



## Diet, Children, and the Future This Tragic Loss Should Become One Giant Leap for Mankind

Once weaned, children are just like small adults when it comes to nutrition. Starches (potatoes, corn, rice, sweet potatoes, beans, etc.) must provide the bulk of their calories in order for them to thrive. Meat and dairy products, along with oils and simple sugars, make them fat and sick. You never need to worry about children getting enough protein, essential amino acids, calcium, iron, zinc, or essential fats when they are eating a starch-based diet, as I recommend. However, extra attention does need to be paid to providing sufficient calories for growth.

Food industries have built their customer bases with the marketing strategy of “unique positioning,” where each big business tries to make its food product stand apart by overly promoting one of its more plentiful nutrients. Their efforts have been very effective, and as a result, calcium has become synonymous with dairy foods, as has protein with meat, poultry and eggs, iron with beef, and essential omega-3 fats with fish. Without these animal-derived foods in their daily diets, the public, both lay and professional, has come to believe that people, and especially children, will suffer from deficiencies. These beliefs are scientifically untrue, as discussed in detail in my book [The Starch Solution](#).

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## An Independent Critique of Low-carb Diets: The Diet Wars Continue

I am Travis (full identity withheld\*) and my background is a concerned person who is passionate about the scientific literature. I have been in search for truth about diet, health, and longevity for the past five years. As with most people, I once believed that progressive physical dysfunction and illness were processes of natural aging, and that my genes would decide my fate. However, I have uncovered convincing evidence to the contrary: many long-lived populations remain fully functional and active until very late in life. Their diets are all similar: high in plant foods, and low in animal foods. I want to be one of these people.

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## Diet, Children, and the Future



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The undeniable consequence of these multibillion-dollar promotions of unhealthy foods has been a pandemic of chronic illnesses among children living in Western countries. One in every three children in the US is now overweight or obese, and underneath all that extra body fat is sickness. Weight gain lays the foundation for type-2 diabetes. Sadly, one-third of all children born in the year 2000 are expected to develop diabetes during their lifetime. Additionally, artery disease (atherosclerosis), leading to strokes and heart attacks, and common cancers of the breast, colon and prostate, also begin in childhood. These trends have led to the conclusion that the current generation is expected to have a [shorter lifespan](#) than their parents. Misinformation about the nutritional needs of children is the first and foremost stumbling block to regaining their lost health and appearances.

Industry, working with government, actively spreads lies about the superiority of animal-derived nutrients. For example, cattle rancher and US representative from Wyoming, Cynthia Lummis, introduced congressional bill [HR 804](#) on September 21, 2012. This resolution asks that the US House of Representatives: “(1) recognizes the importance of animal-based protein as a component of the balanced diet of most individuals in the United States, and (2) encourages the Department of Agriculture to continue promoting the health benefits of and consumption of animal-based protein under the science-based 2010 Dietary Guidelines for Americans.” You must defend your own family because help is unlikely to come from outside.

### Common Health Problems of Children Caused by the Western Diet

Acne	Diabetes
Allergies	Fatigue
Arthritis (inflammatory)	Hemorrhoids
Asthma	Hypertension
Artery disease (occasionally heart attacks and strokes)	Indigestion (GERD)
Bloody stools	Leukemia and lymphomas
Body odor (malodor)	Obesity
Cholesterol (elevated)	Oily skin and hair
Colitis	Otitis media (Ear inflammation)
Constipation	Menstrual dysfunction (pain and blood loss)
	Precocious puberty

## Common Concerns of Parents

Setting aside personal preferences for the taste of eating animals and the huge profits for the food and medical businesses, the scientific truth is that your child will thrive on a starch-based, animal product-free diet and avoid diseases now commonly found among his or her peers and classmates. Parents and children must become familiar with the nutritional facts in order to avoid everyday pitfalls.

### Protein:

The greatest time of growth in a child's life happens during their first two years. The ideal diet during these nutritionally demanding times is breast milk. The protein content of human breast milk is a mere 5% of total calories. This low protein level cannot be reached by unrefined plant foods (starches and vegetables), as most plant foods have protein levels that are higher. Consider that sweet potatoes are 6%, rice 8%, potatoes 10%, and beans 28% protein. Plants synthesize all of the essential amino acids (animals can make only half of these building blocks of life), therefore, getting a adequate protein in a child's diet should not be a concern if they are on my starch-based diet.

### Calcium:

This mineral originates from the soil and directly or indirectly enters all animals through plants. Calcium from plant foods grows sturdy horses and strong elephants. Obviously, supplying the mineral needs of children is easily accomplished with plants. A recent review from the journal [Pediatrics](#) provides reassurance to parents that dairy is unnecessary for children to obtain adequate calcium. Meat, poultry and eggs contain essentially no calcium at all. Calcium deficiency is not of concern on my starch-based diet.

### Omega 3 fats:

The brain, a fatty tissue, is growing rapidly during childhood. This has lead people to believe that super concentrated sources of essential fats from foods are required. Only plants can synthesize the basic essential fats (omega-3 and -6). It is true that animals (fish, for example) do elongate these basic plant-derived building blocks into other fats (like EPA and DHA), however, [children](#), also being efficient animals, do the same. No fish or other animal needs to help. Essential fat deficiency is not of concern on my starch-based diet.

### Iron:

This mineral originates from the soil, and directly or indirectly enters all animals through plants. Concern about low iron, especially for the very young, has caused an organization, [Health Canada](#), to recommend meat be given to babies as their first solid food. Please note that members of this organization have [ties to the pharmaceutical and food industries](#). Rather than remove the cause, cow's milk, of almost all iron deficiency anemia in infants, their recommendation is to supplement with more iron from meat.

[Cow's milk](#) contains almost no iron. Compounding this problem of iron availability is that the calcium and casein in cow's milk prevents the absorption of iron into the child's body. Iron loss completes the triad of mechanisms causing iron deficiency: cow's milk causes about 40% of otherwise healthy infants to bleed from their intestines. Feeding meat as baby's first food does not fix the problem and creates many others (obesity, type-2 diabetes, artery disease, cancer, etc.). An important nutritional distinction is that human breast milk enhances iron absorption, and thus iron deficiency is [not a problem for exclusively breastfed infants](#). Plants are loaded with iron from the soil and [easily meet children's nutritional needs](#) (as long as they avoid dairy products). Iron deficiency is not of concern on my starch-based diet.

### Vitamin D:

Infants and children need sunshine for many reasons, including the production of vitamin D. The amount of exposure depends on

factors such as skin pigmentation, latitude, season of year, and time of day. In general, about two hours a week of exposure to face and hands is sufficient for light-skinned children. Vitamin D supplements will not replace sunshine and have multiple adverse effects. I do not recommend vitamin D supplements in the forms of fortified-foods or pills (except under extreme situations). Vitamin D is not of concern on my starch-based diet.

### **Vitamin B 12:**

Bacteria found in the environment and the human intestine produce vitamin B12. Meat contains vitamin B12 originally synthesized by bacteria. At least in part, because of the sanitary conditions, antiseptics, and antibiotics emphasized in our modern society, there is a risk of vitamin B12 deficiency. To cover this rare possibility, children should take vitamin B12 supplements. Five micrograms (mcg) daily is sufficient and appears to be non-toxic even at the high dosages commonly found in stores (500 to 5000 mcg per dose). Vitamin B12 is not of concern on my starch-based diet with my recommendations of a supplement of B12.

### **Height and Sufficient Calories:**

If a child's diet contains sufficient calories, then [normal growth and development](#) can be expected. Children do need energy for growth (protein, calcium, and essential fats are never limiting factors). Starches (rice, corn, potatoes, etc.) are goldmines of energy. Adding even more calorie concentrated foods, such as dried fruits, nuts, seeds, nut butters, and avocados, can further enhance calorie intake. Fruit juices are loaded with calories (and simple sugars, so be careful to rinse and brush teeth shortly after drinking to prevent tooth decay).

Final height depends upon calorie intake during childhood, but it is important that these calories come from plants rather than animal sources. Dependence on animal foods results in many health problems, including [precocious puberty](#). Advanced onset of maturity means earlier initiation of sexual activity, more unplanned teenage pregnancies, more female poverty, and more disease later in life (breast cancer, for example). Failure to obtain proper height is not of concern on my starch-based diet.

### **Diet at Various Ages**

#### **Newborn until 6 months:**

Breast milk until six months of age should be fed exclusively (no juice, water, formula, etc.). At six months the baby develops teeth to chew solid foods and hand coordination adequate to take anything from mother's hands. (Exclusive breastfeeding past six months can be healthy for mother and infant.)

Mother's diet is crucial, too. Her nutrient and non-nutrient intake affects her milk. For example, the cow's milk protein that she consumes ends up in her breast milk, causing her baby problems, such as [colic](#). Harmful environmental chemicals from her food choices can also poison her milk. Lactating women should include supplemental vitamin B12 as well.

For those few women who cannot breastfeed, I recommend [hypoallergenic cow's milk-based formula](#) (also called protein hydrolysate formulas).

These formulas are commonly described as poor tasting. This is because the manufacturers make them with less sugar than their regular cow's milk-based formulas. This discrepancy can be fixed by adding 1 gram of table sugar (about 1/4 teaspoon) to 2 fluid ounces of formula (100 calories). As baby adjusts, the added sugar can be reduced and stopped. Soy, nut, rice, and oat "milks" and other home-prepared formulas should not be used for infants.

#### **Ages 6 months until 2 years (weaning):**

Children naturally love sweet tastes (the tip of the tongue has taste buds for sweet). The first weaning foods introduced at six

months may include cooked rice, corn, oat, and other grain cereals and flours, and pureed potatoes and sweet potatoes. Young children enjoy cooked and pureed fruits such as apples, bananas, and pears. Cooked and pureed vegetables are often bitter tasting, thus broccoli, cauliflower, kale, and spinach may be harder to introduce. Cooked beans, green peas, and chunks of tofu can be introduced between seven and eight months of age. Simple healthy snacks such as puffed corn and rice make good finger foods.

Mashed avocados, and nut and seed butters spread on bread, bagels, and crackers can be introduced at about one year. Peanut and other nut allergies are not uncommon. If there is concern because of past or family history, then avoid suspicious foods. Cooked foods are generally better tolerated because the cooking breaks down proteins and carbohydrates making them more digestible and less allergic. Minimize the risk of choking by blending and cutting foods into small pieces.

Foods can be easily and cheaply prepared at home, but many parents choose commercially prepared baby foods. Check the ingredients. They should only contain mashed and cooked grains, vegetables, and fruits with no added salt or sugar.

### **Ages 2 years until 10 years:**

Frequent meals and snacks, as well as large portions, help to insure adequate energy intake. Fats are the most concentrated source of calories. The fat intake of healthy young children can be liberalized. However, children who are already overweight or obese should not be fed high-fat plant foods like nuts, seeds, and avocados until they have lost the excess weight.

Favorite foods for our children and grandchildren have been: cold and hot cereals topped with a half teaspoon of sugar, pancakes and waffles with a small splash of maple syrup, toast with a thin spread of jam, pasta and marinara sauce (vegetables were scary so they were blended with the sauce first), vegetable and bean soups with breads, sandwiches with peanut butter and a thin spread of jelly, sandwiches with bean spreads, bean burritos, healthy pizzas, and rice, potatoes, or pasta with various gravies. They also liked their starches (rice, corn, potatoes, sweet potatoes, peas, beans, pastas, breads, etc.) plain. (Thousands of recipes from Mary are found on my website (free) and in McDougall books. Plus there is a free 12-day program for the family to follow at [www.dr.mcdougall.com](http://www.dr.mcdougall.com).) (Simple sugars, salt, and spices are used to enhance food acceptance, but in reasonable, generally small, amounts.) Water is the best beverage. Herb teas can be acceptable. Fruit juice is sugar and water, so proper rinsing and brushing of teeth is required.

During these ages, parental control should be absolute; food choices should not be up to the discretion of the child. Put the right foods in the cupboards and refrigerator and the child will eat them. (Competing unhealthy foods must be removed.)

### **Ages 11 years to adulthood:**

An important growth spurt occurs during adolescence. Starches must provide the bulk of their calories, with extra energy from dried fruits and high-fat plant foods (nuts, seeds, avocados, etc.). Obesity is a growing problem in these years. Consider that one in four young adults is too overweight to join the US military, according to a [new report](#) from an advocacy group. Our country's safety depends on our military's strength and endurance, thus obesity and dietary illnesses are a threat to our national security.

Education is the key to getting older children to choose healthy eating. Explain to them how their choices can detract from their personal appearances (from acne to malodor to obesity). Explain how "all winning athletes" are fueled by carb-loading (rice, corn, potatoes, etc.). Animal Rights and environment issues resonate with young, sensitive people looking to their future.

### **Winning the Future for Our Children**

Our children must be protected and healed. We, as parents and grandparents, have that responsibility and many of us have the knowledge to take action now. Unfortunately, most people are still blind to the importance of saving those who are overfed. They don't see the pains of an obese child as being as hurtful as those of an under-fed child. But, they are. Widespread suffering in today's meat and dairy dominated world deserves the same full scale efforts (or greater) that the US took to save the starv-

ing children in Western Europe after WWII. My starch-based diet is a 100% effective, low-cost, and harmless way to strengthen the world with a future populated by well-fed, strong, healthy, and fit children.

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During my journey to enlightenment on proper nutrition, I also identified a few individuals working hard to sabotage the truth. Their beliefs are recognized by names, such as, low-carb diet, Paleo, Primal, and Atkins. When these ideas win, people and the planet Earth suffer. One of the major efforts of believers in low-carb (high animal-food) diets has been to try to discredit respected scientists and their works. For example, Denise Minger, has spent the past several years trying to harm the reputation of T. Colin Campbell, PhD. Her writings distort the science, laying traps for death and disease for the general public that listens and follows. I have carefully read and analyzed the original science. My work has documented her inaccuracies and omissions, as well as untruths spread by many others in the low-carb camp.

Please consider my findings and conclusions in this first critique in a series to be published in the upcoming months in the McDougall Newsletter. If you judge my writings worthy, please share them with others. Also send questions directly to me at [healthy.longevity@live.com](mailto:healthy.longevity@live.com). Your comments will also be published and questions answered in upcoming McDougall Newsletters.

\*I have chosen to withhold my full identity for the time being because of my concern for my personal safety. Large amounts of money will be at jeopardy, as the truth becomes known.

## Forks Over Knives and Healthy Longevity: A Missed Opportunity for the Cholesterol Skeptics

This is the first part of a series of posts that addresses the science regarding plant based diets and the documentary Forks Over Knives and the very serious inaccuracies and omissions that compromise the critiques authored by the cholesterol skeptics, in particular Denise Minger.

## Food Shortages, Cardiovascular Disease and All-Cause Mortality in the World Wars

In [Forks Over Knives](#), Dr. Caldwell Esselstyn described the classical findings from a paper authored by Strom and Jensen, who observed that in Norway between 1938 and 1948 there was a strong relationship between cardiovascular mortality and changes in

intake of fat in the form of butter, milk, cheese and eggs, with the changes in mortality lagging behind dietary changes by a approximately one year (Fig. 1).<sup>1</sup> Denise Minger not only ignored these findings in her critique despite citing the mortality data from the same paper, but instead claimed in regards to a paper on rationing in Norway that animal foods did not decline until after cardiovascular disease mortality had already started declining.<sup>2</sup> Denise misleads her readers by confusing the period when rationing was introduced with the period when the intake of animal foods declined. It can be deduced from the data from the Ministry of Supplies cited by Strom and Jensen that rationing was introduced as a result of a declining availability of such products, and therefore introduced *after* the intake of animal foods had already declined.<sup>1</sup>

[Read More](#)



## September 2012 Recipes

### Roasted Tomato Basil Soup

John and I were in Portland, OR over the weekend of September 14, 15 & 16, 2012 to give presentations for Oregon Health and Science University's Living Brain Wellness program. We stayed with our son, Craig, and his wife, Mika, and enjoyed some quality time with our new granddaughter, Chloe. On one of our free days we all took a trip out to the coast, and before going for a long walk on the lovely beach there, we stopped for lunch at Sweet Basil's Café, a vegetarian/vegan restaurant in the heart of Cannon Beach, OR. None of us could resist ordering the Tomato Basil Soup that was the special soup of the day. It was delicious and we all spent the next few minutes trying to determine the ingredients of this delectable soup, with me taking notes on my iPhone for future reference. This is my version of their wonderful soup: I think it's even better than theirs!! This makes a large amount of soup. Part of this recipe could be frozen for an easy meal later and it is also fantastic served over pasta. .



Preparation Time: 30 minutes  
 Cooking Time: 45 minutes for roasted tomatoes  
 60 minutes for soup  
 Servings: 8-10

#### Roasted Tomatoes:

3 pounds fresh plum tomatoes, cut in half  
 2 tablespoons vegetable broth  
 several twists of freshly ground pepper  
 dash of sea salt

#### Soup:

1 onion, chopped  
 1 stalk celery, chopped  
 1 carrot, chopped  
 ¼ cup water  
 1 teaspoon minced garlic  
 ¼ teaspoon red pepper flakes  
 2 15 ounce cans fire-roasted diced tomatoes

4 cups vegetable broth  
 1 cup packed sliced fresh basil  
 1 ¾ cups cooked barley  
 1 teaspoon low sodium soy sauce

Preheat oven to 400 degrees.

Place the cut tomatoes in a flat baking dish, drizzle the vegetable broth over the tomatoes and sprinkle with the pepper and salt. Place in the oven and roast uncovered for 45 minutes. Remove from oven and allow to cool slightly.

Meanwhile, place the onion, celery and carrot in a large soup pot with the water. Cook, stirring frequently until vegetables have softened and the water has evaporated. Add the garlic and red pepper flakes and stir well to mix. Add the canned tomatoes and their juices, the vegetable broth and the roasted tomatoes and their juices. Mix well and bring to a boil. Reduce heat and simmer, covered, for about 30 minutes. Remove from heat and slowly and carefully blend slightly with an immersion blender. (See hints below.) Add the basil, barley and soy sauce. Stir to mix and cook over low heat for another 15 minutes to blend flavors well. Season with a bit more sea salt, if desired.

Hints: If you don't have plum tomatoes in your garden, just use any flavorful fresh tomatoes and cut into wedges before roasting. ½ cup of uncooked barley cooked in 1 ½ cups of water for 30-40 minutes yields about 1 ¾ cups of cooked barley. If you don't have an immersion blender, this may be slightly blended in a regular blender in small batches. Either way, be very careful, as the hot soup can splatter easily. You don't want the soup to be too smooth, a few chunks of tomatoes and vegetables should still be visible. The basil and barley are added to the soup after the blending process is completed.

## **Chef Kevin Dunn**

**Vegan Culinary Instructor**  
**Grand Rapids, Michigan**

Kevin graduated from the Culinary Institute of America in Hyde Park, New York and has worked in several four-star restaurants throughout the United States. Learning to cook was following his dreams, but he didn't start out at a cooking school. He grew up in Southwestern Michigan and graduated from the University of Notre Dame, where he studied Economics and Labor Law.



After working in Nashville, New York and Milwaukee, Kevin returned to Michigan to become the Executive Chef of the Kellogg Corporation in Battle Creek. His responsibilities included running a 200 seat fine dining restaurant, marketing, research and development, and a weekly talk radio show about food. It was while at Kellogg that he was hit with a bombshell; he was diagnosed with diabetes and heart disease at the young age of 35. Since then Kevin has been on a quest for health and better tasting vegetarian cuisine. He has re-developed many classical dishes into healthier alternatives, which he believes should satisfy anyone's palate.

Kevin spent seven years at the prestigious New England Culinary Institute in Vermont where he fostered his vegetarian cuisine. He is presently in the process of writing a vegan cookbook which he believes will change many of the misconceptions of vegetarian cuisine.

Kevin joined the nationally renowned Hospitality Education Department at Grand Rapids Community College in August of 2003. His responsibilities are for the direction of the Advanced Food Production Class which operates the Heritage restaurant, a fine dining restaurant run by the students. The menu of the Heritage is an eclectic blend of classic cuisine and vegetarian alternative.

**Ethiopian Cuisine** Dr. McDougall's Health and Medical Center  
 Advanced Study Weekend



September 8, 2012

**Kevin Dunn****Injera**

Ethiopian meals are eaten without utensils. Instead, injera, a soft spongy pancake is used. Injera is made in large circles, which are used in two ways; first as the plate and secondly pieces are pulled off and used as spoon to scoop up the food.

1 ½ Cups Ground Teff  
 2 Cups Water  
 Salt, to taste

**Method:**

- 1.) Mix ground teff with the water and let stand in a bowl covered with a dish towel at room temperature until it bubbles and has turned sour; This may take as long as 3 days, although I had success with an overnight fermentation; The fermenting mixture should be the consistency of a very thin pancake batter.
- 2.) Stir in the salt, a little at a time, until you can barely detect its taste.
- 3.) Heat a well-seasoned griddle; use medium heat.
- 4.) Pour in enough batter to cover a 10-inch circle. (About a 1/4 Cup)
- 5.) Injera is not supposed to be paper thin, so you should use a bit more batter than you would for crepes, but less than you would for a pancake.
- 6.) Cook briefly, until holes form in the injera and the edges lift from the pan; do not let it brown, and don't flip it over as it is only supposed to be cooked on one side.
- 7.) Remove and let cool.

**Ethiopian Cooking Necessities****Berbere Yield: 1 ½ Cups**

¾ Cups Hot Dried Chile Flakes  
 2 Tbls. Garlic Powder  
 1 Tbls. Onion Powder  
 1 Tbls. Powder Ginger  
 1/8 tsp. Ground Cloves  
 1 Tbls. Kosher Salt  
 2 tsp. Ground Cumin  
 1 tsp. Ground Fenugreek  
 1 tsp. Ground Cinnamon  
 1 tsp. Ground Cardamom  
 1 tsp. Fresh Cracked Black Pepper

**Method:**

- 1.) Combine and thoroughly mix all ingredients.
- 2.) Store in an airtight container.

**Niter Kebbeh Yield: 1 ¾ Quarts**

2 Quarts Vegetable Stock

½ Cup Chopped Spanish Onion  
 ½ Cup Minced Garlic  
 8 tsp. Ginger, grated on a micro-plane  
 2 tsp. Turmeric  
 20 each Green Cardamom Pods, crushed  
 4 each Cinnamon Stick  
 10 each Whole Cloves  
 ¼ tsp. Fresh Ground Nutmeg

**Method:**

- 1.) Slowly heat the vegetable stock in a medium-sized saucepan over low heat.
- 2.) Add the other ingredients and simmer uncovered on the lowest heat for about 20-30 minutes.
- 3.) Strain the mixture through a double layer of cheesecloth.
- 4.) Refrigerate until needed.

**Doro Wat****Yield: Serves 8 people***Baked Sweet Potatoes and Baked Tofu Sub-Recipe*

¾ pound Sweet Potatoes, peeled and cut in large French fry cut  
 ¾ pound Extra Firm Tofu, cut ¾" cubes  
 6 ounces Almond Milk  
 1 Tbls. Fresh Ginger, grated  
 1 Tbls. Soy Sauce, Less Sodium, Yamasa  
 8 ounces Pineapple Juice, Dole  
 3 ounces Sweet Chili Sauce, Mae Ploy  
 1 tsp. Agave, light, raw  
 1/8 tsp. Sea Salt  
 2 Pinches Fresh Ground Black Pepper

**Method:**

- 1.) In a bowl mix everything except the tofu and the sweet potatoes, to form the marinade.
- 2.) Marinate the sweet potatoes and tofu, separately in the marinade for at least 1 hour.
- 3.) Re-heat the oven to 400-degrees
- 4.) Drain the sweet potatoes, and tofu. Bake both the sweet potatoes and the tofu on separate sheet pans lined with a silicon mats.
- 5.) Bake the tofu for 7-10 minutes until golden and firm.
- 6.) Bake the sweet potatoes for 20-25 minutes, until golden and tender.

*Rest of the Doro Wat Ingredients*

1 batch Baked Sweet Potatoes and Baked Tofu  
 2 Cups Spanish Onion, chopped  
 2 Tbls. Garlic, minced  
 2 Tbls. Lemon Juice  
 2 tsp. Ginger, grated on a micro-plane  
 ¼ Cup Niter Kebbeh

6 grates Fresh Nutmeg  
 3/4 Cup Vegetable Stock  
 1/4 Cup White Wine  
 2 tsp. Berbere  
 1 tsp. Paprika  
 1/8 tsp. Hawaiian Black Salt (to replace a hard cooked egg flavor)  
 salt and pepper, to taste

**Method:**

- 1.) In a sauté pan, add the niter kebbeh and heat over a medium flame.
- 2.) Add the onions, garlic, ginger, paprika and nutmeg, simmer two to three minutes.
- 3.) Add the vegetable stock, wine, black salt and the berbere.
- 4.) Cover and simmer 10 minutes.
- 5.) Uncover and simmer until sauce thickens slightly.
- 6.) Add the tofu and sweet potatoes
- 7.) Season to taste, with regular salt, pepper and fresh lemon juice.

**Yemisir Kik Wat (Lentil Sauce) Yield: serves 8 people**

4 Cups French Lentils  
 ½ each Red Onion, small dice  
 1 tsp. Minced Garlic  
 ½ Cup Niter Kebbeh  
 1 tsp. Berbere  
 1 tsp. Ground Black Cumin  
 2 tsp. Fresh Grated Ginger, utilize the micro-plane  
 4 Cups Vegetable Stock  
 salt and pepper, to taste

**Method:**

- 1.) Rinse and cook the lentils in 6 Quarts of water until tender approximately 20 to 30 minutes, until tender. Drain and reserve.
- 2.) In a separate pot sauté the red onions and garlic in the niter kebbeh, until the onions are just translucent.
- 3.) Add the berbere, ginger and the black cumin, cook for a few minutes more, stirring occasionally to prevent burning.
- 4.) Add 3 Cups of vegetable stock and continue simmering.
- 6.) Add the lentils and simmer for 15 to 25 minutes, until tender.
- 7.) Season to taste with salt and pepper.

**Yeater Kik Aicha Wat (Yellow Split Pea Sauce) Yield: Serves 8 people**

2 Cups Yellow Lentils  
 ½ each Spanish Onion, small dice  
 1 Tbls. Minced Garlic  
 ½ Cup Niter Kebbeh  
 1 tsp. Berbere  
 1 tsp. Ground Cumin

1 tsp. Paprika  
 3 Cups Tomatoes, emonde (skinned) cut small dice  
 ¼ Cup Tomato Paste  
 2 cups Vegetable Stock  
 1 Cup Frozen Green Peas  
 salt and pepper, to taste

**Method:**

- 1.) Rinse and cook the lentils in 3 Quarts water, approximately 5 minutes, until tender. Drain and reserve.
- 2.) In a separate pot sauté the onions and garlic in the niter kebbeh, until the onions are just translucent.
- 3.) Add the berbere, cumin, and paprika and sauté for a few minutes more, stirring occasionally to prevent burning.
- 4.) Mix in the chopped tomatoes and tomato paste and simmer for another 5 minutes.
- 5.) Add 1 cup of vegetable stock and continue simmering.
- 6.) Add the lentils and simmer for 5 to 10 minutes.
- 7.) Season to taste with salt and pepper.
- 8.) Add the green peas and cook until ready to serve.

**Gomen Wat (Collard Green)****Yield: serves 8 people**

2 pounds Collard Greens, weight before trimming  
 1 each Large Spanish Onion, minced  
 2 Tbls. Niter Kebbeh  
 1/2 cup Water, as needed  
 salt and pepper, to taste

**Method:**

- 1.) Triple Wash the greens well in a sink full of water, to remove sand. Drain the water 3 times.
- 2.) Remove about 2 inches off from the bottom of the stem.
- 3.) Chop the stems well and reserve.
- 4.) Cut the leaves in a very large chiffonade and reserve.
- 5.) In a heavy bottomed pot heat the niter kebbeh. Add the onions and the chopped collard stems. Sweat until the onion is translucent and the chopped stems have softened.
- 6.) Add the collard leaves and stir well. Cook until tender adding a small amount of water if necessary. (To help the greens steam)
- 7.) Cook the collards until tender and season to taste with salt and pepper.

**Alicha Wat (Ethiopian Cabbage Stew)****Yield: serves 8 people**

2 Tbls. Niter Kebbeh  
 1 ½ Cups Red Onion, small dice  
 ½ tsp. Minced Garlic  
 4 Cups Yukon Gold Potato, cut in 1-inch cubes  
 4 each Baby Carrots, cut on a bias  
 1 each Green Cabbage, cut into small wedges  
 1 each Serrano Chili, cut fine brunoise

**Reserve Until Step #3**

2 Cups Vegetable Stock

5 grates Fresh Nutmeg

**To Garnish:**

2 tsp. Parsley, chopped

2 Tbls. Fresh Basil, cut chiffonade

**Method:**

- 1.) In a sauté pan add the niter kebbeh and cook onions and garlic in small amount of vegetable stock until translucent.
- 2.) Add the rest of the ingredients (except the stock and nutmeg), cook until lightly golden.
- 3.) Add the stock and nutmeg and then cook slowly for 30 minutes.
- 4.) Season to taste.
- 5.) Add the parsley and basil to garnish.

**Yetakelt Wat (Potato and Tomato Stew)****Yield: Serves 8 people**

2 Cups Spanish Onions, small diced

1 Tbls. Garlic, minced

2 tsp. Berbere

2 tsp. Paprika

½ Cup Niter Kebbeh

2 Cups Baby Carrots, cut on the bias

3 Cups Yukon Gold Potatoes, peeled and cut ¾-inch dice

2 Cups Tomatoes, emondé (peeled) cut small dice

1/8 Cup Tomato Paste

4 Cups Vegetable Stock

salt and pepper, to taste

**To Garnish:**

2 Cups French Green Beans, steamed and reserved for service

2 Cups Frozen Peas, reserved for service

1/4 cup Fresh Chopped Parsley, reserved for service

**Method:**

- 1.) Sauté the onions, garlic, berbere, and paprika in the niter kebbeh for 2 minutes.
- 2.) Add the carrots and potatoes and continue to sauté for about 10 minutes more, stirring occasionally to prevent burning.
- 3.) Add the chopped tomatoes, tomato paste and vegetable stock.
- 4.) Bring to a boil and then reduce heat and simmer until all of the vegetables are tender and the stew is thickened.
- 5.) Season with salt and pepper.
- 6.) Add the green beans, peas and parsley and season to taste.

**Ethiopian Salad****Yield: Serves 8 people**

3 each Vine Ripe Tomatoes cut into tomato wedges with seeds removed, these should look like rose petals.

¼ Cup Red Onion, julienne  
 ½ head Baby Iceberg, large shredded  
 ½ each Serrano Chili, seed and cut fine julienne  
 1 tsp. Roasted Garlic, smashed  
 1 pinch Hot Dried Chili Flakes  
 1 batch Salad Dressing  
 salt and pepper, to taste  
 ¼ Cup Chopped Parsley

**Method:**

- 1.) Combine the ingredients and season to taste.
- 2.) Drain well and place in the center of the Injera.

**Ethiopian Dressing****Yield: Serves 8 people**

1 Cup Ketchup  
 2 ounces Vegetable Stock, low sodium  
 1/8 tsp. Onion Powder  
 1 pinch Dried Thyme  
 ¼ tsp. Dried Basil  
 1/8 tsp. Dried Oregano  
 1 tsp. Roasted Garlic  
 ¼ Cup Rice Vinegar  
 ¼ Cup Sugar  
 salt and pepper to taste  
 2 drops Sriracha  
 ¼ tsp. Xanthan Gum

**Method:**

- 1.) Combine all ingredients, except the xanthan gum.
- 2.) Place in a stainless steel sauce pot and bring to a boil, constantly whisking.
- 3.) Once this liquid boils turn the heat down to low and simmer for 3 minutes.
- 4.) Cool the dressing and then whisk in the xanthan gum. Refrigerate until cold.
- 5.) Toss the tomato salad with this dressing.