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Come to the Kitchen

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





SESSION FOUR: Traditional Sustenance: Layed Bakes and Other Dishes



Today's Recipes

- Chapattis
- 100% Sprouted Wheat Grain Bread
- Cauliflower Pizza
- Poppy Cauliflower Disks
- Turkish Cheese Pastry
- King Arthur Flour Blitz Foccacia

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Chappati





What you need:





Mix the salt into the flour. Mix the oil with $\frac{1}{4}$ C of the water, add to the flour and mix through, then add enough more water to make a dough the texture of your earlobe.







Divide dough into five equal parts. Form each one into a smooth ball. Allow them to sit another 10 minutes, covered.





Dust your counter top with a bit of flour and flatten a ball into a disk. Roll it out from center to edge into a large thin circle.





Place the chapatti on an ungreased preheated heavy skillet or chapatti pan and cook until bubbles form on the top surface.





Flip the chapatti over
and cook the other side.





Wrap the first chapattis in a clean towel while you cook the rest to keep them hot. Serve them with butter or ghee, honey, peanut butter, and tea or coffee. Afiyeh!





Soak 2 cups of cleaned wheat berries (make sure they have not been polished to remove the bran layer or they will never sprout) in water to cover, in a large jar, for several hours or overnight.



- Drain and rinse several times, then tap the jar sideways to distribute the grains around the inside, and leave it on its side for another 12 hours or so. Repeat the rinsing and draining and leave for another 12 hours. You want the sprouts to be just barely visible on the grain. If the sprouts get too long there are other changes in the grain that will make the bread recipe unsuccessful. The sprouts in this photo are just on the verge of being too long!

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Shake your sprouted grains gently in a strainer to remove the last bits of water and put into your food processor, vitamix, or meat grinder on the finest setting. Add $\frac{1}{4}$ cup very warm water. Process into a paste. Add 1T honey, 1t yeast and 1 t salt to the mixture and process again until the whole mass sticks together on one side of the food processor bowl.



Oil your hands and gather the dough up into a ball. Keeping your hands well oiled, knead the dough on an oiled surface (like the inside of a bowl, which means easier cleanup!) Knead for 5-7 minutes, re-oiling your hands whenever the dough becomes too sticky. Then pat it into a smooth ball, cover, and put in a warm place to rise for an hour and a half.





When the dough is nearly doubled, knead it again a few times with oiled hands.





Press it into a well-buttered loaf pan, cover, put into a warm place, and allow to rise for another hour.





Bake at 375F for 50-60 minutes until the bread sounds hollow when you knock on it, or until a bread thermometer registers between 205-210 degrees. Allow to cool completely before slicing, and slice with a serrated knife. Afiyeh!



Cauliflower Pizza

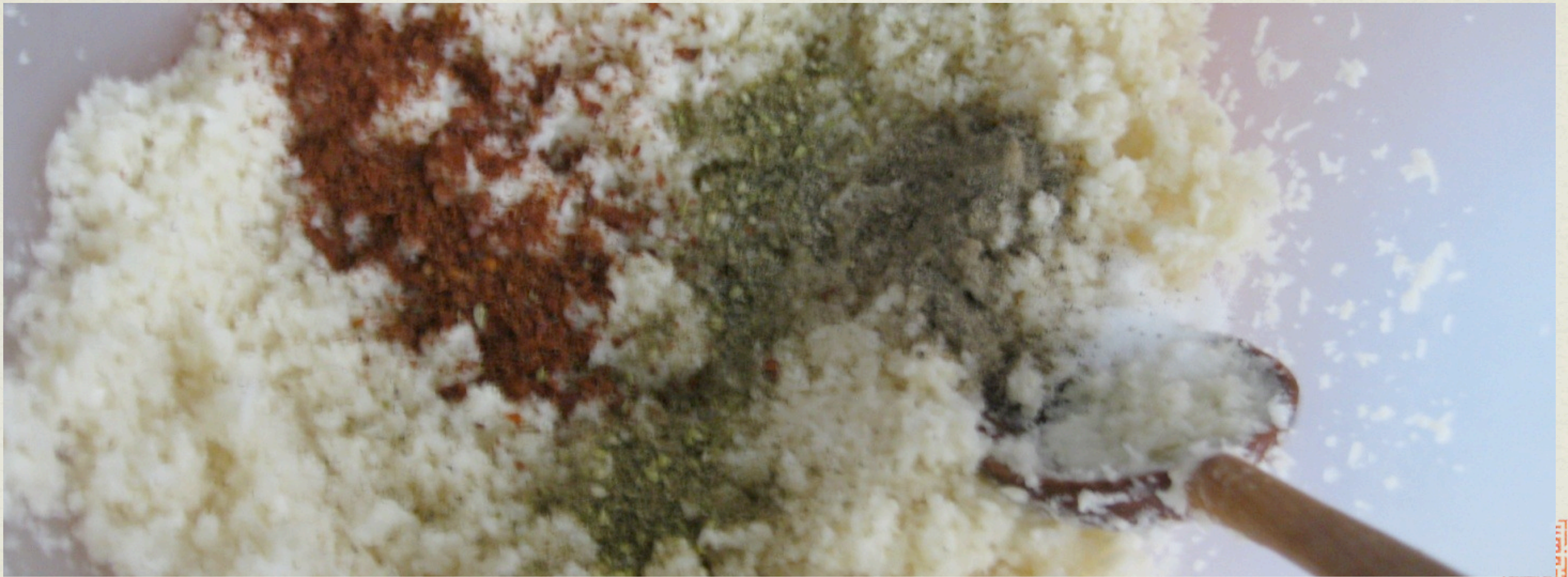


Ingredients

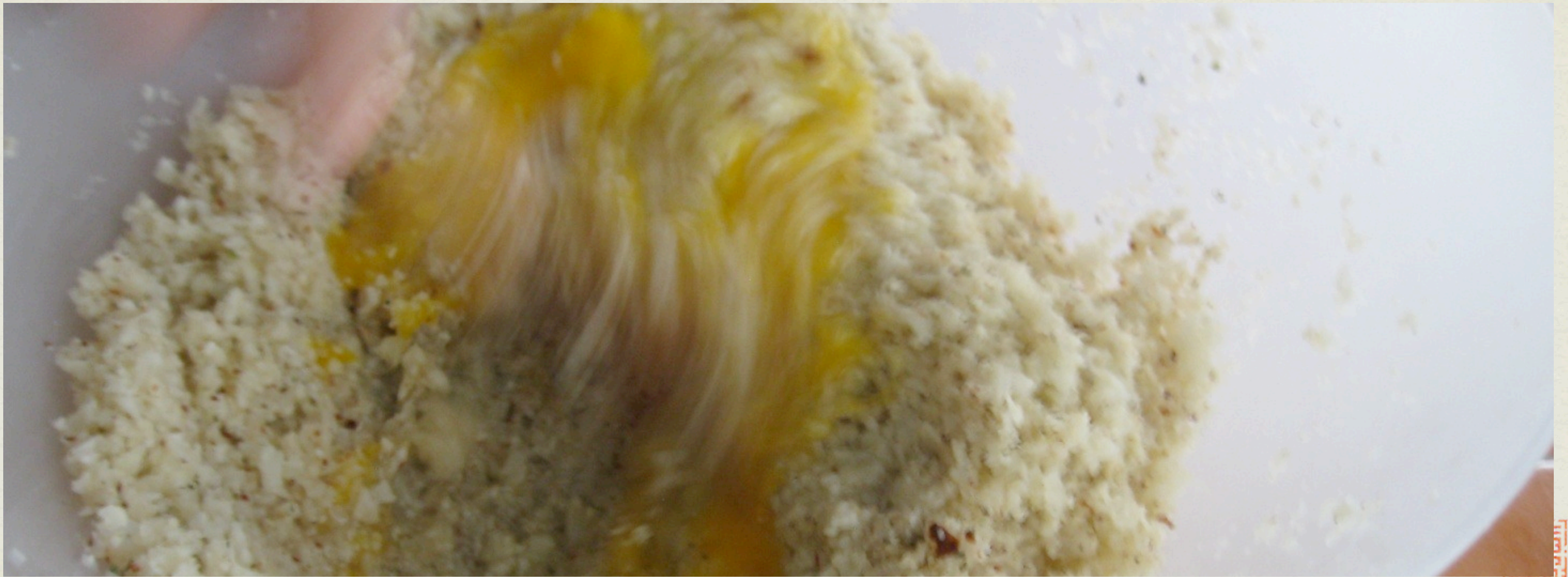
- For the crust:
 - 4 cups processed or grated raw cauliflower
 - 1 c grated cheese
 - 1 ½ t salt
 - ½ t black pepper
 - ½ t hot red pepper
 - 1 t oregano
 - 4 eggs
 - 2T ground flax seed
- For the sauce, top:
 - Pizza sauce of your choice
 - Sliced green pepper, onion, olives, or any other topping ingredients of your choice
 - Dried oregano
 - Olive oil
 - Salt pepper, pinch of sugar

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First, make and bake the crust. Process one large chopped cauliflower in the food processor until it resembles short-grain rice, or grate it. Cook it, covered, over a slow heat with 1T butter and 1T olive oil in a heavy-bottomed pan. As it cooks in the hot fat it will begin releasing its own liquid, so it won't be necessary to add more than a few teaspoons of water, if that. Stir it frequently to be sure it isn't starting to fry. When it is tender, transfer it to a mixing bowl and add dried oregano, grated cheese, hot pepper, black pepper, flax seed, and salt.



Add the eggs next, but be sure that the mixture has cooled so they don't cook when you stir them in!





Using wet hands spread the mixture out over a well-oiled pan or on a well-oiled sheet of baking paper.





Pat it down firmly for a good texture. Bake it at 375F until it is well set and is quite brown and crispy.





Sprinkle the baked dough with a good dose of olive oil. Spread your sauce over it, add the toppings you prefer, sprinkle with salt, pepper, oregano, and a pinch of sugar (good in all things tomato) and top with cheese.





Return it to the oven for another 10-15 minutes until the toppings are done as you prefer and the cheese is melted. Allow to sit for 20 minutes before cutting.





Sahtain!





Poppy Cauliflower Rounds





Process and cook cauliflower in the same was as in the previous recipe. Use two cups for this recipe.





**Mix in 2 eggs, $\frac{3}{4}$ C cheese, ground flax seed, 2T. 1T Poppy seed
1/2 t ground black pepper, 1 1/2t salt.**





Using wet hands press into rounds on a well-oiled baking sheet or on well-oiled baking paper.





Bake at 375F until they are beginning to brown and be crispy around the edges. Flip them over and bake on the other side.





You can eat them plain, or make any kind of sandwiches with them. Freeze them in a single layer in the freezer and then store them in a bag. You can remove as many as you want and heat them on a griddle.





The simplest of feasts:





tomato, cucumber, and cheese





Afiyeh!





Turkish Cheese Pastry



Ingredients

- 1 pkg phyllo dough, thawed
- 200 gr white cheese
- 1 ½ C yogurt, or 2 C milk, and delete the water listed below
- 2 eggs
- ½ C olive oil
- Black pepper, and red pepper flakes to taste
- 1C water
- 1-2 green onions
- Few branches parsley

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Mix the white cheese with approx. $\frac{1}{2}$ t black pepper, 1t red pepper flakes, chopped green onion, and chopped parsley. Most white cheese will not need any added salt, so taste and check for yourself.





Beat the eggs with the yogurt, the water,
and oil.





Oil a 9x11" baking pan. Open your box of phyllo dough. Line the bottom of the pan with 2 overlapping sheets of the dough, then brush it with the yogurt-egg mixture. Keep adding more layers, with yogurt-egg brushed between each, until you have used half the dough.





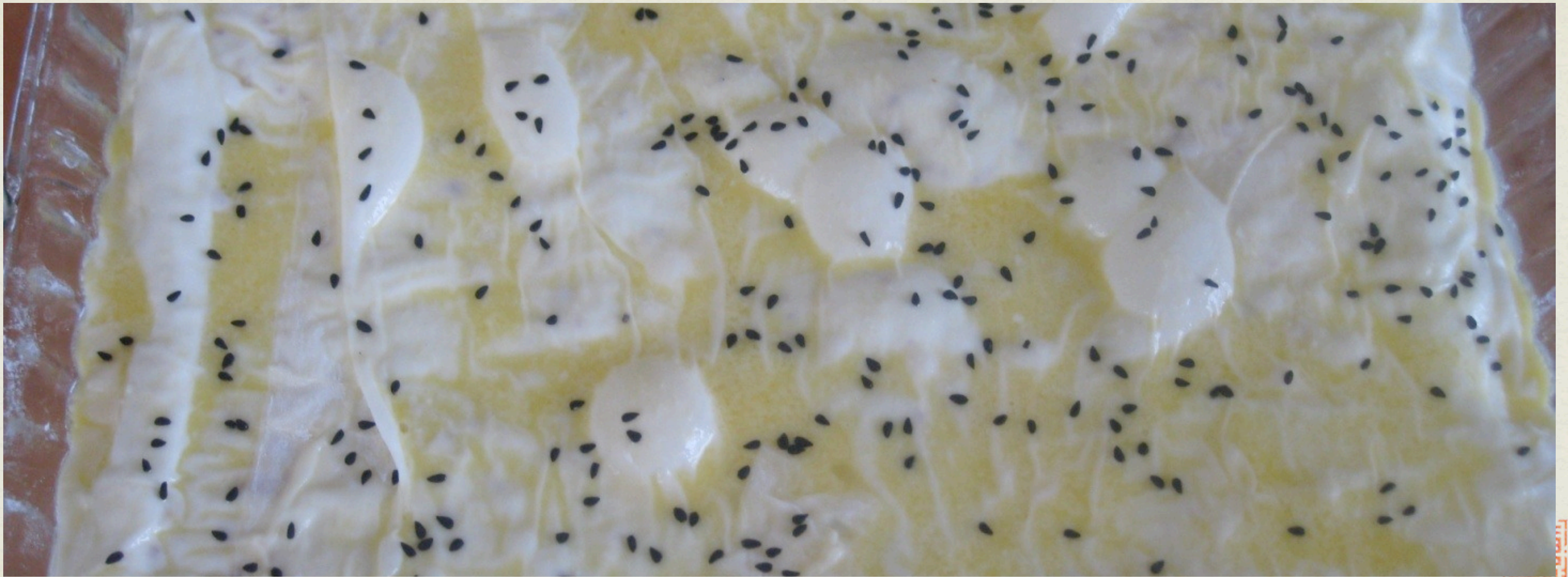
**Distribute the cheese mixture evenly over
the top layer.**





Finish layering the sheets of dough. Leave one sheet for the very top but before you put it on, fold in the parts of dough that have been hanging over the edges. But don't allow several sheets of overlap to be layered together without egg-yogurt between them. Lay the final sheet over the top and brush with the remaining mixture.





If you have egg-yogurt mixture left over, gently lift up the four corners of the pastry, and the edges, and pour it into the pan. Sprinkle with black Nigella seeds if you wish, or sesame seeds.





**Bake at 375F for half an hour, until puffy and browned.
Allow to cool for 15 minutes, then cut into squares.**





Afiyet olsun!





Ka Flour Blitz Foccacia



Ingredients

- 1 1/2 cups warm water
- 3 tablespoons olive oil (plus additional for drizzling)
- 1 1/4 teaspoons salt
- 3 1/2 cups white or light whole wheat flour
- 1 tablespoon yeast

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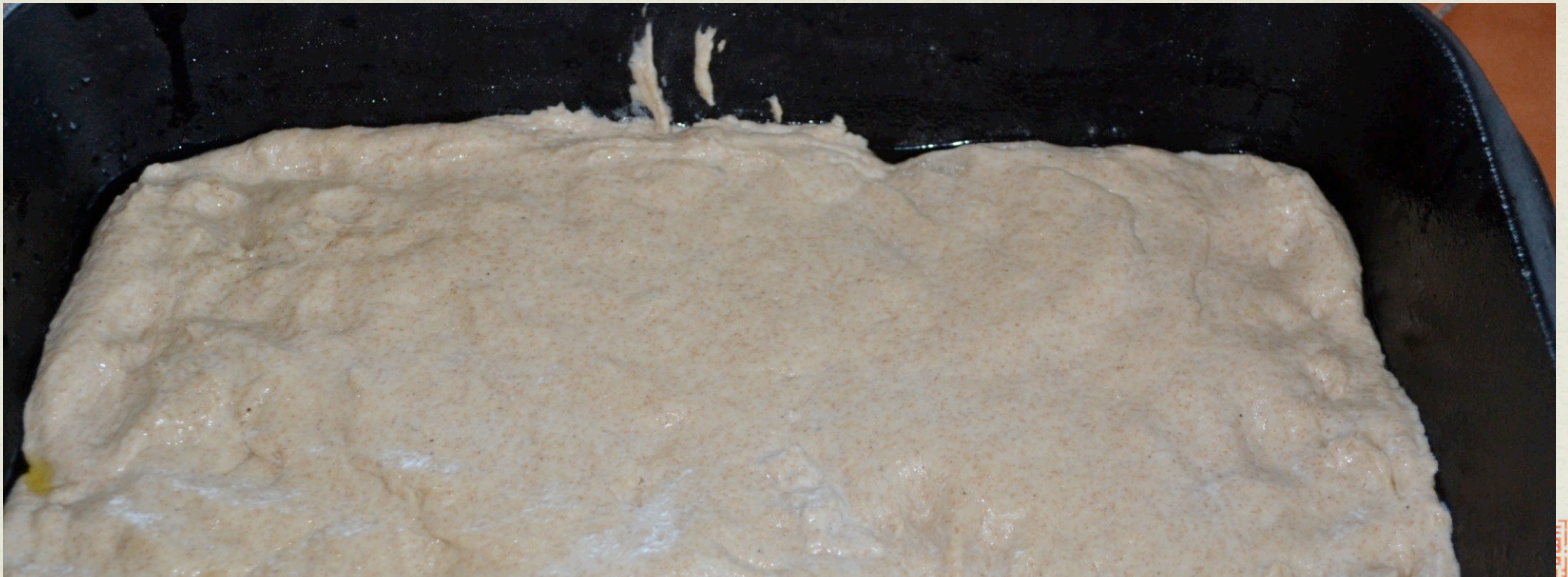


Preparation

- Lightly grease a 9" x 13" pan, and drizzle 1 to 2 tablespoons olive oil in the bottom.
- Combine all the ingredients in the food processor or mixer and beat for 60 seconds. (really)

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**Transfer the dough into the pan you prepared and leave it
in a warm place to rise for one hour.
Preheat the oven to 375F**





Poke holes through the risen dough with your fingers, sprinkle it liberally with olive oil and then with any seasonings you prefer, like dried oregano, red pepper flakes, sumac, sesame seeds, poppy seeds, coarse salt, cracked black pepper. Bake 35-40 minutes.





**Cool for ten minutes. Transfer to a rack. Enjoy
and give thanks!**





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