

THE SEATTLE SUFI COOKBOOK

Updated 2008 version, by James G Patterson

This cookbook is a collection of recipes that have, over the years, been enjoyed by many rain-bound Northwesterners. All dishes are to be cooked joyfully and shared with good Friends.

Also added for your enjoyment are some of my favorite quotes.

Thy Kingdom come, there's eating to be done.

RICHARD BACHTI CHANNA MASALA

3 T Ghee (Ghee is melted butter with the 'solid' fat removed)

1 t Cumin seed

1 onion, chopped

Ginger, 1 inch chopped into tiny bits

Sauté' the ingredients above and make the paste below:

Paste: Mix the spices below with 3 T water

2 t Garam masala

2 t Turmeric

1 t cumin (ground)

1/2 t coriander

1 t chili powder

~1 t salt

Once the onion, ginger and cumin has sautéed a bit, add the paste and stir at medium heat. Then add 1 cup of water, 2 cans of strained garbonzo beans and simmer this concoction for 15-30 minutes.

Just before the simmer time is over, add about 5 roma tomatoes (chopped) and chopped cilantro (Chinese parsley).

Serve over rice (cook rice with a little cumin seed) and Eat mindfully

This recipe was heartfully developed by Verenna Kiser.

Two things have no limits: The stupidity of man and the mercy of God.

(GI Gurdjieff)

DELIGHTFUL DALI LAMADEA DAHL

Best eaten on a cold rainy Seattle or Tibetan evening.

Add 2 cups orange lentils to 7 cups water

Heat lentils & water slowly in a big ol' soup pot. While the above is heating, sauté' the ingredients below:

1/4 cup oil
1 onion
6-8 cloves garlic, pressed
2 t curry powder
2 t cumin
1/2 t garam masala

After you Sauté' for a bit, add 2 diced potatoes, sauté a bit more, and then add everything to the soup pot.

1 t ground coriander
1/2 t ground fennel
1/4 t cardamom (ground seeds yourself)
1/4 t cinnamon
1/2 t cayenne
1/4 cup lemon juice
salt to taste (~2 t)

Add the above to soup pot and heat for about an hour or two.

Graciously donated by Helen Powell

One is healthy when one can laugh at the earnestness and zeal with which one has been hypnotized by any single detail of one's life (Nitschsche)

GORGONZOLLA PASTA DISH

The Sauce:

Place a pie sized piece of gorgonzolla cheese in your favorite sauce pan and add ~1/4 cup non-fat milk (maybe more if need be).

Sprinkle in pepper, a touch of garlic salt and a bit of the white wine you're drinking. Gently heat and stir to melt it all. Add small doses of Parmesan cheese throughout (use the prepackaged Kraft stuff).

Cook up Linguine pasta & drain. Add some of the sauce to coat the noodles.

Garnish with freshly steam broccoli and more sauce.

Drink wine, have friends over.

Recipe acquired from Long-time-friend Kinson Van Scotter

"...the purpose of the Holy Life does not consist in acquiring alms, honor, or fame, nor gaining morality, concentration, or the eye of knowledge. That unshakable deliverance of the heart: that, verily, is the object of the Holy Life, that is the essence, that is the goal."

(Buddhist Sutra)

REGGIE X. CURRY (Fruity style)

carrots
potatoes
apple
onion
banana
raisins
walnuts
chicken, pork or tofu
coconut milk (2 cans)
green chile paste (2 spoon fulls)
oil (just a tad)

Sizzle a couple of spoonfuls of chile paste in oil. Add coconut milk & simmer briefly. Add meat (boneless and lightly pre-cooked) or meat substitute then everything else (properly chopped). Simmer for half hour or longer.

Serve with rice & chutney and hosanna in the highest.

Super Shelly's derivation: 3 cans coconut milk, 1 t salt, 1 t turmeric, 1-1 1/2 curry, 1/2 garam masala

As mentored by Culinary Sage March 'Super Reg' Egerton

"Your body is ignorant; be just to it. Your feelings change; do not count on them. Your mind is volatile; do not expect that it can remain stable within your present moment. In short, be realistic about yourself." (JG Bennett)

FAMOUS CHILEAN SEA BASS WITH SALSA DISH

Place sea bass in pre-heated water (Real hot with veg stock) & squeeze one lime over the top. Place in oven at 400 for 20 minutes or until the meat flakes easily.

The Famous Salsa:

1 papaya (chopped)
jicama (1 cup chopped)
1 red pepper
1 cup chopped red onion
2T lemon juice
2T lime juice
1/2 t sugar
2T ground cumin
black beans (1 can)
1/2 cup papaya juice
cilantro (chopped)

Mix this all up with your hands and then serve over the sea bass.

It is well to serve this with a polenta side dish.

This dish will dazzle most people.

"For now we see through a glass, darkly; but then face to face: now I know in part' but then shall I know even as also I am known." (I Corinthians 13:12)

BASIL DELIGHT

Cook up some rice (about 1 ½ cups dry)

Saute' about 1 pound of ground turkey (or pork cut into tiny pieces) in hot sesame oil

Once the meat is browned add in about 1/3-1/2 cup of soy sauce and heat for a few minutes. Then add 3 Table spoons of hot Chile sauce (don't be shy with this) and heat for a spell (5 minutes.)

Add a butt-load* of finely chopped fresh basil leaves and mix for a couple of minutes.

Add the cooked rice to all of this and mix well. Enjoy this simple and nutritious dish.

Extra: You can also add a bit of chopped garlic.

Recommended to play the CD "The Story" by Brandi Carlisle when cooking.

Enjoy a 'Cosmic Cosmopolitan' while cooking this dish (see end of book).

* A 'butt-load' is about 6-8 oz or a couple of 'handfuls' of leaves. You can't overdue the amount of Basil.

Concocted by Philip Beetlestone and Verenna Kiser

*"The birds have vanished into the sky,
and now that last cloud drains away.
We sit together, the mountain and me,
until only the mountain remains."*

(Li Po)

NASTYVILLE TENNESHOE GUMBO

1 cup vegetable oil
1 cup flour
2 cups chopped onion
1 cup chopped celery
1 cup chopped bell pepper
2 Tablespoons Creole seasoning
1 teaspoon salt
6 cups chicken stock
2 pounds smoked sausage (Kielbasa or andouille) cut crosswise into 1/2 or 1/4 in slices
3 bay leaves
White rice for serving

Making the roux At room temp, add oil and flour together and stir until there are no lumps. Turn heat to medium and stir *constantly* to brown the mixture. Heat until the mixture gets to a dark orange/red color. If you heat to much and burn it you must start over--it's easy to do this so be very mindful and watchfull at this step.

Once the roux is at the nice dark color and is close to burning, add the veggies and seasoning & salt and stir like a mad man. This step is key, the high heat of the roux will release all the flavors. (I usually have all the veggies in a bowl and add the spices to them before I add it to the roux).

Continue to stir and cook the concoction for about 5 minutes. Then add the Sausage and bay leave and cook for another 5 minutes. Now, slowly add the chicken stock (is should be at room temp) stirring to incorporate. Finally, Reduce heat and simmer for a couple of hours, uncovered, stirring occasionally.

Serve over rice and enjoy. You'll think you're in New Orleans. I got this recipe while visiting my friends Marcus & Ruth in Nashville. This Recipe originates from NO

*In the end these things matter most: How well did you love? How fully did you love?
How deeply did you learn to let go? -Buddha*

TACO SOUP DE LUX

A good hard-pounding sports watching soup.

Ground beef 1 lbs
corn niblets 1 16 oz can
chopped tomatoes 16 oz can
kidney beans, light red 16 oz can
tomatoe sauce 16 oz can
1 pkg of ordinary Taco seasoning
Cheese,
Cilantro
Onion

Brown the Ground beef and drain. Put in a big ol' pot and add the rest of the canned goods, juice and all. Add a dash of cumin, chili powder and salt to taste. Let this boil together for an hour or so.

When serving, it is most important to garnish with chopped cilantro (Chinese parsley), chopped onions and cheese. Prepare to be delighted.

Passed down from 'super' shelly from her friend Julie.

*You indulge in
Self improvement*

And

*All you have to show for it
Is an improved self.*

(Ram Tzu)

RALPH SAMPHSON'S SAVORY BAKED TOFU

1 brick of firm gourmet tofu
1/3 cup tamari
about half that much hot sesame oil
4 garlic cloves
several tablespoons of grated fresh ginger
1 t red chili pepper flakes
ground black pepper to taste
a pinch or tow of ground cloves

Press water from tofu (put on towel then set a dictionary or something like that on it).

Slice tofu into slices about 1/4 in thick.

Put rest of ingredients in a shallow baking dish. Mix well.

Lay tofu slices in marinate, let sit 1 hour then turn over. Sit another hour.

Bake in over at 400 F for 1/2 hour then turn over. Bake for another 1/2 hour. Enjoy with apricot ale. Donated from the kitchen of Reggie X Kirkegaard.

You are perfect.

your every defect is perfectly defined.

your every blemish is perfectly placed.

Your every absurd action Is perfectly timed.

Only God could make Something this ridiculous Work

GNOSTIC POTATOES (with asafetida and cumin)

4-5 medium potatoes
2 T vegetable oil
1/8 t ground asafetida
1/2 t whole cumin seed
1/2 t red pepper flakes
1/2 t turmeric
1-1/2 cans of tomatoe sauce
1 t salt

Peel potatoes and cut into 1"-2" or so cubes. Let cubes set in cold water.

Sizzle asafetida in hot oil for a few seconds and add the cumin seed. Sizzle for a few seconds more until the seed changes colour. Add red pepper for a few seconds then add the drained potatoes followed by the turmeric. Fry the potatoes for a few minutes stirring often.

Add to the mix 2 cups of water and the tomatoes sauce and salt. Allow to simmer for an hour or 2. You can served over rice.

This seemingly simple dish is blessed with an infinitude of great flavour.

"...As far as most human beings are concerned, this life right here is the worst hell they will ever know. It would take considerable perverse skill to produce anything much worse"

Franklin Merrill Wolff

THE GREEN BEAN THING (Green beans with ginger)

1.5 lbs Green beans Trim ends of beans and cut into 2-3" pieces
Ginger, about a 2 inch chunk
1/4 t turmeric
cilantro (1 bun)
cumin 1 t ground
coriander 2 t ground
garam masala 1-1/4 t
lemon juice 2 t
salt 1 t

Peel the ginger and place into the blender with about 3-5 T of water. Blend to a smooth paste. Heat 3-6 T of oil and add ginger paste to it followed by the turmeric. Fry with stirring for about 2 minutes. Then add the cilantro (well chopped) and stir for a minute. Add the chopped green beans and mix this for a minute or two. Finally, add the cumin, coriander and garam masala, lemon juice salt and 3-6 T of water. Cover and let simmer for 30-50 minutes with stirring every so often.

Love is reckless; not reason.

Reason seeks a profit.

Love comes on strong, consuming herself, unabashed.

Yet in the midst of suffering

Love proceeds like a millstone,

hard surfaced and straight-forward.

Having died to self-interest,

she risks everything and asks for nothing.

Love gambles away every gift God bestows.

Religion seeks grace and favor,

but those who gamble these away are God's favorites,

for they neither put God to the test nor knock at the door of gain and loss. (Rumi)

FORMER SOVIET UNION TEA CAKES*

1 cup butter
1/2 cup powdered sugar
1 T vanilla
2 1/4 cup flour
1/4 t salt
3/4 cup chopped pecans

Mix all the above. Roll into little balls of variant size and bake at 400 for 15-18 minutes (it's good to roll them over after 6 or 7 minutes)

Once cooled (the colder the better) roll once in powdered sugar

*formally known as Russian Tea cakes or snowballs

Education in the widest sense was a preparation for the achievement of friendship which allowed one to share the deepest and truest part of oneself with another.

(Larry Freeman)

ROYAL RICE WITH CHEESE

1 large onion, chopped
2 T of olive oil
3-4 garlic cloves, minced/pressed
1-2 T of dried mint leaves
1/4 t ground black pepper
4 cups chopped spinach
3 T lemon juice
4 cups cooked rice
1 cup peas (fresh or frozen)
2 T chopped fresh dill
1-2 cups crumbled feta cheese
2 chopped tomatoes (optional)
1 can chick peas (optional)

Sauté' onions in oil for about 5 minutes or until they soften. Then add & sauté' the garlic, mint and pepper for a couple of minutes. Stir in spinach, lemon juice, rice and green peas. Add the dill and cover and cook for 3-4 minutes with a little stirring.

You can also add chopped tomatoes and chick peas to your liking.

When spinach is limp and rice hot, top with feta and serve quickly

"A friend is someone who knows everything about ya but likes ya anyway"

(A Scotsman, circa 1940's)

COSMIC COSMOPOLITAN

To a bunch of ice in a shaker add:

1 shot or triple sec

2 shots of citrus vodka

1 shot of lime juice

4 shots of cranberry juice

Shake it all up

Serve in a martini glass and delight in the triumphs of Carrie, Samantha, Charlotte and Miranda.

"Sometimes what one wants is just someone to make you laugh" 'Big' on Sex and the City