

Moroccan Garbanzo Bean and Spinach Stew

Serves 4

2 Tblsp olive oil
1 yellow onion, cut in half and thinly sliced
3 garlic cloves, minced
½ tsp red pepper flakes
1 tsp ground coriander
2 tsp ground cumin
1 tsp ground fennel
½ tsp ground cinnamon
1 Tblsp paprika
1-14 oz. can diced tomatoes
3 cups cooked garbanzo beans (or 1½ cups dried)
2 bunches spinach, thinly sliced
¼ cup chopped fresh parsley
Salt and pepper to taste
Optional-1 lb ground lamb, crumbled and sautéed

If using dried beans start their preparation the night before. Pick through the beans to remove any rocks or debris.

In a heavy bottomed soup pot, cover the beans with 3 inches of water and bring to a boil over high heat. Remove beans from the heat, make sure they are covered by at least 3 inches of water, partially cover the pot and allow the beans to sit out over night. The next day drain the beans and rinse them well. Return beans to the soup pot, cover with 3 inches of water, bring to a simmer over med-high heat, and cook until partially tender.

In a separate sauté pan cook onions in olive oil until limp and lightly browned. Add garlic and all dried spices and cook until garlic is fragrant and onions are evenly coated with spices. Add onion mixture, optional cooked ground lamb, and diced tomatoes to mostly cooked beans, adding more water as needed to cover stew by 1 inch. Continue to simmer until beans are tender. Take stew off the heat and immediately add spinach and stir until wilted. Taste for salt and pepper. Garnish with chopped parsley before serving.

Emmer Farro Pilaf

Serves 4

2 Tblsp olive oil
1 onion, diced
1 cup dried emmer farro
3 cups water, veg or chicken broth
1 tsp salt
1 cup finely chopped fresh herbs such as thyme, parsley, sorrel, lovage, tarragon, or chives
Freshly ground black pepper to taste

In a heavy bottomed saucepan sauté onion in olive oil until translucent. Stir in emmer farro until grains are well coated with olive oil. Add 3 cups of chosen cooking liquid and salt and bring to boil. Cover saucepan with a tight fitting lid, reduce heat to low, and simmer until grain is tender but chewy, about 50 minutes. Remove emmer farro from heat, stir in chopped herbs, taste for salt and pepper, and serve.

Rhubarb Mazurka

Makes a 9" by 13" pan

4 cups rhubarb or any fresh or frozen fruit sweetened to taste
2½ cups flour-we used all oat flour-feel free to experiment with any combination of flours
½ tsp salt
12 oz cold butter, cut into ½" piece-we used cultured butter which contributes a bit of a 'tang' to the recipe
1¾ to 2 cups brown sugar
1 cup unsweetened dried coconut*
1 cup chopped nuts or seeds*
1½ cup oats*
If you choose to omit coconut and/or nuts seeds increase other dry () ingredients to total 3½ cups.

If using fresh rhubarb, cut rhubarb into ½" pieces, place in a colander and coat with 1 cup of sugar. Allow rhubarb to 'sweat' for 15 minutes before adding to bars. Other wet fruit may also need to be drained before use.

Preheat oven to 350°. Butter a 9" by 13" baking pan. In the bowl of a standing mixer or food processor combine flour and salt. Cut in butter until mixture resembles coarse cornmeal. Add sugar, coconut, nuts, and oats and mix. Press half of mixture evenly into bottom of baking dish. Top with even layer of fruit. Gently press remaining crumb mixture into top of fruit. Bake for about 25 minutes or until top is nicely golden browned. Cool and cut and enjoy!
