



# Chapter 2 • Cooking Basics

## **Making Cooking Fun and Manageable**

Creating nutritious meals for yourself doesn't need to feel like a chore, nor does it need to take a huge amount of your time.

## **Creative, Meditative, Fun and Nourishing**

Preparing food is akin to painting with a pallet of flavors, colors, aromas, and textures. Thinking of your meals as your art will awaken your creativity and help make the entire process more satisfying. When you shop, let yourself be drawn to the colors and textures of the produce. When you cook, let your senses come alive to the sounds, the smells and the tastes. When you eat, let your whole being absorb the beauty and nourishment of your food.

Let go of thinking that there is a right way to cook and the entire process can become a time to relax, slow down and be present. Our lives are often full of busyness and we rush through our days packing in as many tasks as possible.

The good news is that you can't hurry food! The onions will take as long as they need to caramelize into a golden sweetness. The broccoli will be crisp tender when it's good and ready. Cooking can slow us down again to a more natural pace, allowing our bodies and our beings to settle and let go. Creating an hour a day to cook can be one of the best gifts you can give yourself. Not only do you end up with nourishing meals, but your spirit will be nourished as well.

In the kitchen, anything goes. If you've grown up cooking with recipes, this idea can be both liberating and a bit unnerving. In the pages that follow, we'll show you that with a few basic skills in your tool kit you can learn to trust your own instincts in the kitchen and cook to please your own body and sensibility from day to day.

Ultimately, our hope is that your entire relationship with food becomes a source of nourishment in your life – from consciously gathering produce in a local market or in your garden, to preparing it with love in your kitchen, and finally eating it with gratitude alone or surrounded by friends and family.

## Keeping it Simple

Thinking about cooking can seem overwhelming if it isn't already part of your life. The tasks – planning, shopping, chopping, cooking and cleaning up – when taken together can feel daunting and you may be tempted to stop before you even start.

In this section, we help you break down the tasks into manageable steps that can happen at different times in your week or day.

### 1. Dream

Plan a simple menu for the week with some easy breakfast foods, two lunch items, two dinner ideas and several things you can snack on. For example, you might want to cook a grain with some dried fruit for breakfast and also make sure you have ingredients on hand for a breakfast smoothie. Lunch items might include a soup or stew plus a purchased hummus and two or three different steamed or roasted vegetables. For dinner, you might make a casserole that you can freeze half of for another week, two roasted chicken breasts or some tempeh treats, and a dish of sautéed greens.

### 2. Check your pantry and create a shopping list.

Keeping a pantry stocked with the basics will keep your weekly shopping simpler and give you more options on a day to day basis. (See Organic Shopping List in the appendix for ideas on what you might keep on hand in your pantry.) Once you've checked your pantry, make a shopping list for the week. Remember, shopping is a great job for a friend or family member who wants to help.

### 3. Organize a cooking day with a friend or family member.

Cooking with someone else makes the whole process both more fun and more manageable. You can have a friend help you cook for yourself or cook with someone else who also needs meals and share the results of your day.

Cook as many meals as you can. Remember, if you get through the cooking in one afternoon you won't have to cook the rest of the week.

Before you get started, read through the recipes you plan to make and figure out what will take the longest. Start with those tasks

*“Enjoying your food is very important, because by enjoying something we connect to the world, to one another, to our inner being. When you enjoy your food you will be happy and well nourished by what you eat. Sometimes I also explain to people that by enjoying their food, they will naturally find themselves practicing meditation. They will be paying attention to what they are eating, noticing flavors and textures and nuances of taste, because to enjoy something you need to experience it... Entering into full enjoyment, they will be relaxing and opening their hearts to the food.”*

– Ed Brown,  
*Tomato Blessings and  
Radish Teachings*

first, along with things like cooking a pot of rice – which takes just a minute to start and then can happen unattended as you work on other things.

#### **4. If you cannot cook with others, reserve your energy by breaking up the cooking tasks.**

If you are cooking alone and your energy is at a low ebb, do your cooking in discrete chunks throughout the day or over several days. Here are some ideas:

- Most vegetables can be prepared ahead of time and then stored in the refrigerator until you are ready to cook. If you chop potatoes, store them in cold water to prevent browning. If you need onions for three different dishes, prepare the entire amount at once. Use a food processor for jobs like chopping onions, shredding carrots, and making pestos.
- Roast, steam or sauté vegetables in advance to either be used in other dishes or simply to have ready to eat. Vegetables can be stored for later use in glass containers, like the ones that Pyrex now makes with plastic lids.
- Make two quarts of broth in a slow cooker while you nap or overnight. Include the tops and peelings of the vegetables you have prepared along with some coarsely chopped whole vegetables. (See page 186 for our Immune Broth recipe.)
- The next day make one or two different grains for the week using your broth instead of water.
- Use your slow cooker again and make a soup using the rest of your broth. A recipe that makes six to eight cups will give you one cup of soup each day.
- Soak beans overnight, or sprout them (see page 54) to reduce their cooking time.
- Clean up as you go and know that if you are too tired, the dishes can wait!

#### **5. Slow cook and freeze to save time and energy.**

- Many stews, chilies and soups can be made without any attention on your part using a slow cooker. Put in the ingredients, turn it on low and head off to work or to bed. You'll return home or wake up to a lovely aroma.

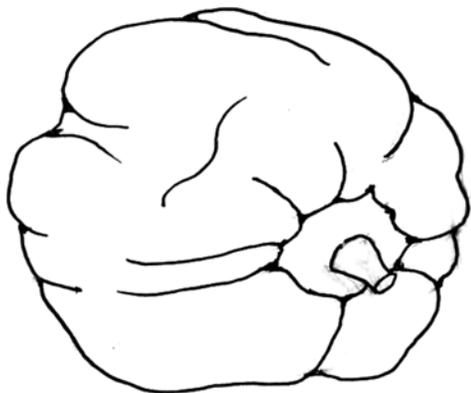
- Freeze half of whatever you make. This allows you to have some soup and a few main dishes in the freezer – giving you more variety in the weeks to come as well as some options for those days when you just don't have the energy to cook.

## 6. Keep a few simple snacks on hand.

Keeping a variety of healthy snacks on hand can be a great help when you don't feel like a meal but know you need to eat.

- Cut up raw vegetables such as jicama, red bell peppers or carrots and store them in the fridge; steam cauliflower; roast acorn squash halves. Many stores carry washed, chopped vegetables that are ready to eat.
- Cut up fruit, dip it in some water with a bit of lemon juice to keep it from browning, and store it covered in the fridge.
- Make or purchase hummus, avocado dip and nut butters.
- Freeze a smoothie in plastic Popsicle containers for a nourishing and refreshing treat.

Remember, these are just suggestions. Do as much or as little as you have the energy for. Ask for help from friends or family members, or find a cooking buddy to help make the process more enjoyable. If you haven't cooked much, making this a regular part of your life will take time. Start simply and celebrate your accomplishments. Change takes time, but even small changes can reap big rewards physically and emotionally.

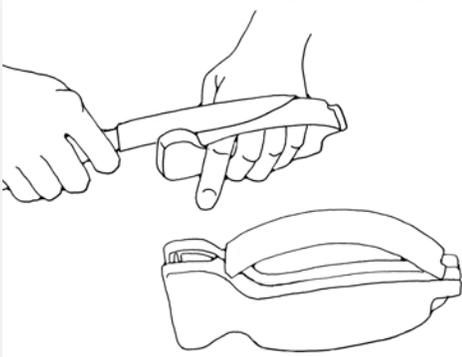


**pepper**

## Kitchen Tools

Having the right tool for the job will make your cooking experience both more pleasant and more efficient. The best way to discover what you need is to start cooking. As you work in the kitchen, make a list of the things you wish you had. This way, you will slowly gather the tools that you'll actually use.

Here are a few suggestions of things we think are especially useful, or that we know you will need for the recipes that follow.



### Knives & Knife Sharpeners

There is nothing as important as having a good quality, sharp knife. Believe it or not, at The Ceres Community Project we buy our knives from a local Asian grocery store. These cleaver style knives come in multiple sizes and offer blades that are straight or curved. They cost \$3.99 each and, if sharpened regularly, will give you many years of service. The curved knives are especially useful for mincing herbs.

Experiment and find what works for you. Many chefs have a whole set of different knives for different jobs. If you are just starting to cook, we recommend getting a basic knife that you can use for most jobs, plus a knife for mincing herbs, and a paring knife for small jobs.

Invest in a good knife sharpener and sharpen your knife every time you begin cooking. There are many good table top knife sharpeners available that will sharpen your knife simply by drawing it through the middle. No special skills are needed and you can leave it sitting on your counter to remind you to sharpen your knives regularly.

### Handy Utensils

Here are the utensils we use most often:

- Long- handled wooden spoon
- Rubber spatula, perhaps a few in different sizes
- Whisk – again, a few in different sizes may be useful
- Metal spatula
- Good quality peeler
- Microplane for zesting oranges, lemons and limes (this looks like a ruler and has small grating holes on it that allow you to zest the skin of citrus fruit without getting the white, bitter pith)

## Spider

A spider has a long handle with a mesh “basket” on the end. You can find them at good culinary stores and Asian markets. A spider is a great tool to have on hand for blanching vegetables. It will allow you to scoop out whatever you are cooking so you can re-use the water for another vegetable.

## Fine Mesh Strainer & Colander

If you plan to eat quinoa, you’ll need a fine mesh strainer in order to rinse the tiny grains before soaking. Of course, there are many other uses for this tool! Add a larger colander for draining vegetables and pastas and you should be able to handle every rinsing and draining job in your kitchen.

## Immersion Blender

This is one of the handiest tools as it allows you to blend soups and sauces easily while they are hot. You can leave whatever you are blending right in the bowl or pot, minimizing the number of dishes you will have to wash.

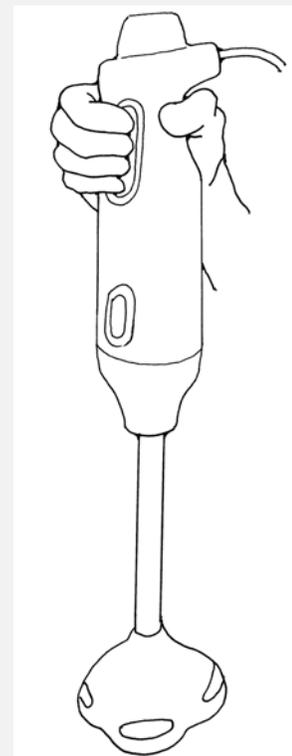
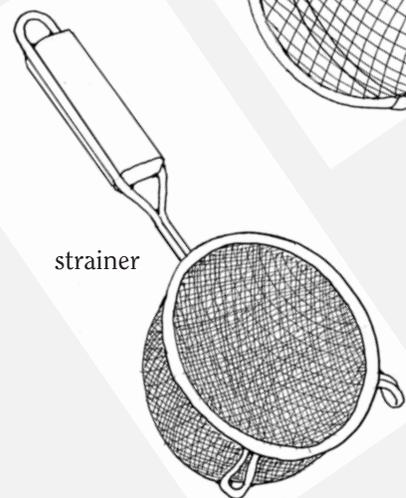
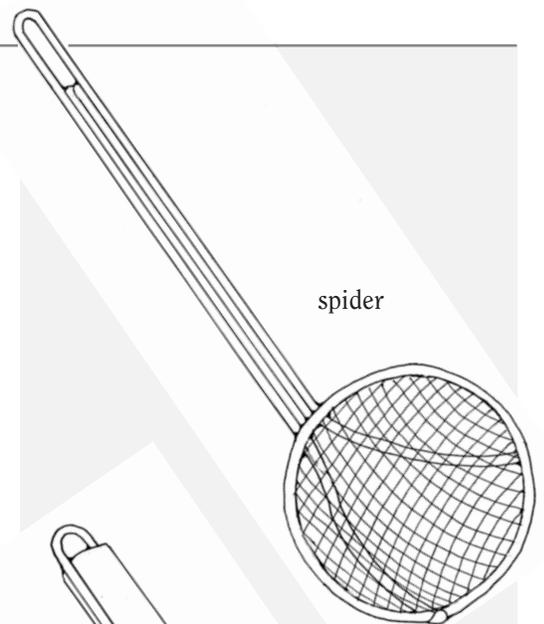
## Spice Grinder

A good quality coffee or spice grinder is essential for finely grinding things like flax and sesame seeds.

## Mini Food Processor/Food Processor

If you are cooking for one or two, a mini food processor is a great choice. You can easily chop small amounts of vegetables or nuts, make a pesto, or blend together a salad dressing. It doesn’t take up much room and is quick and easy to clean.

If you like to make larger batches of things, or want to use the processor for grating and chopping vegetables, you’ll want a regular size one. These are also wonderful for making hummus and other vegetable dips and spreads.



immersion blender

### **Rice Cooker**

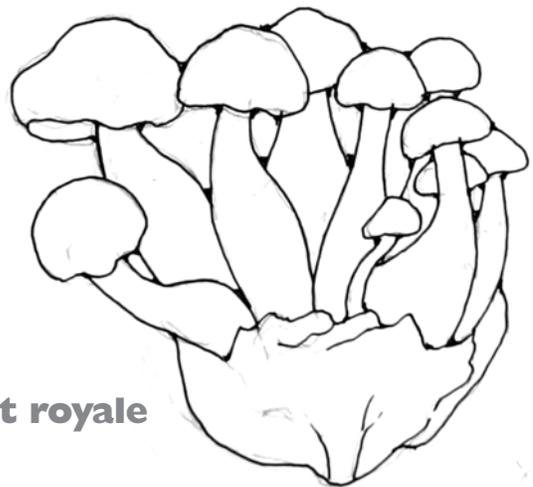
These come in a variety of sizes and will let you cook almost any grain totally unattended. You can also add seasonings, chopped onions, minced garlic or ginger, coconut milk, etc. and create an instant pilaf. Try to avoid the Teflon coated cookers, as Teflon has been found to leach into the food.

### **Slow Cooker**

This old stand-by is enormously helpful when you have limited time and energy. Put all your ingredients in the slow cooker, turn it on low and let it cook overnight or all day. You can make enough of a nourishing soup or stew to feed yourself for most of a week with just a few minutes of chopping and measuring.

### **Vita Mix**

If you have the resources, we encourage you to invest in a Vita Mix. Nothing beats this all-in-one tool for juicing, smoothies, sauces, grinding nuts and making nut butters, and puréeing soups to a velvety texture.



**trumpet royale**

## Cooking Grains, Beans and Vegetables

### Grains

Grains are an excellent source of fiber, protein, vitamins and minerals and have, for thousands of years, been the staple food for most cultures.

The health benefits of grains are greatly improved by a few simple steps: soaking grains before cooking, and cooking them with a sea vegetable such as kombu. Soaking grains for at least an hour, then discarding the soaking water, accomplishes two important things – it removes the phytic acid which inhibits the absorption of zinc, calcium, iron and other essential minerals, and it transforms the grains from acidic to alkaline-forming (see Demystifying pH on page 28). Cooking grains with kombu enhances the mineral content of the grains and further strengthens their alkaline effect.

According to Sally Fallon, author of *Nourishing Traditions*,

*All grains contain phytic acid (an organic acid in which phosphorus is bound) in the outer layer of bran. Untreated phytic acid can combine with calcium, magnesium, copper, iron and especially zinc in the intestinal tract and block their absorption. . . Soaking allows enzymes, lactobacilli and other helpful organisms to break down and neutralize phytic acid.*

*Soaking in warm water also neutralizes enzyme inhibitors, present in all seeds, and encourages the production of numerous beneficial enzymes. The action of these enzymes also increases the amounts of many vitamins, especially B vitamins.*

Grains vary in their protein, vitamin and mineral content. To get the best nutrition, include a good variety of grains in your diet.

Following are some basic guidelines to get you started. Experiment and discover what works best for you. Increasing the amount of liquid will give you a softer grain as will increasing the cooking time.

Consider investing in a small rice cooker and you'll make grain cooking that much simpler – you just add the soaked, rinsed grain, liquid and kombu or sea salt and turn it on. Please note that the ratios of grain to liquid that follow are based on soaking your grain for at least four hours and preferably overnight. If the grain is not soaked, you will need to increase the amount of liquid.

*“You can learn many things about cooking, about ingredients, cutting, combinations, and procedures, but even more fundamentally you can learn to act on your own experience, outside of recipes, relying on your innate capacity to taste and sense and decide for yourself what you like.”*

– Ed Brown,  
*Tomato Blessings and  
Radish Teachings*

**Brown Rice, Whole Oats, Kamut & Wheat Berries**

- 1 cup grain
- 1 ½ cups water or stock
- 1 – 2" piece of kombu or ¼ teaspoon sea salt

Rinse the grain and then place in a bowl and cover with water. Let soak for at least four hours or overnight. Drain, discarding the soaking water, and rinse well. Place the grain in a pot with the water and the kombu. Bring to a boil, reduce the heat to low and cover. Cook for 25 to 35 minutes, or until the water is absorbed and the grain is tender.

Experiment with the amount of water to get the consistency that you want. More water will yield a softer grain. If the grain is not tender and all of the water has been absorbed, add ¼ cup of water per cup of grain, cover and continue to cook for another 5 minutes, then re-check and repeat if necessary.

**Barley & Wild Rice\***

- 1 cup grain
- 4 cups water or stock
- 1 – 2" piece of kombu or ¼ teaspoon sea salt

Rinse wild rice or soaked barley and then place in a pot with the water and sea salt or kombu. Bring to a boil, cover and reduce the heat to low. Cook until the grain is tender, 25 to 30 minutes for barley and 35 to 40 minutes for wild rice. Drain excess water.

\*Wild rice does not need to be soaked as it is actually a wild grass.

**Quinoa**

- 1 cup quinoa
- ¾ cup water or stock
- 1 – 2" piece of kombu or ¼ teaspoon sea salt

Rinse the quinoa well using a fine mesh strainer, then cover with water and soak for at least four hours or overnight. Drain, discarding the soaking water, rinse again, and then place the quinoa, ¾ cup water and kombu in a small pot. Bring to a boil, cover, reduce heat to low, and cook for about 10 minutes or until the water is absorbed and the quinoa is tender.

## Millet

- 1 cup millet
- 2 cups water or stock
- 1 – 2" piece of kombu or ¼ teaspoon sea salt

Place the millet in a saucepan and toast over medium heat, stirring constantly, until the millet begins to have a nutty, toasted aroma. While the millet is toasting, bring two cups of water or stock to a simmer. Carefully add the hot water to the toasted millet along with the kombu or sea salt. Cover, reduce heat to low, and cook until the water is absorbed and the millet is tender, 20 to 25 minutes.

If you are making a salad with the millet, turn the grain out onto a cooking sheet and spread it out to cool. Once the millet is cool, use your fingers to separate the grains. It will resemble couscous.

To make millet porridge increase the water by 1 cup and cook slightly longer.

## Bulgur Wheat & Couscous

- 1 cup grain
- 2 cups water or stock
- ¼ teaspoon sea salt

Bring the water to a boil with the sea salt. Pour it over the grain, cover and set aside until the liquid is absorbed and the grain is tender, 15 to 20 minutes. Fluff with a fork.

## Tip

Millet, bulgur and couscous contain low amounts of phytates and does not need to be soaked before cooking.

*“I have been a grateful recipient of the Ceres Community Project for three months. I thought I was a healthy 48 year old woman until I received the devastating news that I had inflammatory breast cancer. This cancer is the most aggressive, painful and lethal form of all breast cancers. To beat it, I must go through aggressive treatment that includes chemotherapy, surgery and radiation.*

*If it were not for Ceres, I would be living on frozen dinners. Between insurance co-payments and expensive medications, my budget is very strained. I would not be able to afford this high quality organic food. Nor would I be cooking the kind of meals that I receive due to the pain, nausea and fatigue that I experience from treatment.*

*I have had the opportunity to meet and thank the very special teens that make the meals. Each of them has touched my heart. It’s such a wonderful feeling to sit down to a great tasting and nutritious meal knowing that some very caring young people have volunteered their time to make this nutritious food. The delivery angels make my night every Thursday. They always ask how I am and seem genuinely concerned about me. Words cannot express my gratitude for each and every one of you.”*

– Donna

## Beans and Peas

Legumes – or beans as we call them – are a wonderful source of protein, vitamins and minerals. Like grains, beans benefit greatly from pre-soaking. This not only greatly reduces cooking times, but also makes beans more alkaline by neutralizing phytic acid. Again, like grains, we recommend adding a bit of kombu to your cooking pot. Kombu helps make beans more digestible, reduces their gas-producing tendency, and adds valuable nutrients.

According to Dr. Steven Pratt, author of *Super Foods*,

*The truth is that beans are a virtual wonder food. A delicious source of vitamin-rich, low-fat, inexpensive, versatile protein, beans deserve a place at the table for those reasons alone. But the full power of beans to lower cholesterol; combat heart disease; stabilize blood sugar; reduce obesity; relieve constipation, diverticular disease, hypertension, and type II diabetes; and lessen the risk for cancer make this ancient food an extraordinary and important addition to any diet.*

With the exception of lentils, we recommend pre-soaking all beans and peas. Rinse them well, then place in a pot and cover with at least four times as much water as beans. Soak for at least six hours and preferably overnight. Drain the beans, then place in a pot with water, covering by at least one inch. Add a generous piece of kombu and bring the beans to a boil. Reduce the heat to a simmer, partially cover, and cook until the beans are tender. Bean cooking times vary widely based on the freshness of the beans, altitude, and how long the beans were soaked.

1 cup of dry beans will yield about 2¼ to 3 cups of cooked beans. Beans freeze well so consider cooking a larger amount than you need and freezing the left-overs for future use.

Here are some rough guidelines:

**Lentils:** 18 – 20 minutes for use in salads, up to 35 minutes if you want them very soft

**Split Peas:** 45 – 60 minutes

**Aduki & mung beans:** 45 – 55 minutes

Most other beans will be tender in 30 minutes to 1 hour. To test beans, remove one from the pot and let it cool for a few minutes, then taste. The beans should be soft with no starchy taste.

## Vegetables

There are an infinite number of ways to prepare vegetables, but if you understand the three techniques that follow, you'll have the basics for experimenting on your own.

### Blanching and Steaming Vegetables

Blanching is a technique for cooking vegetables quickly in boiling water just until their color brightens and they no longer taste raw. You can also accomplish this same result by steaming vegetables in a steamer basket over boiling water. Blanching and steaming are great techniques for taking the raw edge off vegetables such as broccoli or even carrots, that you might want to eat cold or add to a vegetable salad. It's also the one method of vegetable preparation that involves no added oil.

Bring a pot of water to a boil with a bit of salt. The size of the pot and amount of salt depends on the quantity of vegetables you need to blanch. If you only have a few cups, use a two quart saucepan about  $\frac{3}{4}$  full and add  $\frac{1}{4}$  teaspoon of salt. When the water is boiling, add one kind of vegetable. As soon as its color brightens and it tastes just barely tender, use a spider or small wire mesh colander to remove the vegetables from the water. Rinse immediately under cold water to set the color and stop the cooking process. You can re-use your water to blanch any remaining vegetables.

### Roasting

Roasting is one of the easiest and tastiest ways to cook vegetables. It concentrates their flavor by evaporating moisture and drawing the natural sugars to the surface so that the vegetables become slightly caramelized.

To roast vegetables, preheat your oven to 400° or 450° – a really hot oven is key! Chop your vegetables in the size that you like. The smaller the pieces, the quicker they will cook. We like about  $\frac{3}{4}$  – 1½ inch pieces. If they are too small, they will dry out; if they are too large, they will take a long time to cook.

Toss the vegetables with a bit of sesame oil or ghee and salt and pepper, or add minced garlic and/or fresh or dried minced herbs. Place your oiled vegetables on a baking sheet in a single layer and roast them just until tender when pierced with a skewer or fork. Stir the vegetables once or twice during their cooking time to help them cook evenly.

*“In a study that analyzed 252 cases of bladder cancer that developed in a population of 47,909 health professionals over a ten-year period, eating five or more weekly servings of cruciferous vegetables, particularly broccoli and cabbage, was associated with half the risk of developing cancer as compared to those individuals consuming one or fewer servings of these vegetables each week. Similarly, a study carried out on 5,000 Swedish women suggests that eating one or two daily servings of crucifers is linked to a 40 percent drop in the risk of developing breast cancer.”*

– Foods to Fight Cancer

Roast vegetables together that cook in about the same amount of time:

- Mushrooms, peppers, summer squash, green beans and onions will cook the quickest, in about 15 to 25 minutes, depending on their size and how done you like them.
- Butternut, sweet potatoes, potatoes, Brussels sprouts, cauliflower, turnips, carrots and eggplant will take 25 to 35 minutes.
- A few vegetables, like rutabagas, may take as long as 45 minutes to an hour.

### **Sautéing**

Sautéing is a fancy word for frying. Here's the basic technique.

Put a bit of olive oil, coconut oil or ghee in a skillet or sauté pan. You want enough oil to thinly coat the bottom of the pan. Heat the pan over a medium heat. When the oil is hot, but not smoking, add your vegetables. Cook, stirring every few minutes, until the vegetables are tender. Once the vegetables are beginning to brown, adding a few tablespoons of water and covering the sauté pan can help finish the cooking process so that everything is tender. Keep an eye on things, however, as it is easy for the vegetables to become over-cooked.

Just as in blanching and roasting, the cooking times will vary depending on the size of the pieces and the density of the vegetable. Zucchini will cook faster than carrots, for example, and a thinly sliced piece of zucchini will cook faster than a thick slice. If you are cooking several types of vegetables, add the largest/most dense vegetables first. Let them cook for a few minutes, then add the rest of the vegetables and continue cooking until everything is tender.

If you are cooking a number of different vegetables and you aren't sure how long each will take, consider sautéing each one separately, removing it to a bowl while you cook the remaining vegetables. When all the vegetables have been cooked, return them all to the pan and warm for a few minutes before serving.

## A Note about Nuts

Many of the recipes that follow call for nuts or seeds. Like grains and beans, nuts contain enzyme inhibitors that can restrict our ability to digest the nutrients they contain. Soaking nuts and seeds in water, then drying in a low oven or dehydrator, neutralizes the enzyme inhibitors and makes their nutrients more readily available.

Soak 2 cups nuts or seeds overnight in filtered water to cover. The next day, drain the nuts or seeds and spread them on a baking pan in a warm oven (not more than 150° to 200°) or place them in a dehydrator. Cook or dehydrate until they are completely dry and crisp. This will take 6 to 12 hours in your oven, 1 to 3 days in a dehydrator.

## Fermenting Basics

Our ancestors have used the simple process of lacto-fermentation for thousands of years as a means of preserving foods without refrigeration or canning. Today we understand that beyond preserving foods, fermentation enhances their nutritional value. Eating small amounts of fermented foods on a daily basis helps to maintain healthy bacteria in the digestive tract. Healthy digestive bacteria are key to the digestion and absorption of the nutrients in our food.

*The proliferation of lactobacilli in fermented vegetables enhances their digestibility and increases vitamin levels. These beneficial organisms produce numerous helpful enzymes as well as antibiotic and anticarcinogenic substances. Their main by-product, lactic acid, not only keeps vegetables and fruits in a state of perfect preservation but also promotes the growth of healthy flora throughout the intestine.* — Sally Fallon, *Nourishing Traditions*

Making your own sauerkraut is remarkably simple and extremely satisfying. Here are two easy recipes for fermented foods to get you started. If you are interested in exploring fermentation further, look at page 195 of the Resource Guide.

## Tip

Make sure there is water over the cabbage or other vegetables as this is an anaerobic fermentation. Air will yield mold. If there is foam or some discoloration on the top layer of the sauerkraut just remove it as all the kraut under the water will be fine.

*“Cooking is not merely a time-consuming means to an end, but is itself healing, meditation, and nourishment. . . We sell ourselves short when we concentrate on instant relief and instant gratification and do not see that work is how we make our love manifest.”*

– Ed Brown, *Tomato Blessings and Radish Teachings*

## Basic Sauerkraut

- 5 pounds of cabbage, cored and shredded or chopped (save the outer leaves)
- 1½ tablespoons sea salt
- 4 – 6 tablespoons whey or an additional 1½ tablespoons sea salt

### Optional Additions

- Small handful of arame sea weed, soaked in hot water, then rinsed
- ½ – 1 tablespoon of finely minced or grated ginger
- ½ – 1 tablespoon of finely minced garlic
- 2 – 3 tablespoons fresh dill, minced
- 1 tablespoon caraway seeds or fennel seeds

1. Mix the cabbage with the salt and whey (if using). Add any optional ingredients. Pound the cabbage with a mallet or massage with your hands for about 10 minutes to release the juices.
2. Place the cabbage in a large glass jar or crock, pressing down firmly with your fist to pack the cabbage tightly. Liquid should cover the cabbage by at least ½ inch. Place the reserved outer leaves over the shredded cabbage.
3. Fill a smaller jar with water and place it inside the jar to weight the cabbage and keep it below the liquid.
4. Cover the jars with a towel and leave it at room temperature for at least 4 days and up to two weeks. Check the jar every few days to make sure the cabbage is still below the liquid.
5. Taste the sauerkraut on the 4th day to see if you like it. The sauerkraut is ready if it tastes good to you. When you like it, refrigerate it in a sealed jar, making sure there is water over the sauerkraut. It will keep for 6 months in your refrigerator.

## Ginger Carrots

- 4 cups grated carrots
- 1 tablespoon freshly grated ginger
- 1 tablespoon sea salt
- 4 tablespoons whey or an additional 1 tablespoon sea salt

Follow the directions for Basic Sauerkraut.

## How to Get Started with Sprouting

Creating your own sprouts at home is simple, satisfying and economical. For more information on sprouting and sprouting supplies, see pages 195 and 196 in the Resource Guide.

### Basic Equipment

1. Glass mason jars
2. Straining lids for jars: A stainless steel mesh sprouting lid or tulle fabric or cheesecloth can be used with the Mason jar ring to secure it in place – or alternatively use a plastic sprouting lid.
3. Sprouting Bags: A nice option for legumes and grains.
4. An old dish drainer works well as a place to set the jars at a 45 degree angle. Rolling a towel under the jar may also work well.

### Basic Directions

1. Soak suggested portion of seeds or legumes overnight in a bowl or covered quart mason jar.
2. Rinse the sprouts for 30 seconds with running water, drain and place them in a mason jar. Cover the jar with a straining lid, and place the jar at a 45 degree angle, lid side down, in a place with indirect light.
3. Rinse the sprouts for 30 seconds twice a day, in the morning and evening, draining well, then returning them to their upside down, 45 degree angle resting place. Do not let the seeds dry out. If it is hot, rinse more often.
4. Watch for the sprouts' tails to grow!
5. Remove the loose hulls by immersing the sprouts in a bowl of water; the hulls will rise to the top. Strain off the loose seed hulls.
6. When the sprouts are ready, rinse and store in glass containers or fabric bags in the refrigerator.

### Other Tips

Clean sprouting equipment with food-grade hydrogen peroxide (3%) at 1/8 cup to a gallon of water or stronger if there is mold.

Rinsing sprouts with the above dilution of hydrogen peroxide before they are refrigerated helps keep molds away.

All stored sprouts need to be rinsed and drained daily.

*“In a sense, all discussion of local economies is about Fair Trade – about raising wheat and lettuce in a way that honors both farmer and soil; about growing timber in a way that allows loggers to work at a reasonable pace and in a living forest; about saving and producing energy in quantities that don’t require military adventure or climactic upheaval. About giving up some measure of efficiency for other values.”*

– Bill McKibben,  
*Deep Economy*



## SPROUTING TIMES

Source: *Rainbow Green Live- Food Cuisine*, Dr. Cousens, <http://supersprouts.com> and *Sprouts, the Miracle Food*, Steve Meyerowitz.

Seed Type	Dry Measure	Soaking Time	Sprouting Time	Tips
Mung Beans	1 cup	6-8 hours	4-5 days	2" tail- steam
Clover	3 Tbsp	5 hours	5 days	2" tail- hull- green
Radish	3 Tbsp	6 hours	5 days	2" tail- hull- green
Mustard	3 Tbsp	5 hours	5 days	1.5" tail
Broccoli	3 Tbsp	5 hours	5 days	1" tail- hull- green
Sesame Seeds	1 cup	4 hours	2 days	1/8" tail
Wheat Berries	1 cup	6 hours	5-7 days	4" tail
Spelt Berries	1 cup	6 hours	5-7 days	4" tail
Rye Berries	1 cup	6 hours	5-7 days	4" tail
Almonds	1 cup	12 hours		dehydrate till crisp
Pecans	1 cup	1-2 hours		dehydrate till crisp
Walnut	1 cup	1-2 hours		dehydrate till crisp

## A Final Word

Remember, great cooking begins with the freshest whole foods you can find. The best recipe in the world can't make up for mealy, flavorless tomatoes or bitter, tough greens. On the other hand, tender young greens out of the garden will be a delight raw or with just a quick sauté in olive oil and a sprinkling of salt and pepper.

Finally, we can't say this enough: Test and taste. Foods are infinitely variable and so are we! A carrot fresh out of the garden will vary in sweetness from a carrot that has been in the food system for a week or two. It might have a higher water content and cook more quickly as well. On top of that, what seems tender to me might not be tender enough for you. Your taste buds are unique – and may vary as well from week to week if you are going through treatment. When you cook, guidelines can be helpful but ultimately, cooking is about being present, paying attention, and learning to please yourself in this moment.