

# **October Forest Feast Recipes for Radical Rest and Slowness**

Zahra Komeylian and Ayumi Goto

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Note. proportions are approximations. feel free to alter, shift and respond to recipes as you feel called.

## Jalapeno and carrot soup

Makes 4 servings

Garnish: Basil, black sesame seeds

### Dashi Broth

1 piece of konbu\*, approximately 8cm x 16cm

2 C water

Directions: steep konbu in water at medium temperature in a pot until it comes to a soft boil. Turn off heat and let sit until cool. (konbu\* is very thick cut seaweed, can be found in health food stores. If you do not have konbu, you can replace with vegetable broth).

2lb carrots, peeled

½ onion, thinly sliced

4-6 jalapeno peppers, deseeded (to taste)

Olive oil

Salt (to taste)

### Directions

Place carrots and jalapeños on cookie tray and drizzle with olive oil and salt. Bake at 350C until slightly browned.

Remove from heat and blend until smooth.

In shallow pan, sauté the onion in olive oil until caramelized.

Mix onions and carrot/jalapeños in a large pot. Add dashi broth. Blend until smooth. Heat up at low-medium temperature until smooth.

Add garnish of your choosing and enjoy!

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### Warm garlic potato salad with mushrooms and kale

Makes 4 large servings

Garnish: chives chopped

#### Mushrooms

1lb Mushrooms mix, chopped into large pieces

1Tbsp Butter or Olive oil, sesame oil

Salt and Pepper to taste

3 cloves fresh garlic cloves, finely chopped

Wine or Sake (white wine vinegar for substitute)

#### Directions

Sauté the mushrooms in butter (or olive oil) in a pan at medium-high temperature. Splash a bit of white wine or cooking sake to create a depth of flavour. Add half of the chopped garlic cloves. Add salt and pepper to taste. Cook until the mushrooms are mostly dry.

Repeat with greens with sesame and olive oil mix.

#### Roast Potatoes with Kale:

6-7 large potatoes, washed, cut into 1" cubes, skin on

Garlic oil- (minced garlic marinated in 1/3 cup olive oil)

oregano (or other seasoning like cumin)

1 head of Kale, chopped into thin ribbons; to include stalks, chop into thin coins

#### Directions:

Preheat oven to 400C

In a large oven pan, toss potatoes with olive oil, salt, pepper, and oregano

Roast in the oven until golden brown and soft, about 35-45 mins.

When potatoes are done, toss in kale, and garlic oil. Roast for another 4-5 minutes, until kale is slightly wilted. Add salt and pepper to taste

Transfer potatoes and kale, and top with mushrooms. Garnish with chives.

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## Sumac-salmon with wild rice + beet and swiss chard greens

Makes 4 servings

Garnish: black and white sesame seeds, wasabi mayo\*\*

Salmon\* dry rub

4 cuts of salmon fillet, about 200g each

3-4 tbsp ground sumac

Oregano or zaatar (pinch)

Chilli flakes (pinch)

Salt (pinch)

Olive oil, or vegetable oil to cook

\*Vegan substitute: Use extra firm tofu, cut into large pieces, and coat with oil before tossing in dry rub. Marinade for a few hours. Sear on both sides until golden brown.

\*\* Wasabi mayo: 5 parts Japanese (or regular) mayo, 1 part wasabi paste mixed well

### Directions

In a bowl, mix sumac, chilli flakes, oregano, and salt. Coat Salmon in dry rub, let sit for at least 30 mins or overnight

Add oil to a skillet on medium-high heat, sear salmon skin-side down, about 2 mins. Then lower heat to medium, place lid on, and let fry until almost fully cooked through (5-7 mins).

Flip and cook for remainder of time until fully cooked, a few minutes

### Wild Rice

1C wild rice, rinsed and soaking for at least 1 hour (yields about 3½ cups cooked)

1C Dashi broth

1C Water

1T Olive oil

Salt and pepper to taste

Mix wild rice, dashi broth, and water in a medium pot. Bring to a boil then reduce to medium heat until all liquid is absorbed. If the rice is still hard, continue to add water until the grains start to curl and open.

Reduce temperature to low and add olive oil and pepper/salt to taste. Cover and leave for 5-10 mins at low temperature.

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### **Sumac-salmon with wild rice + beet and swiss chard greens (cont'd)**

Swiss Chard and Beet Greens

Two large bunches of garden greens (beet greens, swiss chard, spinach, kale...)

1Tbsp Butter or Olive oil, sesame oil

Salt and Pepper to taste

3 cloves fresh garlic cloves, finely chopped

Wine or Sake (white wine vinegar as non-alcoholic substitute)

Directions: Sauté the greens in butter (or olive oil) in a pan at medium-high temperature. Splash a bit of white wine or cooking sake to create a depth of flavour. Cook until wilted, about 3-5 mins. Add half of the chopped garlic cloves. Add salt and pepper to taste.

Serve in bowls: top rice with salmon + side of greens. Garnish with a streak of wasabi mayo and sesame seeds.

## October Forest Feast Recipes for Radical Rest and Slowness

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### Roasted tomato slow-cook chilli

Vegan/ Vegetarian. Makes 9 servings. Freezes well for 2 weeks.

(To serve a large gathering, multiply recipe ~3x recipe, cook in large pot. Serves 30 people).

Prep: 1.5 hr; Cook time: 3-4 hr

#### Chilli

2 large onions, diced

1 large head of garlic, cut in half horizontally

12-13 ripe plum tomatoes\*, halved, season with salt and pepper, chilli flakes

Vegetable oil with high smoking point (olive, canola, or avocado)

Chilli flakes

3-5 Jalapeno peppers, halved lengthwise, seeds in

1 ¾ cups dry beans, soaked overnight (see note\*\*)

1 yellow or red bell pepper

1 large potatoes

1 large sweet potato

1 pack of mushrooms

1- 2 fresh cobs of corn

1 tsp cumin seeds/ powder

1-2 tsp chilli flakes

2.5 tbsp chilli powder

1 tsp dry oregano

2 cups of mushrooms, sliced thin

⅓ cup quinoa

2 cups water

#### Garnish

Sour Cream

Cheddar cheese, grated

1 bunch scallions, chopped

1 bunch cilantro, chopped,

1 jalapeño, chopped into thin coins (optional)

Garlic oil - (3 cloves minced garlic marinated in ⅓ cup olive oil)

Lime, cut into wedges (optional)

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### Roasted tomato slow-cook chilli (cont'd)

Directions

Preheat oven to 425C

1. To a large pot on medium-high heat, add 3-4 tbsp vegetable oil. To the hot oil, add diced onions, salt and sauté for a few minutes. Reduce heat to medium, fry until golden brown and caramelized (about 15 minutes). Reduce to low heat.
2. Onto a large oven pan: place tomato halves, season with salt and pepper, pinch of chilli flakes., drizzle with oil, toss to fully coat.
3. In another oven pan, place garlic head halves, jalapeño halves, also tossed in oil, seasoned.
4. Roast for 35-45 minutes. Remove garlic and jalapeños when charred golden brown, and then tomatoes when just charring (broil tomatoes for a few minutes if needed)
5. In a blender, blitz the roasted tomatoes, roasted Jalapeños (de-seed if reducing heat level), and roasted cloves (removed from garlic head). Blend until just blended but not completely smooth. Set aside.
6. To prepare the second batch of vegetables, dice into small cubes: sweet potatoes, potatoes, bell pepper. De-kernel corn by cutting vertically along the core. Season vegetables with salt, pepper, cumin seeds, and 0.5 tbsp of chilli powder; and drizzle and toss until evenly coated.
7. Roast second batch, for about 30-35 minutes or until golden-brown.
  
8. To the pot of onions on medium heat, add: 2 tbsp chilli powder, dry oregano, chilli flakes, cumin, and drizzle of oil. Sauté spices for 2-3 minutes until very fragrant.
9. To the pot, (on medium heat) add chopped mushrooms, and cook until golden.
10. Add cooked beans, mix and let sit for a few minutes.
11. add second batch of roasted vegetables.
12. Pour tomato mix into pot and 2 cups of water. Bring to full boil, let boil for 1 minute, before reducing to very low, gentle simmer, with lid on.
  
13. Cook chilli for 2.5 - 3 hours, stirring occasionally, until beans are tender (be patient).
14. In the last half hour, when beans are almost tender, add quinoa. Let simmer until quinoa puffs (You may need to add a 1/3C water if chilli is very thick). Add salt to taste.

Serve chilli with sour cream, cilantro, scallions, cheddar, and drizzle of garlic oil.

Notes

\*If using canned tomatoes, substitute tomatoes for 1 can, 28-oz.

\*\* Beans: mix of dry beans (black beans, kidney beans, chick-peas) soaked between 6h - overnight. We also use a small amount of lentils in the mix (1/3 cup), which you can soak as you prep (1 h).

if using canned beans, use 2-3 15-oz cans of cooked beans and then \*skip\* the addition of water.

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## Black Forest Citrus Cake

Makes 1 large cake, or 12-18 single servings, depending on size (see assembly note)\*

1¾ (220g) cups all-purpose flour  
2 tsp baking soda  
1 tsp baking powder  
1 tsp salt  
2 tsp espresso powder (optional)  
½ cup olive oil or coconut oil  
¾ Cup (65g) unsweetened cocoa powder  
1 ¾ cup brown sugar  
2 large eggs, at room temperature  
¾ (180 g) cup sour cream  
½ cup yoghurt + 1tbsp water  
½ cup hot water or coffee  
Rind of 1 grapefruit (substitute: orange rind)  
2 tsp pure vanilla extract, or ½ tsp vanilla powder

½ stick of butter (for greasing pan)

½ cups Cocoa nibs (substitute: ⅓- 1/2 cup chocolate, grated), to top cake

### Directions

1. Preheat oven to 350C.
2. With butter, grease 2 two large rectangular cake pans, (or 2 9-inch cake pans) and line with wax paper. (If you don't have wax paper, grease and sprinkle flour at the base and sides of pan).
3. Dry ingredients: in a large bowl, whisk the flour, cocoa powder, sugar, baking soda, baking powder, salt, and espresso powder. Set aside.
4. Wet ingredients: With an electric mixer, or by hand with a whisk: beat oil, eggs, sour cream, yoghurt, and vanilla together until combined.
5. In three parts, pour dry ingredients into wet ingredients, mixing in-between. Add hot water or coffee and mix until completely combined.
6. Split batter evenly between two cake pans.
7. Bake for 22-25 mins (baking time varies by oven, keep a close eye, and check it after 20 minutes. Cake is done when a knife or toothpick inserted into the middle comes out clean).
8. Let cool and carefully remove from pans.
9. Once completely cooled, with a serrated knife, cut (and eat) the tops of the cakes so they are level and flat.

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### Black Forest Citrus Cake (cont'd)

Syrupy cherries

2.5 cups Frozen sour cherries (substitute: frozen dark sweet cherries, 1 tsp fresh lemon juice)

¼ - ⅓ cup brown sugar (to taste)

1 cinnamon stick, 2-3 cardamom pods, punctured with knife

1. If frozen, thaw cherries and drain water
2. To a medium saucepan on medium heat, add cherries, brown sugar and spices, let mixture bubble and bring down to simmer, until cherries turn darker red
3. Once cooked through, about 5-10 minutes, remove cherries and let syrup reduce if needed, until thick in consistency. Remove cinnamon stick, cardamom.

Cream

⅓ of a brick or 115 g cream cheese, room temperature

400ml cups cold heavy cream (35%)

¼ cup confectioners sugar (to taste)

1 tsp vanilla extract

With an electric beater, beat room temperature cream cheese until soft, and without lumps. Into the mixer on medium speed, slowly add half of the cold heavy cream in small increments, pausing between additions until it forms a smooth amalgam with the cream cheese. Slowly add remaining heavy cream in a stream, until uniformly mixed. Add confectioners sugar, to taste.

To assemble\* cake, 3 ways:

For round, 2-layered cake: Place cake in a dish with flat, top side-down. Smooth on half of the cream, top with cherries, and cocoa/ chocolate. Place the second cake layer, also top side-down. Add remaining cream, cherries, and cocoa/ chocolate.

For individual rectangular cakes: Cut rectangular cakes into 2.5" by 4" pieces. Top with dollop of cream, cocoa nibs or grated chocolate, and syrupy cherries

For trifle (in a large glass bowl or jars): Alternate layers of: cake pieces, cream, cherries, and chocolate.

After Assembly, *let cake rest by refrigerating for at least\* 6 hours hours or overnight.*

*With special thanks to Ishtar's Feral Gardens stewards and SAVAC.*