

Pulses of Life Cooking Class

Whole Grains

Sun-dried Tomato, Almond and Rice Salad

<http://lifeandhealth.org/kitchen/sun-dried-tomato-almond-and-rice-salad/091335.html>

INGREDIENTS

- ▶ ½ cup sun-dried tomatoes, coarsely chopped
- ▶ 1¼ cup long-grain rice (wild/brown rice blends preferred), uncooked
- ▶ 1 ripe avocado diced
- ▶ 1 stalk celery, finely chopped
- ▶ ¼ cup almond slivers or pine nuts
- ▶ 3 tablespoons basil leaves, julienned
- ▶ 1 tablespoon lemon juice
- ▶ 1 teaspoon garlic powder
- ▶ 1 teaspoon sea salt

INSTRUCTIONS

1. Bring 3 cups water to a boil in a medium pot. Add rice and return to a boil. Reduce heat to low, cover and simmer, stirring occasionally, until liquid is absorbed and rice is cooked through—about 50 minutes. Drain rice and place in a large mixing bowl.
2. Add avocado, sundried tomatoes, celery, almond slivers, basil, lemon juice, garlic powder, and sea salt to rice and stir until thoroughly combined.

Barley and Lentil Soup

<https://www.youtube.com/watch?v=bZSo3ySjNNk>

INGREDIENTS

- ▶ 1 cup barley
- ▶ 1 cup lentils
- ▶ 4 cups of vegetable stock
- ▶ 2 cups of water
- ▶ 1 can of chopped tomatoes
- ▶ Bouquet Garni (parsley, basil, thyme)
- ▶ 1 small onion
- ▶ 1 whole bay leaf-dried
- ▶ 2 cloves garlic
- ▶ juice of one lemon
- ▶ 2 sticks of chopped celery (or half of fennel with stems)
- ▶ 2 chopped carrots
- ▶ 1 teaspoon salt

METHOD

Bring to the boil and then simmer for 30-35 minutes until the lentils are tender

Oat and Cashew Cookies

Ten Talents Cookbook, Rosalie Hurd p201

INGREDIENTS

- ▶ 1 cup brown sugar or honey
- ▶ 1 cup cashew nuts, ground
- ▶ quarter (1/4) cup oil (rapeseed or plain oil)
- ▶ 2 cups oats
- ▶ 1 cup shredded coconut
- ▶ half (1/2) cup wholemeal flour
- ▶ 2 Tablespoons soyflour or barley flour
- ▶ half teaspoon salt
- ▶ half teaspoon vanilla
- ▶ half cup of water, soymilk or other nut milk

Note: you may replace half cup of the cashew nuts with walnuts or sunflower seeds

INSTRUCTIONS

1. Cream together the sugar (or honey), nuts and oil
2. Mix in the rest of the ingredients
3. Shape into cookies and place on a non-stick cookies sheet.
4. Bake at 350°F or 175°C for 20-25 minutes until a golden colour.

Note: omit 1/4 (quarter) cup of liquid when using honey.

A note on whole grains

Grains are one of nature's abundant luxuries and have been a staple food in each generation of all mankind. Grains and cereals cost little and are fundamental in planning nutritious menus for the optimal plant-based diet. Grains are a source of complex carbohydrates, proteins, vitamins and minerals. Grains should be eaten whole to ensure the maximum nutritional benefit. The soluble fibre in grains, slows down digestions and helps the body absorb vital nutrients. The insoluble fibre adds bulk which assists food to pass through the digestive system.

Barley is one the oldest cultivated cereals and was a staple food in Egyptian culture. Barley is lower in fibre than most grains so is ideal for those with fibre intolerance or allergies to other grains. Barley is mild in flavour and is easily digested. It may be used in baking, soups, main courses or breakfast cereal.

Rice is the grain highest in B-complex vitamins. It is the staple crop for over half of the world's population. It is a whole grain that is relatively low in calories, high in fibre, gluten-free and can be incorporated into a variety of dishes.

NEXT COOKING CLASS:

WEDNESDAY 8 FEBRUARY, 7.15 TO 8.45 PM

Food for the heart

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.