



## Wellness Cooking Class- October 2015 The Flavorful World of Spices



Spices are the buds, flowers, fruits, roots or seeds of plants that have been dried. They can be whole or ground. Spices should be stored in tightly covered containers in cool, dark places. They do lose flavor and quality with extended storage. Spices should be added during the cooking process to develop the flavor, whereas herbs tend to be added at the end of cooking.

Today we will be working with a variety of spices including cumin, curry, allspice, cinnamon, ginger and cloves. These spices have inviting aromas and impart “warmth” to the recipes, perfect for a cool autumn day. Spices also contain phytonutrients and contribute health properties to recipes. Here are further details about some of the spices we are using today:

**Curry-** a blend of spices typically found in Asian and Indian cuisine. The blend of spices can be unique to specific regions, but usually contain turmeric, coriander, fenugreek, ginger, garlic and chiles. Turmeric is probably the most notable component of curry and is related to ginger. Turmeric contains curcumin, which provides the distinctive yellow color and shows promise as an anti-cancer and anti-inflammatory phytonutrient.

**Cumin-** often used in Mexican and Indian dishes; helps with digestion

**Coriander-** provides a nutty, citrus flavor

**Fenugreek-** slightly sweet, nutty flavor; described as a cross between celery and maple

**Allspice-** can help with digestion; flavor is a blend of cloves, ginger and nutmeg, although it is not a blend of spices

**Cinnamon and cloves** -can aid in digestion and help reduce inflammation

**Ginger-** reduces nausea, anti inflammatory; used both in fresh and dried forms



## **Curry Lentil Soup** (source: [www.cookieandkate.com](http://www.cookieandkate.com)) Serves: 4-6

This simple lentil soup recipe comes together quickly with some basic pantry ingredients. The lentils provide protein and dietary fiber and don't require presoaking. The aromatic spices combine for a rich flavor. You can blend the soup to your desired consistency. It is finished off with leafy greens to add fresh color to the soup. Suggested toppings include a dollop of Greek yogurt, your favorite pesto or toasted nuts.

### **Ingredients:**

2 Tbsp	olive oil
1	medium yellow or white onion, chopped
½ cup	carrots, shredded
4	garlic cloves, minced
1 tsp	ground cumin
1 1/2 tsp	curry powder
½ tsp	dried thyme
1 28-oz can	diced tomatoes, drained
1 cup	brown or red lentils, sorted and rinsed
4 cups	vegetable broth or chicken broth, preferably low sodium
2 cups	water, adjust for desired consistency
½ tsp	salt, or to taste
Pinch	red pepper flakes, or to taste
1/8 tsp	ground black pepper, or to taste
1 cup	chopped fresh leafy greens (collard greens, Swiss chard or kale, tough ribs removed)
1 ½ Tbsp	lemon juice

### **Directions:**

1. Heat olive oil in a large pot over medium heat. Add the chopped onion and carrot and cook, stirring often, until the onion has softened and is turning translucent, about 3 minutes.
2. Add the garlic, cumin, curry powder and thyme. Cook until fragrant while stirring constantly, about 30 seconds.
3. Pour in the drained, diced tomatoes.
4. Add the lentils, broth and 1 cup water. Add salt, black pepper and a pinch of red pepper flakes.
5. Bring the mixture to a boil, cover and reduce heat to maintain a gentle simmer. Cook for about 20 minutes, or until the lentils are tender.
6. With an immersion blender, blend the soup slightly to breakdown the lentils, yet still maintaining some texture to the soup. Thin with additional water until desired consistency.
7. Add the chopped greens. Cook for about 5 minutes, or until the greens have softened to your liking.
8. Remove the pot from heat and stir in the juice of half of a lemon. Taste and season with more salt, pepper and/or lemon juice. Serve immediately.

## Spiced Pumpkin Seeds (source: *Giada's Feel Good Food* by Giada DeLaurentiis) Yield: 1 cup

The spice mix is a great way to add flavor to any type of nut or seed. For best results, remove the seeds from the oven just when they start to turn brown, as they will continue to cook and the color will deepen. These will add spice and crunch to the lentil soup.

1 Tbsp	maple syrup
1 tsp	curry
½ tsp	cumin
¼ tsp	garlic powder
1/8 tsp	ground red pepper
1/8 tsp	cardamom
1 cup	raw pumpkin seeds or nuts

1. Preheat oven to 350 degrees F. Line baking sheet with parchment paper.
2. In a small bowl, pour maple syrup over pumpkin seeds. Stir until the pumpkin seeds are evenly coated.
3. In a small dish, combine spices. Mix gently to combine.
4. Add spice mixture to pumpkin seeds. Stir well until seeds are evenly coated with spice mixture.
5. Spread coated pumpkin seeds in a single layer on prepared baking sheet.
6. Bake for 7-10 minutes, until just starting to turn brown. Remove from oven to cool.



**Apple Wheat Berry Salad** (source: Taste and Savor) Serves: 4-6

The flavors of fall are throughout this salad with apples, cranberries, and an apple cider, allspice dressing. Wheat berries are whole wheat kernels with a nutty taste and slightly chewy texture. You can purchase them “pre-steamed”, so they cook in about 15 minutes. Turn this dish into an entrée by adding grilled chicken, fish or cannellini beans and serving over your favorite salad mix.

**Ingredients:**

- 1 cup quick-cooking wheat berries, dry (yield: about 3 cups cooked)
  
- 1 cup green apple, diced, skin on
- 1 cup red apple, diced, skin on
- ½ cup dried cranberries or cherries
- ½ cup celery, finely diced
- ½ cup toasted almonds, sliced
- 3 green onions, thinly sliced
- crumbled blue cheese, optional
- fresh mint for garnish, optional

**Dressing:**

- 1/3 cup apple cider
- 1 Tbsp apple cider vinegar
- 1 Tbsp olive oil
- 1 tsp Dijon mustard
- 1 tsp allspice
- 1 tsp honey
- 1/8 tsp salt

**Directions:**

1. Prepare the wheat berries: combine 1 cup dry wheat berries with 2 ½ cups water in saucepan. Bring to a boil. Reduce heat and simmer, covered for about 15 minutes until the wheat berries are tender. Cool.
2. While the wheat berries are cooking, prepare the dressing. Whisk together the cider, vinegar, olive oil, mustard, allspice, honey and salt. Set aside to allow flavors to blend.
3. In a large bowl, combine the cooled wheat berries, diced apples, dried cranberries, celery and almonds.
4. Pour the dressing over the salad mixture and stir until evenly coated. Garnish with the sliced green onions and bleu cheese, if desired.



**Roasted Cauliflower & Delicata Squash with Baby Spinach** (source:www.wegmans.com) Serves: 4-6  
No need to peel this squash- once cooked, delicata squash has an edible, tender skin. To prepare, cut off the ends, slice lengthwise and remove the seeds with a melon baller. Roasting the squash, cauliflower and red onion caramelizes the natural sugars for a rich flavor. Remember to successfully roast vegetables, cut them into similar sized pieces, so they cook evenly. This nutrient-dense dish provides dietary fiber, vitamin A and vitamin C.

**Ingredients:**

1/2 head cauliflower, cored, cut into bite-size pieces  
1/2 small red onion, peeled, cut into 1 1/2" pieces  
1 delicata squash, seeded, cut lengthwise and sliced into 1/4" wide semi-circles  
2 Tbsp basting oil  
Salt and pepper to taste  
3 oz baby spinach

**Directions:**

1. Preheat oven to 425 degrees F. Line rimmed baking sheet with parchment paper.
2. In a large bowl, toss cauliflower, onion, and squash with basting oil; season to taste with salt and pepper.
3. Arrange vegetables in single layer on prepared baking sheet.
4. Roast on center rack about 20 minutes, or until fork tender and golden brown. Remove from oven.
5. Add spinach to large bowl; add hot cauliflower-squash mixture. Toss gently to wilt spinach. Serve immediately.



## Maple Pumpkin “Pie” Parfait with Greek Yogurt and Granola

(Source: [www.getoffyourtushandcook.com](http://www.getoffyourtushandcook.com)) Makes 4 servings

A healthier alternative to all of the pumpkin “flavored” foods that appear each fall season. This recipe combines spiced pumpkin puree, which is rich in fiber and beta-carotene, and creamy yogurt to create a whimsical treat! Be creative with different toppings to add flavor and texture to these parfaits.

### **Ingredients:**

1 15-oz can	pure pumpkin puree (not pumpkin pie filling), chilled
2 Tbsp	maple syrup
1 tsp	vanilla extract
1 tsp	pumpkin pie spice (blend of cinnamon, ginger, nutmeg and allspice)
1/2 tsp	cinnamon
2 cups	non-fat, plain Greek yogurt (can substitute vanilla yogurt)
	Homemade granola (see recipe on next page)

### **Directions:**

1. In a bowl, whisk together the pumpkin puree, maple syrup, vanilla, pumpkin pie spice and cinnamon. Chill until you are ready to assemble the parfaits.
2. Prepare the toppings: granola, shaved dark chocolate, crushed ginger snaps, dried fruit, chia seeds or toasted coconut.
3. Assemble the parfaits: Put a spoonful of the pumpkin mixture (about 1/4 cup) in the bottom of a serving dish, top with a layer of Greek yogurt (about 1/2 cup), sprinkle with some of your toppings, add another 1/4 cup pumpkin puree, and garnish.
4. Repeat for the remaining parfaits, or if you’re just making one serving at a time, store the components separately.
5. Chill until ready to serve.



## **Homemade Granola** (*The Plant Powered Diet* by Sharon Palmer, RD) Yield: 4 cups

Make a batch of this versatile cereal to get you through the week. It makes a great topping for fresh fruit and yogurt, as well as a delicious cereal served with your favorite milk. You can substitute different nuts, dried fruit and nut butters to make endless variations of this recipe.

### Ingredients:

2 cups	old-fashioned oats (not quick cooking or instant)
½ Tbsp	ground flaxseed
½ Tbsp	sesame seeds
2 Tbsp	sunflower seeds
¼ cup	coconut (shredded or shaved)
½ cup	pecans
¼ cup	raisins
½ cup	dried fruit, diced (any combination of apricots, cranberries, cherries, apples)
½ tsp	cinnamon
1 Tbsp	coconut oil or canola oil
1 ½ Tbsp	peanut butter
1 Tbsp	water
½ Tbsp	vanilla

### Instructions:

1. Preheat oven to 350°F. Line baking sheet with parchment paper.
2. Combine dry ingredients in a large bowl and mix well.
3. Combine oil, peanut butter, water and vanilla in a small saucepan. Heat over low heat, stirring often until hot and bubbly.
4. Pour the hot liquid over the dry ingredients in the bowl. Stir until well combined.
5. Spread on the prepared baking sheet. Bake for 20 minutes, stirring every 5 minutes or until golden brown.
6. Cool. Store in an airtight container for up to 14 days.



### **Roasted Cauliflower Curry Soup** (source: *The Cancer Fighting Kitchen* by Rebecca Katz) Serves: 6

Here is a recipe for you to try at home with your curry that you received today. Cauliflower and curry pair well together in many dishes. Enjoy a bowl of this on a cool fall day.

1	head cauliflower, cut into florets
3 Tbsp	olive oil
	sea salt
1 cup	finely diced yellow onion
2	carrots, peeled and diced small
1 cup	finely diced celery
1 tsp	curry powder
1/4 tsp	ground cumin
1/4 tsp	ground coriander
1/8 tsp	ground cinnamon
6 cups	vegetable or chicken broth

1. Preheat the oven to 400°F and line a baking sheet with parchment paper.
2. Toss the cauliflower with 1 tablespoon of the olive oil and 1/8 teaspoon of salt, then spread it in an even layer on the prepared pan. Bake until the cauliflower is tender, about 25 minutes.
3. While the cauliflower is roasting, heat the remaining 2 tablespoons olive oil in a sauté pan over medium heat, then add the onion and a pinch of salt and sauté until translucent, about 3 minutes. Add the carrots, celery, and 1/4 teaspoon salt and sauté until the vegetables begin to brown, about 12 minutes.
4. Add the curry powder, cumin, coriander, cinnamon, and another 1/4 teaspoon of salt and stir until the spices have coated the vegetables. Pour in 1/2 cup of the broth to deglaze the pan and cook until the liquid is reduced by half. Remove from the heat.
5. Pour 3 cups of the remaining broth into a blender, then add half of the sautéed vegetables and roasted cauliflower. Blend until smooth, then pour the mixture into a soup pot and repeat the process with the remaining 2 1/2 cups broth and the remaining vegetables and cauliflower. For a thinner consistency, add another cup of broth.
6. Gently reheat the soup over low heat. Taste and adjust seasonings. You may want to add a spritz of fresh lemon juice and a sprinkle of salt.