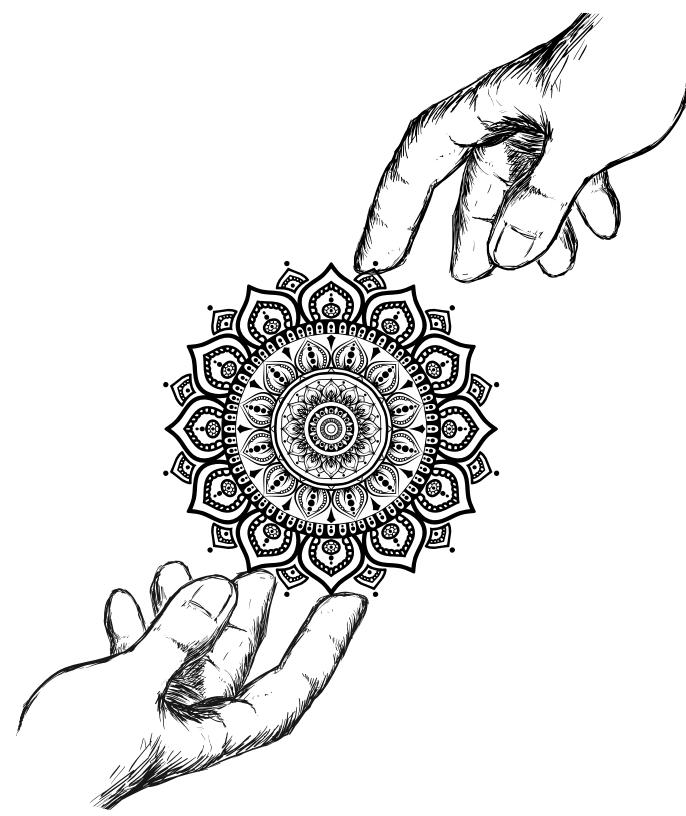


## WOMEN HEALING WOMEN HEALING EARTH

*We are grateful to the Community Foundation of North Central MA, and the Green Leaf Foundation for their support of Seeds of Solidarity's 2023 Women Healing Women Healing Earth programming.*



## WOMEN HEALING WOMEN HEALING EARTH

Seeds of Solidarity consists of an agroecological, no-till farm, and a non-profit organization in Orange MA with a mission to awaken the power to Grow Food Everywhere, to transform hunger to health, and create resilient lives and communities. One program of the organization is Women Healing Women Healing Earth, a series of workshops to build creative skills and communities. [www.seedsofsolidarity.org](http://www.seedsofsolidarity.org). The recipes in this brochure stem from Cooking with Gratitude: Local to Global, a workshop taught by Nalini Goordial, chef and founder of Kitchen Wizardry, also based in Orange ([www.kitchenwizardry.me](http://www.kitchenwizardry.me)).

## SEEDS OF SOLIDARITY WOMEN HEALING WOMEN HEALING EARTH

### GLORIOUS GARLIC RECIPES!



Garlic, aka the “stinking rose” is beloved around the world for flavor and health benefits.

Seeds of Solidarity, co-founder of the North Quabbin Garlic and Art Festival, has been growing multiple varieties of garlic for 30 years, to delight thousands of festival attendees and encourage everyone to “Grow Garlic Everywhere!”

May these recipes inspire your delight of preparing, sharing, and enjoying nourishing food --that features garlic!

## **Garlic Chutney**

2½ tablespoons kashmiri chilli powder  
10 medium garlic cloves  
½ teaspoon cumin powder  
½ teaspoon salt  
1½ to 2 tablespoons sugar  
1 to 1½ tablespoon lemon juice

### **How The Alchemy Happens**

Add all ingredients plus 3 to 4 tablespoons water to a blender jar.

Blend until smooth and thick adding more water as needed. It should have a sauce like consistency.

It should be well balanced in flavors and taste slightly hot, spicy, tangy and mildly sweet.

Taste and adjust sugar, salt or vinegar to suit your taste. Garlic chutney is ready to serve with rice, meat or cheese.

## **Toum - Middle Eastern condiment**

1 cup garlic cloves peeled  
2 teaspoons salt  
3 cups neutral oil such as safflower  
½ cup lemon juice

### **How The Alchemy Happens**

Add the garlic cloves and salt to a food processor. Process for a minute until the garlic becomes finely minced, scraping the sides down as you go.

With the food processor is running, slowly pour two tablespoons of oil, then stop and scrape down the bowl. Drizzle oil while blending until the garlic looks creamy.

Once the garlic looks emulsified, increase the speed of pouring the oil and alternate with the ½ cup of lemon juice until all the oil and lemon juice is incorporated. This will take about 10 minutes to complete.

Transfer the sauce into a glass container, cover with a paper towel and place in the fridge overnight.

The next day, replace the paper towel with an airtight lid and keep in the fridge for up to 2 months.

## **Lasooni Palak Masoor - Garlic Spinach Lentils**

1 cup red lentils, rinsed and soaked for 30 minutes  
2 cups fresh spinach leaves, washed and chopped  
6-8 garlic cloves, finely chopped  
1 small onion, finely chopped  
1-inch piece of ginger, grated  
2 tomatoes, chopped  
2 green chilies, slit (adjust according to taste)  
1/2 teaspoon cumin seeds  
1 tablespoon curry powder  
1 teaspoon garam masala  
1/2 teaspoon red chili powder (adjust to taste)  
1/2 teaspoon cumin powder  
1/2 teaspoon coriander powder  
1 tablespoon ghee or cooking oil  
Salt to taste  
Fresh cilantro leaves for garnish  
Lemon wedges for serving

### **How The Alchemy Happens**

Heat ghee or oil in a medium-sized pot over medium heat. Add the cumin seeds and let them splutter. Add the garlic and sauté until it turns golden. Add onions, ginger and green chilies. Sauté for 2 minutes. Add the chopped tomatoes, curry powder, red chili powder, cumin powder, coriander powder, and garam masala. Cook until the oil starts to separate from the mixture.

Drain lentils and add to the pot. Stir well to coat the lentils. Pour in about 3 cups of water and add salt to taste. Bring the mixture to a boil.

Reduce the heat to low, cover the pot, and let it simmer for about 20-25 minutes or until the lentils are fully cooked and soft.

Once the lentils are cooked, add the chopped spinach to the pot. Stir and cook for an additional 5 minutes until the spinach wilts and blends well with the lentils. Turn off the heat and garnish with fresh cilantro. Serve the Lasooni Palak Masoor hot with steamed basmati rice or Indian bread (roti/naan). Squeeze some fresh lemon juice on top before serving.

## **Sopa de Ajo - Garlic Soup**

6 cups chicken or vegetable broth  
12 cloves garlic, minced  
1 medium onion, finely chopped  
2 teaspoons smoked paprika  
1/4 teaspoon cayenne pepper (adjust to your Taste)  
1 bay leaf  
1/4 teaspoon sage  
4 large eggs  
4 slices of stale bread, cut into cubes  
1/4 cup extra virgin olive oil  
Salt and pepper to taste  
Fresh parsley, chopped, for garnish

### **How The Alchemy Happens**

In a large pot or saucepan, heat the oil over medium heat. Add the garlic and onion, and sauté until they become tender and lightly golden.

Add the smoked paprika, cayenne pepper, and dried sage. Stir and cook for another minute.

Pour in the broth and add bay leaf. Bring the mixture to a boil, then reduce the heat to low and let it simmer for about 10-15 minutes to allow the flavors to meld.

Add the bread pieces to the soup. Stir well to combine.

Continue to simmer the soup for an additional 10 minutes, stirring occasionally to prevent sticking.

Taste and season with salt and pepper according to your preference.

Carefully crack the eggs, one at a time, into the simmering soup, making sure to space them out evenly. Cover the pot and let the eggs poach in the hot liquid for about 4-5 minutes until the whites are set but the yolks are slightly cooked.

Remove the pot from heat. Ladle the soup into individual serving bowls, making sure each bowl contains an egg.

Garnish the soup with chopped fresh parsley.

Serve the Sopa de Ajo while it's still hot.