

# WINTER WISDOM RECIPES

## Weekly Recipe Ideas



Winter Borscht

Beets are sweet and nourishing making this an ideal winter meal.

### Monday

#### Winter Green Smoothie

Make a blender full to last you the morning. Start your week right.

### Tuesday

#### Winter Beet Soup

Make a big pot to last a couple days.

### Wednesday

#### Winter Masala Mix

Make up a batch of Chef Johnny's Vata seasoning to keep on hand for your winter cooking

### Thursday

#### Squash & Wild Rice Soup

Curl up with a big bowl of this comforting soup!

### Friday

#### Spiced Apple Sauce & Ghee

Treat yourself with a bowl of this yummy winter snack.

### Weekends

#### Nourishing Kitchari or Biryani

These one pot meals makes the perfect lunches for busy weekend days.

## RECIPE & PREPARATION

### Ingredients:

- 4 cups water stock
- 2 medium beets chopped
- 2 tomatoes, chopped
- 4 ounces tomato puree
- 2 tablespoons ghee/oil
- 2 red onions, chopped
- 2 carrots, chopped
- 2 stalks celery, chopped
- 2 large yellow potatoes
- 1 can white beans
- 1/2 head green cabbage
- 1 lemon, juiced
- 1 tsp fennel or caraway seeds
- salt & pepper to taste
- fresh dill to garnish

### Directions:

Saute onions and fennel seeds in oil.

Add chopped root vegetables and saute for 5 minutes. Add celery and cabbage, stir for another 5 minutes.

Add stock, tomatoes & tomato paste, white beans and lemon juice.

Bring to a boil, turn down and simmer low until vegetables are tender. Take off heat and let sit for 2 hours for the most flavor.

Reheat to serve and garnish with fresh dill.

# Winter Squash & Wild Rice Soup

## Ingredients:

**1 large butternut squash, peeled & cubed**  
**2-3 carrots chopped**  
**1 gala apple chopped**  
**1 medium sweet onion chopped**  
**1 clove garlic**  
**3-4 Tbsp Olive oil**  
**Fresh Thyme sprigs**  
**1 Tbsp Autumn Masala Mix**  
**1 Tsp cinnamon**  
**1 tsp ground ginger**  
**½ tsp nutmeg**  
**3-4 cups of stock**  
**1 cup real apple cider**  
**Salt & pepper to taste**  
**1 cup of cooked wild rice**

## Directions:

Make wild rice, set aside.  
Saute onion and spices in a heavy soup pan.  
Add chopped squash, carrots, and apple, saute for 5 minutes.  
Add stock and apple juice, bring to a boil.  
Turn down to low and simmer until vegetables are soft.  
Puree soup in a blender or use a hand blender.  
Season to taste and stir in wild rice before serving.



*This sweet and warming soup is perfect for cold winter days.*



**Chef Johnny's Vata Seasoning**

**2 Tbs fennel seeds**  
**1 Tbs coriander seeds**  
**1 Tbs cumin seeds**  
**1 Tbs dried basil leaves**  
**1 Tbs turmeric powder**  
**2 tsp ginger powder**  
**1 tsp asafetida powder**  
**2 tsp salt**

## WINTER MASALA MIX

- 1. Grind seeds and basil leaves in a mortar and pestle or spice grinder**
- 2. Add to a bowl and stir in powdered herbs and salt**
- 3. Stir well and store in an air tight jar**
- 4. Use in your autumn cooking or sprinkle on your food**



Recipe from Eat, Taste, Heal by Thomas Yarema and Johnny Brannigan

## WINTER JUICES & SMOOTHIES

### Winter Green Smoothie



1 ripe pear  
1 cup of water or almond milk

1 cup of chopped kale  
1 handful of parsley  
1/2 an inch of peeled ginger  
1 Tbs of cacao nibs  
1 Tbs hemp or chia seeds



### Cleansing Winter Green Juice

1 apple or pear  
1 inch peeled ginger  
1 handful parsley  
4-5 leaves of kale or collard greens  
1-2 pieces of celery



### Warming Beet, Carrot, Apple & Ginger Juice

2-3 carrots  
1 small beet  
1 large apple  
1 inch ginger root  
1 inch turmeric root

### Winter Meal in a Glass

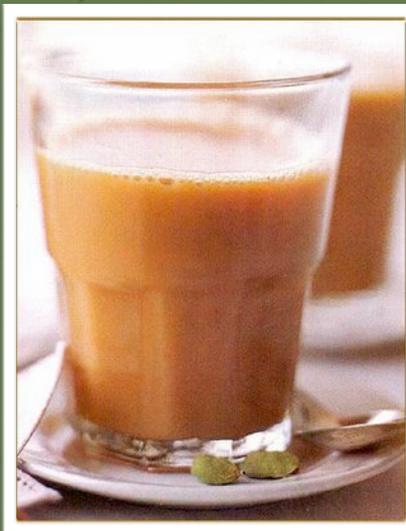
1 ripe pear  
1 handful fresh greens of choice  
1 heaping Tbs each coconut oil, hemp seeds, chia seeds, maca powder & chlorella or green mix  
1 inch ginger root  
1/2 cup of fresh/frozen cranberries  
Protein powder of choice  
1-2 cups of almond milk



### Herbal Chai Mix

8 crushed cardamom pods  
4 whole cloves  
2 star anise pods  
2 cinnamon sticks  
1 Tbs fresh grated ginger  
1 Tbs whole fennel seeds  
6 cups water  
1 cup milk ( or almond milk)  
Raw honey to taste

Bring water to boil, simmer spices for 10 minutes, add milk and simmer 2-3 minutes. Strain and serve, add honey to taste.



## More on Smoothies & Juices

Though smoothies are not your typical winter comfort food they are an ideal way to eat lighter and still pack a lot of nourishment in.

Fresh vegetable and fruit juices are also cleansing and are a great way to re-alkalinize your system as the winter diet is heavier and more acidic.

### Benefits of Smoothies

Victoria Boutenko has a great site full of info on green smoothies

<http://greensmoothiesblog.com/health-benefits-green-smoothie/>

### Benefits of Juices

This is a great article on the benefits of juicing from the Crazy Sexy Life Website

<http://crazysexylife.com/2011/the-benefits-of-juicing/>

### Best Winter Fruits & Veggies

Carrots

Beets

Squash

Parsnips

Kale & Chard

Celery

Apples

Pears

Pomegranates

# Vegetable Biryani with Mint & Cilantro Yogurt Chutney

1/3 cup mung means, soaked for 2 hours  
1 1/2 cups basmati rice, rinsed  
3 cups water,  
1 tsp turmeric powder  
1 Tbs ghee  
2 Tbs shredded carrot  
2 Tbs pistachio nuts chopped fine  
2 Tbs Autumn Masala Mix  
5 cardamom pods, 6 whole cloves  
2 Tbs raisins, chopped fine  
1 Tbs lemon zest, 1/4 cup stock

1. Cook rice & mung beans in 3 cups water, cover and simmer until grains are plump and water is dissolved
2. In a large sauce pan saute spices in ghee with shredded carrots, add lemon zest, stock, nuts and raisins, stir for 5 minutes or until carrots are cooked
3. Add rice and bean mixture and stir until well coated
4. Add salt and pepper to taste, serve with Mint & Cilantro Chutney



*Recipe from Eat, Taste, Heal by  
Thomas Yarema and Johnny  
Brannigan*



*This one pot meal served with chutney contains all the tastes, with an emphasis on sweet, sour and salty.*

## MINT, CILANTRO & YOGURT CHUTNEY

### Directions

2 bunches cilantro  
2 large handfuls of fresh mint  
1/2 cup plain thick yogurt  
2-3 tsp raw sugar  
1 Tbs fresh lime juice

Blend all ingredients in a food processor until herbs are chopped fine and yogurt has a green color. You can add more or less yogurt depending on your preferred thickness.



Keeps 3-4 days in the fridge.

# KITCHARI: AYURVEDIC ONE POT MEAL

## Ayurvedic Herbs & Spices



SIMPLE KITCHARI

Kitchari is a nourishing and comforting meal that is easy to make and is a staple in Ayurvedic cooking.

### Turmeric

Turmeric root is a warming antioxidant spice that cleanses and moves the blood, reduces inflammation, purifies the liver, reduces cholesterol and congestion, and beautifies the skin.

### Ginger

Ginger aids digestion, reduces mucus, stimulates circulation, and relieves nausea. Keep a steady supply of ginger on hand through the cooler months to maintain good health.

### Cumin

Cumin is a pungent seed that aids digestion and reduces gas. It is also high in iron and is useful for building blood.

### Coriander

Tasty coriander aids digestion, relieves inflammation, prevents nausea, and lowers cholesterol.

### Asafetida

Asafetida or Hing as it's called in India is fabulous for reducing gas and is also a respiratory stimulant and expectorant so is a common remedy for bronchitis and asthma.

## RECIPE AND PREPARATION

**1 cup split yellow mung beans or red lentils**  
**2 cups basmati rice (brown for Kapha)**  
**1 inch fresh ginger root, peeled and chopped**  
**1 small handful fresh cilantro leaves, chopped**  
**2 tbs. ghee**  
**1 tsp each turmeric, coriander powder, cumin powder**  
**1 tsp each whole cumin seeds and mustard seeds**  
**1 tsp kosher salt**  
**1 pinch hing (asafoetida)**  
**3 -4 cups of water (use more water if you have weak digestion or prefer a soupier consistency)**

1. Wash beans and rice together until water runs clear
2. In a large pot on medium heat mix ginger, ghee, spices and salt
3. Add rice and beans. Stir till coated, add water, bring to boil.
4. Turn heat to low, cover, cook until water is absorbed
5. Add cilantro before serving
6. Enjoy!



# How to Make Ghee

## *Ingredients & Supplies*

1 lb of unsalted butter  
1 heavy bottomed sauce pan  
1 clean glass canning jar  
cheesecloth or fine strainer

## *Directions*

Place your butter in the pot. Bring the butter to a boil, then reduce the heat to a slow, steady simmer. The butter will begin to produce foam. Don't remove this foam; it will begin to be absorbed into the butter and you will hear the crackling sound of moisture and liquid being evaporated. The smell should be like popcorn!

Let the butter simmer until the crackling sounds slow down. You will have to keep an eye on it and make sure the heat on your stove is not too high.

store. Cool down slightly and strain the ghee through a piece of cheesecloth, kitchen towel or a fine strainer to remove all the foam. Pour the ghee into the jar and let cool. Keep on hand and use liberally in all cooking.



*Ghee is calming to the nerves and supports joint health*

Traditionally  
ghee is made  
on the full  
moon each  
month...I find

this monthly  
kitchen  
sadhana to be  
meditative, fun  
and nourishing.



*This is a cleansing, warming,  
and satisfying winter treat  
that I like to eat for  
breakfast on a cold day.*

## Spiced Apple Sauce & Ghee

4-6 large apples sliced thinly

1 tbs fresh ginger

1 Tbs lemon juice

1tsp cardamom powder, 1 tsp cinnamon, pinch nutmeg

Water or apple cider to cover

Simmer apples and spices in water or cider until cooked down and soft.

Serve warm with 1 Tbs of fresh ghee per bowl.

# Raw Chocolate Ginger Mint Macaroons

**3 cups dried, unsweetened coconut flakes**

**1 1/2 cups cocoa powder**

**1 cup maple syrup or agave**

**1/3 cup coconut oil (extra virgin is best for these cookies!)**

**1 T mint extract**

**1 Tbs ginger dried**

**1/2 teaspoon sea salt**

1. Blend together oil, cocoa powder, ginger, mint and salt until creamy
2. Add coconut and stir until well mixed
3. Dehydrate at 110 degrees for a few hours until just dry and crispy on the outside *or* simply place them in the freezer for 20 minutes to harden
4. Share with friends!



*Serve with a dollop of cashew cream for a real treat!*



These rich and delicious raw treats are gluten and refined sugar free and kids love them.

Try offering them at your next holiday gathering and I promise you will be a hit!

## DECADENT RAW FOOD DELIGHTS

### Cashew Cream

1 cup raw cashews  
3 large fresh dates  
1 teaspoon vanilla extract  
Pinch of salt

Soak cashews for 20 mins. Rinse. Blend all ingredients in the blender until creamy.

Serve with Chocolate Ginger Mint Macaroons.



# Hearty Winter Apple & Walnut Sprouted Buckwheat Granola

**2 cups of buckwheat soaked for 1 hour in cold water and rinsed**

**1 cup of walnuts soaked for 1 hour in cold water and rinsed well**

**1/2 cup each of hemp seeds, pumpkin seeds, and shredded coconut**

**1 handful each of raisins and chopped dates soaked for 1 hour and drained**

**2 small apples shredded**

**1/3 cup of melted coconut oil or ghee**

**2/3 cup of maple syrup or agave**

**1 tsp each cinnamon, ginger, allspice, vanilla extract and salt**

1. Place buckwheat, chopped walnuts, seeds and coconut in a large bowl
2. Pulse apples, soaked raisins and dates, oil, sweetener and spices in a food processor
3. Pour the sweetener and fruit mix over the grains and nuts and stir well
4. Spread on a cookie sheet and cook at a low heat for an hour or two (or until dry and crunchy) stirring often or dehydrate at 110 degrees overnight
5. Pour into a large bowl and add extra dried fruit such as cranberries if desired
6. Serve with warm or cold almond milk



Serve with warm almond milk on a cold day for a nourishing winter breakfast.



## Warm Winter Almond Milk

1 cup almond milk  
1 Tbs maple syrup  
1 tsp cinnamon powder  
1 tsp ginger powder  
1 tsp ghee

Warm gently, stirring well.  
Serve warm in a big mug.  
Relax and enjoy.

## HOMEMADE ALMOND MILK

**1 cup of almonds soaked overnight**

**1 pinch salt**

**1tsp vanilla powder**

**Maple syrup or agave to taste**

1. Place rinsed almonds, salt, vanilla powder, and sweetener in the blender with enough water to just cover
2. Pulse a few times and then blend well.



3. Add water until blender is full
4. Strain through fine cheesecloth