

COOKING SCHOOL #1

MONDAY, OCTOBER 11, 2010

CURRIED CABBAGE AND SOYA



Ingredient	Amount
Soya chunks	8 oz
Olive oil	1 Tablespoon
Curry powder	3 Tablespoon
Garlic minced	2 cloves
Onion sliced	3/4 Cup (optional)
Salt	2 Teaspoon
Hot water	to cover Soya
Shredded Cabbage	2 pounds
Recipe serves 10	

Instructions

1. Re-hydrate soya with enough hot water to cover in bowl. Soak for 10-15 minutes.
2. Mix curry powder with 1/4 cup water and fry in hot oil with garlic and onion for 1-2 minutes.
3. Drain and save extra liquid from soya and add soya to curry mixture. Stir to coat and cook 3-4 minutes.
4. Add saved liquid from soya plus hot water to equal 2 cups. Bring to boil.
5. Add shredded cabbage and cook until cabbage is soft and water is absorbed.
6. Serve over brown rice or with roti.

CREAMY PASTA SAUCE



Ingredient	Amount
Whole grain pasta of choice	1 Box/13 oz
Raw cashews	1/2 Cup
Tofu	8 Fluid Ounce
Water	1 1/2 Cup
Lemon juice	1 Tablespoon
Garlic powder	1/2-1 Teaspoon
Salt	2 Teaspoon
Basil	1 Teaspoon
Italian Seasoning	1 Teaspoon
Soy Milk	1/2 Cup
Recipe serves 8	

Instructions

1. Cook pasta according to instructions on box.
2. In blender, combine cashews and water, blend till smooth.
3. Add remaining ingredients and blend well. Adjust seasonings as desired.
4. Add water or soy milk as needed until desired thickness is reached (Sauce will thicken as it cooks).
5. Cook in sauce pan on medium heat till bubbly.
6. Toss with pasta and serve.

GOLDEN MACAROONS



Ingredient	Amount
Grated carrots	1 Cup
Grated Coconut	1 1/2 Cup
Oat flour	1 Cup
Honey or cane sugar	1/4-1/3 Cup
Water	1/4-1/2 Cup
Salt	1/2 Teaspoon
Vanilla	1 Teaspoon
Recipe serves 12	

Instructions

1. Mix all ingredients except water.
2. Add water as needed until desired consistency is reached. If using honey, less water will be needed.
3. Drop by round tablespoon onto cookie sheet with non-stick spray.
4. Bake at 350 degrees for 20-30 minutes, depending on how soft or hard you want the cookie to be.
5. Cool and enjoy!

HEALTH TIPS

If you buy a car and the owner's manual states that you need to use 93 octane gasoline, it makes no sense to put diesel in the engine and expect it to run properly. The same is true of our bodies. The owner's manual states in Genesis 1:29 & 3:18, "See, I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food....And you shall eat the herb of the field." The manufacturer (God) stated that we were designed to eat fruits, nuts, grains and vegetables. And today, modern science and research is proving that indeed a plant based diet is the best diet for us. Whether you are trying to maintain or regain your health, it makes no difference. A plant based diet is both preventive and therapeutic for all major illnesses facing us today. Diabetes, obesity, heart disease, cancer, osteoporosis, autoimmune disorders, and allergies, just to name a few, can be greatly improved, and in some cases reversed, just by making simple changes in diet and lifestyle habits. In this cooking school we will give you the tools you need to go home and make the change that will make a difference in your health for good!

If it can run, swim, or fly away from you; if it has lips; or if it has a mother; you should not be eating it. If it comes out of something that can run, swim, or fly away from you, you should not be eating it. What are we talking about? The fact is, and research is showing this over and over again, that eating animals and their byproducts (dairy products) is not healthy for humans.

Animal meat is increasingly contaminated with bacteria, parasites, viruses, prions, antibiotics, hormones, pesticides, and other environmental toxins. Milk is a ready medium through which cholesterol (which leads to cardiovascular disease), casein (a protein glue linked with cancer growth), Bovine Leukemia Virus (which can cause leukemia and lymphoma in humans), prions (a protein that can cause Creutzfeldt Jakob Disease - the human form of Mad Cow Disease), bacteria (which cause millions of cases of vomiting and diarrhea and some deaths yearly), antibiotics, hormones, and pesticides among other things are introduced into the human body. Cheese, in addition to concentrating all of the problems of milk up to 10 times, introduces harmful chemicals such as tyramine and nitrosamine, and mold and bacteria waste products. Isn't it time to change the way you eat, so that you can enjoy maximum health?