

Spring 2018

PHARM TO TABLE



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Pharm Table Food Philosophy

Following research from Harvard School of Public Health and National Geographic Blue Zones, Pharm Table promote a primarily plant based diet with larger portions of clean protein coming primarily from plants, and smaller portions from animals.

Our philosophy supports an anti-inflammatory diet by eliminating largely inflammatory components like dairy, wheat and sugar and processed foods.

Community and Mindfulness are important ingredients for long-term health; Pharm Table is a life-style, not a diet. We encourage community tables and the importance of breaking bread with like-minded people.

Discover the difference in yourself when you provide your body with the nutrition it needs! Our food paradigm is influenced by an Ayurvedic foundation of eating with the seasons and the power of eating towards your body type.

We layer in elements of Macrobiotics, Blue Zones principles, as well as other anti-inflammatory eating regimes (Whole 30, Paleo and Keto Friendly options).

We use sprouted legumes and non-wheat grains for sources of "clean" protein and create complete plant based amino proteins without the use of animal products for energy and nourishment.

Tasting is Believing!



KITCHARI

PHARM TABLE

Kitchari refers to any combination of a bean and a grain. It is also an excellent food to eat when looking to mildly detox the system because it is a complete amino protein and provides nourishment to the body, while resting the digestive system. Sprouted beans and grains add extra protein, fiber and aid digestion.

Kitchari

Serves 4

2 Tbsp. Coconut Oil
2 Tbsp Punjab Curr Powder
1 tsp freshly grated turmeric root (micro-plane)
1 tsp freshly grated ginger root (micro-plane)
1/4 cup fresh or dried curry leaves
8 oz coconut milk (light)

1 Tbsp Coconut Oil
1 cup Red Split Lentils, soaked in 4 cups boiling water (15 minutes), strained
1 cup Basmati Rice, rinsed and cooked with 1 tsp freshly grated turmeric
Pinch Himalayan Pink Salt
2 cups local greens (Swiss chard, collards, kale, or arugula)

Beet or Carrot Mash (blend the beet mash ingredients)

2 cups cooked, peeled beets or steamed carrots
3 tbsp lemon juice
1 tsp freshly grated ginger (micro-plane)
1 tsp chia seeds (add to beet mash once blended)

Garnish

1 cup raw beet noodles
1 cup raw carrot ribbons seasoned with lemon juice
1 cup fresh cilantro stems
3 Tbsp hemp seeds or toasted pepita seeds
3 Tbsp toasted coconut flakes

Method

1. In a sauté pan, bloom the curry powder, curry leaves, fresh ginger and turmeric until fragrant (1 minute). Add the coconut milk and simmer (3-5 minutes).
2. In a separate pan, sauté the soaked red lentils in coconut oil. Add the coconut curry mixture and greens to the pan. Stir to combine (do not overcook the red lentils).
3. Fold the hot cooked rice into the lentil coconut curry mixture. Season with salt to taste.
4. To assemble: swipe 1/4 cup beet mash onto each plate. Divide the kitchari into 4 portions. Garnish with fresh beet noodles, carrot ribbons, seeds and coconut flakes.

SPROUTING 101



How to Sprout Legumes & Grains

1. Submerge in hot water (do not overfill container)
2. Strain all water from the sprouting vessel
3. Place the vessel at 30% angle so air can circulate inside the container to ensure sprouting
4. Place the vessel in a warm area of the kitchen (ambient temperature will have an impact on sprouting)
5. Rinse daily to ensure the product does not spoil or mold
6. Once sprouted, place product under refrigeration to halt further sprouting
7. Enjoy product for up to 2 weeks under refrigeration
8. If cooking sprouted product, know that the product will cook in far less time and may become mushy
9. Enjoy eating living food !!!

Tunisian Salad

Refreshing, Anti-Inflammatory Salad

Serves 4

Ingredients

2 cups greens, washed, cleaned, torn

Cabbage:

1/2 green cabbage

1/2 cup lemon juice

3 strands saffron

1/4 tsp turmeric powder

1 pinch sea salt

Carrots:

1 lb rainbow carrots, grated on box grater

1/2 raisins, soaked in 1/4 cup hot water

1 pinch ground cardamom

1 pinch ground clove

1 pinch sea salt

2 Tbsp lemon juice

Okra:

1 lb okra, roasted whole in coconut oil

1 pinch salt

Spiced Lentils:

1/2 cup sprouted lentils (see guide)

1 tsp berbere spice

1 pinch salt

Cashew Lemon Sumac Dressing:

1/2 cup cashews

1 inch ginger, freshly grated (microplane)

1 tsp freshly grated turmeric (microplane)

1 tsp freshly grated garlic (microplane)

1 cup lemon juice

Directions

Cabbage:

1. Bloom the saffron and turmeric in the lemon juice, add the grated cabbage and season with salt.

Carrots:

1. Soak the raisins, strain and add soaking liquid to lemon juice. Season with cardamom, clove and salt. Toss with the grated carrots.

Okra:

1. Roast the okra at 400 F for 15 minutes. Cool and roughly dice.

Lentils:

1. Boil the sprouted lentils in double its volume in water with berbere spice until al dente, about 25 minutes. Strain and season with salt to taste.

Cashew Dressing:

1. Blend the ingredients together until smooth.

Method:

Toss the malabar spinach with cashew dressing and garnish with cooked lentils and okra. Garnish the plate with a serving of carrot and cabbage salad (Both of these salads can be made 1 day ahead).





SALSAS & DIPS FOR SPRING

PHARM TABLE

Pumpkin Seed Salsa (aka Sikil Pa 'k)



A chunky pepita seed salsa from the Maya communities of the Yucatan Peninsula. Made from dry roasted tomatoes, habaneros, garlic and pepitas. This creamy and slightly chunky salsa is great with cold Jicama or cucumber, in a taco or as a wrap with other veggies.

Ingredients

- 1 1/2 cups Pepitas (pumpkin seeds)
- 3 md sized Tomatoes
- 1 Habanero chile, stem removed
- 2 Garlic cloves
- Sea salt

Method

Preheat oven to 350 F. Toast the pepita seeds for 10 minutes. Transfer to a food processor and process until smooth. Let cool. Dry roast the tomatoes in a skillet until blistered on all sides and soft. Let cool. Add chile and garlic to skillet and toast until they are speckled with black spots. Let cool. Add pepita seeds to a blender or food processor and slowly add the remaining ingredients. Season to taste with sea salt.

Baba Ganoush

An eggplant dip of Persian origin. Our version uses cashew cream, lemon juice and sumac to reduce the use of olive oil and tahini. We love our baba ganoush with roasted summer vegetables. This dip is a great alternative to high calorie and high fat hummus.

Ingredients

- 2 large Eggplants
- 1 tbsp Oil
- 1/2 cup Raw cashews
- 1 tsp Turmeric, sliced
- 1 tsp Ginger, grated
- 1/4 cup Tahini
- Sea salt
- Sumac
- Lemon juice (approximately 1/4 cup)

Method

Preheat oven to 350 F. Split eggplants in half lengthwise. Drizzle sheet pan with oil. Place eggplant flesh side down. Cut slits in the skin of the eggplant and insert pieces of turmeric. Roast in oven until soft, about 1 hour. Let cool, then scoop eggplant out of skin. Set aside. Soak cashews in hot water for 15 minutes. Strain. Place in blender and blend on high, adding water as needed to make a paste. Add cooked turmeric, ginger and tahini. Blend until smooth. Add eggplant. Blend until smooth. Season with salt to taste. Season with sumac and fresh lemon juice on top.

Cherry Tomato Super Seed Salsa:

We love combining basil and tomatoes for Mexican Food! Cherry tomatoes are small and have great seeds for making salsas. We prefer using the small cherry tomatoes for dry roasting to make quick and easy 5 minute salsas. The addition of basil and super seeds makes this salsa very nutritious and filling, the perfect staple for grilled meats and veggies, huevos rancheros or your weekend breakfast tacos or breakfast pizza!

Ingredients

- 3 cups Grape or cherry tomatoes
- 1 Habanero chile
- 1 tsp Fresh ginger, grated
- 1/2 tsp Fresh turmeric, grated
- 1 Garlic clove, dry roasted
- 4 Basil leaves
- 1 tsp Raw honey (optional)
- 1 tbsp Chia seeds
- 1 tbsp Hemp seeds
- Sea salt

Method

In a skillet, dry roast the tomatoes until speckled with black spots. Remove before they burst. Add the habanero and toast until blackened. Remove the seeds and veins. Set aside. In a mortar, combine the ginger, turmeric, roasted garlic and chile and grind to a paste. Transfer the paste to a blender. Add the tomatoes to the blender and pulse. Add basil and continue to pulse until combined. Sweeten with honey if the tomatoes lack sweetness. Season to taste with sea salt. Add the chia and hemp seeds, and serve immediately.

10 Mantras of the Pharm Table Kitchen

1. Breathe and be mindful!
2. Eat until you are 80% full. Maintain a balance of 30% food/ 30% air/ 30% water in your stomach while eating.
3. Avoid acidic foods. Too many dairy, animal proteins sugar, processed foods or coffee can produce an acidic environment in your gut.
4. Favor alkaline foods, such as citrus and plant-based foods.
5. Avoid iced or carbonated drinks. Instead drink room temperature water or hot tea. Cold or carbonated drinks slow digestion in the body. Strive to maintain a 98- degree environment in your gut.
6. Eat probiotic-rich foods (fermented foods), like kombucha, kimchi, sauerkraut and organic miso.
7. Consume all 6 flavors at every meal to satisfy and balance your body. These include pungent, sour, sweet, salty, bitter and astringent flavors.
8. Sprout and soak your dry ingredients for increased fiber, nutrition, and ease of digestion.
9. Create complete amino proteins with plants by combining the right foods to create nutritional synergies.
10. Eat plants that are local and honor the seasons. Eat foods that pacify your dosha (body type) and pacify your dosh to the season.