

A close-up photograph of several small green seedlings with two leaves each, growing out of dark, rich brown soil. The soil is textured with small white perlite granules and some organic debris. The seedlings are scattered across the frame, with some in the foreground and others in the background. The lighting is soft, highlighting the vibrant green of the leaves against the dark earth.

NOURISHED

SPROUTED

VOLUME 5 SPRING 2015



© 2015 Nourished Magazine

All rights reserved. No part of this book may be reproduced in any form, or, by any means, without the prior written permission of the publisher, excepting brief quotations in connection with reviews written specifically for inclusion in other magazines or newspapers. For permission to reprint or distribute, write to the editor.

nourished@ashaink.com
646-480-7021



NOURISHED

*It is spring again. The earth is like a child
that knows poems by heart.*

— Rainer Maria Rilke.



HELLO!



After an unnecessarily elaborate winter, here we are, finally, alive and ready to burst into life. **Sprouted** back from the depths of cozy duvets, roaring fires and throaty stews.

Much like the seedlings sowed during in retreating cold month of March with hope, we shyly open our hearts and soul to the coming new year with renewed hope and surprising burst of energy.

I have always been fascinated by the whole process of germination. Between seed to seedling is a wait that seems eternal filled with anxiety and anticipation with a tendency to smother. Just like

the irritation with winter as she drags her feet like a dowager Countess hesitant to give back the keys of the manor to the new bride that is new life. But, then, once life springs, it seems to run away with all the pent up energy from the season past. The first flush of life to the second true leaves of the plant seems to happen almost overnight leaving one is wonder of whether time flew quickly or whether it had simply seemed painfully slow before.

Spring is that fleeting few minutes between the hours of winter and summer; the time we blushing prepare to enter the world before suddenly seem to be catapulting forward into the throes of summer fun! But, not yet, not yet. We are yet in Spring and yet able to *rejoice in the freedom of luxurious rediscovery*.

This issue pays heed to the traditions of Spring, taking you on a journey into the heart of Quebec through the story of the maple harvest. Rooted in traditions and intricately weaved into the culture of the region, the maple harvest symbolizes not only the break of winter into spring, but, also the transience of this very short season. It reminds us to cherish family and loved ones, and, make the most of today before the inevitable march of time into hot, iridescent, and, finally, cold. We explore the magical world of tire d'érable and the versatility of maple syrup in a world bigger than pancakes.

The recipes in this issue lean towards making sustainable eating an active reality through creative pantry use, borrowed culinary concepts, and, spirited use of seasonal ingredients. From spice paste to spreads, the pantry is a source of inspiration for turning wholesome everyday meals into exciting journeys. Through tandoori chicken sandwiches to chickpea salads, reminiscent of beach forays, we channel the originality of street cuisine into sparks of adventure at home. Finally, we fall back on the season's best, rhubarbs, cherries and berries to refresh our palates and transition from the heavy to the light and frivolous.

- Asha
Editor at large

IN THE AIR SWIRLS OF MAPLE

Page 8

THE ART AND JOY OF TIRE D'ERABLE

Page 13

TASTING NOTES - MAPLE RYE WHISKY

Page 16

RECIPES

Page 18

TABLE OF RECIPES

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

PANTRY

Radish and Nettle Pesto	GF, Vg, Vn	21
Indian Chilli Spice Paste	GF, Vg, Vn	22
Lemon Hummus	GF, Vg, Vn	23
Hummus Beyond Mezze	GF, Vg, Vn	24

MORNINGS

Almond Flour Waffles + Stewed Prunes	GF, Vg, Vn	27
Maple Chia Yogurt Pudding	GF, Vg	28

DINNERS

Taleggio Agnolotti + Walnut Thyme Sauce	Vg	31
Spiced Chickpea Salad {Sundal}	GF, Vg, Vn	33
Roast Vegetable Tart with Gluten Free Crust	GF, Vg	35
Blue Fish Honey Tacos	GF	36
Pulled Tandoori Chicken Sandwich		37
Cocktail So-Med Meatballs	GF	38

DESSERTS

Maple Whisky Peach Cobbler	GF	18
Banana + Strawberry Ice Parfait		42
Rhubarb and Sage Shortbread		44
Cherry Amandine	GF	45
Oatmeal Walnut Raisin Cookie		46

IN THE AIR SWIRLS OF MAPLE

For centuries this tree has provided sustenance for the harsh Northern Winters. Today, it is more than just a life force. It has indeed become a life style, culture and pure tradition.

STORY: Asha PHOTOGRAPHY: Asha

Pure, Unrefined, Straight from the Heart

In recent years, there has been a resurgent interest in the sourcing and consumption of real foods, especially pantry items. From granola to beer, there is curiosity about not just making one's own but also a genuine regard towards educating oneself about how food is made. Amongst those with much interest is maple syrup.

It always struck me odd that for a sugar syrup bottle, the outside was surprisingly free of crystallized sugar! Only recently did it occur to me that the quintessential Aunt Jemima was little sugar and all corn. Generic *pancake syrup* took a decisive hold in American homes since corn became a commodity, and, chemically processed goods, a norm in our diets, coinciding with increasing access to sweeter breakfasts at home. Aunt Jemima and Bisquick made a formidable and unquestionably alluring pair.

Yet, before, the advent of corn syrup, it was maple syrup that adorned the tables and sweetened pancakes, waffles. Sweet breakfasts that were for special days rather than a Sunday routine. Off late, the tide has turned and there is renewed interest in real maple syrup with artisanal farmers from New England to Canada vying for a spot in the overcrowded shelves of super markets.

While any place with an abundance of maple trees, boasts of its maple syrup, the story of the tree as a life force begins in the land that has its leaf as its national symbol - Canada. Quebec, the French province of the country, alone produces 71% of the world's maple syrup and nearly 95% of the Canadian inventory. In my quest to unearth what maple syrup was all about, I recently visited several maple farms and co-ops in the region.

Quebec with its distinctly French affinities reflects an European sensibility to family and community. And, during my visit, I realized that tree is an intricate part of the very fabric of the region's culture. *L'arbre d'érable* binds centuries of history tying together indigenous 'Indian' tribes with the colonizers and several generations of uniquely Quebecois descendants to today's new age beard sporting hipsters. Across the generations, Maple has served as the time tested bond of connection, bringing together families each harvest season.

Maple is a family occupation. It is also, to many, the ultimate goal in life; Quebecois dream of owning a parcel of land with a few thousand maple trees that will serve as their own omen of family ties, bringing close and distant relatives back to the farm each harvest season to tap the trees for sap to make into syrup.

But, what is maple syrup? And, why is it such a big deal?

The answer to the first question is technical. Maple syrup is boiled down maple sap with a 66% sugar concentration. That's it! It follows that anyone who has the sap can make the syrup, feeding back (pun intended!) to the ubiquitous family dream. Yet, the story of maple syrup today is woven through a history of survival, collaboration of farmers and standardization of quality. In that story is a march to modernity while trying to stay grounded in tradition. And, there in lies the real value of it.

Whether in Vermont or Quebec, the anticipation of the maple harvest to the farmer is acute and the same. Maple season is very short, a bare couple of weeks when the temperature rises about 0C during the day and falls below 0 in the night. This is the optimal climate for the sap to flow. Big or small, each farmer anxiously waits for the first few drops that announces the start of the season. On average, each tap in a tree, with a maximum of seven taps per tree, produces three pounds of syrup.

While the process of distilling the sugars in the sap to create that viscous, dense, sticky fluid is the same across farms, the method of harvesting the sap varies by size of farm. Tapping the tree can be done through the time tested method of driving a spout in the bark of each tree and hanging a bucket over it as the aboriginals, who first discovered this bounty, did.

In larger farms with at least a few tens of thousands of trees, a more scientific approach has been adopted. The vacuum suction system, invented in Quebec by Jean-Marie Chabot, has become the standard across maple bearing regions in Canada and US. Taps are driven into the tree based on its age and then connected to a system of tubing across the farm that eventually all connects to a drum at the end. The whole system is remotely controlled and monitored. The system is clearly advantageous as it provides the ability to maximize and control output. It also allows for an organic and sustainable harvest as the suction systems can be recalibrated based on the health of each of its lines.

Science may indeed optimize the harvest, but, nothing can replace the slow, deliberate process of boiling the sap for several hours to reduce to syrup. This is the part that brings together people, around a huge vat, a bon fire and a lot of good cheer.

Once the syrup is made, if it is being sold commercially, it is sealed in barrels and taken to a local co-operative processor overseen by the Federation of Quebec Maple Producers. The largest of such cooperative aggregators is Citadelle, whose maple syrup is white labelled in the US by Trader Joe's. At each aggregator location, each barrel is individually tested by independent inspectors for quality on taste, odor and viscosity. Those that pass then get graded and stored in vats for bottling and resale through the year.



Maple syrup grades are now uniform across North America - Grade A, Light, Medium and Amber, for retail use and Grade B for commercial. These are roughly representative of the time of harvest, with the lightest being the earliest harvest, medium and dark mid harvest and commercial grade bringing the lag end of the season.

The various retail grades have their uses. The most popular both in Canada and in US is the Medium Grade A syrup, good consumed as is as well as in baking. The lighter grade is well paired with fresh fruits and in savory cooking. Much like whisky or wine, master blenders often mix lighter grades with atleast 60% medium grade syrup to create a blend that is best suited for retail tastes.

During the maple season, one of the most coveted and treasured traditions in Quebec is the excursion to sugar shacks. These originally were annexed with maple farms where one could enjoy a stroll amidst the trees and indulge in a soporific dining experience with large family style plates laden and weighted down by generous portions.

Today, it has become a fancy trend and replicated into upscaled versions around Montreal. Despite being a contemporary spin and generous stretch of the term *shack*, these newer places are yet rather respectful of the tradition of shacks. From Martin Picard's Au Pied de Cochon to La Table des Pionniers by Louis-François Marcotte, the gastronomic sugar shack has exploded the scene with creatively rejuvenated shack classics served in the same family fashion in very rustic settings, albeit exuding an air of thoughtful refinement.



NOURISHED

SPRING 2015

The Ditty of Omelettés across Sugar Shacks

Above (*Fancy soufflés*) Below (*Rustic naturel*)





THE ART AND JOY OF TIRE D'ERABLE

Tire d'erable or Maple taffy is the quintessential climax of the sugar shack experience, appreciated by young and adult just as well. Much like an aperitif, it literally sums up the excitement, communal joy and taste of the new maple season in every lick. From rustic sugar shacks with a separate taffy barn, to sophisticated upscale shack-retreats run by celebrity chefs, the making of maple taffy is as much a part of enjoying it as eating it. Many places will let you make your own taffy, and the pleasure of twisting a stick of wood into the fast cooling hot syrup is a pure unadulterated child like joy.

Happily, the taffy is just as easily made at home as in a shack for an experience that can be recreated several times to warm up a cold winter. All you need is a little fresh snow and really good quality maple syrup. In Quebec province, seemingly it is hard to stumble on to sub-par maple syrup. The art of making the taffy is, as you can imagine, all in the process of making it and the joy lies in the anticipation and eventual first lick. It cannot be hastened. It has to be nature's way.

The photos on the next page are very illustrative of how you can make it at home. Essentially, you pour hot maple syrup on a bed of fresh snow, either in streams or in little circles. Let it cool for a couple of minutes for it to become taffy like in texture. Then using a wooden stick, simply, roll through the syrup line until you have a maple lollipop! **Sweet, Decadent, Simple.**



MAPLE, MAPLE AND MORE MAPLE



MAPLE
MINT
MOJITO



OAT + SEED
STRENGTH BARS
WITH MAPLE +
CHOCOLATE



ALMOND
RHUBARB
CAKE



TASTING NOTES - TAP 357 MAPLE RYE WHISKY

Beyond the syrup, there are several maple products that are made from the sap; from relatable everyday maple sugar to upscale caviar. Way back in history, when the Indians roamed free and without storage facilities, the sap was cooked down to blocks and kept as nutrition for the cold months to come. These bars are still available and are great grated on ice creams and such. There is also a dazzling array of affiliated products, from bottled sap to crystals of maple sugar, infused syrups to molecularised caviar. And, the crème de la crème is Maple Whisky.

Maple has richness in flavor that is absent in the cleaner refined sugars. Yet, it could be rather distractingly so, much like molasses or brown sugar. To use it in something like whiskey, which when good is rather delicate and elegant, is bold; either a stroke of genius or a catastrophe. Needless to say, I was intrigued and super thrilled to lay my hands on a bottle of TAP 357 Maple Rye Whisky. I tried it three ways; neat, in a cocktail and in baking.

In its neat form, it is very drinkable but a trifle sweet. On flavor and finish, the caramel notes make it lean closer to a rich rum, such as the Ron Centenario, than a bourbon, such as, Woodford Reserve. It also does not have the smokiness more apparent in American whiskys. It is more a glass *to finish* the evening with, than one to *settle with for* the evening.

Used in a cocktail, it was resplendent. The TAP website offers a host of suggestions. I chose to test it in my favorite Old Fashioned recipe and another more citrusy concoction. If you like your Old Fashioneds with a bit of kick, mainstream bourbons will be on the ball. I found that the maple added a subtle mellow note to the drink and the brown sugar can be skipped. As to the citrusier one, it was a definite win. Not unexpected, as the acidity and caramel neatly balance each other.

Finally, how would this spirit hold up in baking? Whisky is so inherently Southern that it immediately brought to mind a Georgia peach pie! But, instead of pie, I decided to test a Buckle with preserved peaches. As expected, the alcohol surrendered to the heat leaving behind the trail of real flavor. The peaches plumped in their own juice, further teased by the alcohol made for a decadent plushness that literally silks down your throat. The cake on top was a moist and light chaser to the peaches. Preserving the peaches did make them more malleable and stoked in flavor. But, the whisky worked splendidly in furthering that process. The maple flavor was not prominent but ran through the whole dessert as a ribbon of caramel teasing and stretching the fruit to yield its best.

MAPLE WHISKEY PEACH COBBLER



Servings: 8 inch pie

Prep Time: 5 mins

Rest Time: 15 mins

Cook Time: 25 mins

INGREDIENTS

For the fruit filling:

2 cups, frozen peaches, thawed, juice reserved

4 T maple rye whisky

2 T maple syrup

1-1/2 T chopped rosemary

1 tsp sea salt

For the buckle topping:

¾ cup gluten free flour

¼ cup of the reserved peach juice from thawing fruit

1 egg

2 T pure maple syrup

4 T unsalted butter, room temperature

½ tsp baking soda

¼ tsp salt

DIRECTIONS

1. Preheat oven to 350F.
2. In a baking pan, toss the fruit filling together and spread evenly. Let it marinate 15 -30 minutes.
3. Meanwhile, prepare the batter for the topping. Cream the butter and maple syrup until fluffy.
4. Add the egg and beat to combine and add in the rest of the ingredients to create a loose batter.
5. Let it sit until the peaches are ready; it will firm up in that time a little
6. Spread the batter over the peaches and bake for 25 minutes until golden on top and springy to touch.
7. Cool on rack for a few minutes.
8. Scoop and serve with generous sides of whipped cream or ice cream.



THE PANTRY



RADISH AND NETTLE 'PESTO'



Prep Time: 5 mins

Cook Time: 10 mins

INGREDIENTS

- 1 bunch of nettle leaves
- 1 bunch radish leaves, saved from the tops of radishes
- 1 small clove of garlic
- 1/4 cup pumpkin seeds
- 1/4 cup olive oil
- salt and pepper as needed

***Pesto the dish**, originated in Northern Italy was made of the classic combination of basil, garlic, pine nuts, olive oil and Parmesan cheese. **Pesto, the concept**, respects the use of herbs, nuts, oil, garlic and cheese while adapting all of the above flavors to what is available in the pantry. Pine nuts are one of the most expensive nuts and thus often substituted. Pumpkin seeds are a good choice as they are as oily as pine nuts with a subtle woodiness in flavor as well. As to herbs, the desire to use all edible parts of a plant that makes for a sustainable eating, argues in favor of the pesto as a concept.*

***Radish leaves** are not particularly tasty on their own, albeit very nutritional. **Nettles** have an interesting flavor but aside from teas and soups have little culinary scope. But, together and with a little help from the garlic, nuts and oil, they make an incredible 'pesto' that is awesome as spreads, pasta sauce and even just as a dipping sauce for fresh radish!*

DIRECTIONS

1. Steam the cleaned nettle and radish leaves until soft, about 5 minutes.
2. Add all the ingredients into a food processor and puree till smooth or the consistency you would like.
3. If the mix is too thick, drizzle in olive oil until you get the right consistency.

INDIAN CHILLI SPICE PASTE



***A paste of chili peppers** is a quintessential pantry staple in many Indian homes. It can be made with chills of any heat level and often used in the initial tempering process for flavoring curries. The paste itself is made by soaking the chilis in some form of acid and a little water. The acid is usually lime juice and is useful in breaking down the cellulose of the skin and softening them for making paste. The paste made this way lasts for a very long time at room temperature and definitely for years in the fridge. It was one way of preserving chilis for longevity that even in their dry form are susceptible to pests, especially, in warm and humid climes.*

Soak Time: overnight

Prep Time: 15 mins

INGREDIENTS

1 cup torn dried whole chillies {you can use a mix of heat levels}
1/4 cup lemon juice
2 T water
1 tsp salt

DIRECTIONS

1. Soak the chilies overnight in the mix of lemon juice and water. It should have softened all of the whole chilies. If not, then turn them over and soak till soft.
2. Process everything with salt as smooth as you can.
3. Store in the refrigerator in a jar.

LEMON HUMMUS



Servings: 1 pint

Prep Time: 48 hours soak + 10 mins for hummus

Cook Time: 2 hours

INGREDIENTS

1 cup dried chickpeas
 1 clove of garlic
 1 T ground cumin
 1/4 cup olive oil
 1/4 cup tahini
 1/4 cup water
 juice of 2 large lemons
 z'atar and Aleppo pepper for garnish
 + water for soaking

***Hummus** has become a pantry staple in many homes today. Its refreshing flavor transports you to the warmth of the Mediterranean even in the middle of bleak Northern Winters.*

The best Hummus is made the old fashioned way, from dried beans that are soaked and plumped up before cooking down to creamy consistency. Leaving it soak until the chickpea sprout makes it not only easier to consume but also makes a creamier spread. Also, the crucial step, as tedious as it is, is to shell the peas when cooked before pureeing.

DIRECTIONS

1. In a bowl, cover the chickpeas in enough water to submerge them. Change the water every 12 or so hours for the next 36-48 hours until the beans start sprouting.
2. In a pressure cooker or large pan, cook the bean until very soft; five whistles in a cooker and at least 45 minutes in a pan.
3. When cool, shell the husk off the chickpeas. Some will become paste in your hands as you shell but it is ok.
4. Add the shelled cooked beans along with the rest of the ingredients, except water and garnish, into a food processor and blend to a smooth puree. Add water as need to make the puree.
5. Season with salt as needed.
6. If the hummus is too thick, thin with more lemon juice or water.
7. When it is of the desired consistency, transfer to a serving dish. Drizzle olive oil over and sprinkle z'atar and Aleppo pepper for flavor.

HUMMUS BEYOND MEZZE

***Hummus** has become a pantry staple in many homes today. Meals become whole and complete in a jiffy with this spread, a little roasted vegetables, some cured meats and a touch of yogurt. Likewise, it is easy to enliven a regular sandwich with a healthy dollop of the hummus layered with paper thin slices of fresh vegetables and even some smoked salmon. The options are endless. Some inspirations for flavorful wholesome meals, from the [blog](#), are below.*



PUMPKIN + MUSTARD GREENS
PHYLLO PIE



RICE AND SPROUTED MUNG BEAN
CRUMPET TARTINES



CAULIFLOWER SALAD + HUMMUS
DRESSING



BRUNCH



ALMOND FLOUR WAFFLES + STEWED PRUNES

INGREDIENTS

For the waffles:

1 cup almond meal or dehydrated almond pulp

4 T maple syrup

1 T psyllium husk

1 tsp baking soda

1-1/2 cup milk or almond milk

For the stewed prunes:

10-12 dried, pitted prunes

2 T raw sugar

2 cups water


DIRECTIONS

1. Add all the waffle ingredients to the bowl and whisk vigorously to combine. Set aside for 10-15 minutes.
2. Meanwhile, in a heavy bottomed pan, bring the prune, sugar and water to a rolling boil.
3. Set to simmer and let the prunes cook in the liquid until most of it has evaporated or absorbed. There should only be a 1/4 cup of liquid remaining.
4. Ready the waffle iron. When hot, grease the iron and pour about a 1/4 cup of batter.
5. Cook per instructions until all the batter is used up.
6. To serve, top the waffles with the stewed prunes, the syrup, almond chips all dusted with powdered sugar.

Servings: 7-8 waffles

Prep Time: 15 mins

MAPLE CHIA YOGURT PUDDING



Chia seeds are very beneficial for overall digestive health with the gelatin like action on fluids. The chemistry of the seeds makes them a great natural thickening agent. Combined with the positive influence of yogurt as a pro-biotic, this is a great way to start the day, feeling fresh and vibrant!

INGREDIENTS

1 cup yogurt
2 T chia seeds
3 T maple syrup
1/4 tsp salt
assorted nuts and fruit

Servings : 2 for breakfast

Prep Time: 5 mins

*Cool Time: 6 hours to
overnight*

DIRECTIONS

1. Stir together chia seeds, yogurt and maple syrup.
2. Divide into two cups and cool to set in the fridge for at least 6 hours or overnight.
3. In the morning, top with fresh berries, nuts and herbs and serve.



MEALS

NOURISHED

SPRING 2015

TALEGGIO AGNOLOTTI + WALNUT & THYME SAUCE



TALEGGIO AGNOLOTTI + WALNUT & THYME SAUCE

Fresh pasta is delicate delicacy. To make it is not more difficult than any other dough and with a pasta maker on hand, a whole new world of dining opens up with snap of your fingers! It can be made ahead and served with a sleight of hand. While the weather is still cool and the herbs come into fashion, it is perfect time to whip up some home spun earthy comfort.

Thyme is a wonderful woody herb that at once grounds a dish while its citrus notes lend a refreshing note. Walnut and thyme is a classic pairing and with a little cheese and fresh pasta, all you need is a good glass of wine and pleasurable company to enjoy life like Italians!

Servings: 2 hungry people

Prep Time: 45 mins

Cook Time: 10 mins

INGREDIENTS

For the Agnolotti:


100 g of plain flour
100 g of semolina flour
1 teaspoon of extra virgin olive oil
1 pinch of salt
2 free range eggs
2-3 T of water
10 oz taleggio cheese

For the walnut thyme sauce:

10 T butter
2 T fresh thyme leaves
4 T chopped walnuts

DIRECTIONS

1. Sift the flours together, place it on a wooden flat surface and make a well in the centre.
2. Whisk the eggs with a pinch of salt and pour them in the well. Pour in the olive oil.
3. Using a fork, work the sides of the flour well into the center until you can use the fork no longer.
4. Switch to using your hands. Start kneading the dough, drip in the water little by little, until the dough gets soft, elastic and it doesn't stick to your fingers anymore. (about 10 minutes)
5. Wrap and rest the dough for about 30 minutes at room temperature.
6. Using the pasta maker, roll out the dough into 4 inch wide sheets.
7. Place a teaspoon of taleggio cheese off center from on side of the edge, lengthwise and half an inch away from the other edge.
8. Continue placing the cheese at one inch intervals until one sheet is done. Fold the sheet over the cheese and seal edges with a little water.
9. Cut the agnolotti out and set aside. Repeat with the other sheets.
10. Bring a large pot of water to boil with salt and oil
11. Meanwhile, over very low heat the butter in a heavy bottomed pan to melt.
12. When the milk solids have separated and butter exudes a nutty flavor, add the thyme and walnuts and toss quickly for about 2 minutes. Remove from heat and set aside until pasta is done.
13. When the water for the pasta is boiling, drop the pasta in and gently scoop it out when it floats on top (about 2-3 minutes).
14. Add the drained pasta to the sauce and toss and cook for another couple of minutes.
15. Serve immediately.



Sundal, is a savory snack popular in South India. Often, a street food, it is a popular snack munched on while sitting on the cool sands of the beach in the evening watching the sea lapping at the shores. Yet, it serves more than a munchie, having the venerable honor of also being a "*Prasad*", a religious offering blessed by the Gods and distributed to devotees in temples.

Recipe on Page 10

SUNDAL {SPICED CHICKPEA SALAD}

INGREDIENTS

1 cup dried chickpeas
2 tsp whole mustard seeds
7-8 fresh curry leaves
3-4 fresh green chillies, diced
3 T fine desicated coconut (or use unsweetened coconut)
water to cook the peas
ghee or peanut oil as needed
salt to season

DIRECTIONS

1. Soak the beans overnight in enough water with salt.
2. Cook the beans in salted water in pan until just done. Drain and set aside.
3. In a shallow pan, heat peanut oil or ghee. When the oil is hot, add mustard seeds and heat till they pop.
4. Add curry leaves and chillies. As they start to crisp up, add the drained beans.
5. Toss and cook on low for a couple of minutes.
6. Sprinkle the grated coconut and toss and cook for a few minutes.

Prep Time: 3 hours to overnight

Cook Time: 15 min

Total Time: 20 min





Recipe on Page 10

ROAST VEGETABLE TART + GLUTEN FREE CRUST

*A **good tart** is great eaten hot or cold. For this reason, it is best to use a filling that is simple, wholesome as much as versatile. It is preferable to avoid soft cow cheeses as they do not hold quite as well when cold as delightful as they are warm. Vegetables are one of the easiest to use and easily transcend temperature variations. When using meat, cured meats are more versatile than fresh mince as, in the former, the fat is already pre-seasoned for cold use.*

Servings: 8 inch pie

Prep Time: 15 mins

Cook Time: 70 mins

INGREDIENTS

For the tart crust:

- 1 cup gluten free flour
- 1 T psyllium husk
- 6 T butter, room temperature
- 1 tsp baking soda
- 1 tsp salt
- 6-7 T buttermilk/milk/water

For the filling:

- 2 small potatoes
- 1 medium parsnip
- 2 small beets
- 1/2 cup diced butternut squash
- 1 T fresh rosemary, minced
- 4 cloves of garlic, minced
- 1 small onion, quartered
- 4 eggs
- 1/2 cup yogurt
- 2 tsp smoked paprika
- salt, pepper as needed

DIRECTIONS

1. Preheat oven to 375 F (190 C).
2. Cut all the vegetables into 1 inch cubes.
3. Toss them along with the garlic and onion generously in olive oil and the rosemary. Season with salt and pepper.
4. Roast in the oven for 40 minutes until soft. Remove and cool slightly. Leave the oven on.
5. While they are roasting prepare the crust.
6. To make the crust, sift together the flour, salt, husk and baking soda.
7. Rub in the butter in to the mixture to make a crumbly meal.
8. Drizzle in the water until the dough comes together. It will be wetter than regular flour dough to allow room for the psyllium to flex.
9. Wrap and rest the dough on the counter for 15 minutes. You can chill in refrigerator for later use as well. Before rolling, bring the dough back to somewhat room temperature.
10. Flour the surface generously and gently roll out the dough to fit a six to eight inch tart pan.
11. Gently lift the dough and press into the pan. If it tears while shifting, it's ok. Simply press together the bits to make a cohesive crust.
12. Set aside and make the filling.
13. Whisk together the eggs, yogurt, paprika, salt and pepper.
14. Arrange the slightly cooled roasted vegetables into the tart crust.
15. Pour the egg mixture evenly around them. Give the tart pan a good bang to settle the filling evenly.
16. Bake the tart for 20-22 minutes, until the center is just set.
17. Cool for a few minutes before serving.

BLUE FISH HOMEY TACOS



Servings: 4 persons
Prep Time: 15 minutes
Cook Time: 30 minutes

INGREDIENTS

1 filet of blue fish
 1 lemon
 12-15 corn tortillas
 1 medium red onion, diced fine
 2 small carrots, diced fine
 1/2 head of broccoli, diced fine
 1/2 bunch of parsley, chopped fine
 2 avocados, halved
 1 cup yogurt
 2 T hot sauce
 salt and pepper as needed

***Tacos** are one of the most posted food photos on any platform. From the local bodega to upscale restaurants, NYC alone offers a variety of chef inspired spins on this humble homey dish. The ubiquity of the taco springs from the fact that it is not a strictly technical term unlike many French creations. There are no rules to follow, no measures to be made. True to its roots, it is a dish that makes itself accessible and easily customizable. It makes for a family meal even with just two at the table!*

***Blue Fish** is local to the waters off the North East coast of the US and was long relegated as an oily fish for diners' taste. Yet, it has splendid flavors that goes really well with the creaminess of avocado and tart spice of habenero infused sauces. Finished with yogurt rather than sour cream, it lightens each bite.*

DIRECTIONS

1. Preheat the oven to 350 F.
2. Season the fish with salt and pepper. Slice half a lemon into thin slices and arrange on the fish.
3. Wrap the fish in foil and bake for 20 minutes, until cooked.
4. When cool flakes the fish in to a bowl.
5. Add the onion, carrot, broccoli with juice of the remaining lemon to the bowl and toss.
6. Mash one avocado and add to the mixture and gently toss. Transfer to serving bowl.
7. Warm the tortillas, slice the remaining avocado, mix the yogurt with hot sauce and serve.
8. Let everyone make their own flavor of tortilla.

PULLED TANDOORI CHICKEN SANDWICH

INGREDIENTS

4 chicken thighs , bone-in, skinless
4 tsp butter

For the marinade:

3/4 cup diced red onion
4 cloves of garlic
5 dry red Kashmiri chillies (not very spicy but deep red)
1/4 cup vinegar
1 T ground cumin
1 T ground coriander
2 tsp ground turmeric
2 tsp ground chillies
3 T olive oil
1/4 cup thick, whole milk yogurt
salt to taste

Prep Time: 3 hours to overnight

Cook Time: 45 min

Total Time: 4 hours

DIRECTIONS

1. Soak the chillies in vinegar for 30 minutes. Drain and reserve the chillies.
2. Grind all the marinade ingredients to a smooth paste. Coat the chicken thighs generously with all the marinade.
3. Place the thighs in an oven proof bowl and refrigerate at least 3 hours, preferably overnight to allow the flavors to soak in.
4. Remove the chicken and thaw at room temperature for about 30 minutes before you are ready to cook.
5. Meanwhile, preheat the oven to 375 degrees.
6. Place the butter over the chicken pieces.
7. Bake until the meat is fully cooked, about 40 minutes.
8. Taste the marinade and check to make sure the onion is cooked. If it is not, leave the dish in oven for 10 more minutes.
9. Remove from the oven and shred the meat. Toss the meat in more of the cooked sauce and set ready for the sandwich.



COCKTAIL 'SO-MED' MEATBALLS



Prep Time: 15 mins

Cook Time: 20 mins

INGREDIENTS

For the meatballs:

- 1/2 lb ground lamb
- 2 T tahini
- 1/4 cup red onion, diced fine
- 1 T z'atar
- 2 tsp aleppo pepper

For the hummus dipping sauce:

- 1/4 cup hummus {recipe on page 10}
- 1 cup yogurt
- 1 T lemon juice
- salt and pepper as needed

*This recipe builds on the theme of incorporating typical pantry items in untraditional ways to punchy outcomes. These **'So-Med' Meatballs** are a spin of the Mediterranean undercurrent that runs in this issue, elevating the humble meatball to cocktail heights and bringing the taste of carefree to your house party.*

The meatballs are tahini laden and then dipped in a refreshing hummus yogurt sauce, it is hard to not have a great time with a glass of crisp white in hand. The spices and flavors also tames the gaminess of the lamb to consort with a dry Chardonnay in a lazy waltz of betters.

DIRECTIONS

1. Mix together the meatball ingredients and set aside for 15 minutes, to allow the flavors meld together.
2. Meanwhile, whip up the dipping sauce by whizzing all the ingredients together. Chill in refrigerator until serving time.
3. Heat a heavy bottomed pan with enough oil to create a 1/3 inch layer at the bottom.
4. Make 1 inch diameter rounds the meat mixture and gently drop into the hot oil. Avoid overcrowding the pan.
5. Turn the balls around after 3 minutes on the first side and then every half or so a minute till browned all over.
6. Drain excess oil and serve on cocktail sticks with dipping sauce.





AFTER MEALS



Recipe on Page 10

BANANA + STRAWBERRY ICE PARFAIT



***Parfaits** have become synonymous, in the US, with layered desserts served in a glass. Yet, the original French term was coined for a frozen dessert made with a base of sugar syrup, egg and cream. Rather like an ice cream, indeed! This dessert harkens back to that original but brings it up to today's rendition of multiple textural depths.*

Servings : 4 persons

Prep Time : 5 mins

Cool Time : 4 hours

INGREDIENTS

1 banana
1/4 cup thawed frozen strawberries
1 cup maple strawberry ice cream
1 pear, diced
1/2 cup cake crumbs
1-1/2 tsp gelatin
4 T milk
lemon juice

DIRECTIONS

1. Bloom the gelatin in 2 tablespoons of milk for 10 minutes.
2. Warm the remaining milk and add to the gelatin mixture, whisking to remove as many lumps as possible.
3. Add this to a blender along with a banana, thawed berries and ice cream. Whiz to smooth puree.
4. Divide this cream and fruit mixture into four serving glasses.
5. Cool to set in fridge for atleast four hours.
6. To serve, top with cake crumbs and diced pear. Squeeze lemon juice and dust with sugar.

Rhubarb is everyone's favorite to swoon over! Perhaps, that has more to do with it being the first blush of color coming into our lives rather than the taste. Yet, there is always something about a hard stalk becoming a soft heart, when cooked, that is very appealing. With an unique sweet-tartness of flavor, it definitely makes a worthy culinary celebrity!

RHUBARB AND SAGE SHORTBREAD

Prep Time: 45 mins

Cook Time: 25 mins

DIRECTIONS

1. Sprinkle the sugar on the rhubarb and marinate for a hour. In a small pan, cook the rhubarb in the liquid that it released until just soft. Cool to room temperature.
2. Cream the butter and sugar until light and fluffy. Whisk in the extract and cream. Fold in the rhubarb.
3. Sift together the flour, salt, salt, baking soda and sage bits.
4. Add the dry to wet and gather into a slightly sticky dough. If it is too sticky, add a bit flour but not much.
5. On a lightly floured surface, roll out the dough to 1/4 inch thickness. Cut into shapes and arrange on a baking tray. Refrigerate for 30 minutes.
6. Preheat oven to 350 F (180 C).
7. Before placing the tray in the oven, brush the cookies with butter. You can sprinkle some granulated sugar too, if you want.
8. Bake for 15 minutes at 350 F. Then lower heat to 320 F and bake for 10 minutes until cookies are golden brown.
9. Cool on rack. When completely cooled, store in an airtight container.

INGREDIENTS

- 4 T butter, room temperature
- scant 1/3 cup granulated sugar
- 1 cup cake flour
- 1/3 tsp baking soda
- 1/2 tsp salt
- 1 T heavy cream
- 1 tsp vanilla extract
- 5-6 leaves of sage, torn into small pieces (play it by ear. Sage is a strong herb. So add one leaf at a time until you think you have the perfect aroma)
- 1/4 cup rhubarb, sliced into 1/4 inch slices
- 2 T sugar, for macerating rhubarb
- 1 T butter, melted, for wash

GLUTEN FREE CHERRY AMANDINES



Servings: 2 Amandines

Prep Time: 5 mins

Cook Time: 20-22 mins

INGREDIENTS

handful of Mirabelles

1/2 cup ground almonds or almond meal

1 egg yolk

1/3 cup raw sugar

*The season for **Cherries** begins in mid-Spring and goes all the way almost to the end of summer. If there was a plant that was true harbinger of warmth then the blossoming cherry tree would take the prize!*

With so many ways of baking with these gorgeous fruit like the quintessential clafoutis, coffee cakes or crumbles, the amandine is perhaps the best for it allows the fruit to shine in all its elegance. Perfect for picnics as much for a sit down party, they can be baked in individual ramekins or full size baking tins. However, you present it, fresh cream is a subtle way of enhancing the beauty of this dessert without cluttering the flavors.

DIRECTIONS

1. Pre-heat oven to 375F.
2. Grind the almond flour and sugar as fine as you can.
3. Add the egg yolk and process to a smooth batter.
4. Divide into cups and top with Mirabelle cherries or regular cherries.
5. Bake for 20 minutes or until the top is golden brown and the center is cooked.
6. Cool on rack for a few minutes and serve with ice cream, crème fraîche or as is.

OATMEAL WALNUT RAISIN CHOCOLATE COOKIES

Prep Time: 5 mins

Cook Time: 25 mins

INGREDIENTS

125 g thick rolled oats
90 g whole wheat flour
1/2 tsp baking soda
100 g raw sugar, pulverised fine
120 g butter, room temperature
1 tsp sea salt
1 egg, room temperature
1-1/2 tsp vanilla essence
handful of chopped walnuts
handful of black raisins
handful of chopped dark chocolate

DIRECTIONS

1. Beat together the butter and sugar until light and fluffy.
2. Add the egg and vanilla and pulse to a smooth mixture. If the mixture seems curdled, it means the egg and butter were not at room temperature and one slightly colder. It's ok, just continue using the mixture.
3. Sift together the flour, soda and salt. Add the oats, nuts and raisins and chocolate and toss.
4. Add the wet mixture to the dry and knead to incorporate.
5. Wrap in cling wrap and refrigerate for about 15 minutes. This will allow the fats to solidify and bloom while baking creating that lift in the center.
6. While the dough is cooling, preheat oven to 350F.
7. Using a 1/4 cup measure, place dough in rounds on a baking tray lined with parchment paper about two inches apart.
8. Bake for 10-12 minutes until the edges are browning and the cookie has flattened out a bit.
9. Remove from oven and let it stand for 5 minutes undisturbed. The cookies will be extremely soft, so desist urge to pick them up as soon as they are out of the oven.
10. Gently transfer the cookies to a cooling rack for 10 minutes, to cool down and harden enough to handle.

Recipe on Page 10



© 2015 Asha **INK**

NOURISHED is quarterly food magazine published by Asha **INK**.

All content in this publication is copyrighted to Asha **INK**, and, its founder, Asha Yoganandan. All rights reserved. No part of this book may be reproduced in any form, or, by any means, without the prior written permission of the publisher, excepting brief quotations in connection with reviews written specifically for inclusion in other magazines or newspapers.

Editor: Asha Yoganandan
Recipes: Asha Yoganandan
Photographer: Asha Yoganandan
Styling: Asha Yoganandan,
Helene DuJardin (Page 40)
Creative Design: Asha Yoganandan