

# Pulses of Life Cooking Class

## Foods for the heart

### Coleslaw

#### INGREDIENTS

- ▶ 2 cups finely sliced purple cabbage (one small cabbage)
- ▶ 2 cups finely sliced green cabbage (one small cabbage)
- ▶ 2 cups shredded carrots
- ▶ ¼ cup chopped fresh parsley
- ▶ 2 green apples (soaked in lemon)
- ▶ Up to ¾ cup mixed seeds (green pumpkin seeds, sunflower seeds, with some sesame seeds and poppy seeds)

#### LEMON DRESSING

¼ cup olive oil

2 to 3 tablespoons lemon juice, to taste

1 clove garlic, pressed or minced

½ teaspoon ground cumin

½ teaspoon salt

#### TAHINI DRESSING

▶ 8 tbsp tahini (raw)

▶ 4 tbsp lemon juice

▶ 2 tbsp maple syrup

▶ 2 tbsp soy sauce or tamari sauce

▶ 2 tbsp water

#### INSTRUCTIONS

1. In a medium serving bowl, combine the prepared purple and green cabbage, carrots and parsley. Set aside.
2. Measure out your seeds into a small skillet. Toast over medium heat, stirring frequently, until the seeds are fragrant and the pumpkin seeds are starting to make little popping noises. Pour the toasted seeds into the mixing bowl and toss to combine.

3. To make the dressing, in a small bowl, combine the olive oil with 2 tablespoons lemon juice. Add the garlic, cumin and salt and whisk until thoroughly blended.
4. (*alternative method*) To make the dressing you just need to mix all the ingredients in a bowl or jar.
5. Drizzle the dressing over the slaw and toss until all of the ingredients are lightly coated in dressing. Taste and add an additional tablespoon of lemon juice if the slaw needs a little more zip. Serve immediately or cover and refrigerate to marinate for up to several hours.

## Risotto

Source: *Understanding Nutrition*, Dr Clemency Mitchell, p124

### INGREDIENTS:

- ▶ 1 medium onion
- ▶ 1 stick celery
- ▶ 1 small green or red pepper
- ▶ 1 clove garlic, crushed
- ▶ 1tbs olive oil (optional)
- ▶ 1 1/2 cups of brown rice
- ▶ 2 tablespoons tomato puree
- ▶ 1/2 cup sliced mushrooms
- ▶ 1/2 cup chopped green olives
- ▶ 1/2 cup cashew nuts
- ▶ herb salt to taste

### INSTRUCTIONS:

1. Chop the onion, celery and pepper and sauté with the olive oil, adding a little oil to prevent burning. (Omit this stage for an oil-free version)
2. Add the rice and the tomato puree and 3 cups of boiling water
3. Simmer gently until the rice is cooked
4. Add the rest of the ingredients (mushrooms, olives, cashews, salt)
5. Cook for a new more minutes longer. Add a little more water if necessary.

## Raw lemon cheesecake

Source: <http://lifeandhealth.org/kitchen/lemon-cheesecake/151327.html>

### **CRUST:**

- 1 cup slivered almonds
- 1 cup coconut, unsweetened shredded
- 1 tablespoon lemon juice, fresh
- 1 tablespoon agave nectar (honey)
- pinch salt

### **FILLING:**

- 3 cups cashews, raw
- 1 ½ cups almond milk, unsweetened
- 1 cup lemon juice, fresh
- 1 cup coconut oil, melted
- ½ cup agave nectar (or honey)
- 1 teaspoon vanilla extract (alcohol-free)
- ¼ teaspoon salt
- 3 teaspoons lecithin (optional)
- 1 teaspoon lemon zest (optional)

### **INSTRUCTIONS**

#### **MAKE THE CRUST.**

1. Blend the almonds, coconut, and salt in a food processor until a flour- like consistency is achieved.
2. Then, add the agave nectar(or honey) and lemon juice and process until the mixture sticks together.
3. Press the mixture into a 9-inch springform pan.

### **MAKE THE FILLING.**

1. Blend all ingredients except the lecithin and coconut oil in a high- speed blender, until completely creamy.
2. Add the lecithin and melted coconut oil, and blend on high until well mixed.
3. Pour the filling over the crust and let it firm up in the fridge overnight or place in the freezer for 2 hours till firm.

### **NOTES**

The filling can also be poured in glass bowls, cooled and served as mousse.

### **TOPPING - RASPBERRY SAUCE**

Crush some raspberries together with lemon juice and a pinch of salt. Pour onto a slice of the cheesecake.

### **NEXT COOKING CLASS:**

**WEDNESDAY 22 FEBRUARY, 7.15 TO 8.45 PM**

### **The Selkirk Grace - Robert Burns:**

Some hae meat and canna eat,  
And some would eat that want it;  
But we hae meat, and we can eat,  
Sae let the Lord be thankit.