Harnessing the Power of Food
Mon. March 17, 2014

Silk Road Walnuts

Curry Cauliflower Soup

Miso Salmon

Red Cabbage Salad with Tamari Toasted Walnuts and Edamame

Ginger-Scented Forbidden Rice

Chocolate Walnut Black Cherry Truffle

Chai Green Tea
Recipes:

Magic Mineral Broth (for the soup):

Makes 6 quarts

6 unpeeled carrots, cut into thirds
2 unpeeled yellow onions, cut into chunks
1 leek, white and green parts, cut into thirds
1 bunch celery, including the heart, cut into thirds
4 unpeeled red potatoes, quartered
2 unpeeled Japanese or regular sweet potatoes, quartered
1 unpeeled garnet yam, quartered
5 unpeeled cloves garlic, halved
½ bunch fresh flat-leaf parsley
1 8-inch strip of kombu
12 black peppercorns
4 whole allspice or juniper berries
2 bay leaves
8 quarts cold, unfiltered water

Rinse all of the vegetables well, including the kombu. In a 12-quart or larger stockpot, combine the carrots, onions, leek, celery, potatoes, sweet potatoes, yam, garlic, parsley, kombu, peppercorns, allspice berries, and bay leaves. Fill the pot with the water to 2 inches below the rim, cover, and bring to a boil.

Remove the lid, decrease the heat to low, and simmer, uncovered, for at least 2 hours. As the broth simmers, some of the water will evaporate; add more if the vegetables begin to peek out. Simmer until the full richness of the vegetables can be tasted. Strain the broth through a large, coarse-mesh sieve (remember to use a heat-resistant container underneath). Let cool to room temperature before refrigerating or freezing.

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Roasted Curry Cauliflower Soup

Serves 6

1 head cauliflower, cut into florets
3 tablespoons extra-virgin olive oil
sea salt
1 cup finely diced yellow onion
2 carrots, peeled and diced small
1 cup finely diced celery
1 teaspoon curry powder
½ teaspoon turmeric
¼ teaspoon ground cumin
¼ teaspoon ground coriander
¼ teaspoon ground cinnamon
6 cups magic mineral broth
Apricot pear Chutney (Garnish)

Preheat the oven to 400°F and line a baking sheet with parchment paper.

Toss the cauliflower with 1 tablespoon of the olive oil and ¼ teaspoon of salt, then spread it in an even layer on the prepared pan. Bake until the cauliflower is tender, about 25 minutes.

While the cauliflower is roasting, heat the remaining 2 tablespoons olive oil in a sauté pan over medium heat, then add the onion and a pinch of salt and sauté until translucent, about 3 minutes. Add the carrots, celery, and ¼ teaspoon salt and sauté until the vegetables begin to turn golden, about 8 minutes.

Add the curry powder, turmeric cumin, coriander, cinnamon, and another ½ teaspoon of salt and stir until the spices have coated the vegetables. Pour in ½ cup of the broth to deglaze the pan and cook until the liquid is reduced by half. Remove from the heat.

Pour 3 cups of the remaining broth into a blender, then add half of the sautéed vegetables and roasted cauliflower. Blend until smooth, then pour the mixture into a soup pot and repeat the process with the remaining 2 ½ cups broth and the remaining vegetables and cauliflower. For a thinner consistency, add another cup of broth.

Gently reheat the soup over low heat. Taste. You may want to add a spritz of fresh lemon juice and another ¼ teaspoon salt.

Serve garnished with a dollop of Apricot Pear Chutney, which undoubtedly will take you to the land of yum!

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Apricot Pear Chutney (Dollop for Soup)
Makes 4 cups

2 pounds pears, peeled, cored, and diced
1 1/4 cups chopped unsulfured dried apricots
1/2 teaspoon lemon zest
1/2 cup brown rice vinegar
1/4 cup freshly squeezed lemon juice
1/4 cup maple syrup
1/2 teaspoon minced garlic
1/2 teaspoon grated fresh ginger
1/2 teaspoon sea salt
1/2 teaspoon ground cinnamon
1/4 teaspoon ground allspice
1/4 teaspoon ground cardamom
Pinch of red pepper flakes
1 pod star anise (optional)

Combine all of the ingredients in a large saucepan and bring to a boil. Lower the heat to maintain a bubbly simmer and cook, stirring occasionally, for 45 to 50 minutes with the lid partially off so that the liquid begins to evaporate. Once the pears are soft but not mushy and the liquid has reduced to a thick coating over the fruit, remove the chutney from the heat. Serve warm or at room temperature.

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**Wild Salmon with Miso Lime-Ginger Glaze**

Serves 4

3 tablespoons white miso  
3 tablespoons fresh lime juice  
1/4 cup mirin  
1 tablespoon grated fresh ginger  
1 teaspoon toasted sesame oil  
4 (6-ounce) Wild Salmon, bones removed

Whisk together the miso, lime juice, mirin, ginger, and sesame oil in a mixing bowl. Pour half the marinade over the salmon, and turn to coat well. Reserve the remaining marinade. Marinate the salmon in the refrigerator for 30 minutes to an hour.

Grill until instant read thermometer reads 122 degrees (calculating that the salmon will keep cooking).

In a saucepan, heat the reserved marinade over medium heat until it starts bubbling. When the salmon is cooked, pour the marinade over the fillets and serve immediately on a platter or individual plates.

Cook Note: please use the following miso. It is gluten free.  

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Red Cabbage Salad with Tamari Toasted Walnuts and Edamame
Serves 6

For the walnuts
1/2 cup California walnuts, chopped
1 teaspoons maple syrup
1 teaspoon tamari (wheat free soy sauce)
Pinch of cayenne pepper

For the dressing
2 tablespoons rice vinegar
2 tablespoons tamari
2 tablespoons maple syrup
1 tablespoon fresh lime juice
1 teaspoon sesame oil
1 tablespoon minced fresh ginger
Pinch of cayenne pepper
Pinch of salt

Salad ingredients
1 cup fresh edamame, or frozen edamame, thawed (spritzed with a squeeze of lime and a pinch of salt)
1 tablespoon lime juice
1/4 teaspoon salt
4 cups shredded red cabbage (about half a head)
2 cups peeled and grated carrots (about 3 large carrots)
1/4 cup finely chopped fresh cilantro or fresh basil
2 tablespoons finely chopped fresh mint

Preheat the oven to 350°F. To prepare the walnuts, toss them in a small bowl with the maple syrup, tamari and cayenne. Spread on a baking pan and bake for about 10 minutes, stirring once, until golden brown and fragrant. Cool to room temperature. If the nuts stick to the pan, loosen them with a spatula.

To make the dressing, whisk together the vinegar, tamari, maple syrup, lime juice, sesame oil, ginger, cayenne and salt. Or combine the ingredients in a tightly capped jar and shake until blended. Set aside.

To prepare the salad, in a large bowl toss the edamame with the lime juice and salt. Add the cabbage, carrot, cilantro and mint. Add the dressing and toss to combine and coat the vegetables. Sprinkle the prepared walnuts on top and serve.

Recipe Courtesy of Rebecca Katz for the California Walnut Board
Chocolate Cherry Walnut Truffles

Makes about 20 Truffles

2 tablespoons boiling water
2 ounces dark chocolate with a 64 to 72 percent cacao content, very finely chopped
½ cup coarsely chopped walnuts
1 tablespoon unsweetened cocoa powder
1 cup pitted and halved medjool dates
1 teaspoon vanilla
¼ teaspoon sea salt
¼ cup finely diced dried cherries

Coating
2 tablespoons shredded coconut
¼ teaspoon curry powder
1 pinch of salt

Stir the boiling water into the chopped chocolate and let it stand for 30 seconds. Using a small whisk, stir until the chocolate is completely melted and glossy.

Coarsely grind the walnuts in a food processor, then add the dates, cocoa powder, vanilla, salt, and process for a minute. Then, add the chocolate mixture and process until smooth, another 1 minute. Transfer to a bowl; stir cherries into the chocolate mixture. Cover and chill for approximately two hours, until firm.

Meanwhile, prepare your coconut walnut coating. In the food processor with a clean, dry bowl, grind the walnuts, curry powder and salt into a fine meal, then scatter on a large plate.

Scoop up approximately two teaspoons of the chocolate mixture and roll it into a smooth ball between your palms, then roll it in the curried walnuts to coat. Repeat with the remaining mixture, then place the truffles in an airtight container and chill thoroughly before serving.

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Green Tea Chai

Makes 3 quarts

12 cups water, divided
⅓ cup sliced peeled fresh ginger, cut ¼ inch thick
3 tablespoons coriander seeds
1 ½ tablespoons cardamom pods
4 cinnamon sticks
5 whole cloves
4 Sencha, or your favorite green tea bags
1 tablespoon Grade B Maple Syrup

Combine 8 cups of the water, ginger, coriander, cardamom, cinnamon and cloves in a saucepan, and bring to a boil. Lower the heat, cover, and simmer for 45 minutes.

While chai is simmering, make the green tea. Bring remaining 4 cups of water to a boil, then add the tea bags. Steep for 6 minutes. Remove tea bags and set aside.

Strain the tea through a fine-mesh sieve into a clean saucepan. Add the green tea and 1 tablespoon maple syrup and reheat.
Silk Road Spiced Walnuts

Serves 8

2 teaspoons extra virgin olive oil
1 teaspoon grade B maple syrup
2 tablespoons freshly squeezed orange juice
¼ teaspoon orange zest
¼ teaspoon sea salt
½ teaspoon cumin
½ teaspoon coriander
¼ teaspoon ginger
pinch of cayenne
1 cup raw walnuts

Preheat the oven to 350°F and line a sheet pan with parchment paper.

Whisk all ingredients, except walnuts, together in a small bowl. Add the nuts and toss until evenly coated. Spread mixture evenly on the sheet pan.
Bake for 10 - 15 minutes, until liquid is bubbly and reduced and nuts are aromatic and slightly browned. Let cool to room temperature, then use a metal spatula to loosen the nuts.

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