



## 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 a 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**

- |          |                            |
|----------|----------------------------|
| 3/4 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 Aliche 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.