

NOTES

Kwan Yin Loves Pie Cookbook

*Kwan Yin has a special
place in her heart for pie.*

Donald Engstrom-Reese

*Good Vegetarian Food to
Delight the Heart and Stomach*

The Most Important Ingredient

NOTES

Some monks once asked the Buddha why the food offered by a particular lay person was so delicious and the Buddha replied that the food contained “the most important ingredient” which was love.

In the life of a community, a family, an individual, the active cultivation of this ingredient is paramount. Deeds of secret kindness - that which no one is ever going to know about, making offerings without strings and letting go of small irritations are all ways of doing this. One of my favourite ways of practicing this, which brings me great joy, is to rise before everyone else on some mornings and make something particularly nice for breakfast—to put all my undistracted attention into it and love. Letting go is love, doing a job thoroughly and to conclusion is love, going to meditation when you don't feel like it is love, the whole of the call to the monastic life is love. Rev. Master Jiyū stayed in her seat for all those years and cherished us - that was love.

It is common for people to regard despair, hate and fear as real and compassion and love as delusional. To practice Buddhism we go beyond ordinary and common points of view. In fact it is compassion and love that are the reality - no matter what happens around us or to us no one can take away our ability to try to respond from stillness and that too is love.

Kwan Yin Pie

Ingredients

4 eggs
½ cup butter
1 cup brown sugar
1 cup grated, unsweetened coconut
½ cup flour
2 cups milk
2 tsp. vanilla

Method

Mix well all ingredients.
Pour into a greased 10" pie plate.
Bake 350°F for 1 hour or until centre is firm.
Cool well before serving.

This is an adaptation of "Impossible Pie" probably so called because as it gets put together and as it bakes you are likely, as I did, to keep saying, "This won't work, it's impossible!" So just have faith. –Rev. Kōten

This is an old recipe, and one that was received in a gift from my aunt when I moved out on my own. We all have likely seen these kinds of cookbooks, the Women's Auxiliary of the small town church where some of us come from, this one from Saskatchewan. When I looked in the cookbook I recognized the names attached to many of the recipes, my aunt and many of her friends. It is the kind of cookbook one turns to when you need to know how to make potato salad for fifty, or how to convert metric to imperial without electronic help. This cookbook has followed me from my first tiny apartment to my current home many years later, and still gets a fair bit of use. Impossible Pie's origins are not really known to me. I always assumed it came from the dustbowl years of the Depression but who knows? It evokes the Prairies, (for me anyhow,) and learning to bake as a teen. Nice memories.

–Michele Feist

It is said in the Surangama Sutra, "No teaching that is unkind can be the true teaching of Buddha."

Some may think that I am kidding or being metaphorical in what I write but I am in deadly earnest. If you ask what is the most important thing in preparing food you will be told: fresh ingredients, good pots and pans, organic vegetables, cookbooks, years of experience. . .

But I say, "Love".

And I don't mean without effort - training always involves effort - "put your back into it!" as my father used to say.

Resist the urge to listen to the news on the radio at the same time. Pick up and put down with care everything you handle. Don't get in too much of a fluster. Don't disparage the ingredients or, and this is important, don't use something that you think has gone off just in order not to "waste". I once didn't want to "waste" a bag of corn chips and ended up having to "waste" an entire casserole that I made with them. The chips turned out to be very stale and made the dish uneatable.

Get your ego out of the way when you cook - let go of notions, judgments and the critical, carping mind. And cook, with care and attention and love.

In gassho,
Kōten

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Saskatoon Pie

Cut into 6 slices

This recipe is from my sister-in-law, Donna Sharpe, and it is very, very, very good. But the secret to the recipe is the almond extract. Do not leave it out! And as Julia Child would say, bon appétit!

—Rev. Aurelian Giles

Filling

3½ cups Saskatoon berries* fresh or frozen	
½ cup water	2 tsp. lemon juice
¾ cup sugar	1 Tbsp. butter
3 Tbsp. corn starch	¼ tsp. almond extract

Cook berries in water until boiling. Reduce water if using frozen berries. Add mixed cornstarch and sugar and boil until clear, stirring constantly. Remove from heat. Add lemon juice, butter and almond extract. Cool. Use as a filling for single or double crust pie, tarts, or on a cheesecake.

Pastry

2 cups pastry flour	½ cup vegetable lard
1 tsp. salt	¼ cup cold water

Sift flour, measure and sift again with salt. Cut in lard until in pea-sized pieces. Mix in cold water. Form into a ball. Do not overwork the dough. Roll out and place in pie plate. Use extra pastry for top crust. Bake at 425°F for 15 minutes. Cool.

Pour cooled filling into cooled pastry shell.
Bake at 425°F for another 15 minutes.

*(Blueberries would work, also)

Orange Ginger Tart

Adapted from a Newfoundland recipe.

–Rev. Kōten

Ingredients

Crust:

2 cups finely ground ginger snaps
½ cup butter melted

Filling:

8 oz. (250 g.) cream cheese
3 Tbsp. sugar
3 Tbsp. milk
1 Tbsp. candied ginger - finely chopped
Pinch of salt

Topping:

Orange marmalade

Method

Crust: Combine ground ginger snaps and butter.
Press into a pie plate. Bake 8–10 minutes at 350°F.
Cool completely.

Filling: Beat all the filling ingredients—cream cheese, sugar, milk, ginger and salt together until light and fluffy.
Pour into cooled crust and refrigerate until firm.

Spread orange marmalade thickly and evenly over the top just before serving.

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Paper Bag Apple Pie

From Mariah Blackhorse of Wallowa Buddhist Temple in Joseph, Oregon.

Ingredients

- 1 unbaked 9” pie shell
- 7 cups apples cut in chunks (peeled)

Filling:

- ½ cup sugar
- 2 Tbsp. flour
- ½ tsp. nutmeg
- Cinnamon (some – to taste)
- 2 Tbsp. lemon juice

Topping:

- ½ cup sugar
- ½ cup flour
- ½ cup butter (1 stick)

Method

Place apples in large bowl – combine the first four filling ingredients and sprinkle over apples – toss to coat well, spoon into pastry shell and drizzle with lemon juice.

Combine flour and sugar for topping, cut in butter, and sprinkle over apples to cover top.

Slide pie into a heavy brown paper bag large enough to cover pie loosely – fold open end over twice and fasten with paper clips – place on large cookie sheet.

Bake at 425 °F for 1 hour.

PIES

Heavenly Peach Pie

*An old Omaha, Nebraska family recipe
from Rev. Enya Sapp at Shasta Abbey.*

Ingredients

3 egg whites
1 cup sugar
12 soda crackers - crushed
¼ tsp. baking powder
½ cup pecans - chopped
¼ tsp. vanilla
Thinly sliced peaches - juicy
Ice cream or whipped cream

Method

Beat egg whites stiff, add sugar and beat well.
Add crushed soda crackers, baking powder, pecans and
vanilla - mix well.
Pour into a buttered pie plate and
bake for 30 minutes at 325°F.

Cool and cover with a layer of thinly sliced peaches
then a layer of whipped cream or ice cream.

BREAKFASTS

Chocolate Chip Scones

8 Scones

*These scones are delicious as they are, but the chocolate
chips bring them up to a whole new level. -Rev. Kōten*

Ingredients

2 cups flour
2 tsp. baking powder
½ cup sugar or less
⅓ cup butter or more
2 eggs
¼ cup milk
(raisins and nuts ½ cup each)
chocolate chips—large handful

Method

Combine flour, baking powder and sugar.
Cut in butter until crumbly. Using fork, mix eggs and
milk well, then add to dry ingredients and mix just 'til
blended. (Add nuts and raisins, chocolate chips).
Using hands, form into ball, put on floured board and
cut into 8 parts. Form each part into ball, place on
ungreased baking sheet, slash X in center of each.

Bake at 375°F for 12 to 18 minutes.
Serve hot (or cold).

Grant's Politically Incorrect No-Nonsense Pancakes

Makes 8-10 medium-sized pancakes

If you're not totally into the culinary arts, or your memory is starting to fail you...this is the recipe for you. All you have to remember is ONE (For word association use "all is one...", "one for the money...", "♫ one is the loneliest number ♫..."). This recipe was handed down through generations of pancake connoisseurs.

—Grant Brusegard

Ingredients

- 1 cup flour (preferably white)
- 1 cup milk
- 1 egg
- 1 Tbsp. baking powder
- 1 Tbsp. sugar (preferably refined white)
- 1 pinch salt

Method

Combine all ingredients and add to oiled, hot frying pan. Flip pancakes when bubbles start to form or edges are cooked through, and enjoy! Smother in butter and your favourite syrup.

Lions Gate Priory Variations

Substitute orange juice, soy milk, or yoghurt for some or all of the liquid.
Try chopped or sliced apple, banana, peanuts, coconut or other fruit that you have been given.
Add a teaspoon or so of instant coffee, cocoa, Birds Custard Powder, maple syrup, honey or peanut butter.
For savoury taste add a dash of turmeric, rosemary, or dill.
Cardamom or cinnamon is wonderful added to sweet ingredients like fruit.
And, of course chocolate!

Chai

Serves 2-3

This recipe came from a local newspaper and has since been altered to my taste.

—Stephen Sutherland

Ingredients

- 1½ cups water
 - 1½ cups milk
 - 2 tea bags
 - 6 or 7 green cardamom pods, crushed
 - 5 whole cloves
- Optional ingredients include a thin slice of ginger, a half-stick of cinnamon and freshly milled black pepper to taste.

Method

Combine ingredients in a medium saucepan and set over medium heat, stirring frequently so milk does not burn. After 15 minutes have elapsed, turn heat to high and stir continuously. As soon as the mixture begins to boil, remove from heat. Using a spoon, remove the tea bags and as many of the spices as you can. It may be helpful to pour the mixture through a sieve and into a teapot. If you like sugar in your tea you may find that chai benefits from a bit more than you would normally add to ordinary tea.

If you wish to make a larger amount, remember the ratio 1:1 milk to water. Additional tea bags may be required, depending on the amount you choose to make. If you increase the fluid volume by two- or threefold, you don't necessarily have to double or triple the spices.

Mixed Berry Smoothie

Makes one serving

Smoothies compliment breakfast nicely or make a good snack between meals; they also allow you to make use of local, seasonal produce—in this case, wash, trim, stem and freeze your own berries. I like this recipe because it is very basic and it can be adapted to meet your personal fruit preferences. Try substituting different juice or different types of fruit such as frozen peaches or frozen mango. —Bronwen Midtdal

Ingredients

- 1 cup frozen mixed berries
(all of or a combination of
strawberries, raspberries or blackberries)*
- 1/3 cup French vanilla yogurt
- 1/4 cup orange juice

Blend all ingredients in blender until smooth.

**If you choose to make the smoothie with fresh fruit, the consistency will be thinner, more like a juice.*

Tofu-Cornmeal Pancakes

Serves 3 or 4

A nice breakfast dish that is non-wheat and non-dairy.

—Rev. Brian Monzel

Ingredients

- 1 1/2 cup cornmeal
- 1/2 -to- 1/3 lb. tofu
- 2 tsp. baking powder
- 1/2 tsp. salt
- 3 eggs
- 1 1/2 cup milk or soy milk

Method

- Mash tofu with eggs.
- Mix cornmeal, salt, and baking powder, then add to tofu.
- Mash again, then add milk.
- Cook like regular pancakes, on greased griddle or pan.

Can be served as a sweet or savory dish.

Eggs Allisoni

One serving

In the old days (1976) my family stayed at a farm in Tepotslan, Mexico. The Espiritu-Santo family hosted us and the grandmother showed us how to make this simple wrap dish. Ideally, use fresh corn tortillas; the other ones are “Feo! (ugly!)” she said. However, they are fine made with store-bought tortillas; they became a family tradition. Then in 1995, they were a quick breakfast I could share with Rev. Daizui at Fugen Hermitage, who liked the dish; as a friendly sort of joke, he always referred to them as Eggs Allisoni.

Rev. Valeria Allison

Ingredients

1 or 2 corn tortillas (white flour tortillas will also work)
1 or 2 eggs per tortilla
green tomatillo salsa or salsa of your choice
cooking oil to cover pan
(optional) salt
(optional) sprig of cilantro

Method

Put a grill or iron skillet on medium heat with a little oil.
Warm the tortilla on the skillet, then turn it.
Once the tortilla is heated on both sides, and soft, remove from pan.
Crack the egg or eggs onto the skillet and stir till scrambled.
Scoop the eggs onto the tortilla.
Top with salt, salsa, and the (optional) sprig of cilantro
Roll up (burrito style) and serve.

Notes

Rev. Daizui introduced the cilantro addition.
If you want to make these for several people, it is possible to keep the tortillas warm in a pan in a 150°F oven, covered with a moistened towel. (Not for too long, though, or the tortilla will become tough).

Rose Hip Jam, continued

You will end up with an opaque, smooth, dark reddish-orange jam that is unique, very tasty and nutritious. It's great on toast and can also be used as a filling for cakes or cookies. For storage pour the hot jam into well-sealed glass jars and keep in the fridge.

Happy jam making!

For a cheery, festive looking cookie, spread a thin layer of rosehip jam between two cookie wafers. Cut a smaller circle out of the centre of the top cookie layer (prior to baking) thus displaying a little pool of beautiful rosehip red on top when assembled.

Rose Hip Jam

—Rev. Andō, Shasta Abbey

Ingredients

- 3½ lbs fresh rosehips
- About 2 ½ cups water (enough to prevent burning)
- 3 cups sugar
- 2 tsp. lemon juice

Method

Wash and stem fresh rosehips. Put into a flat-bottomed pan and add water (enough to prevent burning).

Bring this mixture to a boil, whilst mashing the fruit (potato masher works).

Cook at a medium simmer until the fruit is tender and juicy—about 5 minutes if the rosehips are ripe—10 minutes if less ripe.

Place a large sieve (not a colander) over another flat-bottomed pan and then strain the rosehip mixture through the sieve. This will separate the seeds from the fruit and is done by pressing the fruit against the mesh of the sieve with a large spoon. This part of the work can take a while, but do not be daunted by what seems like slow progress: it's worth the time and patience and before you know it you will have a rich reddish-orange syrup in your pan. You should end up with about 4 cups of this rosehip paste.

Add sugar and lemon juice. Return the mixture to the heat, stirring until the sugar dissolves. Bring it to a boil again and cook at a good medium simmer (to preserve colour and flavour) until the syrup seems well-blended and thickened (10 to 20 minutes). Stir as needed to prevent sticking.

Homemade Corn Tortillas

—Gabrielle Kingston

Ingredients

- 2 cups corn flour
- ¼ tsp. salt
- 1½ cups water

Method

Mix until you have a soft dough, you should be able to form the dough into a ball without it sticking to your hands. If it is too dry add water 1 Tbsp. at a time. (Add desired spices or seeds to spruce it up).

Divide dough into 16 equal balls.

If you have a tortilla press:

Line both sides with plastic wrap or a plastic bag. Place a dough ball between plastic and press until tortilla is 5-6 inches diameter. Carefully peel off plastic wrap.

Heat an ungreased pan to medium heat.

Cook tortillas one at a time 50 seconds per side.

Remove, cover cooked tortillas with a cloth to keep soft and warm.

If you don't have a tortilla press:

Flatten dough ball as much as you can with your hands.

Heat a greased pan to medium heat. Put dough ball in the greased pan, flatten out in pan as much as you can then cook both sides until golden brown.

Enjoy.

Pipérade

Serves 3-4

This recipe is tasty, simple to make and quick.

–Pierre Kohl

Ingredients

4 Tbsp. olive oil
7–8 tomatoes, quartered
Salt and pepper to taste
(optional) 3 cloves garlic
Basil (7–8 leaves)
6 large eggs, beaten

Method

In a large cast iron frying pan reduce the tomatoes in the olive oil on medium-low heat until there is no water left. Season with salt & pepper, the garlic & basil. Pour eggs over reduced tomatoes, cooking gently. As the eggs set, gently stir and scramble the mixture with a spatula until the eggs are cooked but not too dry.

Serve immediately on hot plates.

Can be accompanied by e.g. an endive salad with croûtons or simply with toast.

Family Sugar Cookies, continued

it into a ball, and press out onto a cookie sheet. There is no need to grease the sheet.

6. If you are using heavy cookie sheets, bake for 10 minutes. With thin sheets, bake for 7 minutes. The cookies should look medium brown around the edges. If you like them well-baked, add another one or two minutes. If you do this, watch them carefully so that they do not over-bake.
7. Let the cookies cool on the sheet until they are easily handled, then place on a rack to fully cool. (They can be stacked).

The cookies keep well out of the fridge in a cookie tin.

Family Sugar Cookies

Yield: 50-60 cookies

Here is a straightforward recipe for cookies that I use steadily. The recipe given makes 50-60 depending on the size of cookie. We eat them as steadily as I make them, so I usually make the whole batch. But the dough keeps well in a fridge, in an airtight container or bag, and can be used straight from the fridge, so you can make them as you need them. The only utensils needed are a bowl, a mixing spoon, a tablespoon and cookie sheets.

–Eric Sheeter

Ingredients

- 3 cups unbleached all-purpose flour
- 1 to 1½ cups sugar (golden preferred), depending on taste
- 1 cup margarine or butter
- 3 large eggs

Method

1. Mix the dry ingredients together.
2. Drop the margarine or butter into the dry mixture in small pieces and thoroughly mix.
3. Make a crater in the mixture, drop in the eggs, and mix until the dough forms a ball that is free of the walls of the bowl. Mix by hand if necessary, until the dough is uniform.
4. Preheat the oven to 325°F.
5. To form a cookie, take a scant tablespoon of dough, form

Poached-Fried Eggs

Also known as “Those Eggs.”

Frying eggs for a group of people can have a variety of results; I’m not saying runny, tough or rubbery. How do you cook a large batch of fried eggs to be ready at the same time as the toast? Here’s one way.

–Rev. Valeria

Cooking tools, optional: In our case, the pan is cast-iron, which might help with evenness of cooking, and the lid is glass, which makes it easy to monitor the eggs’ progress.

Put the skillet on a medium heat, coated lightly with oil of your choice.

Crack all the eggs into a bowl, without breaking the yolks.

If any shell bits make their way in, they can be removed, using 2 spoons.

Pour the eggs into the warm pan and put the cover on.

When the transparent part of the eggs has turned white, turn the heat down very low, and feel free to attend to whatever else you are serving.

The heat can be turned off when the yolks are covered with a light coat of white, and do not wiggle like jello when you shake the pan. The heat can also be turned to the lowest setting, and the eggs will wait until the rest of breakfast is ready.

The eggs are cooked in their own steam, so keep the lid on as much as possible. If you are in a hurry, or have left the lid off, you can sprinkle in a tablespoon of hot water to introduce extra steam. This is usually not necessary, though.

Avoid high heat, which can turn protein to rubber.

Through the glass lid, if you see bubbles forming on top of the eggs, it’s definitely time to pull the eggs off the heat, right away. At that point, some might consider them slightly over-cooked.

Variation Poached-Boiled Eggs: Put (unopened) eggs in water, bring the water to boil. Cover, remove from heat, and let sit. In 15 to 20 minutes the eggs will be done. (Test one). Plunge them into cold water to help prepare for peeling.

Buckwheat Galettes

(not a pancake)

Serves 4

This was a Sunday morning favorite where my father would serve up the family first and eat afterwards. The recipe came to Québec from France some hundreds of years ago...a simple but tasty peasant staple. What was added in Québec was the maple syrup.

–Pierre Kohl

Ingredients

- 1½ cups buckwheat flour
- 1¾ cups cold water
- ½ tsp. baking soda
- ¼ tsp. salt

Method

Incorporate water into dry ingredients until there are no more lumps. Let sit 2 hours or overnight.

Success or failure depends on a fairly hot cast iron frying pan (10 inches is ideal). Add a little water if necessary as the batter needs to be fairly runny. Wipe pan with paper towel dipped in a bit of butter (with experience this can be omitted).

Ladle just enough batter into pan to spread out 5-7 inches, tilting pan in a circular motion in the air to spread it out thinly (amoeba-like). Let the galette lose its glaze and go completely matte, then cook 1-2 minutes more.

With a metal spatula, and really firm pressure, start by separating the outer edges, working toward the centre, then flip. Cook until dry (nothing worse than a soggy galette). It is normally full of holes and golden brown.

Orange Trifle, continued

Meringues

Ingredients

- 4 egg whites
- 4 Tbsp. icing sugar

Method

Whisk egg whites and, when half whipped, add icing sugar.

Whip until firm.

Drop on a metal sheet covered with wax paper.

Bake in slow oven 275°F for 40-60 minutes.

Orange Trifle

This is a European dessert that I grew up with as a child. The trifle uses egg yolks. The egg whites can be used to make pusinky, which means 'kisses' in Czech. These are generally called meringues, which can be found in just about every pastry shop in Australia, but they are more like the meringue in 'Pavlova,' wonderful, light and chewy. I transcribed the recipes from my mother's handwriting. – Victor Stepan

Ingredients

biscuits, preferably sponge fingers (pišcoty),
called Lady Fingers here
4 egg yolks
4 Tbsp. white sugar
orange juice from ½ an orange
1½ oranges cut in pieces
⅓ -½ pint (250 ml.) cream

Method

Place sponge fingers at the bottom of a bowl.
Whisk 4 egg yolks with sugar until creamy.
Add slowly, while whipping, orange juice.
Fold in whipped cream.
Cover biscuits with orange pieces and top with
the cream mixture.

Buckwheat Galettes, continued

The first try or two you may wish to offer to the local bird community, but a little persistence is well worth the trouble! Serve immediately, spreading on butter followed by maple syrup, corn syrup or molasses. Fruit salad can be a tasty addition.

MAIN DISHES

Any Greens, Any Cheese, Crustless Quiche

Becoming a mother has forced me to simplify my cooking practice. I am particularly drawn to nutritious, wholesome recipes with a minimum of fuss. This quiche, an adaptation from Vegetarian Times magazine, fits the bill. The flour that gets added not only helps to set the quiche nicely, but also gives a nice wheaty flavour, reminiscent of crust. I like to serve this dish with hot buttered toast. –Megan Sutherland

Ingredients

1-2 Tbsp. olive oil
1 onion, chopped – approximately 1 cup
(optional) 2 cloves garlic, minced
1 bunch any greens, such as swiss chard, beet tops or kale, spinach leaves and stems. Chop stems finely, leaves coarsely. If using kale, discard stalks which are inedible and chop leaves finely.
3 large eggs
½ cup all-purpose flour
½ tsp. baking powder
1½ cup milk
½-to-1 cup any grated sharp cheese (to taste) such as aged cheddar, Parmesan, Asiago or crumbled feta.
Feta is a favorite.

Pink Bliss, continued

Middle Layer

Preheat your oven to 350° F.
Empty your can of sweetened condensed milk into a bowl and stir in the coconut.
Spread this mixture on your cooled base layer.
Bake for 15-20 minutes or until you see slight browning around the edges.
Let this layer cool completely.

Icing

With an electric mixer, beat the softened butter for 2 minutes. Next, add the icing sugar and beat for 2 minutes. Finally, add the milk and beat for 2 minutes.
Put the remaining ingredients (hot water, food colouring and vanilla) in the bowl and beat for 2 minutes or until well combined (an even colour) and smooth.
Spread the icing over the coconut layer.

These squares are best when kept in the refrigerator.

Pink Bliss

This is a lovely little square. The original recipe was called Pink Sin and came from CBC Radio's Great Canadian Cookies, Bars and Squares (2002). Call them what you'd like, these are delicious bars where a little goes a long way.

-Meredith Midtdal

Ingredients

Base

1 cup graham cracker crumbs
½ cup butter, melted
½ cup brown sugar
1 heaping tsp. of flour

Middle Layer

2 cup coconut
1 can sweetened condensed milk (300 ml. or 10 oz.)

Icing

½ cup butter, softened
¾ cup icing sugar
2 Tbsp. milk
2 Tbsp. boiling water
few drops of red food colouring
½ tsp. vanilla

Method

Base

Preheat your oven to 375° F.
In a bowl, combine your graham cracker crumbs, melted butter, brown sugar and flour.
Press the mixture into a greased 8-inch square pan and bake for 5-10 minutes.
Let the base cool.

Any Greens, Any Cheese, Crustless Quiche, continued

Method

Heat oil in a large frying pan over medium heat. Add onion and any stems; sauté for 5-7 minutes, or until softened. Stir in optional garlic and cook 30 seconds, or until fragrant. Add greens, reduce heat to low and cover, cooking until greens are tender, about 5 minutes. If the greens start to stick, add water by the tablespoonful, as needed. Season with salt & pepper. Cool 10 minutes.

Meanwhile, preheat oven to 350°F. Coat a deep-dish pie plate with cooking spray. Whisk eggs in large bowl for one minute, or until frothy. Whisk in flour and baking powder until no lumps remain. Whisk in milk and season with salt and pepper. Stir cheese and greens mixture into egg mixture. Spread in prepared pan. Bake 50–60 minutes or until browned and puffy on top and set in the middle.

Swiss Chard Pasta

I really like chard and thus, I'm always on the lookout for a good recipe that incorporates it. I discovered this one in a pasta book and I have found it to be reliable and simple. I've made a few adjustments to suit the ingredients that I usually keep in my home—and you can too, this recipe is very forgiving.

—Meredith Midtdal

Ingredients

1 bunch of chard
3 Tbsp. of olive oil
½ tsp. fennel seed crushed in a mortar
1 medium sized onion, chopped
(optional) 4 cloves of garlic, crushed
1 lb. box of pasta
(small shapes like rotini, fusilli, shells, bows or penne)

1 can of diced tomatoes (796 ml / 28 fl. oz)
¼ tsp. red pepper flakes
1 Tbsp. dried basil
1 Tbsp. dried thyme leaves
Salt and pepper to taste
1 tsp. sugar
1 Tbsp. vinegar
1 can of chickpeas (540ml / 19 fl. oz)
—drained and rinsed
⅓ cup feta cheese, broken into small pieces

Six-in-One Bars

This is a very simple and quick bar recipe that I have enjoyed making for our meditation evenings or as an offering at a potluck. This recipe is a variation upon one found in a favourite baking book of mine, CBC's Great Canadian Cookies, Bars and Squares (2002).

—Meredith Midtdal

Ingredients

1 cup quick cooking oats
1 cup white flour
1 cup softened butter
1 cup coconut
1 cup brown sugar
1 cup chocolate chips (for the topping after the base has been baked).

Method

1. Preheat your oven to 350°F. In a medium-sized bowl, cream your butter. Add the oats, flour, coconut and sugar, mixing well after each addition. Press the mixture into a 8" x 8" pan. Bake for 15 to 20 minutes until the bars are lightly golden. Cool the bars completely.
2. Melt your chocolate chips in the microwave, stirring after 30-second intervals. When the chocolate is melted, spread it over the cooled bars. Once the chocolate has set *, cut the bars.

* Don't cut the bars yet if the chocolate is really cold, otherwise the chocolate layer will crack.

Buckeyes

A Christmas tradition from Ohio. -Rev. Brian Monzel

Ingredients

- 1½ cups peanut butter
- 1 stick butter or margarine (= ½ cup)
- 1 lb. powdered sugar
- 12 ounces chocolate chips, melted with
- 2 Tbsp. butter or shortening

Method

1. Mix peanut butter with butter or margarine, and sugar.
2. Roll into small balls (about ¾ inch diameter).
3. Insert toothpick into balls and dip in melted chocolate, leaving a penny-sized circle uncovered.
4. Place on waxed paper to cool.
5. Smooth out hole from toothpick.

Swiss Chard Pasta, continued

Method

1. Put a large pot of water on to boil. Meanwhile, wash the chard and remove the stems from the leaves. Cut the stems into 6 cm (2½" or so) pieces. If the stems are thick in certain parts, slice down the middle. Next, cut the leaves into salad size pieces. When the water boils, add the stems to the water and let them cook for approximately 3 minutes. Then add your chard leaves and allow them to boil with the stems for an additional 2 minutes.
2. In a large saucepan or medium sized pot, heat your oil. Add the fennel seeds and sauté the onion until transparent (if you are adding garlic, do so just before the onions are done). Next, add your tomatoes and allow the mixture to reheat. Once it is simmering, add your herbs, salt and pepper, sugar and vinegar. Let the sauce simmer for approximately 15 minutes to reduce and develop its flavour.
3. Once your chard is done, remove with a slotted spoon and place it into a bowl with ice cold water to stop the cooking – reserve water in pot. Using this water, cook your pasta and drain.
4. After the sauce has simmered for a while, add your chickpeas and chard—heat until warm. Check your sauce for flavouring then add it to your pot of pasta and incorporate the feta cheese.

Pizza with Winter Squash and Caramelized Onions

Yield: 2 thin-crust 9x13" pizzas

I like making pizza. As a good friend once said, "bread dough is very forgiving." For me, it's a good opportunity to let go of the perfectionistic ideas I routinely train with; the flour and water ratio is never the same each time, the pizza shape is often "rustic" and rolling out the dough is not an exact science. I have, however, found a few things helpful when making pizza: not adding too much flour (the dough should be slightly tacky although not so much that it sticks to your fingers or the counter) and pizza benefits from being baked at a high heat in an oven preheated about 30 minutes ahead of time. While pizza tastes delicious baked on an oven stone, I like the convenience of a cookie sheet, preferably one that has been darkened by years of use (thrift stores can be a good source)—it helps make for a nice crispy bottom crust. Of course, one can also use a pre-made crust or large foccacia slabs. For this recipe, choose any sweet, firm-fleshed winter squash (except spaghetti squash). Using fresh herbs really does make a difference here. Bon appétit!

—Megan Sutherland

Dough Ingredients

1½ cups warm water
2 tsp. active dry yeast
2 Tbsp. olive oil,
preferably extra virgin
1½ tsp. salt
1 cup whole wheat flour
2-3 cups all-purpose flour

Topping Ingredients

1½ lbs. winter squash
1 large onion, sliced thinly
2 Tbsp. fresh chopped rosemary
2 Tbsp. fresh chopped sage
1½ tsp. salt
½ tsp. freshly ground pepper
3 Tbsp. olive oil
(optional) 1 tsp. minced garlic
¼ cup grated Parmesan cheese
1½ cups crumbled feta cheese

Vegetarian Rice Krispie Squares, continued

4. Using a buttered spatula, press evenly in a buttered 8"x 8" pan.
5. Cover and refrigerate for at least two hours.
6. Remove Rice Krispie squares from the refrigerator 30 minutes before cutting into squares and serving. This makes cutting easier and removes the chill from the refrigerator.

Variation

Chocolate-Orange Rice Krispies

After adding the Rice Krispies to the marshmallow mixture, add the grated rind of one small orange and ½ cup good-quality chopped dark chocolate or semi-sweet chocolate chips.

Vegetarian Rice Krispie Squares

Yield: One 8" x 8" square pan

When I first became a vegetarian, one of the things that I missed the most was Rice Krispie squares. I had heard that vegetarian marshmallows were available in the United States and until only very recently, I could never find them in Canada. It was suggested to me that I might want to try making Rice Krispie squares with marshmallow crème, a bottled, gelatin-free variety of marshmallow that is sometimes found in the sundae aisle in larger supermarkets. So, with this thought in mind, I developed a recipe that tastes identical, in my view, to the standard version. For maximum flavour, I recommend using real butter and pure vanilla extract. It's also helpful to remove the marshmallow crème from the jar before you start cooking, since it's tricky to get it out (especially under time pressure) and very messy.

–Megan Sutherland

Ingredients

3 Tbsp. butter

198 gm. (about 7 oz) jar of marshmallow crème

3½ cups Rice Krispies cereal

¼ tsp. vanilla

Method

1. Lightly butter a small mixing bowl. Using a buttered rubber spatula, remove marshmallow crème and place it in bowl. Set aside.
2. Melt butter in a medium saucepan over low heat. Add marshmallow crème and stir until amalgamated and free of lumps. Cook 3 minutes, stirring constantly.
3. Remove from heat, add Rice Krispies ½ cup at a time, and stir until all Rice Krispies are coated with marshmallow.

Pizza with Winter Squash and Caramelized Onions, continued

Method

1. Start the dough by pouring ½ cup of the water into a warmed mixing bowl. Stir in the yeast with a fork and let sit until the mixture is foamy, approximately 10 minutes. Add remaining water, olive oil, whole wheat flour and salt. Beat with a wooden spoon for 2-3 minutes. Beat in white flour ½ cup at a time until you have a shaggy dough that is just beginning to pull away from the sides of the bowl. Turn dough out onto a floured counter-top, and with floured hands, knead until smooth and elastic, adding flour a tablespoon or two at a time along the way to keep the dough from sticking.
2. Place the dough into a greased bowl, turn the dough to coat the other side, cover with a tea towel and leave to rise in a warm spot until doubled in bulk, approximately 40-60 minutes.
3. While your dough rises prepare the squash. Preheat the oven to 400°F, halve the squash, scoop out seeds, place face down in a baking dish, cover with foil and bake for 40-60 minutes until soft. Meanwhile, sauté onion at medium heat in 1½ Tbsp. olive oil until nicely browned. Near the end of cooking, add herbs and 1 tsp. salt. When squash is cool enough to handle, scoop out flesh from skins, place in a bowl and mash with 3 Tbsp. olive oil. Add onion mixture and stir to combine.
4. When doubled, gently turn out dough onto a lightly floured counter and cut dough into two equal sized pieces. Shape each into a ball placing them several inches apart, top with a tea towel and let rise for an additional 20-30 minutes. *continued next page*

Pizza with Winter Squash and Caramelized Onions, continued

5. In small bowl mix together 3 Tbsp. olive oil, ½ tsp. salt, pepper and optional garlic.
6. Position oven rack in lower third of oven and preheat to 500°F.
If you are using a pre-baked crust, place oven rack in middle position and preheat oven to 325°F.
Dust two cookie sheets with a tablespoon or so of flour or cornmeal and keep one dough mound covered while you shape the first. First, gently stretch dough into rectangular shape, place in middle of cookie sheet and, working from the centre outwards, press dough out with your fingers until ¼” thick throughout, thickening slightly around the edges. Don’t worry if your rectangle isn’t perfect! Cover with tea towel while you repeat procedure with next dough mound.
7. Baste the first pizza with the olive oil mixture. Evenly sprinkle on half of your Parmesan cheese, then, using a spatula, evenly spread on half of the squash mixture. Top with half of the feta cheese.

Open oven with care (it will be very hot) and bake pizza 12-14 minutes or until dough is golden (top and bottom) and cheese is slightly browned. *Or, if using a pre-baked crust, bake 15 minutes to heat through.*

Top second pizza while first is in the oven. Cut into squares and serve hot.

Kheer (Rice Pudding)

–Supriti Bharma

Ingredients

- 3 fistfuls rice, preferably basmati
- 2 tsp. green cardamom, freshly peeled and crushed
- 2 cups or more white sugar (to taste)
- 4 litres (1 gallon) whole (homogenized) milk
- (optional) ¼ cup nuts of preference, crushed
- (optional) ¼ cup raisins

Method

1. Use a heavy-bottomed saucepan and very low heat. It is imperative that the milk not burn.
2. Bring milk to a boil without burning. Use medium heat if necessary but keep stirring to avoid burning.
3. Add rice and sugar and turn down heat to low.
4. Use a metallic stirring spoon and stir every 7-15 minutes to avoid burning.
5. Add cardamom and optional nuts and raisins when third hour has passed.
6. Keep scraping cream from the sides of the saucepan and blend/stir it into the mixture.
7. This pudding is edible any time the rice is cooked. This will be a minimum of 3 hours for this quantity of milk curd and as many as 5 to 8 hours if you prefer a thicker/ richer consistency of cottage cheese, for example.
8. Cooking time could be reduced by pre-boiling the milk in a microwave and then adding it to the rice, as well as by using two or more saucepans and dividing the ingredients appropriately to cook on two or more stove-tops simultaneously.
9. Sprinkle some more freshly crushed cardamom when ready to serve. It is good served hot or cold.

Rhubarb Strawberry Cobbler

I have destroyed a book recipe to come up with this recipe myself, which I like much better. More or less sugar, cinnamon and strawberries, or no strawberries with the rhubarb amount staying the same, have all worked for me. I seldom do it twice the same way. I hope you enjoy it.

–Tom Dickinson.

Preheat oven to 400°F

Topper

1½ cup flour ½ cup butter
4 Tbsp. sugar 2 slightly beaten eggs
2½ tsp. baking powder ¾ cup milk
½ tsp. salt

Sift dry ingredients together in a large bowl.
Cut in the butter until mixture resembles coarse crumbs.
Then combine the eggs and milk. Add all at once to dry ingredients stirring just to moisten, then set aside.

Filling

1½ c. sugar 2 Tbsp. water
2 Tbsp. cornstarch 2 Tbsp. butter
1 tsp. ground cinnamon 6 cups of 1 inch slices of rhubarb
(or less if preferred) 2-3 cups strawberries

Combine all the filling ingredients except for strawberries in a Dutch oven or large pot; bring to a boil. Cook and stir for 1½ minutes, then add strawberries.
If the berries are frozen, add them before rhubarb finishes boiling.

Assembling Filling and Topper

Pour filling into 9”x 13” glass baking dish.
Immediately spoon on biscuit topper in 6 mounds.
Bake at 400°F for 20 to 25 minutes
Watch for browning on topper to decide when finished.
Serve warm with ice cream or cold if preferred.

Rev. Aurelian’s Burgers

This recipe is an adaptation from the first edition of an excellent cookbook on vegetarian cuisine called “Laurel’s Kitchen.” It’s easiest to mix up the burger batter with your hands, and it is a very gooey process, but if you just dive right in, you’ll find it’s rather fun. The burgers may look quite misshapen when you first put them in the pan, but if you persevere with faith you’ll find they firm up nicely in just a few minutes. The “secret” to this recipe is the cooking process AFTER they have been browned on both sides. The oats soak up the stock or whatever liquid you choose, and the burgers, when cooked, have a surprisingly firm and meaty texture.

–Rev. Aurelian Giles

Ingredients

Mix:

3 cups oatmeal
¾-1½ cups ground walnuts
3-4 eggs
½ cup wheat germ
1-1½ tsp. sage
½ tsp. thyme
1-1½ tsp. salt

Optional: nutritional yeast, soy sauce

Method

Form into patties. Brown both sides in skillet. Add approximately 2 cups veggie stock or liquid to cover, and simmer until nearly dry.

Note Do not cook burgers in a cast iron frying pan, or the iron will react with the walnuts and turn the burgers an unpalatable-looking grey color.

Variations

You can use ground roasted sunflower seeds, or pecans, but peanuts don’t work very well.

Spaghetti Squash on a Work Night

Cooking creatively after a day's work can be a challenge. I like the ease of the squash family - they take very little prep to make a filling meal. I usually have the basics to toss together a sauce, and want to stress that this sauce is so easily adapted to whatever you have in the house. This is vaguely Italian, but with some Asian spices you could make this into an entirely different dish - the squash doesn't mind. However, use discretion with the Parmesan if you change the spice family, as some things may not mix well!

This takes about a half an hour to make, and feels like a real meal.
—Michele Feist

Ingredients

1 medium spaghetti squash
1-to-2 Tbsp. olive oil
small bit of butter
½ onion, chopped
½ brick tofu, firm, cubed
1 can (14.75 oz.) stewed chopped tomatoes,
or 1 can whole tomatoes chopped into small chunks
2 sticks celery, chopped
1/2 cup sliced mushrooms
1 – 2 Tbsp. lemon juice
dollop of sesame oil
1 tsp. each oregano, basil and thyme
salt and pepper
Parmesan cheese, grated

Rhubarb Steamed Pudding, continued

Method

1. Cook the rhubarb with ¼ cup of the sugar and ginger over gentle heat for 2 - 3 minutes until just starting to soften. Remove from heat. Grease the pudding bowl.
2. Put the butter and remaining sugar in a bowl and cream together until fluffy. Stir in the vanilla extract, then beat in the eggs, a little at a time. Sift in the flour/baking powder and carefully fold into the butter mixture.
3. Spoon the rhubarb into the bottom of the pudding bowl, then spoon the cake mixture on top. Level off surface.
4. Cut a piece of waxed paper slightly larger than the top of the pudding bowl. Fold a pleat in the centre and place over the top of the bowl. Repeat the same procedure with a piece of foil. Secure the paper and foil in place with a piece of string or elastic band.
5. Bring the pan of water to simmer on the stove-top. Then place the pudding bowl on the rack within the pan. Cover the pan and cook for 1½ hours. Maintain the heat so that it continues to simmer at an even rate, adding water as needed to ensure that the pan does not boil dry.
6. Remove the pudding bowl from the pan then remove the paper and foil, invert the pudding onto a serving plate and carefully lift off the pudding bowl.

Serve with heavy cream (whipped or plain), vanilla ice-cream or custard.

Tip for Cooking with Rhubarb

Cut rhubarb into chunks and place in metal bowl.

Pour boiling water to cover and leave for fifteen minutes.

Pour off water and use the rhubarb. This removes the oxalic acid and therefore requires less sugar. —Rev. Kōten

Rhubarb Steamed Pudding

A golden cake-like pudding with rhubarb-ginger topping. Perfect for a rainy late-spring evening in Vancouver. I found this recipe in the British vegetarian magazine, "BBC Vegetarian", several years ago. After adjusting the British measurements to Canadian equivalents (weights to volume) I discovered a nice, homey dessert featuring the delicious and previously unknown to me combination of rhubarb and ginger.

–Christine Turner

Introduction

For those not familiar with the method of preparing steamed puddings the following equipment is necessary:

- A pudding bowl with a 1½ pint capacity (an oven-proof mixing bowl or round baking dish in metal, pyrex or crockery is fine).
- A pan with a lid such as dutch oven, half filled with water, large enough to contain the pudding bowl.
- A small cooling rack on which to place the bowl within the pan (to prevent direct contact between the pudding and the burner or element).
- A piece each of waxed paper and foil.
- A length of string or large elastic band.

*Please note also that while the preparation time is quite short, the steaming time is longer; it takes an hour and a half.

Ingredients

- | | |
|--|---|
| 3 cups of rhubarb
cut into quarter inch lengths | 2 medium eggs, beaten |
| 1 cup white sugar | 1½ cups unbleached,
all-purpose flour, |
| 1 tsp. ground, dry ginger | mixed with |
| ½ cup butter | 2 tsp. baking powder |
| A few drops of vanilla extract | |

Spaghetti Squash on a Work Night, continued

Method

1. Cut squash in half, remove seeds, and place face down on a cookie sheet or other baking pan with a little oil to prevent sticking. Bake at 325°F for about half an hour or until cooked through. You will know it's done when a knife slides into the squash easily. Remove and let cool.
2. Meanwhile, heat a tablespoon or two of olive oil in a skillet and sauté the onions till they are caramelized, adding a bit of butter to help with the browning. Add the other vegetables and tofu and seasonings. Adjust for personal taste. This can be quite rich in flavor so the lemon juice is a nice touch. Don't use too much sesame oil, the "dollop" is only to add to the flavor, too much will overpower. Simmer for 10 minutes or so to reduce some of the liquid.
3. While the simmering is happening, scoop the cooling squash out of its shell onto plates. It should still be a bit warm.

When you are satisfied with the vegetable/tofu mixture, take it off the heat and place it in heaps on top of the squash. Sprinkle generous amounts of Parmesan, which will soak up some of the liquid.

Serve with a small green salad - it's a quick meal.

Holubtsi (Cabbage Rolls)

Serves 6-8

When I first came to Vancouver in 1966, I lived in the West End while working at St. Paul's Hospital. Eventually friends from Ontario joined me and moved into an adjoining suite. Because Ron was Ukrainian, his wife had learnt to make perogies and cabbage rolls. She eventually taught me and it was through this affiliation that I was introduced to Buddhism. Because I was an early riser, I would knock on Ron's door each morning to awaken him for meditation. This I've never forgotten. Initially the cabbage rolls were made with meat, and over the years they have evolved into the present version that I've submitted. Please enjoy them.

– Ruth Scott

Ingredients

Leaves

1 large head of cabbage

Filling

2 Tbsp. oil

2 large onions, chopped

(optional) 2 medium cloves
garlic, crushed

1 tsp. poultry seasoning

$\frac{3}{4}$ tsp. each salt and pepper

$\frac{1}{2}$ cup toasted sunflower seeds

1 pound veggie ground round

2 cups cooked rice

2 Tbsp. soy bacon bits

1 egg, beaten

Sauce

2 Tbsp. oil

1 large onion, chopped

(optional) 2 medium cloves
garlic, crushed

$\frac{1}{2}$ tsp. paprika

4 cups crushed tomatoes

$\frac{1}{2}$ cup ketchup

2½ Tbsp. lemon juice

3 Tbsp. brown sugar

$\frac{3}{4}$ tsp. salt and pepper

Yuletide Carrot Pudding, continued

bowl). Place this circle of waxed paper directly on the surface of the pudding. Then, if you have a pudding mould, cover the pudding with a lid. (Or do as I do, and cover the top of the bowl with a large piece of aluminum foil. Cut the foil to fit the bowl leaving a 3-inch overhang of foil around the edge, pressing carefully along the sides. Then take a piece of heavy twine, and tie it securely around the bowl about 1 inch or so from rim. Fold the foil overhang up over string).

- This is really important: place a small cooling rack in the bottom of a deep pot.** Carefully place the pudding into the pot on the rack. Pre-boil some water in a kettle, and pour enough of the water into the pot to come halfway up the side of the bowl. Cover the pot, bring to boil; reduce heat and simmer—adding boiling water as necessary to maintain the water level—until skewer inserted in centre comes out clean, 3 to 3½ hours. Watch the water level carefully to be sure it doesn't boil dry. Remove mould from pot and let cool slightly. Remove lid (or foil) and waxed paper. Run knife around edge of pudding to loosen; turn out onto warmed platter.
- Serve slices of the pudding with the brown sugar sauce.
The pudding can also be made ahead and refrigerated in its mould/bowl until needed. Rewrap the pudding as directed above, and simply steam again for 1 hour.

Brown Sugar Sauce Ingredients

$\frac{2}{3}$ cup firmly packed brown sugar

$\frac{1}{3}$ cup whipping cream

$\frac{1}{4}$ cup butter

1¼ tsp. pure vanilla extract

Method, Sauce Preparation:

In a medium-sized saucepan, bring the brown sugar, whipping cream and butter to a boil, stirring constantly until smooth. Reduce heat and simmer until thick enough to coat back of spoon, about 3 minutes. Stir in vanilla. Serve over pudding.

Yuletide Carrot Pudding

Yields: Approximately 6-9 servings

This version of a steamed pudding came about as a result of my desire to create a pudding that didn't use suet, which is traditional, and didn't require the usual hard sauce with brandy, and its accompanying flames. I love to bake, and to try new things; however, especially around the holiday season, I like to serve a dessert that is simple to prepare, and that involves a minimum of fussiness. As long as you don't mind the extended steaming time, this pudding yields very tasty results. I look forward to a slice of this dessert over almost anything else during the holidays. –Bronwen Midtdal

pudding Ingredients:

1¼ cup all-purpose flour	½ cup butter, softened
½ tsp. baking soda	1 Tbsp. molasses
2 tsp. baking powder	2 eggs
½ tsp. salt	1 cup grated carrot
1 tsp. ground cinnamon	1 cup grated potato
¼ tsp. ground nutmeg	1 cup grated apple
1 tsp. allspice	1 cup raisins
1 cup granulated sugar	1 cup currants

Method, Pudding Preparation:

1. Flour mixture: In a medium mixing bowl, whisk together the flour, baking soda, baking powder, salt, cinnamon, nutmeg, and allspice, set aside.
2. In a separate large mixing bowl, beat the butter with sugar until fluffy. Beat in the molasses. Beat in eggs, one at a time, then the vanilla. Gently stir in the carrot, potato, apple, raisins, and currants. (The mixture will look a little strange at this point, don't worry). Sprinkle the flour mixture over the wet mixture, and stir just until combined.
3. Grease an 8-cup (2 L) pudding mould or bowl. Scrape the batter into the mould, making sure to smooth the top. Cut a circle of waxed paper the same diameter of the top of the mould (or

Holubtsi Cabbage Rolls, continued

Method

Leaves Core cabbage. In a large pot of boiling water, blanch whole cabbage until leaves are softened (approx. 5-8 minutes). Remove outer softened leaves and return cabbage to boiling water when leaves become too difficult to remove. Repeat procedure until all leaves are removed. Cool leaves in cold water; drain on a dish towel. Reduce coarse outer veins with a paring knife.

Sauce In saucepan, heat oil. Cook onions until golden. Add garlic (if using), paprika, brown sugar, salt, pepper, crushed tomatoes, ketchup and lemon juice. Bring sauce to a boil, reduce heat and simmer until thickened, approximately 30 minutes. Set aside.

Filling In large pot, cook onions until golden. Add garlic (if using), poultry seasoning, salt, pepper, toasted sunflower seeds, veggie ground round, cooked rice and soy bacon bits. Remove mixture from heat and add beaten egg.

Roll Construction Spoon ¼ cup filling into centre of each of the leaves (there will be approximately 18-24 leaves). Fold one end and sides over filling and roll up. Tuck the ends under, as if you were making little parcels. Repeat for the remainder of the mixture.

Spread one cup of the sauce in a baking dish. Arrange half of the rolls in the baking pan, seam side down. Top with half of the sauce. Arrange remaining rolls on top. Pour remaining sauce over rolls. Cover rolls with left over leaves. Cover baking dish and bake in 350°F oven until tender, approximately 1½ to 2 hours.

Ricotta Stir Fry

This was inspired by my habit of not wanting to cook when I am on my own. I have a tendency to become an expert at the one dish meal, or even worse, when tired, resort to the tofu wiener and a chunk of cheese to fill the gap. The following was inspired by a similar dish demonstrated on TV, but much simpler in my version. This is fast, easy and nourishing.

–Michele Feist

Ingredients

2 cups Ricotta cheese, firm

2 cups vegetables (approximately)

Use whatever vegetables are on hand—it is nice to use some onion and mushrooms, celery adds some flavour. The ricotta is bland, and like tofu will pick up the flavours of what is added to it.

Herbs - Preferably fresh, a nice blend being basil, oregano, cilantro. Chop coarsely about ½ cup or more. Err on the side of more.

Powdered herbs would be OK too, but the fresh ones really add flavour.

Olive oil for stir frying

Salt and pepper

Sea salt and coarse ground pepper is best, but any will do.

Method

Sauté the onion till brown on the edges, almost caramelized. Add the other veggies and sauté till softened. Add the ricotta and sauté on medium heat until the liquid that emerges from the ricotta is evaporated and the texture is like scrambled eggs. You could add a pinch of turmeric for colour so it resembles eggs even more.

Serve with a slice of thick toast with lots of butter.

Leave the dishes for awhile, while you digest. There is a lot of room to improvise with this.

Fruit Fritters

Makes 4 servings

For a festive occasion. This is another of Rev. Master Jiyu's recipes that returned to Canada with me.

–Rev. Kōten

Ingredients

2 cups flour

½ tsp. salt

1 Tbsp. sugar

1 egg, beaten

1 cup milk

1½ Tbsp. melted butter

(fruit and oil)

Method

1. Mix dry ingredients together.
2. Add egg, milk and butter, stir well to eliminate lumps.
3. Prepare fruit by washing and cutting into pieces.
4. Dip fruit in batter
5. Heat 3 inches oil in heavy skillet.
When bubbly, drop in fritters.
Turn when golden on one side.
6. Remove with slotted spoon, drain on paper towels.
7. Sprinkle with sugar.

DESSERTS & TREATS

Heavenly Fruit

*Very simple to make and wonderful for festive occasions.
This recipe is from my Teacher. —Rev. Kōten*

Wash and dry unsulphured dried apricots, peaches, persimmons, figs, mangos, papayas or any other suitable dried fruit.

Chop at least ½ lb. white chocolate into small pieces and place in a clean dry bowl over a pan of boiling water: take care to keep all water and steam out of the chocolate.

Melt chocolate and dip the bits of fruit in it, placing them on waxed paper to harden.

Add more chocolate to the bowl, as needed. Unused chocolate may be stored in waxed paper and re-used.

Curried Chickpeas and Cauliflower

Makes: 4 servings

This curry goes nicely with veggie chicken breast or Nan bread to mop up the sauce. —Linda Stevens

(Preparation time: 15 minutes. Cooking time: 20 minutes)

Ingredients

- 6 Tbsp. vegetable oil
- 30-35 small florets cut from 1 cauliflower
- 1 large red bell pepper, cut into 1" cubes
- 3-to-4 garlic cloves, minced
- 3-to-4 tsp. chopped fresh ginger
- 2 Tbsp. medium curry paste and one tsp. curry powder
- 1 (400ml can) coconut milk mixed with 1 Tbsp. cornstarch
- ½ cup water with one tsp. Vegeta
- 1 (19 oz.) can chickpeas, drained, rinsed in cold water, and drained well again
- ½ cup frozen green peas
- ¼ cup sliced green onion

Method

Heat the oil in a large skillet set over medium heat. Add the next 4 ingredients and cook 3 to 4 minutes. Add the curry paste and powder, cook and stir 1 to 2 minutes more. As it starts to stick to the pan, add the coconut milk/cornstarch mixture, stock and chickpeas and bring to a simmer. Gently simmer until cauliflower is cooked through, about 5 minutes. Mix in the green peas and heat through 1 minute. Top servings of the stew with sliced green onion.

Zucchini Boats

Years ago, involved in the creating of a small community garden, I ran into the perennial problem of “what to do with all this zucchini?” My mother, having dealt with similar dilemma from years on the farm, passed this easy solution along. It is best to pick the zucchini before they are too large, (maybe between 6-8 inches long). The larger the zucchini the more the chance of it cooking unevenly but it is do-able if that is what you have. Just make sure you scoop it well otherwise it can be a bit damp, as zucchini has a lot of moisture. This is a great dish to serve kids, and in fact a great dish to get kids involved in making, very hands on and forgiving of experimentation. It’s kind of hard to mess up!

–Michele Feist

Ingredients

3 small or 1 large zucchini
1 Tbsp. butter
1 tsp. Worcestershire sauce
¼ tsp. oregano
¼ cup onion
½ cup celery
1-2 tomatoes, chopped medium
salt and pepper
3 cups cornflakes, crushed to make ½ cup crumbs
1 cup mozzarella cheese, grated
Parmesan cheese to sprinkle

Botanie Valley Honey Cake

When Rev. Kōten baked this bread, I found it so profoundly delicious that I asked him to write down the recipe. This was difficult, because he hardly ever consults a cookbook, and we had to piece together the recipe from memory. I think the reason the bread was so good was due to a couple of “special ingredients”. First of all, he used a very delicious honey made right here in Botanie Valley. The other special something was the love, care and attention that he put into baking it. This last ingredient is not one that can be bought or sold anywhere.

–Rev. Aurelian

Ingredients

3 cups of corn meal
1 cup of white (all-purpose) flour
1 can of kernel corn, drained
3 teaspoons of baking powder
3 teaspoons of baking soda
½ teaspoon of salt
¼ cup of milk
1 cup of liquid honey
2 beaten eggs

Method

Preheat oven to 350 °F
Mix together thoroughly all the dry ingredients, including the can of corn. Mix together thoroughly all the wet ingredients and add them to the dry ones. Mix this together thoroughly until you have a thick batter. Pour the batter into a greased 9 ½” (nine and a half inch) round casserole or cake pan. Put into pre-heated oven and bake for 45 minutes to an hour until thoroughly done. Check the bread after the first half hour. If the top is well browned, cover it with a piece of aluminum foil so the top doesn’t burn. Use a knife or skewer to check centre of the cake for doneness.

Meredith's Raspberry Cake, continued

Method

Cake: In large bowl, combine flour, sugar, baking powder, soda and salt. In another bowl, beat together egg, buttermilk, butter and vanilla until smooth. Pour liquid mixture into flour mixture and stir until dry ingredients are moistened. Do not over mix.

Spread batter evenly in greased 8-inch square baking pan. Place raspberries evenly on top. Sprinkle crumb topping over berries.

Bake at 375°F for 35 to 40 minutes or until well browned. Let cake cool on a rack until warm.

Some tips I learned over the years...

- If you don't have buttermilk, substitute $\frac{1}{3}$ cup milk along with 1 teaspoon of vinegar, mixed together and allowed to sit for 10 minutes.
- As with many cakes, do not over mix the batter or it will become tough.
- You may substitute the melted butter in the batter with vegetable oil for a less rich flavour.
- You may substitute raspberries with other berries e.g. blueberries, blackberries.

Alterations to the method:

- Mix the topping with your fingers rubbing the ingredients together.
- Start by setting out your melted butter and letting it cool to room temperature.
- Also, prepare your milk/vinegar mixture if you are substituting for the buttermilk.

Zucchini Boats, continued

Method

1. Make "boats" by cutting zucchini in half lengthwise:



2. Scoop out flesh, chop.
3. Saute vegetables in butter, add tomatoes near the end.
4. Stir in cornflakes crumbs.
5. Stir in mozzarella cheese.
6. Spoon into boats.
7. Sprinkle with Parmesan.
8. Bake 350°F for 20 minutes.

Caribbean Rice Wraps

Yield: 10 Wraps

When the wrap craze hit a couple of years ago, I convinced myself that I could develop a recipe that was tasty, economical and nutritionally sound. What resulted from my foray was a rice-and bean-based wrap that can easily be adapted to suit one's tastes. The original recipe I developed was for Caribbean rice wraps. Over the years though I have also prepared variations of this recipe including Mexican- and Greek-inspired versions. –Bronwen Midtdal

Ingredients

- 10 large white or whole wheat tortillas
- 1 – 19oz can black beans, drained and rinsed
- 1 Tbsp. vegetable oil
- 3½ cups cooked, warm white rice (such as basmati)
- 1 medium onion, diced
- (optional) 3 cloves garlic, minced
- scant ½ tsp. allspice
- ¾ tsp. salt (or to taste)
- ¼ tsp. ground pepper
- pinch hot pepper flakes
- 3 Tbsp. vegetable stock or water
- 2 medium tomatoes, seeded and diced
- 3 green onions, finely sliced
- 125 grams (5 oz) grated cheddar cheese (or more to taste)

Meredith's Raspberry Cake

As a teenager, I approached the kitchen hesitantly and with a great deal of fear. Having little experience with baking and cooking, I dreaded the end results of my attempts in the kitchen. I can recall having this recipe from the Vancouver Sun Food Section presented to me by a member of my family who believed that I was capable of making it successfully. I was not so sure of this. However, I made it anyway. Upon first trial, this cake was a success and following this, I never experienced failure with this recipe. From this cake, I gained confidence in my baking abilities and furthermore, it encouraged me to attempt more recipes in the kitchen. In sum, I came to the understanding that making the initial step can be very frightening; however, it can also be extremely rewarding in the end.

–Meredith Midtdal

Ingredients

Cake

- 1 cup all-purpose flour
- 1 large egg
- ¾ cup granulated sugar
- ⅓ cup buttermilk
- ½ tsp. baking powder
- ⅓ cup butter, melted and cooled to room temperature
- ¼ tsp. baking soda
- ½ tsp. vanilla
- ¼ tsp. salt
- 1¼ cups fresh raspberries

Crumb Topping

- ½ cup packed brown sugar
- 1 Tbsp. butter
- 2 Tbsp. flour

Method

Topping:

Mix together ingredients to form fine crumbs; set aside.

continued next page

Marmalade Cake

—Rev. Kōten

Ingredients

2 cups white flour
1/3 cup sugar
1/2 cup orange marmalade
1 tsp. baking soda (rounded)
1 tsp. baking powder (rounded)
A pinch of salt
(optional) 1 egg, beaten
1/3 cup butter
1 cup milk
1/2 tsp. allspice
1/2 tsp. cinnamon
1 Tbsp. instant coffee
(optional) 1/4 cup chopped walnuts

Method

Mix together dry ingredients thoroughly.
Cream in butter, add marmalade.
Stir until marmalade is thoroughly mixed in.
Beat egg into milk and add to batter. Thoroughly mix.
If too wet, add flour (should be a batter-like consistency).
Pour into cake pan.
Bake at 375° F for about 35 minutes, until well done.

Caribbean Rice Wraps, continued

Method

- Heat the oil in a wok or large skillet over medium heat. Add the onion and fry until it becomes translucent, about 5 minutes.
- Add the garlic, allspice, salt, pepper and hot pepper flakes. Stir and cook for an additional minute and then immediately add the beans and stock (or water). Lower the heat, cook until the beans are heated through, about 2 minutes. Add the cooked rice and stir until the mixture is well blended and heated through. Remove from the heat.
- Meanwhile, set up your cheese, tomato and green onions in individual bowls so that you're ready to roll.
- To assemble the wraps take 1 tortilla and spread 1/2 cup rice filling down the centre, leaving about 2 inches space on each end. Next, sprinkle onto the filling 1 Tbsp. chopped tomato, 2 tsp. green onions, and about 1 Tbsp. of grated cheese. Fold the ends over the filling and roll up the wrap. (Note: overfilling will cause the wraps to fall apart).
- Serve the wraps as is, or heat in the microwave for about 1/2 to 1 minute each.

Variations

- For the Greek version, replace the allspice with 2 tsp. dried oregano, and the cheddar with feta cheese. Diced cucumber and red pepper could also be sprinkled onto the filling.
- For the Mexican version, replace the allspice with 2 tsp. ground cumin and 1 tsp. chili powder (or to taste). Monterrey Jack cheese can also be used in place of the cheddar.

Yam Quesadillas

Serves 4

This recipe is an all year favourite of mine. I love yams anytime of the year, not just at Thanksgiving, and this recipe seems especially well suited to this golden tuber. If I plan ahead, sometimes I'll bake my yams the day before with the previous night's supper, and use them the next day in my quesadillas – this makes for a very easy supper after a long day of work.
-Bronwen Midtdal

Ingredients

2 large yams
½ tsp. salt
¼ tsp. pepper (or to taste)
2 tsp. olive oil
1 medium onion, chopped
⅛-¼ tsp chili powder (or to taste)
1½ cups mozzarella or Monterrey Jack cheese, grated
4 Tbsp. toasted chopped pecans or pumpkin seeds
4 medium tortillas
Extra olive oil to brush over the tops of the tortillas

Method

Wash and prick yams several times with a fork (do not peel).
Cook yams either by oven or by microwave:

Oven: Bake in a 400°F oven, on a sheet pan covered in foil or parchment paper, for 45-60 minutes, or until fork tender.

Microwave: Microwave by first wrapping each yam in a paper towel, and cooking on high for 5-7 minutes; halfway through cooking, turn the yam over.

Zucchini-Carrot Cake

Cooking can bring up fantasies of great fame or harrowing disaster. The end product brings neither of these things. If you're lucky, it warms the belly.
-Linda Stevens

Ingredients

Wet

3 eggs, beaten
2½ tsp. vanilla
1-19 oz. can crushed pineapple,
drained
1 cup canola or vegetable oil
1 cup raisins
1½ cups grated zucchini
1½ cups grated carrot
(optional) ½ cup chopped walnuts

Dry

3 cups flour
2 cups sugar
½ tsp. baking powder
2 tsp. baking soda
2 tsp. cinnamon

Method

In a medium bowl, combine all wet ingredients. In a large bowl, combine all dry ingredients. Add wet to dry. Mix well. Bake at 350°F in a greased 9x13" glass pan for one hour, or until centre tests done. Let cool well before icing.

Icing

4 Tbsp. butter
1-250 g. (8 oz) pkg. Philadelphia cream cheese
1½ cups icing sugar
1½ tsp. vanilla

Beat well. Keeps well in the fridge and can be frozen.

Biscuits

Makes 4 servings

Wonderful with jam for a quick breakfast.

--Rev. Kōten

Ingredients

¾ cup whole wheat flour

1 cup all-purpose flour

2 Tbsp. brown sugar

2 Tbsp. white sugar

1 Tbsp. baking powder

¼ cup butter

½ - ¾ cup milk

(optional: sunflower seeds, ¼ cup)

Method

1. Combine flours, sugars, and baking powder.
2. Cut in butter to mealy texture, add milk - mix as little as possible.
3. Shape dough into flat round 1 inch thick.
4. Place on buttered cooking sheet.
5. Mark into 8 triangles with knife.
6. Bake at 425° - 450°F for 15 to 18 minutes.

Serve warm.

Yam Quesadillas, continued

- While the yams are cooking, heat a sauté pan and the olive oil on medium-low heat. Cook onions until lightly golden, about 5-7 minutes, adding chili powder during the **last** minute of cooking. Remove from heat.
- Carefully peel the hot yams. Discard the peel. In a medium bowl, mash the yams with a fork. Season with the salt and pepper.
- **To assemble**, place a tortilla on a sheet pan lined with foil or parchment paper. Spread one quarter of the yam mixture over half of the tortilla. Spoon over ¼ of the onions, ¼ cheese, and ¼ nuts. Fold the tortilla in half. Very lightly brush the top of the quesadilla with a small amount of olive oil.
- **Repeat assembly 3 more times for remaining tortillas.**
- Bake in a 375°F oven for 10-12 minutes, or until lightly golden and bubbling.

Enjoy.

Don't Be Afraid Of Tofu

—Rev. Kōten

Tofu is easy on the stomach and a good source of protein. It has a subtle, mild, bland flavour that combines well with almost anything - sweet or savoury - tofu cheese cake to tofu pot pie.

Tofu comes in soft, firm and extra-firm varieties in easy to use packages.

It is a fridge food. If you use part of a package keep the rest in the fridge covered in cold water. Change the water daily and the tofu can be kept for about a week.

Just rinse and drain before using.

Tofu can also be frozen which makes it firmer and more chewy - wonderful for stews. To use, just thaw and squeeze out the water.

Tofu absorbs flavours well, but because it is mild on its own be sure to add extra flavouring.

Tofu can be served raw or cooked depending on the recipe.

Try firm tofu, cubed, raw for salads, or medium, scrambled with eggs. Fry firm tofu slices with soy sauce and a bit of sugar or blend soft tofu with maple syrup for a cool dessert. Mash medium tofu with mayonnaise and a bit of mustard for sandwich spreads or crumble thawed tofu into a stew for a meaty texture.

Once you are used to cooking with tofu you will find lots of other delicious possibilities.

Toasting Bread

Makes one loaf

This recipe is very convenient for the single person. It makes the very best toast and was a favourite of my Teacher.

—Rev. Kōten

Ingredients

Measure into a bowl:

- 1 package yeast
- 1½ tsp. sugar
- ¼ cup warm water
- 1 tsp. salt
- 1 cup milk, scalded and cooled to warm
- 2½ – 2⅔ cups flour

Method

1. Proof yeast (for 5 minutes) with warm water and sugar.
2. Add salt, milk and 1 cup flour
3. Beat until smooth and elastic
4. Beat in rest of flour until stiff but too soft to knead.
5. Put in greased and corn-mealed loaf pan. Smooth top of loaf and sprinkle with corn meal.
6. Let rise for 45 minutes, uncovered until loaf almost fills pan.
7. Bake at 375°F for 30 minutes.

Cool on rack.

Mountain Tseweta Corn Bread, continued

Sauce for Mountain Tseweta Corn Bread

- 2 Tbsp. butter
- 1 tsp. basil
- 1 tsp. oregano
- 2 cups ketchup
- ¼ tsp. Louisiana Hot Sauce

Cook herbs in butter (in a saucepan). Add ketchup; stir thoroughly and add hot sauce. Heat thoroughly and serve over Mountain Tseweta Corn Bread.

Tofu Triangles

*These disappear quickly, no matter how much we make.
For best results, use tofu that is “extra firm”.*

–Rev. Valeria

Ingredients

- 2 blocks extra firm tofu
- cooking oil
- soy sauce
- optional:* nutritional yeast, cayenne pepper,
mayonnaise and salsa

Method

Cut each block of tofu in half (this forms cubes).
Then cut each cube into 2 slices (about ½ inch thick).
Cut the slices into triangles.



Coat the frying pan with cooking oil.

Turn heat to medium.

Place the triangles in the pan, and let brown lightly.

Turn them over, and let brown lightly on the other side.

Turn the heat down to low, and drizzle soy sauce over all of the tofu.

Turn again.

As a triangle gets brown on both sides, you can turn it so that the edges of the slices brown as well (sort of like roasting marshmallows).

Reduce heat and let them continue to cook, until browned lightly on all sides.

(Optional) Sprinkle with nutritional yeast on each side, while the heat is low.

Variation

Instead of frying, bake at 300° F for about 30 minutes.

Check every 10 minutes or so, turning when brown.

Once both sides are lightly brown, drizzle soy sauce, sprinkle optional yeast, and turn.

Serve with mayonnaise and salsa, or in sandwiches.

Tofu and Broccoli Stir Fry

Serves 4-6

I used to enjoy watching Stephen Yan cook on his CBC show, “Wok with Yan”. He seemed very joyful while he prepared food. I especially liked the fact that he didn’t seem too worried about proportions being measured in an exact sense—this suited me just fine. I remember him when I make this dish.

—Stephen Sutherland

Ingredients

- One bunch of broccoli
- One block of firm or extra-firm tofu (350 g.)
- One piece of ginger, approximately 2” long, peeled, finely minced
- (optional) garlic, 2-3 cloves, minced
- ¼-to-½ cup soy sauce
- 1 heaping Tbsp. nutritional yeast
- 1-2 Tbsp. rice vinegar
—white vinegar is ok, if you use it, use less
- 1 pinch chili flakes
- 1-2 Tbsp. white sugar
- 1 Tbsp. sesame oil
- 1 pinch Chinese 5 Spice powder
- 1 Tbsp. cornstarch + 1 Tbsp. water to mix
- ½ cup water
- 5 to 7 Tbsp. peanut or sunflower oil for frying

Method

1. Wash broccoli. Peel skin off stalks. Chop into bite-sized pieces.
2. Place tofu between two pieces of paper towel. Place a couple of heavy cookbooks on top and let stand

Mountain Tseweta Corn Bread

Makes one 9” casserole

Tseweta (lomantium nudicaule) is a yummy local plant native to the Botanie Valley and well known to folks in the Lytton area.

—Rev. Kōten

Ingredients

- 4 cups whole wheat flour
- ¼ cup white flour
- 2 tsp. baking powder
- 3 tsp. baking soda
- 1 tsp. salt
- ½ tsp. rosemary
-
- 2 – 12 oz. cans kernel corn (drained)
- 2 Tbsp. tseweta (or celery leaves) chopped
- ½ Tbsp. olive oil
- 1½ cups water

Method

Mix together the dry ingredients – flour, baking powder, baking soda, salt and rosemary. Add drained corn and mix thoroughly until every kernel of corn is covered in flour. Add olive oil, stir thoroughly, then add chopped Tseweta or celery leaves and mix this thoroughly as well. Add water (about 1½ cups) enough to make a stiff batter – stiff enough to scrape into the pan rather than pour. Scrape into a greased 9” round or square casserole dish. Bake in a 350°F degree oven for approximately 45 minutes until golden brown. Check centre with a straw for doneness. Serve hot or cold with sauce.

(continued next page)

BREADS & CAKES

Red River Quick Bread

To see the limitless capacity of ordinary things—in this case breakfast cereal—is one way of seeing their Buddha Nature.
-Rev. Kōten

Ingredients

1 cup uncooked Red River Cereal

1½ cups milk

Mix these two ingredients together and let sit for

5-10 minutes while you prepare the other ingredients.

1 cup white flour

1 rounded tsp. baking powder

1 rounded tsp. baking soda

3 tsp. sugar

1 tsp. salt

½ tsp. thyme

½ tsp. savory

Method

Mix the above dry ingredients together then add the Red River mixture and stir thoroughly. Put into a greased 9" pan and bake at 375°F for 35 minutes until done. Serve with butter and jam for tea.

Tofu and Broccoli Stir Fry, continued

Method, continued

for 15 minutes to drain excess water out.

Chop tofu into ¾" cubes.

3. Mince ginger and garlic* (*if using).
4. Heat oil in wok or frying pan over medium-high heat. When oil is hot, throw in half of the minced ginger and garlic, stir for 10-20 seconds, then remove with slotted spoon.
5. Add tofu and stir-fry until tofu is golden. Remove to plate and cover with paper-towel.
6. Add remaining ginger and garlic to wok. Stir for 30 seconds and remove with slotted spoon.
7. Add broccoli and stir fry for a minute or two, until it begins to turn a more vibrant green. Add 1/3 cup water then cover and lower heat to low. Cook for no more than 5 minutes.
8. Remove cover and turn heat back to medium-high. Return tofu to wok. Add chili flakes, sesame oil, rice vinegar, soy sauce, nutritional yeast, sugar and 5 spice powder. Stir to coat broccoli and tofu.
9. Mix cornstarch and equal parts water in small cup or bowl. Add to stir fry. Stir a few more seconds until sauce thickens. Serve over rice.

Tempeh Perch

This tasty recipe came from Rev. Willard at Throssel Hole Buddhist Abbey, which I first encountered while I was training there. It had come from Shasta Abbey to Throssel Hole by now unknown means.

—Elaine Angelski

Ingredients

2 blocks tempeh

For the marinade:

2 cups yogurt or 1 cup yogurt and 1 cup veggie broth

2½ Tbsp. safflower or sunflower oil

3½ Tbsp. olive oil

2 Tbsp. lemon juice

3 Tbsp. chopped parsley

⅛ large onion, pureed or chopped fine

1 Tbsp. basil

1 tsp. salt

¼ tsp. black pepper

Method

1. Cut each block of tempeh first into 6 pieces and then cut each piece in half lengthwise, for a total of 24 pieces. Score each piece ⅛" deep. Place tempeh in a single layer in a baking pan(s).
2. Combine marinade ingredients and pour over tempeh. Marinate for two hours, or overnight in the fridge.
3. Bake for 40 minutes at 350°F.

Vegetable Stock, continued

Add just enough water to cover everything, cover the pot with a lid, bring to a boil, then turn it down immediately to a low simmer for about an hour, until everything is mush. Drain and save the liquid immediately, and compost the cooked vegetables. The result is a tasty homemade vegetable consommé that can be used for soups, stews, gravies or even consumed just as is. You can also freeze the stock for later use. Fresh stock keeps in the fridge for about a week.

—Rev. Aurelian

Vegetable Stock

Here is a way of making use of all the bits and pieces of vegetables that you collect while making meals. First, get a medium-sized plastic container with a lid—a one or two litre storage container or a large empty yogurt container works well. Throughout the week, collect any peels, scraps, or bits of vegetables—the things you'd normally throw in the compost—and store them in your container in the fridge. This includes onion peels (including the brown outer layers, which add colour to your stock), carrot tops and peels, potato peels, the ends of celery, ginger peels, bits of lettuce, asparagus ends, etc. Make sure you wash your vegetables before peeling them if they are to be used for stock. All of the brassicas (broccoli, cauliflower, cabbages of any sort), green or red pepper seeds and membranes, eggplants and turnips seem to impart a bitter flavour to the stock and should be sent to the compost instead.

After about a week or 10 days, or if your container is full, you can open it up and examine what's in it. Rarely, something might be going "off" and anything suspect should be composted. The rest can go into a stock pot or large cooking vessel. Have a look and decide if any augmentation is necessary. For instance, if you've got a lot of carrot trimmings, which are on the sweet side, but not much potato, you might want to chop up a potato and add it to the stock. Add a couple of teaspoons of dried or fresh herbs, such as dill, basil, rosemary, etc. Also add a small pinch of cloves if you'd like. A teaspoon of salt helps to draw the flavours out. You can also add a small handful of rice, barley, split peas, or other grains in order to give the stock more body.

Gluten (Veggie Meat)

This recipe came to us from Joy White, who learned it from the Seventh Day Adventists. This makes an excellent vegetarian meat substitute. —Rev. Kōten

Gluten Ingredients

Measure into a bowl: 1¾ cup cold water
¼ cup soy sauce

Add and stir in quickly: 2 cups 100% gluten flour

Method

Form gluten into a long roll—squeezing out any excess water—and cut into slices. At this point you can form gluten into any shape you wish. Drop the gluten into rapidly boiling broth. Once all the gluten is in the broth, turn the temperature down and simmer for 45-60 minutes. The gluten will double in size as it cooks. After removing the gluten from the broth you can use it in cooking or freeze it.

Broth

½ cup soy sauce	Add as much as you like of:
1 Tbsp. onion powder	Celery seed
2 Tbsp. onion soup mix	Seasoning salt
water to fill large pot	Vegetable broth
	Garlic powder

Alternately, you can cook the gluten in a soup broth you are already making—removing the gluten when done.

Notes

Make sure to use **100% gluten flour** and not just flour that has gluten in it. Once you get the hang of making gluten, you will find it endlessly adaptable.

SIDE DISHES

Thai Fragrant Rice

Serves 4

I had just made this when Rev. Aurelian arrived for a retreat in May. It was delicious! So here it is.

--Bev Bunker

Ingredients

- 1 stalk of lemon grass
- 2 limes - (you need the zest for this recipe)
- 1 cup brown rice
- 1 Tbsp. olive oil
- 1 chopped onion
- 1 inch piece of ginger root, peeled and finely chopped
- 1½ tsp. coriander seed
- 1½ tsp. cumin seeds
- 3 cups vegetable stock
- 4 Tbsp. chopped coriander (cilantro will do)
- lime wedges to serve (use from the above 2 limes)

Method

1. Finely chop the lemon grass using a sharp knife.
2. Remove the zest from the limes using a fine grater. Avoid removing the pith with the zest.
3. Rinse the rice and drain.
4. Heat the oil IN A LARGE POT and add the onion, spices, lemon grass and lime zest and cook gently for 2-3 minutes.

Split Pea Soup, continued

– cook a few more minutes. Drain peas and add along with aromatics, 1½ tsp. salt and stock. Don't let peas stick to bottom.

Simmer, partially covered, until peas completely break down, 1 hour or more. Add extra water if too thick. Remove aromatics. Check salt, adjust if necessary.

Serve with chopped parsley and croutons in each bowl.

*Vegetable stock

(Any suitable vegetables and parings welcome.) 1 large onion, 2 large carrots, 2 ribs celery with a few leaves, 1 bunch scallions with ½ the greens (all chopped into 1 inch lengths), 1 Tbsp. olive oil, (optional) 1 Tbsp. nutritional yeast, 8 parsley branches, 6 sprigs thyme or ½ tsp. dried, 2 bay leaves, 2 tsp. salt with 8 cups water

Cook ingredients over high heat 5–10 minutes, then add salt and water. Simmer 30 minutes uncovered. Cool, fish out carrots for reheating or pureeing with mashed potatoes, then strain.

Split Pea Soup

(from Deborah Madison's *Vegetarian Cooking for Everyone* with slight modification) As Rev. Master Kōten has mentioned, the cooking at Shasta Abbey is as good as it is because of the love that goes into it. This activity and a good soup stock are the key ingredients that can make this soup memorable.

—Pierre Kohl

Ingredients

1½ cup split green peas, washed (watch for stones)
2 Tbsp. olive oil
1 large onion, diced
2 carrots, diced
¼ cup chopped parsley
1 tsp. dried marjoram
1 tsp. fresh or dried chopped rosemary
1 tsp. paprika
Salt & freshly ground pepper
Aromatics: 2 bay leaves, 8 parsley branches, 6 sprigs thyme
8 cups vegetable stock *
Mushroom soy sauce
Chopped parsley, marjoram, or rosemary
½ cup small croutons browned in olive oil

Method

Cover peas with water and set aside. Heat oil in soup pot, medium heat. Sauté onion and carrots about 10 minutes. Add parsley, herbs, paprika, and plenty of pepper –

Thai Fragrant Rice, continued

5. Add the rice and cook for another minute, then add the vegetable stock and bring to a boil. Reduce the heat to low and cover the pan. Cook gently for 30 minutes, then check the rice. If it is still crunchy, cover the pan again and leave for a further 3-5 minutes over gentle heat. Remove from heat.
6. Stir in the chopped cilantro (fresh coriander), fluff up the grains with a fork, cover and leave for 10 minutes. Serve with lime wedges.

Variation

Instead of one cup rice, you can use a mixture of rices which can include a little pearl barley, a little bit of rolled oats, buckwheat, dried red beans, dried mung bean, and millet. If you are using the rice/bean mixture, it should be soaked for at least 1–2 hours first before making this dish.

Vietnamese Salad Rolls

I like Vietnamese salad rolls because I find them a refreshing alternative to a traditional Western sandwich (good too of course!). They are especially nice during the hot summer months as they can be made ahead of time for picnics.

–Sherron Soo

Ingredients

1 package rice paper wraps (8½” round, about 400 g)

Filling:

1 small package (about 1 lb) rice vermicelli noodles

1 head lettuce, washed; use whole leaves, not in pieces

1 package deep fried tofu

any combination of

1 bunch fresh mint leaves

and/or 1 bunch fresh Thai basil

and/or 1 bunch fresh cilantro

and/or 1 bunch fresh green onions

Sauce:

⅓ cup hoisin sauce

3 Tbsp. water

(optional) 1 handful of crushed peanuts

Variation:

Instead of hoisin sauce, use black bean sauce and soy mixed together.

Method

Noodles

Cook noodles for 3 minutes in boiling water. Place in a strainer and use cold water to cool noodles. (When you are ready to use the noodles, they should be lukewarm, not hot).

Tofu: Slice the tofu into ¼” slices. In a saucepan with boiling water, boil the tofu for 3 minutes. Alternately, for

Mung Bean & Butternut Squash Soup

Makes enough for about 6 servings.

–Linda Stevens

Ingredients

4 tsp. oil

2 onions, chopped (about 2 cups)

2 celery stalks, chopped

4 cloves of garlic, minced

5-6 cups peeled, cubed butternut squash
(one medium-to-large butternut squash)

5-6 cups vegetable broth, or more as needed

1 cup peeled split mung beans, washed

½ tsp. savory powder

2 bay leaves or ½ tsp. bay leaf powder

1 Tbsp. dried parsley sprinkled on top

3 Tbsp. fresh lemon juice (the juice of one medium lemon)

Method

Heat oil in a 3-quart pot over medium heat. Add onions and celery and sauté until soft and golden. Stir in garlic and cook one minute. Add the butternut squash, vegetable broth, mung beans, savory and bay leaves.

Bring to a boil, then reduce heat to a simmer and cover. Cook soup, stirring occasionally, for about 35 minutes, or until mung beans are broken down and squash is very tender. If needed, add in more broth or water, in ¼ cup increments, to thin soup to desired consistency.

Turn the heat off. Remove and discard bay leaves. Stir in lemon and parsley. Give the soup a taste and adjust seasoning if needed.

SOUPS

Vegetable Stew

When I can't think of what to cook, stew is what I make. This is an easy recipe in which older vegetables can be utilized. The veggie ground round makes the stew a little more substantial. What is not eaten, can be frozen into serving portions. Meredith is always happy to be served this dish.
-Ruth Scott

Ingredients

2 Tbsp. olive oil	1 cup hot water
1 onion, chopped	1 can (28 oz) diced tomatoes
2 stalks celery, chopped	1 large potato, diced
1 tsp. oregano	2 carrots, cut small
1 Tbsp. basil	1 cup brussel sprouts, halved
1 bay leaf	1 tsp. salt
1 pkg. veggie ground round	pepper to taste
1 veggie bouillon cube	2 Tbsp. vinegar (any kind)

Method

Heat oil in large pot.

Add and cook onions and celery on medium heat, until soft. Add basil, oregano, and veggie ground round.

Cook 3-4 minutes.

Dissolve bouillon cube in 1 cup hot water, add to pot, add tomatoes and remainder of ingredients, except brussel sprouts.

Simmer on stove, for one hour, adding brussel sprouts 15 minutes before end of simmering time.

Vietnamese Salad Rolls, continued

more flavour, fry the tofu in a pan with 1 Tbsp. oil, 1 Tbsp. of soya sauce, 1 tsp. of Chinese five spice powder, 1 tsp. of sugar, and 1 tsp. of water. Remove the tofu from the pan.

Break each lettuce leaf in half.

Remove the Thai basil and mint leaves from their stalks (discard the stalks).

Cut off the hard ends of both the cilantro and the green onions (you don't need to chop the cilantro and green onions – leave the remains in whole pieces).

Fill a large mixing bowl with semi-hot water. This is for soaking the rice wraps.

Assemble rolls:

Take an individual rice wrap and place in water for 30 seconds. The rice wrap will now become pliable.

Put the wrap on a clean cutting board, and place cooled vermicelli noodles, a lettuce leaf, 3-4 pieces of tofu and a long green onion down the center.

Now wrap as if you were wrapping a spring roll or a burrito. Continue making rolls.

Serve with hoisin sauce - dilute 5 tablespoons hoisin sauce with a tablespoon of boiling water to make more of a sauce.

Eat! These do not keep and rolls will become quite hard and unappetizing if put in fridge.

Eggs Stuffed with Mushrooms

(Russian cuisine, cold appetizer)

“Eggs Stuffed with Mushrooms” came from my mother; she used to make them on special occasions. The original recipe asks for wild mushrooms (porcini). Mushroom hunting is a national past-time in Belarus, where I am from. I have modified the recipe so that regular white mushrooms from the store can be used.

–Natalia Aksentseva

Ingredients

10 eggs
1 lb. mushrooms
1 medium sized onion
¼ cup butter
½ cup mayonnaise
salt and pepper to taste
(optional) parsley or green onion

Method

Boil the eggs for 10 minutes or more (until they are hard), let them cool off completely in cold water. Chop the mushrooms and the onions and sauté them in butter until the mushrooms just start to brown. If a lot of juice comes out of the mushrooms, simply boil it away. Add salt and pepper to taste.

Cut the eggs lengthwise, in half. Slip out the yolks and mash them with a fork. Mix the egg yolks with the mushrooms and add the mayonnaise (just enough to form a paste). Stuff each hollow egg half with a heaping teaspoon of the paste. Put a tiny bit of mayo on top and sprinkle with chopped parsley or green onions if you'd like.

Note: I usually gauge the proportions by eye so these are approximate amounts. Also, the amount of eggs is relative to the amount of people that you would be serving, for example, one egg gives 2 halves and serves one person.

Kamal's Yoghurt

By popular request, here is Kamal Singh's (Rajpal's wife and a fine person in her own right!) tried and true and timeless to boot, recipe for delicious home made yoghurt.

1. Obtain a sample, a couple of ounces, of good home made yoghurt from an East Indian person who will be glad to donate. *(It is a great way to break the ice and start a conversation with a neighbour).
2. Bring a medium pot (about 2 litres) of milk** to a boil. Turn off the milk and let it begin to cool.
3. When the milk is warm to the touch but not too hot yet (e.g. you can put your finger in it), add 2 generous spoons of the culture and mix gently.
4. Put the pot in a warm place and wrap with a bath towel. Rajpal and Kamal use a drawer near their stove, people may use the top of the fridge, or turn the oven light on when you start your milk to boil and then leave the pan in the oven. (No need to heat the oven, just wrap the pot.)
5. Let sit for about 6 hours. A very nice thing to do is make it the night before, let it sit and enjoy the fresh yoghurt in the morning. Always keep a bit held back as culture for the next batch.

***Note:** You can start it with commercial yoghurt but it can take a few generations to get that really good taste, and you don't get to meet your neighbour.

******It's your choice for milk fat percentage: Kamal recommends that if this is your first time, start with 2% and experiment from there.

Variation To get that really great thick, kind of Greek style, strain it through cheesecloth. Add fruit, a dollop of jam, go wild with improvisation!

Reconstituted Dried Mushrooms

Sometimes a mystery to use, dried mushrooms are an excellent addition to stir-fries, soups* and casseroles. Many mushroom varieties can be found at Asian supermarkets or in the ethnic food aisle. —H. Chiam

Ingredients

dried mushrooms (shitake, oyster etc.)
ginger root
vegetable oil

Method

1. Soak the mushrooms in enough **cold** water to cover until they are very soft—6 to 8 hours.
2. With your hands, squeeze all of the excess water out of the mushrooms.
3. Air out the mushrooms for approximately ½ hour.
4. In a wok or pan, heat enough vegetable oil to coat the number of mushrooms you are using and some minced ginger (put enough ginger in to suit your taste).
5. Sauté the mushrooms until their fragrance comes out. When the mushrooms are brown, they are ready for use.

**Retain the water you soaked your mushrooms in and add as soup stock.*

Beet and Apple Relish

This quickly made relish has crunch from the apples and sweetness from the beets. This recipe is one of many many ways.
—Mrs. Kardell

Ingredients

¼ lb. beets, rinsed and stems removed
½ Granny Smith or Greening apple,
peeled, cored and cut in ¼ or half inch dice
½ cup chopped yellow onion
2 Tbsp. cider vinegar
½ tsp. Kosher salt
1 Tbsp. granulated sugar
pinch freshly ground black pepper

Method

1. Wrap beets in microwave plastic wrap. Arrange in a circle on a plate in the microwave oven. Cook at 100% for ten minutes.
2. Remove from oven. Unwrap beets in a bowl to catch drips. Slip off skins. Cut into quarter or half inch cubes.
3. Combine beets with remaining ingredients in a 4 cup glass measure. Cover tightly with microwave plastic wrap and cook at 100% for 4 minutes.
4. Remove from oven. And place in sterilized jar. When cool, tightly cover and will keep in refrigerator up to two months.

(Microwave Gourmet p. 447)

I just dice with my hand dicer (cuts in cubes), and I substitute Vlasic pickle juice for vinegar, and the stuff didn't last a week in the frig.

Enjoy. MGK

Chick Pea Salad

All quantities are approximate and non-crucial. Your variation may taste better than mine! –Brian Grady

Ingredients

2 cans chick peas
½ red onion, finely chopped
1 good-sized bunch cilantro, chopped
½ cup parsley, chopped
½ cup raisins
½ cup walnuts, finely chopped

Dressing:

1–3 cloves of garlic, to taste, minced and mixed with
¼ cup lemon juice and
¼ cup olive oil to make a dressing

Method

Combine ingredients in a bowl, toss with dressing.

Season with

½ tsp. salt, pepper (to taste, probably ½ tsp.)
1 tsp. cumin
½–1 tsp. oregano

Red Pasta Sauce, continued

Method

In medium saucepan over medium heat, sauté onion in olive oil until it begins to caramelize.

Add mushrooms and cook through. Reduce heat to low, and add the juice from the tomatoes to deglaze the saucepan.

Add the diced tomatoes, olives, tomato sauce, tomato paste, brown sugar, vinegar, bay leaves, pepper, salt and spices.

Reduce heat to lowest setting and let simmer with lid on.

Ready in 10 minutes if need be, best after at least an hour—half a day if possible—or, until desired thickness is achieved.

You can adjust the thickness of the sauce up and down by adding or withholding tomato paste.

Red Pasta Sauce

I started to work on this recipe after my dad moved out and no one in the family was making red sauces for spaghetti anymore. I think this recipe is a combination of ones I saw made on the Food Network, suggestions from my sister Bronwen, and messing around to suit my tastes. I think the original sauce that my dad made contained green peppers, but I've found as I make the sauce more and more they tend to taste a bit bitter to me. If you like them, however, feel free to toss some back in. Also, if you like you can substitute one grated carrot for the sugar. I often do; I usually use sugar when I'm feeling lazy or when I'm pressed for time and I use the carrot when I have the luxury of slowly cooking the sauce.

–Leif Midtdal

Ingredients

- 1 large onion, chopped
- 2 Tbsp. olive oil
- 1 cup mushrooms, chopped
- 1 28-oz. can diced tomatoes
- ¾ tin black olives, pitted and crushed by hand
- 1 680 ml. can tomato sauce
- 1 Tbsp. tomato paste
- 1½ Tbsp. brown sugar (white is fine as well)
- 1 Tbsp. red wine or balsamic vinegar
- 2 or 3 bay leaves
- (optional) 2 cloves garlic
- 1 Tbsp. freshly milled black pepper, or to taste
- 2 tsp. salt, or to taste
- 1 Tbsp. dried oregano
- 2 Tbsp. dried basil

Warm Lima Bean & Feta Salad

–Sara Doherty

This was a contribution to one of our potluck meals enjoyed at our monthly Warp and Woof group. During the Warp and Woof, friends and Sangha gather with their sewing projects to enjoy a meal together, engage in mutual refuge taking, relax and support each other in our training.

Ingredients

- 900 g. / 2 lb. lima beans, shelled,
or 350 g / 12 oz. frozen beans
- 4 tsp. olive oil
- 6 oz. plum tomatoes, halved, or quartered if large
- 4 garlic cloves, crushed
- 4 oz. firm feta cheese, cut into chunks
- 3 tsp. chopped fresh dill
- 12 black olives
- salt and ground black pepper
- chopped fresh dill, to garnish

Method

1. Cook the fresh or frozen beans in boiling salted water until just tender. Drain and set aside.
2. Meanwhile, heat the oil in a heavy-based frying pan and add the tomatoes and garlic. Cook until the tomatoes are beginning to colour.
3. Add the feta to the pan and toss the ingredients together for one minute. Mix with the drained beans, dill, olives and salt and pepper.

Serve garnished with chopped dill.

108 Wishes

This is a recipe that I grew up with. As a child, my parents had a farm and were often too busy working to make the traditional foods of their village, so this task often fell upon us kids. This is one recipe I remember making Saturday afternoons when the house was quiet and it was just me and a pile of dough. I would while time away in the afternoon making what I called “noodle worms”; more correctly “nin jin fin” in Cantonese. These noodle worms had to be rolled out by hand, one by one. Perhaps this was an early introduction to “working meditation”!

On New Year’s I brought this dish to a potluck at the Priors and everyone seemed to enjoy it. I didn’t know what to call this dish, and “noodle worms” didn’t sound too appealing so I think a more apt name is “108 Wishes.” You will know why “108” when you make this dish – there can be that many bits to it!

–Sherron Soo

Ingredients

One 454 g. (1 lb.) bag “Wheat Starch”

(a kind of flour, found in Chinese groceries).

Boiling water – just enough to moisten the flour

Method

1. Take a large bowl and put the entire bag of wheat starch in it.
2. Then add boiling water to the mixture (be very careful because the water is extremely hot). Using chopsticks, stir the flour until it thickens to form a dough. Do not add too much water, just enough to moisten the flour. Knead as you would for bread into a large loaf. Now you are ready to begin.
3. Form a loaf and separate it into three smaller sections to work with. Take out one section of dough and cover the rest with a cloth.

Miso Gravy, *continued*

Method

Heat vegetable oil in a large frying pan, over medium heat.

In a large bowl, whisk together first six ingredients, until no longer lumpy. Gradually add mixture to frying pan, stirring frequently.

Bring to a boil, reduce heat and simmer until thickened.

Add milk if required for texture.

You will need to experiment with amounts—e.g. more liquid for runnier gravy, more flour for thicker gravy.

Add salt and pepper to taste and sesame seeds if desired.

Miso Gravy

Makes approximately 2 cups

Growing up, our family always had a big Sunday dinner – roast beef and gravy, baked potatoes and all the trimmings, that sort of thing. After I became vegetarian I found I was nostalgic for that kind of Sunday meal, particularly on our rainy winter days. There is a restaurant in Vancouver famous for its miso gravy and it became a challenge for me to try and replicate their formula at home. It was fun to play with the various ingredients and see what emerged. The end result is not really like the restaurant's after all, but thanks to their inspiration, this gravy satisfies my yearning for "comfort food" associated with the Sunday family dinner. Try it over baked tofu that's marinated in soy sauce, or boiled potatoes – plain good food that is completed by a flavourful sauce. It's also nice in Shepherd's Pie or over egg noodles – it's pretty adaptable. I find I like to experiment with amounts and try new seasonings, depending on what I'm using it for – each person will create the flavours they like best from the basic formula. –Michele Feist

Ingredients

2 cups water
2 large Tbsp. miso, medium or dark
2 Tbsp. flour
1 Tbsp. prepared mustard
2 dashes soy sauce
1 tsp. sesame oil
milk or soy milk, as needed
1 Tbsp. vegetable oil
salt and pepper
(optional) sesame seeds

108 Wishes, continued

4. Now you can roll "wishes." These are approximately two or three inches long, and look like short earthworms – although I like to make them with a fat belly in the middle and I taper the ends.
5. As you roll out the wishes, place them onto a silver or stainless steel, greased pie plate.
6. Now you are ready to steam your wishes. Fill a pot with water and boil. When the water is boiling, place a steamer* into the pot and steam the wishes for about 6-8 minutes. Remove steamed wishes. Keep steaming all your wishes until you have none left.
7. Serve the wishes by adding soy sauce, mushroom soy sauce, hot sauce and sesame oil to your liking. Top with cilantro.

Alternatively, you can use these wishes for a stir-fried noodle dish. Here you can use your imagination. First, stir-fry bits of onion, carrot, celery, mushrooms, fried tofu and then add wishes. Season the dish with soy sauce, mushroom soy sauce, vegetarian oyster sauce, and chili sauce (to your liking).

It's best to eat this dish within 2-3 days.

*If you don't have a steamer, use a large pot or Dutch oven: put chopsticks in the bottom of the pot, and the greased pie plate of wishes on top of the chopsticks. This will make a stable base for steaming. The steaming water should be under the pie plate. Do not let the water go over the pie plate or your dish will become mushy. Cover the pot with a lid.

Veggie Bars

I tasted veggie bars for the first time while working at St. Mary's Hospital. Anne Wray, a volunteer, brought them in for a Wednesday tea. They are delicious, difficult to stop eating, and a perfect complement to potlucks.

—Ruth Scott

Rolls

Spray cookie sheet with Pam or similar spray.

Open 2 packages Pillsbury Crescent Rolls.

Pat out rolls on cookie sheet.

Bake at 350°F until golden brown.

Let cool.

Spread

Mix together:

8 oz. cream cheese

½ cup mayonnaise

½ package Hidden Valley Ranch Dressing

(you can also use Uncle Dan's Old Southern Buttermilk Dressing).

(optional) hot peppers—chopped very fine

Spread this mixture on cooled crescent rolls.

Topping

Finely chop the following:

1 cup cauliflower

1 cup broccoli

1 cup green pepper (or ½ c. of both red and green)

1 cup tomatoes

½ cup green onions

Spread vegetables on top of cream mixture.

Cut into bite size pieces and enjoy!

Thanksgiving Corn Pudding

Makes about 6 servings

by Don Huddle

At nearly every family reunion—usually Thanksgiving—of my childhood, this side dish would be included. Each cook “knows” the recipe, and no one makes it quite the same. My father had this ready for us, after a long day of visiting and getting lost in the farm country of Indiana, and it was especially good.

—Rev. Valeria

Ingredients

2 cans (8-9 ounces each) of well drained corn (I use Niblets)

2 eggs slightly beaten

4 Tbsp. cane sugar (or to taste)

Pinch of salt if canned corn, ¼ tsp. or more for fresh

2 Tbsp. butter plus 2 tsp. unsalted butter

(a bit less salt if using salted butter)

1 tsp. flour per cup to stir into ingredients

1½ Tbsp. flour set aside to sprinkle on top

Method

1. Heat oven to 425 °F. Grease baking dish well.
2. Drain corn.
3. Combine egg, sugar, salt, and flour, and stir into corn, filling a baking dish about ¾ full (contents rise a bit in the oven).
4. Melt butter and stir into mixture.
5. Lightly sprinkle 1½ Tbsp. flour over top, gently stir in.
6. Bake at 425°F on lower middle rack for 35 minutes; check at about 30 minutes. It is ready when the butter that has bubbled up around the sides has browned and the top appears somewhat browned but not dry looking. (The sugar caramelizes). Going over time a bit won't ruin it, while under-baking makes it less good. Don't be afraid to finish it.

This is a recipe can be divided in half or doubled. Baking time may need to be reduced or increased accordingly.