

Pulses of Life Cooking Class

Simple and tasty dinners

HOW TO COOK QUINOA

<http://www.thevegancorner.com/how-to-cook-quinoa/>

Quinoa is one of the most amazing grains ever made available to mankind; it's crunchy, it's earthy and it's packed full of flavour. One of the things that people tend to face a struggle with is cooking foods that aren't part of their culinary tradition. This is totally normal, but what we don't realise is that there is no need to be an expert to obtain great results when using more exotic foods, we simply need to follow the right recipe that will guide you through the process step by step.

INGREDIENTS

1 cup quinoa 170g

1½ cup water 360g

INSTRUCTIONS

1. Thoroughly wash the quinoa to remove the bitter-tasting saponins from the outer layer. Drain the Quinoa properly before moving on.
2. Place a small pot over high heat, pour in the water and bring it to the boil.
3. As soon as the water starts to boil add the Quinoa to the water, give it a good stir with a fork and cover the pot with the lid.
4. Lower the heat to the minimum and cook the grains for 15 minutes.
5. Once that time is up, turn off the heat and let the Quinoa rest for another three minutes before removing the lid.
6. Fluff the quinoa with a fork, transfer it onto a dish and spread it. This will stop the Quinoa from coking any further.

QUINOA PATTIES

Modified from Natural Lifestyle Cooking Workbook, Ernest Finley, p79

INGREDIENTS

- | | |
|--------------------------------------------|------------------------------------------|
| 2 C. cooked quinoa | ¼ C. chopped celery |
| 1 C. finely chopped walnuts | ½ C. water |
| ½ C. ground cashew nuts or sunflower seeds | ½ t. salt |
| ¼ C. ground flaxseed | 1 T. chicken-style seasoning (optional) |
| 1 C. whole-wheat bread crumbs | 1T Bragg Liquid Aminos (or soy sauce) |
| 1 T. olive oil (optional) | 2 T. nutritional yeast |
| 1 onion, chopped | 1 t. Italian herbs |
| 3 cloves garlic minced | 1 t. egg replacer in 2 tablespoons water |
| | 1 T. gluten flour (optional) |

C=cup, T=tablespoon, t=teaspoon

METHOD

1. Mix all the ingredients.
 2. Form into patties.
 3. Sauté in olive oil until golden brown.
 4. Turn and brown on the other side
- Or
1. Or bake in a preheated oven at 180°C
 2. 20-25 minutes on one side.
 3. Turn the bake on the other side for 15 minutes

BASIC CREAM SAUCE

<http://lifeandhealth.org/undo-my-disease/diabetes/basic-cream-sauce/161249.html>

Book: "From Plant to Plate", Tami Bivens, RD

INGREDIENTS

1 cup raw cashews soaked

4 cups water, divided

1 teaspoon salt, or more to taste

1 tablespoon McKay's Chicken-Style Seasoning (or other chicken-like seasoning)

2 teaspoons onion powder

½ teaspoon garlic powder (optional)

2 tablespoons cornstarch or flour

INSTRUCTIONS

1. Starting with 1 cup of water, place the rest of the ingredients in a high-speed blender and blend on high for about 2 minutes until smooth.
2. Add the remaining 1 ½ cups water to the blender, swish it around, and transfer it to a saucepan.
3. Bring the mixture to a boil, stirring constantly to prevent lumping.
4. As soon as it thickens, remove it from the heat. If a thicker sauce is needed, return it to heat and slowly stir in more cornstarch that has been dissolved in cold water, letting it come to a gentle boil as it thickens.

TIP: Add a sprinkle of red pepper flakes for some heat

Ready in about 30 minutes

Makes 4 cups

“Seven days without fruit or vegetables makes one **weak”**

PASTA PRIMAVERA

<http://lifeandhealth.org/kitchen/pasta-primavera/131352.html>

Book: "From Plant to Plate", Tami Bivens, RD

INGREDIENTS

2 cups whole grain pasta, uncooked

4 cups or more lightly steamed vegetables (broccoli, onion, button mushrooms, bell peppers, carrots, etc.)

1 recipe Basic Cream Sauce

INSTRUCTIONS

Boil and drain pasta according to package directions.

While the pasta is cooking, prepare the cream sauce and steamed vegetables.

Steam the vegetables in a small amount of water, salt to taste, and set aside.

Combine the cream sauce with the cooked pasta and steamed vegetables. Serve immediately.

Tip: Stir ¼ teaspoon ground nutmeg into the cream sauce to give it a more alfredo-like flavor.

Primavera casserole variation: Place the pasta in a casserole dish and sprinkle with breadcrumbs. Bake the casserole the oven at 350°F until the breadcrumbs brown, and serve.

Ready in about 15 minutes

Makes 6-8 servings

Prayer:

For food in a world where many walk in hunger;

For faith in a world where many walk in fear;

For friends in a world where many walk alone;

We give you thanks, O Lord.

NEXT COOKING CLASS: WEDNESDAY 19 OCTOBER 2016