

Blessing: *Earth who gives to us this food, Sun who makes it ripe and good, Dear Sun, dear Earth by you we live, our loving thanks to you we give, Amen, have a happy snack time, blessings on our snack.*

Rice: 1 part rice to 2 parts water. Saute dry rice in olive oil until it is slightly toasted. Add salt, soup stock, and water. Gently simmer for 45 minutes with lid on. Let cool and eat. Sometimes we add Bragg's liquid aminos as well. (For a class of 15, we make 6 cups of rice.)

Vegetable Soup: Saute any vegetables you have or like in olive oil. Add water, salt and soup stock. Simmer until vegetables are cooked. (If you are using dried beans, soak them overnight if you are able. Do not add any salt until beans are cooked. Salt keeps them from cooking completely. A teaspoon of baking soda while cooking can help soften the beans if you are cooking them on their own.)

Golden Millet Porridge: Soak millet overnight if possible in water with a teaspoon of apple cider vinegar. Rinse thoroughly in the morning. Add water and simmer until the millet is nice and mushy. I don't measure the water, but add more as I go along. The idea is to have it mushy but not soupy. At least 3 cups water to 1 cup millet. Stir in a pinch of salt, raisins, and butter. (coconut oil is also a delicious substitution for the butter.)

Bread

4 cups (500 grams) flour (if you have it, half all-purpose and half bread flour.)
1 ½ teaspoons salt
1 teaspoon instant yeast
1 Tablespoon olive oil
1 ⅓ cups (325 ml) warm water

Add flour, salt and yeast to a large bowl. Add oil and warm water and mix into a rough dough. Flour your hands a little. Tip out the dough onto a work surface and knead for 5 to 10 minutes until smooth. This is a loose and sticky dough.

Put some oil into a clean bowl, add the kneaded dough, and turn it in the oil so it is covered with a light film. Cover with a kitchen towel and leave in a warm place to rise until doubled in size--at least an hour, maybe closer to two.

When the dough is well-risen and puffy, tip it out and punch it down. Now it is ready to shape. For rolls: take roughly lemon-sized chunks (about 125 grams each/4 oz.) and shape into neat rounds. Place on a baking sheet, cover with a cloth and leave until doubled in size. About an hour. Bake at 425 F for 15 minutes until risen and golden.

Oatmeal: 1 cup oatmeal to 3 cups water. It will cook more quickly if you are able to soak it overnight. Cook until it is tender but not dried out. Add raisins and maple syrup to taste.

