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A Worldwide Vegetarian Journey to Discover the Foods That Nourish America's Immigrant Soul.

April 2016

BRASSICA SALAD OPTIONS:

Wild Rice and Broccoli Salad

Buddhist Hot Sprout, Shoot, and Mushroom Salad
– “Forest in the Spring”

Kohlrabi Slaw with Sesame – Mustard Dressing

Cauliflower and Squash *Remoulade*
with Shredded Baby Kale Garnish



Back when we lived on Long Island, organic cabbages were not available at all in grocery stores. Since cabbage grows beautifully in the soft, sandy soil of Long Island, I planted several every year which usually resulted in two for our autumn menus and one for the cabbage worms. I found that kale did not seem to be attractive to pests except for the trouble I had with a groundhog (woodchuck) with an absolute passion for my gorgeous green leaves. Kale is easy to grow and easy to

harvest leaf by leaf for addition to a salad, a pizza, a casserole, a soup, or my beloved colcannon. Steamed and frozen in freezer bags, it is a resource straight through the winter.

If you want to invite the cabbage family to your table there are always interesting cabbage salads and coleslaws, Russian cabbage soup, Polish noodle and cabbage skillet, Ukrainian borscht, and all kinds of steamed vegetable combination and stir-fried dishes from Asian cultures with Chinese cabbage and bok choy.



There are reubens and sauerkraut dishes. Oh, the list goes on and on. The lists of ideas for broccoli and cauliflower are long too. But cabbage, broccoli, and cauliflower are not the only vegetables in the genus *Brassica* that offer you a health bonus. My journals are full of recipes, collected in my travels, that feature vegetables from this remarkably valuable family of vegetables.

Classified in the genus *Brassica* are horticultural plants, weeds, and some very important agricultural crops valued for their anti-cancer role. Three chemicals in particular have found to have these valuable properties – 3, 3'-diindolymethane, sulforaphane, and selenium. Researchers are trying to confirm the role of indol-3-carbinol which appears to block the growth of cancer cells. At this point is has only been confirmed *in vitro* as has its possible role in DNA repair. Steaming and stir-frying preserve the level of these compounds.

In addition to cabbages, cauliflower and broccoli, mustards, kale, broccolini, *gai lan* (*kai lan*), Brussels sprouts, kohlrabi, Chinese cabbage, *bok choy*, turnip greens and brocco-rabe, rapeseed/canola, and rutabagas can boast your immune defenses deliciously. Another bonus is that most of these vegetables are available organically grown.

Combining shredded vegetables, greens, and grains can produce complex mixtures that challenge the taste buds and deliver the nutritional powerhouses of the cabbage family, the cancer-fighting genus *Brassica* of the botanical family Brassicaceae. Different vegetables, different seasonings, and different dressings can produce ethnic variety of almost infinite interest and appeal.

WILD RICE AND BROCCOLINI SALAD

TPT – 2 hours and 30 minutes;

20 minutes = wild rice soaking period;

1 hour = flavor development period

We are very fond of the very American grain sadly misnamed wild rice. Like rice it is a grain but, to the endless confusion of cooks, it is not biologically a rice. Wild rice is the only grain native to North America and is far more nutritious than rice. To release its perfection of flavor and texture, remember, it should not be cooked in the same manner as white and brown rices, after all it is not a rice. This salad, played against white rice, presents the opportunity to compare the two grains and put the confusion to rest.

Here broccolini, another member of the genus Brassica, is used. It is not just a form of broccoli or, as many people think, immature broccoli. It is, instead, a hybrid of broccoli and kai lan developed in 1993 by Sakata Seed Co. of Japan. It is one of the organic vegetable options I can always find in my favorite market since it is grown year round in Arizona and California.

1/4 cup raw wild rice

1 1/2 cups *boiling* vegetable stock of choice

1/4 cup converted white rice

2 cups *boiling* water

2 cups chopped broccolini flowers and stems

1 1/2 tablespoons extra virgin olive oil

1 teaspoon red wine vinegar

2 tablespoons freshly squeezed orange juice

1 teaspoon honey

Freshly ground black pepper, to taste



Wash wild rice in several changes of *cool* water. Soak washed grain in *cool* water to cover for 20 minutes. Discard any kernels which float to the surface. Again drain. Rinse again in several changes of *cool* water. Drain thoroughly.

In a saucepan with cover set over *MEDIUM-HIGH* heat, combine the 1 1/2 cupfuls *boiling* vegetable stock and drained wild rice. Stir. Reduce heat to *LOW*, cover tightly, and cook *undisturbed* for about 40 to 50 minutes, or until kernels have burst and the soft beige inner portion is visible.

About 25 minutes into the cooking process, add the white rice. Continue cooking until both grains are tender and the cooking liquid has been absorbed. Turn into a fine sieve and allow to drain thoroughly. Refrigerate to cool thoroughly.

Steam the chopped broccolini over *boiling* water for just 4 minutes. Turn into a sieve and allow to drain thoroughly.

In a mixing bowl, prepare dressing by combining oil, vinegar, orange juice, honey, and black pepper. Using a wire whisk, whisk well.

Add cooked wild rice, white rice, and broccolini. Toss well to coat all ingredients.

Refrigerate, covered, for at least 1 hour to allow for flavor development. Toss frequently to insure even marination.*

Turn into a chilled serving bowl and serve with a slotted spoon.

Yields 6 servings
adequate for 4 people

Note: *This salad may be prepared early in the day or even the day before, if convenient.

1/6 SERVING – PROTEIN = 1.9 g.; FAT = 1.9 g.; CARBOHYDRATE = 14.0 g.;
CALORIES = 82; CALORIES FROM FAT = 21%

BUDDHIST HOT SPROUT, SHOOT, AND MUSHROOM SALAD “FOREST IN THE SPRING”

TPT - 50 minutes

Buddhists call this “Forest in the Spring,” a name about which there is no question. Mushrooms, sprouts, and shoots do make you think of a forest in spring.

8 medium dried *shiitake* or Chinese black mushrooms*

8 ounces soybean sprouts—well-rinsed and well-drained

2 tablespoons *tamari* soy sauce*

1 tablespoon mustard**

2 teaspoons *hoisin* sauce*

1 tablespoon vegetable oil

1 cupful sliced *bok choy*

2 ounces canned bamboo shoots—well-rinsed, well-drained, and shredded into matchstick pieces to yield about 1/3 cupful

**4 scallions, both green and white portions
—trimmed and cut into 2-inch pieces**

1 teaspoon sesame oil*

Soak dried mushrooms in *warm* water for about 30 minutes, or until softened. Trim stem from each mushroom. Slice *thinly*. Set aside.



Pick over soybean sprouts and trim or discard any of poor quality. Set aside in a colander.

In a small bowl, combine soy sauce, mustard, and *hoisin* sauce. Set aside.

In a wok or large skillet set over *MEDIUM-HIGH* heat, heat oil. Add sliced mushrooms and sliced *bok choy*.

Stir-fry for about 30 seconds. Add well-drained fresh soybean sprouts, bamboo shoot matchsticks, and scallion pieces. Continue to *stir-fry* for about 1 minute. Pour sauce mixture over and continue to *stir-fry*, tossing well, for another 30 seconds. Add sesame oil.

Turn out onto heated platter.

Serve at once, with steamed rice.

Yields 6 servings
adequate for 4 people

Notes: *These items are readily available at Asian groceries and in food specialty stores.

**You can use any mild mustard you prefer. My favorite mustard sauce can be found in *A Vegetarian Journey to Discover the Foods That Nourish America’s Soul, Volume II*, pp. 685-686.

This recipe is easily halved, when required, but becomes quite unwieldy when doubled.

1/2 cupful sliced tree ears (cloud ears or wood ears) may be added, if desired. Soak tree ears in boiling water for 30 minutes. Rinse well to remove residual sand and cut off the woody stem of the fungus.

1/6 SERVING – PROTEIN = 4.3 g.; FAT = 4.0 g.; CARBOHYDRATE = 13.4 g.;
CALORIES = 98; CALORIES FROM FAT = 37%

KOHLRABI SLAW WITH SESAME –MUSTARD DRESSING

TPT - 6 minutes

Absent the root cellar which served my grandparents well, I had to buy a second refrigerator. That too was fully loaded with nuts, grains, and flours one December; I was beginning to feel like Tom and Barbara Good in the British sit-com “The Good Life / Good Neighbors” trying to find a winter home for the root vegetables. Some root vegetables will store well in our unheated, but well-insulated, garage but that particular year the warm spells continued well into December and the kohlrabi suffered so the survivors were sliced, steamed, and served with butter or added to salads. This salad was one of the “save-the-kohlrabi” recipes I evolved.

SESAME – MUSTARD DRESSING:

**2 tablespoons light or reduced fat
mayonnaise**

1/2 teaspoon sesame oil

1 teaspoon MUSTARD SAUCE*

**2 large smooth kohlrabi—peeled and slivered
into long matchstick pieces**

1/2 medium onion—slivered

1/2 teaspoon freshly squeezed lemon juice

Freshly ground black pepper, to taste



In a small dish, combine mayonnaise, sesame oil, and mustard sauce. Using a small whisk, combine thoroughly. Set aside briefly.

In a mixing bowl, combine slivered kohlrabi and onion, lemon juice, and black pepper. Toss well.

Add prepared dressing. Fold the dressing into the kohlrabi–onion mixture. Turn into a serving dish. Refrigerate until required.

Yields 6 servings
adequate for 4 people

Notes: This recipe can be halved or doubled, when required.

1/6 SERVING – PROTEIN = 2.5 g.; FAT = 2.2 g.; CARBOHYDRATE = 10.0 g.;
CALORIES = 62; CALORIES FROM FAT = 32%

CAULIFLOWER AND SQUASH SALAD WITH SAUCE *REMOULADE*

TPT - 12 minutes

The creamy softness of the French remoulade sauce contrasts elegantly and lusciously with the crispness of the vegetables. This French-Canadian concept is always an option for me when I want to move the protein to the salad plate.

REMOULADE SAUCE

*Sauce Remoulade: **

1 1/2 tablespoons *calorie-reduced or light* mayonnaise
1 1/2 teaspoons plain yogurt
1 teaspoon *finely* chopped fresh parsley
1 teaspoon *finely* snipped fresh chives
1 very small garlic clove—*finely* chopped
1/2 teaspoon *finely* chopped capers
1/4 teaspoon dried tarragon—crushed
1/4 teaspoon dried chervil—crushed
1 hard-cooked egg white—*finely* chopped

1 cup sliced raw cauliflower florets
3/4 cup coarsely chopped zucchini—*unpeeled*
3/4 cup coarsely chopped yellow summer squash—*peeled
and seeded*
1/4 cup sliced Italian red onion

1/4 cup *finely* shredded young kale, for garnish

In a small bowl, blend mayonnaise and yogurt. Stir in *finely* chopped parsley, chives, garlic and capers, and crushed dried tarragon and chervil. Combine thoroughly. Fold in *finely* chopped egg whites. Set aside briefly.

In a large bowl, combine cauliflower slices with chopped zucchini, yellow squash, and sliced red onion. Toss.

Add prepared *REMOULADE SAUCE* to vegetables. Fold sauce *gently*, but *thoroughly*, into vegetables. Turn into serving dish.

Garnish with shredded kale.

Refrigerate until ready to serve.

Yields 6 servings
adequate for 4-5 people

Notes: *This sauce recipe can be doubled or tripled and makes a nice dip for *crudités*.

The salad recipe may be halved or doubled, when required.

1/6 SERVING – PROTEIN = 2.0 g.; FAT = 1.4 g.; CARBOHYDRATE = 4.4 g.;
CALORIES = 36; CALORIES FROM FAT = 35%

*Salads like these are good year round and since most of these
healthful members of the cabbage family are available year round,
you can visit these natural meds as you shop each week.
These are the meds my grandparents kept in their root cellar . . .
The wild rice and broccolini salad, above, is a real winner.
If you stop by next month,
maybe we can share a few more recipes for grain salads.*

Judy

Please note that all food value calculations are approximate and not the result of chemical analysis.