



Turmeric Tea

Yield: 1 quart (4 cups)

| Ingredient | Amount |
|-----------------------------|-------------------------------|
| Water | 5 cups |
| Cinnamon Stick | 2 each |
| Ginger, peeled and sliced | 1, ~2-inch piece |
| Turmeric, peeled and sliced | 1, ~2-inch piece |
| Honey or Date Sugar | 2 Tbsp, optional & adjustable |

Method:

1. Pour the water into a large pot. Add the cinnamon, ginger, and turmeric. Bring to a boil. Reduce the heat and simmer for about 30 minutes.
2. Remove from the heat and carefully remove the cinnamon, ginger, and turmeric. Add the honey and stir until completely dissolved. Serve warm or let cool, then refrigerate for several hours (preferably overnight) until chilled.

Notes:

- Peeling the ginger and turmeric with the edge of a spoon (rather than a vegetable peeler) will both be easier and less wasteful. It is recommended to also wear gloves while working with turmeric, as it will stain things easily.
- Make a big batch of tea and either drink the leftovers chilled, or reheat at your convenience! The tea will last about a week in the fridge if cooled properly.



Cabbage Kimchi

Yield: 10 servings

| Ingredient | Amount |
|------------------------------------|-----------------------|
| Napa cabbage | 2 lb (approx. 1 head) |
| Salt, sea or kosher | 3 oz. |
| Red pepper powder, Korean | 4 Tbsp. |
| Garlic cloves, chopped coarsely | 4 ea. |
| Ginger, minced | ½ Tbsp. |
| Scallions, cut into ½-inch lengths | 4 ea. |
| Daikon, julienne | 2 oz. |
| Water | 2 Tbsp. |
| Fish sauce | 2 Tbsp. (optional)* |
| Sugar | 1 Tbsp. |

Method

1. Wash cabbage and drain well. Cut into half or quarters. Spread open leaves of cabbage, and sprinkle with salt between each layer. Place in colander cup side down, covered at room temperature, for 2-3 hours. Once wilted, rinse the salt from the cabbage lightly and squeeze to drain excess liquid.
2. Combine pepper powder, garlic, ginger, scallions, water, fish sauce and sugar. Coat cabbage leaves, inside and out with this paste. Transfer cabbage into non reactive container. Add one cup of liquid from previous batch of kimchi, cover tightly with plastic directly on the cabbage, press to make juices submerge cabbage. If beginning a new batch of kimchi, add an additional ¾ cup of water, or liquid from a commercially available kimchi. Cover tightly with plastic wrap over container.
3. Transfer to refrigerator to age for at least the next 3 weeks. (6-12 weeks will give you a stronger, more sour kimchi. If time is short you may store kimchi at low room temperature 55-65°F and it will ferment in about 5 days.
4. Once the kimchi is at the strength you like it, enjoy it either alongside cooked rice, incorporated into dishes, or just by itself!

Notes:

- Fish sauce may be left out for a vegan preparation
- This technique may be applied to a variety of vegetables. Commonly used items include radishes, turnips, cucumbers, daikon, and mustard greens.



Winter Kitchari

Yield: 4-6 servings

| Ingredient | Amount |
|---------------------------------|-------------------------|
| Coconut oil | 2 Tbsp |
| Onion, small diced | 1 cup |
| Coriander Seed | 1 tsp |
| Cumin Seed | 1 tsp |
| Fenugreek Seed | ½ tsp |
| Cardamom, whole | ¼ tsp |
| Red Chili Flakes | ¼ tsp |
| Garlic, minced | 1 Tbsp |
| Ginger, minced | 1 Tbsp |
| Turmeric, minced | 1 Tbsp (or 1 tsp dried) |
| Carrots, small diced | ¾ cup |
| Sweet Potatoes, small diced | ¾ cup |
| Bay Leaf | 1 each |
| Cinnamon Stick | 1 each |
| Red Himalayan Rice (or basmati) | ½ cup |
| Moong Dal (dried mung bean) | ½ cup |
| Vegetable Stock | 3 cups |
| Salt | to taste |
| Roasted Cauliflower | 2 cups (optional) |
| Scallion, thinly sliced | ¼ cup |
| Sesame Seeds | as needed |

Method:

1. Heat a pot over medium-low heat and add the coconut oil. Add the onion and cook until soft and translucent. Add the coriander, cumin, fenugreek, cardamom, and red chili flakes. Cook until aromatic, roughly 30 seconds.
2. Add the garlic, ginger, and turmeric and cook until aromatic. Add the carrots, sweet potatoes, bay leaf, cinnamon stick, rice, and dal. Stir together and add 2 ½ cups of vegetable stock. Bring to a boil and reduce to a simmer. Cook for roughly 40-50 minutes until the dal and rice are tender. Season to taste with the salt and add extra stock if needed (some enjoy their kitchari thicker or thinner, so adjust the liquid as desired).
3. Once the rice and beans are tender, turn off the heat and stir in the roasted cauliflower.
4. Portion and garnish with scallions and sesame seeds. Serve and enjoy.

Notes:

- Other toppings include Greek yogurt, achaar (or pickles), a soft-boiled egg, gremolata, kimchi, or fresh herbs.



Kale Gremolata

Yield: 4-6 servings

| Ingredient | Amount |
|--------------------------|---------------|
| Kale, chopped roughly | 2 cups |
| Parsley, roughly chopped | 1 cup |
| Garlic, grated | 2 each |
| Lemon, zest and juice | 2 each |
| Olive Oil | 1/4 cup |
| Salt | to taste |

Method:

1. Mix all of the ingredients and season to taste.
2. Serve on top of kitchari and enjoy.



Carrot Achaar

Yield: 3 cups

| Ingredient | Amount |
|---|-------------------|
| Carrots, scrubbed, Sliced thinly on bias | 1 ½ cups |
| Fenugreek Seeds | ¾ cups |
| Black Mustard Seeds | ½ cup |
| Red Chili Flakes | 2 Tbsp |
| Paprika | ¼ cup |
| Turmeric, ground | 2 Tbsp |
| Asafoetida | ½ Tbsp (optional) |
| Salt | ½ cup |
| Mustard or Peanut Oil | 3 cups |

Method:

1. In a dry saute pan: toast the fenugreek and mustard seeds over medium-high heat until aromatic. Remove from the pan and grind in a grinder, or mortar and pestle until finely ground.
2. Place the carrots with the ground fenugreek, ground mustard seeds, chili flakes, paprika, turmeric, asafoetida, and salt. Mix well and place into a large jar or heat-proof container.
3. In the same saute pan (or a sauce pot): heat the oil until just smoking. Turn off the heat, allow to cool slightly, and pour over the carrots. Push down the carrots so that they are submerged at least 1" in the oil.
4. Close the jar tightly and either store in a cool, dry place for a week or two, or place into a refrigerator and allow to sit for at least 3 weeks. Stir the jar every few days and test once at least half way through the maturation time. The carrots should be tender, but retain their structure and have a good bite to them when ready.