


NOURISHED

DEEP

VOLUME 4 WINTER 2015



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NOURISHED

A photograph of bare, snow-covered tree branches against a bright, overcast sky. The branches are thin and dark, with small clusters of snow or frost on them. The background is a pale, uniform color, suggesting a snowy or very bright day.

*It is the life of the crystal, the architect of the flake, the fire of the frost, the
soul of the sunbeam. This crisp winter air is full of it.*

— John Burroughs

HELLO!

The first snow of the year - after the flirtations of Spring, the foreplay of Summer and the intimacy of Fall, it comes as the erstwhile climax that we were all waiting for. As the crystal flakes swirl down from the sky, how many of us can resist simply standing still, looking up and smiling? We don't know why but we implicitly give in to a sense of elation.

I have always been fascinated by this dance of nature. Over the span of a few weeks, the transcendence of Fall gives way to the monochrome of Winter and, yet, brings with it a new quest. As I watch, the blanket of white washes away the soot and grime built up over the months, covers up the messes and mistakes, and, gives a new meaning to monochrome. *It feels like a cleanse. An opportunity.* To start again. To wipe slates blank and start from scratch. It feels like magic.

Every Winter tests the human body and soul a little more. As beautiful as it is, it is also stark, bleak and bitterly cold. As both the body and soul seek nourishment, we subtly and overtly start internalizing this cleansing process. Recent fads aside, there is deterministic shift to becoming more conscious of what we put into our body. From whole grains to healthier proteins, we start caring ever more about how to nourish and sustain the body through the harshness of this cold season. Literally and metaphorically we search for *depth in our plates and lives*.



With a view to preparing us for the cold and, usually, long journey of the darkest months of the year, in this issue, I have collected recipes that give a **deep** satisfaction to the belly and deeply soothes the soul.

I attempt to redefine monochrome to represent what we seek and need at this time. Beneath the shades of brown we see on our plates lies a deep seat of flavor, layered through slow cooking and dollops of love and desire to share with friends and family.

From slow braised to smoky roasts, vegetables shine as the least expected star of the season. As with every issue, I have included several recipes for those with different diets. From blackened cauliflower to chickpea tartines, from slow cooker fruit butter to rich chocolate tarts, the recipes are intended to enable us to persevere and come out shining into Spring.

Afresh. Ready to start again.

- Asha
Editor at large

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GF - Gluten Free; Vn - Vegan; Vg - Vegetarian; * - Suggestions for restricted diet included

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THE PANTRY



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SLOW COOKER APPLE BUTTER



Servings: 1 small jam jar

Prep Time: 5 mins

Cook Time: 10 hours

INGREDIENTS

8 medium apples, cored and quartered, skin on

1/2 T whole cloves

1 stick of cinnamon

1/3 cup brown sugar or raw cane sugar

1/4 cup cider vinegar

1/2 tsp ground nutmeg

Apples actually are not a winter fruit as much as we see them flooding the farmers' market all the way from Fall. They are indeed an Autumn produce; one that happens in bounty and hence held in cold storage so they are spread over a longer market season.

Yet, it is quintessential to have apples during the Winter, especially, as the cold season reduces system immunity. One easy way of incorporating the fruit into the diet is to have it with breakfast. With recipe, you don't lift much of a finger to get a butter like apple spread that is at once luscious and filled with warmth of spices.

DIRECTIONS

1. Add all the ingredients to the bowl of the slow cooker.
2. Set on low and let her go for 10 hours atleast. You can leave it longer without worry, if your schedule works that way.
3. By this time the apples would be really mushy.
4. Using a strainer press through the cooked apple mix, discarding any pulp and whole spices once pressed.
5. Store in an airtight jar or a flip top jar and refrigerate once opened.

MILLET GRANOLA



***Millet** is an ancient whole grain predominantly, grown in the East, known for its high energy. Its natural proclivity to short harvest cycle and high productivity in sub-optimal climates has left the grain largely heritage. With its high protein and starch content, and, being gluten free, it is an **optimal source of morning energy**.*

Prep Time: 5 mins

Cook Time: 25 mins

INGREDIENTS

1 cup whole millet (white pearl)
2 cups thick gluten free oats
2 T honey
1 T olive oil
2 T peanut butter
1 - 1/2 cups mixture of nuts and seeds
1/2 cup raisins or other dried fruit
1 tsp salt

DIRECTIONS

1. Preheat oven to 350F.
2. In a large bowl combine all dry ingredients together.
3. In a bowl whisk together the honey, peanut butter and oil to create a thick emulsion
4. Pour the liquid into grain mixture and toss to coat.
5. The millet will create whole clusters with the peanut butter and oats. Leave as is.
6. Spread the mix on a lined baking tray and bake for 20-25 mins, turning once after 15 minutes.
7. Remove and cool to room temperature before storing in air tight jars.



BRUNCH



Recipe on Page 13

BAKED APPLE SPICED OATMEAL



***Baked Oats** are a fabulous make ahead family style brunch dish. It is warm and filling and a touch sweet, just right to start a relaxed weekend day. It is best served with a splash of whole milk and topped with fruit.*

Servings: 4 persons

Prep Time: 10 minutes

Cook Time: 35-40 minutes

INGREDIENTS

1 cup rolled thick GF oats
2 T flaxseed powder
1 tsp salt
1 egg
1/4 cup apple puree
1/2 cup heavy cream + 2 T for topping
1 apple, peeled, cored and sliced
6 cardamom pods crushed
1/2 nutmeg, grated
2 T brown sugar
handful of crushed nuts

DIRECTIONS

1. Pre heat oven to 350 F.
2. Mix flaxseed, oats and salt. Add in half the cardamom and all of the nutmeg.
3. In another bowl mix all the wet ingredients together.
4. Fold in the liquid into the oat mixture and spread into a baking dish.
5. Arrange the apple slices on top in any pattern you like. Sprinkle the remaining spices on top.
6. Sprinkle crushed nuts and drizzle the remaining cream.
7. Bake covered for 35 to 40 minutes until the apples are soft, nuts browned and the house smells of it all.

LIME + PEAR MUFFINS



Servings: 12 muffins

Prep Time: 5 mins

Cook Time: 20-22 mins

INGREDIENTS

1-1/2 cup AP flour

2/3 cup granulated sugar

1 large egg

1/2 cup salted butter, melted

3/4 cup milk

3/4 tsp baking soda

1 large ripe pear, chopped small

Zest of 1 lime

***Pears with Citrus** is the thing for the cold. One is comforting while the other refreshes. The recipe calls for lime as it balances the sweetness of pears with its tart acidity better than any other citrus cousin. But you can easily use orange or lemon zest in its place if you find lime too strong a flavor.*

These are great bites for breakfast and will last up to a week when stored correctly.

DIRECTIONS

1. Preheat the oven to 350F. Grease and flour a muffin baking tray.
2. In a mixing bowl, rub the zest and sugar between your fingers for several minutes to release the oils.
3. Beat in the egg, melted butter until smooth.
4. Gradually fold in the flour, baking soda, and salt.
5. Stir in the milk to incorporate and mix in the pear pieces.
6. Fill each cup, 3/4th full. Bake for ~20 minutes until springy to touch.
7. Cool on rack and store in an airtight container.



Recipe on Page 14

PERSIAN VEGETABLE OMELETTE



Put an egg on it! It is as simple as that. The inspiration for this dish comes from a Parsi tradition of cracking an egg on top vegetable dishes to make it more ‘appetizing’. Yet, at the same time it is also a brilliant way of not only stretching available ingredients but also making it a nourished, balanced and wholesome meal.

Servings: 3 very hungry persons

Prep Time: 10 minutes

Cook Time: 20 minutes

INGREDIENTS

5 eggs

2 T whole milk

1 small shallot, sliced

1-1/2 cups shredded root vegetables or cabbage

1 tsp z’atar

1 tsp sumac

1 tsp dried mint

salt, pepper and olive oil as needed

DIRECTIONS

1. In a heavy bottomed pan, heat the oil and sauté the shallot until soft.
2. Add the vegetables, sprinkle some water, cover the pan and let them wilt (~5 minutes).
3. Lift the lid, add half the spices and season with salt and pepper. Cook until vegetables are nearly done.
4. Meanwhile, whisk the eggs with the milk and season with salt and pepper.
5. When the vegetables are ready, pour the mixture evenly over them and sprinkle the remaining spices.
6. Lower the heat and cook covered until the egg is cooked. Transfer onto plate and serve.



MEALS



Recipe on Page 22

BLACKENED CAULIFLOWER + SMOKED AUBERGINE



Servings: 2 persons

Prep Time: 5 mins

Cook Time: 40 mins

INGREDIENTS

1 whole head of cauliflower
1 good sized aubergine
3/4 tsp crushed spicy pepper
salt, pepper, olive oil as needed

***Whole roast cauliflower** is simply put, sexy! And, divinely flavorful. This method of cooking, aside from making it a riveting showpiece, also leaves the vegetable soft with a bite and with a true smoky note that is intensely seductive in the cold season.*

While it pairs very well with just about any dip, hummus, cheese or chimichurri, it does tend to outshine these humbler actors. Now, a smoked aubergine, is a different story. Roasted whole and then mashed into a rich pulp, it brings out ever more sass in the smoke while dancing a perfect tune to the crunch of the cauliflower, yielding without surrendering.

DIRECTIONS

1. Preheat the oven to 400F.
2. Char the skin of the aubergine over direct fire. Once all sides are charred, wrap the still hot vegetable in foil and place on a tray in the oven.
3. Drizzle oil on the cauliflower. Season with salt and pepper. Wrap in foil and place in oven.
4. Roast for 20 minutes and remove the cauliflower.
5. Check the eggplant for done-ness by pricking it with a skewer, it should go all the way through easily and release juices on the way. If not done, put it back in 5 minutes at a time till ready.
6. Set the eggplant aside to cool slightly and turn the oven to broil.
7. Unwrap the nearly done cauliflower and place it directly under the flames for 5 minutes.
8. Meanwhile, puree the eggplant in a blender. with the chili, seasoning and a drizzle of oil.
9. Serve with the blackened cauliflower.



Recipe on Page 21

ROSEMARY CECINA AND SALMON TARTINES



Servings: 4 persons

Prep Time: 5 mins

Rest Time: 30 mins - 1 hour

Cook Time: 15 mins

INGREDIENTS

80 g chickpea flour

1 cup water

1/4 cup buttermilk

1 tsp of salt

90 g olive oil

2 tsp ground black pepper

fresh rosemary leaves

sea salt for garnish (optional)

***Cecina** is a Tuscan chickpea cake that is often used as a protein element in sandwiches. In Pisa, where this originates from it is served along with sautéed mushrooms or spinach in a split focaccia. Something akin to the image in the precious page.*

Chickpea flour is a high protein flour that has several uses across cuisines, especially, Italian and Indian. Compared to other bean flours it has more density making it a versatile base.

This recipe adapts the cecina to play bread rather than meat in this rendition of tartines. The earthy notes of the bean pairs well with the citrus, briny salmon finished with oil pickled zucchini.

DIRECTIONS

1. Whisk in water and buttermilk into chickpea flour making sure to avoid lumps.
2. Add the oil, salt and pepper. You can also mince some of the rosemary and add to this.
3. Let the batter rest for at least half an hour.
4. While it rests, preheat oven to 400F.
5. Grease a 7x9 inch baking tray well. Pour the batter into it as a thin layer. Sprinkle the rosemary on top as well as the sea salt, if using.
6. Bake the cake for 15 or minutes until golden on the outside and still soft inside.
7. With a sharp knife score to make eight equal slices.
8. Let the cake cool completely before slicing fully.
9. Serve with smoked salmon or other desired tartine toppings.

MOROCCAN SPICED BACK LAMB CHOPS



Servings: 2 persons

Prep Time: 10 mins

Rest Time : 2 to 24 hours

Cook Time: 60 mins

INGREDIENTS

2 fleshy back shoulder lamb chops
 2 T z'atar
 2 T sumac
 2 tsp chilli powder or aleppo pepper
 1/2 cup yogurt
 1-1/2 cup tomato sauce
 1/2 cup raisins
 1/2 cup prunes, chopped
 salt and pepper as needed

***Back shoulder chops** are the less glamorous cousin of the oft Frenched rib chops. Which, is an amazing thing because you get the wonderful, punchy lamb flavor for half the price! And, they are a lot meatier than their revered rib ones.*

The meatier and more muscular chops can either be seared stovetop and finished in the oven low and slow, or, marinated for a few hours and cooked in the oven at high temperature. It is a cut of meat perfect for tagines. This recipe takes off on that Moroccan inspiration with a marinade and finishes in a tomato sauce plumped with dried fruits.

A sweet, spicy and bold dish that does not hold back. It is simply fabulous served with polenta and topped with an egg for flourish.

DIRECTIONS

1. Mix together the z'atar, sumac, chilli/aleppo and yogurt to make the marinade.
2. Season the lamb chops with salt and pepper. Coat with marinade on all side. Refrigerate for atleast 4 hours up to 24 hours.
3. Pre heat oven to 400 F.
4. In a baking dish, drizzle olive oil on the base. Spread half the tomato sauce and season. Add all the dried fruits.
5. Place the chops on top and finish with the remaining sauce.
6. Roast covered for 30 minutes. Remove the cover and roast for 20 more.
7. Rest for a few minutes before serving.



TACOS WITH PORK BRAISED IN RED CABBAGE



Servings: 4 - 6 persons

Prep Time: 10 mins

Cook Time: 3 hours

INGREDIENTS

½ head red cabbage, cored and shredded rough
 1 large onion, sliced
 2 bay leaves
 1 T fennel seeds
 1 lb boneless pork shoulder
 2 links of sweet italian pork sausage or Irish bangers, sliced into chunks
 3 cups apple cider
 salt, pepper and olive oil as needed

*This dish really is about the **red cabbage**. The rest are simply side acts. It has a richness that defies its humble looks and a meatiness that can compete with even the shredded pork.*

This dish makes the most of cabbage served two ways. The more-ish braised version that as you sink into every bite full, expecting the force of the meat to hit you, leaves you searching for that underbelly of cooked cabbage again and again.

And, then for the knockout punch, the crunchy version that leaves you gasping in ecstasy and awe that a such a humble flower can leave you in so much yearning.

DIRECTIONS

1. Preheat the oven to 300F.
2. Spread the cabbage on the base of a deep baking dish. Layer the sliced onions on top.
3. Tuck in the bay leaves and sprinkle the fennel seeds. Grate a lot of pepper on top.
4. Place the pork in the center on top of the vegetables and arrange the sausage around it.
5. Cover and roast for 2 hours. Check if the pork is fork tender. If not, leave in for another 30 mins.
6. When ready, raise the heat to 450 F, remove the cover and roast for another 20 minutes.
7. Shred the pork, mix into the cabbage.
8. Serve the tacos with raw cabbage slaw, avocado slides, yogurt for toppings.



AFTER MEALS



Recipe on Page 28

LINZER LATTICE TART



*Linzer tarts are essentially **jam tarts**. But, belying their simplicity is a powerful sense of nostalgia that accompanies every bite. It never fails to bring back the cocooning warmth and rays of streaming sunshine of a warm Summer afternoon spent in grandma's kitchen while she fusses and pampers you.*

Servings: 1 eight inch tart

Prep Time: 10 minutes

Cook Time: 30 minutes

INGREDIENTS

2 portions tart dough

1 pint berry jam, preferably homemade

1 T sugar

1/2 tsp ground cardamom

1 egg + 1 T of whole milk for egg wash

DIRECTIONS

1. Preheat the oven to 350 F.
2. Roll out one portion of the tart dough to line the inside of an eight inch tart pan leaving a bit of overhang.
3. Spread the jam on top of the dough crust
4. Roll out the other crust dough and cut into 10 half inch thick strips.
5. Place 5 strips spaced an inch apart in one direction and press into crust one end.
6. Repeat with the other 5 placed perpendicular to the first. Overlap the strips in a lattice pattern finishing by pressing the edges to the other side of the crust.
7. Fold over the overhang to seal the lattice. Brush the crust with egg wash and sprinkle sugar on top.
8. Bake for 35 minutes until the crust is crumbly and golden brown.

ROSE CHOCOLATE TARTLETS



*Chocolate Pudding Mousse is one of the easiest and awesome desserts you can make. **Rose essence** adds an aura of mystery and harkens back to the time of empires (Tudor and Ottoman) and luxury. A few drops of rose essence can be transportive but too much quite the opposite. Warning: This is an addictive dessert!*

Servings: 4 three inch tartlets

Prep Time: 15 minutes

Cook Time: 45 minutes

INGREDIENTS

1 tart crust
3 T butter
2 T Dutch processed cocoa
2 T chopped bittersweet chocolate
3 T raw cane sugar
1 egg
1 tsp rose water
Rose petals and sea salt for garnish

DIRECTIONS

1. Roll out the tart dough, cut circles and fit into four three inch tart molds/rings. Weigh them with beans and fully bake the shells. Allow to cool completely.
2. Over a double boiler, melt butter, cocoa, sugar and chocolate to a shiny liquid.
3. Remove from heat, crack egg into the mixture. Whisk vigorously till it thickens and pulls away from edges.
4. Let the pudding cool to room temperature. Fold in the rose water.
5. Divide pudding between the baked shells. Top with rose petals/sea salt and refrigerate for at least 2 hours.



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