



MysticMedicine.com

Health & Spirituality



MysticMedicine
Medicine & Spirituality



Come to the Kitchen

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





SESSION FIVE: Drinks, Desserts, Confections (Special flower tea, chocolate-stevia desserts, pie)



Today's Recipes

- Apple Pie
- Carrot Halawa
- Strawberry Ice Cream
- Hibiscus Tea
- Chocolate Valentino Cake with Mocha Cream Frosting

MysticMedicine





Pie!





What you need:



Ingredients

- 8-10 apples, peeled, cored, and sliced thin
 - 2 T honey and stevia to taste, or your preferred sweetener to taste
 - 3T butter
 - 1T cinnamon
 - 1t nutmeg
 - 1/2t salt
 - 1t vanilla extract
 - 2T rose water
 - Zest of 1 lemon
 - 4T flour or cornstarch
- **CRUST:**
 - 2 ½ C almond flour
 - 2/3 C very cold butter
 - 2 eggs, one for brushing the top crust
 - 1T ice water
 - 1/2t salt
 - Plastic wrap and rolling pin
 - Needs at least one hour for chilling

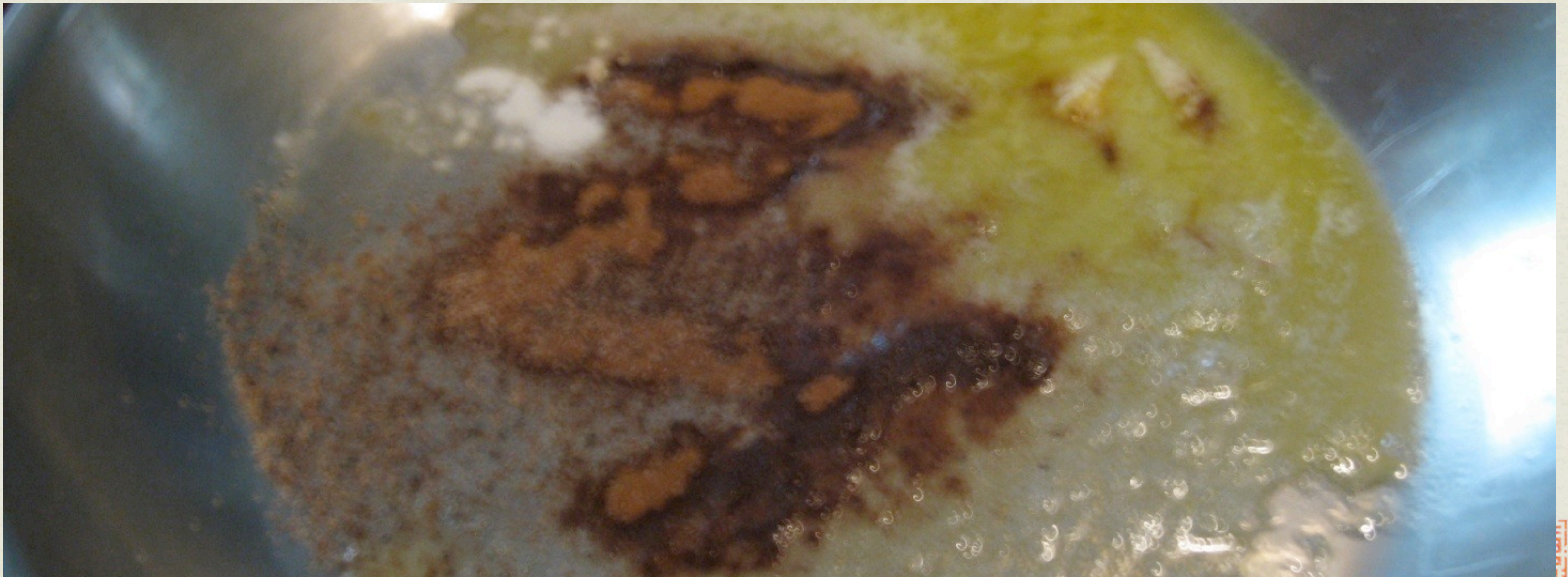


Pastry Dough

- Mix almond flour and salt in a medium sized bowl or in the container of your food processor with the normal blades. Add very cold butter and process or work with a fork with quick light strokes until the butter is incorporated throughout and the mixture is crumbly. Add the egg and the ice water and process briefly again until the mixture forms a ball. Work all the bits and crumbs into the ball, cut it in half, wrap each in plastic wrap, and place them in the refrigerator for at least an hour.

MysticMedicine





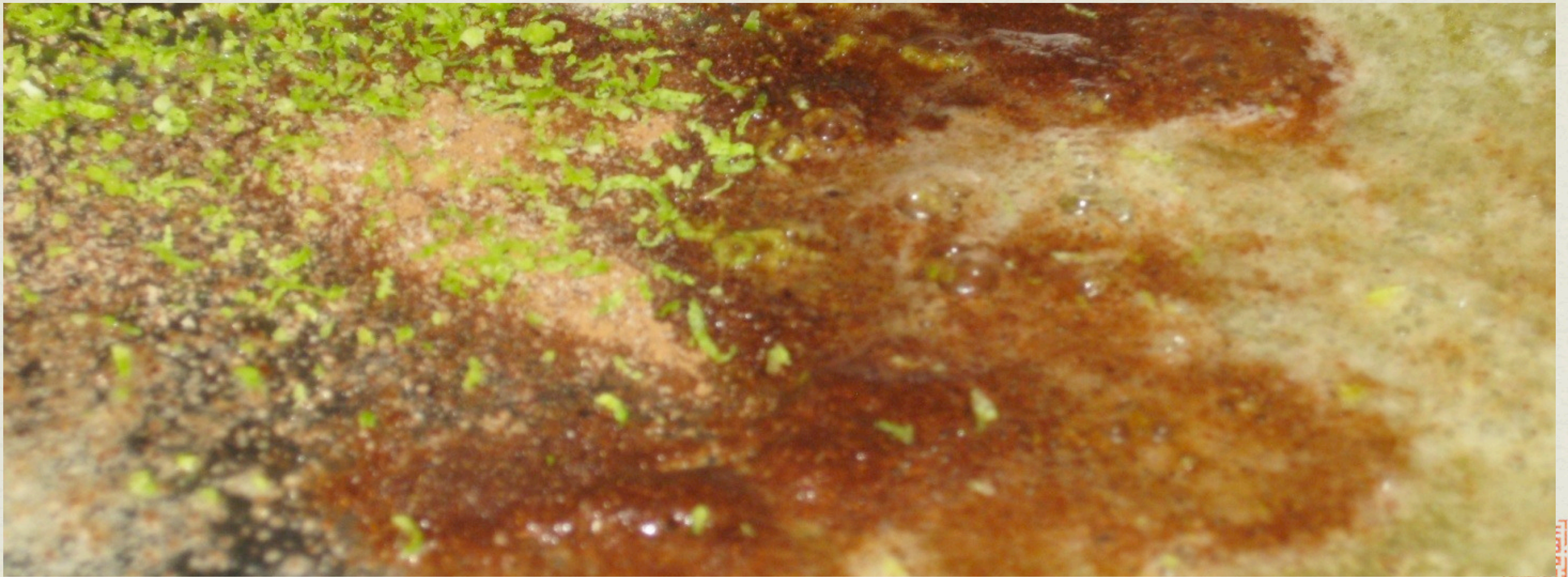
While the dough is chilling, make the filling. Since almond crust bakes much faster than normal grain crusts, it's best to pre-cook the apples. Melt the butter in a large skillet and add the spices, vanilla, and stevia.





Including freshly grated nutmeg and grated lime or lemon rind.





Lemon Rind added to the mix





Add the apples and stir so they are coated with the seasoned butter. Cook them until they are soft but still holding their shape. Taste and adjust the sweetening and the flavorings, and add about a teaspoon of rose water. After you have cooked the apples down, add 3T of the flour or cornstarch and stir. If the mixture still seems very wet, add the fourth.



- When you are ready to roll out the dough, sprinkle a few drops of water on the counter top where you will do the rolling and place a sheet of plastic wrap over it, smoothing and stretching it so there are no wrinkles. The water will help hold it in place.

MysticMedicine





Form one ball of dough into a flat round and place it in the middle of the plastic wrap.



- Place another sheet of plastic wrap over the top and roll it out into a thin sheet, working from the center in all directions and smoothing the edges by rolling along the circumference in all directions. Check to see that it is big enough by placing your pie plate over the top...it should extend out over the circumference of the plate by a couple of inches to give you room for sealing the top and bottom crusts together. If it is too small try rolling the sheet a bit thinner working out from the center.

MysticMedicine





Gently peel away the top layer of plastic. Place the pie plate upside down over the sheet of dough. Slide your hand between the bottom sheet of plastic and the countertop and invert gently so the dough is centered in the pie plate with the bottom sheet on top. Now very gently and slowly peel that sheet away.





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.



- Put your filling into this bottom crust and dot it with about 2T more butter. Then prepare another sheet of wrap for rolling out the top crust. Roll it out in the same way to the same approximate size, remove the top film, slide your hand between the counter and the bottom, and gently flip it over the filling, centering it.

MysticMedicine





Fold the bottom crust and the top crust together sealing the filling, and crimp around the edges. Slash a couple of holes in the top crust. Brush it with egg yolk and sprinkle with large-grained sugar.





Bake in a preheated oven, 375F, and reduce the heat to 350F after 15 minutes. Bake until the crust is golden brown and the filling is bubbly. Sahtain!





Carrot Halawa

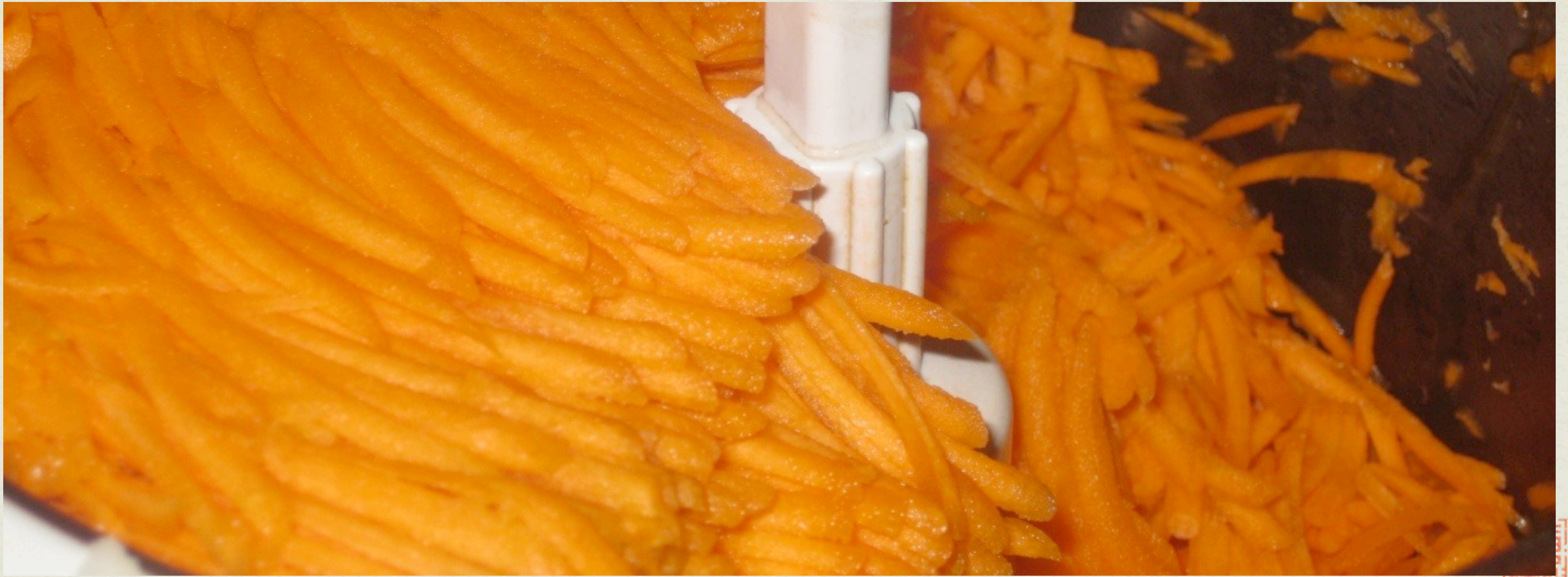


Ingredients

- 2 pounds carrots
- 4 cups milk
- 1/2 cup granulated sugar and stevia to get your desired sweet flavor
- 1 teaspoon ground cardamom
- 3 T ghee
- *Optional:* grated coconut, raisins, and chopped nuts for garnish

MysticMedicine





Wash, peel and grate carrots.





Heat a large skillet and add the ghee. When the ghee is sizzling add the carrots and saute over medium heat for half an hour or so, stirring frequently.





Cook until the color has darkened and the carrots are beginning to soften.





Warm the milk in a separate pan if you are using a non-stick skillet, so that you won't damage the finish by adding cold liquid to a hot pan.





Add the warmed milk to the carrots and stir to combine.





Boil for about 30 minutes, or until the milk is entirely absorbed by the carrots.





Add the sugar, the stevia and the ground cardamom and continue cooking for another ten minutes.





Put on a serving plate, garnish with coconut, raisins, and nuts, and serve.
Afiyeh!





Strawberry Ice Cream





Ingredients: High-speed blender, 2 C frozen strawberries, the cream from 1 can no-preservative coconut milk, very well chilled, (the absence of preservatives allows the cream to rise in the can and be separated), contents of 1 vanilla bean, stevia to taste. Be careful, it's easy to use too much. Add it by tiny increments, like 1/64th teaspoons!





Place the frozen strawberries, coconut cream, enough stevia to sweeten four cups of tea or coffee, and vanilla in the container of a high speed blender and process, stopping occasionally to tamp down or redistribute ingredients. Often the blender will do this on its own but that generates heat you don't want, so better to stop and do it manually.





Taste to correct the sweetening and serve, garnished with a few whole strawberries. Afiyeh!





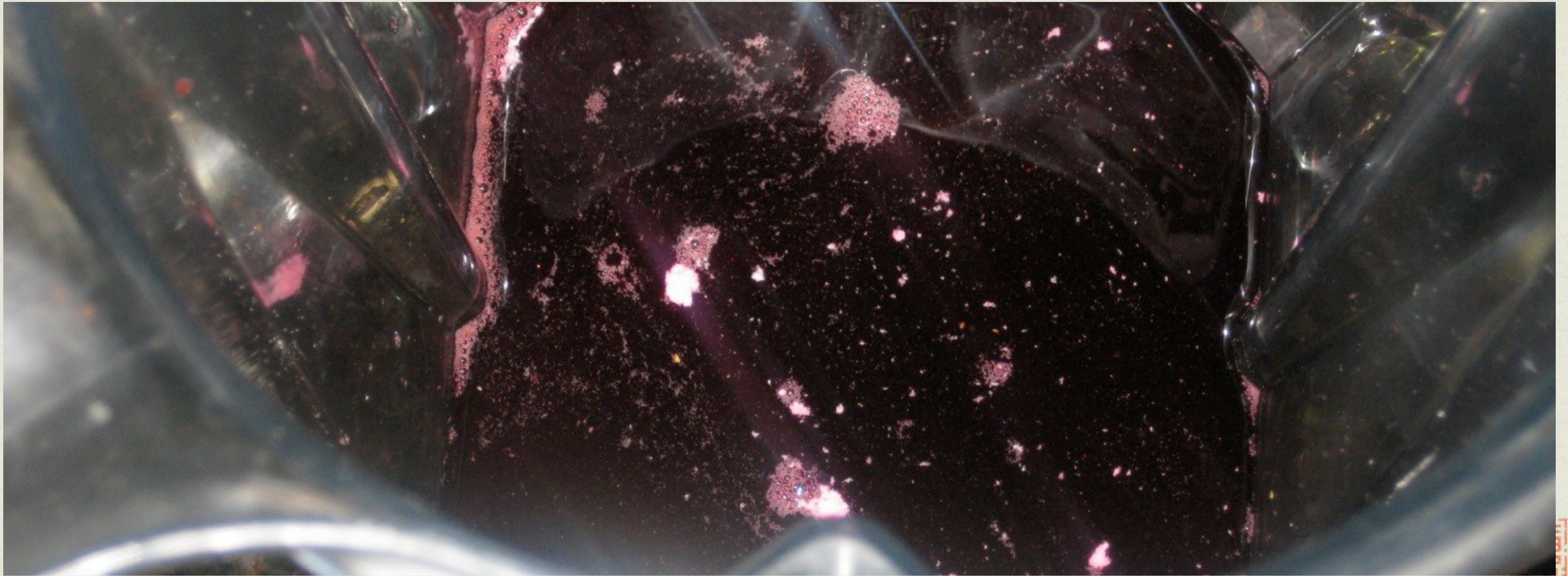
Frothy Hibiscus Tea





Brew three cups of strong hibiscus tea by steeping 1 handful of the hibiscus flowers with three cups of boiling water until cooled.





Add 1 tablespoon sugar and enough stevia to sweeten a single cup of tea.





Process the drink in an ordinary blender at high speed for three minutes.





Pour into a serving pitcher





Or better, a punch bowl. Float edible flowers and pieces of fruit on the top...





Sahtain!





Chocolate Valentino Cake w/ Mocha Cream Frosting





Ingredients: 5 eggs, 150 grams butter, 1/2t vanilla scraped from the inside of the pod, 1/2 t red hot chili powder (optional, be courageous!), sweetener of your choice to taste, 1 pound chocolate. I used Bakers unsweetened, but I would recommend replacing at least half of that with a lighter, sweeter chocolate....even semisweet dark would be better. Most other recipes use high-quality sweetened chocolate and add no other sweeteners.

Frosting Ingredients

- 1C heavy cream, sweetener of your choice to your taste...honey or stevia being the best choices.
- 1t vanilla
- 1t cocoa powder
- 1t instant coffee

MysticMedicine





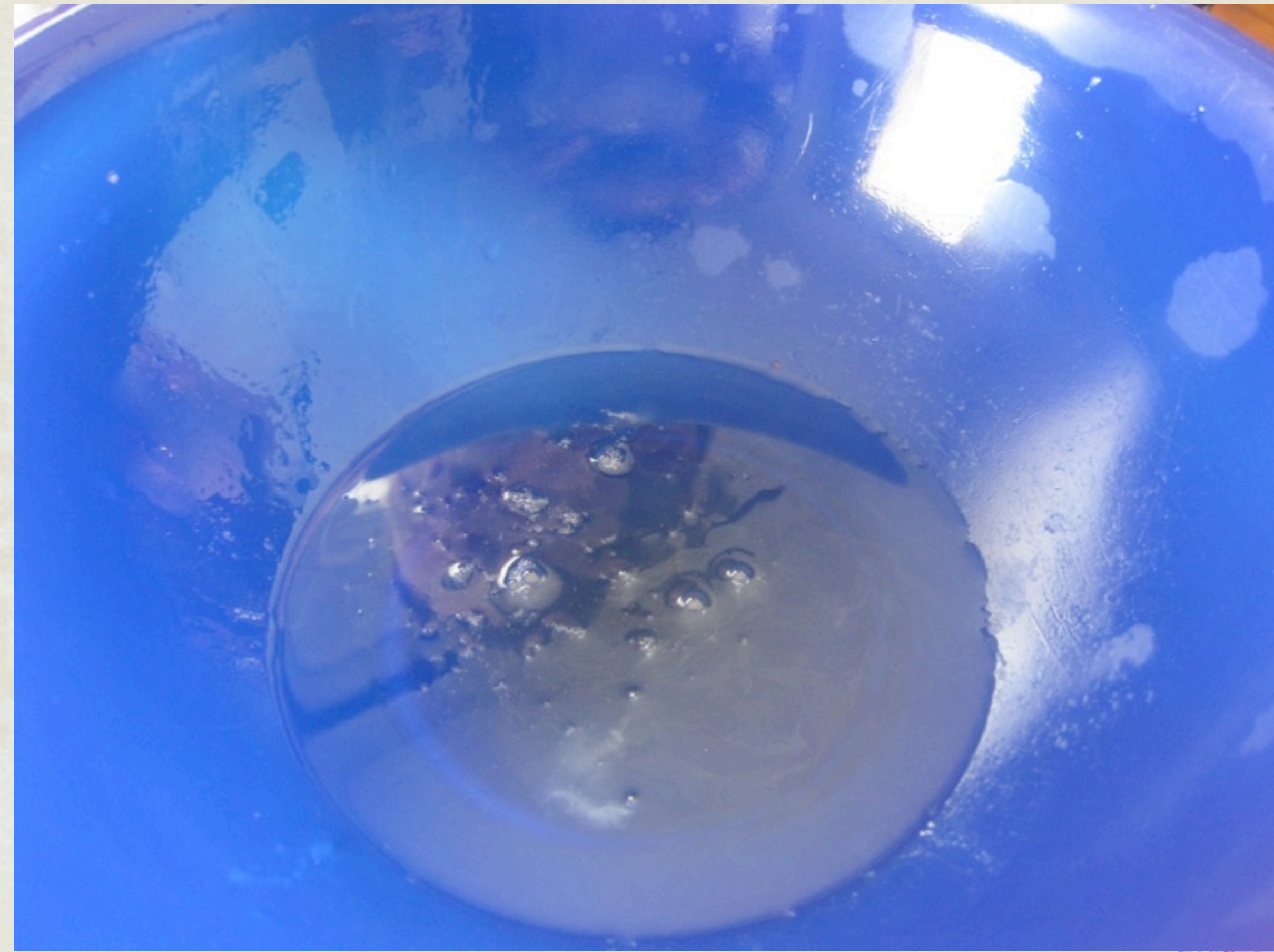
Melt chocolate and butter in a heatproof bowl over, not in, a pan of simmering water. While it is cooling, grease an 8" springform pan and line with parchment paper. The paper needs to be buttered too.





Separate your five eggs.





Drop each egg white individually into a bowl and then transfer to the bowl with the rest of them, in case some of the yolk gets into the white. If even a drop of yolk contaminates the whites, they will not whip up properly. Make sure the bowl you are using for the whites and the beaters are completely free of grease.





Whip the egg whites until they begin to form peaks. Stop before the peaks become stiff, so the cake will not be dry.





With the same beater beat the egg yolks together. Though you cannot get any yolks in your whites, it doesn't matter if some of the whites get into your yolks, so you can use the same beaters without washing them. Add the vanilla and chili powder and beat till the yolks are thick and creamy.





Gently stir the yolks into the cooled
chocolate.





Fold in 1/3 of the egg whites into the chocolate mixture and follow with remaining 2/3rds. Use a flat-bladed spatula and fold gently so the whites disappear but the batter is not deflated.





**Spread the batter into the prepared pan and bake at 375F/
199C for 15 minutes or just until a knife comes out clean,
or until an instant read thermometer reads 140F/60C.**





*Cool, remove from pan, cool completely,
and frost with mocha cream frosting.*





To make the frosting, whip organic raw cream from pasturized cows, sweetening with honey or stevia, vanilla, cocoa powder, and instant coffee. Sahtain!





MysticMedicine.com

Health & Spirituality



MysticMedicine
Medicine & Spirituality