

Retreat: Caroline Dupont June 2011

Thursday:

Thai Curry Soup
Mango Spinach Salad
Sesame Greens
Edamame Rice with Dulse

Friday:

Green Smoothie and Fresh fruit salad
Crunchy Granola with almond milk
Steel cut oatmeal

Kale Salad with lemon garlic dressing
Hummus with carrot sticks, celery, sliced peppers
and cucumber
Quinoa, Roasted Beet and Walnut Salad
Butternut Squash and Lentil soup



Mushroom Ragout
Wild rice/brown rice blend – 1 cup rice to 2 cups water or broth, 1 tsp salt, 1 Tbsp coconut oil – boil for 50 minutes until water evaporated.
Red Cabbage with Cranberries
Cashew-Sweet Potato and Carrot Loaf
Green salad – dandelion, lettuce, apple, sprouts, almonds – dressing 2:1:1 olive oil:apple cider vinegar:juice, 1 tsp Dijon, 1 Tbsp honey, sea salt – shake in Mason jar.

Saturday:

Earth Bowl
Green berry smoothie (as FridayAM)
Oatmeal (as FridayAM)
Sliced watermelon
Granola

Spring Minestrone Soup with asparagus
Chickpea patties
Sundried Tomato Tapaté (for on top of the patties)
Fennel and Orange Salad
Herbed Green Salad – spinach, mixed salad greens, arugula, green onion, chives, fennel, parsley – dressing 2:1 olive oil:fresh lemon juice, garlic, 1 tsp Dijon – shake in Mason jar.



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Digestive Kichadi

Steamed broccoli with yellow and red peppers

Roasted Beets with lemon and thyme – wash beets, put them in foil on a baking sheet. Sprinkle with thyme and lemon zest and olive oil until tender – about 30 minutes depending on size – peel and slice and serve with lemon slices.

Green salad – dressing 2:1 olive oil:apple cider vinegar, 1 bulb roasted garlic, 1 tsp dulse – puree with immersion blender and serve.



Sunday:

Green smoothie (as Friday AM)

Fruit bowl with Hazelnut Milk

Teff Cereal

Granola (as FridayAM)

Brown Rice with Black Beans

Refried beans (1 can Eden organic refried beans combined with ½ can of Eden diced tomatoes, 1-2 tsp chilli powder until they reach desired consistency)

Collard wraps

Guacamole and Salsa

Green Salad – lemon juice, garlic, olive oil, sea salt and Dijon mustard (2:1 ratio olive oil to lemon juice)

Key Lime Avocado Pie

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Thursday Recipes

Thai Curry Soup (originally from Rachael Ray's website <http://www.rachaelray.com>)

Ingredients

2 Tbsp extra virgin olive oil
3 carrots, chopped
3 stalks celery, chopped
1 medium onion, chopped
1 green pepper, chopped
1 bag coleslaw mix
1 Tbsp Ayurvinda's curry masala
2 tsp Lala's curry powder
1 clove garlic, minced
1 Tbsp ginger, grated
½ cup cooked brown rice
2 pkgs vegetable broth
2 cans coconut milk

Preparation

1. Heat the oil and 2 Tbsp of broth; add the curry powder, garlic and ginger. Sauté the carrots, celery, onion, coleslaw mix and green pepper and cook until tender. Add the broth and coconut milk and ½ cup rice.
2. Garnish with cilantro and a squeeze of fresh lime.
3. You could also add chicken, rubbed with curry powder and Chinese 5-spice seasoning that has been cooked and cubed.

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Mango Spinach Salad

312 grams of pre-washed spinach
3 cups of arugula
1 mango, peeled, julienned
1/2 cucumber, julienned
½ red onion, cut in half and julienned
¼ cut slivered almonds
1 cup sunflower sprouts

Dressing

½ cup extra virgin olive oil
¼ cup brown rice vinegar
1 Tbsp honey
3 Tbsp orange juice (optional)
2 Tbsp sesame oil
½ tsp salt

Mix all of the dressing ingredients together in a mason jar and shake well. Pour over the salad and enjoy!

Sesame Greens

1 tbsp sesame seeds
2 tsp coconut oil
1 small onion
1 clove garlic
2 tsp chopped ginger
Large bunch of leafy greens (kale, swiss chard, or collard greens). Remove tough stems and coarsely chop.
¼ cup vegetable broth or water (as needed to avoid sticking)
1 tsp sesame oil
1 tsp tamari
Gomasio

1. In a small frying pan toast the sesame seeds over medium heat until lightly colored 3-4 minutes. Put onto a plate to cool.
2. Place a large pan over high heat until hot. Add oil and swirl to coat the bottom. Add the ginger, onion and garlic cook until fragrant and onions are soft. Add the greens and broth and cover. Cook until greens are wilted.
3. Add the sesame oil, tamari, and sesame seeds and toss.
4. Transfer to serving plate and serve.

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Edamame Rice with Dulse

Ingredients

1 bag frozen edamame
2 carrots, diced
2 cloves garlic, minced
2 stalks celery, diced
1 small onion, diced
2 cups brown rice, uncooked
¼ cup tamari
2 Tbsp dulse

Directions

1. Cook the brown rice in 4 cups water, 1 tsp sea salt and 1 Tbsp coconut oil.
2. Saute the onions, celery, carrots, and garlic, until onions are softened. Add the cooked rice and stir.
3. Add the tamari and dulse to flavor.

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Friday Recipes

Green Smoothie

2 large handfuls spinach
2 stalks celery
2 bananas
1 1/2 cups frozen blueberries
2 cups water
1 cup guava juice
¼ cup ground flax seed

Mix well in blender and serve.

Variations:

2 cups almond milk, 1 banana, 1 cup frozen mango, 2 Tbsp ground flax, large handful of spinach – add a scoop of protein powder of choice (rice, hemp, whey)

1 cup water, 1 cup apple juice, 2 stalks celery, knob of ginger, ½ tsp cinnamon, 1 apple

Fruit Salad (serves 20)

1 pineapple, peeled, cored and diced
2 grapefruit, peeled and diced
6 kiwi, peeled and diced
4 oranges, peeled and diced
2 apples, diced
1 small packaged blueberries, washed
1 package of strawberries, topped and diced
Juice of 1 lemon

Toss fruit together in a large bowl. Squeeze lemon juice over top.



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Crunchy Granola

4 cups freshly ground oat flakes (or sprouted buckwheat, or quinoa flakes)
1 cup nuts, coarsely chopped (combination of almonds, pecans, walnuts, cashews – whatever you have available)
1/2 cup seeds (combination of sunflower seeds, pumpkin seeds)
1 ½ cup coconut flakes
1 cup dried fruit (combination of cranberries, blueberries, apricots, currants or raisins)
¼ cup ground flax or chia seed
½ cup pure water
1/4 cup rice syrup
2 Tbsp coconut butter
1 tsp vanilla extract
1 tsp cherry extract
pinch sea salt
spice as desired (ginger and/or cinnamon is delicious)



1. Mix the oat flakes, nuts, seeds, fruit, flax and spices in a large bowl.
2. Bring water to boil in a small saucepan, remove from heat and add the rice syrup, coconut butter, olive oil and salt. Dissolve.
3. Stir the wet ingredients into the dry and mix well. The moist, slightly sticky texture is necessary for clumps to form.
4. Place the contents onto a cookie sheet or a large baking pan and dry at 150 degrees F for 3 to 4 hours or until dry and crispy. Do not mix during drying as this would break up the clumps.
5. When finished, cool, loosen up the clumps and transfer into an air tight container.

Steel cut oatmeal

1 cup steel cut oatmeal
3 cups waters
½ tsp sea salt

1. Bring to a boil, let simmer and cover for 20 minutes. Serve with dried fruit, nuts, seeds, ground flax or chia and almond milk.
2. May need to add more water if it gets too thick.

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Kale Salad with Lemon and Garlic Dressing

When kale is cut into thin strips, rubbed, and then marinated overnight in a dressing, it has a wonderfully soft and juicy texture that makes it delightful for a salad.

2 heads of kale, washed and cut into thin strips
1/2 small head radicchio, julienne
½ package of strawberries, sliced
1/3 cup raw whole almonds, chopped
¼ cup toasted pecans
½ small bunch of green onions
½ sprouted mung beans (or whatever sprouts you have available)



Combine all the above ingredients in a large bowl.

Dressing:

1 tbsp apple cider vinegar
1/3 cup olive oil
2 Tbsp lemon juice
1 tsp Dijon
1 clove garlic, minced
Salt and pepper to taste

Combine ingredients in a jar, shake and pour over salad. Massage dressing into salad and let sit for at least 30 minutes before serving to let flavors meld and allow the kale to soften. This salad will keep for a couple of days as the kale just softens in the dressing and becomes juicier.

Hummus

2 cups chick-peas
3 tbsp fresh lemon juice
2 garlic cloves, minced
2 tbsp tahini
2 Tbsp flaxseed oil
1 Tbsp olive oil
2 Tbsp nutritional yeast
½ tsp sea salt
Water to thin hummus as desired

In a food processor combine all the ingredients except water and blend. Puree until smooth, gradually adding water as necessary to obtain the desired consistency. Chill. Use as a sandwich spread or dip with vegetables/flatbread. Season to taste with additional salt, lemon juice or nutritional yeast as desired.

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Quinoa, Roasted Beet and Walnut Salad

(from Ricki's Kitchen Cooking Classes)

The brilliant crimson of roasted beets lends a gorgeous hue to this mineral- and protein-rich salad. Roasting the beets brings out their true sweetness and tender texture in contrast to the chewy quinoa and crunchy walnuts.

3-4 medium beets, washed and trimmed (do not peel)

1 cup dry quinoa

2 cups water

½ cup walnuts, lightly roasted and cooled

2-3 cloves garlic, minced or grated

Grated rind of one lemon

Juice of one lemon (about ¼ cup)

2 Tbsp balsamic vinegar

¼ cup extra-virgin olive oil

2 tsp Dijon mustard

1 tsp. Maple syrup

1/3 cup fresh cilantro, chopped

Pepper to taste



1. Preheat oven to 425F. Wrap beets in foil and bake until extremely tender, about 45 minutes to 1 hour. Let cool, then slip off the skins and dice into 2 cm cubes. Set aside.
2. Bring water to boil in a small heavy saucepan. Rinse quinoa well and add to water. Return to boil, then reduce heat to low and cover. Allow to simmer, untouched, for 25 minutes, then check to see if water has been absorbed. If not, continue simmering until all water is absorbed, then uncover and allow to cool. (If you are in a hurry, you can turn the hot quinoa into a glass bowl at this point and place it in the fridge for about 30 minutes).
3. In a nonstick frypan, heat oil and add garlic and lemon rind. Cook and stir for 2 minutes, then add balsamic vinegar, lemon juice and maple syrup. Remove from heat.
4. Add beets to cooled quinoa. Break walnuts into pieces and add to the bowl. Pour dressing over and toss well until quinoa becomes pink. Add cilantro and combine well. Season to taste with pepper. This salad is even better the second day, after flavours meld.

Serves 4

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Butternut Squash and lentil soup

4-6 cups peeled and cubed butternut squash
4 cloves garlic, peeled and chopped
2-3 tbsp coconut oil or ghee
1 medium onion, chopped
½ cup red lentils
2 tsp mustard seeds
1 tsp ground cumin seeds
2 tsp ground coriander seeds
1 tsp turmeric
¼-1/2 tsp hot chili pepper or to taste
2 tsp sea salt
2-3 cups water (or stock)
½ -1 cup coconut milk (optional)

Heat coconut oil and mustard seeds, sauté until they start to pop. Add onions and spices and sauté for a minute. Add the stock or water and butternut squash. Bring to a boil and reduce heat. Simmer for 15-20 minutes. Add washed lentil and simmer for 10-15 minutes until lentils are tender but not overcooked. Add salt and optional coconut milk. Mash with hand held blender or potato masher.

Serve with chopped cilantro sprinkled on top or pumpkin seeds. Recipe is from Patricia Meyer Watt at b-healthy@rogers.com

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Mushroom Ragout

Ingredients

4 Tbsp extra virgin olive oil
1 ½ lbs crimini mushrooms, thinly sliced
1 ½ lbs shiitake mushrooms, thinly sliced
½ lb wild mushrooms of choice (such as chanterelle, oyster, king oyster, maitake), sliced
1 onion, finely diced
2 cloves garlic, minced
¼ cup miso (combine with 1 cup of hot water or hot mushroom stock)
2 Tbsp tamari
1 Tbsp brown rice flour
1 cup mushroom stock
1 cup vegetable stock
3-4 sprigs parsley
½ tsp black pepper
2 Tbsp fresh thyme

1. Heat oil in pan with some stock until hot. Add mushrooms a little at a time (one layer in the pan – as you cook them, put them into a bowl) until seared and brown. On last batch of mushrooms, add onion and garlic (may need a little more oil). Cook until softened.
2. Put all mushrooms, onion and garlic all together, add flour, making a roux and cook for a few minutes. Add stocks, parsley, and tamari; simmer for 20-30 minutes, until liquid is reduced to sauce consistency. Remove parsley sprigs, add miso juice. Finish with black pepper and fresh thyme.

Red Cabbage with Cranberries

Ingredients

1 medium red cabbage, shredded
1 medium napa cabbage, shredded
3 Tbsp extra virgin olive oil
1 cup dried cranberries
2 Tbsp caraway seeds
¼ cup pumpkin seeds
salt and pepper to taste

Steam cabbage, put in bowl. Drizzle with olive oil, salt, pepper, caraway, pumpkin seeds and cranberries. Toss and serve.

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Cashew-Carrot Loaf

(adapted from Enlightened Eating by Caroline DuPont)

3 cups chopped carrots
3 cups chopped sweet potatoes
2 cups ground cashews
2 Tbsp. olive oil
1 cup finely chopped leeks or mild onions
1 cup finely chopped celery
½ cup flour
1 tsp. sea salt
½ tsp. black pepper
2 tsp. crushed sage
½ tsp. thyme
1 tsp. basil

1. Steam carrots, then sweet potatoes until tender, then mash together. Six cups of chopped raw carrots make approximately 3 cups mashed.
2. Grind the cashews in a food processor or blender until they are quite fine.
3. Mix all ingredients together and place in an oiled loaf pan.
4. Bake at 350F for 35 to 45 minutes or until the top edges begin to look dry.
5. Cut into squares and serve.

Serves 8

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Saturday Recipes

Earth Bowl

(adapted from Enlightened Eating by Caroline DuPont)

This meal is beautiful in its simplicity. It's a satisfying breakfast, lunch or dinner when made with local ingredients so it's ideal for raw food eating in the colder months.

1 apple chopped
2 stalks celery, diced
Small handful dried cranberries or raisins or blueberries
6 walnuts, broken into pieces
1 Tbsp. pumpkin seeds
Juice of 1 orange

1. Place all ingredients in a bowl and enjoy!

Serves 1

Spring Minestrone Soup with asparagus, snow peas and rice

1 onion, finely diced
2 carrots, quartered and sliced
1-2 stalks celery, quartered and sliced
1 bunch asparagus, snap off ends and cut into bite-sized pieces
2 cups sugar snap peas (or snow peas)
4 cups vegetable broth
1 cup brown rice
1 tsp thyme
1 clove garlic, minced
1 Tbsp extra virgin olive oil



1. Sauté onions, garlic, celery and carrot and thyme. Add water to prevent sticking as necessary. Cook about 5 minutes until carrots are just tender.
2. Add broth and bring to a boil. Season with salt and pepper as necessary.
3. Add snow peas and asparagus and cook about 5 minutes just until asparagus is tender.
4. Serve immediately.

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Chickpea sprout burgers

2 ½ cups chickpeas (note 6 398 mL cans makes 32 patties)
2 Tbsp chia in ¼ cup water (chia egg)
½ tsp sea salt
1/3 cup chopped fresh cilantro
1 red onion, finely diced
Zest of 1 lemon
1 cup sprouts (alfalfa, clover, or broccoli)
1 cup almonds and cashews (ground almost into a meal – to replace breadcrumbs)
1 tbsp olive oil



Combine the beans, chia egg and salt in the food processor and puree until almost smooth. Pour into a bowl and add cilantro, onion, zest, and sprouts. Add nuts and let sit for a few minutes. Form into patties (if too wet, add more dry chia and let sit for a few minutes again) and fry on medium heat in olive oil for about 10 minutes or until brown on both sides (or bake in 350F oven for 20 minutes)

Sundried Tomato Tamenade

1 cup sundried tomatoes, soaked 1-2 hours
½ cup olive oil
½ to 1 tsp salt
2 cloves garlic, crushed
1 ½ tsp grated lemon rind
1 ½ tbsp fresh lemon juice
1 tsp chopped fresh thyme or ¾ tsp dried thyme

1. Soak sun-dried tomatoes in warm water for 1 hour. Drain and chop coarsely.
2. Process all ingredients in a food processor or blender until finely minced.
3. You can make crackers for this by cutting Ezekiel wraps (found in the frozen foods section of the health food store or supermarket) into pieces and drying in a warm oven until crisp.

Makes 1 ½ cups.

From Caroline Dupont's book *Enlightened Eating*.

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Fennel and Orange Salad

- 1 fennel bulb, remove fronds, bulb cut in half, sliced thinly
- 4 oranges, cut into sections
- ½ cup chopped pecans
- Zest of 1 orange
- Olive oil – drizzle
- 1 Tbsp. white wine vinegar
- Salt to taste

Serve with roasted vegetables and rice.

Digestive Kichadi

The texture of this dish will remind you of porridge and you will feel the ease with which the body can handle it. Kichadi “fast” for one to two weeks is recommended to anyone with persistent digestive issues.

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|---|---|
| ½ cup brown basmati rice | 1 tsp dry oregano |
| ¼ cup whole mung beans (we used adzuki beans) | 1 tsp sea salt |
| 1 ½ tsp cumin seeds | 2” piece of kombu |
| 2 Tbsp extra virgin olive oil (or ghee) | 1-2 tsp fresh ginger, grated |
| 3 bay leaves | 3 cups water |
| 1 ½ tsp coriander seeds | 3 cups fresh vegetables, such as carrots, zucchini, celery, |
| ½ tsp turmeric | kale, collard greens, chard, cabbage, or summer squash |

1. Pick through the beans, soak overnight or for 24 hours with one change of water for better digestibility. You may even consider sprouting them for one day.
2. Rinse the soaked beans together with the rice in a colander until rinse water is clear.
3. Grind the cumin and coriander in a coffee grinder or with mortar and pestle.
4. Warm oil in a medium saucepan and add the cumin and coriander, bay leaf and oregano. Saute lightly until aromatic but not burnt. Stir in turmeric, ginger, rice and mung beans. Add water and kombu.
5. Simmer covered over low heat until beans and rice are soft, about 30 minutes.
6. Meanwhile, wash and dice vegetables.
7. Add salt to the dish together with vegetables before all the water has been absorbed by the beans and rice. Do not stir and cook undisturbed until completely tender – 20 to 30 minutes. Stir thoroughly and serve warm.

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Sunday Recipes

Fresh Hazelnut milk

1 cup soaked hazelnuts
1 Tbsp maple syrup
1 cup coconut water
½ tsp vanilla
3 cup water

1. Blend all ingredients until uniform consistency.
2. Put the mixture through strainer/nut milk bag.
3. Serve over fruit and nuts or enjoy as a fresh beverage.

Serves 4

Teff Cereal

2 cups teff
8 cups water

Boil 20 minutes.

Add ½ tsp allspice, 1 tsp cinnamon, ½ tsp ginger, ½ cup currants.

Make squares:

Pour into 8.5 x 11 inch pan (greased) and bake for 25 – 30 minutes.

Cut into wedges and serve with Fresh Hazelnut milk.

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Brown rice with black beans, corn and cilantro

1 cup brown rice
2 cups water
1 can black beans
1 cup frozen corn
1 small onion, diced very small
1 clove garlic, minced
1 red pepper, diced very small
½ cup green onions, finely sliced
¼ cup cilantro, finely chopped
2 Tbsp coconut oil
1-2 Tbsp chili powder



Cook the rice, while the rice is cooking, sauté the onions, garlic and peppers.

Rinse the beans. Combine everything together in a large bowl – rice, beans, corn, onions, garlic, peppers, green onions, cilantro, and chili. Toss well

Serve as a salad, or wrap in collard leaves or fajitas.

Collard Wraps

6 – 8 large collard leaves, whole
1 recipe of Hummus (add 1 Tbsp chili powder)
1 recipe of Brown Rice with Black Beans
2 carrots, grated
1 cup of sprouts

Blend hummus and rice salad together. On each collard leaf, put about ½ cup of hummus and salad mixture, a handful of grated carrots and sprouts. Wrap and enjoy.



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Guacamole

2 ripe avocados
1 diced tomato
1 clove garlic, minced
Juice of ½ of one lime
pinch of sea salt

Remove the avocado pit, mash with a fork to remove all lumps, stir and blend in the other ingredients.



Salsa

6 diced tomatoes
2 Tbsp finely minced onion
½ cup cilantro, minced
1 jalapeno pepper, minced (or chili flakes)
1 tsp raw cane sugar
pinch of sea salt

Combine everything and let sit for a few hours for the flavours to combine.



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Key Lime Avocado Pie

Crust:

1 cup unsweetened coconut
1 cup almonds
¼ tsp sea salt
6 pitted medjool dates
1 Tbsp maple syrup

1. Place the coconut, almonds and salt in food processor with s-blade. Blend until coarsely ground.
2. Add the dates and process until the mixture resembles crumbs and begin to stick together.
3. Press ingredients into the bottom and sides of a 9-inch pie plate by packing the crumbs with the back of a spoon.
4. Place the crust in the freezer for 15 minutes.

Filling:

4 soft avocados
1/3 cup lime juice (add more to taste)
1 tsp lime zest
1/8 tsp stevia
3 Tbsp maple syrup
¼ cup coconut oil (melted)
pinch sea salt

1. Process all ingredients in a food processor using the s-blade until smooth. Pour the filling into the pie crust.
2. Garnish with extra thin slices of lime or coconut flakes. Refrigerate until firm.

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