

Gemmo Memo: Mountain Pine

Learn about the Mountain Pine, the potential healing actions of the Gemmotherapy extract made from Mountain Pine Tree Buds, and how this extract can be viewed through the lens of Asian medicine.

Gemmotherapy extracts are a unique botanical therapy, originating in Belgium, that utilizes the meristem cells of trees to restore immunity. Discover the healing potential of these individual extracts through the lenses of your hosts, herbalist Teri Brooks, Gemmotherapy expert and health coach Lauren Hubele, and acupuncturist Maegan Lemp.

Haitian Mayi Moulèn with Sos Pwa Nwa

When time permits, I love to use Saturday afternoons to play a bit with new recipes. This past weekend, I found myself exploring new territory as I experimented with this comforting Haitian meal. It was interesting to discover how such familiar ingredients as polenta, black beans and coconut milk can be brought to life in a completely different context. This meal was simple to prepare, and the beans could certainly be prepared in advance. Enjoy!

Sos Pwa Nwa

- 1 tablespoon olive oil
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 2 scallions, chopped

- 1 cup dried black beans, rinsed
 - $\frac{1}{2}$ cup coconut milk
 - $\frac{1}{2}$ tablespoon unsalted butter
 - $\frac{1}{2}$ tablespoon finely chopped flat-leaf parsley
 - $\frac{1}{2}$ chicken bouillon cube
 - Salt, to taste
 - $\frac{1}{2}$ teaspoon freshly ground black pepper
1. Heat the oil in a large saucepan or pressure cooker over medium heat. Sauté the onion, garlic and scallions until golden, about 8 minutes. Add the beans and cover with 2 inches of water. Bring the water and beans to a boil over medium-high heat, cover, then cook until the beans are soft, adding water if needed, or cover the pressure cooker and process for 20-25 minutes.
 2. When beans are tender, uncover and remove from heat. There should be some water remaining, not quite enough to cover them, if there is an excess, drain it off.
 3. Pour beans and cooking liquid into a high-speed blender. Purée the beans until smooth.
 4. In the cooking pot, over low heat, add coconut milk, butter, bouillon cube and chopped parsley. Add beans and bring to a gentle simmer.
 5. Cook the bean purée until it's the consistency of rich gravy. (Adjust with water or coconut milk if necessary.)
 6. Season with salt and pepper to taste.
 7. Warning: This mixture is so yummy on its own you may be tempted to stop right here and eat it all with your tasting spoon. But don't, you will miss the full effects which are more than worth the wait!

Mayi Moulen

- 1 tablespoon olive oil
- 1 small onion, finely chopped
- 1 garlic clove, minced

- 1 cup coarse yellow cornmeal
 - 1 tablespoon finely chopped flat-leaf parsley
 - ½ teaspoon finely chopped fresh thyme
1. Heat the oil in a heavy medium saucepan over medium heat, and sauté the onion and garlic until barely golden, about 6 minutes. Add 4 1/2 cups water, and bring to a boil.
 2. Pour in the cornmeal in a thin stream into the boiling water, stirring constantly, and add the parsley, thyme, salt and black pepper. Continue to stir for a few minutes to avoid lumps.
 3. Lower heat to a gentle simmer. Cook uncovered, stirring occasionally, until the cornmeal is tender, with a soft but not runny consistency, 20 to 25 minutes. Adjust with more water or salt if necessary.
 4. Spoon onto a large serving platter or individual plates, topping with a layer of *sos pwa nwa*, sliced avocados and chopped parsley

Enjoy!

Rustic Vegan, Gluten Free Pizza

There was a time in my life when every Friday night was pizza night. Every Thursday evening, I would put my Kitchen Aid to working kneading the dough, giving it a slow rise in the fridge overnight. An hour before dinner, I would set out the dough to bring it to room temperature while skilletts on the stove sizzled with fresh tomato sauce, onions, peppers, spinach and mushrooms. It was quite the event, and quite the meal.

That was many years and dietary changes ago. Then, at the start of quarantine, my daughter Kate gifted me with a kitchen scale and Aran Goyoaga's *Cannelle et Vanille: Nourishing Gluten-Free Recipes for Every Meal and Mood*. Before long, a similar scene was recreated in my kitchen, and the results were amazing.

Here I share the crust recipe from Goyoaga with a few adaptations. I will say, however, I have since made two adaptations. One is to replace the brown rice flour and some of the water with brown rice sourdough. The other is to use some quinoa flour along with the sorghum. I wouldn't skip on the overnight rise, but if you must, at least allow it up to 6 hours in the fridge. I also recommend a pizza stone.

Ingredients

Enough for 4 individual pizzas

- 4.5 tsp dry yeast
- 5 cups filtered water
- 1.5 tsp sugar, maple syrup or honey
- 210 g brown rice flour or brown rice sourdough
- 210 g sorghum flour (or a mix of sorghum and quinoa flour)
- 120 g tapioca starch
- 120 g potato starch
- 4 T psyllium husk powder
- 3 tsp kosher salt (adjust to taste)
- 3 T olive oil

Directions

1. Proof yeast with 250 ml warm filtered water (110 degrees F). While waiting, measure out dry ingredients into the bowl of your mixer.
2. When yeast is ready, add along with olive oil and water, 1 cup at a time, as the amount needed will vary. Begin

- mixing with dough hook on low speed to combine all ingredients. This dough should be wet but hold together well in a large mass. Add flour or more water to adjust.
3. Place in a well-oiled bowl, cover, and put away in the fridge overnight for a beautiful slow rise.
 4. Remove an hour before baking. Preheat oven to 475 degrees F.
 5. When ready, divide into four pieces and roll on parchment paper that has been dusted with any of the flours you have handy.
 6. Slide crusts into the preheated oven onto the baking stone or heavy baking sheet.
 7. After 12 minutes of baking, top the crust with your own version of sauce, any variety of sauteed veggies... and if you are a vegan cheese lover, be sure to splurge on this mozzarella.
 8. Return pizza to oven and bake another 10 minutes or so depending on the thickness of the crust. I like making this pizza in a rectangle and serving each one on its own board.

Enjoy!

Herbed Carmelized Sweet Potatoes

If you have never been a sweet potato fan, here is the recipe to change your mind. And if you already have a fondness for this tuber, you are really in for a treat. This recipe has all of my favorite elements: a short ingredient list, herbs to enhance flavor and a hands-off cooking method. So here you are, with my compliments.

Ingredients

- $\frac{1}{2}$ cup olive oil
- Herbes de Provence
- Sea salt
- Fresh sprigs of rosemary
- 2 large or 3 medium orange-fleshed, Garnet or Jewel sweet potatoes, scrubbed and cut into 1.5-inch cubes

Directions

Heat oven to 450 degrees F. Put potato chunks in a large bowl, season generously with salt and toss to coat. Leave for a few minutes to let potatoes absorb the salt. Then add herbs and olive oil, tossing to coat well (be sure not to skimp on the oil as it can be strained and saved after cooking for future use). Allow to set 15 minutes while prepping a salad or other dish to accompany the potatoes.

Transfer potatoes and oil to a large cast-iron skillet or heavy roasting pan. Keep to a single layer, using two pans if necessary to avoid crowding. Be sure there is oil in the bottom of each pan.

Place pans in oven and roast 15 minutes, until potato chunks are well browned on the bottom. With a metal spatula, carefully turn chunks over. Reduce heat to 400 degrees, and continue roasting until potatoes are well browned and the inside is tender (about another 15 to 20 minutes).

Because I am a sauce fan, I had planned to serve these with this vegan aioli, but they needed nothing extra. Absolutely divine all on their own!

Nepalese Coconut Curry

Scan my recipe archive, and you will see for yourself that I am certainly a mushroom fan. A mushroom sauce of any kind has been a comfort food since I was young. And these days, comfort foods rate high on my list. This is a Nepalese dish, with slightly different seasonings to the Southern Indian dishes I usually cook, and I have fallen in love with the results. After tinkering with it these past weeks, it is finally ready to share. I hope you enjoy it as much as I do.

Ingredients

- 2 pkg of organic mushrooms, wiped clean and thickly sliced
- Sunflower or coconut oil
- 1 teaspoon whole cumin seeds
- 1 teaspoon fenugreek seeds
- 1 teaspoon nigella Seeds
- 1/2 teaspoon yellow mustard seeds
- 1 teaspoon turmeric powder
- ½ tea Nepalese pepper (Timur) or red pepper flakes
- 1 medium onion, peeled and finely sliced
- 1 tablespoon finely grated fresh ginger
- 1-4 garlic cloves (according to taste)
- 2 large roughly chopped tomatoes
- 1-2 serrano peppers or green chilis (according to taste)
- 1 teaspoon cumin
- 1 teaspoon coriander
- Salt (according to taste)
- 1 can full-fat organic coconut milk

Directions

1. Heat oil in a large heavy skillet and toast cumin, fenugreek, nigella and mustard seeds until they pop and are fragrant.

2. Add onion to spices and cook until softened.
3. Add mushrooms, stirring well to coat with seasoning and saute until light brown. Turn off heat and set aside.
4. Add tomatoes, chilis, turmeric, cumin and coriander powders, ginger and garlic to a blender, processing well to make a paste.
5. Mix tomato and seasoning paste with mushrooms over medium heat, stirring well.
6. Pour in coconut milk, bringing to a gentle simmering boil. Then cover and reduce heat, cooking for 10 minutes to blend flavors.
7. Test seasonings, adding salt adjusting to taste.
8. Serve with steamed rice.

Enjoy!

Gemmo Memo: Oak

Quercus pedunculata or *Quercus robur*, commonly known as English Oak, is a species of flowering plant in the beech and oak family *Fagaceae*. It is native to most of Europe west of the Caucasus. The tree is widely cultivated in temperate regions and has escaped into the wild into scattered parts of China and North America. In North America, it is most commonly seen in the eastern and northwestern parts of the United States and in southeastern and southwestern Canada, where it tolerates a wide array of conditions and is extremely hardy.

Quercus pedunculata or *Quercus robur* is one of the oaks most widely celebrated in literature; it has wood of exceptionally high quality for the manufacture of furniture, and it previously was the most important wood used in the manufacture of wooden sailing vessels in Europe.

Those who could benefit from Oak Bud extract may exhibit some or all of the following:

Women

- During pregnancy
- During the postpartum period
- During perimenopause, with afternoon exhaustion and mild depression
- Low blood pressure
- Upon early signs of mental or physical aging

Men

- With exhaustion from physical or mental overwork
- Over 50 with afternoon exhaustion and mild depression
- Low blood pressure
- Upon early signs of mental or physical aging

PRECAUTIONS: *If taking medication to lower blood pressure, be aware that Oak can influence and increase blood pressure.*

There is much more to learn about Oak as a Gemmotherapy extract, so be sure to listen to this 20-minute podcast. You will discover the primary and secondary actions of Oak Gemmotherapy extract and gain a clear picture of the various use cases of this extract.

Consider subscribing now to my Restoring Immunity podcast on Spotify or ApplePodcast/iTunes. Or, if you prefer to watch videos, subscribe here to my YouTube channel.

You can find Oak as well as other single extracts for purchase on my Immunity store.

Creamy Lime and Avocado Tart

Here's a delightful guilt-free treat that you can even find time to make midweek. It's also quarantine shopping friendly... is that a term yet? With only seven simple ingredients, you are almost sure to have them all on hand. It was a great save for me on Monday when Joachim's birthday seemed to appear out of nowhere, and I was up against a packed schedule.

We can thank Brittany Mullins @Eatingbirdfood for inspiring this dessert and for her many spot-on gluten-free, vegan recipes.

Ingredients

Crust

- 3/4 cup shredded unsweetened coconut
- 1 cup chopped nuts, consider pecans or walnuts
- 1 cup Medjool dates, pitted and soaked in hot water for 30 minutes
- 1-2 tsp lime zest
- pinch of sea salt

Tart filling

- 4 medium avocados, halved, pitted and peeling removed (about 2 cups avocado puree)
- 3/4 cup fresh-squeezed lime juice
- 1/2 cup honey or maple syrup (adjust to taste)
- 3 T coconut oil
- 2 tsp lime zest

Directions

1. Drain dates and pat dry with paper towels. Place all ingredients in a food processor together until a dough has formed.

2. Press into springform tart pan or six individual custard cups. Place in the freezer to set while you prepare the filling.
3. Blend avocados, lime juice, sweetener of choice, coconut oil and lime zest in food processor until creamy.
4. Remove crust from the freezer. Pour filling over the crust, smoothing out with a spatula.
5. Return to freezer until set, about 2 hours. Move to refrigerator or countertop to allow to soften before slicing and serving. Store any leftovers back in the freezer.

Enjoy!

Vegan Panna Cotta

Ingredients

- 800 ml plant-based milk:
 - 2 14-oz cans full-fat coconut milk, 400 mL each
 - or 1 can of coconut milk and 400ml of another plant-based milk (I like hazelnut or almond milk)
 - or 800ml of your favorite plant-based milk
- 3 T coconut sugar
- 1 T powdered agar agar
- 1 vanilla bean, split with seeds removed to use, or a pinch of vanilla powder

Fruit topping

- 1 cup (125 g) fresh or frozen berries
- 1 to 2 T maple syrup
- 1 tsp lemon juice (5 mL)

- 1 T arrowroot or cornstarch for thickening

Directions

1. Pour milk into a small saucepan over medium heat. Once milk begins a gentle boil, whisk in sugar and agar agar. Boil gently for 3 minutes.
2. Add vanilla, stirring well, and pour into four lightly greased glass ramekins. Once cooled to room temperature, place in the refrigerator for a minimum of one hour.
3. Prepare fruit topping by combining all ingredients in a small saucepan over medium heat. Cook until berries break down and a sauce begins to form and thicken. Allow to cool at room temperature.
4. When ready to serve, divide berry mixture between four plates, releasing each panna cotta from its ramekin and placing one on each plate.

Enjoy!

Gemmo Memo: Dog Rose

Learn about the Dog Rose Shrub, the potential healing actions of the Gemmotherapy extract made from Dog Rose Young Shoots, and how this extract can be viewed through the lens of Asian medicine.

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Quinoa Pilaf

I found myself in what has become a common situation, peering into my pantry to discover how many more meals I could eke out of the remaining ingredients.

With delivery not a viable option in my area, and the thought of another scavenger hunt in the supermarket filling me with dread, I honed my skills of making do. Thrilled to locate a full container of quinoa that had been pushed to that back of the shelves, a pilaf experiment was soon underway. Keep in mind, this pilaf can tolerate a wide range of variations, so play around with what you have on hand.

I hope you love the results as much as we did.

Ingredients

- 1 bunch red Swiss chard, about 1 pound, stems chopped and leaves rolled together and finely sliced
- 2 -12 ounces small cremini mushrooms, stems trimmed, halved
- Olive oil
- 1 medium red onion, chopped
- 1 1/2 cup quinoa
- 2 cups prepared vegetable broth, or water and 2 veggie bouillon cubes
- A handful of fresh or dried finely chopped herbs (parsley, chives, oregano, etc.)
- Salt and ground black pepper
- Toasted slivered or chopped almonds

Directions

1. Heat 2 tablespoons oil in a 3-quart saucepan on medium. Add onion, and chard stems. Sauté until vegetables are tender, about 5 minutes. Stir in quinoa to toast lightly (stir frequently).
2. Cover with broth, stir, and season with salt and pepper. Bring to a gentle boil, cover and reduce heat.
3. After 15 minutes, remove lid, add chard leaves and cover again. Continue cooking another five minutes until the liquid has absorbed. Keep the lid on and set aside.
4. Meanwhile, heat remaining oil on medium-high in a large skillet. Add mushrooms and sauté, stirring until lightly browned, about 10 minutes. Fluff quinoa with a fork. Fold in mushrooms, herbs and chopped nuts, seasoning to taste.

Enjoy!

Inspired by NYT Quinoa Salad

White Bean Patties

This isn't exactly the kind of recipe that would normally catch my eye. But as we sit, just like you, housebound during the spring of COVID-19, I'm doing a few things out of the ordinary. It just happens that this week I received five pounds of organic spring carrots from a local farm, and three cans of white beans were ready for something in my pantry. So when this recipe came up in my feed this week I thought, why not?

It turned out to be a fantastic idea, made even better by a sprinkling of mixed Greek herbs from my podcast buddy,

herbalist Teri Brooks. I can imagine using a number of other herb blends such as Italian seasoning, Herbes de Provence, or even Za'atar to enhance these patties, so please use your imagination.

Ingredients

- Olive oil
- 1 cup nut crumbs or gluten-free breadcrumbs
- 1 medium onion, finely diced
- 2 tablespoons tomato paste
- 2 teaspoons kosher salt
- 2 cups packed grated carrot (from four medium carrots)
- 3 tablespoons apple cider vinegar
- Three 15-ounce cans cannellini or other white beans, drained and rinsed
- 2 flax eggs (2 tablespoons flax meal and 5 tablespoons hot water, mix and let rest five minutes)
- 2 heaping tablespoons of mixed dried herbs (Greek, Italian, Herbes de Provence, Za'atar, etc.)
- Freshly ground black pepper
- Accompaniments, as you like

Directions

1. Begin by heating the oil in a large, heavy skillet. Add onion, reduce heat, and saute until translucent.
2. Add tomato paste, salt, and carrots, increasing heat to medium. Cook for 8-10 minutes, stirring often, until golden brown and tender.
3. Pour vinegar over mixture, stir well and heat until all liquid has evaporated in the pan.
4. Add herbs, salt, and pepper to taste and remove from heat.
5. Rinse and drain beans. Using a potato masher or large fork, roughly mash beans, leaving about $\frac{1}{3}$ whole. Add to seasoned veggie mixture, along with flax egg, and blend

well. You may want to use your hands to be sure all ingredients are well incorporated.

6. Remove from skillet and allow mixture to set for 15-30 minutes.
7. Use an ice cream scoop or $\frac{1}{2}$ cup measure to portion and shape into patties. Wipe skillet clean, add oil to just cover the bottom. Heat cooktop to medium and add just three at a time, allowing for room to flip easily. Give each side 3-4 minutes to brown.

Note: Patties are fragile, so handle with care when turning and putting on platter to serve

Serve with this yummy avocado mayo or a sauce of your choice. Enjoy!

Inspired by Smitten Kitchen's Carrot and White Bean Burgers

Nut Butter Coconut Cookies

I'm a fan of fruit for breakfast and a plateful of cruciferous veggies for dinner... but some days, we just need cookies. So if you are feeling that today, you have found your answer.

Ingredients

- 2 tablespoons (10 g) ground flax or chia
- 6 tablespoons (90 mL) water
- 1 cup (100 g) unsweetened shredded coconut
- 1 cup (100 g) gluten-free rolled oats
- 2 teaspoons baking powder
- 1/2 teaspoon fine sea salt (this can also be flaked salt to top each cookie)
- 1 cup (240 g) almond butter, thick tahini, or your favorite nut or seed butter (I like a blend the almond

and tahini)

- 1 teaspoon (5 mL) pure vanilla extract
- 6 tablespoons (60 mL) pure maple syrup
- 1/4 cup (50 g) dairy-free chocolate chips, chopped
dairy-free dark chocolate bar or raisins.

Directions

1. Mix flax or chia and water in a small bowl first, and allow to gel as an egg replacement.
2. Measure and combine all dry ingredients in a large bowl. Blend in nut/seed butter, flax or chia mixture and maple syrup until mixture forms a dough. Your hands may be the best tool here. Add chocolate or raisins and refrigerate for an hour or more.
3. Portion cookies with a small ice cream scoop or teaspoon onto a parchment-lined baking sheet.
4. Bake in a preheated oven set at 350 F (180 C) for 13-15 minutes.
5. Allow to cool and enjoy!

Makes 20-24 cookies.

Inspired by Angela Liddon's Flourless Peanut Butter Cookies