

OPTIMUM HEALTH INSTITUTE

LIVING FOODS RECIPES



Third Week

FERMENTED FOODS

Fermented foods are a whole new world to explore and enjoy! All of these fermented recipes contain probiotics to aid digestion and immune function. Rejuvelac is a refreshing drink made from sprouted grains fermented in purified water. The basic seed cheese recipe can blossom into many different textures and tastes by using different soaked seeds and by adding a variety of fresh seasonings and vegetables. Sauerkraut is a versatile and delicious fermented cabbage dish. Start with basic sauerkraut and invent new exotic tastes simply by adding fresh vegetables and herbs.

QUINOA REJUVELAC

Ingredients and Equipment:

1. 1 cup quinoa
2. 1 gallon purified water
3. 1 gallon glass jar with "breathable" covering
4. 1 large spoon for stirring

Method:

1. Rinse quinoa and soak at least 30 minutes.* Drain and rinse again.
2. Place quinoa in a gallon container and cover with enough water to fill container.
3. Cover with a seed cheese bag or dish towel. Let mixture sit at room temperature for approximately 48 hours. Stir the rejuvelac once a day with a large spoon.
4. Strain off liquid and place in a covered container. Rejuvelac will last for about 1 week in your refrigerator. (If you are drinking 32 oz./day, 1 gallon will last 4 days.)
5. Leftover quinoa can be blended into crackers. (See Essene Cracker recipe on page 4.)

*Quinoa in its natural state has a coating of soapy, bitter-tasting saponins. Quinoa sold commercially has usually been processed to remove MOST of this coating. During cultivation this bitter coating has the advantage of making the grain unpopular with birds, thus reducing the need for pesticides. The removal of the saponins helps with digestion.

REJUVELAC MADE FROM OTHER GRAINS

Ingredients and Equipment

1. 1 cup dry grain (Any hulled grain may be used, such as wheat, rye, millet, buckwheat, or barley.)
2. 1 gallon purified water
3. 1 gallon glass jar with "breathable" covering
4. 1 large spoon for stirring

Method:

1. Rinse grain and soak overnight. Drain and rinse thoroughly. Sprout grain 24-36 hours, rinsing twice daily.
2. Put sprouted grain into Vita-Mix or blender with approximately 3 cups water. Blend 10 seconds, starting on low speed and moving up to high speed.
3. Pour into gallon container and cover with enough water to fill container.
4. Cover container with seed cheese bag or dish towel. Let mixture sit at room temperature for approximately 48 hours. Stir the rejuvelac once a day with a large spoon.
5. Strain off liquid and place in a covered container. Rejuvelac will last for about 1 week in your refrigerator. (If you are drinking 32 oz./day, 1 gallon will last 4 days.)
6. Leftover grain can be blended into crackers.

SEED CHEESE

3 cups seeds (sesame, sunflower, and/or pumpkin) soaked overnight, drained, and rinsed
3½ cups rejuvelac or water

Blend seeds with liquid in Vita-Mix or blender until mixture is smooth, thick, and creamy. Pour into a bowl lined with a seed cheese bag. Lift seed cheese bag and gently strain excess liquid from the bag and into the bowl. The liquid is a nutritious seed milk, which you can drink or use in a recipe. Hang the bag containing seed cheese for 6-8 hours. Place a bowl underneath to catch drips. Transfer seed cheese mixture to a container with a lid and store in refrigerator for five to seven days.

NO-BEAN HUMMUS

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2 zucchini, peeled and chopped (about 3 cups)
1 rib celery, chopped (about ½ cup)
1 clove garlic
½ teaspoon lemon peel powder
½ tablespoon ground cumin
1 cup sesame seed cheese

Place all ingredients except seed cheese in a Vita-Mix canister and blend until smooth. Stir in seed cheese and enjoy with crackers or cut vegetables.

BASIC SAUERKRAUT

Green Cabbage – 2 heads

Optional: 1 tablespoon sea vegetables (nori, dulse, kelp)
1 tablespoon caraway or dill
2 or 3 cloves garlic
shredded carrots, beets, onion, celery, or other vegetables
ginger, cayenne, or other seasonings as desired

Reserve 4-6 outer leaves from heads of washed, organic green cabbage. Chop one third of a cabbage into chunks small enough to fit through your juicer or in your blender. Juice or blend cabbage, plus the cores of both cabbages. Finely chop remaining cabbage (by hand or using food processor). Mix pulp, juice, and chopped cabbage together. Massage mixture thoroughly. Pack mixture into a ceramic crock. Place cabbage leaves over the mixture to cover completely. Place a small saucer or bowl on top and then a weight (such as a rock or jar filled with water). Cover with a towel and let sit at room temperature for three to five days, until sauerkraut reaches desired level of tartness. Remove and discard leaves and any discolored, dry sauerkraut from the top of the container. Extra juice may be drained and saved for salad dressings. Transfer sauerkraut to a container with a lid and store in refrigerator for up to two months.

DEHYDRATED FOODS

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Dehydration provides us with some of the diverse tastes and textures of cooked food and the nutritional goodness of raw food. In the OHI kitchen, we keep our dehydrators set at 105° Fahrenheit (about 41° Celcius) or below. Remember that we begin to lose enzymes at 118°. We say “105—Still Alive!” A dehydrator with an accurate thermostat adds new dimensions to raw food preparation, allowing you to make delicious and healthy breads, crackers, veggie chips, and onion rings. Store these dehydrated delicacies for up to 6 weeks in an airtight container in a cool, dry place.

QUINOA ESSENE CRACKERS

METHOD:

1. Blend leftover quinoa (from rejuvelac recipe) in a blender until mixture has the texture of pancake batter.
2. Spoon batter onto a dehydrator tray covered with Paraflex sheet.
3. Allow the batter to spread out on the tray either by lightly tapping or tilting the tray (this cracker can be very hard so needs to be spread thin).
4. Dehydrate for 24-36 hours at 105°.

ESSENE CRACKERS MADE FROM OTHER GRAINS

2 cups sprouted grain (usually wheat or rye) or the grain left over from rejuvelac
approximately ½ cup filtered water or ½ cup rejuvelac

Blend ingredients well in Vita-Mix or blender until the mixture is the consistency of runny pancake batter. Add additional rejuvelac or filtered water as needed to thin batter. Spoon onto a dehydrator tray covered with Paraflex sheet. Dehydrate at 105° until crisp (24-36 hours).

PIZZA ROUNDS

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2-4 large zucchini, sliced thin
2-4 medium tomatoes, sliced thin
1 cup fresh basil leaves
2 cups seed cheese seasoned with 2 tablespoons Italian seasoning
blend

Spread zucchini slices with a very thin layer of seasoned seed cheese. Place a tomato slice and basil leaf on top of seed cheese. Place Pizza Rounds on dehydrator trays and dehydrate at 105° for 24-48 hours or until crisp.

ALL PURPOSE SEASONING (aka SALSA POWDER)

3 medium tomatoes 1 red bell pepper
1 medium white onion

Slice all ingredients thinly and place on dehydrator trays. Dehydrate at 105° for two days, or until ingredients are very dry. Put dehydrated vegetables into Vita-Mix, blender, or coffee grinder and pulverize into powder. Seasoning should last indefinitely when kept in a tightly covered container in a cool, dry, dark place. Optional: add other dehydrated spices - tomatillo, cumin, etc.

PUMPKIN SEED CRACKERS

1 cup pumpkin seeds
½ cup sesame seeds
1 yellow, red, or orange bell pepper
½ onion
½ tomato
1 large zucchini (2 if small)
1 teaspoon basil
1 teaspoon oregano
1 clove garlic

(Instructions next page)

(Pumpkin Seed Crackers, cont.)

Soak seeds overnight. Drain and rinse. Place half of the seeds in a large bowl. Using a Vita-Mix, blend the remaining seeds with the vegetables and seasonings until batter is thick and smooth. Add blended mixture to bowl and stir to combine. Spoon onto dehydrator trays lined with Paraflex sheets and dehydrate at 105° for 48 hours or until crisp. Turn crackers over after the first day.

KALE CHIPS

1 bunch kale, torn into pieces, stems removed
1 ½ cups sesame seeds, soaked overnight
1 red bell pepper
1 whole leaf dulse
Seasonings to taste, such as cayenne, garlic, or onion
Water, as needed, to thin batter

Place sesame seeds, bell pepper, dulse, and seasonings into Vita-Mix canister. Place kale into mixing bowl and massage to soften. Blend seed mixture thoroughly and pour onto kale. Mix well with hands. Place pieces of kale onto dehydrator trays lined with Paraflex sheets and dehydrate at 105° for 48 hours or until dry and crispy.

ONION RINGS

2-3 large onions
Your choice of seasonings (Mexican seasoning, Frontier's tomato powder, etc.)
rejuvelac or cold water (enough to cover sliced onions)

Slice and separate onions into rings between 1/8 and 1/4 inch thick. Place rings into a bowl of rejuvelac or water and soak 5-10 minutes or longer, as needed. (Soaking will give the onions a milder flavor, so soak "hot" onions longer.) Remove onions from soaking liquid, shaking off excess. (Reserve onion flavored rejuvelac to use as a base for raw soups—it adds lots of delicious flavor AND probiotics!) Place onion slices onto dehydrator trays lined with Paraflex sheets and sprinkle with seasonings. Alternately, place onions and seasonings in a bag or container with a lid and shake to coat. Dehydrate at 105° for 48 hours.

FRIDAY'S FEAST RECIPES

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SESAME MILK

2 cups sesame seeds, soaked overnight
2 cups purified water

Rinse and drain sesame seeds. Put the seeds and water into Vita-Mix canister and blend well, until mixture is creamy and thick. Using seed cheese bag or fine mesh strainer, strain and collect milk. Use milk in soup recipe below; use leftover seeds for cracker recipes or gomasio.

GOMASIO

1 cup sesame seeds*
powdered kelp or dulse to taste (start w/1 teaspoon)
garlic powder

Soak sesame seeds in purified water overnight. Rinse thoroughly. Spread soaked seeds on dehydrator tray lined with Paraflex sheet and dehydrate approximately 48 hours at 105°. Put dehydrated seeds into a Vita-Mix canister, seed mill or coffee grinder. Grind seeds thoroughly using pulse motion, 5-10 seconds at a time. Avoid blending too long at one time so that seeds do not clump together. Stir in desired seasonings to taste. Use as a topping/seasoning for salads, veggies, etc. Makes a great Parmesan cheese substitute! Gomasio can be stored in refrigerator for up to two weeks.

*You can also make gomasio by dehydrating strained sesame seed pulp left-over from sesame milk. Place pulp on dehydrator tray lined with Paraflex sheet and spread thin. Sprinkle on desired seasonings and dehydrate for 24-48 hours at 105°. When dry, break into pieces and place in a plastic bag; crush with hands or a rolling pin.

SPICED YAM BISQUE

8

4-5 sweet potatoes, peeled and chopped to fit through juicer
1 red bell pepper, chopped to fit through juicer
2 cups sesame milk (recipe on previous page)
¼ teaspoon each allspice, mace, cardamom, and nutmeg
1 avocado, skin and pit removed

Run sweet potato and bell pepper through juicer. *Remember to allow juice to stand for 10 minutes so the starch will settle to the bottom of the bowl. Pour off juice, leaving starchy residue in bowl.*

Blend milk, spices, avocado, and sweet potato/bell pepper juice in Vita-Mix.

NORI ROLLS

1 carrot
1 stalk celery
1 cucumber
1 red bell pepper
your choice of sprouts or greens
sesame & sunflower seeds
seed cheese
desired seasonings (ginger, cayenne, etc.)
1-2 avocados, diced
nori sheets

Chop first six ingredients in food processor. (You may also dice or julienne by hand.) Mix these ingredients together with diced avocado in one bowl.

Place nori sheets on a sushi mat or other surface for rolling. Spread with a thin layer of seed cheese and add ingredients as desired.

Roll all ingredients in nori sheets. Cut each roll into pieces with a very sharp knife.

GREEN GODDESS DRESSING

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1 avocado
1 cup sauerkraut juice
1 or 2 cucumbers
1 clove garlic
¼ small onion

Blend all ingredients in a blender until thick and creamy. Add desired seasonings and blend well to combine.

Optional seasoning ideas – basil, dill, parsley, cilantro, red bell pepper, kelp, etc.

NOTE: If you do not have sauerkraut juice, or if you would like the dressing to be more tart, add a small amount of tomatillo juice and blend.

SPAGHETTI & MARINARA SAUCE

Spaghetti: 3-4 medium zucchini, cut into 2-3 inch chunks
(You may also use other hard vegetables, such as butternut squash.)

Sauce:

6-8 medium tomatoes
3 tablespoons tomato powder
1/3 fresh carrot (optional)
fresh basil to taste
Italian seasoning to taste
onion, garlic, kelp (etc.) – to taste

Using a spiral slicer, process the zucchini into spaghetti.

Finely dice (or blend in Vita-Mix) the sauce ingredients to make sauce. Tomato powder will thicken the sauce and give it a richer flavor. Adjust seasonings to your preference. Serve spaghetti topped with sauce and a sprinkling of gomasio.

Bon Appetit!!