



Food from a
Loving Home

.....
A COLLECTION OF VEGETARIAN RECIPES.
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Lauren Burns



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Photography by Steven Pam



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Introduction

Food should be a source of joy. A pleasure of wonderful tastes, flavours, textures and colours. Living energy to nourish and nurture our bodies. Food can be social, festive, decadent, nurturing, mouth-watering, sensual, comforting and creative. It is to be enjoyed, celebrated and respected.

This book is a collection of my favourite recipes that represent all of the above. It is about eating wholesome, creative food and having a positive attitude towards food and its role in our lives.

It was Hippocrates, the father of modern medicine, who said, 'Let thy food be thy medicine, and thy medicine be thy food'. This statement could not be more poignant as our society moves further towards convenience and fast-food eating, driven by marketing campaigns and multinational corporations. The concept of food as medicine transcends the medicinal and healing properties of foods, of which there are many. I believe Hippocrates' statement also encompasses farming practices, food preparation, mindfulness, quality, pleasure and the social aspects of food.

I believe in cooking with fresh seasonal produce and good-quality ingredients that are as unadulterated as possible, and endeavouring to keep things close to their whole form. The less food is polluted with chemicals, preservatives and additives, the more you can taste the subtle flavours of nature.

We eat with our eyes as well as our mouths, so preparation and presentation are important. Studies have shown the effects on our health of eating in a calm environment, and how stress can impact on digestion. So it's good to be mindful of your situation and state of mind when you sit down to a meal.

These recipes are not just for adults – many were my favourites to cook as a child. I am a firm believer in not 'dumbing down' food for children. Involve kids in cooking and give them family food to teach their palate to enjoy a variety of tastes and textures. As Stephanie Alexander says, '(They) become seduced by the pleasures of good food, and develop an appreciation of the rituals and tastes of the table that lasts a lifetime.'

In this book I want to share my love of food and my enthusiasm for cooking delicious, plentiful, tasty and creative meals. I hope you enjoy the recipes, which are coming from my home to yours.

Lauren

Protein for Vegetarians

Protein is a structural component of all human cells. It is used by the body in enzyme function for membranes, and in transport of hormones and precursors for nucleic acids, vitamins and hormones.

Protein combining is imperative for a healthy vegetarian diet. It was once thought that you needed a variety of proteins to make a 'complete' protein in each meal, but the latest research shows that a variety of different proteins – such as eggs, legumes, nuts and seeds – consumed over a few days will give you the complete protein requirements. A general rule of thumb is to try to have protein with every meal; this also helps you feel satiated.

The concepts of protein combining are good to keep in mind, and once you have the basic concepts in your head, it's easy to make sure you get adequate protein throughout the day.

Sources of protein

Animal products: dairy, milk, yoghurt, eggs

Plant foods: legumes, nuts, seeds, whole grains, tofu, tempeh, soy

For complete protein for vegetarians and vegans, combine:

Grains + legumes e.g. rice and lentils, wheat and peas, bean burritos

Seeds/nuts + legumes e.g. hommus (chick peas and sesame/tahini), tofu and sesame

Grains + milk or eggs e.g. rice and eggs, french toast, lasagne, quiche

Vegetables + milk or eggs e.g. cream soups, vegetables with eggs or cheese sauce, salad with boiled egg, vegetable omelette, eggplant parmigiana

A great source of protein is to carry a nut or trail mix with you throughout the day or have it on hand to snack on at home. I make up a large mix every few weeks and store it in an airtight container. From this I make smaller portions to carry with me during the day. Almonds, brazil nuts and cashew nuts provide a range of protein so they form a good base. From here you can add other nuts, such as walnuts, and seeds, such as pepitas (pumpkin seeds) and sunflower seeds. Make sure your mix is visually appealing; otherwise, you won't be inclined to eat it. Inclusions such as dried cranberries, pawpaw, sultanas or goji berries can give colour to the mix.



breakfast



Hot Oat and Quinoa Porridge

Kick-start the morning with this great breakfast. Oats are an excellent source of fibre and are brilliant for the nervous system, and quinoa is an excellent source of protein. For more information on quinoa, see page 00.

SERVES 2

- 3 cups water
- ¼ cup quinoa (red or white)
- 1 cup oats
- handful of sultanas
- handful of almonds and walnuts, roughly chopped
- pure maple syrup or raw honey
- pepitas

Pour the water into a saucepan and bring to a boil. Add the quinoa and boil for 10 minutes over a high heat. Stir in the oats, sultanas and nuts, then reduce the heat and simmer for 5–10 minutes or until the water has been absorbed and the mixture is at your desired consistency. You may need to add a little more water. Serve drizzled with maple syrup or honey and sprinkled with pepitas.

Notes: You can make a pre-porridge mix to have on hand, containing the oats, nuts and sultanas. Just add it after the quinoa has cooked for 10 minutes.

Variations

- Add ½ teaspoon ground cinnamon just before serving.
- Serve with milk.
- Add fresh dates with the sultanas, or serve with prunes.
- Serve with fresh fruit such as bananas or blueberries or poached apples or pears (see page 000).
- Sprinkle with ground flaxseeds or LSA mix (see page 000) to serve.



Pomegranate and Haloumi Salad

This salad was inspired by a dish my friend Anita brought to a dinner party one night. It is light and fresh, and the fleshy pomegranate seeds just burst in your mouth. The colours are wonderful and the salad looks very festive.

SERVES 4

- 125 g haloumi cheese
- 1 pomegranate
- 1 butter lettuce, washed and torn into big chunks
- 2 tablespoons Erriba Salad Dressing (see page 000)

Line your griller with foil. Cut the haloumi in half lengthways and place on the foil (to catch excess liquid). Grill each side on medium–high heat until golden brown (4–5 minutes each side). Cool a little, then cut into 2.5 cm squares. Set aside.

Cut the pomegranate in half and scoop out the seeds into a bowl, discarding any that are brown or discoloured. Juice will come out when you scoop out the seeds – let that go into the bowl too. Using your fingers, remove any white pulp around the seeds.

Place the lettuce leaves in a salad bowl and spoon over the pomegranate seeds. Add the haloumi. Combine the pomegranate juice left in the bowl with the salad dressing, then drizzle over the salad and serve.

Variation:

- Use a lighter salad dressing, such as a vinaigrette made with olive oil, white wine vinegar and lemon juice.
- Add a handful of sunflower seeds, some strips of roasted red capsicum or a couple of tablespoons of fresh corn kernels from a corn cob.



Matzo Balls in Vegetable Soup

Matzo balls or kneidlach are traditional Jewish dumplings made from matzo meal and served in soup. For me, this dish is the essence of Mum's home cooking and a great comfort food. Traditionally, shortening or chicken fat would be used instead of butter, and chicken stock would be used instead of vegetable stock.

SERVES 4-6

1 teaspoon butter
1 teaspoon vegetable bouillon stock powder (see page 151)
4 eggs
110 g fine matzo meal
2 teaspoons finely chopped flat-leaf parsley

1 teaspoon salt
freshly ground black pepper
1 quantity hot Vegetable Soup (see page 28)

Put the butter in a measuring cup and pour over a little boiling water to melt. Add the stock and enough cold water to make $\frac{1}{2}$ cup. Break the eggs into a bowl and beat lightly. Add the butter liquid, matzo meal, parsley and salt. Grind in pepper to taste, then mix well. Let stand for 20 minutes.

Bring a large pot of salted water to the boil. Using wet hands, form tablespoons of the matzo mixture into balls and drop them into the boiling water. Lower the heat and simmer for 20 minutes, covered.

Remove the matzo balls with a slotted spoon and add to the vegetable soup. Let the balls soak in the soup for at least 10-15 minutes to absorb the flavours. Serve hot.

Note: If doubling the recipe, use only 6 eggs.



Poached Pears with Cardamom Cream

These gorgeous pears just melt in your mouth. They can be served as a dessert with cardamom cream (as in this recipe), or for breakfast with porridge, muesli or pancakes. The softer the raw pears are, the less cooking they will need. The cardamom cream is a beautiful accompaniment for any kind of poached fruit. The cardamom flavour is subtle, and adding the yoghurt makes it less rich than plain cream.

SERVES 4

500 g raw sugar

1 litre water

250 ml red wine

2 star anise

1 cinnamon stick

4 firm pears

Cardamom Cream

½ cup plain yoghurt

½ cup cream

1 tablespoon honey

seeds from 5 fresh cardamom pods,
crushed

To make the cardamom cream, combine all the ingredients thoroughly. Cover and leave overnight in the fridge.

Next day, combine the sugar and water in a saucepan over a medium–high heat. Bring to the boil and allow to reduce for about 5 minutes, stirring occasionally. Add the red wine and spices and cook for another 5 minutes.

Peel the pears and carefully place them in the saucepan. You need to ensure the pears are covered while they cook. – to achieve this, cut a round of baking paper the same diameter as the saucepan and place it over the pears and then place a plate on top of the baking paper. Reduce the heat to very low and simmer for 2–3 hours.

Drizzle the pears with syrup and serve with the cardamom cream.





Home remedies are a dying art in our society these days, and more often than not we'll rush to our local GP before turning to our own cupboards. However, there are some wonderful remedies that can be found in almost any kitchen.

During my naturopathy studies, I realised that many traditional health practices have been discarded over time due to being regarded as 'old wives' tales'. More recently, however, scientific research has discovered that some of these recipes and individual plant or herb constituents are valid and effective treatments.

In this section I provide some of my favourite kitchen-cupboard cures along with recipes for how to make your own moisturiser and lip balm. The skincare products take a little preparation but are well worth the effort.



Lemon Water in the Morning

Having a glass of warm water with a squeeze of lemon in it is a great way to start your day. Lemon water assists digestion and helps to cleanse and stimulate the liver and kidneys.

SERVES 1

.....
 freshly squeezed juice of ½ lemon

Boil the kettle and let it cool for a few minutes. Pour warm water into a glass and squeeze in the lemon juice. Drink first thing in the morning on an empty stomach.

Cloves for Toothache

Cloves have antimicrobial and antiseptic properties and contain eugenol, a natural painkiller. As such, they can provide symptomatic relief for toothaches. Of course it is important to see a dentist for any underlying problem, but chewing on a clove can be an easy and effective way to temporarily relieve pain.

.....
 1 clove

Place the clove in your mouth and gently chew to soften it. Chew over the affected area.
