinegar and add to the onion mixture. Cook and stir until thickened. In a bowl, combine vegetables and cheese. Add the hot onion mixture and toss to coat all vegetables. Chill *or* turn into a 1 quart casserole, cover and bake at 350 for 25 minutes. Four large servings.

**QUICK SALAD**

grated carrot  
raisins  
chopped apple  
sunflower seeds  
Herba-mare  
oil

Toss all ingredients together and eat.

**SUMMER SALAD**

loose leaf lettuce  
sliced tomatoes  
thinly sliced small summer squash  
sliced cucumber  
chopped kale, collard or mustard greens  
shelled fresh peas  
chopped parsley  
chopped fennel or mint (optional)  
chopped scallions

Toss all together and serve with a light dressing.

**SPROUT SALAD SUPREME**

1 quart of alfalfa sprouts  
1 large avocado  
1/2 can chick peas, drained  
thin slices of Spanish onion  
cider vinegar  
oil or egg-less mayonnaise  
1 teaspoon sugar

Peel and cube avocado. Toss in 1 teaspoon cider vinegar and sugar. Add remaining ingredients and toss together, adding more cider vinegar to taste.

### TROPICAL SALAD

- 1 pound sour cream
- 1 large can crushed pineapple, well drained
- 1 small can mandarin oranges, well drained
- 1/2 cup coconut or more

Mix all ingredients together and refrigerate several hours before serving.

### WALDORF SALAD

- 1 cup diced celery
- 1 cup diced apples
- 1 cup Tokay grapes, halved and seeded, or raisins
- 1/2 cup walnuts or pecan meats
- 3/4 cup eggless mayonnaise

Combine all ingredients and top with maraschino cherries, if desired. Serves 6.

### WINTER SALAD

- shredded white and red cabbage
- shredded rutabaga
- shredded beet
- shredded carrot
- alfalfa and lentil and/or mung bean sprouts
- chopped onion, raisins, walnuts (all optional)

Serve with oil, lemon juice and kelp or dulse leaves.



## MANDARIN ORANGE SALAD

orange juice

1 pint orange sherbet (eggless)

1 tablespoon agar-agar

1 large can crushed pineapple

1 small can mandarin orange slices

2 bananas, diced

1/2 cup chopped pecans or walnuts

Drain canned fruits. Combine drained liquids with orange juice to make 2 cups. Bring to boil with agar-agar in a saucepan and boil for 1 minute, stirring constantly. Remove from heat and let cool for 1 minute. Add orange sherbet, stir until melted. Add remaining ingredients and pour into a 13 x 9 x 2 inch pan. Chill until firm. May be served garnished with whipped cream cheese. Serves 8.

## FRUIT SALAD

Put slices of cantaloupe, pears, bananas and strawberries over a bed of lettuce. Cover with a dressing made by blending 1 banana, 1/3 cup oil, 1-1/2 teaspoon lemon juice, 1/3 cup pineapple juice and 1/4 teaspoon salt in the blender. Serve immediately.

## MOLDED FRUIT SALAD

2 cups pineapple juice (or apple or orange)

1/4 cup honey

2 teaspoons agar-agar

1 banana, sliced

1 orange or large peach, cut up

Bring fruit juice to boil; add agar-agar and honey. Stir until dissolved. Remove from heat; cool. Add cut-up fruit and chill to set.

# Salad Dressings

## MAYONNAISE

Whirr in blender:

- 2/3 cup water
- 1/2 cup vinegar (cider is preferable)
- 1 1/2 teaspoons salt
- 1/2 teaspoon dry powdered mustard
- 3 tablespoons sugar
- 1 cup instant blending powdered milk

Then, when blended, whirr in a steady slow stream:

- 2 cups oil

## VARIATIONS

1. Add catsup and chopped sweet pickle relish to make Thousand Island dressing.
2. Add catsup and imitation bacon bits to make Russian dressing.
3. Blend dressing and avocado to make Green Goddess dressing.
4. Add paprika to make French dressing.
5. Add garlic powder to make Cream Garlic dressing.
6. Add chopped chives or green onions to make California Onion dressing.
7. Use lemon juice instead of vinegar
8. Use tarragon vinegar.
9. Add dry celery flakes when blending ingredients.
10. Use fresh grapefruit juice instead of water.
11. Add 1 teaspoon powdered kelp.

**MILD MAYONNAISE**

$\frac{3}{4}$  cup water  
 $\frac{1}{4}$  cup cider vinegar  
 $1\frac{1}{2}$  tablespoons sugar  
 $1\frac{1}{2}$  teaspoons salt  
 $\frac{1}{4}$  teaspoon dry mustard  
1 cup powdered milk  
2 cups oil

In blender, combine all ingredients except oil. Then while machine is running, add oil (not too rapidly).

**NUTRITIONAL YEAST SALAD DRESSINGS**

Blend:

$\frac{1}{2}$  cup oil  
 $\frac{1}{4}$  cup lemon juice  
2 tablespoons yeast  
1 tablespoon tahini  
 $\frac{1}{2}$  teaspoon kelp

Or, blend:

$\frac{1}{2}$  cup tomato juice  
 $\frac{1}{2}$  cup oil  
juice of 1 lemon  
2 tablespoons yeast

**SIMPLE YOGURT-BASED SALAD DRESSING**

Put yogurt in a jar and add any of the following: catsup, nuts, sunflower seeds, oil, tamari soy sauce, Herba-mare, favorite herbs and spices, or water. Shake well and pour over fresh salad.

## YOGURT SPECIAL

1 cup yogurt

$\frac{1}{4}$  cup chopped cucumber

$\frac{1}{4}$  chopped green onion

$\frac{1}{4}$  cup chopped radishes

1 tablespoon vinegar or lemon juice

$1\frac{1}{2}$  teaspoons prepared horseradish or grated horse-  
radish root

$\frac{3}{4}$  teaspoon salt

Blend all ingredients together in blender until smooth. Chill thoroughly.

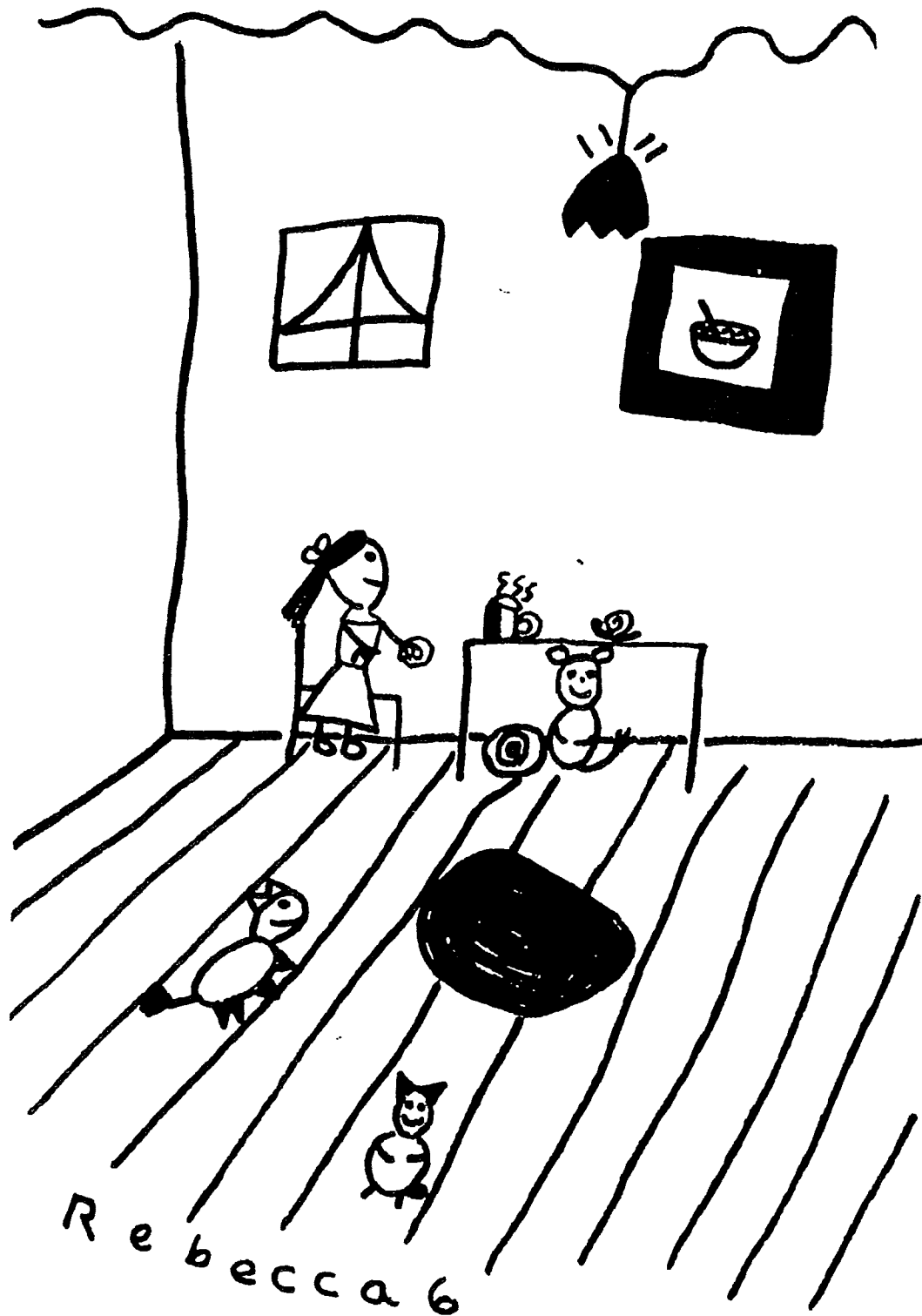




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# Sandwich Fillings & Dips

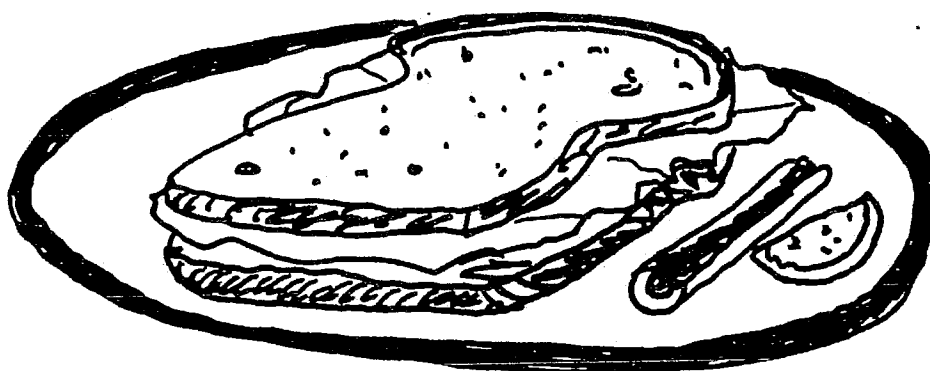
*Right type of food, rightly earned, rightly taken*  
KIRPAL SINGH



Rebecca 6

## Sandwich Fillings & Dips

Sandwiches are perfect for quick, light meals. Fillings made with any combination of cheese, beans, sprouts, fresh vegetables, peanut butter or dried fruits provide delicious nutrition for the vegetarian. Always use whole grain bread.



### AVOCADO-COTTAGE CHEESE SANDWICH FILLING

- 1 peeled, seeded, and mashed ripe avocado
- $\frac{1}{2}$  cup cottage cheese
- few drops of lemon juice
- dash of salt

Mix all ingredients well. Makes 4 generous sandwiches.

### AVOCADO DIP FOR CELERY

Mash well an avocado with 1 tablespoon lemon juice. Add 2 tablespoons finely chopped onion and 1 finely chopped tomato. Season with sea salt or kelp. Serve with celery sticks.

### CALIFORNIA SANDWICH

Butter a slice of Russian Rye or homemade bread. Top with thinly sliced avocado, thinly sliced mild red onion, and sliced Swiss cheese. Broil in oven or use two slices of bread, buttered on the outside, and grill in a frying pan.

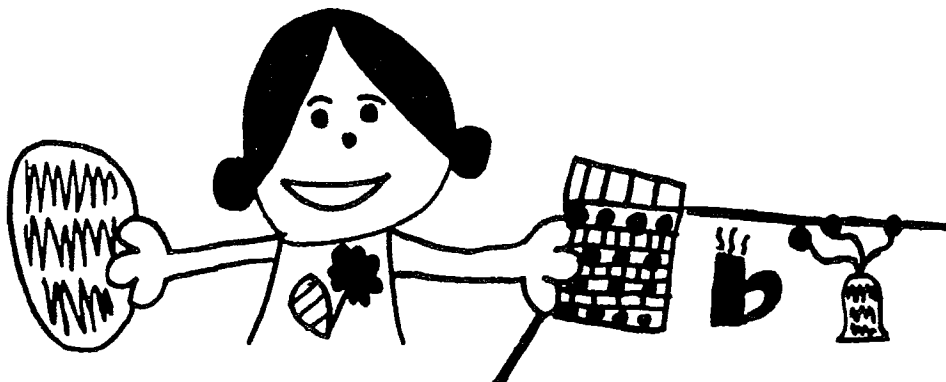


## DELICIOUS SANDWICH FILLING

- 1 8-ounce package softened cream cheese
- 1 grated carrot
- 1/2 cup chopped walnuts or peanuts
- 1/2 cup chopped olives, green or black
- 1 tablespoon imitation bacon bits\* (optional)
- dash garlic salt

Combine all ingredients, thinning if necessary with olive juice or milk. Spread on whole wheat bread. Add a lettuce leaf or slices of tomato. Makes 6-7 sandwiches.

\* Durkee, A&P, IGA and McCormick brands are egg-less.



## EGGPLANT TREAT

- 1 medium eggplant
- 2 tablespoons olive oil
- 4 tablespoons cider vinegar
- 1 teaspoon salt
- 1/4 teaspoon pepper

Bake whole eggplant at 475 about 20-30 minutes, until it collapses and the skin is dark brown. Open while hot and chop with the vinegar. Add remaining ingredients and chill. One teaspoon sugar or 2 tablespoons raw, chopped onion can be added.

☀ Jamie



### KEENE FAIR POUCH

Stuff one half of a Syrian bread with a tossed green salad. Top with Creamy Yogurt Dressing:

1/2 cup yogurt

1/4 cup cider vinegar

1/4 cup safflower or refined oil

dash each of salt, pepper, oregano, garlic powder

Sprinkle with chopped, oil-roasted soybean "nuts."

### PROTEIN SANDWICH

Spread whole wheat bread with natural peanut butter and sprinkle with sprouted grains, seeds, or beans. Cover with bread and serve.

### SANDWICH PIZZAS

Heat sliced, buttered whole wheat bread or wheat muffins under the broiler. Remove and cover with tomato paste and relish. Broil briefly and then sprinkle grated cheese over the tops. Return to broiler until cheese has melted.

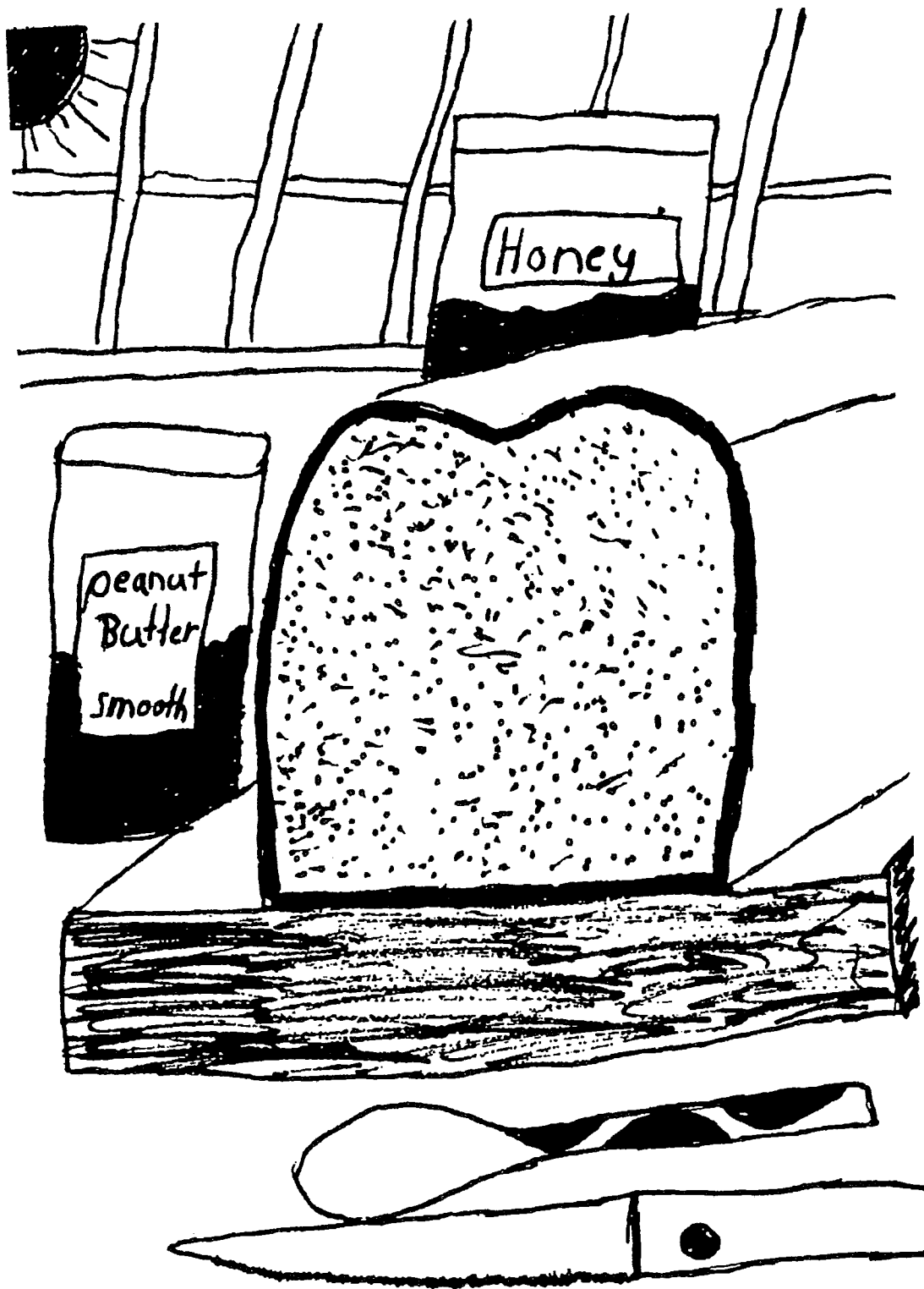
### SYRIAN BREAD SPECIAL

Cut one Syrian bread round in half. Fill each half with alfalfa or mung bean sprouts. Turn pouches on side on a tray and put slices of cheese or spread butter and sprinkle grated parmesan cheese on top. Put in toaster-oven or under broiler just long enough for cheese to melt and the edges of the bread to crisp up. Equally tasty but not as protein-rich are fillings of lettuce, tomatoes and cucumbers. Serves 2.

# Breads

*Whole wheat is a complete food in itself and we deprive it of vital elements by removing the husk and by grinding it into white flour by power-driven mills and thus destroy the phosphorus and oil in the grains and make a terrible mess of it.*

KIRPAL SINGH



Todd D.m. age 8

# Breads

## WHOLE WHEAT BREAD I

(makes four loaves)

12 cups whole wheat flour (approximately)

5 cups water (warm)

1/2 cup oil

1/2 cup honey

teaspoon salt

2 tablespoons dry yeast, 1/2 cup warm water

Combine 5 cups water, 6 cups flour, oil, honey and salt in a large bowl. Beat by hand or with electric mixer until thoroughly blended (several minutes at least). Dissolve yeast in 1/2 cup warm water for 10 minutes or less—add to the first mixture. Add remaining flour one cup at a time, stirring in thoroughly after each addition. Turn out on a floured board. Knead for 10 minutes or so; let rise again. Divide in loaves, shape and knead a little to make nicely rounded loaves. Place in a cold oven, or on counter, covered with a towel. Let rise 30-40 minutes. Bake at 350 for 1 hour. Some cooked oatmeal or cornmeal may be added to the first mixture, or a little soy flour if you wish.

## WHOLE WHEAT BREAD II

Mix and let sit 5 minutes:

6 cups lukewarm water

1/4 cup honey

2 tablespoons butter

2 tablespoons baking yeast

Add:

2 tablespoons salt

whole wheat flour—about 4 pounds or 12-14 cups,

at room temperature or warmer

Stir thoroughly with a wooden spoon and let rise 1-1/2 hours or so in a warm place. Turn out on a floured board and knead lightly. Shape into 4 loaves. Place in buttered bread pans. Let rise, 3/4 hour. Bake at 350-375 for 40-50 minutes, until the crust is browned and sounds hollow when tapped. If the crust browns too rapidly, cover with brown paper.

## WHOLE WHEAT BREAD III

In a large canner, combine:

2 quarts warm water

1 cup molasses or honey

3 tablespoons baking yeast

Let set 10 minutes. Add enough whole wheat flour to bring to cake-batter consistency. At this point, any leftover cereals or grains may be added. Let rise in a warm place until doubled in volume. Stir down. Add 3 tablespoons salt and 3 cups soy flour—more, less or none—and enough whole wheat flour so that stirring becomes impossible. Turn out onto floured board. Knead, adding more flour. Pour a few tablespoons of oil into the canner. Drop in dough. Turn to oil the top. Set in a warm place to rise until again doubled. Punch down. Shape into loaves. Let rise in pans 1/2 hour. Bake at 350 for 1 hour. Eight to ten loaves.

## SOY RAISIN BREAD

6 cups whole wheat flour  
1 cup soy flour  
1 tablespoon salt  
 $\frac{1}{2}$  cup water  
1 tablespoon oil or butter  
 $\frac{1}{2}$  cup honey  
2 tablespoons baking yeast  
 $2\frac{1}{2}$  cups warm milk or water  
 $\frac{1}{2}$  to 1 cup raisins

Mix whole wheat flour with soy flour. Add salt. Heat  $\frac{1}{2}$  cup water, add oil or butter and honey. Sprinkle yeast on top. Pour warm milk or water over flour. When the yeast mixture is bubbly, add to the flour also and stir well. Stir in raisins. Let the dough rise in a warm place until doubled before punching down and kneading. Let rise again. Knead for one minute and let rest for 10 minutes. Shape dough into 2 loaves. Mold loaves into greased pans and bake at 325 for about 1 hour, until the loaves sound hollow when tapped. Remove from pans immediately and cool. Honey can be reduced to  $\frac{1}{4}$  cup if desired. Raisins can be plumped before using by setting them in warm water overnight.

*Dried wheat has sweetness in it—have you ever tried it? Chew it, you'll find sweetness in it. You put on a bit of butter and gulp it down. Even a little grain of wheat, if you chew it you'll find sweetness. What God has created is all complete in itself.*

KIRPAL SINGH

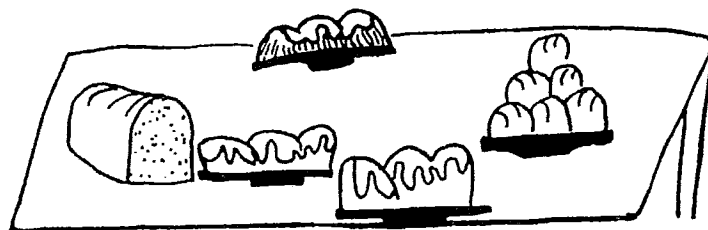


## WONDER BREAD

In a large bowl, combine:

- 1 tablespoon salt
- 1/2 cup molasses
- 3 tablespoons corn oil
- 1/4 cup wheat germ
- 1/2 cup nutritional yeast
- 1 cup rolled oats or 1/2 cup corn meal
- 1 cup powdered milk
- 1 tablespoon lecithin

Pour in 2 cups boiling water. Mix well and set aside to cool. When lukewarm, mix in 3 tablespoons baking yeast which has been softened in 1/2 cup lukewarm water. Then add 2-1/2 cups whole wheat flour and stir 200 strokes by hand. Gradually add 1/2 cup more whole wheat flour and 2 cups unbleached white flour, stirring until dough sticks together and comes away from the sides of the bowl. Turn dough out onto floured surface and knead for 10 minutes, adding more white flour as needed, until dough is smooth and elastic and no longer sticky. Place in lightly oiled bowl and turn over so the top will be coated. Cover and let rise in a warm place, until doubled, about 1 hour. Turn out dough, pound out the air and let rest while you oil 2 bread pans. Divide dough in half and shape into 2 loaves. Place in pans, cover and let rise in warm place 20-30 minutes. Bake at 375 for 30-35 minutes. Remove from pans immediately, place on cooling racks and brush tops with butter. Cool thoroughly. Freezes well.



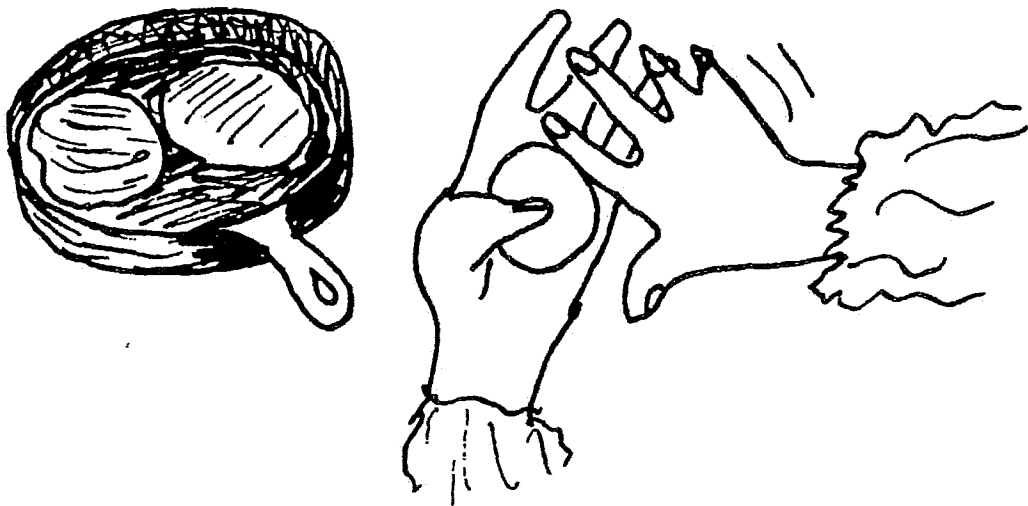
## CHAPATTIS

2 cups whole wheat flour

1 cup water

$\frac{1}{2}$  teaspoon salt

Mix water into flour and salt until it is like bread dough, kneading last bits of flour into dough with hands. In the winter, let dough rest overnight for better softening of bran. In summer, the dough goes sour more quickly, but when slightly sour has a self-leavening action. Dough should not set any more than 36 hours at room temperature in the summer. In the winter it can set as long as 2-1/2 days. Roll a tablespoon of dough onto a floured surface and flatten with a rolling pin, equally thin at all points. Put a cast iron frying pan over a hot to medium hot flame. When hot, spread the flattened dough in it to bake about 2 minutes on one side before turning. The dough should have bubbled slightly. After the second side bubbles, turn over again and press with a potholder or towel in the middle to make dough rise more. Eat while warm. Variations: Instead of the dry-frying method, the dough may be simmered in oil. For oil-fried chapatis, chopped onions or green peppers can be rolled into the dough for an unusual treat. This recipe can be doubled or tripled.



## WHOLE WHEAT MUFFINS

2 cups whole wheat flour  
2 teaspoons baking powder  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{4}$  cup oil  
 $\frac{1}{4}$ - $\frac{1}{2}$  cup honey or maple syrup  
 $1\frac{1}{2}$  cups milk

Combine dry ingredients. Combine wet ingredients. Quickly fold both mixtures together, just until flour is moistened. Spoon into greased muffin tins and bake at 400 for 25-30 minutes. Makes twelve large muffins. Also,  $\frac{1}{4}$  cup sunflower seeds or 1 cup grated carrot may be added to the batter.

## APPLE-CORN MUFFINS

1 cup corn meal  
 $\frac{3}{4}$  cup whole wheat flour  
 $\frac{1}{3}$  cup soy flour  
 $\frac{1}{3}$  cup wheat germ  
3 tablespoons sugar  
 $\frac{1}{2}$  teaspoon salt  
3 teaspoons baking powder  
 $1\frac{1}{4}$  cups milk  
4 apples, grated or chopped fine  
2 tablespoons molasses

Mix dry ingredients together, add milk, apple, and molasses and mix well. Spoon into oiled muffin pan. Bake at 400 for 20-25 minutes.

**BLUEBERRY MUFFINS**

1 cup blueberries, coated with 2 tablespoons flour  
(do this first)

Sift together:

2 cups all-purpose flour  
3 teaspoons baking powder  
1/3 cup sugar  
1 tablespoon nutritional yeast

Combine:

3/4 cup milk  
3/4 teaspoon salt  
1/4 cup melted butter

Stir liquids into flour mixture gently. Fold in the floured berries. Fill oiled muffin tins 2/3 full. Bake at 425 for 20-25 minutes. One-half cup soy flour can be substituted for an equal amount of white flour. If soy flour is used, reduce heat to 400.

**BUTTERMILK BISCUITS**

4 cups whole wheat pastry flour  
4 teaspoons baking powder  
1 teaspoon salt  
1/2 cup vegetable shortening  
1 1/2 cups buttermilk

Sift dry ingredients together. Blend in shortening with a fork or pastry blender. Add and stir the buttermilk in quickly. Knead 5 or 6 times. Roll out on a floured board. Cut into squares, bake on oiled cookie sheet for 5 minutes at 475. Turn off heat and keep in oven until golden.

## CHEESIE DOUBLE CORN BREAD

Sift together:

- 1 cup whole wheat pastry flour
- 1 cup cornmeal
- 2 tablespoons sugar
- 4 teaspoons baking powder
- 1 teaspoon salt

Add and mix well:

- 1 cup milk
- 3 tablespoons oil
- 2 teaspoons liquid lecithin

Add and stir in:

- 1 cup cooked corn kernels
- 1 cup grated orange cheddar cheese

Bake in a greased 9 inch square pan or muffin tins at 400 for 25 minutes or until brown. Serve cooled.

## PARAGUAYAN CORN BREAD

- 2 tablespoons soft butter
- 1 tablespoon flour
- 1½ cups corn
- 2/3 cup grated Munster cheese (or part may be cottage cheese)
- 1 teaspoon salt
- 1½ cups yellow corn meal
- 2/3 cup milk
- ¼ cup olive oil
- ¼ teaspoon baking powder
- ½ cup coarsely chopped onions

Pre-heat oven to 400. Coat square baking pan with butter and dust with flour. Place corn in blender or grind until smooth. Combine pureed corn, cornmeal, 1/4 cup of the milk, oil, cheese & salt and mix thoroughly. Saute the onions until tender. Add onions and remaining milk to corn mixture. Pour into baking dish and bake 35-45 minutes.

### QUICK CORNBREAD

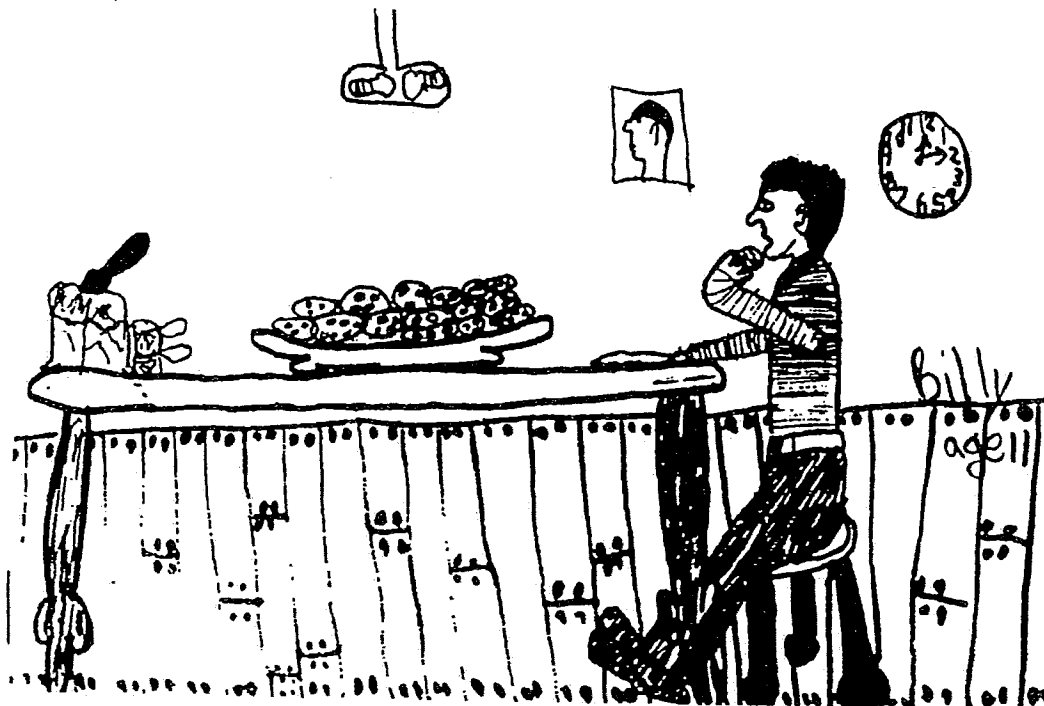
Mix:

- 1 cup whole wheat flour
- 1 cup cornmeal
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 tablespoon sugar

Add:

- 1 1/4 cups milk
- 2 tablespoon melted butter or corn oil

Bake in a shallow buttered pan at 425 for about 20 minutes.

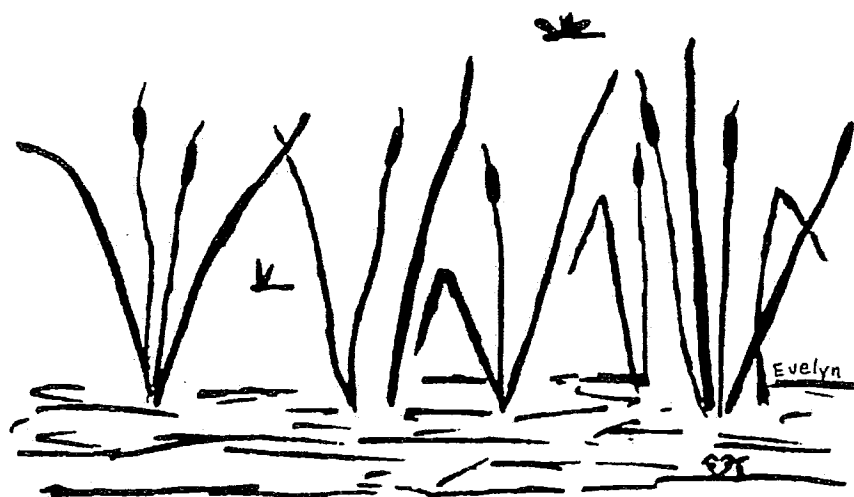




## SPICED VEGETABLE SPOONBREAD

- 1 cup cornmeal
- 1 small can creamed corn
- 1 cup milk
- 1/3 cup oil
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon paprika
- 1/4 teaspoon chili powder
- 1/2 teaspoon cumin
- 1 green pepper, chopped
- 1 onion, chopped
- 1/4 cup olives, chopped (optional)
- 1 cup grated cheese

Fry vegetables with spices for 5 minutes. Blend corn, milk and oil, add to dry ingredients. Place vegetables in 9 inch baking pan, sprinkle with half of grated cheese. Pour cornmeal mixture over, add remaining cheese. Bake 45-55 minutes at 350.



Cat-tail roots can be made into flour.



**BOSTON BROWN BREAD**

- 1/4 cup warm cider or apple juice
- 1 tablespoon baker's yeast
- 1 cup whole wheat flour
- 1 cup corn meal
- 1 cup rye flour
- 1 1/2 teaspoons salt
- 1 3/4 cups warm milk
- 3/4 cup molasses
- 3/4 cup raisins

Dissolve yeast in cider. Sift flours and salt into large bowl. Add yeast mixture, milk, molasses and raisins, and beat. Pour batter into two oiled No. 3 juice cans, cover with aluminum foil and tie covers on with string. Place cans on rack in large kettle. Pour warm water in kettle to come half-way up around cans, and cover kettle. Heat water slowly to boiling and steam for three hours. Take cans from water, remove covers, and set cans in 300 oven for 15 minutes to dry out a little. To remove bread from molds, either remove bottom end of can or rap sharply upside down on table edge. Store bread in plastic bags.

**BANANA BREAD**

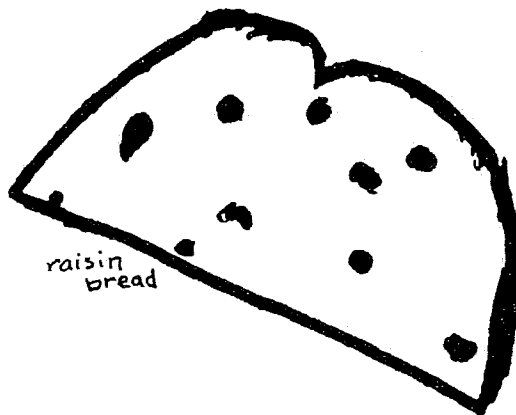
- 1/2 cup warm water
- 2 teaspoons yeast
- 1/3 cup honey
- 1/3 cup safflower oil
- 3 mashed bananas
- 1 cup whole wheat flour
- 1 1/2 cups pastry flour
- 1/2 teaspoon salt
- 1 teaspoon lemon rind

Dissolve yeast in water. Set aside. Blend honey with oil. Add mashed bananas and mix in the yeast mixture. Stir in whole wheat flour, pastry flour, salt and lemon rind. Beat until stiff yet sticky. Spoon into a greased and floured bread tin. Let rise until 1/2 inch from top, about 30 minutes. Bake at 375 for 35 minutes.

### BANANA NUT BREAD

- 1 1/2 cups whole wheat flour, whole wheat pastry flour,  
or unbleached flour
- 1/3 cup soy flour
- 1 teaspoon salt
- 2 teaspoons double acting baking powder
- 1 cup broken walnuts
- 1 1/4 cups ripe mashed banana
- 3 tablespoons oil
- 1/3 cup honey
- 1/2 cup wheat germ
- 1 tablespoon lemon rind, finely grated

Sift flours and baking powder and salt together. Add nuts. Add remaining ingredients. Stir just to blend. Bake at 350 for 45 minutes in a greased and floured bread pan. Delicious covered with cream cheese or toasted.



## QUICK NUT BREAD

- 1½ cups whole wheat flour
- ½ cup brown sugar
- 1 cup chopped nuts
- ½ cup or more raisins
- 1½ cups unbleached white flour
- 3 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- ½ teaspoon nutmeg
- ½ teaspoon allspice
- substitute for 1 egg
- ½ cup molasses
- ¼ cup melted shortening
- 1-1/3 cups buttermilk or sour milk or yogurt

Place first four ingredients in bowl. Sift other dry ingredients and add to the first mixture. Blend remaining ingredients together and stir into the dry mixture. Pour into a well oiled loaf pan. Bake at 350 for 1-1/4 hours or until done. Cool well before serving.

Variations: chopped dates, figs, dried apricots or prunes may be substituted for the raisins. For a milder flavor, omit the spices and use honey instead of molasses.

*Eat only as much as you need and leave the table still a little hungry. These are the things to be followed which will make you active in all your affairs, whether in meditation, physical work or anything else.*

KIRPAL SINGH

**WINCHESTER NUT BREAD**

- 1/3 cup sugar
- 2/3 cup water
- 2/3 cup molasses
- 3/4 cup milk
- 1 cup whole wheat pastry flour
- 2 cups whole wheat bread flour
- 1 teaspoon salt
- 4 teaspoons baking powder
- 3/4 cup chopped walnuts

Mix sugar in water until dissolved. Add molasses and milk. Mix dry ingredients together and add to the liquids. Spoon into 2 oiled bread pans. Bake 2 hours at 275.

**CRULLERS**

- 1 cup scalded milk
- 1 stick butter
- 1/2 cup honey
- 1 teaspoon cinnamon
- 2 rounded tablespoons yeast dissolved in 1/2 cup lukewarm water
- 3 cups whole wheat pastry flour
- 3 cups whole wheat bread flour

Combine milk, honey, cinnamon, butter and salt. Let cool to lukewarm. Combine with softened yeast in a large bowl. Sift in pastry flour and mix well. Knead in whole wheat flour to make an elastic dough that doesn't stick. Oil dough and let rise until doubled. Punch down and roll out to 1/2 inch thickness. Cut in 1/2 by 12 inch strips. Fold in half and twist. Let rise until light and fry in deep, 360 degree oil.

## DONUTS

- 2 cups milk
- 5 cups whole wheat pastry flour
- 1/2 cup honey
- 2 tablespoons yeast
- 1 tablespoon grated orange peel
- 1/4 pound butter
- 2 teaspoons cinnamon
- 1/2 teaspoon nutmeg

Scald milk with spices and orange peel. Add butter and honey. Cool and dissolve yeast in it. Add flour to make soft, workable dough. Cover and let rise in warm place until double. Roll out 1/2 inch thick and cut in donut shapes. Set on a well-floured board to rise until double. Drop into 350 degree oil and fry until golden on both sides. Drain and cool. Dip in honey or maple syrup before cooling if desired.



## COFFEE CAKE

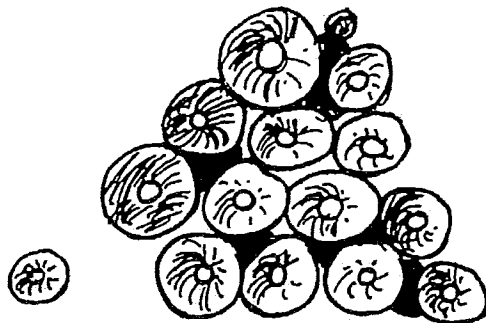
- 1/3 cup butter (melted)
- 1/3 cup sugar or honey
- 1/3 teaspoon salt
- 1 cup hot milk
- 1 teaspoon dry yeast or 1/2 cake yeast
- 1/4 cup lukewarm milk
- 1 teaspoon egg substitute; prepare as directed;  
Jolly Joan brand is good.
- 2 3/4 cups whole wheat pastry flour
- grated rind of 1 lemon (optional)

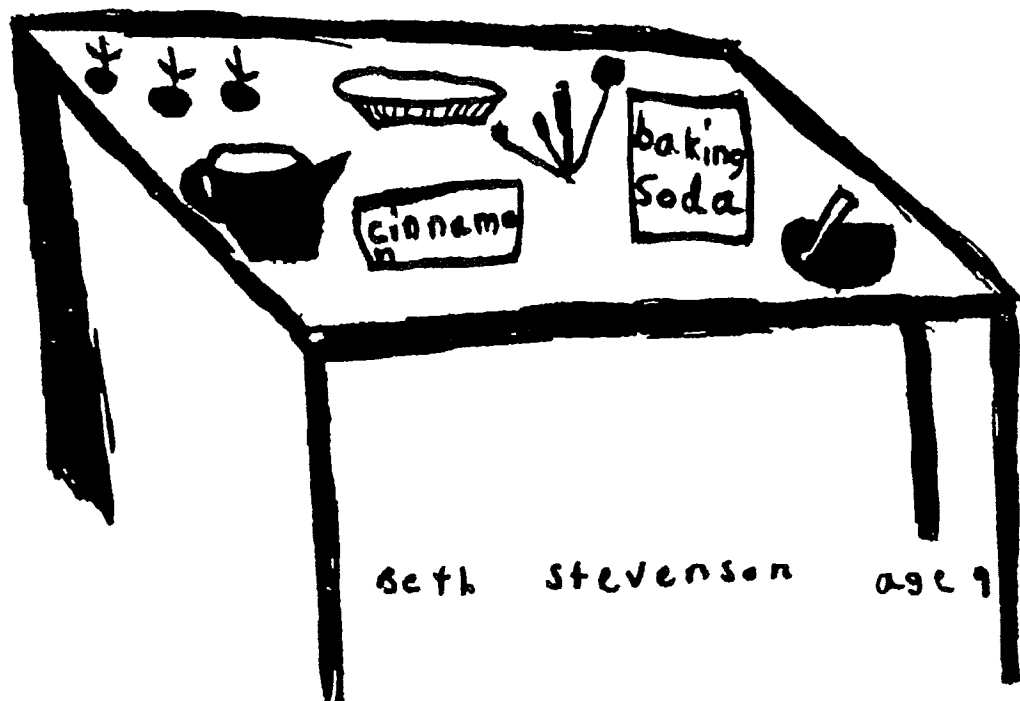
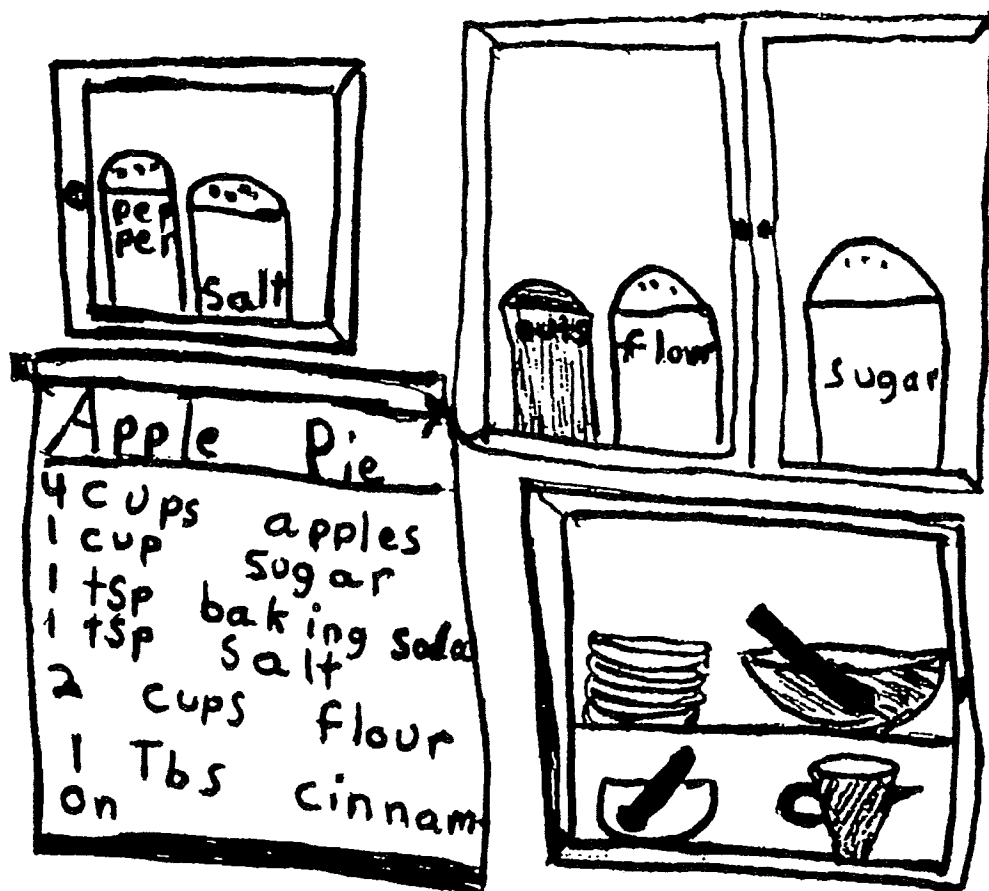
Mix butter, sugar and salt together, add yeast dissolved in lukewarm milk. Add egg substitute, flour (and lemon rind if desired); add hot milk. Beat for 5 minutes. Pour into well-greased baking dish (approximately 8 x 10 inches); let stand until raised, about 45 minutes to 1 hour.

### Topping

- 1 cup whole wheat pastry flour
- 1/2 cup melted butter
- 2 cups brown sugar
- cinnamon and nuts (optional)

Mix all ingredients together; sprinkle on batter after raised. Bake at 350 degrees for 25 to 35 minutes until toothpick comes out dry.





Beth Stevenson age 9

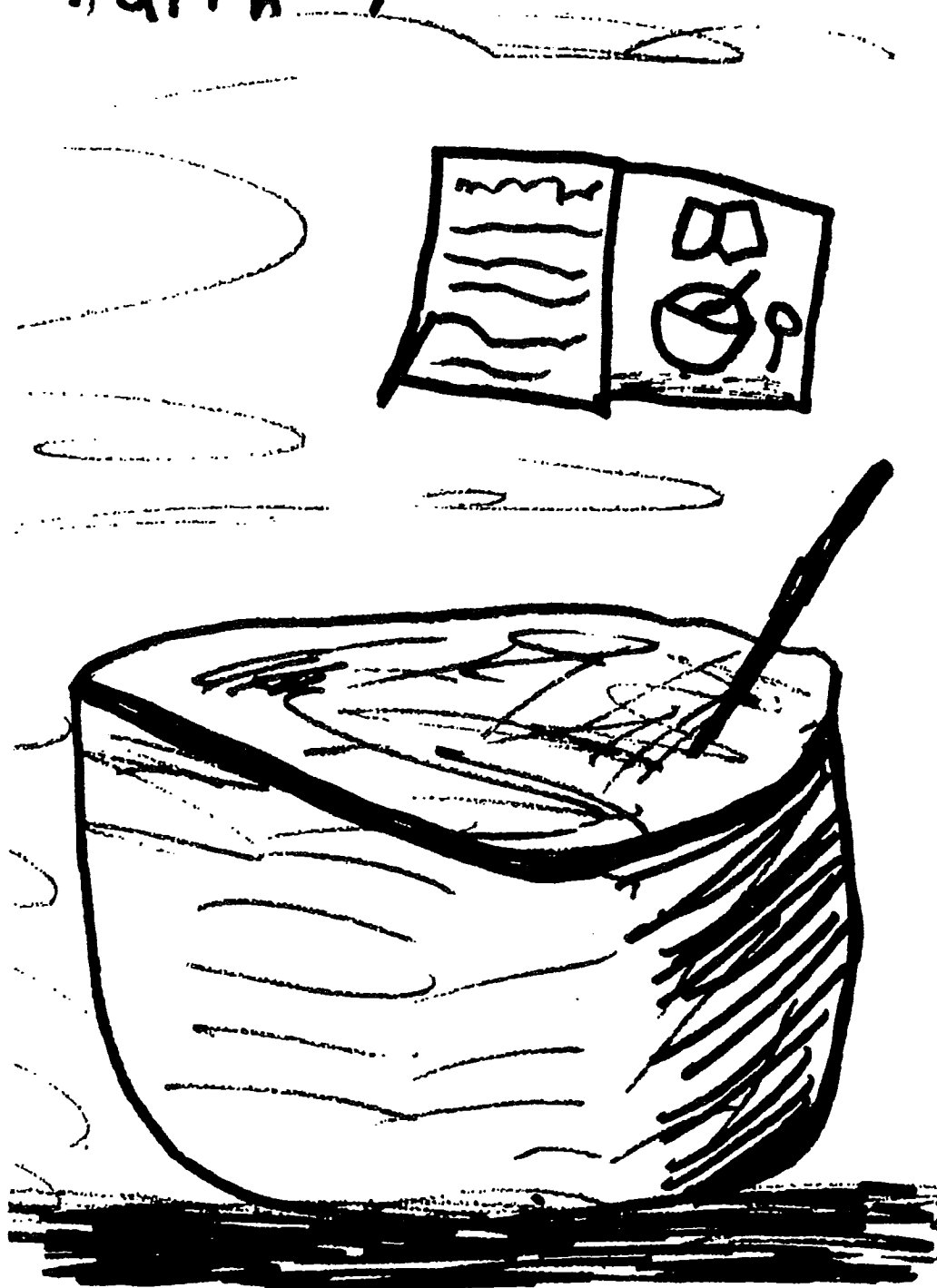
# Desserts

*We have all been created by God. All of us are embodied souls. Soul is of the same essence as that of God and God is in all of us and we should, therefore, love one another.*

KIRPAL SINGH



Faith 7



# Puddings & Gels

## BAKED INDIAN PUDDING

1/2 cup yellow corn meal

1/4 cup soy flour

4 cups milk

1 teaspoon salt

1/4 cup sugar

1/4 teaspoon cinnamon

1/2 cup dark molasses

Mix cornmeal and soy flour in heavy saucepan with 3/4 cup cold milk to make a paste. Gradually add remaining 3-1/4 cups milk, stirring to prevent lumping. (*Or*, put 2 cups milk in blender, add flours while blender is running, and gradually add remaining milk.) Bring to boil, reduce heat, and cook gently until thickened, about five minutes. Add remaining ingredients, stir, and pour into oiled casserole. Bake 3 hours at 250, or 2 hours at 325. Cool slightly and serve with vanilla ice cream.



## CHOCOLATE MOUSSE

- 3 tablespoons starch
- 1/3 cup sugar
- pinch salt
- 1 teaspoon vanilla
- 1 1/2 ounces unsweetened chocolate
- 1 3/4 cups milk
- 8 ounces cream cheese, cut into chunks

Mix together all ingredients except cream cheese in a heavy-bottomed saucepan. Heat to boiling point over medium high heat. Stir constantly. Let simmer over low heat for 2 minutes and continue stirring constantly. Remove from heat. Beat in the cream cheese until smooth. Pour into 6 individual or one 1-quart mold which have been rinsed with cold water. Mixture may also be chilled in the saucepan. Cover the top of the mousse with plastic wrap to prevent a skin from forming. Chill until firm. Unmold and serve with unsweetened whipped cream. Makes 6 servings.

## DATE PUDDING

- 2 cups milk
- 1/2 cup almonds
- 1/2 cup dates, pitted
- 3 tablespoons lemon juice
- 1/4 cup honey

Blend all ingredients together in blender at high speed for fifteen minutes. Chill.

**MAMAN DEVOS DATE NUT PUDDING**

- 1 cup bread crumbs—fine
- 1 cup dates—smallish chunks
- 1 cup nuts (walnuts, pecans or other)
- 1/2 cup honey
- 2 tablespoons flour
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 2 teaspoons Jolly Joan plus 4 tablespoons milk
- 2 tablespoons milk

Combine and bake in buttered pie plate, set in pan of hot water, at 350 for 40 minutes.

Serve when cool with sweetened whipped cream.

**EASY PUDDING**

- 1/3 cup cornstarch or arrowroot powder
- 3 cups milk
- 1/2 cup sugar
- 2 teaspoons vanilla
- 1 cup heavy cream

Cream cornstarch with 1/4 cup milk. Add remaining milk and other ingredients and bring to a boil over medium heat, stirring constantly. If chocolate pudding is desired, include 1/4 cup cocoa.

*Eat to live and not live to eat.*

KIRPAL SINGH

## FRUIT MOUSSE

3 apples  
40 prunes, cooked and pitted  
3 slices of bread, crumbed  
dash of cinnamon  
dash of salt

Cut apples in pieces. Cut up prunes. Mix all together with bread crumbs and one cup of the juice from cooked prunes. Dot with butter and bake at 350 for 45 minutes.

## HOLIDAY FRUIT MEDLEY

3 cups orange or pineapple juice  
1 tablespoon agar-agar  
dash nutmeg  
1 teaspoon honey  
 $\frac{1}{4}$  cup instant powdered milk  
 $\frac{1}{2}$  cup finely chopped walnuts, pecans, almonds, or peanuts  
 $\frac{1}{2}$  cup shredded coconut  
1 banana, sliced  
1 apple, peeled, cored and diced  
1 cup blueberries

Bring the orange juice and agar-agar to a boil in a sauce pan and stir constantly while boiling for 1 minute. Remove from heat, add nutmeg and honey. Cool rapidly by setting pan in cold water. When cooled, stir in powdered milk and nuts, coconut, and fruits. Spoon into individual dessert dishes. Cover with plastic wrap and chill until set in refrigerator. Makes 5 or 6 servings. Other fruits which may be used in season are: diced pears, peaches, pineapple, strawberries or green grapes.

**KANTEN—JAPANESE FRUIT GEL**

3 cups fruit juice, apple, pineapple, or grape

1 stick agar-agar

2 cups sliced fruit, fresh or canned

Bring juice and agar-agar to a boil and boil 1 minute, being careful that the mixture does not boil over. Cool 1 minute. Pour into pyrex dish, add fruit and chill to set. A really good cool summer dessert.

**KHEER (Indian Rice Pudding)**

1/2 cup rice

1 tablespoon butter

4 cups milk

1/3 cup sugar

chopped nuts and raisins

(1 tablespoon rose water & cardamon powder for traditional Indian Rice Pudding)

Soak rice in water for several hours or overnight. Drain. Heat butter and fry drained rice for a few minutes in a heavy saucepan, until grains are opaque. Add milk and bring to a boil, stirring constantly. Lower heat and simmer until rice is tender. Continue simmering until rice becomes creamy, stirring frequently or almost constantly, depending on heaviness of pan. When almost done, add sugar. When done, add flavoring, nuts and raisins. In lieu of rosewater and cardamom, 1/2 teaspoon vanilla extract may be used. Serve hot or cold.

For a very smooth, creamy pudding prepared exactly as in India, 2 tablespoons rice in 4 cups milk should be used. As it thickens, it must be stirred constantly. Sugar and flavorings are added as above. Indian rice cooks in 1/2 to 1/3 the time of our domestic rice. Even using white rice, 2 hours should be allowed for preparation.

**PRUNE PUDDING**

1/2 pound prunes  
1 cup cold water  
1 cup maple syrup or raw sugar  
1/2 lemon, rind and juice  
1 inch stick of cinnamon  
1 3/4 cups boiling water  
3 tablespoons cornstarch  
cold water

Soak prunes in 1 cup cold water for 1 hour. Boil until soft enough to remove stones. Add the syrup or sugar, lemon juice and rind, cinnamon, and boiling water and simmer 15 minutes. Mix the cornstarch with enough water to form a thin syrup. Add to the cooked prunes mixture and cook 20 minutes. Remove cinnamon stick. Pour into a mold and chill. Serve with plain or whipped cream.

**TAHINI PUDDING**

3 cups apple juice  
1 stick agar-agar  
2/3 cups tahini  
1 tablespoon vanilla

Bring juice and agar-agar to a boil and boil 1 minute, stirring to prevent overflow. Add vanilla as you remove from heat to evaporate the alcohol. Cool one minute. Pour into blender and blend in tahini. Pour into pyrex dish and let set in refrigerator. This is very good plain, but fresh or canned fruit such as bananas, peaches, or pitted cherries can be added before chilling.

## ORANGE AND APPLE TAPIOCA

3 cups (4 medium) peeled tart apples, cut in eighths  
3/4 cup brown sugar  
3 tablespoons butter  
1 tablespoon lemon juice  
1/2 teaspoon cinnamon  
1/4 teaspoon nutmeg  
1/4 teaspoon salt  
1/2 cup water  
1 cup drained fresh or canned orange or tangerine sections  
1/4 cup quick-cooking tapioca  
2 cups apple juice or water  
whipped cream topping

In a medium skillet with a cover, combine apples, sugar, butter, lemon juice, spices, salt and water. Bring to boiling over medium heat, reduce heat, cover and simmer 15 minutes or until apples are transparent. Baste apples occasionally with sugar mixture while they cook. With a slotted spoon remove apples to serving dish, combine with orange sections. Add tapioca and apple juice to sugar mixture in skillet. Let stand 5 minutes. Bring mixture to boiling over medium heat, stirring constantly. Pour over fruit. Cool, stirring once after 20 minutes. Let cool at least 15 minutes more before serving. Serve warm with whipped cream. Makes 4-1/2 cups, or 8 servings.





**TRIFLE** (popular English festive dessert)

- 1 stick agar-agar
- 1½ cups water
- 1½ cups orange or apple juice
- fruit—bananas, peaches, etc.
- 3 or 4 slices of cake (stale)
- vanilla pudding mix

Soak agar-agar in water for 5 minutes. Boil, stir till dissolved. Add fruit juice, simmer 10 minutes. Meanwhile layer large bowl with pieces of cake (spread cake with fruit jelly for extra sweetness) and slices of fruit. Pour agar mixture over and leave to cool. Make up vanilla pudding, cool and pour over jell when set. Decorate with sliced almonds, cherries or chocolate chips.

## Pies

**FLAKY PASTRY FOR PIES**

- 2 cups whole wheat flour, finely ground
- 10 tablespoons butter
- ½ teaspoon salt
- cold water, about ¼ cup

Mix butter with flour and salt using a pastry blender or by cutting with 2 knives. Add water gradually, using just enough to make a dough that is quite firm. Do not work dough. Makes 2 crusts.

## NEVER-FAIL PIE CRUST

2½ cups whole wheat pastry flour

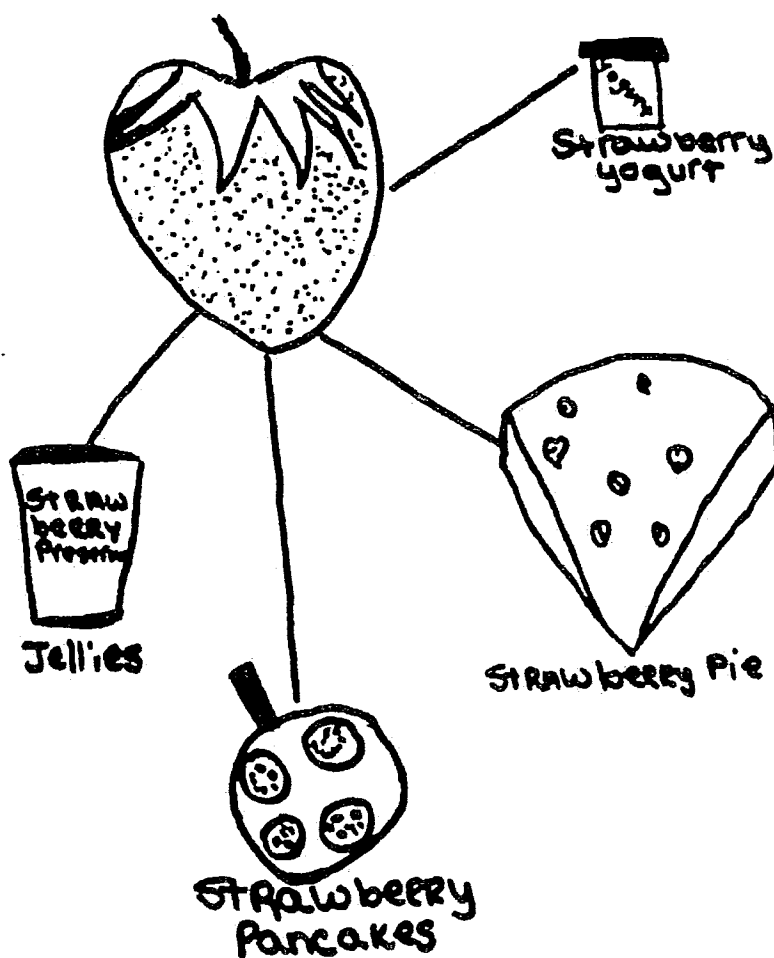
1 teaspoon salt

½ cup milk

¾ cup oil

Combine ingredients and blend with fork. Roll out. Makes two 9 inch crusts. Proceed with recipe for individual pie, either filling before baking (as in fruit pies) or baking before filling (as in Strawberry Surprise Pie or Lemon Cream Cheese Pie).

## The Strawberry



**APPLE PIE THAT DOESN'T NEED ICE CREAM**

- 1 recipe whole wheat pie crust, single for 9 inch pie
- 1/2 cup honey
- 2 tablespoons whole wheat flour
- 1 teaspoon cinnamon
- 4 cups thinly sliced MacIntosh apples (about 4 apples)
- 1/2 cup dairy sour cream
- 3/4 cup whole wheat flour
- 1/4 cup honey
- 1/4 cup soft butter

Mix 2 tablespoons flour, cinnamon, and sour cream together in large bowl. Slice apples, dropping them into the mixture to keep them from turning brown. Pour apple filling into pie shell. Combine remaining flour, butter, and honey. Sprinkle over apples. Bake at 350 for about 45 minutes or until topping is golden brown. A glass pie plate makes a crisper crust.

This pie is very unusual. Due to the sour cream coating, the apples keep a bright color and do not dry out when baked. The sour cream can barely be tasted. Because the apples do not shrink at all in baking, fewer are needed to make a pie.

**MAPLE-APPLE PIE**

- 6 large, tart apples, peeled, cored and sliced
- 2 tablespoons flour
- 1/2 teaspoon cinnamon
- 1/2 cup maple syrup

Mix all ingredients together. Line a 9 inch pie pan with pastry. Add the apple mixture. Cover with pastry, sealing the edges and making slits for steam to escape. Bake at 425 about 30 minutes, until apples are soft. If the crust browns too quickly, cover with brown paper.

**BLUEBERRY PIE**

3 cups blueberries

$\frac{3}{4}$  cup sugar

1 tablespoon butter

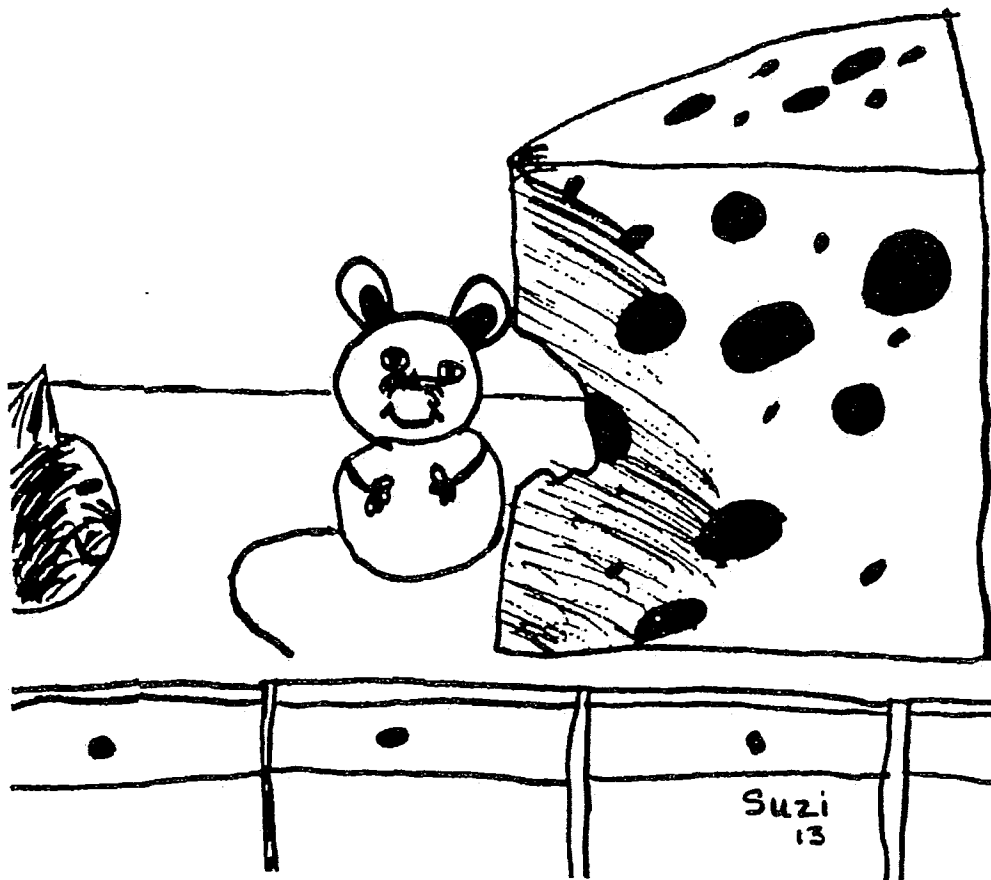
$1\frac{1}{2}$  tablespoons flour

$\frac{1}{8}$  teaspoon salt

1 teaspoon lemon juice

pastry for an 8 inch pie

Line an 8 inch pie plate with pastry. Pour in berries. Mix together the dry ingredients and lemon juice. Sprinkle over the berries. Dot the pie with butter and place a slitted top crust over it. Crimp the edges well. Bake at 450 for 10 minutes, reduce heat to 350 and bake 35 minutes more.



**ROCKY'S FAMOUS HONEY ALMOND CHEESECAKE**

Mix together:

- 1 tablespoon butter
- 3 tablespoons cornflake crumbs
- 1/2 teaspoon cinnamon
- 1 tablespoon sugar

Butter 9 inch pie plate and sprinkle on dry ingredients

- 2 8-ounce packages of cream cheese
- 1/2 to 2/3 cup honey
- 1 teaspoon almond extract

Beat cheese and extract with 1/2 cup honey. If not sweet enough, add a bit more honey. Spread over crust and bake 20 minutes at 325.

- 1 cup sour cream
- 1 teaspoon vanilla extract
- 2 tablespoons sugar
- slivered almonds (optional)

Stir sour cream, extract, and sugar together. Smooth onto cheese cake. Sprinkle with almonds. Bake 10 minutes more at 350. Cool at room temperature, then chill. This freezes very well.

