Bob Scarlett

SPICE OF THE MONTH CLUB: MUSTARD SEED (From Wayland Library)

CURRY LEMON QUINOA

SERVINGS: 4 SERVINGS
TOTAL TIME: 20 MINUTES

INGREDIENTS

- 1 cup Quinoa (rinsed under running water)
- 1/2 tsp Salt (to cook quinoa, rest for seasoning as per taste)
- 1/2 tsp Tumeric
- 1/2 tsp Mustard Seeds
- 1 tbsp ~~Canola~~ Oil Olive
- 3 tbsp Lemon juice
- 1/2 tsp Paprika
- 2-3 green onions/scallions (green portion, chopped)
- 1/2 cup Cilantro (chopped)
- 1.2 cup Cashews
- 2-3 Curry Leaf (optional, used to enhance flavor, or use 1 bay leaf, discard before serving)

FROM CHEFDEHOME.COM

DIRECTIONS

1. Cook Quinoa - In a deep pan, bring 2 cups of water to a rolling boil. Add 1/2 tsp salt and quinoa. Bring to boil, then simmer for 7-8 minutes or until quinoa sprouts strings are visible. Cover and remove from heat. Set aside.
2. Heat oil in a Wok or pan. Add cashews and fry for 30 seconds or until cashews are slightly brown at the edges. Remove and drain on paper towel to absorb excess oil. (You can use pre-roasted cashews to skip this step)
3. In same oil, add mustard seeds and allow to sputter, then add curry leaves (or bay leaf) and fry for another 30 seconds. Add tumeric powder and fry for 10 seconds.
4. Add in paprika followed by cooked quinoa (should be dry now, if not - drain excess water). Fry quinoa for 1 minute on high heat, then add lemon juice.
5. Mix in chopped cilantro and scallions. Remove from heat. Taste and adjust salt and lemon juice to taste.
6. Mix in cashews and transfer to a serving dish

SPICE OF THE MONTH CLUB: MUSTARD SEED

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RECIPES > PREPARATION > INSTANT POT AND PRESSURE COOKER RECIPES

Instant Pot Vegetable Tagine Recipe

By Miriam Hahn and Tasting Table Staff
Jan. 6, 2024 7:45 pm EST


Miriam Hahn/Tasting Table

If you're wondering if a tagine is a cooking vessel or an actual meal — it's both. The cooking vessel is a shallow, wide, circular dish with a conical lid and the dish is a rich and flavorful stew that typically combines meat, poultry, or fish with a variety of vegetables, dried fruits, and aromatic spices. The good news is, you don't actually need the tagine cooking vessel to make this delicious Moroccan dish, and you don't need the meat to enjoy it. In this vegetarian version there is no shortage of flavor while chickpeas deliver the protein portion of the meal.

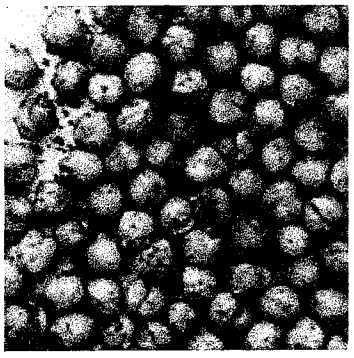
Wellness coach and recipe developer Miriam Hahn brings us this recipe for Instant Pot vegetable tagine and says, "If you don't own a tagine, the Instant Pot, with its pressure-

Even if you don't have a tagine pot in your kitchen, you can still make the dish tagine thanks to this Instant Pot recipe.

PREP TIME	COOK TIME	SERVINGS
8.33 HOURS	35 MINUTES	6 SERVINGS

Ingredients

- 1 cup dried chickpeas
- 1 teaspoon salt
- 1 tablespoon avocado oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 teaspoon fresh ginger, grated
- 1 carrot, diced
- 1 preserved lemon
- 1 large russet potato, diced
- 1 sweet potato, diced
- 1 tablespoon harissa paste
- 1 teaspoon coriander
- 1 teaspoon cumin
- ½ teaspoon turmeric
- ¼ teaspoon pepper
- ½ cup chopped dried apricots
- 1 (15-ounce) can diced tomatoes
- ½ cup green pitted olives



ROASTED CHICKPEAS

author: **ALI** *prep time:* **5 MINUTES**
cook time: **50 MINUTES**
total time: **60 MINUTES**
yield: **4 -6 SNACK-SIZED SERVINGS**

DESCRIPTION

This oven roasted chickpeas recipe is super-simple to make and irresistibly crispy and delicious!

INGREDIENTS

SCALE 1x 2x 3x

- 2 (15-ounce) cans chickpeas
- 1 tablespoon olive oil
- 1 tablespoon ground sumac
- 2 teaspoons smoked paprika
- 1 teaspoon garlic powder
- 1/2 teaspoon fine sea salt
- 1/4 teaspoon black pepper

INSTRUCTIONS

1. **Prep oven and baking sheet.** Heat oven to 350°F. Line a large baking sheet with parchment paper.
2. **Rinse, drain and dry the chickpeas.** Rinse the chickpeas thoroughly in a colander until they are no longer foamy and the water runs clear. Drain thoroughly. Spread the chickpeas out on a clean towel and rub the chickpeas thoroughly with the towel to dry them off as much as possible, discarding any skins that happen to fall off while drying.
3. **Season.** Transfer the chickpeas to a large mixing bowl. Drizzle evenly with the olive oil, then sprinkle on the sumac, smoked paprika, garlic powder, salt and pepper and toss gently until

evenly coated.

4. **Bake.** Spread the chickpeas out in an even layer on the prepared baking sheet. Bake for 45 minutes, pausing to shake the pan briefly at the 15- and 30-minute mark, or until the chickpeas feel dry and crispy to the touch. (Although please note that they will continue to crisp up even more as they cool after baking.)
5. **Serve.** Serve immediately, or store in a jar or bowl uncovered (or lightly covered with a thin kitchen towel or paper towel) at room temperature for up to 3 days.

Find it online: https://www.gimmesomeoven.com/roasted-chickpeas/

Made by Sue Perkins

10. CROCKPOT MUSHROOM AND LENTIL STEW

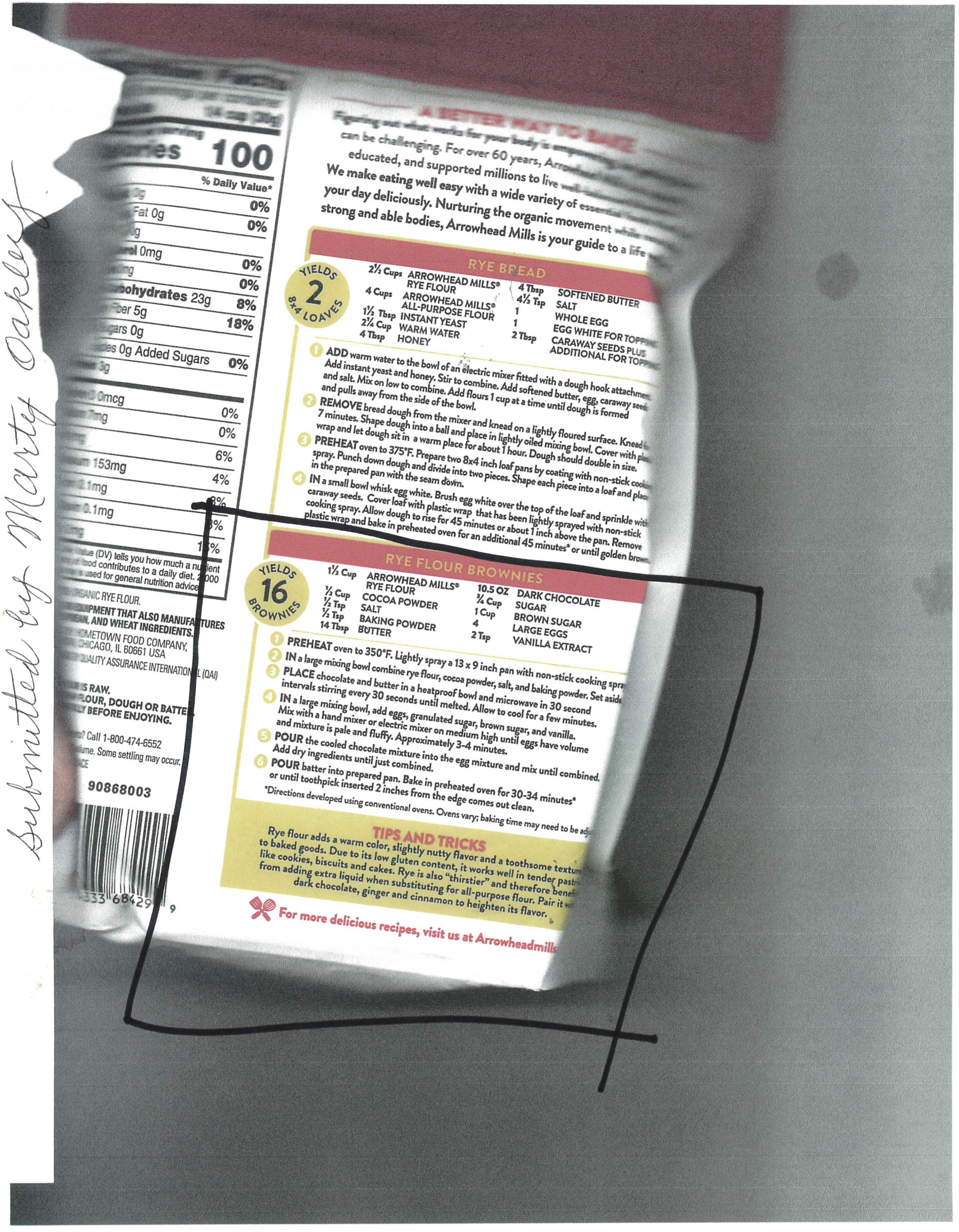
- 8 oz mushrooms, sliced
- 1 cup dried lentils
- 1 onion, chopped
- 3 cups vegetable broth
- 2 carrots, sliced
- 1 tsp thyme
- Salt and pepper to taste

Instructions:

1. Add mushrooms, lentils, onion, carrots, and vegetable broth to the crockpot.
2. Stir in thyme, salt, and pepper.
3. Cook on low for 6-7 hours until the lentils are tender.

Made by Sue Perkins

Submitted by Marty Oakley



Calories	100
	% Daily Value*
Fat 0g	0%
Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrates 23g	8%
Dietary Fiber 5g	18%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 17mg	0%
Iron 1mg	6%
Potassium 153mg	4%
Vitamin A 0.1mg	8%
Vitamin C 0.1mg	8%
Zinc 1mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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RYE BREAD

YIELDS 2 8x4 LOAVES

- 2½ Cups ARROWHEAD MILLS® RYE FLOUR
- 4 Cups ARROWHEAD MILLS® ALL-PURPOSE FLOUR
- 1½ Tbsp INSTANT YEAST
- 2¼ Cup WARM WATER
- 4 Tbsp HONEY
- 4 Tbsp SOFTENED BUTTER
- 4½ Tsp SALT
- 1 WHOLE EGG
- 1 EGG WHITE FOR TOPPING
- 2 Tbsp CARAWAY SEEDS PLUS ADDITIONAL FOR TOPPING

1. **ADD** warm water to the bowl of an electric mixer fitted with a dough hook attachment. Add instant yeast and honey. Stir to combine. Add softened butter, egg, caraway seeds and salt. Mix on low to combine. Add flours 1 cup at a time until dough is formed and pulls away from the side of the bowl.
2. **REMOVE** bread dough from the mixer and knead on a lightly floured surface. Knead for 7 minutes. Shape dough into a ball and place in lightly oiled mixing bowl. Cover with plastic wrap and let dough sit in a warm place for about 1 hour. Dough should double in size.
3. **PREHEAT** oven to 375°F. Prepare two 8x4 inch loaf pans by coating with non-stick cooking spray. Punch down dough and divide into two pieces. Shape each piece into a loaf and place in the prepared pan with the seam down.
4. **IN** a small bowl whisk egg white. Brush egg white over the top of the loaf and sprinkle with caraway seeds. Cover loaf with plastic wrap that has been lightly sprayed with non-stick cooking spray. Allow dough to rise for 45 minutes or about 1 inch above the pan. Remove plastic wrap and bake in preheated oven for an additional 45 minutes* or until golden brown.

RYE FLOUR BROWNIES

YIELDS 16 BROWNIES

- 1½ Cup ARROWHEAD MILLS® RYE FLOUR
- ½ Cup COCOA POWDER
- ½ Tsp SALT
- ½ Tsp BAKING POWDER
- 14 Tbsp BUTTER
- 10.5 OZ DARK CHOCOLATE
- ¾ Cup SUGAR
- 1 Cup BROWN SUGAR
- 4 LARGE EGGS
- 2 Tsp VANILLA EXTRACT

1. **PREHEAT** oven to 350°F. Lightly spray a 13 x 9 inch pan with non-stick cooking spray.
2. **IN** a large mixing bowl combine rye flour, cocoa powder, salt, and baking powder. Set aside.
3. **PLACE** chocolate and butter in a heatproof bowl and microwave in 30 second intervals stirring every 30 seconds until melted. Allow to cool for a few minutes.
4. **IN** a large mixing bowl, add eggs, granulated sugar, brown sugar, and vanilla. Mix with a hand mixer or electric mixer on medium high until eggs have volume and mixture is pale and fluffy. Approximately 3-4 minutes.
5. **POUR** the cooled chocolate mixture into the egg mixture and mix until combined. Add dry ingredients until just combined.
6. **POUR** batter into prepared pan. Bake in preheated oven for 30-34 minutes* or until toothpick inserted 2 inches from the edge comes out clean.

*Directions developed using conventional ovens. Ovens vary; baking time may need to be adjusted.

TIPS AND TRICKS

Rye flour adds a warm color, slightly nutty flavor and a toothsome texture to baked goods. Due to its low gluten content, it works well in tender pastries like cookies, biscuits and cakes. Rye is also "thirstier" and therefore benefits from adding extra liquid when substituting for all-purpose flour. Pair it with dark chocolate, ginger and cinnamon to heighten its flavor.

For more delicious recipes, visit us at Arrowheadmills

Peggy

Beef Barley Soup

2 lbs. beef chuck or beef shank
1 ½ cups sliced carrots
1 cup diced celery
1 large onion
1 cup fresh green beans
1 can corn- drained or corn cut from 1 ear (optional)
3 Tbsp. tomato paste
1 ½ Tbsp. minced garlic
64 oz. beef or chicken broth
1/2 cup red wine
1 Tbsp. soy sauce
2 tsp. Worcestershire sauce
½ tsp. dried rosemary
½ tsp. dried thyme
1 tsp. salt
½ tsp. pepper
1/2 cup pearl barley
3 Tbsp. fresh parsley

Sear beef in olive oil. Remove from pan and sautee vegetables in the same pan. Add all remaining ingredients, except parsley and barley. Simmer until meat is tender. Remove beef and cut in small pieces. Add meat to the beef stock. Stir in barley and cook until tender. Stir in chopped parsley and serve.

9 x 13 pan
350°
30-34 minutes

Rye Flour Brownies

- 1 1/2 C Rye Flour (Arrowhead Mills) } Combine
- 1/2 C cocoa powder
- 1/2 tsp salt
- 1/2 tsp baking powder } Set Aside
- 14 Tbsp Butter } melt in microwave in 30 sec intervals
- 10.5 oz Dark Chocolate
- 3/4 C. Sugar } Beat together 3-4 min till fluffy
- 1 C Brown Sugar
- 4 lg. Eggs
- 2 tsp. Vanilla extract

- Combine cooled chocolate mixture into Egg mixture until combined
- Add dry ingredients until just combined
- Spray 9 x 13 pan w/ non-stick spray
- Pour batter into prepared pan
- Bake 30-34 min - Test w/ toothpick 2" from edge.

Optional - Add Ginger +/or Cinnamon

Chocolate Icing (4 cups)

8 TB butter
4 TB unsweetened cocoa powder
1/3 cup coffee
4 cups confectioner sugar

1. melt butter in a saucepan 2-3 minutes
2. stir in cocoa powder + coffee
3. bring to just a boil
4. remove from heat & stir in confectioner's sugar
5. pour warm frosting over cooled Brownies

Easy Vegetable Barley Pilaf

Unique and tasty barley pilaf is truly a simple dish - sauté a few vegetables, throw in barley and liquid, let it cook unattended, and you've got a wonderful side dish with only 10-15 minutes hands-on time.

Prep Time	Cook Time	Total Time
15 mins	45 mins	1 hr

4.50 from 8 votes

Course: Side Dish Cuisine: American Diet: Low Lactose
Servings: 8 servings Calories: 182kcal Author: Jami Boys

Ingredients

- 2 tablespoons butter or oil
- 1 medium onion chopped
- 1/2 large red sweet pepper chopped
- 2 cloves garlic minced
- 1 ½ cups pearl barley can use hulled*
- 2 cups chicken broth or vegetable broth
- 1/2 cup white wine or more chicken broth
- 1 teaspoon salt or to taste
- 1/2 teaspoon black pepper
- fresh parsley for garnish optional

Instructions

1. Melt butter in a large saucepan over medium heat. Add onions, peppers, and garlic; cook for about 5 minutes until vegetables have softened.
2. Add barley, salt and pepper, and cook for about a minute before pouring in broth and wine (if using).
3. Bring to a boil, reduce heat to low, cover, and cook for 45 to 50 minutes until barley is tender and liquid is absorbed.
4. Garnish with parsley before serving.

CHEESY TOMATO UPSIDEDOWN CORN BREAD

1 pt. cherry tomatoes, cut in half
1/2 c. milk or buttermilk or yogurt
2 T. canola oil
** 2 t. fresh thyme or 1 t. dry
1 egg
* 1/2 c. Spelt flour
1/2 c. corn flour (or fine cornmeal)
2 t. baking powder
1/4 t. each salt and baking soda
1/4 c. unsalted butter
2 T. brown sugar
1 c. grated cheddar or colby

melt Butter in a 9" round cake pan (I like glass). Stir in brown sugar until incorporated. Top with halved tomatoes cut side down. Sprinkle on thyme.

Whisk oil, egg and milk until smooth.

Combine dry ingredients. Slowly mix into dry ingredients just until moistened. Spoon over tomatoes leveling with a spatula if needed.

Bake 400° 12-16 minutes until golden. Remove and rest 5-8 minutes. Turn out onto flat platter. Serve immediately cutting into 12-16 wedges.

** Vary the thyme with other herbs/spices to fit in with your ethnic themes.

* Regular flour, gluten free, or oat flour can be used.

Delicious Quinoa Salad

Ingredients

- 2 cups cooked quinoa
- 1/2 cup chopped almonds (I used roasted + salted)
- 1 cup blanched broccoli
- 1 cup pomegranate seeds (I subbed dried cranberries)
- 1/2 cup crumbled goat cheese

dressing ingredients

- juice of one lemon (a little less than this tastes better in my opinion)
- 1 tablespoon olive oil
- 1 tablespoon balsamic vinegar
- salt to taste
- 1 teaspoon dijon mustard
- black pepper
- dried parsley and dried basil

Mix it all up together.

Credit: ruinsofsilver on Reddit

DIRECTIONS

1. Preheat oven to 400 degrees. Spread bread cubes in a single layer on a baking sheet; bake 20 minutes, till slightly dried.
2. While bread is baking, heat a large skillet over medium heat. Add ham and saute a few minutes. Add oil (if desired) and stir in onion, garlic, and mushrooms. Saute till onion and garlic are golden and soft and mushrooms have released their liquid. Remove from heat and set aside.
3. Whisk together milk, egg, thyme, pepper, and salt.
4. To assemble the strata, layer half the bread cubes in the bottom of a lightly greased 9 by 13 inch glass baking dish. Sprinkle with half the ham mixture and 1/3 of the swiss cheese. Repeat layers. Gently pour egg mixture over layers and top with remaining 1/3 swiss cheese. Cover tightly with aluminum foil and refrigerate* at least 4 hours, preferably overnight.
5. To bake the strata, preheat oven to 350 degrees. Bake strata, still covered with foil, for 30 minutes. Remove foil and continue baking for 20-30 minutes, until cheese on top is melted and egg portion is set (check by inserting a knife in the center--if it comes back without egg on it, you're set!).
6. Let strata rest 5 minutes before serving.
7. *Refrigeration time not included in recipe prep/cooking time.

INGREDIENTS

UNITS: US

- 12 ounces rye bread (about 5 cups) or 12 ounces pumpernickel bread, cut into 1-inch cubes (about 5 cups)
- ½ cup ham, chopped
- 1 teaspoon olive oil (optional)
- ½ small onion, minced
- 3 garlic cloves, roughly chopped
- 1 lb mushroom, sliced
- 3 cups milk
- 6 eggs, beaten slightly
- 1 teaspoon dried thyme
- ½ teaspoon fresh ground black pepper
- ¼ teaspoon salt
- 6 ounces shredded swiss cheese, divided (about 1-1/2 cups)

SHOP RECIPE

NO BAKE ENERGY BITES

prep time: **20 MINS** *cook time:* **0 MINS**
total time: **20 MINS** *yield:* **20-25 ENERGY BITES**

DESCRIPTION

This No-Bake Energy Bites recipe is easy to make, full of feel-good ingredients, and irresistibly delicious!

INGREDIENTS

SCALE 1x 2x 3x

- 1 cup old-fashioned oats
- 2/3 cup toasted shredded coconut *(sweetened or unsweetened)*
- 1/2 cup creamy peanut butter
- 1/2 cup ground flaxseed
- 1/2 cup semisweet chocolate chips *(or vegan chocolate chips)*
- 1/3 cup honey
- 1 tablespoon chia seeds *(optional)*
- 1 teaspoon vanilla extract

INSTRUCTIONS

1 2 **Stir everything together.** Stir all ingredients together in a large mixing bowl until thoroughly combined.
Chill. Cover the mixing bowl and chill in the refrigerator for 1-2 hours, or until the mixture is chilled. (This will help the mixture stick together more easily.)
3 4 **Roll into balls.** Roll into mixture into 1-inch balls.
Serve. Then enjoy immediately! Or refrigerate in a sealed container for up to 1 week, or freeze for up to 3 months.

Find it online: https://www.gimmesomeoven.com/no-bake-energy-bites/