



Natural Epicurean
RECIPES FOR HEALTH



FEATURED RECIPES

AYURVEDA

Kitchari

MACROBIOTICS

Vegetarian Sushi Rolls

RAW & LIVING

Tropical Fruit Tart

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Chickpea Salad Collard Wraps

VEGETARIAN

Deep Dish Roasted Vegetable Quiche

Drawing from both ancient and contemporary concepts, and influenced by cultures from around the world, the 5 Healing Cuisines taught at Natural Epicurean empower our students to fully explore plant-based culinary health. This recipe guide let's you explore each Healing Cuisine with a recipe that captures key aspects of ingredients, flavors, and techniques that are representative of each cuisine.

AYURVEDA



AYURVEDA cuisine is a philosophy based upon the system of medicine native to India. Its theory is predicated on the balance of nature, and importantly, on our relationships with ourselves and with the environment around us. This cuisine promotes herbs and spices to balance the body and promote healing and whole body wellness.

KITCHARI

Yields

4 servings

INGREDIENTS

1 T ghee or sesame oil, divided
½ C onion or leek, chopped (optional)
½ t mustard seeds
¼ t whole fenugreek seeds
3 cloves
1 t fresh turmeric, finely minced (or ½ teaspoon ground turmeric)
2 t fresh ginger, finely minced (or 1 teaspoon ground ginger)
2 t cumin seed, freshly ground
2 t fennel seed, freshly ground
2 t coriander seed, freshly ground
½ C split yellow mung beans
¾ C white basmati rice
1 C vegetables of your choice, diced (Any root vegetables or heavy greens)
6 C water, divided

INSTRUCTIONS

Soak split mung beans 3 - 4 hours, or substitute urud or lentils. If substituting whole mung or aduki, soak overnight and cook kitchari about 15 minutes longer.

Freshly grind the cumin, fennel, and coriander seeds in a spice grinder or coffee grinder.

Bring 6 cups of water to a boil in a kettle or separate pot.

In a large sauce pan, heat 2 teaspoons of ghee or oil on medium heat until the oil shimmers. Add onion or leek and sauté until tender.

Push the onions to the sides of pan to make a well, turn down heat and add another teaspoon of oil to the well and heat until the oil shimmers. Add the mustard seeds and cover with a splatter screen. Stir seeds as needed until they pop and turn gray. Once mustard seeds are 80 percent popped, push to the sides and add the fenugreek, clove, ginger, and turmeric, followed by the other ground spices. Stir until golden and fragrant.

Stir in the drained mung and rice and coat with the toasted spices. Add in diced vegetables and stir to incorporate.

Carefully add about 4 cups of boiling water. Bring to a boil, then turn down to a simmer for 30 minutes or until the kitchari is soupy and the rice and mung are well cooked. Add more boiling water as needed.

In the final 10 - 15 minutes of simmering, you may also add faster-cooking, sweeter vegetables such as lightweight greens, edible-pod peas, green beans or celery.



MACROBIOTICS



MACROBIOTIC cooking is a food theory rooted in Japan culture and Chinese Medicine and aims to achieve balance in each individual through diet and lifestyle. A basic Macrobiotic diet consists of whole grains, freshly prepared vegetables, beans, legumes, nuts, seeds, seaweed and fermented foods. Macrobiotics combines technique and ingredients to help bring heightened nutrition, digestion, balance and wellness into one's life.

VEGETARIAN SUSHI ROLLS

Yields

1 sushi roll

INGREDIENTS

- ½ organic carrot, sliced into matchsticks
- 2 leaves organic collard greens, stalks removed
- 1 sheet toasted nori
- 1 C organic rice or rice/barley mixture, cooked and chilled
- ½ small organic daikon radish, sliced into matchsticks
- 1 T organic sauerkraut, rinsed

INSTRUCTIONS

Bring 4 cups of filtered or spring water to a rolling boil. Blanch carrots by submerging them into the boiling water until they are bright orange and tender (about 1 - 2 minutes).

Using the same pot of water; blanch collard stalks, then the leaves until bright green (about 30 seconds each).

Lay the nori with the smooth, shiny side down, on the sushi mat. Cover bottom ⅓ of nori with rice, pressing rice all the way out to the sides and edges. Layer collard leaf, carrot, collard stalks and daikon on top of rice. Add sauerkraut and layer the other collard leaf on top.

Roll tightly using a sushi mat. Cut into 8 rounds.

Serve with shoyu dipping sauce.

Variations

Add pan-fried tempeh or marinated tofu

Add steamed watercress

Add sprouts or avocado



RAW & LIVING FOODS



RAW & LIVING cooking consists of foods that are primarily uncooked and unprocessed, which means they are foods that have never experienced a temperature above 118 degrees. These foods exclude most of the harmful fats, chemical contaminants, processed ingredients, refined sugars, and excessive animal proteins found in the average American diet. Living foods are foods in which growth or enzyme activity is still present, such as fermented foods like sauerkraut, kimchi, yogurts, and cheeses.

TROPICAL FRUIT TART

Yields

1 9in Tart, 8 servings

INGREDIENTS

Crust

1 ½ C unsweetened, shredded coconut
1 ½ C raw macadamia nuts, unsoaked
½ t non-iodized natural salt
½ C pitted dates, chopped
dash cayenne pepper

Fruit Garnish

4 firm, ripe kiwifruit peeled and thinly sliced
10 strawberries, hulled, and thinly sliced

Filling

3 C chopped fresh Altufo mangoes
1 C chopped dried mangoes, soaked until soft, drained, coarsely chopped
2T liquefied coconut oil
1 T ginger juice

INSTRUCTIONS

Crust

To make the crust, place the coconut, macadamia nuts, salt, and cayenne in a food processor fitted with the S-blade and process until coarsely ground.

Add the dates and process until the mixture resembles coarse crumbs and begins to stick together.

To test, place a spoonful of the crust in the palm of your hand and squeeze gently, break in half. If the halves hold together well and do not crumble the crust is finished. If it is crumbly pulse briefly to desired consistency. Do not over process or oil will separate from the crust.

Press into a tart pan, and chill the crust in the freezer for 15 minutes.

Filling

Place the fresh and dried mangoes in a blender and process on high speed until smooth.

Blend in coconut oil or liquefied cacao butter and ginger juice.

Assembling the Tart

Pour the filling into the tart crust. Spread until smooth. Chill for at least one hour to set.

Line the top of the tart with concentric circles of sliced kiwi and strawberry slices.



VEGAN



VEGAN cooking abstains from the consumption of any animal products in the diet, including meats, eggs, dairy, and honey. A balanced vegan diet consists of fruits, vegetables, plenty of leafy greens, whole grain products, nuts, seeds, beans and legumes. As a Healing Cuisine, vegan cooking utilizes natural foods to create meals that are nutritionally dense and recognizable to the typical eater.

CHICKPEA SALAD COLLARD WRAPS

Yields

3 - 4 servings

INGREDIENTS

Tofu Mayonnaise

14 oz. sprouted tofu
2 t whole grain mustard
2 t brown rice vinegar
2 t lemon juice
4 t umeboshi vinegar

Chickpea Salad

15 oz. can chickpeas, drained and rinsed
6 - 8 dill pickles, finely minced
4 scallions, finely minced
½ C parsley, finely minced
4 stalks celery, finely minced
½ C + 2T tofu mayonnaise, or more for consistency
1 t whole grain mustard
¼ t garlic powder
1 t tamari
1 bunch collard greens, stemmed and blanched

INSTRUCTIONS

First, prepare the tofu mayonnaise by combining all the ingredients in a blender and slowly blending until pureed. Adjust seasonings to taste.

Next, add the chickpeas to a medium size bowl and mash them with a fork. Add all of the salad ingredients, except the collards, to the bowl and mix well.

To blanch the collard greens, bring a large pot of water to a boil. Set up a plate and rolling mat to allow the collards to drain once blanched. When the water is boiling, submerge the greens for 20 - 30 seconds and place them on the mat to cool.

Add chickpea salad and roll the leaves into small wraps.



VEGETARIAN



VEGETARIAN cooking abstains from the consumption of meat in the diet, including beef, chicken, pork, and fish. A balanced vegetarian diet consists of fruits, vegetables, plenty of leafy greens, whole grain products, nuts, seeds, beans and legumes, dairy, and eggs. As a Healing Cuisine, vegetarian meals utilize natural foods that are nutritionally dense and recognizable to the typical eater.

DEEP DISH ROASTED VEGETABLE QUICHE

Yields

1 9in Quiche, 8 servings

INGREDIENTS

Crust

2 C unbleached white flour
½ C cornmeal
1 t salt
1 t sugar
2 sticks butter, cut in ½ inch cubes, chilled
½ C water, iced

Filling

1 C butternut squash, diced
1 ¾ C baby asparagus, diced
3 C onion, diced
3 C red bell pepper, diced
½ C olive oil
½ t salt
¼ t pepper
6 large eggs
½ C crème fraiche
¼ C heavy cream

INSTRUCTIONS

Crust

Preheat oven to 375°F.

Sift all dry ingredients into large mixing bowl.

Cut in butter 2 tablespoons at a time until all butter is incorporated and mixture forms small crumbles.

Add ice water slowly while mixing until dough forms ball.

Flatten dough into a disk, wrap in plastic wrap and let rest for 30 minutes.

Roll dough out, place in prepared spring form pan and perforate with fork.

Place parchment and baking weight over crust and bake for 15 minutes.

Remove parchment and weight and bake for 5 minutes or until golden brown.

Filling

In large bowl combine all vegetables, oil and ½ teaspoon salt.

Spread vegetable mixture on sheet pan and roast until tender; set aside to cool.

Lower the oven temperature to 350°F.

In medium bowl lightly beat eggs; add crème fraiche, cream, salt and parsley, whisk to combine.

Place roasted vegetables in prepared crust and pour egg mixture over vegetables.

Bake at 350°F for 1 ½ hours or until eggs are set and top is golden brown.

Storage Information: Refrigerate in airtight container.



Natural Epicurean Academy of Culinary Arts

is a plant-based culinary school in Austin, Texas training professional chefs and home cooks in the art of healing cuisines.

A holistic view of health rooted in the foundations of Ayurveda, Macrobiotics, Raw & Living Foods, Vegan and Vegetarian cooking offer individuals a dynamic understanding of food and nutrition to create a truly personalized diet for the contemporary eater. Natural Epicurean is proud to train chefs of the future by combining exquisite culinary techniques with the power of food as medicine.

To learn more about our professional chef training program please visit us at:

www.naturalepicurean.com



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