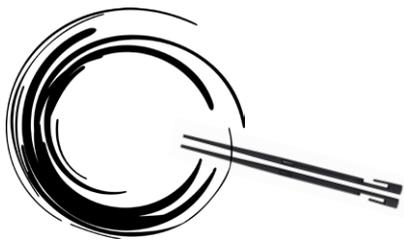


# UN MUN's CAKE



*The Kwan Um School of Zen Retreat Cooking*





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One grain of rice

Feeds the whole world

Remember

To sign up

For the meal!

*~ Ken Kessel, JDPSN*





We dedicate this cookbook to

## *Zen Master Seung Sahn*

“When Dae Seon Sa Nim was asked where he would like to go out to eat he usually said: “Any kind no problem.” In later years, however, his older students came to understand that “any kind” meant a place that had cheese omelets.

When we traveled together in Europe, we once realized that Dae Seon Sa Nim was eating eleven eggs a day, which he said was necessary for his body. After he got a heart condition I reminded him of “his mistake.” He replied, pretending to be serious: “No, no no. That’s only you bad speech for me!”

*Zen Master Dae Bong remembering Zen Master Seung Sahn*



“I ate only pine needles for a year.  
After that, any kind of food only “Thank you very much.”

~ *Zen Master Seung Sahn*





## *Foreword*

We are so fortunate to have these wonderful recipes! The best part of it is that they come from our very own global Sangha. Each recipe has been contributed because it is a much-loved treat. Each person who contributed to this book wants you to try their particular offering, so we must make the time and open ourselves up to this amazing cultural variety of tastes and nourishment. I have the habit of cooking with a very limited set of ingredients. 'Hey Mary, how about some brown rice, tofu and vegetables for dinner?' I must say, some of the best meals I've ever had did not come from a recipe.

I remember Zen Master Seung Sahn literally throwing together his soups. He'd be standing a foot or so from the boiling pot and tossing this and that into the soup. This and that always included kimchi, peanut butter and kochujang. The first time I saw him make a soup I strongly questioned the wisdom of the throwing in 6 tbs of peanut butter. He just laughed and said, "Ah, peanut butter very good taste!" Of course there is obviously something to be said about well thought-out ingredients, nourishment and flavor. This wonderful book is an offering to all of us. Thank you to all who worked so diligently on it.

Let's enjoy these foods and continue to grow in gratitude for our Sanghas' and this universe's tremendous generosity.

*Zen Master Soeng Hyang (Bobby Rhodes)*

Head Zen Master of the Kwan Um School of Zen

October 2014



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## Introduction

by Jo Potter JDPSN

*Mind light fills red tomatoes, brown mushrooms, yellow corn.  
Tender heart irradiates the porridges and soups  
Don't know who it is that is slicing or dicing the potatoes and cabbage.  
Infuse love as the main ingredient into the feast prepared  
For our beloveds; the keepers of the four bowls.*



Everyone who offers to head the retreat kitchen knows that the preparation of food for the retreats can be a real challenge. What and how much of it should be cooked, what needs to get done to get the kitchen ready for retreat meals? Often you might discover only two days before the retreat starts that you are the main cook!

We have prepared sensible guidelines for those who are new as well as those who have some experience in meal preparation for retreats. These guidelines are a help to prepare the most nutritious, simple and beautiful food possible for Yong Maeng Jeong Jins and Kyol Ches in the Kwan Um School of Zen.

Our minds attach to each and every meal during retreat overtly or subtly. Meals provide ample material for the like-dislike mind, they provide a big change in the daily schedule and they provide energy and comfort of sorts. The retreat kitchen is a big Bodhisattva offering so much to our meditation experience.

The most important work of this Bodhisattva kitchen is to provide support for our practice. In short this is the number one job. The recipes included here have been chosen because they are simple to prepare, delicious and provide the retreat participants the support they need for a successful retreat. Because the recipes came from very different Sanghas, at times the amounts may not be exactly correct for your Sangha. Simply adjust!

Along with recipes, we have included very basic teaching about the components of the foods and ways to serve it. Clear mind provides both intelligent nutritious choices and loving heart provides the tastiness and beauty. We are encouraging the use of organic ingredients, as well as low gluten and low sugar foods. We have also included examples of how to construct menus, shopping lists and offer templates for how to place the prepared foods on the mats.

How you keep your mind while cooking is more important than any ingredient or perfect preparation. Can you quiet your mind to do only what is needed in each moment as you prepare food? Can you treat each person cooking with you kindly and help him or her? Can you work in utter chaos and keep a peaceful center?

These guidelines will also be posted in an easy to reach website <http://kuszcookbook.wix.com/home> where you can add your own recipes or tips or you can download recipes for your retreats.

May the food you prepare help all beings!





*Good Recipes  
Are Treasures to Be Shared*

*by Alyson Arnold*



## *Good Recipes Are Treasures to Be Shared*

by Alyson Arnold

When the abbot of Providence Zen Center first asked me to cook for a group many years ago, he told me to write a shopping list for him. I said, “Not necessary. I’ll use whatever is already in the kitchen.” I poked through the pantry, walked into the walk-in fridge, foraged around the grain cabinet; then back to the canned goods, back to the walk-in, back to the grains. I started to gather ingredients, all the while clucking my tongue to the roof of my mouth, imagining tastes and textures being joined together for a dish that would satisfy the senses while nourishing the body. I would then create a meal.



Not everyone can do this, and that is why recipes exist; because someone already, at some point in time, created a delicious meal. The recipes in this book are the meals that the Kwan Um School centers feed our students and teachers during retreats. Time and taste-tested recipes that not only satisfy the nose, mouth, and eyes, they also nourish the mind, body and soul.

Hard practice is what makes our teachers and students high-class practitioners; we don’t fool around with our practice—and we don’t fool around with our food. We need true nourishment to continue the work of finding our true selves and helping others. Meals that moves through our body in harmonious ways is the same food that nourishes our Sangha through tough hours of practice. It won’t weigh us down; it won’t sit hard in our bellies or increase our desires. The dishes made from these recipes nourish our practice as we work toward getting enlightenment and saving all beings.

Enjoy!



*Oil Your Mind*  
*(Fats - Oils - Nut Butters)*

*by Jo Potter JDPSN*



## *Oil Your Mind*

by Jo Potter JDPSN

*Did you know your brain is more than 65% fat?*

*(A Zen teacher or a curious Zen student will immediately wonder what percentage of fat is in our minds!)*

*Dae Seon Sa Nim, as most of his students know, has had diabetes, a heart condition and other physical problems for many years. In that time he has visited many, many doctors. When he was asked why he enjoyed visiting so many doctors when he didn't seem to want to take their advice, he said happily, "All doctors checking my body. I checking all doctors' minds."*

Fats and oils are very important during retreats and of course in our daily lives for multitudes of reasons, for example they offer the most concentrated form of energy to the body and they are crucial in cell-to-cell communication.

But which kinds are the best? We have often heard that there are good fats and there are bad fats.

- Artificially produced trans-fatty acids—found in many different kinds of margarines—are bad in any amount.
- Saturated fats from animal products such as milk, cheese and butter should be kept to a minimum. What about butter? Butter is a saturated fat, but is it a good fat?
- The best fats—or rather oils (oils are fats which are liquid at room temperature) are those that contain the necessary essential fatty acids. Without these essential fatty acids in our diets we would die.
- Essential fatty acids (EFAs) are grouped into two families: the omega-6 EFAs and the omega-3 EFAs. There is also omega-9, but in this short report we will talk only about the best choices for retreat kitchens and focus on the omega-6 EFAs and the omega-3 EFAs.

*Examples of oils and foods rich in omega-3 and which are appropriate to a vegetarian kitchen are: flax seed oil, perilla seed oil, walnuts, tofu and soybeans, Brussels sprouts.*

*Examples of oils rich in omega-6 are: safflower oil, sunflower oil, grape seed oil and corn oil.*

*These vegetable oils tend to be especially low in price and are packaged in thin plastic containers.*

*Be careful of oils in extremely thin plastic packaging, as the minute amounts of the plastic dissolves into the oil, which has been shown in scientific studies to have a carcinogenic effect. Care enough for the participants and don't buy them!*

Although we need both omega-3s and omega-6s it is becoming increasingly clear that an excess of omega-6 fatty acids can harm our bodies. Scientific research is showing that a major reason for the

high incidence of heart disease, hypertension, diabetes, obesity, premature aging, and some forms of cancer is the immense imbalance between our intake of omega-6 and omega-3 fatty acids. For example: French fried potatoes are often fried in the less expensive but unhealthy omega-6 oils. So are so many of the fast and convenient foods.

About 85% or more of people in the Western world are deficient in omega-3 fatty acids and most get **far too much of the omega-6 fatty acids**. Vegetarian diets, for example, tend to be very high in omega-6. This is because vegetarians do not eat fish or other animal products, which have a higher amount of omega-3 fatty acids, and do not supplement their diets with plant omega-3 essential fatty acids.

Spend a little more money and buy good oils such as olive oil. Zen students and participants of our long retreats—especially those coming to participate all 3 months in the long retreats—have no choice but to eat what we offer them. Therefore it is especially important to buy high quality ingredients.

## **OLIVE OIL**

For retreat cooking, olive oil is the best choice! It tastes great on everything! We recommend using olive oil over any other fat or oil for retreat kitchens. Nutritionally it offers amazing benefits:

- Helps make your arteries more elastic.
- Reduces bad cholesterol levels and helps reduce overall cholesterol.
- Protects your red blood cells and therefore your heart.
- Reduces inflammation in the body (important when sitting long periods).
- It is rich in antioxidants especially vitamin E.
- It is the oil highest in monounsaturated fat, which doesn't oxidize in the body.
- It appears to improve bone mineralization and calcification.
- It helps reduce both systolic and diastolic blood pressure.

### **PACKAGING:**

Exposure to light, heat, or oxygen can cause rancidity in any oil or fat. Look for extra-virgin olive oil in dark green glass or in packaging that shields it from light; avoid plastic containers. Store it in a cool, dark place; or wrap the bottle in aluminum foil to shield it from further sunlight.

In Europe, olive oil is either extra-virgin or extra-native. In the USA, olive oil can be found as extra-virgin, virgin, pure and light. Extra-virgin olive oil can be heated for sautéing or light frying. It is awesome for salads or dishes, which are not cooked. Put it on the condiment trays for people to put on food as they wish! Take care to read the etiquette to learn how the oil was processed. Even olive oil is often refined with heat and chemicals. Spend the extra money for good extra-virgin oil, which has been cold pressed or not refined.

In Europe, extra-native olive oil is a good option as well as extra-virgin oil and can be used for cooking. **Take extra care not to overheat any oil or fat.**

## **FLAX OIL**

Remember the famous kong-an where a monk asks Zen Master Dong Sahn, “What is Buddha?” Zen Master Dong Sahn answers, “3 pounds of flax seeds!”

Even then, flax seeds and flaxseed oil were famous as power food for humans and for animals. Flaxseed oil contains a substantial amount of omega-3 essential fatty acids. These can be found mainly in deep-water fish, fish oil, flax seed, perilla seeds, walnuts, and a few other foods. Although flax seed contains all sorts of healthy components, the following four reasons might encourage Sanghas to add this oil or the seeds to the condiment trays for breakfast. It is not inexpensive, so a possible alternative is to grind the whole flax seeds and add the powder to the morning’s condiment tray. Use any leftover ground up seeds to thicken the soup for the day or mix them into spreads! Ground up flax seeds need to be refrigerated and should be used quickly.

- Flaxseed oil and flax seeds are rich in omega-3 essential fatty acids, which are the “good” fats that have been shown to have heart-healthy effects.
- Flaxseed oil and flax seeds contains lignans, which have both plant estrogen and antioxidant qualities. Flax seeds contain 75 to 800 times more lignans than other plant foods.
- The seeds are very high in fiber. Flax seeds contain both the soluble and insoluble types. You can serve the seeds on the condiment trays. But it is important to know that the seeds should be served with plenty of water, as they greatly absorb water. Soaked flax seeds are extremely useful in avoiding or in healing constipation, but only if the seeds are served soaked in water or served along with water!
- Flaxseed oil and flax seeds balance the ratio of omega-3 to omega-6 fatty acids.

Be sure to buy only **cold pressed** flaxseed oil. Take extra care to buy it in dark bottles or cans and the oil should be kept in the refrigerator—both help prevent rancidity. Buy it in small amounts to ensure freshness. The oil can be found in the refrigerator section in organic stores or even in farmer’s markets at good prices. (In Europe, the oil can generally be found in normal supermarkets as well.) You can also research in the Internet as to where to buy it for your Sangha retreats—most especially for your long retreats such as Kyol Che.

You can also regularly increase the following foods on the condiment trays, which are high in omega-3 oils: walnuts, actual flax seeds, soy, navy or kidney beans, olive oil (on salads), perilla oil, which is easy to buy in Korea and other Asian countries and includes omega-3 as well as omega-6 and omega-9 essential fatty acids.

## CANOLA OIL

Often seen in retreat kitchens, nevertheless it should not be the number one choice of cooking oil for long retreats. Buy only organic, cold-pressed canola oil in dark bottles, then it won't be as high in oxidized fats and trans fats, which makes it healthier to consume. Buy it in small amounts to ensure freshness.

Canola oil is extracted from rapeseeds that have been bred to contain less of some of the unfavorable substances originally found in the rapeseed plant. 90% of the world's canola crop is genetically modified.

## BUTTER

*So very delicious and definitely no retreat would be the same without it!*

A diet high in the wrong kinds of fats promotes tumor growth. A diet high in the right kinds of fats deters cancer growth. Butter has the right kinds of fat.

Raw organic butter is the best. Try to buy it in organic stores even if it costs a bit more! Choose butter made from grass fed animals if you cannot find raw butter.

Most vegetarians eat butter. But it is not an option for vegans and so it is important to include other oils for them.

Go ahead and try one of the most delicious spreads ever on the condiment trays for breakfast or dinner: yeast butter! This is a mixture of butter, yeast flakes or powder and a little olive oil. Tastes wonderful on whole-wheat bread or over vegetables.

Here are some good things about butter:

- Butter is rich in the most easily absorbable form of Vitamin A necessary for thyroid and adrenal health.
- Contains lecithin, essential for cholesterol metabolism.
- Contains anti-oxidants that protect against free radical damage.
- It has anti-oxidants that protect against weakening arteries.
- Is a great source of Vitamins E and K.
- Is a very rich source of the vital mineral selenium.
- Vitamin D found in butter is essential to absorption of calcium.
- Is your only source of an anti-stiffness factor, which protects against calcification of the joints and also helps prevent hardening of the arteries, cataracts, and calcification of the pineal gland.
- Contains Arachidonic Acid (AA), which plays a role in brain function and is a vital component of cell membranes.

## COCONUT OIL

Coconut oil's unique combination of fatty acids can have a positive effect on health. This includes fat loss, better brain function and various other benefits. The lauric acid in coconut oil can kill bacteria, viruses and fungi, helping to stave off infections. Coconut oil can improve blood cholesterol levels and may lower your risk of heart disease. Choose organic, virgin coconut oil whenever possible. Look for it in an organic food store. Tip: Coconut oil is great for high-heat cooking—better than olive oil.

**Tip:** *Coconut oil is great for high-heat cooking-- better than olive oil.*

## NUT BUTTERS

Nut butters are a great way to add some protein to the retreat food, and give a real boost of extra slow burning energy. Include them either for breakfast or dinner on the condiment tray. Good nut butters include peanut butter, almond butter, soy nut butter, sunflower or pumpkin seed butter, and cashew butter.

Nut butters must be refrigerated or kept cool to avoid rancidity.

**Note:** *Too often peanut butter has added sugar and hydrogenated oil—so make sure to read the ingredients and buy peanut butter, which contains only peanuts in it.*



# *Carbs - Sugar - Wheat*

*by Andrzej Stec JDPSN & Kathy Park*



## *Carbohydrates - Sugar - Wheat*

by Andrzej Stec JDPSN & Kathy Park

*To keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear. ~ Buddha*

Our Zen practice and everyday life reflect how we keep our mind and body clear, healthy and ready to help all beings. We can always improve our health and wellbeing by becoming more aware of what is really going on, both inside and outside.

Health is a personal responsibility and not any one person's experience necessarily works for others. This article is certainly not medical advice, but merely sharing some insight from an individual's experience, on how reducing intake of simple carbohydrates, wheat products and refined sugars, can positively improve our health and also help our meditation experience.

Most of us Zen students who are vegetarians, are consuming a larger proportion of carbohydrates than other food groups, as our main source of calories. It is common understanding that consuming too much sugar in general is unhealthy, but refined carbs including wheat products are also simple sugars. For example, two slices of whole wheat bread raises blood sugar higher than 6 teaspoons of sugar, higher than a Snickers bar. (Most people are unaware that the Glycemic Index of whole wheat bread is among the highest of all foods.) (1). What we may not be aware of or overlook, is that sugar, often in the form of more refined fructose corn syrup, and wheat, are added to almost any processed foods from soy sauce, dressings and cereals to vegetarian meats.

Having had a high sugar and carb-diet for decades which was taking a toll on my personal health and well-being, it became clear after some research that there are alternative ways to eat, even for vegetarians. Some of those suggestions are listed below, should there be any interest in re-evaluating one's diet, or simply to add few new tips to an already good one. As a result of having sustained a wheat and sugar-free, low-carb vegetarian diet for the past 2 years, my personal energy level is higher and even though I eat less, don't feel hungry. I can do much more during the day than ever before without taking naps and am able to jump out of bed for morning practice everyday and *enjoy it!*

### **What a high sugar, carbs and wheat diet can potentially turn into**

Most of the known medical issues with a high sugar and carb diet are common knowledge and can be found easily online. Below are a few general aspects, and for further interest, you can referenced the links.

## 1. Poor Blood Sugar Control

Too much sugar, either as refined sugar or carbohydrates, can cause insulin resistance, when cells lose sensitivity to insulin and no longer respond normally, causing “blood sugar roller coaster”, eventually leading to metabolic syndrome and diabetes. (2)

## 2. Weight Gain

Continued, disproportionate intake of high-carb foods including processed wheat products or foods high on the Glycemic Index (GI), brings on rapid weight gain as fat is stored rather than burned. (3)

## 3. Sugar and Heart Disease

According to Mark Hyman, M.D. and author of the New York Times bestseller, The Ten-day Detox Diet, a new study shows that patients with the highest sugar intake had a four-fold increase in their risk of heart attacks compared to those with the lowest intakes. That’s 400% (4). Continued intake of high sugar is known to cause coronary problems, and the biggest sugar intake comes from soda and sweetened drinks including coffee, tea and packaged juices. A can of regular soda packs about 35 grams of added sugars, equivalent to 8.75 teaspoons. (5)

## 4. Non-alcoholic Fatty Liver

Overload of sugar causes fatty liver, a condition when the liver is unable to process excess sugar as a symptom of insulin resistance, and instead turns it into fat.

## 5. Brain Health

With excess carbs in our diet, an inevitable consequence that occurs after the initial insulin spike, is rapid falling blood sugar levels, affecting brain function ranging from lack of concentration, being spaced out, depression, pessimism, irritability, obsessive thinking and anxiety. A new nickname in medicine for Alzheimer’s and dementia is “diabetes type 3.” Sugar also causes a large release of dopamine in the brain, causing addiction in many people. The highest form of sugar is alcohol. (6)

## 6. Cancer

Cancer is characterized by uncontrolled growth of cells and insulin is one of the key hormones in regulating this kind of growth. For this reason, it is common knowledge that constantly elevated insulin levels (a consequence of high sugar consumption) can contribute to cancer. The metabolic problems related to sugar consumption is known to create inflammation, another potential cause of cancer. (7)

## What about wheat

*“Autoimmune, gastrointestinal, and mind effects top the list for conditions that improve or reverse with wheat elimination.”*

*~ Dr. William Davis, cardiologist and author of Wheat Belly*

## Gluten and gliadin

Gluten is the main protein found in wheat and a few other grains like barley, spelt or even oats. Its name is derived from its glue-like (glu-ten) properties. Overconsumption of gluten for many people these days has made them “gluten sensitive” causing problems such as chronic fatigue, digestive disorders, anemia, celiac disease, etc. (8)

Gliadin is one of the proteins in wheat, which is responsible for inducing appetite (thus the craving for more). Many other known reactions in the human body are particularly related to auto-immune disorders, and adverse brain and behavioral activity in children and adults, common with ADHD and schizophrenia. (9)

Both gluten and gliadin in wheat today are not the same as in wheat from lets say, the 1960's when the crop of wheat itself was different. Today, a 'superwheat' is grown in almost any part of the world as the staple commercial wheat strain, for its ability to have a much higher yield than ordinary wheat, and also has higher gluten and gliadin content and altered structure, which are more difficult to digest. (10),(11). Not all people are sensitive to wheat. Some people tolerate it just fine. The best way to know if you're sensitive to wheat and gluten is to eliminate it for 30 days, then re-introduce it and see if you notice any symptoms.

## Moving away from a high sugar and carb-based diet into a more balanced and nutritious one

### Meal balance

First, try to balance meals by making a proportional shift from carbs and sugar dominant, to increased portions of healthy fats, slow carbs, protein, fiber, live foods and a variety of ingredients providing minerals and vitamins. More nutrition from a variety of sources on our plate will also satiate our appetite. The general suggestions below are based on a dairy-free vegetarian diet. While there are many views on alternative non plan-based diets to replace carbs or protein, our experience is that if resourced carefully, plant-based ingredients can make a complete and nutritiously balanced menu.

- A fair portion of **healthy fats**: with the exception of trans fats or too much animal fats, fats are actually protective and provide calories. This includes:
  - omega-3 fats such as flaxseed oil
  - nuts
  - seeds
  - olive oil, which was proven to reduce heart attack risk by more than 30% (12)
  - Other good sources of vegetarian natural healthy fats are found in avocados and coconut. E.g. half of an avocado is more than adequate portion for a meal

- To shift from refined carbs, try cooking with more **slow or resistant carbs** such as legumes or starchy vegetables, which digest and burn slower. E.g., replace a baked potato with sweet potato, or add some chickpea hummus to your salad instead of cheese for protein.
- Don't forget **leafy green vegetables** both raw and cooked for added vitamins and fiber.
- **Protein** comes from more sources than we assume; beans and many vegetables have protein, while super foods such as chia, spirulina, hempseeds or nuts and seeds also provide protein, which are all good sources for vegetarians.
- Choose healthier alternatives to refined wheat and **grains** such as brown rice, quinoa or buckwheat, which also contain protein, and balance your portion with larger portions of **other food groups** to get nutrition and calories from a variety of ingredients.
- Choose foods low on the **Glycemic Index (GI)** (13 - see list) for your main diet; fruits especially high in fructose can be replaced with those lower in sugar such as grapefruit, kiwi, berries.
- Try to change a sweet and wheat-based **breakfast** with one that has more nutrition from fiber, minerals, super foods, protein and healthy fats, and you will find this helps you curb the craving for sugar and caffeine for the whole day.
- Experiment with eating differently - **chew, taste and experience food** - if you are used to eating soft foods, add crunchy, chewy, hard, soft, raw and cooked foods into your daily diet as an eating experience. Proper chewing promotes digestion.

## Helpful tips

- **How** we prepare and cook our meal is as important as what we eat, in finding our way to gently replace a process-based meal:
  - Have a variety of **cooked and raw** vegetables and ingredients in your meal
  - Try to source **whole foods** instead of looking for the processed kind, like fresh tomatoes instead of bottled or canned tomato sauce
  - Try to include **mineral-rich foods** (14 - see list) and foods rich in **iron and iodine** such as seaweeds or kelps to your salad, soup or dish
  - Try **steaming or boiling** instead of frying for a change, and reduce using oil-based cooking
  - Look into recipes that require less steps for cooking and are more **whole foods based**
  - Choose **seasonally and locally** as much as possible to get as much freshness from ingredients
- Avoid using flour or starches for thickeners in soups, sauces, dressings and seasoning. Alternative thickeners or bases for dressings that can be great are nuts, seeds, avocados or pumpkin, and are **added nutrition** to your salads or vegetables.

- Add **fermented foods** to your diet; tempeh, miso or bean paste, kimchi, sauerkraut, olives or a variety of pickles are a great source of live foods with enzymes that are known to support good digestion and improve cognitive function, and can be sourced from many cuisines worldwide.
- **Sweeteners:** Avoid using sugar in flavoring your dish, as well as using any artificial sweeteners. Try a low GI fruit to sweeten your next dessert and see how it goes!
- **Read labels** when you shop; watch out for the hidden wheat, sugar, high fructose corn syrup, starches, artificial flavorings, enhancers like MSG and chemical additives in foods and drinks.
- Replace soft drinks with a variety of healthy **fresh juices**; vegetable and fruit juices together, to balance the sugar level. Herbal teas and drinks are also good alternatives to curbing the sugar craving, e.g. hibiscus flower tea, which is rich in antioxidants. Try adding some sparkling water to your next juice or spritzer and it can be very satisfying!

We are what we eat, but also what we do; adequate exercise, good sleep and meditation are important in defining the wholeness of our health. Sleep habits and exercise are often affected by our diets and vice versa, so it's useful to look at the whole picture of our lifestyle.

These tips are tried and proven as personal experiences with great results, and there are many more sound health wisdoms out there from a lot more people who have succeeded in changing their life habits. All our different experiences good or bad, when digested with practice, become wisdom and compassion. It's up to us how we apply them in our everyday life.

This body is also precious, for without it, enlightenment is not possible. Let's use our body and mind to attain human being's great potential, and help this world.

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**Suggested Resources:**

<http://www.mercola.com/>

<http://fedupmovie.com/#/page/home>

<http://www.forksoverknives.com/>

<http://www.hungryforchange.tv/>





*The Tiger Eats  
but the Lamb Stays Alive  
(Proteins)*

*by Jo Potter, JDPSN*



## *The Tiger Eats but the Lamb Stays Alive*

by Jo Potter JDPSN

Proteins, carbohydrates and fats are the three major categories of the foods we eat. For short retreats, we do not need to worry too much about whether or not we have enough protein in the meals. But for the longer retreats and especially for Kyol Che (3 month retreats), it is **very important** to plan in protein foods daily.

Proteins are the building blocks of life. Every cell in the human body contains protein. Protein helps your body repair cells and make new ones. The highest quality and most common protein foods are proteins from animals such as flesh, meat preparations, fish and birds, and dairy items. The title of this article points to the fact that we can eat extremely well without taking the lives of animals. Our retreat kitchens are completely vegetarian and actually many of us are moving towards vegan diets. Vegetarian diets can include animal foods such as eggs, honey animal milks and cheeses, along with other dairy products. Vegan diets do not include any of these animal foods.

Of course it is important to offer sources of complete protein, but we should not worry too much. We will usually get the right amino acids if we are eating many different kinds of foods. When we talk about complete proteins we talk about the essential amino acids which build complete protein. There are 20 different amino acids which can form a protein. Of these 20 the body cannot produce nine of them on its own. These nine amino acids are called essential amino acids and we must take care to include foods with these amino acids. A complete protein contains all nine of these essential amino acids.

### **Some vegetarian foods and food combinations which offer complete protein in vegetarian diets:**

- Rice and lentils or beans
- Pita bread and hummus
- Quinoa and tofu, lentils, beans
- Buckwheat with lentils or beans
- Hemp and chia seeds on rice, buckwheat, or quinoa
- Nut butters on whole-wheat bread
- Pasta and tofu or cheese
- Nut butters on broccoli and spinach
- Broccoli and spinach with quinoa

### **Soy Food**

**TEMPEH** is made by fermenting soybeans. It has increased benefits through the fermentation process. It is easy to prepare and can be served in a soup or alone marinated in soy sauce and fried lightly. Delicious!

**TOFU** is probably the best known soy product. (Note: the harder the tofu, the higher the protein content.) Here is a tip when using tofu: freeze it and after it thaws gently but firmly squeeze out as much of the water. What is left is a very porous tofu, almost like a sponge, which absorbs sauces so much better. This is a very smart thing to do with leftover tofu in case too much was bought.



*Beans, Onions  
and Other Such Things*

*by Jo Potter, JDPSN*



## *Beans, Onions and Other Such Things*

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Here are some useful hints about the following ingredients.

### **Onions and Garlic**

To use or not to use? Many cooks never put onions or garlic in retreat foods for many reasons. Some say that these foods are difficult to digest. Some say that the sulfur content in these foods causes bad smelling winds—sad for your neighbor. Other reasons are either metaphysical or esoteric.

After decades of cooking retreat food I say: If you like to cook with these wonderful vegetables, then do so, but make sure to ask participants if they can digest them. It is easier to make most foods without onions and garlic if people are having problems with them. If you don't like to use them, then don't!

### **Beans**

Beans are a main source of protein and fiber in the diets of vegetarians and therefore very important especially in long retreats. However eating them tends to cause a feeling of bloated intestines and of course we all know they cause gas.

Beans contain a sugar called oligosaccharide and we lack the enzyme required to break the sugar down. When the sugar arrives in our lower intestinal tract, it ferments, creating a buildup of gas. The gas isn't absorbed into the intestine, so the body expels it, and this causes an unhappy ambience for your retreat neighbors and for you.

#### **What can you do?**

1. Soak beans at least 12–14 hours and pour off the soaking water. Soaking overnight begins bean germination and promotes enzyme release. The germination process breaks down the complex bean sugars.
2. Several hours before making your recipe, soak the beans in plenty of water again for 2–6 hours. Then pour off the soaking water again.
3. Finally cook the beans slowly and long enough that the beans are quite tender. You can try cooking the beans with a strip of Kombu (seaweed). Some say that a few minutes after the beans are boiling, drain them once more and put clean water into the rinsed beans and finish cooking.
4. If you use canned beans, rinse them very well and several times before using them.

## Recipe portions

The recipes chosen for the lunch soups and oven dishes mostly came from Sanghas around the world. If the amounts are not quite accurate, please forgive and adjust. Metric and Imperial measurements differ slightly. Also ideas and opinions on amounts differ greatly from country to country and Sangha to Sangha. Experiment with leftovers.

## Allergies and intolerance to some foods

Increasing numbers of participants have a food problem of some kind. The most common problems are: allergies to nuts or vegetables, illnesses from and intolerance to gluten in wheat products, and lactose intolerance. Some people have health challenges such as diabetes or heart problems. The cook should be aware of each problem and of course try to provide foods which help these participants have a good retreat.

## Oily food or fried foods

It can be quite difficult to clean up the oily film in the bowls when the food is too oily. Try to avoid adding too much oil to the food. Offering small amounts of bread on the lunch condiment trays helps. Whoever wants can take a small piece of bread and clean their bowls at the end of the meal with it.

Fried foods—such as pancakes or fried breads or potatoes—are not always the easiest to either prepare or to digest. Perhaps the best bet is to serve such foods only on the last day of the retreat. The smell of foods frying also tends to permeate the entire areas around the kitchen often the entire day, and this is not always the most pleasant smell.

## Sweet meals

It is vital that the meals be balanced and that the food offered helps the participants to stay awake and have energy. Sweet meals are not balanced and sugar mixed with carbohydrates such as wheat or rice is being shown over and over to lead to heart disease and diabetes. Such meals can be especially difficult for participants who for many reasons, avoid extra sugar in their diets. I remember once being offered fried sweet pancakes stuffed with a sugary apple filling as the main dish with nothing else. Dinner for me that evening was very small. Avoid serving sweet meals as the main dish. If you would like to serve a dessert, put it in small amounts on the condiment trays.





# *Are Vegans from the Planet Vegus?*

*by Myong An Sunim*



## *Are Vegans from the Planet Vegus?*

### *Treading the path to a plant-based diet*

by Myong An Sunim

Food, glorious food. In common with many families, food occupied a central place our Asian home. Growing up, I was very fortunate to have been exposed to a variety of Western and exotic Asian cuisines. My friends would typically enthuse about a mouth-watering meal and the best places to go for it. Quite often, my father would quote the oriental maxim that, “the Chinese will eat everything that swims except the submarine, everything that flies except the airplane, and everything with four legs except the table.” He said it with a sense of pride, having survived the Second World War as a young man. What he really meant was, “don’t be picky, eat well and don’t waste any food.”

That was certainly fine with me and I was pretty happy to give most things a try without too much persuasion. Going vegetarian only came much later – after meeting Zen Master Seung Sahn and a few years of meditation practice.

I found that it wasn’t really that difficult, not eating meat, as Chinese chefs are quite adept in making fake meat from soy or mushroom protein taste almost like the real thing. It made transitioning to a meatless diet not as burdensome as I might have thought. And during moments of weakness, I still had cheese and eggs to turn to, reliable comfort foods for a rainy day.

I had no beef with vegans and didn’t view them as hair shirt wearing tree-huggers as some might. I just didn’t see a compelling reason to give up dairy and eggs. It was very much a case of, “You eat your food and I’ll eat mine.” After all, what I was consuming did not involve the harming of animals. Or so I thought.

I also reckoned that I was in pretty good shape having been vegetarian for more than 15 years. I did however gain about half a kilo or more gradually with each passing year. As it happened so gradually, I didn’t really notice anything until I was into my 50s and by that time I presumed that it was all an inevitable part of ageing – the burgeoning ‘rice’ gut, the general reduction in energy levels and shortness of breath walking up slopes. I accepted that it was a time when the body started to slow and occasionally break down like an old car. In this way, I was able to rationalize away my physician’s warning about my elevated cholesterol levels and advice to be careful.

But then, I also didn’t really know what she meant – being careful of what and how? As far as I was concerned, I was OK as I did some exercise, although not as much as I would have liked, and had the diet fairly well taken care of. But, I also had a particular fondness (weakness), for dairy, eggs, cookies, pizza, potato chips, ramen and all things coated in crispy batter.

In my mind, these foods were fine as they were vegetarian and by definition, landed on the healthy side of the scale. Taking this line of thinking, you could very well argue that you could consider yourself a vegetarian if you subsisted on pizza, fries, chocolates, cookies, Coke and beer as they were all meat-free. Perhaps you would not be a very healthy one but at that time I was blissfully unaware of the distinction.

Things took a bit of a change in the summer of 2011 when I somewhat reluctantly agreed to take part in a four-week detox program with a group of Dharma friends despite feeling that it was quite unnecessary. I was convinced that there were no real benefits to be had.

My palate often yearned for the rich European cheese and the fluffy omelettes that I had become quite adept at cooking. The idea of putting myself through a rather austere dietary regimen of mainly raw organic salads and fruits for a whole month was the last thing on my mind. However, since a fairly enthusiastic group had already assembled and I could not think of a good excuse, the only way was to forge ahead.

Fortunately, we could eat as much raw salad (oil free dressing) as we wanted plus something like a boiled potato a day. So, not wanting to feel hungry during the detox, I usually ate as much salad until I was well and truly full. Surprisingly, I was only occasionally hungry and by the start of the fourth day, something unexpected happened. From the beginning, I was anticipating a measure of fatigue as I was no longer eating any of the foods that I felt would give me energy.

However, the exact opposite happened – I had a surge in energy, as well as greater mental alertness and clarity. Gone were the common post-prandial pangs of tiredness and the urge for a quick nap. The increased vitality continued through the whole detox and into the months beyond. In addition, I found that I had lost about 13% (11kg) of my body weight – about two bowling balls worth. This was very welcome as it made walking up hills a much more enjoyable activity.

The experience left me in a bit of a dilemma – to leave out of my diet the dairy, eggs and junk food which I loved so much or to return to them. In those intervening few months, I wavered a bit from one to the other, indulging in the odd egg sandwich and fries here and there. But oddly enough, I found that I no longer had much of a craving for cheese.

During this time, I had the chance to do some research and discovered to my surprise that my long held belief of cow's milk being "nature's perfect food" was born of marketing genius rather than of objective nutritional science. It was a similar story with eggs and protein.

I also learnt that a group of prominent medical doctors in the U.S. had been advocating a plant based diet to reverse common chronic diseases such as atherosclerosis<sup>1</sup>, high blood pressure

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1 Ornish, D., L. W. Scherwitz, J. H. Billings, K. L. Gould, T. A. Merritt, S. Sparler, W. T. Armstrong, et al. 1998. Intensive lifestyle changes for reversal of coronary heart disease. *JAMA* 280(23):2001–7.  
Esselstyn, C. B., Jr. 1999. Updating a 12-year experience with arrest and reversal therapy for coronary heart disease (an overdue requiem for palliative cardiology). *Am J Cardiol* 84(3):339–41, A8

and type II diabetes<sup>2</sup> for many years. That knowledge, coupled with reading about Bill Clinton's experience of successfully coming off his drugs and healing himself after his quadruple bypass and subsequent coronary angioplasty through a plant-based diet was enough to encourage me to give my new found diet an extended trial.

Now, a few years later, I feel healthier, have greater mental clarity and more energy than I did during my twenties. But the thing that really sold it for me was the impact it had on my daily practice. I have much less experience of torpor or fogginess during meditation and more periods of clarity in practice and daily life. This made it easy to continue on the path of a plant based diet – foods that “do not have a mother or face.” In themselves, these were compelling enough reasons but there were two other factors which underpinned my decision to carry on.

In the course of my research, I sat through some stomach-churning videos of how animals were horribly mistreated in factory farms<sup>3</sup>. It was as graphic as it was unforgettable. The cruel methods of farming livestock to produce meat, dairy and eggs continue to be used as farmers try to meet our soaring demand for meat at low prices. I discovered that the phrase ‘humane meat’ that is used to assuage us so that we feel better about what we buy was an oxymoron. ‘Organic’ or ‘free-range’ labels on animal products were so broad and undefined that the picture you had in mind was probably very different in reality.

Livestock farming also makes a greater contribution (18%) to global warming than any other factor, including transportation, according estimates in a United Nations report, “Livestock’s Long Shadow.”<sup>4</sup> Dr. Robert Goodland, who worked at the World Bank as the Senior Environmental Adviser for 23 years, reviewed the report and found the real figure to be massively higher at 50%<sup>5</sup>. It turns out that the biggest impact anyone can have on reducing their CO2 emissions is not getting a bicycle or a Prius but going meatless instead.

The benefits of a whole foods plant-based diet is very clear to me – better health and vitality, less inhumanity to animals and a reduction in my carbon footprint. I certainly do not claim to be able to do it all perfectly but I do believe it's important to try as best as we can. Expecting others to adopt similar diets is rather a vain hope as I discovered, perhaps unsurprisingly, that almost everyone is as strongly wedded to their palate and ideas about food and nutrition as their own limbs.

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2 Knowler, W. C., E. Barrett-Connor, S. E. Fowler, R. F. Hamman, J. M. Lachin, E. A. Walker, and D. M. Nathan; Diabetes Prevention Research Group. 2002. Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. *New Engl J Med* 346(6):393–403

Lindström, J., P. Ilanne-Parikka, M. Peltonen, et al. 2006. Sustained reduction in the incidence of type 2 diabetes by lifestyle intervention: Follow-up of the Finnish Diabetes Prevention Study. *Lancet* 368(9548):1673–79

3 “Earthlings” - a documentary that chronicles the day-to-day practices of the largest industries in the world, all of which rely entirely on animals for profit. [www.earthlings.com](http://www.earthlings.com)

4 *Livestock’s Long Shadow – Environmental Issues and Options*. Food and Agriculture Organisation. 2006. ISBN 92-5-105571-8.

5 Robert Goodland and Jeff Anhang, *Livestock and Climate Change cows, pigs, and chickens?*, *World Watch*, November/December 2009  
Robert Goodland and Jeff Anhang, “Livestock and Greenhouse Gas Emissions: The Importance of Getting the Numbers Right.” *Animal Feed Science Technology*, December 12, 2011: 166–167, 779–782.

Unfortunately, ever rising world-wide rates of cancer, obesity, heart disease and diabetes are telling something is clearly wrong about what we are putting in our mouths. With the food industry becoming ever more expert at preparing foods laden with salt, sugar, fat and flavourings to make them irresistible to our palate, it takes a certain degree of effort to eat healthily. However, I suspect most people are unwilling to try as they think that it's harder than it actually is.

Interestingly, a well known U.S. physician wrote, "Our bodies are highly resilient and self-repairing, but medicines cannot enable us to escape the biological laws of cause and effect. When we damage ourselves with exposure to toxic, disease-causing diets, we develop diseases."<sup>6</sup>

Zen Master Seung Sahn said, "Usual people – food controls their body, then body controls their mind. Practising people – mind controls their body, body controls their food."

At the end of the day, it really just comes down to individual choice – how honestly you square your ethical values with the way food gets to your plate and how comfortably that sits with your conscience.

## Further Reading

1. *Neal D. Barnard M.D., Dr. Neal Barnard's Program for Reversing Diabetes: The Scientifically Proven System for Reversing Diabetes without Drugs, 2008*
2. *Dean Ornish M.D., Dr. Dean Ornish's Program for Reversing Heart Disease: The Only System Scientifically Proven to Reverse Heart Disease Without Drugs or Surgery, 1995*
3. *Thomas M. Campbell II and T. Colin Campbell Ph.D., The China Study: The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss and Long-term Health, 2004*
4. *Caldwell B. Esselstyn Jr. M.D., Prevent and Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition-Based Cure, 2008*
5. *John McDougall M.D. and Mary McDougall, The Starch Solution: Eat the Foods You Love, Regain Your Health, and Lose the Weight for Good!, 2013*
6. *John Robbins and Dean Ornish M.D., The Food Revolution: How Your Diet Can Help Save Your Life and Our World, 2010*

## Documentaries

1. ***Forks Over Knives*** (2011), examines the profound claim that most, if not all, of the so-called "diseases of affluence" that afflict us can be controlled, or even reversed, by rejecting our present menu of animal-based and processed foods. The major storyline in the film traces the personal journeys of a pair of pioneering yet under-appreciated researchers, Dr. T. Colin Campbell and Dr. Caldwell Esselstyn.

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6 Joel Fuhrman, M.D, *Super Immunity: The Essential Nutrition Guide for Boosting Your Body's Defenses to Live Longer, Stronger, and Disease Free*, p 84, 2011

2. **Vegucated** (2010), an award-winning documentary that follows three meat- and cheese-loving New Yorkers who agree to adopt a vegan diet for six weeks. Lured by true tales of weight lost and health regained, they begin to uncover the hidden sides of animal agriculture that make them wonder whether solutions offered in films like *Food, Inc.* go far enough.
3. **Food, Inc.** (2008), lifts the veil on the United States' food industry, exposing how our nation's food supply is now controlled by a handful of corporations that often put profit ahead of consumer health, the livelihood of the American farmer, the safety of workers and our own environment. *Food, Inc.* reveals surprising and often shocking truths about what we eat, how it's produced and who we have become as a nation.
4. **EARTHLINGS** (2010), a feature-length documentary about humankind's absolute economic dependence on animals raised as pets, food, clothing, entertainment and for scientific research. Using hidden cameras and never-before-seen footage, *EARTHLINGS* chronicles the day-to-day practices at some of the largest industries in the world, all of which rely entirely on animals for profit. Powerful, informative and thought-provoking, *EARTHLINGS* is by far the most comprehensive documentary ever produced on the correlation between nature, animals and human economic interests.
5. **Fat, Sick & Nearly Dead** (2010), Overweight, loaded up on steroids and suffering from a debilitating autoimmune disease, Joe was at the end of his rope and the end of his hope. With doctors and conventional medicine unable to help, Joe traded in junk food and hit the road with a juicer and generator in tow, vowing only to drink fresh fruit and vegetable juice for 60 days.



# *Sprouting*

*by Jo Potter JDPSN*



## *Sprouting*

by Jo Potter JDPSN

Sprouting (or “germination”) is an enormous topic. We can only offer a small section here, but you can investigate in the Internet for hours! Sprouting is especially useful during longer retreats and Kyol Ches, because we have time to set up the sprouting and harvest!

You can sprout all kinds of seeds and legumes and grains. Once you start to soak these, the plant dormant within begins to grow. Some of the advantages to sprouting:

1. For very little money, you can add extremely nutritious sprouts to your menu.
2. It is very easy to sprout seeds and legumes.
3. Sprouting neutralizes enzyme inhibitors, which can also inhibit your own enzymes once eaten. They contain some of the highest levels of certain antioxidants.
4. Sprouting helps digestibility. They contain digestive enzymes.
5. Soaking helps convert dense vegetable protein to simpler amino acids for easier digestion.
6. Sprouting and soaking help break down the complex sugars in beans and legumes responsible for causing intestinal gas and makes the sugars easier to digest.
7. Sprouting helps to alkalize grains and legumes, which tend to be acid-forming foods. This is important in helping to balance acidic foods with alkaline foods.
8. Sprouts are simply delicious. Most sprouts can be served raw with salads at lunch or raw on the condiment trays to put on sandwiches at dinner. Examples of these are: broccoli, alfalfa, soy, radish, fenugreek, sunflower seeds, pumpkin seeds, almonds, pecans and walnuts. You can also sprout chia, arugula, cress, and flax.
9. One cup of sprouts offers a huge amount of the daily vitamin C you need.
10. Soaking eliminates harmful tannins that are present in seeds and nuts.

### **Here is how you do it:**

1. Make sure that the jars and equipment you use is very clean.
2. **Soaking lentils:** In the evening, put two cups of lentils in a half-gallon mason jar. Fill completely with water and cover with a plastic mesh screen. Leave on the counter overnight. Rinse and drain thoroughly after the initial soaking period. Every 8–12 hours afterwards, rinse and drain until lentils sprout. This can happen in as little as one day. Sprout them and when they are still tiny plants, serve them raw on salads or steam them in soups.
3. **For sprouting chia, arugula, cress, flax seeds you need:**
  - A growing tray for sprouts or a flat big dish, or clay or ceramic dishes that can accommodate the seeds.

- A clear plastic or glass bowl that fits over growing tray.
- Spray bottle.

Method:

- a) Fill dish with water. Let soak for several minutes, then drain. Sprinkle your seeds onto the dish; they should be evenly spread and only a single layer. There should be space between seeds to allow them to spread while growing. Cover with a clear glass or transparent plastic bowl and place in a sunny spot. Spray the dish twice a day. Make sure the surface of the dish is wet at all times. Keep covered.
  - b) After a few days, water the using the faucet or water pitcher and then drain the water dish. The sprouts should stay put. Make sure the seeds are moist at all times, but are not immersed in any pools of water.
4. The sprouts are ready to harvest about 4–7 days depending on the type of seed and time of year. Don't water prior to harvesting. You can cut the sprouts just above the roots and use directly. Or you can also take the whole thing, roots and all. Store them in a partially closed container in the fridge for up to 10 days (just cut the sprouts above the roots for eating). Check the sprouts carefully smelling them and looking carefully for spoilage and never serve or eat sprouts that smell bad or are slimy.
  5. **Soaking walnuts, almonds and most other nuts:** result in squeaky-clean nuts. Soak the nuts up to 12 hours. In the morning, rinse the nuts and blot dry with a towel before making nut milks, or blending into salad dressings or dehydrating them.

## Tips

- **USING SOAKED NUTS TO MAKE NUT MILK:** blend 1 part soaked nuts to 2–3 parts water. Sieve the resulting mixture through a very fine mesh cloth. Refrigerate the nut milk until ready to use. Almonds, pecans, cashews, macadamias and seeds are great for milk. Macadamias (and brazil nuts) are usually difficult to soak, because of their high oil content. Nevertheless they can be blended with 2–3 parts water to one-part nuts for delicious creamy milk.
- **DEHYDRATING NUTS and SEEDS:** Dehydrated nuts and seeds have an intense nutty flavor and are crunchy. Treated this way, they can be stored for longer periods without going rancid. After soaking the nuts for up to 12 or 14 hours, seeds for up to 8 hours, spread the nuts or seeds evenly on trays and put into the dehydrator. Seeds dehydrate within 8 hours. Almonds, walnuts, and pecans need up to 14 hours to completely dry.
- Soaked cashews can be blended into creamy salad dressings and used to thicken soups.





# *In the Pause*

*by Jo Potter JDPSN*



## *In the Pause / Tea Breaks*

by Jo Potter JDPSN

The tea breaks are primarily intended for students to refresh themselves and to add liquids to their daily diets in the pauses between meditation periods. These breaks are not meant for snacking.

I have attended Kyol Che in Diamond Hill Providence Rhode Island, in Mu Sang Sa, South Korea, and in Wu Bong Sa, Warsaw, Poland. I noticed great differences between the three Kyol Che tea corners.

In one place no snacks of any kind were served and the only liquid served other than water was pure barley tea served for a limited time with no added sugar. This was wonderful in reducing my choices, but I noticed people snacking secretly in their rooms.

In another place, all kinds of snacks such as apples and fruits and cookies, sometimes even leftovers, along with different kinds of coffees including milk and sugar as well as fruit juices and teas were offered all day long. No hunger pains there.

In the third place only one tea break was offered in the mid morning after work period, but it was a fantastic tea break offering little cakes, chocolates and sweets, nuts and cut fresh fruits, even tortilla chips and salsa along with teas and freshly brewed coffee and cream or milk and sugar.

Which way is the best? Well that is definitely what we in the Kwan Um School of Zen call a kong-an question. I realized that I had to make a very personal decision of what would best support my long retreat. In general, it will be the guiding teacher for the retreat that makes the final choice on what should be offered during breaks for long and short retreats.

### **Beverage corner**

The tea master set up the Beverage Corner. Prepare the tea corner in advance and put it as far out of the kitchen if possible. Here is a list of some necessary items:

- Sticky labels so that the participant can label their own cup with their name.
- Waterproof pens for labeling the teacups.
- Containers for waste.
- Paper towels or napkins for cleanup
- Enough thermoses for each beverage.
- Several kinds of teas in tea bags.
- Choose the kinds of coffees your budget can afford.
- Milk spoils easily, so make sure to put only small amounts out at any time
- Offer plant milks such as almond, oat or soya as non-dairy options.

- Offer bowls for clean spoons and bowls for dirty spoons. Label the bowls.
- Water boiler for individual hot water preparation if you have one.
- Thermos of hot water if a water boiler is not possible.

## Food for breaks

Keep the choice of food snacks very simple. For example, apples and oranges are better than berries and banana, which ripen very quickly, sour and attract flies.

Sweets and cookies are not the healthiest snacks and often cause sleepiness. Avoid these as snacks. If absolutely needed—for example during the intensive weeks—try serving dates, and fresh and dried fruits or date-coconut balls.

Try offering pure cocoa powder. People can then make their own hot chocolate with water or milk.

## To coffee or not to coffee

We all know coffee is a stimulant. Can a participant live without coffee? Sometimes coffee is really helpful and sometimes it is not. Only each participant can know for him or herself. Find out what your Sangha needs. If they need coffee and the guiding teacher of the Kyol Che or YMJJ agrees, then offer coffee, and just remember that along with coffee comes milk and sugar.

Personally I have enjoyed a small cup of coffee in the morning pause from time to time.

## Water and flavored waters

Set up pitchers with pure water and flavored waters—especially during the summer. Recommended amount of daily water intake is 1.5 to 2 even 3 liters/quarts depending on weather, age and body mass.

You can flavor water with fresh sprigs of mint, pieces of ginger, or very small amount of fresh fruits such as pineapple, orange or lemon slices, watermelon or melons blended into the water. Avoid adding sugar or honey.

## Teas

Zen and tea somehow belong to each other and because Zen students drink copious amounts of tea, go ahead and invest in high quality biologically grown teas—even if it costs a bit more. Biologically grown teas should not have pesticides and insecticides!

Black tea and green teas are also stimulants, however they seem to give a more even stimulation over a longer time span than coffee. Green tea is a well-known antioxidant and has many important healthy properties. Other teas include herbal teas and fruit teas. Offer both kinds.

During the summer, all teas can be served cooled down. Sun teas are delicious. Simply put bags of tea or sprigs of fresh peppermint into a large jar, add pure water and set in the sun until the tea is ready to drink. Serve it cold.

In the winter ginger honey tea is great for colds and also warms the bodies up. This is an excellent tea during kidos to soothe sore throats. Grate as much ginger as you like into pure boiling water. Add some honey. And for a special treat, add freshly squeezed lemon juice.

Infusions of fresh herbs in hot water are great and can include peppermint, rosemary twigs, sage, thyme, lemon, and lemon grass and so many other herbs.

Along with the tea, your Sangha can offer honey, brown sugar, or stevia.

## Juices

Fruit waters are much better than juices. All fruit juices—fresh or bottled—are surprisingly heavy on sugar. One liter of fruit juice can have up to 50 grams of sugar. This makes Zen students feel like they have instant energy, but it causes sleepiness.

Fruit waters are mostly water flavored with very small amounts of fresh fruits: pineapple, watermelon, cantaloupe, lemon or lime, ginger, blueberries, raspberries, fresh mint leaves, dried lemon grass.

Water down all fruit juices: 3 parts water to one part fruit juice. This also helps with the budget!



# *Preparing the Retreat Kitchen*

*by Jo Potter JDPSN*



## Preparing the Retreat Kitchen

by Jo Potter JDPSN

1. **Write a menu.** Show it to the retreat director—who might be the head Dharma teacher or the guiding teacher for the retreat, and discuss the budget. Writing a menu is the most important first step to any retreat. Based on the menu, select necessary recipes. The head dharma teacher will watch the service of the meal to ensure a smooth flow. You as the head cook will work closely with the head dharma teacher for the retreat.
2. **Post the menu** so that the participants will know what is being served, and if they have allergies or other problems, can talk with you before the meal.
3. **Review the current kitchen supplies,** equipment, serving items and cleaning materials. Then write a shopping list. You might be asked to cook in a kitchen you have never seen before. Take time to become familiar with everything... take notes.
4. In the following table, are some things you can look for when investigating the kitchen before the retreat starts:

BASIC STOCK:	KITCHEN PREP:	SERVING ITEMS:	CLEANING
Honey, sugar	Pots and pans	Condiment trays	Buckets/brooms
Salt, soya sauce Oils and butter	Cutting Boards & Sharp knives	Containers for salt pepper, butter etc.	Dishwashing soap
Pepper, herbs, spices	Salad drainer & colanders	Placemats for hot pots	Clean cloths for drying dishes
Scissors, labels, matches	Hand Mixers, choppers	Big bowls for salad	Sponges and scrub materials
First aid kits	Mixing bowls	Small bowls	Kitchen paper
	Rice Cooker	Hot Tea containers	Waste containers
		Various ladles, big spoons, tongs	Compost containers

5. Write a **kitchen work schedule** so that people know what they will be doing as soon as the work period starts. You are then prepared (rather than overwhelmed) when all the helpers rush in during the work period asking you what they should do!
6. Determine **how many people will be needed** to prepare each meal. Consider time needed for preparation and cleanup. The housemaster will assign people to the kitchen based upon the your—as the kitchen director—request.
7. You may be able to complete some or all of the preparations during the morning work period. But depending on the meal, you—as the kitchen director—and other kitchen helpers may need to miss some of the sitting periods.

8. Lunch preparations can include preparation for the dinner meal as well.
9. Organize the cooking tasks in meal sections. You can post the duties so that people know what to do ahead of time. If you are the head cook for the retreat, try to be a conductor, directing all workers to their jobs, maintaining a loving and easy atmosphere in the kitchen.

Salad	Soup	Rice or Pasta	Bread, Hot water & Tea	Condiment trays	Cleanup during the work period	Cleanup after the meal
Pilar	George, Tam	Maya	Thomas	Pablo, Martin	Eduardo, Michael	Steven, Jan

10. Plan the cleaning jobs! There should be cleanup all during the work period. People should be assigned to washing up after the meal, putting leftovers away, and taking out the waste bins. Organize the recycling bins for bins and label them. You might need separate waste bins for plastic, paper, cans, bottles, compost according to which country you are in.
11. Prepare meal bowls for the participants before the retreat starts. Make sure that each set of bowls are labeled with the name of the participant or placed on a shelf labeled with the name of the participant. This ensures that bowls are not mixed up!
12. When the meal is finished, inspect the placement of food on the mat in the Dharma room to make sure that all items necessary for the smooth running of the meal are present.





# *Cooking with Joyful Heart*

*by Adrianna Bobowska*



## *Cooking with Joyful Heart*

by Adrianna Bobowska

I like cooking and I cook every day for my family, but when I am asked to cook for a group of people my heart fills with joy, even starts to beat faster as if wanted to give me more energy and my whole body gets ready to do some good job.

I become very concentrated and alert from the beginning – from planning meals, through shopping for food, organizing my “workplace” and actual cooking. That is from one side a great effort for me, but from the other side it makes me be the actions I perform. So there is only shopping, carrying, sorting, peeling, washing, cutting, stirring, adding, etc.

My body may get tired, but my mind is resting. There is the clear direction and my body and mind just follow it. It brings peace, fulfilment and the state – “this feels right.”





# *Notes on Retreat Breakfast Meals*

*by Jo Potter JDPSN*



## Notes on Retreat Breakfast Meals

by Jo Potter JDPSN

*Zen Master Seung Sahn once said, "When I first came to America I couldn't eat the food, I had to put kochu jang (hot beanpaste sauce) over everything. Now I can eat anything." When Korean monks came to PZC the first thing Dae Seon Sa Nim would do is take them to the International House of Pancakes for "American pindetok" (pindetok is a kind of salty, Korean pancake). He would watch their reactions with glee.*

Breakfast in the Americas and Europe is often on the sweet side, whereas breakfast in Asia tends towards the savory – salty side. Included here are notes and recipes for porridges and salty soups. Experimentation might pay off!

### Tips

1. Most people prefer to choose for themselves which nuts and dried fruits to add to their porridge. Most of the time breakfast porridges should be prepared simply. Put all additions for the porridge on the condiment tray if possible. Remember that some participants may have health challenges, which require less sugar in the diet.
2. Take extra care to prepare a porridge which is soft and supple. Porridge is extremely easy to prepare if you follow the recipe amounts attentively. Avoid cooking porridges so thick, you could cement your house with it.
3. The participants can make breakfast porridges sweet or savory, depending on what is offered on the condiment tray. Read the section on condiment trays for breakfast to get some ideas of what you can offer the participants!
4. For retreat purposes however, we recommend oatmeal, millet, miso soup or buckwheat (kasha) on a regular basis and Juk only occasionally.

### Porridges

#### OATMEAL

This is the most common form of porridge used in our retreat kitchens. There are many good reasons! Here are some.

Oatmeal and oat bran are rich in several substances, which are optimize heart health. The soluble fiber and tocotrienols help lower cholesterol levels. Tocotrienols also reduce free radical damage and inhibit cholesterol synthesis. The beta glucan slows the rise in blood glucose levels after a meal and helps delay the absorption into the cells. The carbohydrates in oatmeal give steady long lasting energy important for the practice. Oats contain essential vitamins (such as thiamin, folic acid, biotin) and

minerals (such as zinc, selenium, copper, iron, manganese and magnesium) as well as phyto chemicals (plant chemicals which have been associated with protection against chronic disease like cancer) and a good balance of essential fatty acids.

Gluten-free? While the oats themselves do not contain gluten and are naturally gluten-free, most oatmeal brands on the market today have been contaminated with grains, which do have gluten in them (wheat, barley and/or rye). This makes most oatmeal brands unsafe for participant avoiding gluten. Oatmeal is versatile enough to be served cooked—warm and comforting—during winter *Kyol Che*, or raw—cool and refreshing—during summer months.

### **MILLET**

This is a great choice for porridge! It is a whole grain and gluten-free. It is high in protein, as well as rich in many minerals (including copper, zinc, phosphorus, manganese, and magnesium) and is especially concentrated with vitamin B6, folate and niacin. It is a super-food for cardiovascular protection! Additionally, it has an alkaline pH, which is beneficial in reducing inflammation of the joints... something that is very important to those sitting for long periods as in Zen.

### **CREAM OF WHEAT**

The gluten content in Cream of Wheat, which is made from wheat semolina, makes this a less-than-optimal choice. When serving Cream of Wheat, take care to offer a gluten free alternative. Like with *Juk*, Cream of Wheat can be peped up with items from the condiment trays.

### **JUK**

This Korean porridge is made from cooked rice, with or without some kind of beans or lentils (typically aduki beans), and sesame seeds. It is gluten-free. *Juk* isn't the most nutritious porridge, and it's not likely to keep you full for long periods of time, unless you make it with whole grain rice or use high-fiber additions. Lacking many vitamins and minerals, it is little more than a vehicle for simple carbohydrates. One can substantially pep up the nutritional content by offering nut butters, dried fruits and whole nuts and seeds with it along with tofu and kimchi on the condiment tray.

### **HOBAK JUK**

This Korean rice porridge is made with squash (typically pumpkin). Adding the squash or other vegetables directly into the *Juk*, along with seeds and nuts or nut butters and dried fruits, increases the nutritional value of the *Juk*—not to mention how delicious it becomes. Except for the pumpkin or squash, all other goodies can be served on the condiment trays.

## **BUCKWHEAT**

This cereal, eaten in Central and Eastern Europe (especially Russia) and the United States, is technically a seed. Buckwheat (sometimes also named kasha in various countries) is cholesterol free, high in iron and it is almost fat free. It tends to lower blood glucose. Buckwheat is closer to being a complete protein than other plant sources, including soybeans. It contains all eight essential amino acids in good proportion. In particular, buckwheat contains significant amounts of the amino acid lysine, which makes it unique as a grain substitute. Lysine is typically lacking in most true grains. It is full of B vitamins and rich in phosphorous, potassium, iron and calcium. One cup of buckwheat kernels contains more than 20% of the recommended daily intake of fiber. Buckwheat is often served for lunch or dinner as the carbohydrate.

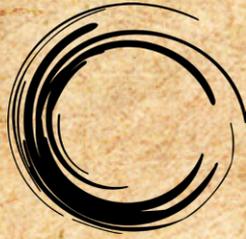
## **SUMMER PORRIDGES**

These include raw porridges, such: as granola, and soaked (rather than cooked) oatmeal. The raw oatmeal can be soaked in many things: water, milk, soy or nut milks, yogurt, apple sauce, fruit juice or fruit puree. We have included a recipe for this cold porridge.

## **NON-PORRIDGE OPTIONS**

### **MISO SOUP**

Make the miso soup with whatever kind of vegetable you might have leftover. This soup gives the participants a long even energy... kind of like green tea. Serve it with brown or white rice or even quinoa or millet. There is a miso soup recipe included in this booklet. If your Sangha has never had a savory-salty breakfast, then try serving a hearty miso soup once a short retreat and once or twice a long retreat. On a cold winter day, miso soup is simply glorious!



*Recipes... Breakfast*



## Oatmeal Porridge

by Jo Potter JDPSN / Vienna Zen Center, Austria

### Ingredients:

1 serving	5 servings	10 servings
40 g oats (½ cup)	200 g oats (2 ½ cups oats)	400 g oats (5 cups oats)
250 ml or 1 cup water	1,25 l or 5 cups water	2,5 l or 10 cups water
pinch of salt	⅛ tsp	¼ tsp

### Instructions:

1	Bring water to a boil and slowly add the oats, stirring constantly while adding so the oats do not clump. The oats will fully cook in a few minutes. Make sure consistency is creamy and smooth (rather than clumpy and concrete like. If necessary stir in a little more boiling water until just right.) Remove from fire, cover with the lid of the pot until serving time.
2	Serve the porridge simply without any added foods. Allow the participants to add what they want from the condiment tray.
3	Make two to three extra portions. Leftover oatmeal can be used one time more again by stirring into the fresh porridge for next breakfast.

### Additional notes:

- Use rolled oats for this recipe. The proportions of oats to water change if using steel cut oats. Steel cut oats are not always easy to find in Europe.

## Raw Porridge (Bircher Müsli)

by Jo Potter JDPSN / Vienna Zen Center, Austria

### Ingredients (for 6 people):

2 cups	150 g	Oats rolled or whole
1½ cups	375 ml	Cow milk or almond milk or soy milk or oat milk
¼ cup	60 ml	Apple juice
3 tbs		Lemon Juice
1		Apple: either finely sliced or grated
1-2 tbs		Honey
1½ cups	375 g	Natural yogurt: cow, goat, sheep or soya

*Instructions:*

1	Mix oats, milk, apple juice and lemon juice in a bowl and place the mixture in the refrigerator overnight.
2	In the morning, add the grated apple, honey and yogurt and mix.
3	Allow participants to add dried fruits, berries and nuts from the condiment trays.

*Additional notes:*

- *This porridge is great for summer!*

## Millet with Fruit

by Ada Bobowska / Kraków, Poland

*Ingredients (for 10 people):*

20 oz	600 g	Millet: soaked overnight
2 cups		Raisins
2 cups each		Dates, figs: chopped
3		Sweet apples: peeled and grated or chopped
About 1 tsp each		Cinnamon, dry ginger, cardamom powder ( <i>half the amount during hot weather</i> )

*Instructions:*

1	Soak the millet overnight in abundant water.
2	Rinse the millet and add 2 to 3 times as much of boiling water (ratio 1:2 for firmer porridge, 1:3 is for a more fluid porridge). Place on low fire and cook for 30 minutes.
3	Soak the dry fruits in hot water for 5 minutes and add to millet (instead of adding fruits to the porridge, you can also serve the fruits on the condiment tray).
4	10 minutes before the millet is fully cooked, add spices and apples. Continue cooking.
5	Stir the millet every so often and make sure it is not too thick and doesn't stick to the bottom of the pot (add more water if necessary).

## Hobakjuk – Pumpkin Porridge

*Korean traditional recipe*

*Ingredients (for 6-8 people):*

1½ – 2 lbs	680–900 g	Pumpkin: seeded and peeled
¾ cup	160 g	Sweet rice or short grain rice
4–5 cups	940–1,175 ml	Water
to taste		Salt
		<i>Optional: Chopped walnuts or pine nuts for garnish</i>

*Instructions:*

1	Rinse the rice a few times and soak in a big bowl overnight.
2	Slice the pumpkin and put it in a big pot with 4 cups of water. Boil and cook until the pumpkin is soft.
3	Puree pumpkin with hand blender or in a food processor (do not discard the broth).
4	After the rice is fully soaked and hydrated, drain it. Put rice in a blender or food processor with a little bit of water and puree it until more or less smooth.
5	Combine the rice puree, pumpkin puree with its broth in a big pot over medium heat. Keep stirring, so the rice won't stick to the bottom of the pot and burn, cook for about 5 minutes.
6	Add more broth (water) if the porridge feels too thick. Add sugar and salt to taste, cook for 5–7 more minutes, stirring often until the rice is soft.
7	Taste the porridge and adjust sweetness according to your taste. Don't overcook the porridge.
8	Garnish with some chopped nuts and serve hot.

*Additional notes:*

- *Traditional Korean Hobakjuk is served with rice balls (made from rice cake ball dough), added into the porridge a few minutes before the porridge is done.*
- *Cooked black, kidney or soybeans as well as walnuts or pumpkin seeds are also delicious additions to the Juk and increase its' nutritional value. Add to the Juk a few minutes before done.*



*Recipes...Soups*



## Broccoli Tahini Soup

Providence Zen Center Kyol Che collection of recipes / USA

*Ingredients (for 10 people):*

¼ cup	60 g	Butter
2 tbs		Olive oil
5 cloves		Garlic: minced
1		Spanish onion: medium, chopped
4		Potatoes: medium, peeled and diced
3 bunches		Broccoli: finely chopped
1 tbs		Salt
1 tbs		Nutmeg
1 tbs		Paprika
1 tbs		Oregano
½ tbs		Black pepper
1 quart	1 liter	Soy milk or other plant milks
¼ cup		Tahini

*Instructions:*

1	Sauté garlic and onions in olive oil and butter on medium heat until onions are translucent.
2	Add potatoes and enough water to cover them. Turn heat to high and bring to a boil.
3	Add the spices, put on lid and stir occasionally.
4	When potatoes are tender, turn off heat and stir in tahini, then soy milk.
5	In a separate pot, steam broccoli in an inch or two (2.5 – 5 cm) of water.
6	When the veggies in both pots are tender, add the broccoli to the vegetables.
7	Purée the soup with hand blender for desired consistency. Add soy sauce to taste.

## Carrot Ginger Soup

by Ada Bobowska, Kraków, Poland

*Ingredients (for 10-12 people):*

20	Carrots: medium, peeled and cut into chunks
4	Potatoes: large, peeled and cut into chunks
1	Leek: sliced

2	Parsnip or turnip: medium, peeled and cut into small chunks
1 tsp	Coriander: ground
2 tsp	Fresh ginger: grated
¼ tsp	Cardamom
1 pinch	Cinnamon
½ tsp	Nutmeg
1 handful	Coriander: fresh leaves only, chop coarsely
to taste	Salt
to taste	Corridander leaves

### Instructions:

1	Pour some oil into a big pot and fry the leek for 3 minutes. Add spices (apart from fresh herbs) and fry for 1 minute.
2	Add all the vegetables and 3 liters of fresh water.
3	Cover and cook on low/medium fire for about 50 minutes until carrots are tender.
4	Blend the soup to a smooth, creamy texture. Add more hot water if too thick.
5	Season with salt, add fresh coriander.

## Cashew Lentil Soup

by Myong Hae Sunim / Su Bong Zen Monastery, Hong Kong

### Ingredients (for 10 people):

8	Tomatoes: peeled and chopped
2	Potatoes medium sized: diced
1 cup	Cashew nuts: chopped coarsley
1	Cabbage: chopped
½ cup	Yellow lentils: soaked for 30 minutes
to taste	Salt
to taste	Black pepper - on condiment tray.

### Instructions:

1	Put all ingrediants in a pot and boil for 45 minutes.
2	Add salt to taste, and serve black pepper on condiment tray.

### Additional notes:

- Cashew Lentil Soup is an easy soup that is nourishing and nutritious with cashews. In Chinese cooking, nuts are often used cooked in soups so that they are easily digestible.

## Chili Beans Stew

by Kwan Jin Sunim / Dharma Zen Center Los Angeles, California

### Ingredients (for 10 people):

1½ cups	300 g	Dried pinto and kidney beans
2 tbs		Canola oil
5 cloves		Garlic: minced
1		Onion: medium size, chopped
3		Bell peppers (1 yellow, 1 green, 1 red)
¾ lb	340 g	Carrots: peeled and chopped
½ head		Broccoli: prepared and chopped into small floweretts
1½ cups	500 g	Green cabbage: chopped
2		Tomatoes: medium size, chopped
1 tbs		Chili powder
¾ tbs		Oregano: dried leaves
¾ tbs		Ground cumin
1 tbs		Sea salt
¼ tsp		Black pepper
1 can		Crushed tomatoes
1 cup		Textured vegetable protein

### Instructions:

1	Soak the beans overnight or at least 15 hours.
2	Add water to cover 1 in/2.5 cm above beans in a pot. Cook the beans until tender (around an hour or more) adding water as necessary.
3	In another pot, sauté the onions and garlic in canola oil. Cook the onions until translucent.
4	Add carrots and broccoli and enough water to cover the veggies. Bring to a boil.
5	Lower the heat to a simmer and after 5 minutes add the peppers, tomatoes and spices. Cook until veggies are slightly tender.
6	Add canned tomatoes and textured vegetable protein.
7	When beans are tender, combine with tomato/vegetable mixture. Add more water if necessary.

## Classic Russian Borscht Soup

by Olga Platonova / St. Petersburg, Russia

*Ingredients (for 10-12 people):*

6–8 cups	1.5–2 l	Water
2 large or 3 medium		Potatoes: sliced into bite-sized pieces
4 tbs		Canola or olive oil
1		Onion: medium, finely chopped
2		Carrots: grated
2 large or 3 medium		Beets: thoroughly washed and grated
½ head		Cabbage: thinly chopped
5 tbs		Tomato paste
2 tbs		Sugar
1–2 tbs		Red wine vinegar ( <i>optional</i> )
6 cups	1.5 l	Vegetable broth
4 tbs		Lemon juice
1 tsp		Pepper: freshly ground
2		Bay leaves
1 cup	180 g	Kidney beans: cooked ( <i>if using canned beans, rinse well before adding to soup</i> )
1 tbs		Dill: fresh, chopped
3.5 cups	400 g	Sour cream ( <i>serve on condiment tray</i> )

*Instructions:*

1	Fill a large soup pot with water and bring to a boil.
2	Add potatoes into the water and boil 15–20 minutes.
3	Add 4 tbs of cooking oil to a large skillet and sauté onions, carrots and beets until they are soft (7–10 minutes). Stir in tomato paste, sugar and vinegar. Add to the pot with water and potatoes.
4	Thinly shred cabbage and add it to the pot.
5	Add 6 cups of vegetable broth, lemon juice, pepper, bay leaves and rinsed kidney beans to the pot. Finally add fresh dill.
6	Cook another 5–10 minutes, or until the cabbage is done.
7	Add sautéed carrots and onion to the pot along with chopped dill. Add red wine vinegar.
8	Cook another 5–10 minutes, until the cabbage is done.

*Additional notes:*

- Make sure to offer sour cream on the condiment trays.

## Cucumber-Yogurt Soup

from the Providence Zen Center Kyol Che collection of recipes / USA

*Ingredients (for 10 people):*

12 cups	2 kg	Cucumber: peeled, seeded, chopped
6 cups	1.5 l	Water
6 cups	1.5 l	Yogurt
3 cloves		Garlic (Optional)
6-9		Mint leaves: fresh
3 tbs		Honey
6 tsp		Salt
¾ tsp		Dill weed
to taste		Scallions or chives

*Instructions:*

1	Puree everything together in blender (save the scallions for garnish).
2	Taste for salt before serving. Serve cold.

*Additional notes:*

- Make sure to offer sour cream on the condiment trays.

## Gazpacho (Cold summer vegetable soup)

by Barbara Pardo / Bori Zen Center, Spain

*Ingredients (for 6-8 people):*

4½ lb		Tomatoes
2	2 kg	Green peppers
1		Cucumber: peeled
3 cloves		Garlic (optional)
	200 ml	Virgin olive oil
1 cup	200 ml	Cold water
⅓ cup	75 ml	Sherry vinegar
¾ cup	75 g	Stale (old) bread
2 pinches		Salt
1 pinch		Cumin

### Instructions:

1	Place tomatoes in boiling water for a few minutes until the peels split. Remove from water and completely peel the tomatoes. Remove seeds.
2	Chop all the ingredients and put them in a blender, with the oil, vinegar, water, salt, etc. (It can be done in batches, a little bit of everything, and then mixed afterwards.)
3	When everything is blended, pass it through a fine sieve (with the help of a pestle or spoon) for a fine texture (in this step you'll get rid of all the remaining seeds and skins).

### Additional notes:

- *It's best eaten after 12–24 hours in the fridge, so this is a soup easy to make the day before. It is a cold soup which makes it great for summer!*
- *This soup is fantastic with chopped ripe avocados and fresh corn kernels. You can add a handful of fresh green peas for color at the end. It is an easy soup to extend if more people suddenly show up.*
- *Serve it garnished with croutons, finely chopped green peppers, thinly chopped green onions and chopped cilantro or parsley.*

## Joy of Life Soup

by Oliver Sicker / Zen Center Dresden, Germany

### Ingredients (for 10 people):

1 lb	500 g	Hokkaido pumpkin:
½ lb	250 g	Sweet potato
½ lb	250 g	Carrots
2 cups	500 ml	Orange juice
2 cups	500 ml	Coconut milk
1 tbs		Ghee or olive oil
1 tbs		Curry powder
1 tbs		Ginger: finely grated
to taste		Salt
4		Medjool dates (Optional)

### Instructions:

1	Heat ghee or olive oil in pot, add curry powder.
2	Add pumpkin, carrots, sweet potatoes and boiling water (see notes).
3	Simmer about 15 min until soft.
4	Add ginger, salt and optional dates.
5	Blend using hand-held blender or food processor.
6	Add coconut milk and orange juice.

*Additional notes:*

- None of the vegetables need to be peeled if the vegetables are organically grown. It is well known, that most of the nutrients of such vegetables are directly under the peel.
- To make it more substantial, ½ cup red lentils can be added with the vegetables.. It is also a good way to use up lentil leftovers!
- Sweet potatoes can be substituted by equal amounts of pumpkin and/or carrots.
- Dates are not necessary, but they add to the joyfulness!

## Miso Vegetable Soup P3C style

from the Providence Zen Center Kyol Che collection of recipes / USA

*Ingredients (for 12 people):*

2½ quarts	2.5 l	Water
3		Dried Shiitake mushrooms
2 oz	60 g	Dark miso
4		Potatoes: large, cubed small (yield 2 cups)
1 head/2 lbs	1 kg	Cauliflower: cut into small florets
2		Scallions: sliced thinly
4-5		Parsnips: medium, cut into cubes
2		Onions: chopped coarsley
½		Daikon: medimum size
10 oz	250 g	Tofu: cut into ½ inch (1.5 cm) cubes
½ tbs		Tarragon
½ tbs		Black pepper

*Instructions:*

1	Boil everything except the tofu and floretes for 15 mins.
2	Add tofu and florettes, and boil another 5 minutes.
3	Then cover and simmer for 20 mins or until cauliflower is tender.

*Additional notes:*

- You can use tempeh instead of tofu.

## Dragon Pumpkin Soup

by Katka Grofova / Brno, Czech Republic

### Ingredients (for 8 people):

30 oz	800 g	Sweet pumpkin, Hokkaido is best, chopped. No need to peel.
2 cups	½ l	pure organic coconut milk ( <i>with no sugar or other additives</i> )
6.5 cups	1.5 l	water
1.25 cups	200 g	Almonds: blanched
1 cup	250 g	White tofu: cut into small cubes
1 tsp		yellow curry powder or garam masala powder
1		Banana: small
to taste		Salt
as needed		Optional: pumpkin seeds, roasted. Served on condiment tray

### Instructions:

1	Bring water or vegetable broth with pumpkin cubes to a boil. Cook until pumpkin is soft.
2	Add coconut milk, tofu cubes and spices and boil for a few more minutes.
3	When finished add banana and blend into a creamy soup. Adding hot water if needed.
4	Finish with salt. Serve with roasted pumpkin seeds and few drops of pumpkin seed oil.

### Additional notes:

- This very delicious and hearty soup is great for cold winter days. Serve it with basmati rice or your favorite pasta.

## Hungarian Mushroom Soup

from the Providence Zen Center Kyol Che collection of recipes / USA

### Ingredients (for 6 people):

1 lb	500 g	Champignon mushrooms
4 cups	600 g	Onions: chopped
4 tbs		Olive oil
½ cup		Flour
1 quart	1 l	Water
1 quart	1 l	Soy, rice or oat milk
3 tsp		Dill: chopped
2 tbs		Sweet paprika powder (hungarian is best)

2 tbs		Tamari
1 tsp		Salt
1		Lemon
1 tbs		Parsley
1 tsp		Pepper

*Instructions:*

1	In a large pot, sauté onions in the olive oil. Add the salt and sauté until transparent.
2	Mix flour and ½ cup of water.
3	Add rest of water, flour mix, dill, paprika, tamari, parsley, and sliced mushrooms. Cover and simmer for 15 mins.
4	Add the soy or rice milk. Cook for 15 mins more.
5	Add lemon juice. Simmer and add salt and pepper to taste.

## Pumpkin & Cauliflower Soup

by Eva Dezuttere / Brussels Zen Center, Belgium

*Ingredients (for 8 people):*

2		Yellow onion: chopped into small pieces
1.8 lb	800 g	Pumpkin (sweet, eg. Hokkaido): chopped
3½ cups	800 g	Cauliflower: chopped
10 cups	2.4 l	Vegetable broth (dissolve 1 broth cube in 1.2 l/5 cups of boiled water)
2 tsp		Thyme
2 tsp		Fennel seeds
6		Bay leaves
to taste		Optional: pumpkin seeds (roasted)

*Instructions:*

1	Fry the onion until transparent.
2	Add the pumpkin and cauliflower, thyme and fennel and fry for 5 minutes.
3	Add the vegetable broth, bring to a boil. Reduce the heat and let it simmer for 20 minutes (or until the vegetables are soft).
4	Take out the bay leaves and blend everything.
5	Serve roasted pumpkin seeds on the condiment tray which can be sprinkled on top of the soup.

*Additional notes:*

- The recipe can also be only with pumpkin (1.8 lb/800 g).

## Seaweed Soup

from the Providence Zen Center Kyol Che collection of recipes / USA

*Ingredients (for 8-10 people):*

2 oz	60 g	Seaweed (see notes)
2 tsp		Garlic: minced
6		Shitake mushrooms: dry, large
2 tbs		Sesame oil
4 tbs		Tamari
3 quarts	3 l	Water
1 lb	500 g	Tofu

*Instructions:*

1	Boil 1 quart/1 liter of water. Put in mushrooms, face down.
2	Remove from heat after boil, set aside. Keep water.
3	In a large pot, stir and gently sauté together the tamari, sesame oil, minced garlic, and tofu in that order.
4	Add 2 quarts/2 liters of water and bring to a boil.
5	Boil a quart/one liter of water. Soak the seaweed in it.
6	Remove the seaweed, cut it into 2 in/5 cm pieces. Add to soup.
7	Let soup simmer. Taste for salt.

*Additional notes:*

- Use Miyuk or Dolak-cham Miyuk seaweed. You can add minced ginger and chopped vegetables if you wish.

## Split Pea – Barley Soup

by Barry Briggs JDPSN / Seattle, USA

*Ingredients (for 6-8 people):*

1		Olive oil
2		Onion: medium, chopped
1		Carrots: chopped
1½ cups		Rib of celery
½ cup		Split peas: rinsed
8 cups	2 l	Pearl barley
1		Water

2 tbs		Lemon: juiced
1 tsp		Soy sauce
½ tsp		Salt

*Instructions:*

1	Heat oil over high heat in a large pot. Add onion, carrots and celery and cook, stirring occasionally, for 5 minutes until softened.
2	Add split peas, barley and water. Bring to a boil.
3	Add soy sauce, salt and pepper.
4	Bring to a boil, reduce heat and simmer for 40 minutes, or until split peas and barley are tender.
5	Remove from heat and stir in lemon juice to taste.

## Miso, Tofu, Seaweed Soup - Kwan Jin SN Style

by Kwan Jin Sunim / Dharma Zen Center, Los Angeles, California, USA

*Ingredients (for 8-10 people):*

1 oz	30 g	Dried seaweed (kombu)
1 oz	30 g	Dried shiitake mushrooms (organic and fresh are preferred)
5 cloves		Garlic: minced (optional)
2 tbs		Sesame oil
2 tbs		Tamari
2 quarts	2 l	water
1 lb	500 g	firm tofu
4 1/2 oz	125 g	soba or udon noodles, uncooked
8 tbs		organic miso paste, dark or light

*Instructions:*

1	Soak dried mushrooms in water overnight.
2	Chop seaweed into 1-2 in/2.5-5 cm strips, rinse well and soak in warm water.
3	Mince garlic next, drain and remove water from mushrooms and chop and slice into thin pieces; sauté both in sesame oil first for about 4-5 minutes. Add the tamari.
4	Add the water and bring to a boil. Add seaweed and soba or udon noodles and cook until slightly tender.
5	Cut the tofu into cubes and add into soup.
6	Turn heat off and then add the miso.

### Additional notes:

- You can also add fresh minced ginger in with the garlic. Added vegetables make this lovely miso soup into a heartier miso stew. Add broccoli florets or cauliflower florets during the last five minutes of cooking, so that they are still firm. Add carrot matchsticks or finely sliced cabbage or brussel sprouts cut in halves or quarters during the last 10 minutes of cooking.
- A good tip is to mix the miso with 1 cup of warm water and mix well and then add into the soup.

## Yellow Fennel Soup

by Vienna Zen Center, Austria

### Ingredients (for 8-10 people):

6 cups	1,5 l	Vegetable broth (dissolve 1–2 vegetable broth cubes in the water)
¼ cup		Coconut oil
½		Yellow onion: chopped
3		Fennel bulbs: diced
to taste		Salt & pepper
½ tsp		Garlic granules (Optional)
1 tsp		Tarragon
¼ tsp		Coriander seeds
½ tsp		Turmeric powder

### Instructions:

1	Bring the vegetable broth to a boil. Cover pot with lid and continue to simmer.
2	In a separate pot warm coconut oil on medium heat and saute chopped onion until translucent.
3	Add diced fennel and cook for about 10–15 minutes, until fennel is golden brown. Add onions and fennel to the broth pot.
4	Add salt, black pepper and garlic granules. Add tarragon, coriander seed and tumeric powder and then let it simmer for about 15 minutes.
5	You can decorate the soup with fennel seeds & leaves.

### Additional notes:

- Make the soup extra creamy by substituting half the water with coconut, macadamia or almond milk.
- Great with millet or quinoa.

## Kulaida

by Jiri Hazlbauer / Vrazne Zen Center, Czech Republic

### Ingredients (for 10-12 people):

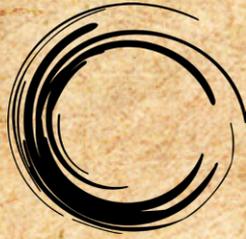
as needed		Olive oil
2.5 quarts	2.5 l	Water
2-3 lbs		Mushrooms (see notes)
3 lbs	1.5 kg	Potatoes: chunks or diced
3 cups		Milk or cream
3		Bay leaves
1 tsp		Caraway seeds
5		Eggs
1 cup		Fresh dill: chopped
3 tbs		Apple vinegar
to taste		Salt and pepper

### Instructions:

1	Sauté mushrooms quickly in butter or olive oil until they are wilted.
2	Add water, potatoes, bay leaves, caraway seeds, salt and pepper. Cook until potatoes and mushrooms are tender.
3	Add milk or cream and let boil for several minutes.
4	When the soup is almost finished, pour in raw eggs carefully, so that the yolks do not break. Add dill and cook for about 3 minutes more.
5	At the end add vinegar and salt to taste.

### Additional notes:

- Best mushrooms for Kulaida are porcini, but chanterelles, champignon or wild forest mushrooms will also do.
- Eggs can also be added hard-boiled and quartered when cooking is finished.
- Traditionally, milk/cream can be mixed with flour or cornstarch to make a thicker soup.
- For a vegan version, substitute cow milk with plant milk of your choice. Eggs can be replaced with more potatoes.



*Recipes... Main Dishes*



## Baked Falafel Balls

by Maya Ya'ari / Vienna Zen Center, Austria

*Ingredients (for 16 falafel balls – two or three per person):*

1	400 g	Egg or 2 tbs of ground flax seeds (see notes)
14 oz		Cooked chickpeas
1		Red onion: small size, chopped fine
2 cloves		Garlic (Optional)
¼ cup		Oat or chickpea flour
1 tbs		Cumin
1 tsp		Sweet paprika powder
1 tbs		Fresh corriander: chopped (if not available, use fresh parsley)
1 tbs		Parsley: chopped
1 tsp		Sea salt
to taste		Black pepper: ground
1½ tbs		Olive oil
⅓ cup		Bread crumbs or wheat germ

*Instructions:*

1	Soak chickpeans overnight. Cook them the next day, until soft.
2	Preheat the oven at 390 °F/200 °C. Cover a large baking pan with baking paper.
3	Using a food processor, mix all the mentioned ingredients, except for the bread crumbs. Mixture should be solid, not too watery.
4	Using your hands and a bit of water, form 15 balls from the mixture. Roll the balls on the bread crumbs.
5	Place the balls on the oven pan and bake 25 to 30 minutes. After 12–15 minutes, flip the balls in order to bake both sides evenly. Falafel balls are ready when their color becomes golden.

*Additional notes:*

- *If your Sangha avoids eating eggs as part of a vegan diet, you can replace the egg with 2 tbs of ground flax seeds, mixed with 3 tbs of water. Leave mixture aside for 15 minutes before using it.*
- *Wheat germ can be replaced with ground sunflower seeds.*
- *It's possible to prepare the mixture in advance and use it later. Once mixture is ready, let it cool and freeze it.*

## Corn Bread

from the Providence Zen Center Kyol Che collection of recipes / USA

*Ingredients (for 10 people - 1 pan):*

2½ cups	500 g	Corn meal
1½ cups	200 g	White flour
¼ cup		Sugar
½ tbs		Whole cumin seed
1 tsp		Baking powder
1 tsp		Baking soda
½ tbs		Salt
½ lb	230 g	Butter
1¾ cups	400 ml	Soy milk or other plant milks
3		eggs
1 cup		Frozen corn (Optional)

*Instructions:*

1	Preheat oven to 400 °F/200 °C. Melt butter in a small pan.
2	Whisk together all the dry ingredients in a large mixing bowl until well blended.
3	In another bowl, add soy milk and eggs; whisk well. Add the melted butter and whisk until blended.
4	Pour the wet mixture into the dry and mix well; add the corn (optional). Do not over beat.
5	Grease baking pan(s) and pour in the batter. Bake for about 15–20 min, or until a knife inserted comes out dry.
6	Let cool; take out of pan onto cutting board; cut into equal pieces

## Mung Bean Pancakes (Bindae Ddok)

by Kathy Park / Su Bong Zen Monastery, Hong Kong

*Ingredients (for 8-12 people):*

	1,250 g	Dried mung beans (both hulled and unhulled beans can be used)
2 cups	180 g	Dry shiitake mushrooms: soaked
2 cups		Mung beans or soya prouts
2 cups		Kimchi: drained and diced (see notes)
½ cup		Sesame seeds
2 tsp		Sea salt
as needed		Olive or coconut oil

Sauce		
8 tbs		Tamari or soy sauce
2 tsp		Rice vinegar or lemon juice
1		Fresh chili: chopped (Optional)

*Instructions:*

1	Soak mung beans in 3 times more water overnight. Drain and wash. If the beans are not hulled, drain some of the skin out, but the skin can also be eaten.
2	In a blender, pour 1 or 2 cups of the soaked mung beans at a time, and fill with water just up to the level of the beans. Blend coarse for 2–3 minutes, then high for 30 seconds. Complete blending of all beans this way and pour the blended bean mixture into a large mixing bowl. Add the sea salt and mix well.
3	Drain, wash and squeeze water from the shiitake mushrooms and remove the stems. Dice the mushroom heads and sauté them in a medium hot pan for 5–7 minutes with a small drop of olive oil. Set aside and let cool.
4	Wash and blanch the bean sprouts; in boiling water cook them for few seconds until wilted, drain and let cool. Squeeze water from the sprouts, then chop them into 1 cm (0.4 in) length pieces.
5	Drain kimchi and dice. Add all the chopped mushrooms, sprouts and kimchi to the mung bean batter and mix well.
6	Heat pan to medium low, add coconut or olive oil. Use a ladle and scoop the mung bean batter into small dollops, about 3–4 inch size pancakes. Cook until light golden brown, then flip and cook both sides.
7	Remove and cool. The pancakes can be served both warm or cold.
8	Serve pancakes in a flat dish with dipping sauce.

*Additional notes:*

- *Kimchi is a Korean recipe made with fermented cabbage with spicy pepper. It is high in minerals and because of the fermentation very healthy. But it is not always easy to find. If you cannot find it then substitute it with another diced vegetable such as red pepper or zucchini.*

## Quick Soda Bread

by Janet Holliday / Jung Shim Zen Center, South Africa

*Ingredients (for 10 people):*

4 cups	360 g	Flour mix: 1 cup wheat bran, 1 cup seed mix – pumpkin, sunflower and flax seeds (leave 1 tbs of seeds for topping), 2 cups whole wheat flour or rye flour. (Look for gluten-free flours if needed.)
2 cups	500 ml	Buttermilk or plain yogurt
1 heaped tsp		Bicarbonate of soda

pinch		Salt
1 tbs		Molasses (Optional)

*Instructions:*

1	Preheat oven to 400 °F / 200 °C / Gas 6
2	Mix all dry ingredients in a bowl, add the buttermilk and mix well for about a minute. Place dough in a greased bread tin.
3	Sprinkle with extra seeds.
4	Bake in oven for approximately 1 hr. Test to see bread is done: when inserted skewer is no longer moist.
5	If you like a crust, remove bread from tin and place in oven for 10 minutes or while oven cools.

## Sautéed Tofu with Crispy Celery

by Janka Kosutova / Bratislava Zen Center, Slovakia

*Ingredients (for 8-10 people):*

1 lb	450 g	Smoked tofu
1 lb	450 g	White tofu
1 large root or 6 ribs		Celery
1 tsp		Cumin powder
1 tsp		Salt
2 tbs		Olive oil
Marinade		
2 tbs		Water
½ tbs		Chili flakes
4 tbs		Soy sauce

*Instructions:*

1	Mix the marinade ingredients. Slice tofu into triangles and place in the marinade for an hour.
2	Clean the celery and cut into wafer-thin slices.
3	Heat the olive oil in a heavy skillet, add the celery and season with salt slightly, stir very gently until the celery loses its water and is on the crispy side.
4	Sprinkle extra marinade or soy sauce on celery and add the cumin, sauté again slightly, then remove from the pan.
5	Put more oil into the pan. Remove tofu from the marinade and sauté until golden brown on both sides.
6	Add fried celery and sauté together for another 20 mins.

## Spinach with Jagliatelle

by Gisela Blankenburg / Cologne Sangha, Germany

*Ingredients (for 10 people):*

2.2 lbs	1 kg	Tagliatelle pasta: boiled in water until just firm (al dente)
2.2 lbs	1 kg	Tomatoes
2 lbs	900 g	Spinach: frozen and thawed
4		Onions: medium size, minced
1 tsp		Nutmeg powder
1 tsp		Salt
1 tsp		Pepper
2 cups	250 g	Sour cream
2		Garlic cloves: minced (Optional)
2 tbs		Butter
2½ cups	300 g	Grated gouda or edam cheese

*Instructions:*

1	Place tomatoes in boiling hot water just long enough for the skin to come off. Peel the tomatoes and cut into small pieces.
2	Mix the thawed spinach with chopped onions, nutmeg, salt and pepper
3	Generously butter a large oven pan. Spread the cooked pasta evenly onto the bottom of the oven pan. Place the spinach, tomatoes, sour cream and minced garlic on top of the noodles.
4	Sprinkle the grated cheese on top.
5	Bake until the cheese is golden brown at 356 °F/180 °C for about ½ hour. Might take a bit longer.
6	Serve parmesan cheese on the condiment tray if wished.

## Stir-fried Tofu with Spinach

by Maya Ya'ari / Vienna Zen Center, Austria

*Ingredients (for 6-8 people):*

2 tbs		Roasted sesame oil
1 lb	500 g	Tofu: ½ in/1 cm diced
2 cloves		Garlic: large, minced (Optional)
2 tsp		Fresh ginger: grated or minced
½ tsp		Red chili flakes (Optional)
to taste		Soy sauce

12 oz	340 g	Fresh baby spinach: rinsed
4 tbs		Sesame seeds: toasted
2 tsp		Roasted sesame oil

*Instructions:*

1	Heat sesame oil over medium-high heat in a large nonstick skillet or wok, and add the tofu. Stir-fry 3 to 5 minutes, until tofu is lightly golden. Add ginger and the optional garlic.
2	Cook and stir until fragrant, about one minute. Add soy sauce to taste. Add spinach and stir-fry about one minute. Make sure that the spinach is not overcooked and remains vibrant green.
3	Stir in the sesame seeds, and add more soy sauce to taste. Remove from the heat.
4	Using tongs, transfer the spinach and tofu mixture to a serving bowl, leaving most of the liquid behind in the pan or wok.
5	Drizzle sesame oil. Add more soy sauce to taste.

*Additional notes:*

- Fresh baby spinach can be replaced with 10 oz/285 g frozen spinach.

## Vegetable Briyani

by Janet Holliday / Jung Shim Zen Center, South Africa

*Ingredients (for 6-8 people):*

½ cup		Ghee or olive oil (more if needed)
3		Onions: medium size, diced finely
½ cup		Red peppers: diced
½ cup		Carrots: diced
½ cup		Courgettes/zucchini: diced
2		Potatoes: medium size, diced into small cubes
2 cups	400 g	Brown lentils
2 cups	400 g	Jasmin or basmati rice
¼ tsp		Turmeric
1 tsp		Red chili powder (not too spicy)
1		Whole green chili: minced very finely
½ tsp		Cumin powder
½ tsp		Coriander powder
1 tbs		Lemon: juiced
1 tsp		Salt
1 tsp		Fresh ginger: finely grated

*Instructions:*

1	Cook lentils and rice separately.
2	Sauté onions in some of the oil or ghee until translucent. Drain and remove from oil and set aside. Heat the rest of the oil or ghee and add the spices, lemon juice and ginger. Stir until aromatic.
3	Sauté cut vegetables in the spicy oil or ghee quickly, making sure they are still crunchy. Remove vegetables and set aside.
4	Sauté potatoes in the rest of the spicy ghee or oil until golden.
5	In a large and deep oven pan layer cooked lentils, potatoes, vegetables and two thirds of the onions. Top with cooked rice. Spread the rest of the onions on top of the rice, sprinkle with a few drops of cold water, cover with lid or tin foil (to avoid drying out).
6	Bake in oven preheated to 350 °F/180 °C for 30–45 minutes.

## *Kathy's Chinese-Style Greens*

by Kathy Park / Su Bong Zen Monastery, Hong Kong

*Ingredients (for 12 people):*

4½ lbs	2 kg	Fresh vegetables with dark leafy greens (see additional notes below)
2		Fresh ginger: size of a big thumb, finely grated
4 tbs		Coconut oil or olive oil
4 tsp		Salt
10 cups	3.4 l	Water

*Step 1: General Instructions*

1	Chop leaves and stalks, and separate.
2	Peel and finely grate the ginger root.

*Step 2: By Boiling*

1	In a large wok or big pot, add water, ginger, salt and oil, and bring to boil for 5 minutes.
2	Throw in the thick stems first and when just tender add the leafy parts.
3	Cook just until the leafy parts are still dark color.
4	Drain water and serve cooked greens on a dish immediately.

*Step 3: By wok stir-frying*

1	In a large wok, add the oil and ginger piece, and heat up the wok high until the oil is sizzling.
2	Throw in the greens and stir fry quickly for 2 minutes, sprinkling salt.

3	Add 2 cups of water mid-way and cover with lid for 3 minutes so that the vegetables are steaming.
4	Remove cover and stir fry until all vegetables are cooked as desired. Serve immediately in a dish.

*Additional notes:*

- Choose the dark leafy greens which are seasonal, such as kale, chard, spinach, lettuce, cabbage or any of your favorite greens. Popular Asian style greens are choy sum, kai lan (Chinese kale) or chrysanthemum leaves.
- This is simple recipe in the most classic of Chinese-style cooking, a sumptuous dish of leafy greens is an integral part of any Cantonese meal. This traditional style of cooking allows the vegetables to remain brightly green even after cooking. Just take care not to overcook. Make sure that the vegetables are still dark green.

## Wok Stir-fried Vegetables with Herbs

by Avital Sebbag / Israel

*Ingredients (for 12 people):*

1 head/4 lb	2 kg	Cauliflower: cut into small florets
3 cups		Cooked black beans or black lentils
4 tbs		Olive oil (or roasted sesame seed oil)
1 tbs		Ginger: fresh, minced
1 tbs		Curry powder (more if you wish)
1		Onion: large, sliced coarsely
20		Champignon mushrooms: sliced thinly
3		Celery ribs: sliced finely, including the leaves
17 oz	0,5 kg	Tofu: cut into small cubes
2 tbs each		Fresh oregano, parsley, coriander and basil: chopped
1 tsp		Black pepper: ground
1 tsp		Coarse gray salt
1 tbs		Soy sauce

*Instructions:*

1	Pre-steam the cauliflower florets. Don't overcook! They should be slightly crunchy. Set aside.
2	Heat the olive oil in a heavy pan or in a large wok. Stir in the curry powder, ginger and onions. Sauté until translucent and gold.
3	Add the mushrooms and celery slices. Sauté until mushrooms and celery are still somewhat firm.
4	Stir in the tofu cubes, cauliflower florets and the beans (or lentils).
5	Add the fresh chopped spices, black pepper, salt and soy sauce. Stir until everything is well mixed. Taste and adjust salt or pepper.

## Beetroot Pie

from the Providence Zen Center Kyol Che collection of recipes / USA

*Ingredients (for 6 people):*

1½ lb	700 g	Beetroot
½ lb	230 g	Mature cheddar cheese
1		Onion
3 tbs		Mayonnaise
to taste		Salt and pepper

*Instructions:*

1	Peel and grate the beetroot, grate the cheese and chop the onion.
2	Mix all ingredients together with the mayonnaise and put into a wholemeal pastry case.

*Ingredients for the wholemeal pastry (for 6 people):*

3.5 cups	plain wholemeal flour
⅔ cup	butter
2	eggs
½ cup	iced cold water

*Instructions:*

1	Using the dough blade in the food processor, combine the flour, butter and egg and process until the mixture resembles fine breadcrumbs.
2	Slowly add the cold water a little at a time and when you hear a change to the sound of the processing OR you can see the dough forming into a ball, turn the machine off.
3	Remove the dough from the processor and chill for 30 minutes. Cut dough into two balls: one for the bottom and one for the top of the pie.
4	Roll the pastry evenly on a board dusted with flour and line a lightly oiled pan about 10 in/25 cm in diameter. Trim around the edges with a small knife.
5	Fill in with the beet mixture.
6	Roll out the second ball of dough to fit the top of the pie and seal the edges to each other. Bake at 360 °F/180 °C until the dough is done, around 40 minutes.

*Additional notes:*

- Great also for large gatherings of the Sangha. Serve hot with mashed potatoes or cold with salad.

## Basic Bean Recipe

by Jo Potter JDPSN / Vienna Zen Center, Austria & Ian Roth / Open Meadow Zen Center, USA

*Ingredients (for 10 people):*

1 lb	450 g	Dry beans (black, pinto, pink, kidney, white, etc.)
10 cups	2.4 l	Water
2 tbs		Olive oil
¾ tbs		Salt

*Instructions:*

1	Soak beans at least 12–14 hours (overnight) and pour off the soaking water and discard it. (In the morning before cooking the beans, soak again for 2–6 hours and throw the water out.)
2	Cook the beans slowly and long enough (2–3 hours) until the beans are quite tender. You can try cooking the beans with a strip of Kombu (sea weed).
3	Shortly before the beans are done, salt to taste and stir.

*Additional notes:*

- Soaking overnight begins bean germination and promotes enzyme release. The germination process breaks down the complex bean sugars. This all helps to reduce any gas in those eating the beans.
- Beans are great topped with fresh salsas which are mixtures of minced fresh vegetables with spices. You can also put beans on the breakfast condiment trays for the porridge.

## Borisa Lentil Stew

by Barbara Pardo / Bori Zen Center, Spain

*Ingredients (for 6 people):*

1 tbs		Olive oil
1 piece		Yellow onion: thinly sliced
3 cloves		Garlic: minced (optional)
1 tsp		Dried thyme
1 or 2 tbs		Sweet smoked paprika
1 cup	200 g	Dried brown lentils (or green lentils)
5 cups	1.2 l	Vegetable broth
to taste		Salt
2 tsp		Black pepper: freshly ground
2 cups	340 g	Tomatoes: whole or chopped
4 cups	150 g	Spinach
1 cup	150 g	Black olives

*Instructions:*

1	Sauté onions in olive oil with a pinch of salt in a soup pot, over medium-high heat, until translucent.
2	Add garlic and sauté for a few seconds, then mix in the thyme and paprika.
3	Add lentils, broth, salt and pepper. Cover and bring to a boil. Once boiling, cook in medium heat for 25 minutes, stirring occasionally.
4	Add tomatoes, crushing them with a wooden spoon. Bring to a boil, then lower heat and simmer for another 20 minutes.
5	Add spinach and olives and stir frequently until spinach is wilted.
6	Serve with rice or quinoa.

*Additional notes:*

- Sweet paprika and sweet smoked paprika are two very different products. For this recipe, make sure you get sweet smoked paprika.

## *Cauliflower and Potato Curry*

by Ada Bobowska / Kraków, Poland

*Ingredients (for 10 people):*

7 tbs	Oil
20	Potatoes: peeled and chopped
2	Cauliflowers: cut into florets
4	Tomatoes: medium, chopped
1 tsp	Turmeric powder
¼ tsp	Chilli powder
1 tsp	Cumin powder
½ tsp	Garam Masala powder
to taste	Salt
pinch	Sugar

*Instructions:*

1	Heat oil and fry potatoes for 3 minutes. Set aside. Then fry cauliflower for 3 minutes. Set aside.
2	Fry the spices, salt and sugar for 30 secs and then add tomatoes. Simmer for 1 minute.
3	Add potatoes and 2.5 cups of hot water. Cover and cook for 15 minutes.
4	Add cauliflower and cook about 10 minutes until the vegetables are tender.

*Additional notes:*

- Serve hot with rice or any grains and fresh salad.

## Curried Tempeh

by Eva Dezuttere / Brussels Zen Center, Belgium

*Ingredients (for 8 people):*

4 tbs		Olive oil.
2 tbs		Ginger: freshly grated (peel first)
2 tbs		Garlic: freshly chopped (optional)
2 tbs		Curry powder
7 oz	200 g	Tempeh
1.7 cups	400 ml	Coconut milk
2		Vegetable broth cubes (dissolve in 1 cup of hot water)
1.5 cups	500 g	Cabbage: green or Chinese, sliced (or other vegetable of your choice, e.g. mushrooms, broccoli)
1 oz	30 g	Basil leaves: fresh, crushed, or fresh coriander leaves
1/3 cup	50 g	Spring onion: finely chopped
to taste		Salt & black pepper

*Instructions:*

1	Heat the oil in a pan/wok, crumble the tempeh with your fingers and fry for 5 minutes until the crumbs start to change color and become crispy. Stir regularly.
2	Add ginger, garlic and curry powder and fry for 3–5 minutes.
3	Add the coconut milk and vegetable broth. Bring to a boil. Then reduce heat and let simmer for 10 minutes.
4	Add cabbage (or vegetable of your choice), let it shrink and become soft.
5	Add basil, or fresh coriander leaves, spring onion, pepper & salt. Stir and taste!

## Lebanese-style Eggplant

by Michael O'Sullivan / The Three Treasures Zen Center, USA

*Ingredients (for 6 people):*

1		large eggplant (1¼ to 1½ pounds/570 to 680 g): halved lengthwise then cut in ½-inch/1.5 cm slices
to taste		Salt
3–4 tbs		Olive oil
2 cloves		Garlic: minced (Optional)
1½ lb	680 g	Tomatoes: chopped
1 tsp		Freshly ground pepper

2 tbs		Honey or agave nectar
1 tbs		Apple vinegar
1½ cups		Chickpeas: cooked, drained and rinsed
3 tbs		Flat-leaf parsley, or a combination of mint and parsley: chopped

*Instructions:*

1	Preheat the oven to 450 °F/230 °C. Line a baking sheet with foil, and oil it with olive oil.
2	Lay the eggplant slices on top. Salt lightly and brush with olive oil.
3	Place in the oven for 20 minutes until the eggplant is lightly browned and soft to the touch (the surface will be dry).
4	Remove from the heat, and fold over the foil to make a packet around the eggplant slices.
5	Allow them to soften and steam inside the foil for 15 minutes while you proceed with Step 2.
6	Heat 2 tablespoons of the olive oil over medium heat in a large, heavy lidded casserole or skillet. Add the garlic (optional).
7	Cook just until fragrant, about 30 seconds. Stir in the tomatoes, salt to taste, and pepper.
8	Bring to a simmer, and simmer uncovered over medium heat for 10 to 15 minutes, stirring often, until the tomatoes have cooked down and smell very fragrant.
9	Add the eggplant, honey or agave syrup, vinegar and chickpeas.
10	Cover and simmer for another 20 to 30 minutes, stirring from time to time. The mixture should be thick and the eggplant should be very tender, melting into the mixture. Taste and adjust seasoning.
11	Sprinkle on the parsley and/or mint, and serve. Alternately, allow to cool and serve warm or at room temperature.

*Additional notes:*

- *This dish keeps for three or four days in the refrigerator and tastes even better the day after you make it. Reheat gently in a skillet, or serve at room temperature.*

## *Curried Lentils with Brown Rice*

*from the Providence Zen Center Kyol Che collection of recipes / USA*

*Ingredients (for 10 people):*

3 cups	600 g	Dried lentils
2 tbs		Olive oil
5 cloves		Garlic: minced (Optional)
1		Yellow onion: large, chopped
1½ lbs	680 g	Carrots: peeled and diced

3		Potatoes: medium, peeled and diced
½ head		Celery: chopped
1 tbs		Curry powder
1 tbs		Garam masala
1 tbs		Ground cumin
1½ tbs		Salt

*Instructions:*

1	Rinse and soak lentils the night before.
2	Add water to cover 2 inches above the lentils.
3	Cook until tender (around 1 hour or more), adding water as necessary.
4	In another pot, sauté the onions and garlic in olive oil on medium heat. Cook until onions are translucent.
5	Add carrots, potatoes and enough water to cover the veggies. Turn heat to high and bring to a boil.
6	Add the spices, celery, put on lid and stir occasionally. Cook until veggies are slightly tender.
7	When lentils are tender, add to vegetable mixture.
8	Add more water if necessary for desired consistency.

## *Mediterranean Chickpea Stew*

*from the Providence Zen Center Kyol Che collection of recipes / USA*

*Ingredients (for 12 people):*

3 tbs		Olive oil
3		Medium red onion: thinly sliced
3		Medium red bell pepper: diced
3		Medium green bell pepper: diced
3		Plum or round tomato: ¼ in/6 mm) dice
3 cans, 19 oz each	3 x 540 g	Chickpeas (Garbanzo)
30		Champignon mushroom caps: thickly sliced
to taste		Salt & Pepper
6 tbs		Fresh parsley: minced
9		Garlic cloves: smashed and minced (optional)
36		Black olives: chopped fine
6 tbs		Extra virgin olive oil
pinch		Fresh nutmeg, grated (optional)
3		Bay leaves: crumbled (no stems)

*Instructions:*

1	Mix all ingredients except 3 tbs olive oil and onion.
2	Heat 3 tbs olive oil, then sauté onion over medium-high heat until softened but not brown.
3	Raise heat to high. Add all remaining ingredients and cook through, about 10 minutes.

*Additional notes:*

- *Lentils and rice are complete protein. Serve with brown rice or just as delicious with quinoa.*

## Jamás' Lecsó

*from Tamás Mészáros / Budapest, Hungary*

*Ingredients (for 6-8 people):*

as needed		Olive oil
3.3 lb	1.5 kg	Peppers (paprikas) (see notes)
1		Onion: big, chopped
8		Tomatoes: large size
1 tbs		Hungarian paprika powder
to taste		Salt
to taste		Garlic (Optional)
1		Hot green pepper (optional)

*Instructions:*

1	Slice the peppers horizontally, then cut them to big pieces, vertically. It's possible to keep the peppers' seeds for an extra flavour, or discard them.
2	In a large pot, sauté olive oil with chopped onion, garlic and paprika powder.
3	Add peppers, tomatoes and salt. Cover with water and cook until soft.

*Additional notes:*

- *The best paprika to use for this recipe is the light yellow paprika easy to find in Europe in the summer. If you can't find those, use yellow, orange or red paprikas.*
- *The Hungarian Lecsó includes the seeds of the peppers /paprikas, because it gives the dish a special flavour. It is up to you, whether to remove the seeds or keep them.*
- *If your Sangha likes spicy chili flavor, mix in 1 hot green pepper or a little chili powder.*
- *You can serve Lecsó with rice or bulgur. In Czech it is served with bread on the side. In Hungary, Lecsó can also be made with egg barley (Tarhonya) cooked in with the peppers. Lecsó is also delicious with added smoked tofu.*

## Potato Goulash with String Beans

from Michal Rachunek / Vrazne Zen Center, Czech Republic

*Ingredients (for 6-8 people):*

10 oz	300 g	Potatoes dice into small cubes
10 oz	300 g	String beans cut into 5 cm/2 in pieces
2 cloves		Garlic (Optional)
1		Onion: medium size, sliced thin
1 tbs		Red paprika powder (sweet or smoked)
to taste		Salt, pepper

*Instructions:*

1	Cook potatoes and green beans in 1 liter/1 quart water for 10–15 minutes.
2	In the meantime fry onion until it gets golden color. Stir in paprika until it releases its color.
3	Pour this mixture into the potatoes and string beans. Add spices as you like and cook until soft.

## Seattle Coconut Curry

from Barry Briggs / Seattle, USA

*Ingredients (for 6-8 people):*

3 tbs	300 g	Olive oil
1		Red onion: large, finely chopped
1 heaping tsp		Curry powder
1		Celery rib: finely chopped
1		Carrot: large, chopped
1.16 oz box	500 g	Veggie broth
1 tsp		Salt
½ tsp		Pepper: freshly ground
¼ tsp		Cayenne pepper
1		Cauliflower: chopped into bite-size florets
1		Red bell pepper: seeded and chopped into bite size
1½ cups		Frozen corn
2 cups		Coconut milk or any plant milk
1 cube		Tofu, drained and chopped into small pieces

*Instructions:*

1	Chop onion.
2	Heat olive oil over high heat and add onions and curry powder right away.
3	Stir frequently, until onion is translucent, about 5 minutes. If seems dry, add more oil. Lower heat if it seems like it's burning.
4	Chop celery and carrots. Add celery and carrots to pot.
5	Add veggie broth, water, salt, pepper. Heat to bubbling and add cauliflower and red pepper. Cook for 5 minutes, or until the veggies are getting tender.
6	Add chopped tofu, coconut milk or plant milk and corn. Heat through.
7	Add more salt, curry or cayenne to taste. Remember to keep it mild. People can add their own spice from the condiment tray.
8	Heat through again the last period before lunch. Don't overboil. The veggies should be tender but retain their bright colors.

## Mujaddara

*from Maya Ya'ari / Vienna Zen Center, Austria*

*Ingredients (for 6 people):*

1½ cups	Green lentils
4 cups	Water
1 tsp	Salt
2 cups	Basmati or jasmin rice
¼ cup	Olive oil
1	Onion: large, thinly chopped or sliced
5 cloves	Garlic: crushed (Optional)
¼ tsp	Black pepper
½ tsp	Cumin seeds: whole or ground
1 tsp	Turmeric powder
1 handful	Parsley: fresh, chopped

*Instructions:*

1	Soak green lentils in water overnight. Filter and discard water.
2	Pour 3 cups of water into a pot. Add lentils and half a teaspoon of salt. Bring to a boil.
3	Add rice, stir and add 1 more cup of water. Lower the heat and continue cooking for 20 more minutes.
4	Heat a pan and add olive oil. Sauté Onions and garlic. Add turmeric, cumin, parsley, pepper and salt. Add more to taste if you wish. Stir and fry for a few minutes and put aside.

- |   |   |
|---|---|
| 5 | Add ingredients from step #4 to rice and lentils. Stir well and cook for 10–15 minutes, until liquids are absorbed and rice is somewhat soft. Serve warm. |
|---|---|

*Additional notes:*

- *Mujaddara is a very hearty Middle Eastern dish. The rice and lentil combination constitutes a complete protein, so it can be served as a main dish with a salad on the side.*
- *Mujaddara can be cooked in other variations: mung beans or orange lentils instead of green lentils. Bulgur instead of rice, combined with brown lentils. You can add coriander seeds, cooked and chopped vine leaves, thinly sliced and slightly roasted almonds or whole roasted pine nuts.*
- *If you are cooking Mujaddara on a long retreat, it's best to soak lentils overnight and sprout for 1–3 days. See article on sprouting in this book.*

## Ratatouille with Couscous

from Michal Rachunek / Vrazne Zen Center, Czech Republic

*Ingredients (for 6-8 people):*

2 tbs		Olive oil
1		Onion chopped finely
2 cloves		Garlic sliced finely (Optional)
2 tbs		Dried Italian spices
1 tsp		Brown sugar
1		Eggplant: large and diced into small cubes
½ cup		Tomato puree
1		Zucchini: large, sliced into thin half moons
2½ cups		Water
10 oz	300 g	Couscous
14 oz	400 g	Tomatoes fresh diced small
to taste		Salt, pepper

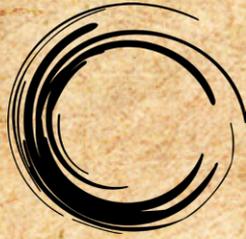
*Instructions:*

1	Fry onion, garlic, spices and brown sugar in the olive oil together until translucent. Add eggplant and cook until eggplant is tender.
2	Add tomato puree, zucchini, 2½ cups of water and couscous. Stir to mix everything. Let it stew on low heat for about 20 minutes.
3	Pour hot water over tomatoes, peel them, and cut into cubes. Add the tomatoes to the eggplant mixture and cook another 5 minutes.

*Additional notes:*

- *For extra flavor, you can add a bit of sour cream at the end if you wish.*





*Recipes... Salads & Dressings*



## Broccoli Namul

by Jo Potter JDPSN and Maya Ya'ari / Vienna Zen Center, Austria

*Ingredients (for 6 people):*

1 lb	460 g	Broccoli
1 tsp		Salt
1 tbs		Black sesame seeds: roasted and crushed
1 tbs		Soy sauce or tamari
1 tbs		Roasted sesame oil (or olive oil)
½ tsp		Garlic: minced (Optional)

*Instructions:*

1	In a pan, roast sesame seeds over medium low heat for 4 to 5 minutes. Turn fire off and splash 1 tbs of soya sauce over the seeds. Stir well until the soya sauce is absorbed and place seeds in a bowl to cool.
2	Cut the broccoli head into small florets. Peel the stems and cut into small pieces.
3	Steam the broccoli, until tender but still a little crunchy. Do not overcook! The broccoli should be bright green. Let cool for 20 minutes.
4	Continue to cool in the refrigerator.
5	Combine the cold broccoli with the remaining ingredients, and toss well to evenly distribute the seasoning.

## Eggplant & Carrot Salad

by Kathy Park / Su Bong Zen Monastery, Hong Kong

*Ingredients (for 6 people):*

For salad	
4	Japanese eggplants – see notes
2	Carrots: medium
handful	Fresh coriander (or parsley)
For dressing	
1 tbs	Olive oil
2 tsp	Sesame oil: toasted
1	Lemon: juiced
1	Orange: ½ juiced, ½ zested

2 tsp	Tamari or soy sauce
to taste	Black pepper
2 tbs	Toasted sesame seeds

*Instructions:*

1	Wash the eggplants and cut into halves lengthwise, and into 3 inch/8 cm lengths (for large kind, cut into quarters or smaller, and 3 inch/8 cm lengths). Place them with flesh facing up in a steamer and steam until flesh is soft when inserting a fork, but not too soft as to lose form, or else they will become mushy. Take them out and let sit to cool.
2	Wash and peel carrots, slice them into julienne or thin matchstick size. Place the carrots in a large mixing bowl.
3	Once the eggplants are cool, use a fork and separate the flesh into 0.4–0.8 in/1–2 cm width, keeping the skin. Add the cut eggplants to the carrots.
4	In a separate bowl, mix all dressing ingredients. Drench the eggplant and carrot mix with the dressing, and toss so that everything is evenly moistened. Place the salad in a serving bowl and garnish with chopped coriander leaves on top before serving.

*Additional notes:*

- This salad is wonderful either warm for the winter or cool for the summer.
- Japanese eggplants are the skinny and long kind. If not available, use 2 big ones.

## *Creamy Cashew Salad Dressing*

by Kathy Park / Su Bong Zen Monastery, Hong Kong

*Ingredients (for 6 people):*

½ cup	Raw cashews: peeled
¼ cup	Virgin olive oil
1 tbs	Sesame oil: toasted
2 tbs	Raw tahini or ¼ cup toasted sesame seeds
1	Lemon: juiced
1 tbs	Rice vinegar
2	Prunes
to taste	Salt & pepper
1–2 tbs	Water

*Instructions:*

1	Soak the cashews overnight or at least 3 hours before using.
2	Add all ingredients except water to a blender and mix until smooth. Add water if the dressing is too thick, and adjust to your liking.

*Additional notes:*

- This dressing is rich and hearty for any type of salad, and adds a creamy texture but without using dairy. In Asia this recipe can also be made with perilla seeds.

## Dubu (Tofu) Jorim

by Jo Potter JDPSN and Maya Ya'ari / Vienna Zen Center, Austria

*Ingredients (for 4 people):*

Marinade (yields roughly 2 cups)		
½ cup		Soy sauce
¾ cup		Water
1 tbs		Fine red pepper powder
1 tbs		Dark brown sugar
1 tbs		Olive oil
1 tsp		Toasted sesame oil
1 cup		Scallions: finely sliced
½ tsp		Lime or lemon juice
2 tbs		Sesame seeds: roasted
Tofu		
2 blocks each ½ lb	2 x 250 g	Firm tofu, sliced into thin rectangles
as needed		olive oil

*Instructions:*

1	Combine all the marinade ingredients in small bowl. Allow to sit out for 10–15 minutes—or while you prepare the tofu.
2	Remove tofu from package. Slice into rectangles—roughly ½ in/1.5 cm thick.
3	Lay out a thick layer of paper towels or kitchen towel on your counter and place the tofu slices on top to absorb any excess water (you don't need to press the tofu).
4	Heat large non-stick skillet over medium heat with a thin layer of olive oil. When hot, add tofu.
5	Fry tofu on each side for roughly 3–4 minutes, until light brown on both sides.

6	Remove and place on paper-towel lined plate to absorb any excess oil. Repeat until all tofu is seared.
7	Allow to cool to room temperature.
8	Spread out the tofu on a baking dish or any other container with a large surface area. Pour the marinade over the tofu. Cover and refrigerate for roughly 6–8 hours.

*Additional notes:*

- Can be served on the condiment trays or at breakfast to accompany *Juk*. Also it can be served as the protein for lunch or dinner.

## Gaji (Eggplant) Namul

by Jo Potter JDPSN and Maya Ya'ari / Vienna Zen Center, Austria

*Ingredients (for 6 people):*

2	Eggplants (12 oz/340 g)
1 tbs	Green onion: finely chopped
½ tbs	Garlic: minced (Optional)
2 tsp	Soy sauce
2 tsp	Hot chili powder (or mild—depending on your Sangha)
1 tsp	Toasted sesame oil
½ tsp	Sesame seeds
¼ tsp	Rice (or apple) vinegar
<b>For brine</b>	
1½ tbs	Salt
4 cups	Water

*Instructions:*

1	Cut the eggplants into 2-inch/5 cm pieces.
2	Mix 4 cups of water with 1½ tbs of salt in a mixing bowl. Soak the eggplants in it.
3	Since eggplant floats, place a dish on top of the eggplant pieces. Set it aside for about 10 minutes; this will remove the bitterness of the eggplants.
4	Steam the eggplant pieces using a steamer colander in a pot over water for about 5 minutes or until the eggplant is quite tender but still holds its' shape
5	Cool eggplant slightly, and then pull the eggplant pieces apart into ½ inch/1.5 cm strips; they should tear easily. If the eggplant seems watery, squeeze some water out gently.
6	Combine the eggplant, 1 tbs of finely chopped green onion, ½ tbs of minced garlic, 2 tsp of soy sauce, 2 tsp of hot pepper powder, 1 tsp of sesame oil, ½ tsp of finely chopped red hot pepper, ½ tsp of sesame seeds, and ¼ tsp of vinegar.

7	Mix everything together. Taste it and add more salt if needed. This dish can be served either warm in the winter or room temperature in the summer.
8	Spread out the tofu on a baking dish or any other container with a large surface area. Pour the marinade over the tofu. Cover and refrigerate for roughly 6–8 hours.

*Additional notes:*

- Can be served on the condiment trays or at breakfast to accompany Juk. Also it can be served as the protein for lunch or dinner.

## Japchae – Korean Glass Noodle Salad

by Jo Potter JDPSN and Maya Ya'ari / Vienna Zen Center, Austria

*Ingredients (for 6-8 people):*

10 oz	300 g	Dang myun – Glass noodles (see notes)
½		Red bell pepper: sliced finely
½		Yellow bell pepper: sliced finely
½		Green bell pepper: sliced finely
1		Yellow onion: sliced finely (Optional)
3		Green onions: sliced diagonally and finely (Optional)
1		Carrot: cut into julienne strips or very finely
2 big handful		Oyster mushrooms: sliced into strips
1–2 tbs		Soy sauce
2 tbs		Toasted sesame oil
1 tbs		Raw honey
to taste		Sea salt and pepper
2 tbs		Sesame seeds: lightly roasted (Optional)

*Instructions:*

1	Soak dang myun in cold water for one hour. Strain. Boil for five minutes, then rinse in cold water. Use scissors to cut noodles into six-inch/15 cm sections (roughly, a handful at a time). Set noodles aside.
2	Add just half a teaspoon of sesame oil or extra virgin olive oil to the noodles and give them a light toss to help prevent sticking.
3	Sauté all vegetables in 1 tbs toasted sesame oil.
4	Combine all cooked vegetables and cooked noodles in a big bowl or pan. Add a table-spoon each of soy sauce, sesame oil, and toasted sesame seeds (keep some for topping). Warm the noodles over low-medium heat.
5	Stir frequently with a wooden spoon or chopsticks to prevent the noodles from sticking to the bottom of the pan.

6	Use a clean hand to thoroughly toss vegetables and noodles together until they're well meshed. Season with lightly toasted sesame seeds, honey, more soy sauce, sea salt, and pepper to taste.
7	Serve hot or cold depending on season.

*Additional notes:*

- *Dang myun* are a Korean food product: glass noodles made with sweet potato starch. It's best to get *dang myun* from a local Korean or Asian market, but if you don't have access to one, you can order them online.
- Slice and dice your veggies into relatively thin strips so that they mesh well with the noodles. Keep in mind that most of the vegetables will shrink down some when you cook them, especially the oyster mushrooms.
- *Japchae* is good hot, cold, or at room temperature. If you're going to store some in the refrigerator, be sure to wait until it's cooled down before transferring it to an air-tight container and putting it away.

## Marinated Cauliflower Salad

by Janet Holliday / Jung Shim Zen Center, South Africa

*Ingredients (for 8-10 people):*

2 small or 1 large	Cauliflower
1	Red onion: large, thinly sliced
1 tsp	Garlic: minced (Optional)
2 tsp	Caraway seeds
1 tsp	Chilli: crushed/powder
½ cup	Olive oil
2 tbs	Cider vinegar
½ cup	Fresh coriander (or parsley): chopped
½ cup	Fresh mint: chopped
to taste	Salt
to taste	Pepper
½ cup	Almonds: sliced and toasted in butter

*Instructions:*

1	Cut cauliflower into small florets and steam until just crunchy. Cool until room temperature.
2	Mix cauliflower florets with thinly sliced onion.
3	Mix oil and vinegar and other ingredients leaving some coriander/mint/nuts to decorate.
4	Place cauliflower-onion mix into marinade. Make sure that the cauliflower mix is completely covered by the marinade.
5	Let sit for several hours and serve with extra chopped coriander and nuts.

## Lemon Mung Bean Salad

by Avital Sebbag / Israel

*Ingredients (for 8-10 people):*

1½ lb	700 g	Mung beans
4 cloves		Garlic (Optional)
1		Ginger root: finger size
3		Lemons
¾ cup		Seeds (nuts, sesame, sunflower or pumpkin): roasted
1½ cup		Dill or cilantro or parsley: chopped
12		Mint leaves: chopped
to taste		Salt

*Instructions:*

1	Soak the mung beans overnight, or at least for 8 hours.
2	Cook for 25 minutes (or 15 minutes in a pressure cooker), until the beans are soft, but not falling apart. Drain the water and let cool.
3	Grate the ginger and garlic, juice the lemons, mix together and add the mung beans and roasted seeds.
4	Add chopped mint and chopped dill or cilantro or parsley. Add salt to taste.
5	Refrigerate until ready to serve.

## Quinoa Jabouleh Salad

by Avital Sebbag / Israel

*Ingredients (for 12 people):*

1 lb	0.5 kg	Quinoa
1 bundle		Parsley
6 cloves		Garlic (Optional)
3		Zucchini
3		Red fresh paprikas
to taste		Gray coarse salt (or coarse sea salt)
1 tsp		Ground black pepper
1 handful		Mint leaves: chopped
1		Ginger root: finger size
1½ cups	200 g	Almonds or pine nuts: peeled

1		Onion: big, diced fine
4		Lemons: juiced
½ cup		Olive oil

*Instructions:*

1	Soak the quinoa in cold water for about an hour. Put quinoa in a strainer and wash well under the tap until the water passing through the quinoa is clear.
2	Cook the quinoa at a ratio of one cup of water to one cup of quinoa, for 20 minutes past the boiling point, on low flame with a lid.
3	Using a food processor, process the parsley, garlic, zucchinis, red paprikas. Mix into the quinoa.
4	Add lemon juice, chopped onions, mint leaves, olive oil, almonds or pine nuts. Stir well and chill before serving.

*Additional notes:*

- This dish tastes better when refrigerated overnight.

## Seaweed Salad

by Kathy Park / Su Bong Zen Monastery, Hong Kong

*Ingredients (for 6 people):*

For salad	
2 cups	Seaweed – miyeok (Korean) or wakame (Japanese)
1	Cucumber: medium size
2–3 stalks	Celery
1	Korean pear or 1 crunchy Anjou pear
2 tsp	Fresh lemon juice
1 tsp	Sea salt
For dressing	
¼ cup	Olive oil
2 tbs	Sesame oil: roasted
1 tbs	Fresh lemon juice
1 tbs	Rice vinegar or apple cider vinegar
2 tsp	Wasabi paste
2 tbs	Tamari or soy sauce
to taste	Black pepper
2 tbs	Lemon zest

*Instructions:*

1	Soak the seaweed in a big bowl with about 5 times more water for 1 hour. Seaweed can be kept soaked for a few days in the fridge if you want to use it for different dishes. Make sure to keep it in clean water and change the water if it stays more than a couple of days.
2	Wash, drain and cut the seaweed to edible size and place in a big mixing bowl.
3	Deseed and slice the cucumber into julienne and sprinkle with a tsp of salt, toss and set aside in a small bowl.
4	Slice the celery into 1/8 in/3 mm thin cross-section and set aside.
5	Peel the pear and slice also into julienne and set aside in a separate bowl, sprinkling some lemon juices so the colour doesn't turn.
6	In a mixing bowl, add all the dressing ingredients and mix well, making sure the wasabi is well dissolved.
7	Add the cucumber, celery, pear and dressing to the seaweed and toss until well mixed. Because this salad is so beautiful consider serving it in a glass bowl!

*Additional notes:*

- *Seaweed in various form is often a Korean banchan, one of the many side dishes that are served at the table for any meal. Rich in iron and iodine, seaweed is an important and rewarding food group for vegetarians.*

## Yogi Salad

by Avital Sebbag / Israel

*Ingredients (for 12 people):*

5	Carrots medium sized
4	Zucchini medium sized
1	Red cabbage small
1 clove	Garlic: crushed (Optional)
3 tbs	Sesame seeds
1/4 cup	Olive oil
2	Lemons: juiced
1/2 tsp	Red cayenne pepper
1 cup	Fresh coriander (or parsley): finely chopped
1/2 tsp	Raw Atlantic salt
1/2 cup	Walnuts: crushed

*Instructions:*

1	Grade carrots and zucchinis (separately). If there are remains, chop them into tiny pieces. Slice the red cabbage finely.
2	Mix all spices together with lemon juice, olive oil and garlic in a bowl.
3	Mix all vegetables in a big bowl and pour sauce on top.
4	Sprinkle chopped coriander, sesame seeds and walnuts on top.
5	Let sit for an hour and serve at room temperature.

## *Homage to 3 Vegan Dressings*

by Jo Potter JDPSN and Maya Ya'ari / Vienna Zen Center, Austria

*Italian Dressing Ingredients (dresses salad for 6–8 people):*

½ cup	Extra virgin olive oil
¼ cup	Balsamic vinegar (white or brown)
1–2 tbs	Whole grain or Dijon mustards
2 tbs	Fresh basil: chiffonade (see note #2)
1 tbs	Dry or fresh oregano
to taste	Sea salt & black pepper

*Sweet Mustard Dressing Ingredients (dresses salad for 6–8 people):*

¼ cup	Honey: raw, local (see note #3)
2½ tbs	Whole grain or Dijon mustard
¾ cup	Olive oil
½ cup	Water (add water if too thick)
to taste	Sea salt

*Green Tahini Dressing Ingredients (dresses salad for 6–8 people):*

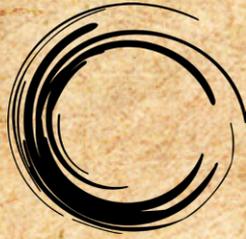
½ cup	Parsley: flat-leaf, roughly chopped
½ cup	Tahini
¾ cup	Water
6	Scallions: finely chopped (Optional)
2 cloves	Garlic: crushed (Optional)
2	Lemons: zest and juice
2 tbs	Apple cider vinegar
to taste	Sea salt & black pepper
⅓ cup	Olive oil

*Instructions:*

1	<b>Italian and Sweet Mustard Dressings:</b> Blend ingredients together. Refrigerate until serving.
2	<b>Green Tahini Dressing:</b> In a food processor fitted with a metal blade, add all ingredients except olive oil. Pulse to combine. While motor is running, add olive oil in a thin stream until combined. Thin with more water as needed to reach desired consistency.

*Additional notes:*

- *These simple vegan dressings can be used on salads or roasted vegetables. They can be prepared in advance and refrigerated until serving, either directly on the dish or in a jar on the condiment tray.*
- *Chiffonade is a chopping technique in which herbs or leafy green vegetables (such as spinach and basil) are cut into long, thin strips. Stack leaves, roll them tightly, then slice the leaves vertically to the roll.*
- *Honey can be replaced with maple syrup.*



*Recipes...Desserts*



## Banana Blueberry Cake

by Jo Potter JDPSN / Vienna Zen Center, Austria

### Ingredients (for 8 people):

as needed		olive oil
1 cup	100 g	Almonds: finely ground into flour consistency
1 cup	100 g	Flour (½ white, ½ whole wheat)
1 tsp		Cinnamon powder
1 tsp		Nutmeg powder
¾ tsp		Baking soda
½ tsp		Salt
½ cup		Maple syrup
2		Eggs: large
6 tbs	80 g	Coconut oil: melted
1 tsp		Vanilla extract
3		Bananas: large, ripe
½ cup		Fresh blueberries
¾ cup		Walnuts or hazelnuts: chopped small

### Instructions:

1	Preheat oven to 400°F / 200°C. Oil a rectangular loaf pan with olive oil.
2	Mix dry ingredients: whisk together almond flour, wheat flour, cinnamon and nutmeg in a large bowl (see notes). Add baking soda and salt and whisk again. Put aside.
3	In a different bowl, mix maple syrup, eggs, coconut oil, and vanilla. Mash bananas, mix in and whisk until all ingredients are blended well. Carefully add blue berries.
4	Mix ingredients from step # 2 and # 3. Stir until all are blended very well. Add crushed hazelnuts (or walnuts) and stir.
5	Pour the banana bread batter into the oiled pan. Bake for about 45 to 60 minutes (see notes).
6	Cool before slicing.

### Additional notes:

- Blend the mixture in a food processor to obtain an airy batter.
- The cake is ready when the sides of the cake start to pull away from the pan, and the middle of the cake feels springy and pillowy when you gently press your finger against it. An inserted fork or skewer should come out clean, with no streaks of batter. Finally, If you're in any doubt, you can always take the internal temperature with an instant-read thermometer. The cake is done when the temperature in the middle is about 210 °F/100 °C.
- For gluten-free variations, use buckwheat flour or other gluten-free flours.

## The "Breakfast Strikes Back" Cake

by Won Hyang Sunim / Mu Sang Sa, Korea

*Recipe is based on "Don't Know"!*

Really, all you have to do is mix all the leftover grains from breakfast: oatmeal, rice, millet... anything you have plus any kind of nuts and raisins plus some vanilla or cocoa or carob or coconut flakes for the flavor you like.

I usually add some flour, oat flakes (not cooked) or bread-crumbs, and eggs to improve the texture, otherwise cake will be too pudding-like (if you have a lot of oatmeal, not necessary to add eggs, because it is sticky, "glues" everything together) and something to sweeten the cake (sugar, honey, jam, whatever you have).

For more rich taste can add some butter or good oil. Texture should be quite thick. Then all you have to do is bake it, until nicely brown.

At the end of baking I like to glaze it with honey or homemade jam, but any decoration is good. Don't need to bake too long ( but if you have added eggs, make sure that everything is cooked!) since grains are already cooked. Let it cool down before cutting into pieces.

That's it! This is the way I cook, never use recipes with quantities, always use what I have in the fridge. Somehow works :)

## Chocolate Chip Globes

by Vienna Zen Center , Austria

*Ingredients (for 10-12 people / 24 round globes):*

12-13	Dates: soaked
2 cups	Almonds
2 tbs	Cocoa powder
2 tbs	Chocolate chips
1 tbs	Brewed coffee (Optional)
½ tsp	Cinnamon powder
¼ tsp	Nutmeg powder

*Instructions:*

1	Soak dates for 15 minutes. Once done, keep aside 1 tbs of “date water.”
2	Chop almonds in a food processor until nearly the consistency of almond meal—pieces should be very fine. Stop before it starts to turn to butter. You can also easily buy almond meal.
3	Add cocoa powder, chocolate chips, soaked dates (minus the water) and spices and blend well.
4	Add coffee and pulse. Add 1 tbs of date water ONLY if your batter isn’t coming together. It should be difficult to process at this point.
5	Transfer to a bowl and place in the freezer for 15 minutes.
6	Remove from freezer and roll into 1-inch/2.5 cm balls. They will be sticky but manageable with the warmth of your hands.
7	Roll balls in cocoa or cacao powder (optional) and keep frozen to retain freshness. Served chilled or at room temperature.

## *Divine Majhoul Roll*

by Maya Ya’ari / Vienna Zen Center, Austria

*Ingredients (for 12 people / 2 rolls, 20 cm each):*

1 lb	500 g	Big dates (preferably “Majhoul”)
1 cup		Walnuts, cashews, hazelnuts – combine as you like
1 tbs		Cinnamon powder
¼ cup		Oats (Optional)
3 tbs	30 g	Sesame
1 sheet		Baking paper (for roll forming)

*Instructions:*

1	Remove pits from the dates and put them in a big bowl.
2	Chop the nuts and add them to the bowl. Add the oats and cinnamon.
3	Mash everything together in the bowl.
4	Divide the mashed mixture into 2 portions.
5	Place one portion of the mixture on the baking paper. Cover the mixture with the baking paper, while using the paper to form a thick, long roll. Repeat with the second batch.
6	Once the rolls are formed, place them again on the baking paper and sprinkle them with sesame seeds. Cover the entire roll with them.
7	Cool the rolls in the fridge for 2–3 hours.
8	Cut each roll into slices of 2–3 cm and serve.

*Additional notes:*

- Sesame seeds can be roasted on a pan.
- You can add clover or ginger powder to the mixture, as well as honey, to your taste.

## Oatmeal Cookies

by Vienna Zen Center , Austria

*Ingredients (for 8 people / 8 large cookies):*

2 cups	Whole-wheat flour
½ cup	Honey
1½ tsp	Baking powder
½ tsp	Baking soda
1½ cups	Oat or almond milk
¼ cup	Olive oil
2 tsp	Vanilla extract
1½ cups	Plain oats
½ - 1 cup	Semisweet chocolate chips

*Instructions:*

1	Preheat oven to 360 °F/180 °C.
2	Mix together oats/almond milk, olive oil, and vanilla extract.
3	Mix into the batter all other ingredients except chocolate chips and oats. If batter is too dry, add in extra ¼ cup of soy or plant milk.
4	Add oats and chocolate chips.
5	Form cookies on a baking paper. Bake at 360 °F/180 °C for 13 minutes, or about 8 minutes if you form smaller cookies.
6	Let cool and serve.

*Additional notes:*

- Another version of these cookies replaces chocolate chips with ½ cup raisins or chopped dates, 2 tsp cinnamon and an optional ¼ cup unsweetened applesauce.
- These cookies can be frozen in a zip-lock bag and heated before serving.

## Jahini Cookies

by Vienna Zen Center, Austria

*Ingredients (for 20–30 cookies, depending on size):*

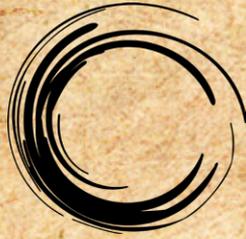
¼ cup	Raw tahini
¼ cup	Honey
1½ cup	Almond flour
1 handful	Almonds: chopped
1 tsp	Vanilla extract

*Instructions:*

1	Heat an oven to 360 °F/180 °C.
2	Mix tahini, honey and vanilla extract in a bowl. Add almond flour and chopped almonds. Mix until batter is even.
3	Form cookies.
4	Place cookies on baking paper. Bake for 10 minutes.

*Additional notes:*

- Almond flour can be bought at stores, or made by chopping almonds very fine in a food processor.
- Honey can be replaced with maple syrup.
- The cookie dough can be frozen saving work on any day. Pull out of the freezer, cut the cookies and let thaw. Bake as mentioned.



*Recipes... Spreads & Kimchi*



## Bobas Bean Bread Spread

by Avital Sebbag / Israel

*Ingredients (for 8 people):*

1 lb	0,5 kg	Large white beans
2		Lemons: juiced
as needed		Coarse seasalt
1-2		Spicy fresh green peppers: finely diced
1 cup		Roasted almonds: chopped
½ cup		Olive oil

*Instructions:*

1	Soak white beans for 12 hours in plenty of water. The next morning drain the beans and rinse well.
2	Cook the beans with plenty of water for 3-4 hours on low flame until the beans are very soft. Drain the beans.
3	Blend the beans and salt in a food processor.
4	Sprinkle roasted chopped almonds and finely diced chili peppers over the puree. Drizzle the olive oil on top.

*Additional notes:*

- Serve with whole-wheat, sourdough or cracker bread.
- Bobas beans are very big meaty white beans easy to find in Israel. In the rest of the world choose the biggest white beans you can find.

## Creamy Lentil Bread Spread

by Peter Krško / Bratislava, Slovakia

*Ingredients (for 8 people):*

1 lb	500 g	Brown lentils
2		Carrots: medium size
¼		Celeriac: medium size
2		Bay leaves
4 cloves		Garlic (Optional)
½ tsp		Turmeric powder
1½ tsp		Cumin
1½ tsp		Coriander

1½ tsp		Black mustard seeds
½ tsp		Cayenne chili powder (more if the Sangha likes spicy food)
2		Onions: medium size diced finely
3 tbs		Olive oil
2 tbs		Thick tomato puree
to taste		Salt

*Instructions:*

1	Soak lentils in cold water overnight. In the morning, drain the lentils and rinse well.
2	Put whole carrots and celeriac in a pot, add bay leaves, peeled whole cloves of garlic, lentils and about 3 quarts/3 l of cold water.
3	Cook the lentil mix on low flame for about 45 minutes or until the lentils are soft. Salt to taste towards the end of the cooking time.
4	Drain the lentil mix and let cool.
5	Remove the bay leaves and garlic. Put aside about 1–1½ cups/2–3 dcl of the liquid.
6	Fry coriander, cumin and mustard seeds in a dry pan until you smell the flavour. Be careful not to burn the mixture.
7	Grind the fried coriander, cumin and mustard seeds into powder, then mix in the cayenne chili powder.
8	Fry diced onion in oil until golden. Let cool.
9	Put the drained lentil mix in a food processor and blend. If needed, pour some liquid in which you cooked the lentils. Gradually add tomato puree and ground spices.
10	Blend in a food processor until you get a smooth and soft cream.
11	If needed, add a little bit of liquid in which you cooked the lentils.
12	Add salt to taste. Decorate with fresh herbs before serving. Serve with toasted Italian bread or simply with crackers. Place on the condiment tray to add protein.

## Curry Tofu Bread Spread

by Jo Potter JDPSN / Vienna Zen Center, Austria

*Ingredients (for 10-12 people):*

2 x 9 oz	2 x 250 g	Blocks of firm tofu
2 tbs		Curry powder
1 cup		Greek yogurt
½		Onion: diced small (Optional)
3 stalks		Celery: sliced thin
10		Green olives: sliced into rings
½ tsp		Smoked paprika powder

½ tsp		Cayenne pepper powder
½ tsp		Brown sugar
1 clove		Garlic: puree (Optional)
to taste		Salt and pepper

*Instructions:*

1	Thoroughly drain tofu.
2	Blend tofu with curry paste and yogurt.
3	Blend in remaining ingredients – season to taste.

*Additional notes:*

- *Substitutue soy yogurt for greek dairy yogurt for vegan diets.*
- *Substitutue sweet Hungarian paprika if you can't find smoked paprika. You can also substitute maple syrup for the brown sugar.*
- *Tofu can used with so many other ingredients to make bread spreads for the evening meals. Try mixing with tahini, black olives, red or yellow paprika, various fresh herbs, nutritional yeast powder, pumpkin seeds, sun-flower seeds, pine nuts, nuts of any kind.*

## Hummus

by Maya Ya'ari / Vienna Zen Center, Austria

*Ingredients (for 10-15 people):*

1 lb	500 g	Chickpeas
1		Lemon: juiced
7 oz	200 g	Raw tahini
1 tsp		Cumin powder
to taste		Salt
to taste		Optional topping: olive oil, lemon juice, sweet paprika, chopped parsley, cumin

*Instructions:*

1	Soak the chickpeas overnight in plenty of water. Drain the chickpeas the next day and rinse well. (See notes.)
2	Put the chickpeas and about 3 quarts/3 liters of water in a pot (water should be about 2 in/5 cm higher than the chickpeas).
3	Bring to a boil and then simmer on low flame for about 4 hours, until the chickpeas are very soft (check by crushing them—they should crush easily).
4	Drain the chickpeas after cooking. Let them cool down a bit.

5	Put the chickpeas in a food processor and start blending. Gradually add water and go on blending until you get a smooth cream.
6	Gradually add lemon juice, raw tahini, cumin and salt to taste. Add water as needed to keep the blend creamy.

*Additional notes:*

- *It's possible to use frozen or canned chickpeas, which require less or no soaking time at all. Taste is slightly different, but the gain in time is significant.*
- *To reduce cooking time, soak the chickpeas for 24–36 hours. Rinse them and change the soaking water several times during the soaking phase, otherwise the water gets stinky. Chickpeas absorb lots of water, so make sure they are fully submerged the whole time.*
- *In the summer, it's better to keep the soaked chickpeas inside a refrigerator, to prevent them going sour.*
- *Israeli style topping for hummus: drizzle olive oil and lemon juice over the hummus, sprinkle sweet paprika, chopped parsley and cumin powder. Decorate with whole cooked chickpeas.*
- *Serve in a big plate with or without the topping. It's also possible to provide chopped parsley in a bowl on the side.*

## Sunflower Bread Spread

by Ada Bobowska / Kraków, Poland

*Ingredients (for 10 people):*

10 oz	300 g	Sunflower seeds: soaked overnight
4 tbs		Olive or sunflower oil
5–6 tbs		Water
½ tsp		Dry basil
2 tsp		Fresh parsley
to taste		Salt

*Instructions:*

1	Drain and wash the seeds and blend them into smooth, creamy paste with water and oil.
2	Add spices and mix well.

*Additional notes:*

- *Serve with bread for dinner or breakfast.*
- *This spread is a great option for vegans and people not eating dairy products.*

## Guacamole bread spread

by Jo Potter JDPSN / Mexican Sangha, Mexico City

*Ingredients (for 6-8 people):*

3	Avocados: medium, perfectly ripe
¼ cup	Onion: finely diced
2 cloves	Garlic: mashed (Optional)
1	Fresh chili pepper: mildly spicy, diced finely
¼ cup	Fresh cilantro: chopped
¼ cup	Fresh tomato: chopped
½	Lime or lemon: juiced
to taste	Salt

*Instructions:*

1	Cut avocado in half and remove pit. Scoop pulp out into a bowl.
2	Using a fork, mash avocado until smooth in consistency.
3	Add the juice of half a lime first to keep the avocado from turning brown.
4	Add diced onion, crushed garlic, diced chili pepper, cilantro and chopped tomato. Starting with a teaspoon of salt, add gradually to taste.

*Additional notes:*

- For a real treat, buy tortilla chips and serve on the condiment trays alongside the guacamole. Creates a musical crunchy experience to infuse into the silent eating!
- Fresh cilantro can be bought at most Asian stores. Investigate the local bio stores. But if you can't find it, then use parsley.

## Olive Bread Spread

by Ada Bobowska / Kraków, Poland

*Ingredients (for 10 people):*

1 big jar (about 34 fl oz)	Pitted olives
3-4 tbs	Olive oil
¾ tsp	Dry basil
to taste	Salt
to taste	Paprika
1 tsp	Fresh parsley
as needed	Water (Optional - if the paste is too thick)

*Instructions:*

1	Drain the olives and blend with oil to make smooth and spreadable paste.
2	Add spices and mix it.

*Additional notes:*

- Serve with bread for dinner or breakfast.

*Tips from Ada:*

- In our Sangha there are people who are allergic to gluten. We try to make sure there is always some gluten-free option for them.
- Generally I don't use garlic and onion during YMJJ (or very little).
- I try to cook with seasonal, fresh ingredients. I add more spices with warming properties during winter and serve more fruit and raw vegetables during summer.
- You can substitute parsley with other herbs: fresh marjoram, basil, oregano, rosemary, coriander...

## Indian Summer Bread Spread

by Jo Potter JDPSN / Vienna Zen Center, Austria

*Ingredients (for 2 <sup>1</sup>/<sub>2</sub> cups):*

1 cup	Sweet potato: cooked, mashed
1 cup	Hokkaido pumpkin: cooked, mashed
½ cup	Red paprika: finely diced
1-3 tbs	Garlic (Optional)
1 tsp	Oregano: dried, crushed
1 tsp	Rosemary: dried, crushed
½ tsp	Cayenne pepper powder
½ tsp	Cinnamon
to taste	Salt and pepper
1 tbs	Maple syrup
¼ cup	Roasted pumpkin seeds: chopped
1 tbs	Pumpkin seed oil

*Instructions:*

1	Combine all ingredients except roasted pumpkin seeds and pumpkin seed oil in a blender – blend until smooth.
2	Add either dairy cream or plant cream to thin the mixture if necessary.

3	Top with chopped pumpkin seeds and drizzle pumpkin seed oil over the spread before serving.
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*Additional notes:*

- You can use only hokkaido pumpkin or only sweet potato. Experiment substituting other squashes, cooked zucchini, slightly steamed broccoli, tahini and eggplant. Bread spreads can be inventive and are so easy to make.

## Easy Kimchi

by Kathy Park / Su Bong Zen Monsatery, Hong Kong

*Ingredients (makes about a gallon / 4 liters of kimchi – depending on size of cabbage):*

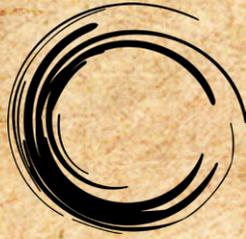
3	Napa cabbage (Kor. baechu)
2	White long radishes
3	Carrots: large size
1 cup	Fresh ginger root: peeled & ground
2	Korean pears
1 cup	Sea salt
1½ – 2 cups	Korean coarse chili flakes (Kor. gochu garu)
1	Sterilized 1 gallon / 4 liter glass jar with wide opening

*Instructions:*

1	Do NOT wash the cabbage, but cut into quarters from the center, removing the heart of the cabbage. Then chop sideways into 2-inch/5 cm width, and put all the chopped cabbage into a large basin double the size of the volume of the cabbage.
2	Sprinkle about 2/3 cup of coarse sea salt evenly into the cabbage. Toss and let sit, occasionally turning over, so the salt is evenly distributed. Make sure not to squash the cabbage too much with your hands. Should be more like throwing in the air movement. Then leave the salting to take place for about 3–4 hours.
3	If the weather is warm, check every hour and turn over, and water will form as the cabbage sweats from the salt. There should be enough salt added, so that when you taste the cabbage, it is a bit too salty to eat but not too much. The saltiness will reduce later when kimchi ferments, so it should be a little saltier than how you like it at this stage. The cabbage should be a bit softer and wilted as water drains from it. Wash the salted veggies with filtered water twice, then drain.
4	If the cabbage is too salty, keep in fresh cool water for about 10–15 minutes, so salt can drain out. If not salty enough, no problem, as you can add salt later when mixing the chili.
5	Peel and cut white radishes and carrots into matchstick size, and put in separate bowl. Add about 2 tbs of sea salt and toss, and set aside.

6	Peel and cut the pears, and blend in mixer together with the peeled fresh ginger.
7	Add to the ginger & pear mixture the Korean chili flakes. If you prefer mild, you can add about 1 cup, and more depending on the hotness you prefer. Add some more water if the mixture is too dry – between 1 to 3 cups. Mix together. At this stage, you can add a little more salt to the chili mixture if your cabbage is not salty enough.
8	Pour the chili mixture into the cabbage, and add the salted radish and carrot and mix well so that the chili is evenly mixed. Taste to see if you need more chili or salt as you like it at this stage. There should be some juice, enough to almost cover the veggies once you are ready to put it into the jar. If you want more juice, just add more water to the mixture.
9	Stuff the glass jar with the kimchi and press down. Leave about 1 inch/2.5 cm space on top, so that it does not overflow during fermentation. Cover and keep in fridge, for about 3–5 days, or up to a week. You can place the jar on a dish or tray in case the juice overflows. Check to taste, and eat when ready as you like it. Ideally, the kimchi should have a bit of sourness, which indicates good fermentation.





# *Templates*

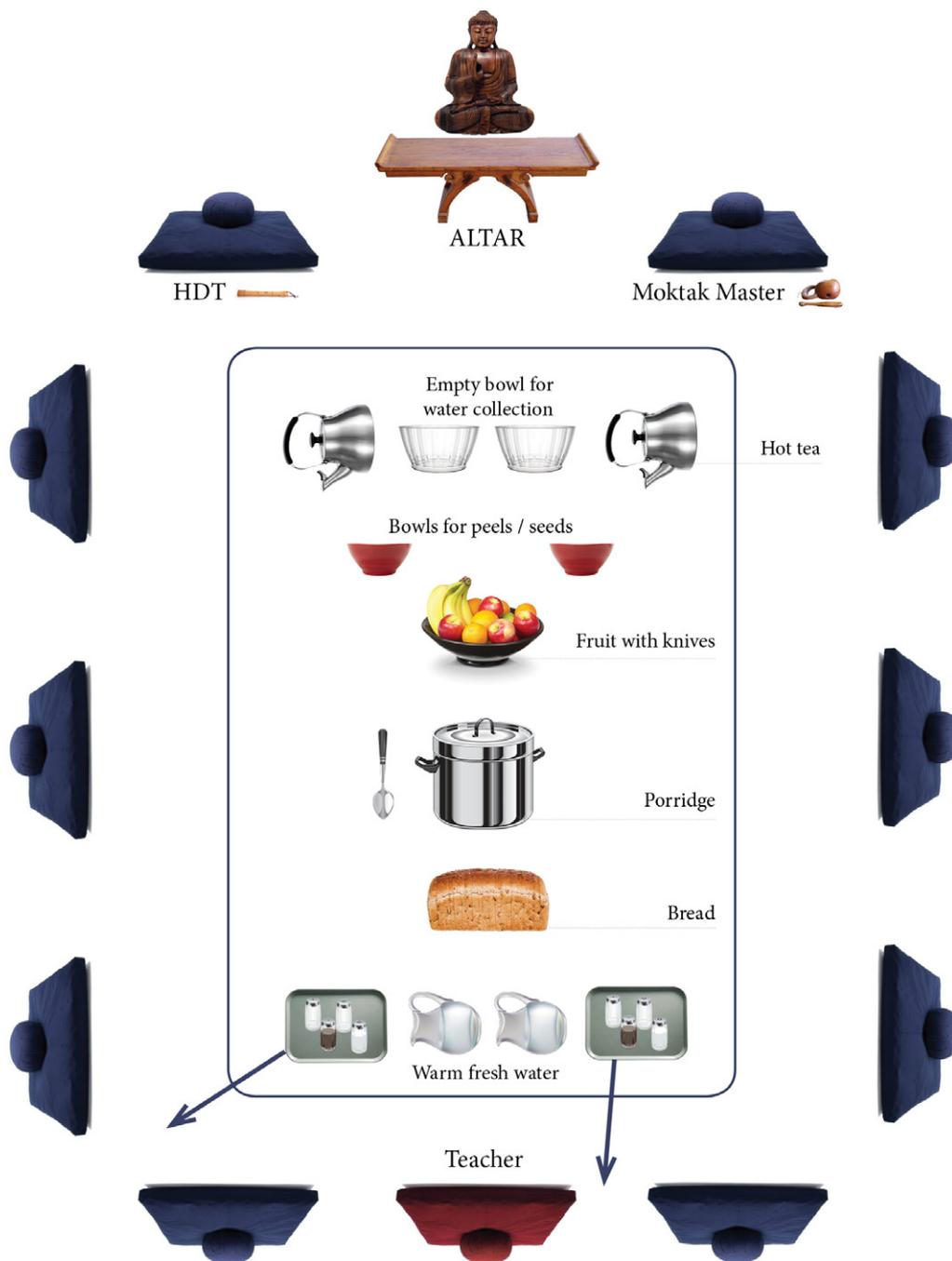


# Formal Meal Maps

## AMERICAS & EUROPE

### BREAKFAST

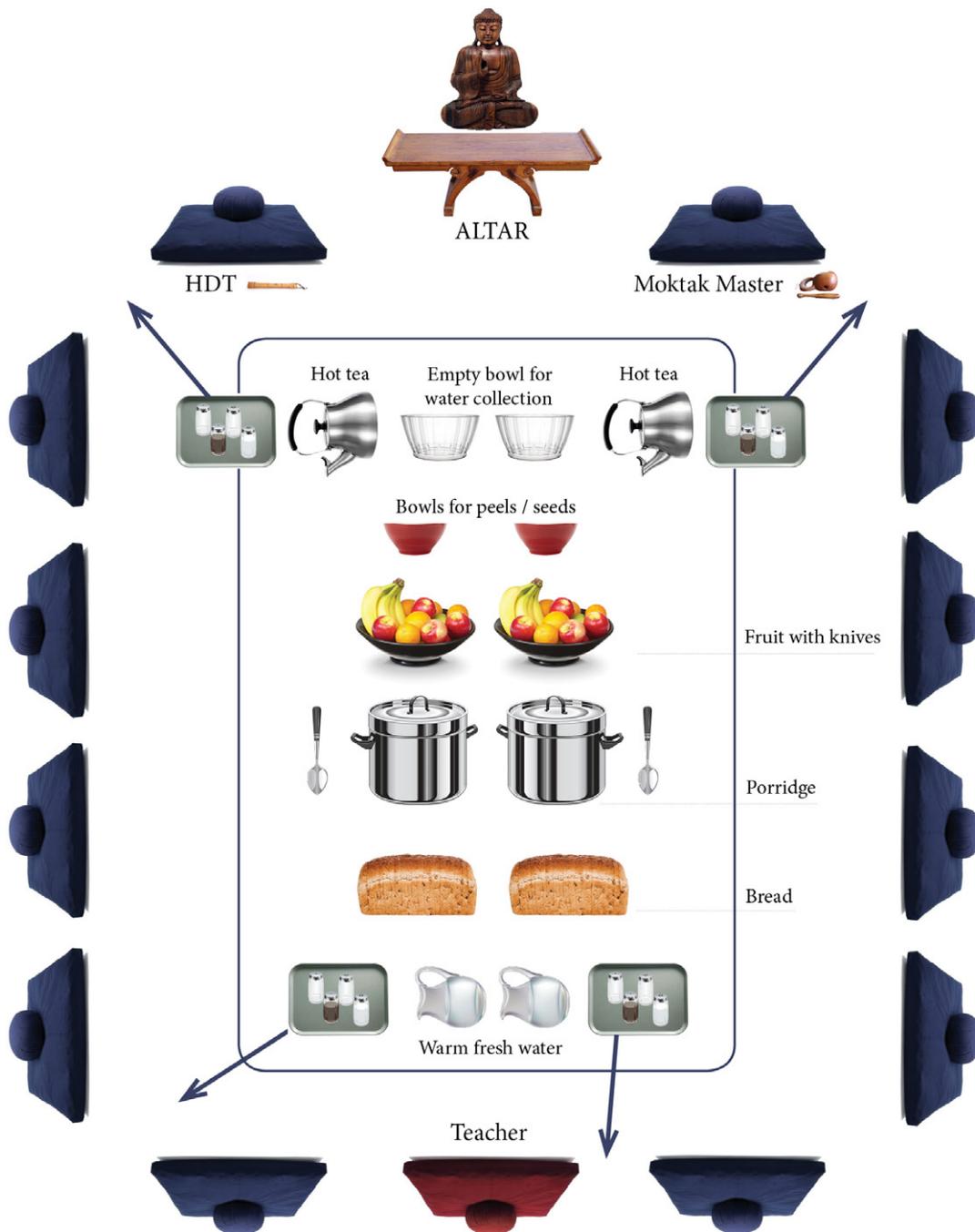
Setup for up to 12 people



## AMERICAS & EUROPE

### BREAKFAST

Setup for up to 24 people

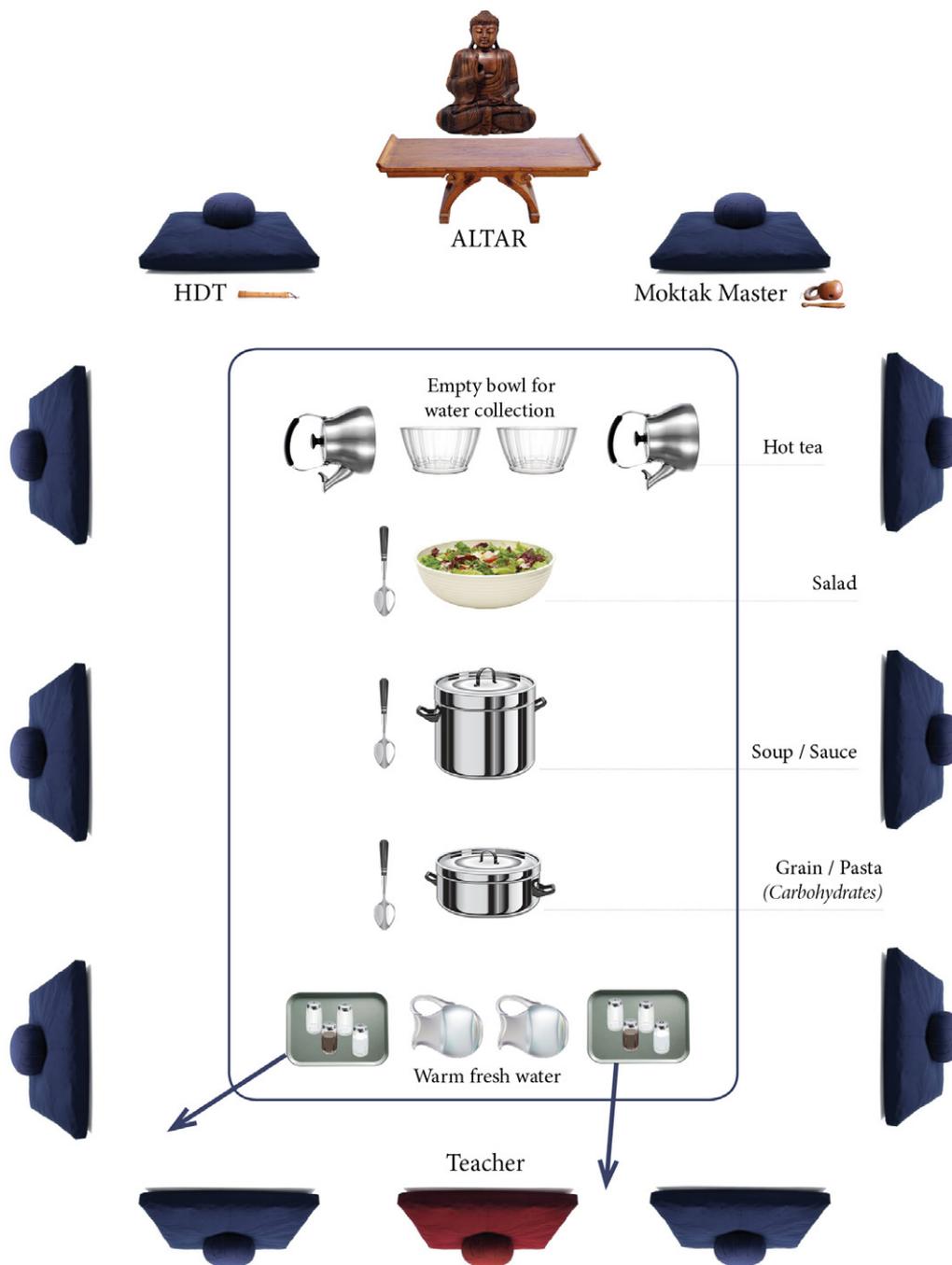


# Formal Meal Maps

## AMERICAS & EUROPE

### LUNCH & DINNER

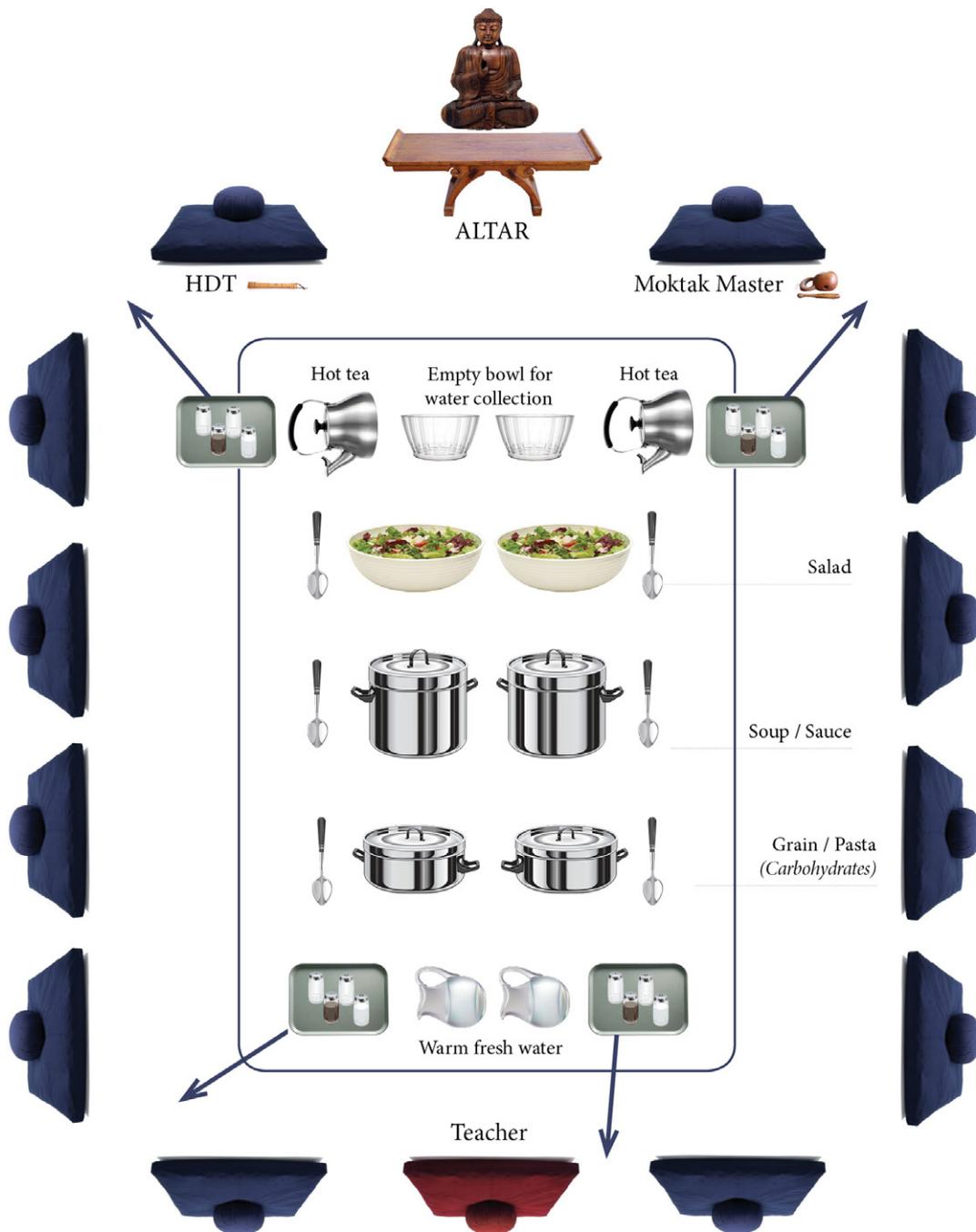
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## AMERICAS & EUROPE

### LUNCH & DINNER

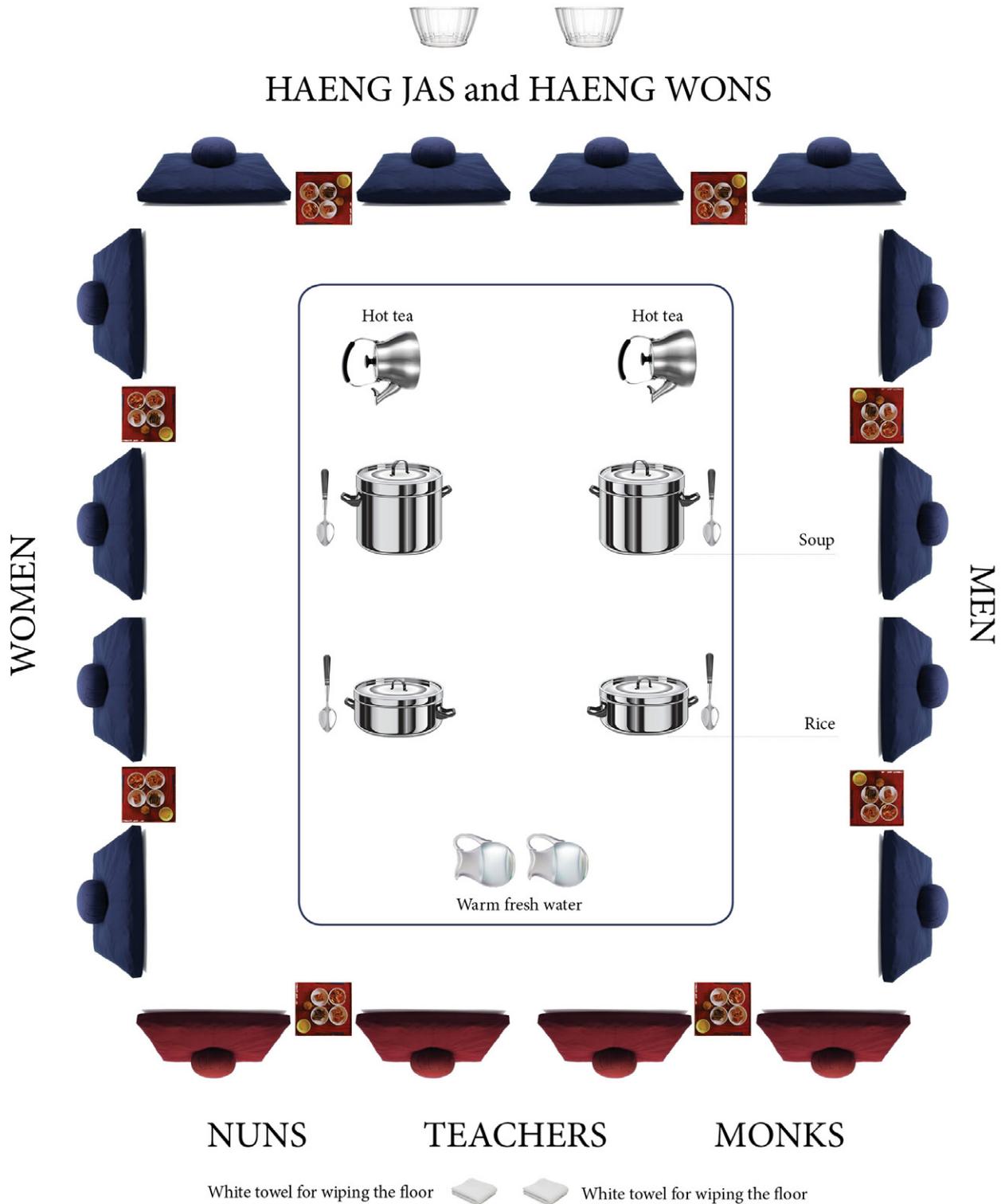
Setup for up to 24 people



# MU SANG SA

## LUNCH

Setup for up to 24 people



## Portions per person

from Cookpedia.co.uk, edited for this cookbook

Uncooked ingredient	Serving per person	
<b>Rice</b>		
Basmati rice	75 g	2.6 oz
Brown rice	75 g	2.6 oz
Long grain rice	75 g	2.6 oz
<b>Grains</b>		
Buckwheat	35 g	1.2 oz
Bulgur	75 g	2.6 oz
Couscous	60 g	2.1 oz
Millet	70 g	2.5 oz
Oats	40 g	1.4 oz
<b>Legumes</b>		
Dried beans	75 g	2.5 oz
Dried chick peas (dry weight)	60 g	2 oz
Canned chick peas	half a 400g can	half a 14oz can
Lentils: all types	70 g	2.5 oz
<b>Pasta</b>		
Any dried pasta or spaghetti	75 g to 100 g	2.6 oz to 3.5 oz
<b>Vegetables</b>		
Potatoes	175 g	6 oz
Broccoli (1/2 a small head, untrimmed)	112 g	4 oz
Green beans (all types)	100 g	3.5 oz
Cabbage (and other green, leafy vegetables)	100 g	3.5 oz
Carrots	90 g	3 oz
Celery	40 g	1.5 oz
Peas (frozen or fresh)	85 g	3.5 oz
Salad leaves	30 g	1 oz
Brussel sprouts (6 per person)	60 g	2 oz
<b>Dairy &amp; Eggs</b>		
Hard cheese	30 g	1 oz
Cottage cheese	90 g	1 oz
Yogurt	150 ml	5 fl oz
<b>Soup</b>		
Any home-made soup	250 ml	8.5 fl oz

# MENU

## Menu Example

Condiment trays			
Date:			
Date:			
Date:			
MENU	Breakfast Tea:	Lunch Tea:	Dinner Tea:

# MENU

## Blank Menu

MENU	Date: Monday 1.2.	Date: Tuesday 2.2.	Date: Wednesday 3.2.	Condiment trays
Breakfast	Oatmeal porridge Oranges, apples Sliced WW bread and sourdough bread	Millet porridge Pears, bananas Sliced WW bread and sourdough bread	Oatmeal porridge Oranges, apples Sliced WW bread and sourdough bread	Butter / Peanut butter Almond & cow milk Cow yogurt Dried raisins Toasted sunflower seeds Ground flax seeds Marmalade Cheese slices Soy sauce, Salt, Pepper
Tea: Green				
Lunch	Brown rice Borisa Lentil Stew Seaweed salad	Tagliatelle & Spinach Green salad & tomatoes, sprouts	Basmati rice Cauliflower & Potato Stew Quinoa tabouleh salad	Toasted sunflower / pumpkin seeds Soy sauce, Salt, Pepper Bread slices cut small (for cleaning bowls) Butter Chili sauce
Tea: Mint				
Dinner	WW bread White bread Rice crackers Leftover lentil stew (*Tofu spread condiment tray)	WW bread Rye bread Rice crackers Dragon-Pumpkin soup (Fresh cheese spread with herbs)	WW bread Rye bread Leftover stew from lunch	Butter / Peanut butter Toasted sunflower / pumpkin seeds Soy sauce, Salt, Pepper *Spread of the day Leftover salad from lunch Dates Chili sauce
Tea: Herbal				

## *Shopping List*

### *Shopping List Example*

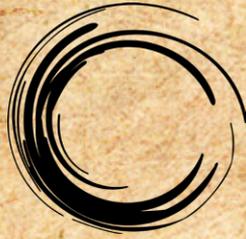
COLD	BREADS	TEAS, COFFEE
DRY FOODS	FRESH VEGETABLES	FRESH FRUIT
	EXTRAS	NOTES

# Shopping List

## Shopping List Template

COLD	BREADS	TEAS, COFFEE
3 l Milk 500 g Butter 250 g Cream  1 l Yogurt 2 dozen Eggs  500 g Tofu (2 blocks)	3 Loaves white 3 Loaves whole grain	100 g Green tea 100 g Herbal tea 100 g 1 jar Instant coffee
DRY FOODS	FRESH VEGETABLES	FRESH FRUIT
3 l Soy milk/powder 2 Coconut milk in can Herbs and Spices  250 g Almonds (teacher) 250 g Sunflower seeds 500 g Lentils 1 l Olive Oil  1 kg Flours 500 g Oatmeal 1 kg Rice 1 kg Spaghetti 2 cans Chopped Tomatoes  1 package Rice crackers 100 g Dried seaweed 1 l Soy Sauce 250 ml Honey	3 Large yellow onions 2 bunches of radishes  1 kg Cauliflower 10 Large tomatoes  1 Romaine lettuce 1 Green salad lettuce  1 Large cabbage 2 Pieces of ginger	300 g Blueberries 300 g Raspberries 15 med. Bananas 10 Apples green  1 large watermelon 3 Lemons 2 Avocados
	EXTRAS	NOTES
		Paper napkins Water cooker Baking paper 2 Extra sharp knives Labels for tea cups Pens for labels Tape  Salt containers 5 med. plastic containers for leftovers





## *Acknowledgements*





# Acknowledgements

by Jo Potter JDPSN

During the 2014 winter Kyol Che in Musangsa, I met with Kathy Park and Won San Sunim to discuss a possible program for the upcoming WWSF in October 2014. We decided that featuring our food and our bodies would be of value to the Sangha. So I proposed putting together a guideline for retreat cooking. Immediately upon return to Vienna, a team came together and the project started.

At this point I want to deeply thank the team behind this book: Maya Ya'ari who coordinated the collection of the recipes by reaching out to the whole Sangha and keeping all of us clear and focused, Michal Rachunek for his meticulous reviews of all texts, and Katka Grofova for this beautiful layout. At times when it seemed overwhelming, they simply kept going straight and just did it! This cookbook received so much from them.

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