



Food Speaks for IWCL: using food to express gratitude RECIPES

Faina's Armenian Lasagna

INGREDIENTS

- **Eggplant**; 1 medium/2 people
OR as in the alternative dish
Sweet potatoes; 1 medium/2 people
- **Tomatoes**; fresh 1 medium/person and 1-2 cans of good quality pulp (can or jar)
NOTE: if you have homemade sauce on hand, use it
- **Onions**; 1 small/2 people
- **Ricotta cheese**; generous will be 2-3 layers
- **Mozzarella cheese**; generous will be 2-3 layers
- **Parmesan cheese**; generous will be sprinkled on top + when serving
- **Eggs**; 3
- **2T milk or plain yogurt**
- **Oregano, basil, salt, pepper**
- **1 lemon**

INSTRUCTIONS

- Preheat oven to 170C/340F
- Peel eggplant and cut lengthwise in medium thin slabs; fill bowl or sink with water 2 T salt and ½ a lemon (juice and rind). Let sit for 5-10 minutes
OR if you are using sweet potatoes, peel, cut lengthwise and they are ready to use
- Cut tomatoes into thick slabs
- Grate as much parmesan as you want; it will be sprinkled on top + when serving
- Ricotta; mix with 1 egg, salt, pepper, and crushed oregano
- Remaining 2 eggs beat with salt, pepper, and a bit or milk or yogurt (like you might for a scrambled egg)
- Dry eggplants on kitchen paper
- In a deep-dish oven safe container layer the ingredients:
 1. Tomato pulp/your sauce
 2. Eggplant (**OR sweet potatoes**)
 3. Ricotta mix
 4. Onions
 5. Mozzarella cheese



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5. Fresh tomatoes

5. Ricotta mix

6. Tomato pulp

Begin the cycle again so you have at least 2 layers, best with 3 if you can manage

- The final layer will have parmesan sprinkled on top
- Make small holes in the top layer with the tip of a fork/toothpick and then pour the egg mixture over the entire dish, sprinkle parmesan on top of the egg
- Cover the dish with aluminum foil (non-stick if you have it)
- Cook 75 minutes at 170 covered
- Uncover and cook final 15 minutes at 190 to crisp the top
- Turn off oven and let sit 15 minutes inside

SERVING/NOTES

- Serves 4-6 people
- Serve hot with a light salad and fresh bread
- OR set aside and serve that evening or the next day
- This dish is terrific the next day, my mom only ever served these sorts of dishes the next day, my father would not even eat them the same day
- This dish freezes well and I always portion out 1-2 servings, place in aluminum containers with paper top, label them and have them in the freezer for up to 1 month for a quick, healthy, warm meal anytime. Best heated in a pan vs microwave

Nutrition tip

This is a meal which includes all the components of a balanced plate in nearly the perfect proportions; protein, complex carbs, and vegetables (technically fruit too as tomatoes are fruit). A warming winter meal for nearly any palate.

“Food is an important part of a balanced diet.”

Fran Lebowitz

Flourless Chocolate Orange Cake

INGREDIENTS

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- 200 g fine quality dark chocolate
- 100g butter
- 3 eggs
- 100g brown sugar (dark muscovado)
- 30ml freshly squeezed orange juice (oj)
- 1 orange; zest finely taken off and chopped
- 60g ground almonds

INSTRUCTIONS

- Preheat oven to 170/340F
- Line spring pan with oven paper
- Melt chocolate & butter together in a baine marie
- Whisk together eggs, sugar, oj, zest, & almonds together in separate bowl until fully combined
- Allow chocolate mixture to cool slightly and whisk into egg mixture
- Pour entire mixture into lined spring pan
- Optional; sprinkle with orange peel before baking
- Cover with foil
- Bake 30-35 minutes
- Remove from oven and let cool

SERVING/NOTES

- This is a dense, rich cake, which does not rise, it will be about 2 fingers high
- Serve with fresh whipped cream for total decadence
- Thin slices go a long way as dessert or an accompaniment to tea
I personally drink a glass of water with it when I eat this treat

Nutrition tip

This is a perfect example of having a small bit of decadence vs a lot of something 'low-fat'.

"One cannot think well, love well and sleep well if one has not dined well."
Virginia Woolf



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Date Orange Almond Truffles

INGREDIENTS

- 100 g whole almonds
- 100 g Medjool dates pitted
- 25 g desiccated coconut
- Zest of half an orange
- 1 to 2 teaspoons freshly squeezed orange juice

To coat:

- 50 g desiccated coconut
- 50 g unsweetened coconut powder

INSTRUCTIONS

- Combine almond, dates, coconut, and orange zest in a food processor
- Pulse until finally chopped resembling breadcrumbs
- Mix should be sticky when you press between your fingers
- Add 1 teaspoon of the orange juice to bind pulse again in food processor
- Remove and roll to shape into walnut sized balls
- Place onto parchment lined tray and set aside in fridge

Nutrition tip

Dates are packed with an impressive list of essential ingredients, vitamins, and minerals. They're also very rich and dietary fiber. Dried dates give energy and nourishment to the body, especially through the winter months

"Tell me what you eat, and I will tell you who you are."

Brillat-Savarin



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Esra's Kabak Tatlısı: Candied Pumpkin Dessert

INGREDIENTS

- 2 kg fresh pumpkin flesh, deseeded, cut into chunks
- 500 g/3 cups sugar
- 300 g/2 cups crushed walnuts to serve separately
- Turkish clotted cream, kaymak/clotted cream from gruyere (a local substitute)
- Optional 1- 2 pieces cinnamon sticks & cloves to add while cooking pumpkin if you like spices

INSTRUCTIONS

- Clean pumpkin skin with a potato knife and cut into chunks, bigger pieces hold better, or it breaks into pieces
- Line the bottom of a large baking dish with the pumpkin pieces
- Sprinkle sugar over the pieces evenly (you can also put a second layer of pumpkin and sugar)
- Cover the dish and let it rest overnight
- The juice created by this process is all you need when you bake the pumpkin, no extra water
- Preheat oven to 180 C and bake uncovered checking every 15 min to spoon the syrup over the piece so that it becomes glistening
- You can check the sweetness and add more sugar if you prefer
- After 45 min baking turn the pumpkin pieces around so that all pieces keep moist with juice
- Bake for about an hour and a half, more if your pumpkin is still hard, and until all the syrup is absorbed
- Let the pumpkin dessert cool down before serving

SERVING/NOTES

- Serve sprinkled with crushed walnuts and kaymak, Turkish clotted cream. Double clotted cream from gruyere works as a local substitute

Nutrition tip

Pumpkin is full of antioxidants, low in saturated fat, cholesterol and sodium. It is a good source of Vitamins A, B1 (thiamin), B3(niacin), B6, B9 (folate), C, E, iron, magnesium, potassium, copper, manganese, and phosphorus, plus rich in dietary fiber.

Afiyet Olsun