

Autumn Curry Soup

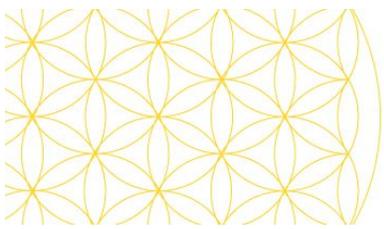
Recipe by: Michael LaFemina

Ingredients: (for 4-5 portions)

- Carrots (~10 medium sized carrots)
- Onion (½ large white or purple)
- Garlic (2 cloves)
- Ginger (small piece)
- Stock (3 cups - homemade is best, veg. or chicken is fine)
- Water (2-3 cups)
- Cilantro leaves and stems (optional)
- Spices: turmeric, coriander powder, cumin powder (or curry blend)
- Salt and Black Pepper
- Optional garnishes: sour cream or yogurt, chopped cilantro, cayenne

Process:

- Chop onions, garlic, and carrots.
- In a large pot, sauté chopped onions in a little sunflower oil
- After onions become translucent, add garlic and a little butter (optional)
- Sauté for a minute or two, then add chopped carrots
- Salt lightly, sauté together
- Peel and finely chop (or press) ginger and add to pot
- Cook until the carrots are lightly roasted and give off a beautiful aroma
- Add black pepper (2-3 twists with grinder)
- Finely chop cilantro stems and separate leaves into a small bowl (garnish)
- Add spices to taste and sauté to roast and activate spices
- When it smells good, add your stock, water, and cilantro stems
- Bring to a boil and then simmer until reduced to hearty soup
- When it's ready, puree
- Add salt and pepper to taste
- Serve lovingly, and enjoy heartily. Buon appetit!



Easy Spiced Apple Cider

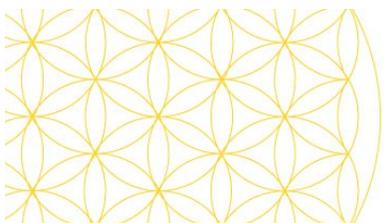
Recipe by: Michael LaFemina

Ingredients:

- Delicious (local New Paltz) Apple Cider
- Water
- Cinnamon sticks
- Cloves
- Ginger (tea bags are easiest)

Process:

- Put 4 cups of water, 2 cinnamon sticks, and a few cloves in a pot
- Bring to a boil, then simmer for 10 minutes or so until water is copper
- Add chopped fresh ginger or tea bags (2)
- Turn off heat and let it all infuse nicely
- When you're ready, combine pot of water with 4 cups apple cider
- Voila! Now your apple cider has some warming properties to it!
- Drink warm or room temperature. Refrigerate overnight, but try not to drink it chilled.



A-B-C(ongee)

(Congee = Rice Porridge)

Recipe by Marika & Michael LaFemina

Ingredients:

Chicken stock (here's how to make your own - you can use veggie broth too)

- 1 whole organic chicken, cut into pieces
- 1 inch Ginger, smashed
- 2-3 carrots, julienned
- 1 yellow onion, chopped into big pieces
- 3-4 cloves of garlic, smashed

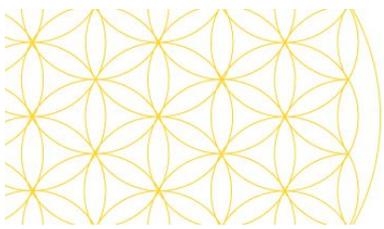
Congee

- 1 Cup of sweet white rice
- 6-7 Cups of stock or water
- 1/2 inch Ginger, smashed
- Sea salt

Garnishes:

- Soy Sauce or Tamari
- Sesame Oil
- 4 Stalk Scallions, chopped
- 6 Tbsp Chopped Coriander leaves
- Freshly Ground Pepper
- Shredded chicken meat from making stock (optional)

Instructions on reverse side..



A-B-C(ongee)

(Congee = Rice Porridge)

Process:

- Make chicken stock: oil chicken, ginger, carrots, onion and garlic for at least 2 hours. If using the slow cooker ingredients can simmered for more than 12 hours. Strain the broth and discard everything except the chicken meat. (Or buy chicken soup from the grocery store ;)
- Wash the rice, set aside and let it drain.
- Bring strained chicken stock to a boil, add the rice and bring it to a boil again.
- Leave it on high heat for 15 minutes. Stir occasionally, so the rice doesn't stick to the bottom. After 15 minutes, lower the heat, cover and simmer for another 15 minutes. Check every now and then and stir to avoid rice burning at the bottom.
- Meanwhile, shred the chicken, cut the scallion, chop the coriander leaves and set aside.
- When the congee is cooked, mix in the shredded chicken and stir well. If the congee is too thick, adjust with additional water or chicken broth. Let it simmer for another 10 minutes.
- Serve lovingly and enjoy!
- *At the table, everyone can add the garnishes :)*