

# Recipes from Sunday Supper on March 26, 2023

Head Chef Susan Hyne, unit 57

## Curried Carrot Coconut Soup

Serves 18

- 3/8 cup olive oil
  - 3 medium onions
  - 3 rib celery
  - 3/4 cup fresh ginger (peeled and minced)
  - 9 cloves garlic
  - 1/4 cup curry powder or curry paste
  - 1 tablespoon garam masala
  - 18 cups vegetable stock
  - 18 large carrots (cut into chunks)
  - 3 cans (14 oz) coconut milk
  - 3 lemons (juiced)
  - salt & cilantro
1. Add onion, celery, garlic & grated ginger to a soup pot with heated olive oil. Cook on medium heat until the onions are softened. Add the curry & garam masala and cook for a few minutes.
  2. Stir in the stock and carrots and cook until carrots are soft.
  3. Bring to a boil, add coconut milk. Heat through and remove from heat. Add lemon juice & salt.
  4. Blend soup well until smooth. Serve and enjoy; also freezes well.

# Millet Roti (flatbread)

Makes 30 Roti

- 6 cups Millet flour
  - 6 cups Water
  - 2 teaspoons Salt
  - 2 tablespoons Oil
  - Ghee
1. Powder the millet to a fine powder (use Indian blender or Vitamix). You can pass it through a sieve to get the powder even more fine. You can jar this and use it anytime you want to make roti.
  2. In a non stick pan or kadahi add the water, add salt, bring it to a boil, simmer it and sprinkle the millet in the water. Using a wooden spoon, keep mixing the dough and cook it. Make sure to keep mixing it so lumps don't form. After about 3-5 minutes, the dough will leave the sides and form a ball. When it forms a ball, add a tsp of oil, turn off the heat and move to plate/bowl. Cover with a towel and let cool until lukewarm and you can handle it. After about 5 minutes, knead the dough for 2 minutes.
  3. Make equal portions of the dough.
  4. Using a good amount of the millet flour, roll the roti. This will be little delicate, so make sure not to press it too hard.
  5. Heat a non stick griddle. Keep it on high.
  6. Carefully place a roti on the griddle. Using damp cloth, you could press the roti for it to puff. Alternatively, cook the roti for a minute on each side and transfer it to direct flame for about 30 seconds for it to puff and get the char.
  7. Take it out and slather some ghee over it. Wrap well and it stays great for two days.

Video for making roti on glass top stove

<https://www.youtube.com/watch?v=sOJgl8uKDMw>

# Sprouted Chickpea Hummus

Makes 4 cups

- 1 1/3 c dry chickpeas, sprouted (makes about 3 1/2-4 cups); cook in boiling water until soft
  - 3/4 teaspoon sea salt
  - 1/2 cup plus 1 T lemon juice
  - 1/2 cup tahini
  - 3 garlic cloves, crushed
  - 3 tablespoons water
  - 1/8 teaspoon cayenne
  - 1/3 cup olive oil
  - 2 tablespoons fresh dill (optional)
1. Crush garlic and soak in lemon juice while prepping rest of ingredients.
  2. Blend in food processor: chickpeas, lemon juice with garlic, tahini, water, salt and cayenne.
  3. With food processor running, slowly add olive oil and process until pureed and fluffy (may have to add more water). Process a LONG time to get a really smooth consistency.

# Sesame Ladoos

Makes 16-20

- 4 cups Sesame seeds, dry roasted
  - 1 cup Chia seeds, soaked
  - 1/2 cup Pumpkin seeds, soaked
  - 1/4 cup Walnuts, soaked
  - 12 Medjool dates
  - 1 cup Raisins
  - 1 cup Coconut flakes
  - 2 teaspoons Cardamom
  - 1/2 teaspoon Nutmeg
  - 1/2 teaspoon Cinnamon
  - Salt
1. Process the soaked chia seeds, dates, and raisins in a food processor to a fine paste consistency.
  2. Add this paste to all the other ingredients in a bowl and form into balls.
  3. Refrigerate 2-4 hours.