

Recípes from Casa della Pace

Created by Santí Borgní



Global Pilgrimage Retreat 2020

31. July – 7. August



One World
in Dialogue



These recipes were provided by Santi Borgni,
the founder of Casa della Pace in Umbria, Italy,
for the online participants of
One World in Dialogue's
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31. July to 7. August 2020
Grazie & Buon Appetito!

Thank you also to [deepl.com](https://www.deepl.com) for automatic translation of Italian to English.

Welcome! *Bienvenuto!*

The recipes that you will find here are intended to enable you to create your own nutritious, healthy vegetarian meals to support your retreat. This is beautiful food: simple, full of the fragrances and tastes offered by the sun and soil of the hills of Umbria.



Santi Borgni's way of cooking is both an art and a meditation. He understands cooking as integral to a whole way of life, which he will share with us during the retreat. The purpose of the food, and the way that it is prepared, is designed to complement going deep into stillness.

Keeping in mind that the purpose of the retreat is neither food nor cooking, please work with these recipes in the best way for you. Each day offers you a main course, salad(s), soup, and *dolce* (a sweet). The If you are not passionate about cooking, or are squeezed for time, select something simple to make from the daily menus (just the soup or salad). Or create your own menus of food that are simple to prepare and nourishing.

The important thing is that you plan in advance so that you don't have to go shopping or spend a lot of time thinking about how you will feed yourself during the silence and inner focus of the retreat.

Please note that these recipes may contain ingredients that are not easily available in your area. Don't worry. Substitute something close—like it is difficult to get real mozzarella outside of Italy. Use what you can find and what you think would taste good. Have fun with this—use your imagination and intuition to adapt these recipes to fit your diet, location, food availability, schedule, etc.

Pane

Santi begins by making his own bread. For most of us, this will be far too complicated and time-consuming. We include the recipe here for those among us who are passionate cooks and to give you a sense of the authenticity of Santi's kitchen.

Preparing the Sourdough Starter

This process requires a temperature of at least 20 degrees C. (68° F.) in your kitchen.

OPTION 1: In a bowl, mix 2 tablespoons of wholemeal or wholemeal flour (or spelt or rye), if possible freshly ground, with a teaspoon of malt and a little warm water—enough to form a batter. (It is very important to avoid the use of chlorinated water which prevents fermentation). Cover the bowl with a cloth and leave it in a protected but open place (e.g. above a cupboard).

After 2 days, add 2 more tablespoons of flour and more lukewarm water, mixing, repeat the same operation after 2 more days. After 7 - 8 days, the batter should be fermented, bubbles appear on the surface and the smell is pleasantly acidic.

OR OPTION 2: start from a starter that you can buy in a natural food store. In this case just add flour and lukewarm water to the starter and wait 4 - 5 hours.

At this point you can make your own bread using the sourdough starter you have made.

The sourdough starter can be easily stored for a week in the fridge or in a cool place. Place it in a bowl covered with dry flour and protected from dust with a cloth. The enemy of enzymes is mold which can develop on the surface and damage the leavening capacity of our dough. The cold helps to prevent the formation of mold, but the best practice is above all to renew it quite often, once a week is enough.

Recipe for about 1 kg of bread leavened with sourdough

Preparation: 30 minutes

Cooking: 45 minutes

Waiting time: 8 - 12 hours

Ingredients:

- about 300 g of active, leavened sourdough starter
- 750 g wholegrain wheat flour (type "2" flour) or wholegrain flour
- 4 - 5 g fine whole sea salt
- lukewarm, non-chlorinated water to create soft, elastic mixture (total about 450 ml)

The evening before making the bread or at least 5 - 6 hours before, mix the sourdough in the bowl you will use with 250 g of flour and 250 ml of lukewarm water. You can use a wooden spoon for this purpose and no need to stir for a long time, just mix well.

When this first dough is well leavened, remove an amount of the sourdough that is equal to what you started with: this will be the yeast for your next bread.

Add the remaining 500 g of flour, salt and about 200 ml of water, which can be quite hot to heat the dough, which will have cooled in the meantime; this may be more important during the winter. When the dough is finished it should be warm to the touch. Add the water little by little, while kneading the mass, in order to obtain the right consistency.

Knead well, first in the bowl and then on the table top, better if it is made of wood. To knead, fold the mass on itself several times. The result should be soft but not sticky. After this operation, which can take about 15 minutes, form the bread or loaves. You can put the bread in a rectangular baking pan (11 x 26 cm), in this case it will be better to make 2 and cover the pan with baking paper. Or you can make 1 or 2 loaves without a baking tray, in the shape you desire.

An alternative to mention on this point is this: instead of forming the loaves immediately after kneading, leave the dough to rest for about two hours, then

form the loaves as described above. This improves the leavening and the consistency of the bread is more elastic.

In any case, the bread should be leavened enough to enter the oven after 1 and a half or 2 hours. Before putting it in the oven, cut the surface with a sharp or serrated knife making one or more cuts about 1 cm deep. The cut contributes greatly to the shape of the bread. If, however, the bread is already very leavened by the time it enters the oven, it is better not to make the cut because that would make the bread flatten instead of helping the leavening.

Putting the bread in a baking pan, in addition to giving it a rectangular shape, has other characteristics: the time to bake is less important, even if the ideal time is exceeded, and consequently the bread will rise more than necessary, the pan will help it to keep its shape; the cut of the slices will be easier and more homogeneous; the bread will have less crust.

If you form the loaves by hand, the time to bake becomes very important: it will be necessary to put the bread when bread has started to rise but is not yet at the maximum: in this way the loaf, entering the oven, will rise by opening the cuts. The loaves have more crust and their appearance is the result of the shape we gave them and the cuts made.

Bake in a preheated oven at 180 degrees C (350° F.) for about 45 minutes, the baking time varies with the size of the bread and the characteristics of the oven.

The bread is baked when it has a golden brown color and the crust is well formed.

Steps in the preparation of 1 kg of sourdough bread:

1. add to 300 g of active sourdough 250 g of flour and 250 ml lukewarm water
2. leave to rise for 6 - 8 hours.
3. take out the "mother" (starter) for the next bread
4. add another 500 g of flour and about 200 ml of hot water.
5. knead well for about 10 to 15 minutes.
6. form the loaves or put them in a baking tray and leave to rise for 1.5 to 2 hours.
7. make cuts on the surface
8. bake in a preheated oven at 180 degrees C (350° F.) for about 45 minutes.

Day One:

Orecchiette with radicchio sauce

Preparation and cooking: 20 minutes

4 - 5 servings

- 350 - 400 g durum wheat orecchiette Senatore Cappelli
- 1 finely chopped radicchio (whole head)
- 400 g fresh or canned peeled tomatoes
- 1 small finely sliced onion
- 3 - 4 tablespoons extra virgin olive oil
- 2 cloves of garlic, minced
- chili
- herb salt to taste
- 4 tablespoons grated aged pecorino cheese or gomasio to taste

Heat a tablespoon of oil with garlic and chili pepper in a pan and fry gently for 30 seconds.

Add the onion and sauté over a high flame and stir for a few minutes.

Add radicchio, tomatoes, and salt to the herbs, cover, bring to the boil and cook over moderate heat for 5 minutes.

In the meantime, bring to the boil 3 - 4 liters of salted water to cook the orecchiette, throw them into the boiling water, stirring immediately and drain when al dente—firm to the bite.

Season the orecchiette in a bowl, sprinkle them with a drizzle of oil and serve immediately offering grated pecorino or gomasio as a topping.

Lentil Salad

Preparation: 15 minutes

Cooking: 30 minutes

4 - 5 servings

- 200 g small brown lentils
- 500 ml of water
- 200 g tomatoes, preferably cherry or quartered cherry or plum tomatoes
- 1 finely sliced small onion

- 1 chopped celery stalk
- 200 g diced, scalded or steamed carrots
- 1 handful of roughly chopped basil leaves
- 3 tablespoons extra virgin olive oil
- herb salt to taste

Wash the lentils and cook them over moderate heat in a covered pot with 500 ml of unsalted water (twice their volume). Cooking will take about 25 minutes, the cooking time may vary with the quality of the lentils. (Soaking the lentils 12 hours before cooking is convenient, although not necessary: it improves the digestibility of the legume and shortens the cooking time. If the lentils have been soaked earlier, less water will be sufficient for cooking, about 250 ml.)

Let the lentils cool before mixing them with all the other ingredients.

Serve warm or at room temperature.

Carrot Salad

- 3 medium large grated carrots
 - 4 tablespoons lemon juice (1 lemon)
 - herb salt to taste
 - freshly ground black pepper, to taste
 - 2 tablespoons extra virgin olive oil
 - 2 tablespoons raisins
 - 2 tablespoons coarsely chopped parsley
- Mix together. Serve at room temperature.

Chocolate Cake

Preparation 30 minutes

Cooking 35 minutes

12 servings

Cake batter:

- 270 g semi-integral wheat flour (type '2')
- 40 g (1/2 cup) bitter cocoa
- 120 g whole cane sugar
- 2-3 teaspoon (13 g) baking powder
- 7 - 8 tablespoons (60 g) corn oil
- 1 pinch of fine whole sea salt

- 1 teaspoon cinnamon (optional)
- 1 teaspoon ground cardamom (optional)
- 3 ground cloves (optional)
- 350 ml water or rice milk

Filling

- 750 g plums or peaches cooked as described in the following recipe

Icing

- 100 g dark chocolate
- fresh fruit as decoration (optional)

Mix all the dry ingredients well in a bowl, then carefully mix in the corn oil. Finally add the water.

Place the mixture in a baking tray 25 cm diameter or 30 x 22 cm covered with baking paper.

Place in preheated oven and bake for about 35 minutes at 180 degrees (350 F).

Remove from the oven, place the cake on a wooden surface or on the grill, let it cool, then cut the cake in two horizontally and remove the top. To avoid breaking it, it will help to insert a rigid and thin top (for example a piece of cardboard) between the two halves so that you can lift the top without danger of its breaking.

Spread the fruit evenly on the bottom half and put the top back in place.

Melt the chocolate in a double boiler.

When the cake is filled, cover it with melted chocolate and creatively arrange the fruit that will decorate the cake.

Let it cool before serving.

Alternatives:

To make this cake wetter and tastier, wet the two halves before you add the filling, with 100 ml of fruit juice or rice milk.

You can add 100 g of ground nuts or 50 g of grated coconut to the mixture.

To simplify the preparation, replace the fresh fruit with good jam.

Sautéed peaches, pears, or apricots with brown sugar

Fruit cooked in this way is very useful for filling cakes with fresh fruit or covering tarts.

Preparation: 5 minutes

Cooking: about 10 minutes

- 750 g fruit
- 100 g brown sugar (unrefined)

Wash the fruit and cut it into coarse pieces. Place them in a large steel or non-stick pan with the sugar and cook over high heat stirring with a wooden spoon. The fruit should not be more than 2 or 3 cm thick. Cook until the sugar has completely melted and the fruit has softened, releasing liquid. Do not add water.

Summer Soup

Preparation: 15 minutes

Cooking: 20 minutes

4 - 5 servings:

- 200 g green beans in pieces
- 1 small onion coarsely chopped
- 2 medium-sized diced zucchini
- 1 diced celery stalk
- 200 g cherry tomatoes cut in half
- 2 teaspoons vegetable broth powder
- 1 tablespoon chopped parsley or some chopped basil leaves
- 2 - 3 tablespoons extra virgin olive oil
- 750 ml water

Bring all the ingredients, except parsley, oil and tomatoes, to the boil in a covered pot. Continue cooking over low heat for 15 minutes, then add the tomatoes cut in half and cook for another 5 minutes. At the end of cooking the tomatoes should be cooked but not still have their shape and the green beans should be soft.

Turn off, spread the herbs on the surface and, serving, season with a drizzle of oil.

Day Two

Risotto with Tomato

Preparation: 15 minutes

Cooking: 25 minutes

4 - 5 servings

- 250 g risotto rice (which may be arborio, carnaroli rice or vialone nano)
- 1 small chopped onion
- 400 g fresh or canned peeled tomatoes
- 650 ml boiling water
- 1 tablespoon vegetable broth powder
- 2 - 3 tablespoons extra virgin olive oil
- 1 ½ glasses dry white wine
- chopped parsley
- ground black pepper, to taste
- grated Parmesan cheese or gomasio to taste

Heat 1 tablespoon of oil with the onion in a pot with a thermal bottom and low rim, brown for a few minutes, then add the chopped or crushed tomatoes and the rice.

Bring to the boil, let the rice absorb the liquid from the tomatoes and pour the wine into the pot. Continue cooking without lid until the rice is dry.

Add ¾ of the boiling water, stir, turn the heat down to a minimum and cover.

Cook for 20 minutes, adding water and powdered vegetable stock.

When the rice is "al dente", add a little more liquid, adjust the salt by adding the necessary amount of powdered broth, pepper to taste, then remove from the heat and leave to rest with a lid for 5 minutes before serving.

Sprinkle with parsley, season with a drizzle of oil and offer parmesan or gomasio on the table.

Tofu with celery, carrot, and onion

Preparation: 15 minutes

Cooking: 15 minutes

5 servings

- 350 - 400 g tofu cut into strips
- 4 - 5 finely chopped celery stalks
- 1 finely chopped medium blonde onion
- 3 medium carrots finely chopped
- 2 tablespoons shoyu (soy sauce)
- 2 tablespoons extra virgin olive oil
- 1 tablespoon chopped parsley

Vegetables can be chopped with a food processor, but manual cutting certainly gives a better result.

Marinate the already-cut tofu with the shoyu and 1 tablespoon of oil, stirring occasionally.

Heat 1 tablespoon of oil in a frying pan and gently fry the vegetables (not the parsley) for 10 minutes, stirring occasionally.

Add the tofu and continue cooking over a slightly higher heat, stirring for about 5 minutes, until the tofu begins to brown.

Turn off and incorporate the parsley. Serve hot.

Peperonata

Preparation: 15 minutes

Cooking: 20 minutes

4 - 5 servings

- 2 large square peppers in strips
- 1 medium onion finely sliced
- 1 medium-sized chopped potato
- 2 tablespoons extra virgin olive oil
- herb salt to taste
- black pepper to taste

Heat the olive oil with the onion in a non-stick bottom pan, fry over a high flame for 2 minutes before adding the peppers in strips and the chopped potato.

Season with salt, cover, reduce the heat to a minimum and cook for 20 minutes adding half a glass of water and stirring occasionally.

The result should be moist, with the potato almost melting, creating a sort of sauce around the peppers.

Lettuce, arugula, olives, and cucumber

4 - 5 servings:

- 150 g lettuce, better if you use small leaves.
- 1 generous handful of arugula
- 100 g pitted olives
- 1 cucumber firm, sliced
- 1 teaspoon salt with herbs
- ground black pepper, to taste
- 3 tablespoons extra virgin olive oil
- 2 tablespoons lemon juice (½ lemon)

Chop lettuce and arugula. Place the sliced tomatoes in a serving dish first in a circle and then fill the central space with lettuce, rocket and olives.

In a bowl whisk together oil and lemon with salt and pepper, season and serve.

Banana, lemon and strawberry or peach muffins

Preparation 20 minutes

Cooking 25 minutes

12 muffins

- 250 g semi-whole grain flour or durum wheat or spelt flour
- 60 g (3 full tablespoons) brown/unrefined sugar
- 50 g (6 tablespoons) corn oil
- grated peel of 2 lemons (only the yellow part)
- 25 g (5 teaspoons) baking powder
- 1 pinch of fine whole sea salt
- 300 g ripe bananas (2 - 3 bananas)
- 300 g ripe strawberries or peaches in pieces
- Juice of 1 ½ lemon (6 - 7 tablespoons)

Mix the dry ingredients well with the corn oil in a bowl. In a second bowl mix the bananas with the lemon juice in a blender.

Add the liquid and the strawberries to the dry ingredients, mix briefly with a wooden spoon and pour into the paper baking cups in the muffin pan, dividing into equal parts.

Place immediately in a preheated oven at 180°, baking for about 25 minutes, until golden brown.

Velvety Zucchini and Almond Soup

This is an extremely simple preparation but with a really good result for nutrients, texture and taste: it has a creaminess together with a particular delicacy of taste, almonds also make it nutritious both as a source of protein and calcium and other micronutrients.

Preparation: 10 minutes

Cooking: 20 minutes

4 servings

- 500 g fresh zucchini
- 60 g chopped almonds
- fresh ginger in pieces, as desired
- 1 teaspoon cumin seeds
- 1 tablespoon extra virgin olive oil
- 500 ml water
- 2 teaspoons vegetable broth powder

Wash and roughly cut the zucchini. Heat the olive oil with ginger and cumin seeds in a pot with a thermal bottom. When it starts to fry, stir briefly and add the zucchini. Allow it to cook for a couple of minutes before adding the water and almonds. Bring to the boil, cover and simmer until the zucchini are well cooked. Add the vegetable stock and mix well with an immersion blender (a stick blender). This last step is important for a good result: if you do not have a good quality blender you will have to work it until you get a really velvety cream. You can add a drizzle of extra virgin olive oil and some coarsely chopped mint leaves or 2 tablespoons of butter where a tuft of sage leaves has been briefly sautéed.

Day Three

Quinoa with peas and carrots

Preparation 15 minutes

Cooking: 25 to 30 minutes

5 - 6 servings

- 240 g quinoa
- 250 g fresh or frozen peas
- 250 g diced carrots
- 2 teaspoons vegetable broth powder
- 2 tablespoons lemon juice
- 2 tablespoons extra virgin olive oil
- 3 tablespoons shoyu (soy sauce), to taste
- 1 handful of parsley
- 750 ml of water

Wash the carrots without peeling them and without using the brush, to avoid making them dark, and cut them into cubes. Bring to the boil about 750 ml of water and blanch the peas and carrots separately. With the help of a skimmer remove them from the water as soon as they start to become soft (about 4 - 5 minutes). Place the vegetables in a bowl and measure the remaining stock, you will need 500 ml, which is twice the volume of quinoa.

After washing the quinoa, cook it in the vegetable stock by adding the vegetable stock. Bring to the boil and cook over very low heat with lid for 20 minutes. At this point the water should be completely absorbed. While the quinoa is cooking, season the carrots and peas with lemon juice and shoyu. Once cooked add the quinoa and olive oil, mix and cover generously with coarsely chopped fresh parsley. Serve hot.

Farinata

A traditional and very popular recipe in Tuscany and Liguria where it can also take different names and variations in the preparation.

Many traditional recipes require much more olive oil than I suggest. Even if it is a good quality fat, it seems to me too much.

It can be a snack or part of a meal together with salads or cooked vegetables, better if steamed or scalded.

Preparation: 10 minutes

Cooking: 40 minutes

Soaking: 2 hours

5 - 6 servings

- 250 g chickpea flour
- 750 ml water
- ½ teaspoon salt with herbs
- 80 g (10 spoons) extra virgin olive oil
- fresh rosemary leaves (optional)

In a bowl, mix the chickpea flour with the water without forming lumps. To avoid lumps, put the flour first and slowly add the water by mixing it with a whisk. Leave the liquid cream obtained for about 2 hours, but if possible it will be better to let it rest longer.

Add half of the oil and fresh rosemary leaves to the batter, cover the bottom of a baking sheet with the remaining oil.

Pour the mixture into the sheet and bake at 200 degrees C (400° F.) for about 40 minutes. Once cooked, the surface will be golden brown.

Cut into pieces by peeling off the baking paper with a rubber spatula and serve hot.

Steamed green beans with parsley

Preparation: 15 minutes

Cooking: 15

4 - 5 servings

- 500 g hulled green beans
- 2 tablespoons coarsely chopped parsley
- 1 - 2 minced garlic cloves
- 1 tablespoon chopped ginger
- 2 tablespoons extra virgin olive oil
- herb salt to taste

Steam the green beans until they are soft but still firm, about 15 minutes, but time can vary greatly depending on quality and freshness, so you will need to taste them.

While cooking, prepare a sauce with the other ingredients and use it as a condiment.

Serve hot or warm.

A variation to this recipe is to add 2 tablespoons of chopped walnuts to the sauce.

Tomato salad

- 4 large and ripe sliced tomatoes (oxheart tomatoes are ideal)
- 4 handfuls of arugula
- 2 tablespoons parmesan flakes or 1 handful of walnuts
- 1 handful of pitted olives
- 2 tablespoons extra virgin olive oil
- 1 teaspoon salt with herbs
- 1 tablespoon balsamic vinegar

Slice the tomatoes and place them on a serving plate. Season with salt, cover with the other ingredients and season. To make the parmesan flakes you can use a potato peeler.

Cookies with hazelnuts and oats

Preparation: about 30 minutes

25 - 30 biscuits

- 200 g semi-whole wheat flour (type '2') or spelt flour
- 100 g oat flakes
- 100 g coarsely chopped hazelnuts
- 100 g raisins
- 75 g corn oil
- 2 full tablespoons (about 50 g) honey or malt syrup or 40 g unrefined sugar
- 2 teaspoons unflavoured baking powder
- 1 pinch of fine whole sea salt
- 1 teaspoon cinnamon powder
- 1 teaspoon ginger powder
- 100 g dark chocolate (optional)

- about 200 ml of water, just enough to make a creamy dough

Mix all the dry ingredients well with the corn oil in a bowl.

If you use honey or malt leave it aside and mix it with 140 ml of water.

If using sugar, mix it with the other dry ingredients and use 180 ml of water.

Pour the liquid into the dry ingredients, stir briefly with a wooden spoon until you reach a certain homogeneity but without insisting too much.

With the help of a metal spoon and a soft spatula form the biscuits by placing the dough, one spoon at a time, in a baking pan prepared with a sheet of baking paper.

Bake at 175 degrees C for about 20 minutes. Once baked, the cookies will be golden brown and still soft.

If desired, you can add a covering made with melted dark chocolate in a bain-marie. To make it pour small amounts of chocolate on each cookie while they are still on baking paper. Leave to cool before serving.

Cream of Carrot Soup

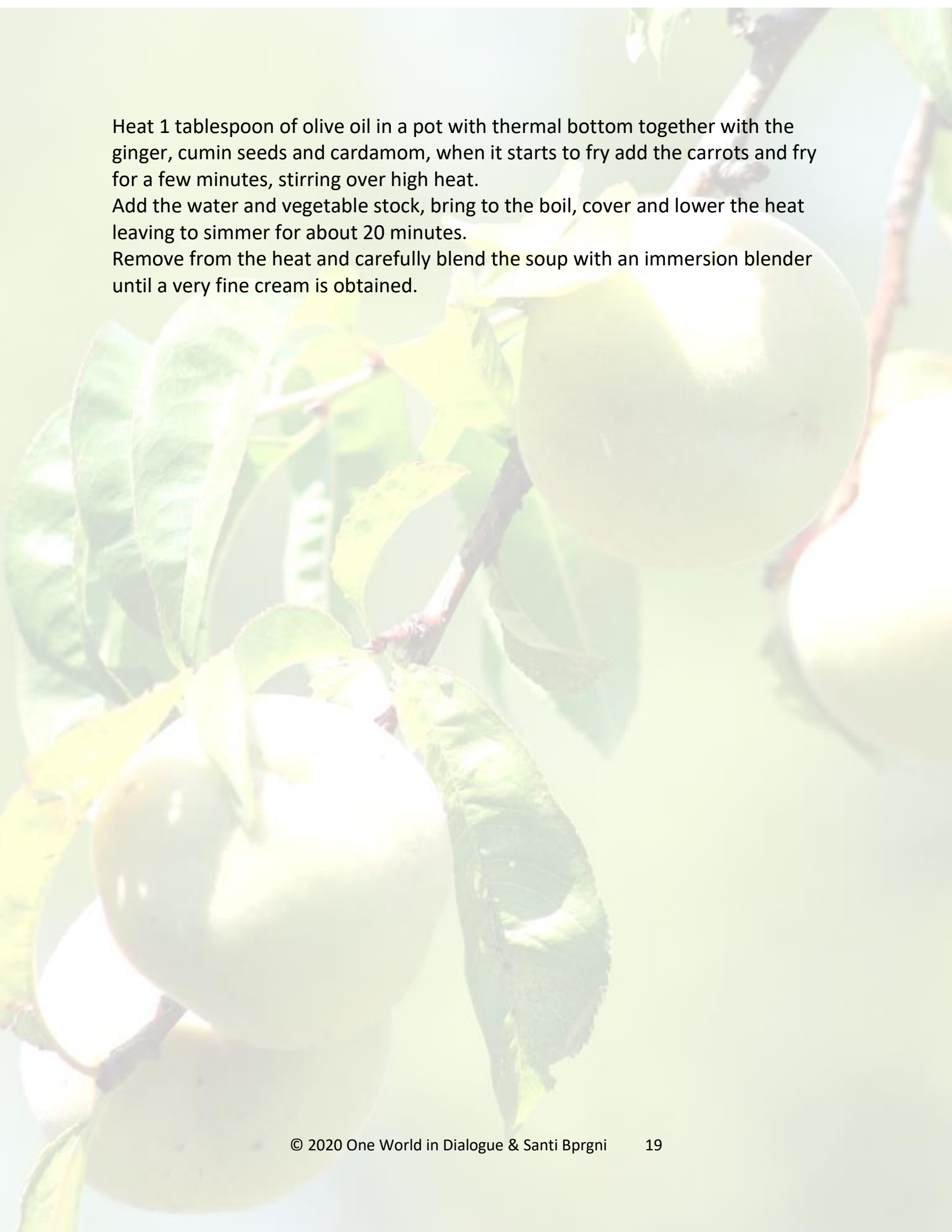
This light and tasty soup is also excellent for a summer evening, in which case it will be better to prepare it in advance so as to let it cool down.

Preparation: 10 minutes

Cooking: 25 minutes

5 - 6 servings

- 900 g unpeeled carrots (8 - 9 medium) in coarse pieces
- 1 tablespoon fresh ginger in pieces
- 1 teaspoon cumin seeds
- ½ teaspoon cardamom (5 or 6 berries) freshly ground
- 700 ml water
- 2 - 3 tablespoons extra virgin olive oil
- 2 teaspoons vegetable broth powder
- 1 - 2 tablespoons rice flour (optional, only if too liquid)
- 2 tablespoons coarsely chopped parsley



Heat 1 tablespoon of olive oil in a pot with thermal bottom together with the ginger, cumin seeds and cardamom, when it starts to fry add the carrots and fry for a few minutes, stirring over high heat.

Add the water and vegetable stock, bring to the boil, cover and lower the heat leaving to simmer for about 20 minutes.

Remove from the heat and carefully blend the soup with an immersion blender until a very fine cream is obtained.

Day Four

Millet and peas

The millet is cooked here like risotto, we jokingly call it “millotto,” the result is interesting.

Preparation and cooking: 30 minutes

4 - 5 servings

- 225 g millet
- 500 ml boiling water
- 1 medium onion finely sliced
- 200 g fresh or frozen peas
- 3 tablespoons extra virgin olive oil
- 1 glass dry white wine
- 0.5 g saffron
- 3 teaspoons vegetable broth powder
- 1 handful of chopped parsley or 4 - 5 tablespoons grated Parmesan cheese

Heat 1 tablespoon of oil with the onion and peas in a low pot with thermal bottom.

Fry gently for 5 minutes, then add the millet, stir until it starts to stick then put the wine. Let it absorb the grain and add 500 ml of boiling water and the broth stirring. Cover and cook at minimum heat for 15 - 20 minutes until the water is completely absorbed.

Serve hot sprinkling with parsley or parmesan cheese.

Or else:

Simple millet

Weigh 50 - 60 grams of millet per person, measure the total volume and cover it with 2.5 times its volume in cold water in a closed pot with a good lid. Add vegetable stock to taste or salt, bring to the boil, reduce the heat to a minimum and cook for about 30 minutes until the water is absorbed.

Hummus

Hummus is a very popular dish in Middle Eastern Arabic cuisine. It can be served as an appetizer on slices of toasted bread garnished with olives or tomatoes, or eaten as a protein part of a meal with vegetables and cereals.

Preparation: 10 minutes

Cooking: 30 minutes in pressure cooker, 1 hour in pot.

5 - 6 portions

- 200 g (1 cup) dried chickpeas
- 2 tablespoons tahini
- 2 garlic cloves mashed in garlic crusher
- 2 tablespoons extra virgin olive oil
- 4 - 8 tablespoons lemon juice (1 - 2 lemons)
- 100 - 150 ml chickpea cooking water
- Chilli, paprika
- Salt about ½ teaspoon

Soak the chickpeas for at least 12 hours, adding 1 teaspoon of bicarbonate of soda to the soaking water to facilitate cooking. (Not all chickpeas require baking soda, but you can't know this until you've tried them. The quality of the chickpeas to cook more or less quickly is not related to the variety but to other factors such as the type of soil where they grew). Throw away the soaking water, rinse the chickpeas and cook them until they become soft.

Drain the chickpeas and put them in a bowl with the tahin, olive oil, lemon juice, about half a cup of cooking water, garlic and chilli if you like. The amount of water added can vary according to your taste, you can have a more or less consistent humus, personally I prefer it softer and therefore with more water.

Blend it all carefully with an immersion blender to obtain a cream of the desired density. Arrange on a serving plate decorating with some chickpeas preserved for this purpose and a splash of paprika.

Simple carrots

Preparation: 10 minutes

Cooking: 15 minutes

5 servings

- 500 g carrots

- 2 tablespoons extra virgin olive oil
- 2 teaspoons shoyu or 1 teaspoon gomasio
- 1 handful of parsley

Wash the carrots well without peeling them and, if possible, without brushing them. Leaving them in warm water for a while helps to remove impurities from the skin.

Cut the carrots into sticks.

Heat the olive oil in the pan together with the carrots. Stir briefly, cover and reduce the heat to a minimum.

After 3 - 4 minutes add a few tablespoons of water and the shoyu, cover and leave to cook for another 10 minutes. When they start to be kept off and leave covered for a few more minutes to finish cooking over moderate heat.

Coarsely chop the parsley and spread it on the carrots before serving.

Avocado and cherry tomatoes

Avocado is a very fatty fruit and does not require oil in the seasoning. It oxidizes easily and should be seasoned with lemon and preferably served as soon as it is ready.

4 - 5 servings

- 1 ripe avocado
- about 400 g cherry or cherry tomatoes cut in half
- 2 handfuls of roughly torn arugula
- 4 - 5 tablespoons olives without stone
- juice of 1 lemon (about 4 tablespoons)
- herb salt to taste

Cut the avocado in half, with a spoon take the pulp in pieces.
Mix all the ingredients in a bowl and serve.

Apple and almond cake

For 12 servings

Batter

- 300 g durum wheat semolina or semi-whole wheat flour (type 2)
- 60 g unrefined sugar
- 3 teaspoons (15 g) baking powder
- 80 g ground almonds
- 45 g corn oil
- yellow part of the peel of 2 grated lemons
- 1 pinch of fine whole sea salt
- 300 ml rice or soy milk

Filling

- 3 apples thinly sliced with peel (500 g without waste)

Topping

- 20 g almonds in powder or flakes
- 2 tablespoons lemon juice ($\frac{1}{2}$ lemon)
- 30 g whole cane sugar

Mix all the dry ingredients of the batter, keeping 2 tablespoons of almonds, with the oil. Work the mixture with your hands so that the oil is well distributed. Cover with baking paper a baking tray of 25 cm diameter (or a rectangular one of 30 x 22 cm).

Add 250 ml of soy or rice milk (with rice milk the result will be sweeter, if you prefer you can reduce the amount of sugar in this case). Mix quickly to obtain a thick cream. Spread $\frac{3}{4}$ on the bottom of the pan, cover it with apples, add the remaining milk to the mixture to make it more liquid and pour it over the apples spreading it evenly.

Sprinkle with the remaining almonds and bake in a preheated oven at 180 degrees for about 40 minutes.

While the cake is in the oven, in a saucepan, prepare the covering: dissolve the sugar with the lemon juice making a syrup. When the cake is baked, spread this liquid evenly over the surface and then cover with flaked or chopped almonds. You will get a bright appearance and more flavor.

Apple pie - variations

- Proceed according to the indicated recipe, using 4 apples, instead of 3, in thin slices and cooking them with very little water and lemon juice for 10 - 15 minutes, in order to obtain dry apples (if not, drain them from the excess liquid that can be used for the dough). In this way you get more moisture and softness.
- Instead of apples you can use strawberries, ripe peaches or pears. They will join the dough without cooking them first.

Pink barley soup

Preparation: 15 minutes

Soaking: 1 - 2 hours

Cooking: 50 minutes

4 - 5 servings

- 1 medium-sized red turnip in pieces
 - 120 g pearl or peeled barley
 - 2 medium potatoes with dice
 - 1 medium-sized chopped onion
 - 1 chopped celery stalk
 - 1 liter water
 - 1 tablespoon vegetable broth powder
 - 1 piece of freshly chopped ginger
 - ½ teaspoon ground cardamom or 1 teaspoon cumin seeds
 - 1 handful of chopped parsley
 - 2 - 3 tablespoons extra virgin olive oil
 - 1 - 2 tablespoons gomasio or 3 - 4 tablespoons grated parmesan cheese
- Heat a tablespoon of oil in a saucepan and gently fry the ginger with cardamom or cumin for 30 seconds.
- Add the vegetables, sauté for a few minutes before pouring in the water, barley and powdered vegetable broth. Cover, bring to the boil and cook for about 50 minutes over very low heat.
- Before serving, sprinkle with parsley and season with a drizzle of oil and the gomasio or parmesan cheese.

Day Five

White basmati rice

Cooking: 20 minutes

4 servings

- 200 g white basmati rice (1 cup)
- 500 ml water (2 cups)
- ½ teaspoon whole sea salt

Wash the rice by soaking it in water and draining it.

Use a pot about 22 cm wide for cooking. Using a large pot helps to keep the delicate grains of this rice whole.

Put the rice, cold water and salt in, cover, bring to the boil and then immediately reduce the heat to a minimum so that it boils slightly. Do not stir. When the water is fully absorbed - about 20 minutes - the rice is ready.

Another option is to put the rice in cold cooking water for 30 minutes before boiling. In this way the cooking time will be reduced to about 15 minutes and the grains will be longer.

Basmati rice can be flavored during cooking by adding some spices in the water: some cardamom berries, cinnamon sticks, cloves, saffron (added at the end of cooking).

Indian Dhal all'indiana

This dish is excellent with any cereal, such as rice, polenta and couscous, but also with some vegetables such as cauliflower, potatoes or carrots if steamed or, chopped, directly into the dhal.

Preparation: 15 minutes

Cooking: 30 minutes

6 servings

- 250 g shelled red lentils
- 650 ml water
- 1 medium onion, finely chopped
- 2 chopped garlic cloves

- 200 g tomatoes, fresh or preserved
- ½ teaspoon turmeric
- 1 teaspoon cumin powder
- 1 teaspoon coriander powder
- ¼ teaspoon chili powder
- 2 teaspoons fresh chopped ginger
- 2 tablespoons extra virgin olive oil
- 2 teaspoons vegetable broth powder
- 1 teaspoon salt with herbs

Rinse lentils by soaking them in water and changing them until the water is clear. Add 2 cups and a half of water, or more if you want a more liquid result, and 2 teaspoons of vegetable stock, bring to the boil, cover and continue cooking over very low heat for about 30 minutes, removing the foam if it forms.

While the lentils cook fry over moderate heat and for a few seconds in a pan with turmeric, cumin, coriander, chili, ginger and garlic with olive oil, when it starts to fry add the onion and, after 5 minutes, the chopped tomatoes and 1 teaspoon of herb salt.

When the lentils are well cooked add them to the sauce and cook a few more minutes over low heat to mix the flavors. Serve hot.

Sautéed aubergines

This preparation lends itself well to accompany a cereal, rice, couscous, or other.

Preparation: 15 minutes

Cooking: 20 minutes

4 - 5 servings

- about 800 g round dark peeled aubergines (2 large)
- 4 or 5 tablespoons extra virgin olive oil
- herb salt to taste

After washing and peeling the aubergines and removing the stem, cut them into cubes of about 3 cm of side.

Heat the olive oil in a pan with a thermal bottom.

Then sauté the aubergines over high heat, stirring very often and watching carefully to avoid burning.

When almost cooked, add salt to taste. The aubergines must be very soft and with golden hues.

Carrot salad 2

- 3 medium sized carrots peeled and roughly grated
- 2 finely sliced apples
- 2 shallots, or the white part of a leek, very finely sliced
- 1 tablespoon ginger in mush
- herb salt to taste
- 3 - 4 ground cloves
- 2 tablespoons extra virgin olive oil
- 2 tablespoons lemon juice
- 1 handful of arugula leaves

Laddu

It is a typical Indian dessert, traditionally prepared with butter, my recipe replaces it with corn oil and tahini and I think the result, although different, is very pleasant.

If you want to try it in the traditional version, replace these two ingredients with the same total amount of butter.

It is a delicious dessert but it is also a concentrate of calories and it is advisable to consume small quantities.

Preparation and cooking: 20 minutes

The quantities indicated are about 12 portions

- 200 g chickpea flour
- 50 g coarsely chopped hazelnuts or almonds
- 120 g soft or liquid honey
- 80 g corn oil
- 100 g tahin
- ½ teaspoon ground cardamom
- ½ teaspoon cinnamon
- ½ teaspoon ginger powder
- 25 g grated coconut for the cover

Mix all the ingredients well, minus the chickpea flour and grated coconut, in a bowl.

Sift the chickpea flour so as to eliminate lumps by placing it in a steel pan from the thermal bottom, toast the flour stirring continuously with a wooden spoon over a gentle flame. It will be ready in a few minutes, when its colour is uniformly and slightly golden-brown. Be careful not to burn it, it must be watched very carefully.

Remove the pan from the heat and immediately place the flour in the bowl with the other ingredients and mix with care and energy to obtain a very dense dough. It may be necessary to add more honey to form the dough.

At this point you can form balls with your fingers with a diameter of about 1.5 cm and cover them with grated coconut that will stick easily, or place the dough on a sheet of baking paper, fold the paper and, pressing, form a square sheet 1 -1.5 cm thick, sprinkle with grated coconut and cut into small squares.

Cream of Red Beet Soup

The particularity of this soup is that it is red.

Preparation: 15 minutes

Cooking: 45 minutes

4 -5 servings

- 1 red beet, peeled and cut into cubes
- 1 medium onion in pieces
- 2 celery stalks in pieces
- 3 medium-sized potatoes in pieces
- 3 tablespoons extra virgin olive oil
- 1 small leek in pieces
- 1 tablespoon lemon juice
- 750 ml water
- 2 teaspoons vegetable broth powder
- a handful of roughly chopped parsley

Heat 1 tablespoon of oil in a saucepan with the chopped vegetables, stir and cover, allowing to cook over a low heat for 5 minutes. Add the water and vegetable stock.

Bring to the boil and cook over low heat for about 40 minutes, until the red turnips are tender.

Blend the soup to the desired consistency. Before serving add the lemon juice and the rest of the oil. Sprinkle with chopped parsley.

Day Six

Farfalle or Penne with Zucchini Sauce

A very light and tasty dish, typically summery.

Preparation: 10 minutes

Cooking: 15 minutes

4 - 5 servings

- 350 g farfalle or other medium-sized pasta (e.g. fusilli or penne) of white durum wheat flour Senatore Cappelli
- 3 medium zucchini (about 400 g) coarsely grated
- 1 clove of garlic, minced
- 1 tablespoon salted capers washed and chopped
- 3 - 4 tablespoons extra virgin olive oil
- herb salt, to taste
- ground black pepper, to taste
- Parmesan cheese or gomasio or yeast flakes, to taste

Heat 1 tablespoon of oil in a large pan and fry capers and garlic for a few seconds, then add the zucchini, season with herb salt, cover and cook over moderate heat, stirring occasionally, for about 10 minutes. The zucchini will almost completely melt.

In the meantime, heat 3 - 4 litres of salted water, when the water boils throw the farfalle, stirring immediately and drain when the pasta is al dente.

Then pour the pasta into the pan with the vegetables, stirring well and stirring briefly.

Remove from the heat, season with a drizzle of oil and offer on the table with parmesan or gomasio or nutritional yeast sprinkled on the surface.

Omelette with potatoes

For 4 people

- 4 fresh eggs
- 1 or 2 medium potatoes
- Salt and pepper to taste
- 1 tablespoon of extra virgin olive oil

Peel and dice the potatoes, then steam them.

In a large bowl, crack the eggs, potatoes, salt and pepper to taste, stir with a fork to obtain a homogeneous mixture.

Heat a flat non-stick frying pan well with a drizzle of olive oil and pour in the eggs with the potatoes, which should start to fry immediately.

Cover and lower the heat to the minimum, when the mixture begins to set, slide the omelette over the lid and turn it over, continuing cooking for one or two minutes.

This maneuver can be tricky, if you are not an expert.

Cut into slices and serve the omelette hot.

Tasty chard

Preparation: 15 minutes

5 - 6 servings

- 750 g chard
- 5 - 6 minced garlic cloves
- chili
- 400 g chopped peeled tomatoes
- 250 ml (1 cup) soy milk
- 2 teaspoons turmeric
- 1 teaspoon ground cumin or in seeds
- 1 teaspoon coriander powder
- 40 g minced fresh ginger
- 5 ground cloves
- 1 teaspoon and ½ teaspoon of fine whole sea salt
- 3 tablespoons extra virgin olive oil

Blanch the chard leaves in a pot with about 2 liters of water for a few minutes.

Drain them and slice them. This operation serves to reduce the presence of oxalates, a substance that reduces calcium assimilation and is abundant in chard and spinach.

In a saucepan, heat 1 tablespoon of oil with the garlic and fry gently for a few seconds, then add the chard, cover and cook over a low heat for 10 minutes.

Add the tomatoes, salt and soy milk. Cover and continue cooking stirring occasionally for another 10 minutes.

At the end of cooking, heat 2 tablespoons of oil with the spices in a small saucepan, fry very gently for 15 seconds, then pour over the chard, adding the flavored oil.

Alternative: instead of frying the spices separately at the end of cooking, add them with garlic at the beginning. The result will lose a little aroma but the process will be easier.

Tomato salad 2

- 2 large, ripe "ox heart" salad tomatoes (approx. 400 g)
- 1 small finely sliced red onion
- 1 tablespoon coarsely chopped parsley
- 1 tablespoon sliced stoned black olives
- 2 tablespoons lemon juice
- 2 tablespoons extra virgin olive oil
- herb salt to taste

Slice the tomatoes and place them on a serving plate. Season with salt, cover with the other ingredients and season.

Fruit tart

12 servings

Vegan base for tart

- 200 g durum wheat semolina or wholemeal spelt flour
- 80 g ground hazelnuts (you can use the large blade food processor)
- 40 g corn oil
- 50 g unrefined sugar
- 1 teaspoon (5 g) baking powder (optional)
- grated peel of 1 lemon (only the yellow part)
- 1 teaspoon cinnamon
- 1 pinch of fine whole sea salt
- 120 ml soy or rice milk or water

The use of ground hazelnuts makes the dough particularly crumbly and the use of yeast can be avoided in this case. The result in both cases, with or without yeast, will be different, try both possibilities.

To form the base of a tart: mix the dry ingredients in a bowl and incorporate the oil well. Cut two sheets of baking paper of a suitable size to cover a 25 cm diameter baking tray. Add the liquid to the mixture and knead with a wooden spoon to obtain a not excessively soft dough. Place the dough between the two sheets of baking paper and roll it out with a rolling pin so as to obtain a sheet slightly larger than the baking tray, forming a border high enough to contain the filling. To obtain the desired shape it takes a little practice, pressing the upside down baking sheet slightly on the baking paper covering the sheet you can imprint the shape of the edge of the baking sheet itself. You can then remove and add the dough where necessary.

Fruit Filling

Place the base with the sheets of baking paper in the baking tray. If you cook the base without the filling, leave the top sheet on and cover it with a layer of chickpeas or beans to avoid unwanted bubbles.

Place in a preheated oven at 175 degrees for about 25 minutes, until golden brown.

While the base of the tart bakes, cut 4 or 5 ripe peaches, washed and peeled, into pieces and cook them as described for "Peaches, pears or apricots "sautéed" with brown sugar" (first day).

Separately in a saucepan, mix ½ litre of pear or grape juice with 40 g. of corn starch and bring to the boil for 1 minute, stirring continuously.

When the base is cooked, pour in the thickened juice first and then the cooked peaches.

Leave to cool and serve by cutting into 12 portions.

Broad Bean Cream Soup

This soup has a sweet taste that contrasts with the bitter taste of radicchio that we will use to complement it, together with a slice of toasted bread. If you want a stronger aroma you can rub the bread with garlic.

Soaking 4 hours

Preparation: 15 minutes

Cooking 30 minutes

4 - 5 servings

- 300 g dried unpeeled broad beans soaked 3 - 4 hours with a teaspoon of baking soda
- 1 chopped celery stalk
- 1 big potato in pieces
- 2 medium onions in pieces
- 1 liter water
- 3 teaspoons vegetable broth powder
- 4 tablespoons extra virgin olive oil
- ½ grilled radicchio
- 4 slices of toast
- 1 - 2 garlic cloves (optional)
- chili

Adding bicarbonate to the peeled broad beans will give you the security of a complete cooking. The result should be creamy and this is only possible if the beans are well cooked.

Rinse the beans well before cooking.

Put the broad beans with the potatoes, onions, celery and vegetable broth in the pot with water, cover, bring to the boil and cook, putting the flame to a minimum, for about 30 minutes. The broad beans must start to melt.

While the soup is cooking, roast the radicchio cut into thin slices (try to keep the leaves together with a piece of the heart of the radicchio head) in a little olive oil in the pan. If you want to, add a little chili pepper, so as to give the radicchio a slightly pungent aroma. Turn the radicchio 1 or 2 times making it wither without becoming too dark.

Toast the slices of bread in the oven or on a cast iron plate or in a steel pan. If you want to, rub them with garlic.

Blend the soup with an immersion blender.

Put in the bowls to serve add on each plate some radicchio and a sprinkling of extra virgin olive oil.

Serve the toast with the hot soup.

Day Seven

Bruschetta - pizza

Preparation: 10 minutes

Cooking: 5 minutes

Serves five

- 5 slices of good, crusty bread or baguette
- 200 g chopped cherry tomatoes
- 200 g chopped mozzarella or crumbled soft tofu cheese
- ½ tablespoon salted, rinsed and chopped capers
- 2 tablespoons dried oregano
- Herbal salt to taste
- Freshly ground black pepper
- 2 -3 tablespoons of extra virgin olive oil

Mix all the ingredients in a bowl, except the bread.

Place the slices of bread in a baking tray and cover them generously with the mixture.

Bake in a preheated oven at 200° C for about 5 minutes until the mozzarella melts and starts to turn golden on the surface.

Potato and green bean salad

For 4-5 people

- 600 g peeled potatoes
- 200 g green beans
- A handful of roughly chopped parsley
- 3 or 4 tablespoons of extra virgin olive oil
- Balsamic vinegar to taste
- Salt and pepper to taste

Cut the potatoes into large cubes and steam them (about 15 minutes cooking time). Clean and wash the green beans, then blanch them in slightly salted water until soft but not soft (about 15 minutes).

Season in a bowl with olive oil, balsamic vinegar, parsley and salt and pepper to taste.

Serve warm.

Roasted Courgettes

Preparation and cooking: 20 minutes

4 -5 servings

- 800 g zucchini
- 1 tablespoon extra virgin olive oil
- ½ teaspoon salt with herbs

Cut the zucchini in pencil thickness, making diagonal cuts and rotating the zucchini. In this way you get pieces of irregular shape but similar size that do not tend to stick together during cooking.

Heat a tablespoon of oil in a non-stick pan or a wok, put the zucchini in it and sauté them over high heat stirring them or turning them in the air with the pan itself until they start to be roasted in some places. Turn off, salt and serve immediately.

“Murdered” Cole Slaw

Here's a really tasty and quick way to make a raw coleslaw. It is a traditional recipe from Albania and the Slavic countries. Among its many benefits cabbage is an excellent source of vitamin K and vitamin C, consuming it raw is definitely the best way to use its many properties. To obtain an excellent result it is important to use fresh cabbage: even if it is a vegetable that lends itself well to long storage in the refrigerator the taste, and its properties, deteriorate.

Preparation: 15 minutes

4 servings

- 300 g white cabbage
- ½ lemon juice
- 1 tablespoon extra virgin olive oil
- 1-2 crushed and ground garlic cloves
- Salt and pepper to taste

Cut the cabbage vertically into 4 slices. Remove the core and, if necessary, the hardest parts. Cut each quarter into very thin slices crosswise. For this operation

you need a good sharp knife (like a caddie) and a good cutting board or a slicer, which is the best tool.

Put all the ingredients in a bowl and work with your hands squeezing the cabbage between your fingers and palms for a few minutes. The texture and taste will change considerably: the aromas will blend and the leaves will become soft.

Chocolate pudding with fruit

Preparation: 10 minutes

Cooking: 2 minutes

4 - 5 servings

- 35 g cornstarch
- 15 - 20 g bitter cocoa
- 40 g unrefined sugar
- 500 ml milk, rice milk or soya milk
- ½ teaspoon cinnamon
- ½ teaspoon ground cardamom
- 350 g sauteed fruit (see recipe from Day One)

Mix starch, cocoa, spices and sugar in a pot with a thermal bottom, then add the liquid a little at a time, mixing without forming lumps. Bring to the boil, always mixing, to prevent the starch from sticking to the bottom and simmer for a couple of minutes.

Place fruit at the bottom of the dessert cups and pour the pudding while still creamy because it is hot.

Leave to cool, possibly finishing cooling in the fridge, and serve.

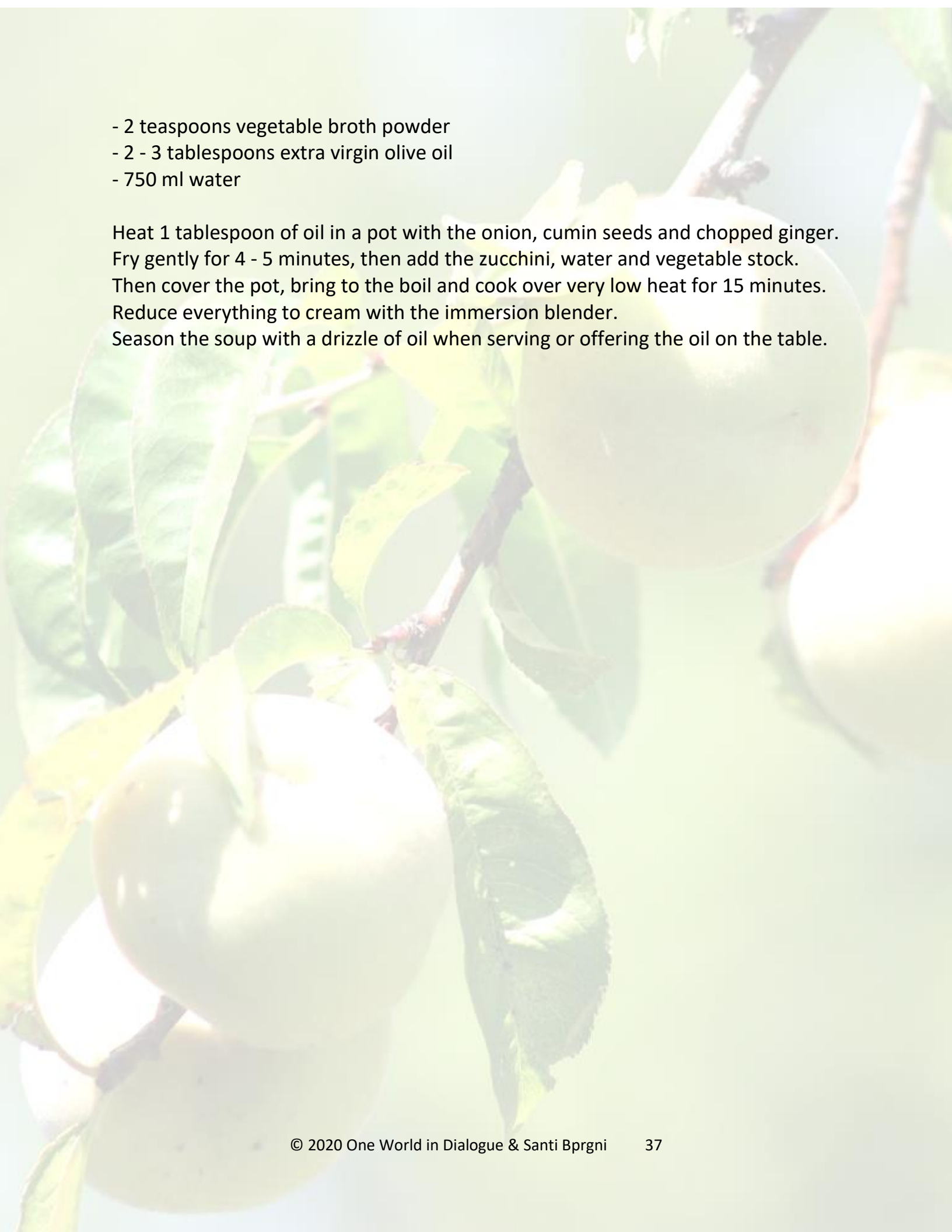
Cream of Zucchini Soup

Preparation: 10 minutes

Cooking: 20 minutes

4 - 5 servings

- 600 g fresh zucchini in pieces
- 1 teaspoon cumin seeds
- 1 tablespoon chopped ginger
- 1 medium chopped onion
- 1 tablespoon mint chopped

- 
- 2 teaspoons vegetable broth powder
 - 2 - 3 tablespoons extra virgin olive oil
 - 750 ml water

Heat 1 tablespoon of oil in a pot with the onion, cumin seeds and chopped ginger. Fry gently for 4 - 5 minutes, then add the zucchini, water and vegetable stock. Then cover the pot, bring to the boil and cook over very low heat for 15 minutes. Reduce everything to cream with the immersion blender. Season the soup with a drizzle of oil when serving or offering the oil on the table.