

Vegan Cooking 101

PHARM TO TABLE



HANDS ON COOKING CLASS

Pharm Table Food Philosophy

Following research from Harvard School of Public Health,
National Geographic Blue Zones, Ayurveda,
and Pre-Columbian food techniques,
Pharm Table promotes the ancient wisdom of a
plant forward lifestyle.

Our philosophy supports an anti-inflammatory approach by
eliminating wheat, dairy, sugar and processed foods.

We believe that color is just as important as flavor,
showcasing the phytonutrients of seasonal produce to make
plants the protagonist.

Our food paradigm is influenced by the time honored practice of
eating with the seasons and sourcing our food from small local
farms, reducing our carbon footprint, improving the wellness of
our community and environs.

We design our menus to utilize trim and scraps from the kitchen
to maximize the nutrients found in the skin of plants
AND to avoid food waste.

Community and mindfulness are also 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.

Tasting is Believing!

Pickled Ginger

Yield: 1 cup

3 oz. Ginger, shaved with peeler (save scraps)
1/2 cup lemon juice (fall/winter), lime juice (summer), strained
1/2 tsp turmeric powder
1/4 hot water

Method:

1. Combine the hot water and turmeric to "bloom" and stir with a spoon until well combined and no clumps of turmeric remain.
2. Add the lemon juice and ginger and stir to combine.

Shelf Life: Keeps in the refrigerator for 5 days.

Ginger Meal Starter

Yield: 1 spoonful

2 slivers Pickled Ginger
Lemon juice, to cover
1 droplet honey
Scant pinch pink salt
1 small spearmint leaf

Method:

1. Place ginger slivers in spoon.
2. Cover with turmeric lemon juice.
3. Add droplet of raw honey & salt.
4. Garnish with herb buds and/or flowers.

Shelf Life: Keeps in the refrigerator for 5 days.

Lemon Sumac Dressing

Yield: 1 quart

1 cup dry cashews, soaked
1/2 cup lemon juice
1/2 tsp pink salt
1/2 tbsp ginger, fresh
1/2 tbsp agave nectar
1/2 tbsp sumac
1 tbsp za'atar
1/2 cup water

Method:

1. Soak the cashews in hot water for 10 minutes.
2. Drain the cashews and add to the blender.
3. Add all other ingredients to the blender and blend on high until completely smooth.

Shelf Life: Keeps in the refrigerator for 5 days.

Cardamom Carrot Slaw

Yield: 1 quart

1 lb carrots, grated
1/2 tsp cardamom, ground, dry toasted
1/2 cup dates
1/4 cup raisins, soaked in hot water
pinch pink salt
1/2 tbsp ginger
1/2 cup lemon juice

Method:

1. In the bowl of the food processor, add dates, ginger, lemon juice and cardamom powder. Pulse until paste forms.
2. Change blade to a grater attachment and grate carrots in the food processor.
3. Combine all ingredients in a bowl with lemon juice and allow to marinate for 10 minutes.

Shelf Life: Keeps in the refrigerator for 5 days

Carrot Chia Hummus

Yield: 4 quarts

1 lb carrots, steamed
1 tbsp turmeric, fresh
1 tbsp ginger, fresh
1/2 cup lemon juice, strained
pink salt, to taste
1/2 cup sweet potato, steamed
2 tbsp sesame oil, toasted
1/4 cup chia seeds

Method:

1. Steam the carrots and sweet potatoes until soft throughout. Allow to cool.
2. Add all ingredients to the blender except chia seeds and blend on high until smooth.
3. Fold in the chia seeds after the mixture is pureed.

Shelf Life: Keeps in the refrigerator for 5 days

Beet Noodles

Yield: 1 quart

2 ea. raw beets, peeled
2 tbsp ginger, minced
1 tsp turmeric, minced
2 tbsp lemon juice
pink salt to taste

Method:

1. Spiralize beets with spiralizer.
2. Combine all ingredients in a large bowl and massage the noodles and other ingredients until fully incorporated.
3. Set aside to allow noodles to marinate.

Shelf Life: Keeps in the refrigerator for 5 days

Beet Crema

Yield: 4 cups

1/2 pound beets, steamed
1/2 cup cashews, soaked
1 tsp gochugaru pepper
1 tbsp lemon juice
1/2 tsp pink salt
1/2 tbsp cinnamon
1/2 tbsp ground nutmeg
1/2 tsp ground cardamom powder
1/2 tbsp ginger, minced
1/2 cup water

Method:

1. Combine all ingredients in vitamix, blend until smooth.

Shelf Life: Keeps in the refrigerator for 5 days

Saffron Turmeric Cabbage

Yield: 1 qts

1 heads green cabbage
1 pinches saffron
pink salt, to taste
1/2 tbsp turmeric powder
5 tbsp lemon juice

Method:

1. Bloom the saffron and turmeric in the lemon juice.
2. Massage the green cabbage with salt for 5 minutes to break down the fibers.
3. Add the lemon juice mixture to the massaged cabbage, combine well and marinate in the refrigerator.

Sauteéd Collard Greens

Yield: 2 cups

1 bunch collard greens, roughly chopped
1 tbsp coconut oil
pink salt, to taste

Method:

1. De-stem the collard leaves and roughly chop.
2. In a sauté pan, melt the coconut oil.
3. Lightly sauté the collard greens in the coconut oil.
4. Season with salt to taste.

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 !!!

Indian Punjab Kitchari

Yield: 6 Servings

Legume Mixture

- 4 cups green lentils, sprouted
- 1 tbsp garlic, microplane (wet)
- 1 tbsp ginger, microplane (wet)
- 1 tbsp turmeric, microplane (wet)
- 1 pinch hing (wet) (optional)
- 1/2 cup Punjab curry (dry)
- 2 tbsp cumin (dry)
- 2 ea. curry leaves (dry)
- 2 cups coconut milk
- 2 tbsp coconut oil
- 2 cups water (for gravy)

Method

1. Bloom the wet spices in the oil, then add the dry spices and slowly add the water to create a gravy.
2. Add the lentils and cook for 15 minutes, until half of water is reduced.
3. Add the coconut milk and cook for 5 minutes.

Basmati Rice

- 2 cups basmati rice
- 1 tbsp garlic, microplane (wet)
- 1 tbsp ginger, microplane (wet)
- 1 tbsp turmeric, microplane (wet)
- 1 tbsp Punjab curry (dry)
- 1 tbsp cumin (dry)
- 1 ea. curry leaves (dry)
- 2 tbsp coconut oil
- 4 cups water
- 3 cups of chopped collards sautéed in 1 tbs of coconut oil (subrecipe)

Method

1. Bloom the spices in the oil inside rice cooker or pressure cooker.
2. Add the rice and sauté until fragrant.
3. Add the water and cook on white rice setting or 4 minutes in the pressure cooker.
4. Combine the legume mixture and rice in a large pan. Add sautéed collard greens and mix to combine. Season with lemon juice or pickled ginger juice and salt to taste.

Shelf Life: Keeps in the refrigerator for 5 days.

Cilantro Chutney

Yield: 1 quart

3 ea cilantro bunches (leaves only, stems reserved for tea or stock)
1 cups coconut flake, blended
1/2 tsp ginger, minced
1/2 cup lemon juice
1/8 tsp pink salt
1/2 tsp honey

Method

1. Place coconut in robocoup/food processor, blend for 1 minute and transfer to a bowl.
2. Place ginger, lemon juice, salt, and honey in robocoup/food processor. Blend for 1 minute; add the cilantro and blend for 1 additional minute.
3. Add mixture to ground coconut and stir to combine.

Shelf Life: Keeps in the refrigerator for 3 days (loses color after 3 days).

Chocolate Avocado Mousse

Yield: 2 quarts

4 ea avocado
8 tbsp coconut sugar syrup
1 cup unsweetened cocoa powder
2 tsp vanilla extract
pinch pink salt
5 tbsp almond milk

Method:

1. Cut the avocados in half and remove the pit.
2. Using a spoon, scoop out the flesh and put into a small blender or food processor.
3. Add the coconut sugar syrup, cocoa powder, vanilla, salt and milk. Blend until very smooth.
4. Taste and adjust for desired sweetness.

Shelf Life: Keeps in the refrigerator for 5 days.

CCF Tea (Pitta reducing/ Detox Tea)

Yield: 2

quarts dry tea mixture (keeps for 60 days in sealed glass container)

2 cups cumin seeds
2 cups coriander seeds
2 cups fennel seeds
12 cardamom pods

Method:

1. Dry toast each seed individually on stove top.
2. Place into container and cool.
3. Steep in 8 oz hot water for 3 minutes.

Turmeric, Ginger, Black Pepper Tea

1/4 cup ginger and turmeric scraps
2 Tbsp Black Peppercorns
2 liters water

Method: Place all ingredients in an electric pressure cooker and cook on pressure cook for 8 minutes. Strain and add 4-6 liters fresh water. Serve warm or cold.

Shelf Life: Keep refrigerated for up to 1 week.

10 Mantras of the Pharm Table Kitchen

1. Breathe and be mindful! Remember to breathe in between each bite of food.
2. Eat plants that are local and honor each season. Eat foods that pacify your dosha (body type) in each season.
3. Eat until you are 80% full. Maintain a balance of 30% food, 30% air, 30% water in your stomach while eating and chew each bite 20-30 times.
4. Avoid acidic foods. Too many dairy, animal proteins, sugar, processed foods or coffee can produce an acidic environment in your gut.
5. Favor alkaline foods, such as citrus and plant-based foods.
6. Avoid iced or carbonated drinks. Cold or carbonated drinks slow digestion in the body. Strive to maintain a 98-degree environment in your gut. Instead drink room temperature water or hot tea
7. Eat probiotic-rich foods (fermented foods), like kombucha, kimchi, sauerkraut and organic miso.
8. Consume all 6 flavors at every meal to satisfy and balance your body. These include pungent, sour, sweet, salty, bitter and astringent flavors.
9. Sprout and soak your dry ingredients for increased fiber, nutrition, and ease of digestion.
10. Combine plants to create complete amino proteins.