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# Get in the Kitchen

*Let your food be your medicine and your medicine be your food.*







## SESSION THREE: Traditional Sustenance: Layed Bakes and Other Dishes





# Today's Recipes

- Fermented Salsa
- Dawud Pasha Meatballs
- Mushakhan
- Armenian Flash-Fried Liver
- Mousaka

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# Fermented Recipes







**Wash all the vegetables in clear water, then in vinegar water, then again in clear water.**





# Fermented Salsa

- 20 medium tomatoes
- 8-10 onions, red or white
- 3 each of large red, green, orange, and yellow peppers
- 3 green chilies
- 3 Lemons
- 1 bulb Garlic
- 2 bunches Cilantro
- Sea Salt, to taste
- Dried oregano, to taste
- Dried basil, to taste

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**Core and chop tomatoes into small dice. Core and seed sweet peppers and chop into small dice.**

**Peel and chop onions into small dice.**

**Core and seed chili peppers and chop them into three large pieces each.  
Put everything in a deep container so you have plenty of room to play!**







**Chop the coriander and add it in.**







**Grate the lemon peel, juice the lemons, and chop the rind in small dice. Add to the mix.**







Peel and chop the garlic







**Add the dried oregano and basil, and the sea salt until the mixture is just barely too salty. Be very careful as you are adding the salt that all of it is getting dissolved in the mixture as you**







**Pack the mixture into 2 large clean jars and 1 small jar, as in the photo, mashing each layer down as tight as possible as you fill the jar, so that eventually the liquid, which the vegetables themselves are releasing, comes over the top. If you have other fermented vegetables you like, take  $\frac{1}{4}$  cup or so of their brine and add it to the jars.**







**Fill the jar to within a finger-length of the top**







**Use a washed whole cabbage-leaf to keep your salsa under the brine. Put it in and tuck it firmly around the salsa.**







You can see that the brine is well up over the top of the cabbage leaf. Use a small cup as a weight to hold everything down. This cup will be pressed between the top of the vegetables and the lid of the jar. If you are leaving more empty space in your jar you'll need something bigger, or heavy enough to act on its own.





**Keep your jars inside another pan because they will most likely spill over. Leave them alone for 4-5 days, if you can keep your hands out of it. When you do open a jar for the first time be very careful as it is likely, because of the natural carbonation, to explode. If you have a jar with a bail and a gasket you can pull the gasket out a bit and release some of the gas, and then open it very slowly to allow the rest to escape. You can drink whatever brine spills over.**







**To your health!**







# Dawud Pasha Meatballs





# Fermented Salsa

- 250 gr ground lamb
- 2 large onions
- 4-5 cloves of garlic
- 1 ½ c chopped cilantro
- Dawud Pasha spice mix (see below)
- 1T butter and 1T olive oil for frying meatballs
- 1 head cauliflower
- 2T butter, salt, pepper for cooking cauliflower
- 2C yogurt
- 2T butter, 1 clove garlic, red pepper flakes for butter sauce
- Cilantro for garnish

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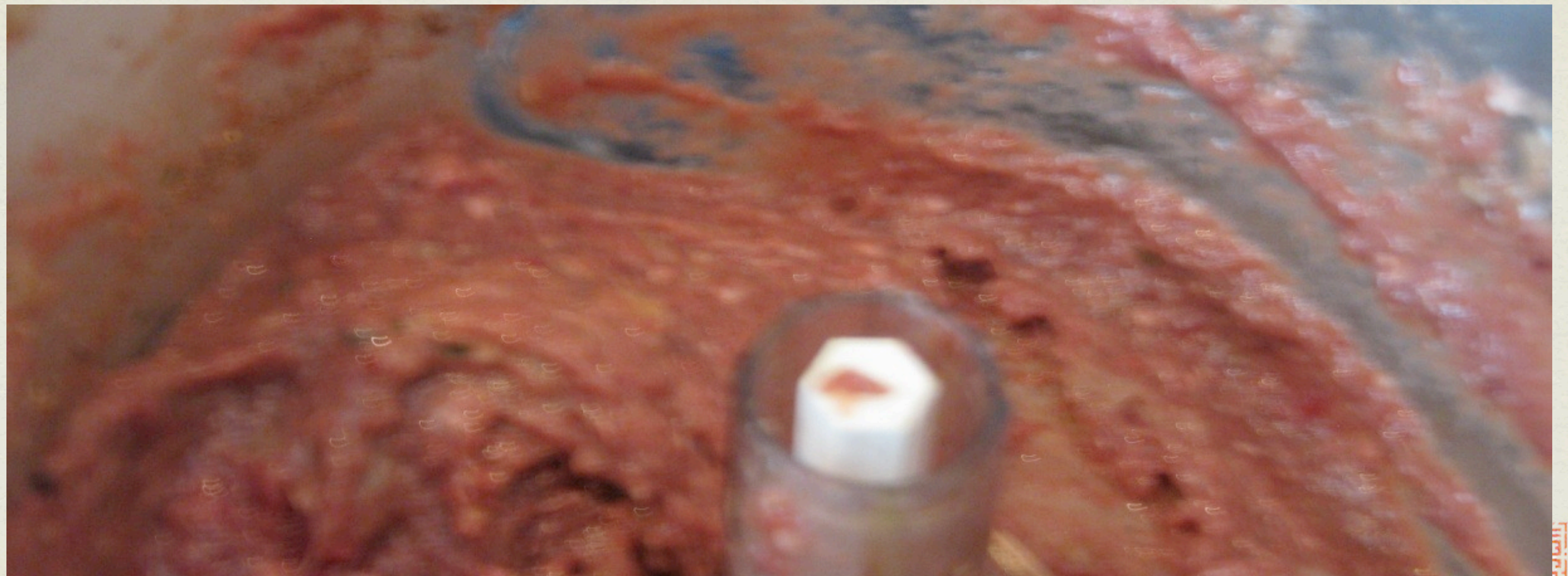




**Make the Dawud Pasha spice mixture: Mix 1 teaspoon each of nutmeg, ginger, allspice, cloves, cinnamon, black pepper.**







**Chop 2 large onions and 4-5 cloves of garlic in the food processor. Add 1/2 bunch cilantro**

**Add 250 grams of ground lamb, 1t salt , 1/2t pepper, ½ t red pepper flakes, and 1 1/2T of the spice mixture and process for a minute or two.**

**Using wet hands, form the mixture into ping-pong ball sized meatballs.**







**Fry them in a mixture of butter and olive oil over medium-high heat.  
When they are fried on all sides lower the heat and keep them hot.**







Fry 2T pine nuts in a bit of olive oil and set  
aside







**Wash a medium-sized cauliflower and break into florets into the food processor**







**Process until as fine as rice. You may need to do it in two batches.**

**Put the cauliflower 'rice' into a heavy-bottomed pan. Add no more than  $\frac{1}{4}$  c water, 1-2T butter, and salt and pepper to taste.**

**Cook in on the lowest possible heat until it is tender, about 10 minutes.**



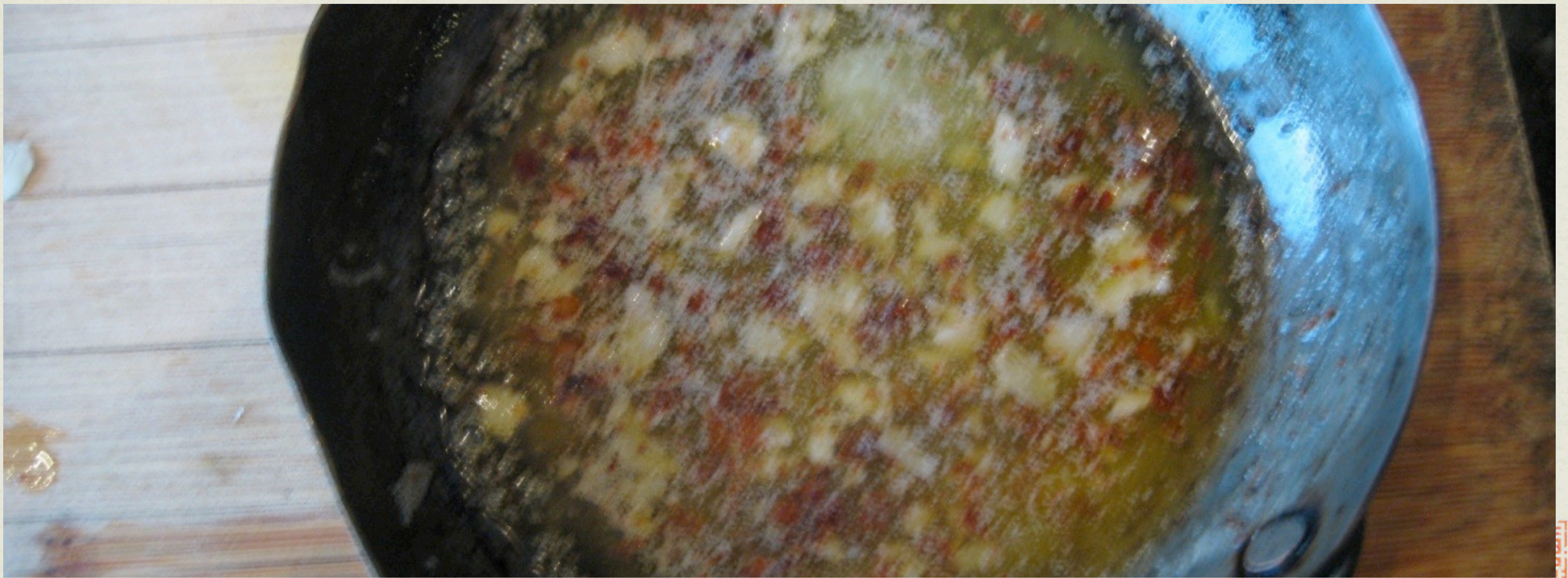




*Heat about 2C of yogurt on the stove, very gently, being careful it doesn't become too hot, at which point it will separate. Gently pour the warmed yogurt over the hot meatballs in the pan, shaking the pan so it distributes evenly.*







**In another pan, melt 2T butter. Add 1 clove of smashed garlic and 1t red pepper flakes. Remove from the heat when it sizzles.**







*Arrange the cauliflower 'rice' in a ring on a serving plate.*







**Spoon the meatballs with their yogurt into the center of the serving plate.**

**Pour the butter sauce over it.**







**Garnish with toasted pine nuts and chopped cilantro.  
Sahtain!**







# Musakhan







# Ingredients







**Put them into the skillet in which you seared your chops, over medium heat.**





# Ingredients

- 4 leg-thigh portions chicken
- 4T sumac
- 1t cinnamon
- 1/2t allspice
- 1/4t nutmeg
- 1t Salt
- 1/4t pepper
- 1/4C Olive oil
- 3 Onions, sliced thin
- Pine nuts, toasted in butter

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**Place chicken in a heavy-bottomed pot with 1C water, 1 small stick cinnamon, and a few black peppercorns. On the lowest heat possible, simmer the chicken pieces for 30 minutes. Remove them from the pan to cool. Save the liquid for step 4.**







**Fry the pine nuts in 2 T butter and set aside.**







**Slice the onions thin. Add 3T olive oil to a heated skillet and fry the onions over very low heat until they are very soft and beginning to caramelize.**







**Fry the onions**







**Mix the sumac, cinnamon, allspice, nutmeg, salt and pepper.**







**Toss half the spice mixture into the onion  
pan**







***And gently toss the cooled chicken pieces in the other half of the spice mixture, coating them evenly.***







**Pour the reserved chicken liquid over the onions and simmer gently for 10 minutes.**







**Put the split pitta breads over the bottom  
of an oiled oven pan.**







**Spread the stock and onions over the bread.**







**Place the chicken pieces over the top, sprinkle with another small handful of sumac and bake for 30 minutes in a medium oven.**







**Pour over the toasted pine-nuts and butter, add some fresh parsley or Cilantro, and serve. Afiyeh!**







# Armenian Flash Fried Liver







# Ingredients





# Ingredients

- 200 grams fresh lamb liver
  - 2 T flour
  - 2T finely chopped garlic
  - 2T finely chopped parsley
  - 1t salt
  - 1/2t black pepper
  - 1/2t red pepper flakes
  - 3T olive oil
- **For the garnish:**
  - 1 medium onion
  - 1 medium tomato
  - 1t salt
  - 2t olive oil
  - 1T chopped parsley

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**Slice a medium-sized onion. Put it in a bowl and add 1t salt. This will seem like a lot of salt but you will be washing it away, don't worry. Knead the salt into the onion pieces so the salt will remove the bitterness. Let it sit for ten minutes, then knead it again and then rinse it well.**





**Chop the tomato and add it with the chopped parsley and olive oil to the bowl. Mix well and turn out onto the serving plate.**







**Mix flour, salt, black pepper, and red pepper. Add chopped garlic and chopped parsley.**







**Cut the liver into small 1" or 2 1/2 cm cubes. Mix with the flour mixture so the pieces are coated.**





- Heat a skillet. Pour the olive oil into it and heat it until a drop of the liver's flour coating sizzles. This is the most important point of the recipe. If the oil is not hot enough, or if the liver is too crowded in the pan to get the maximum heat, the texture and flavor will not be right. Drop the liver pieces around the surface of the pan and then shake the pan so the oil swirls around them. Fry for three minutes, until the pieces are crispy and brown. Flip the pieces over, flash fry the other sides, then immediately remove to the serving plate. Over-frying will also destroy the flavor.



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**Lift the pieces out of the pan and place on the serving plate with the garnish. Serve immediately. Sahtain!**







# Musakka







# Ingredients







Freezer





# Ingredients

- 1 large or 2-3 small eggplants
- 2T tomato paste
- 2 medium onions
- 3-4 cloves garlic
- 500 ml milk
- 50 gr cheese
- 4T flour
- 3T butter
- 1 ½ t cinnamon
- 1t oregano

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**Peel the eggplant in strips and slice lengthwise into thin slices. Soak them in water to which 3T salt have been added, to draw out the bitter juices. Make them behave themselves when they meet the hot oil.**







**Meanwhile, put 2 tbsp olive oil into a large frying pan over a medium high heat and cook the onion and parsley until soft.**







**Add the lamb. Turn up the heat slightly, and brown it well, cooking until the mixture is quite dry. Add  $\frac{1}{2}$  cup of hot water and continue cooking until the water disappears.**







**Add the garlic, oregano, cinnamon, and tomato paste.  
Add another  $\frac{1}{2}$  c water and continue to simmer.**







**Squeeze the water from the eggplants and pat them dry. Fry them in a skillet in a small amount of olive oil. You will see that the soaking prevents them from soaking up all the oil.**







**Make the cream sauce:**

**Melt the butter in a small saucepan. Add the flour and cook, stirring.**







**Heat the milk in another pan. Pour the warmed milk slowly over butter-flour mixture, stirring constantly to avoid lumps. Add the cheese and keep stirring until it melts.**







**Layer the eggplant slices over the bottom of an oven-proof dish. Spoon meat over the top, then add another layer of eggplant slices, then more meat, and then finish with eggplant slices.**







**Spoon the cream sauce over all, and bake for 45 minutes in a medium oven.**







**Sahtain!**







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