

Recipes for Summer

Avital Sebbag

Endive Boats Stuffed with Macadamia Feta

Serves: 3

Boat ingredients:

12 endives, preferably with broad leaves

Stuffing ingredients:

100 grams macadamia nuts

6 Kalamata olives, pitted

4 sun-dried tomatoes

¼ cup chopped coriander

Water, as needed

Garnish ingredients:

¼ cup sesame seeds

8 basil leaves

8 beet juliennes

1 Tbsp olive oil

Rinse endives thoroughly. Gently separate leaves.

20] In a food processor, combine all stuffing ingredients into a coarse, thick paste. Add water, as needed. Form stuffing into small balls using a Parisian spoon or tablespoon. Roll balls in sesame seeds. Place a basil leaf in each endive boat, followed by a ball of stuffing. Garnish with beet juliennes. Drizzle with olive oil (optional).

rounds. Soak herbs in lukewarm water with 1 tsp salt for 15 minutes. Rinse, dry and chop. Peel kohlrabi and julienne using a julienne knife or food processor. In a mixing bowl, combine noodles, kohlrabi, scallions and herbs. Grate ginger into a separate bowl. Add soy sauce, sesame oil, lemon juice and pepper. Whisk until fully combined. Pour over noodles, mix and serve.



Photo: Michal Lenart

Black Rice Noodles and Kohlrabi

Serves: 4

Noodles ingredients:

1 package (250 grams) black rice noodles

2 kohlrabies or carrots

1 cup of sprouts, any kind

2 scallions

1 cup mixed herbs (cilantro, parsley, dill)

1 tsp coarse Atlantic sea salt

Dressing ingredients:

1 piece ginger root (to taste)

1 Tbsp organic soy sauce

Juice from 1 lemon

1 Tbsp soy sauce

Juice from 1 lemon

1 Tbsp sesame oil

1 tsp black pepper

Cook rice noodles according to manufacturer's instructions. Drain, rinse and cool. Cut scallions into

Lady Fingers

Serves: 4

Ingredients:

500 grams sambal Asian okra

1 large onion

6 cloves garlic

6 tomatoes

1 tsp coarsely ground black pepper

1 tsp turmeric

1½ Tbsp coarse Atlantic sea salt

1 Tbsp coconut oil

Stem and rinse okra. Place on paper towel and dry in the sun for 30 minutes. Chop onion, garlic and tomatoes. In a wok or deep pan, stir fry onion with coconut oil until browned. Add tomatoes, garlic and spices. Stir fry for 5 minutes. Add okra and bring to a boil. Cover partially, lower flame and simmer for 1 hour.

Serve on a bed of whole grain rice, quinoa, or pearl barley.

Nut Ice Cream Nuggets

Equipment: 26-cm pie dish

Shell ingredients:

3 cups assorted nuts (macadamia, Brazil, walnut, pecan, almond)
20 dates, pitted
½ cup coconut oil

Filling ingredients:

Juice and zest from 1 lemon
2 cups cashews, soaked in water for 12 hours
3 Tbsp maple syrup
1 cup water
1 tsp vanilla extract
1 Tbsp cocoa powder

In a food processor, coarsely chop all ingredients. Press mixture into the bottom of the pie dish. The base should be about 1 cm high and even.

In a blender, blend all filling ingredients until smooth. Pour filling onto base. Freeze for 3 hours to stabilize. Cut pie into small nuggets. Serve.

Kimchi

Ingredients:

1 Chinese cabbage

1 cauliflower
4 celery roots
4 carrots
1 head celery
1 bunch fresh thyme
1 bunch oregano
1 bunch tarragon
1 Tbsp “four seasons” peppercorns
8 Tbsp coarse Atlantic sea salt
10 cloves garlic
4 Tbsp Korean chili, hot paprika or chili pepper
5 bay leaves
4 liters water

Cut cabbage into medium size pieces. Cut carrots and celery stalks on an angle into thin strips. Clean celery root and cut into medium size slices. Divide cauliflower into florets. Place all vegetables in a large bowl, add herbs, spices and water. Mix and transfer mixture to large glass jars or a pickling kettle (sealed clay kettle, designed for pickling). Mark the preparation date on an adhesive label and label kettle jars. Put in a warm place (preferably in sunlight) for 3 days. Transfer to a shaded area for an additional 10 days.◆

Photo: Michal Lenart

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Life is like a dream within a dream.
In our worldly encounters, who is who?
Before I was born, who am I?
After the last breath, what am I?



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