

❁ APPENDIX C ❁

Recipes to Use During a Daniel Fast

When you are focusing on your Daniel Fast and purposing in your heart to give up meat as your sacrifice, you will need to make sure that you are getting enough protein in your diet. You only need 15 percent protein in your diet, and there are a few ways that you can get this necessary amount. One way is by eating legumes, and for this reason eating peas and beans will be important during your fast. In the following section, I will provide you with a few recipes that you can use to infuse the necessary amount of legumes into your diet during your fast.

The Hoppin' John (Black-eyed Peas)

1 lb. dried, soaked or frozen black-eyed peas or field peas
 1 large onion, diced small
 1 small tomato, diced
 ½ gallon vegetable stock
 ½ lb. or 1 cup cut okra, fresh or frozen
 salt and pepper, to taste

Bring ½ gallon of vegetable stock to a boil and add peas and onions. Allow it to simmer for 1 hour and 15 minutes. Add tomato after peas have been cooking for 45 minutes. Season with salt and pepper to taste, add a ½ cup of okra, and cook for another 15 minutes. Serve with 1¼ cups white rice (simmer white rice in 4 cups water for 18 to 20 minutes, or cook parboiled rice for 10 to 12 minutes).

Classic Red Beans and Rice

1 lb. dried kidney beans or red beans
 1 large onion, diced small
 2 bell peppers, diced small
 2 tbsp. minced garlic
 ½ stalk of celery, diced small
 ¼ cup Worcestershire sauce
 ¼ cup brown sugar
 ½ gallon water or vegetable stock
 salt and pepper or seasoning salt, to taste

Bring ingredients to a boil and simmer for 1 hour and 20 minutes. Add salt and pepper or seasoning salt to taste and simmer for another 15 minutes. Serve with 1¼ cups white rice (simmer white rice in 4 cups water for 18 to 20 minutes, or cook parboiled rice for 10 to 12 minutes).

Black Bean Soup

1 lb. black beans, dried and soaked
 1 small onion, diced small
 2 bell peppers, diced small
 2 tbsp. minced garlic
 ½ stalk of celery, diced small
 1 tomato, diced small
 1 tbsp. olive oil
 1 tsp. Italian seasoning
 ½ tsp. cumin
 2½ quarts water or vegetable stock
 salt and pepper or seasoning salt, to taste

Sauté the onion, bell peppers, garlic, celery and tomato in a little olive oil until they are translucent. Add mixture to the black beans and water or vegetable stock and your Italian seasoning and cumin. Bring to a boil and then allow the beans to simmer together for 1 hour and 20 minutes. Add salt and pepper or seasoning salt to taste and simmer for another 15 minutes.

Homemade Granola

- 2½ oz. sesame seeds
- 2½ oz. sliced almonds or pecans
- 11 oz. oats
- 4 oz. cashews
- 4 oz. honey
- 3 oz. dried cranberries or raisins

Toast the sesame seeds in a dry skillet until golden brown. Place in a separate bowl. In the same skillet, toast almonds or pecans to a pale golden color. Add the sesame seeds and continue to toast until the nuts are golden brown. Add the oats and cashews to the skillet and continue to toast, stirring until light brown. Add the toasted sesame seeds and honey to the skillet. Heat and toss until all the ingredients are coated with the honey. Remove the pan from the heat and stir in the cranberries or raisins. Spread mixture on a baking pan with a liner of parchment paper at the bottom. Bake in an oven at 350° until golden brown (about 15 minutes). Allow the granola to cool and then break into chunks. Store in a cool dry place. (Note: Unlike many other cereals, oats retain the majority of their nutritional elements after the hulling process. If you eat this recipe in moderation, it will be a considerably enjoyable snack—but it is high in fat, so watch your intake.)

Fresh Fruit Parfait with Honey-Vanilla Yogurt

- 1 qt. nonfat vanilla yogurt
- 4 oz. honey
- 8 oz. banana, diced
- 6 oz. strawberries
- 5 oz. apples, cooked
- 8 oz. granola
- sprig of mint (if desired)

This recipe is a great compliment to the above granola recipe, and when accompanied with fruit, you can't beat this dish. Begin by stirring the honey into the vanilla yogurt. Place fruit in a separate

bowl and toss together; keep refrigerated until needed. Place a small layer of granola in a presentation dish, wine glass or parfait cup. Place a small layer of yogurt over the granola, and then place a small layer of fruit (bananas, strawberries and cooked apples) over the yogurt. Continue this pattern until the dish is filled. Garnish with the granola and add a sprig of mint if desired.

Daniel's Vegetable Fajitas

- 2 tbsp. olive oil
- 1 tbsp. garlic
- 5 oz. red onions
- 12 oz. red bell pepper
- 12 oz. yellow bell pepper
- 12 oz. green bell pepper
- 1 lb. shredded cabbage
- 12 oz. cooked kidney beans
- 5 oz. red chili sauce
- 18 flour tortillas

Heat the olive oil in a large sauté pan. Add the onions and the garlic. Sweat the onions until they are translucent. Add the peppers and cabbage and sauté until tender (add a teaspoon of water if necessary to sauté the cabbage—the cabbage cooks by steam). Stir in the kidney beans and chili sauce and heat just until warmed. Cover the tortillas with a lightly damp towel in a warm oven at 225°. Wrap vegetable mixture in the warmed tortillas. (Note: I often select this recipe because it is healthy, and those who enjoy Mexican cuisine will particularly enjoy it. Bell peppers are a great source of vitamin A, B and C and contain folic acid, which expecting mothers especially need during their pregnancy.)

Grilled Vegetables

- 12 oz. yellow squash, sliced about a quarter-inch thick on an angle
- 10 oz. zucchini, sliced a quarter-inch thick on an angle
- 6 oz. yellow or red onions, sliced a quarter-inch thick
- 6 oz. green bell pepper, sliced a half-inch thick

6 oz. red bell peppers, sliced a half-inch thick
 6 oz. medium mushrooms, sliced in half
 5 oz. balsamic vinaigrette

For this recipe, you will need to get out your grill. Grilling is one of my favorite things to do as a chef, and vegetables taste so good when they are grilled. For this recipe, first toss all the vegetables in balsamic vinaigrette (as a marinade) for about 30 minutes. Then grill the vegetables on a gas grill or a flattop grill for 2 minutes on each side (fork tender). You can also add eggplant, tomatoes and other veggies.

Wild Rice Succotash

1 tbsp. extra-virgin olive oil
 6 oz. whole corn kernels
 5 oz. medium mushrooms, sliced
 2 tomatoes, diced
 4 oz. butter peas or lima beans
 4-6 oz. wild rice or white rice (cooked)
 2 oz. vegetable stock
 1½ oz. scallions, sliced thin on an angle

Heat the olive oil in a sauté pan. Add the corn and mushrooms and sauté until tender. Add the tomatoes, peas or lima beans, rice, vegetable stock, scallions and salt and pepper to taste. Mix the ingredients and heat thoroughly. (Note: Cooking with corn, mushrooms, tomatoes, butter peas or lima beans and wild rice is a great combination. This is a leftover type of dish that can turn corn or rice used in a previous meal into a succotash. Every mother in the world needs this recipe!)

Roasted Corn and Black Beans

1 tsp. of olive oil
 1½ oz. red onions, diced
 2 garlic cloves, minced
 1 lb. roasted corn kernels

6 oz. dried black beans, cooked
 1 tomato, diced
 1 tbsp. lemon juice
 salt and pepper, to taste
 2 tbsp. chopped parsley
 1 tbsp. chopped cilantro

Heat the olive oil in a large pot. Add the onions and garlic and sauté until translucent. Add the corn, beans, tomato, lemon juice and salt and pepper to taste. Toss over high heat until the mixture is hot. Remove from the heat and stir in the cilantro and parsley. (Note: This dish is versatile and makes a great side, but it can also be very filling as an entrée.)

Barley Pilaf

5 oz. onions, diced
 1 tbsp. garlic, chopped
 1 qt. vegetable stock
 11 oz. barley
 2 bay leaves
 1 tbsp. Italian seasoning

In a saucepan, sweat the onions and garlic in 2 ounces of the vegetable stock until the onions are translucent. Add the barley, bay leaves, Italian seasoning and the rest of the vegetable stock. Bring the liquid to a boil and cover the pot tightly. Cook in an oven at 350° for 45 minutes or on a stove 12 to 15 minutes until the pilaf has absorbed all the liquid and the barley is tender. Stir in herbs just before serving. (Note: You can turn this into a Barley Walnut Pilaf by adding 2 ounces of chopped, toasted walnuts to the pilaf before the barley is cooked. After the barley is cooked, add another 2 ounces of chopped nuts.)

Basic Rice Pilaf

6 oz. of yellow onions, diced
 4 oz. celery

2 tbsp. vegetable solids (margarine)
 16 oz. white rice
 30 fl. oz. vegetable stock or water
 6 oz. broccoli florets
 8 oz. baby carrots
 salt and pepper, to taste

Sweat the onions and celery in 1 tablespoon margarine until they become translucent. Add the rice and sauté with the onions and celery. Add the vegetable stock or water to the rice mixture. Cook rice in the oven at 350° for 40 minutes or on top of the stove until rice is tender but not finished cooking (about 12 to 15 minutes). Add the broccoli and carrots and continue to heat until the rice and vegetables are cooked all the way through. Add 1 tablespoon margarine and salt and pepper to taste. (Note: This is my southern variation of the classical French dish Rice Pilaf along with the Barley Pilaf recipe that I presented to you earlier. Both are outstanding dishes and deserve to be in your repertoire.)

Stir Fried Barley

4 oz. green bell pepper, diced
 2 oz. onion or shallots, diced
 2 oz. carrots, diced
 2 oz. celery, diced
 2½ tbsp. olive oil
 16 oz. barley pilaf
 ½ tsp. dried thyme or 2 tsp. fresh thyme

In a saucepan, sweat the peppers, onions, carrots and celery in the olive oil until tender. Add the barley pilaf and thyme and stir-fry until heated thoroughly. (Note: This is my favorite type of recipe for this particular fast. It is a compound from a previous Barley Pilaf recipe. These are the type of recipes that enable you to use leftovers, keep a low-food cost, and save money in the end. Dieting is expensive, and we have to be good stewards of our resources.)

Rosti Potatoes with Celeriac

20 oz. russet potatoes
 20 oz. celeriac
 1 tbsp. Dijon mustard
 ½ tsp. Cavenger's Greek Seasoning
 1½ tbsp. olive oil

Peel and grate the potatoes and celeriac. Combine the grated potatoes and celeriac, mustard and seasoning. Form the mixture into 20 1½-oz. cakes or 10 3-oz. cakes. Heat enough oil to lightly coat a nonstick sauté pan. Sauté the cakes until golden brown on each side. Finish by cooking the cakes in the oven at 475° until thoroughly heated (about five minutes).

Daniel's Four-Grain Waffles

1 qt. nonfat buttermilk
 3 whole eggs
 2 oz. vegetable oil
 8 oz. all-purpose flour
 6 oz. whole-wheat flour
 6 oz. rolled oats
 3 oz. cornmeal
 2 tbsp. baking powder
 2 oz. sugar
 9 egg whites

Combine buttermilk, whole eggs and vegetable oil in a large bowl. Combine all dry ingredients (flours, rolled oats, cornmeal, baking powder and sugar) in a separate bowl. Add the dry ingredients to the liquid ingredients and mix just until incorporated. Whip the egg whites to a soft peak and fold into the batter. Lightly spray a hot waffle iron with vegetable oil. Ladle the batter into the waffle iron and cook until the waffles are golden brown (about 3 minutes). Serve immediately. (Note: topped with the fruit salsa below, this is wonderful treat for the fast.)

Barley and Wheat Berry Pilau (Pilaf)

- 3 oz. wheat berries
- 15 oz. vegetable stock
- 2 tsp. vegetable solids (margarine)
- 1 oz. leek, diced
- 2 oz. carrots
- ½ oz. celeriac, diced
- 2 tsp. of minced shallots or red onions
- 2 tsp. minced garlic
- 6 oz. pearl barley
- 5 oz. white grape juice
- salt and pepper, to taste
- 6 oz. chopped spinach

Soak the wheat berries for 8 to 10 hours in 3 times their volume in water. Drain the berries and combine with the vegetable stock. Cover and simmer until tender (about 1 hour). Drain any excess stock and reserve. Heat the margarine in a medium saucepan. Add leeks, carrots, celeriac, garlic and shallots or red onions. Sweat until the vegetables are tender. Add the barley, grape juice, salt and pepper and the reserved wheat berry cooking liquid. Bring the liquid to a boil and cover the pot tightly. Cook in an oven at 325° or on the stove until the barley is tender and has absorbed all the liquid (about 45 minutes). Cook the spinach in lightly salted water until tender. Drain well. Combine the wheat berries, barley and spinach and serve.

Vegetable Pot Pie

- 1 lb. frozen mixed vegetables
- 6 oz. whole kernel corn
- 6 oz. broccoli florets
- 13½ oz. cream of celery soup
- 2 pie shells (one deep dish)

This recipe has the potential to become a family favorite. Combine the mixed vegetables, corn, broccoli florets and cream of celery soup in a bowl. Mix together and place in the deep-dish pie shell. In-

vert the other pie shell, place on top of the pie filling, and crimp the sides together. Place slits on the top pie shell, creating vents for the vegetables to steam and the shell to cook properly. Place in the oven at 365° for 50 minutes. Serve with cranberry sauce.

Vegetarian Dirty Rice

- 3 oz. dried cranberry beans
- 2 oz. onions, diced
- 2 garlic cloves, minced
- 14 oz. vegetable stock
- 7 oz. long-grain rice
- 1 tbsp. tomato paste
- 1 tbsp. vinegar
- 2 tbsp. minced roasted jalapeño
- 1 tsp. crushed black peppercorn
- 1 tsp. Cavenger's Greek Seasoning
- 1 tsp. pepper
- 1 tsp. paprika
- ¼ tsp. cayenne
- 3 oz. grated cheddar cheese
- 4 oz. roasted corn kernels

This powerful dish is one for the ages and will go along well with your fast. First, cook the cranberry beans in boiling water until tender. Drain and mash with a fork and keep as reserve. In a medium saucepan, sweat the onions and garlic in 2 tablespoons of the stock until they turn translucent. Add the rice and sauté briefly. Add the remaining stock, tomato paste, vinegar, jalapeño, Cavenger's Greek Seasoning, pepper, paprika and cayenne. Bring the stock to a boil and cover the pot. Cook in an oven at 350° until the rice is tender and has absorbed all the liquid (about 18 minutes). Fold the mashed beans, cheese and corn into the rice.

Vegetable Burgers

- 1 lb. carrots, grated
- 2 oz. celery, grated

2 oz. onion, grated
 1 oz. red pepper, minced
 4 oz. white mushrooms, minced
 4 oz. scallions (green onions), minced
 4 oz. walnuts, minced
 1 egg, beaten
 ½ tsp. parsley, chopped
 ½ tsp. thyme, chopped
 1 tsp. minced garlic
 1 tsp. salt
 ½ tsp. Tabasco sauce
 ½ tsp. sesame oil
 ¼ tsp. ground black pepper
 1 oz. crackers, crushed into meal

I couldn't have written the recipes for this fast without our giving you a burger to eat. There are a lot of veggie burgers out there—the only difference is that this one is good! First, place the carrots, celery, onion and pepper into a sieve, and press to release the excess liquid. Place the mixture in a large bowl and add the mushrooms, scallions, walnuts, egg, parsley, thyme, garlic, salt, Tabasco sauce, sesame oil and black pepper. Stir to thoroughly combine. Add enough cracker meal to make a firm mixture, and form into 10 3½-oz. patties. Roll each patty in additional cracker meal if desired. Bake each patty on a sheet pan lined with parchment paper at 475° until thoroughly cooked (about 10 minutes).

Wild Mushroom Chowder

2 tsp. vegetable solids (margarine)
 4 oz. onions, diced
 2 oz. celery
 1 tbs. minced garlic
 1 oz. arrowroot or cornstarch
 1 qt. vegetable stock
 12 oz. russet potatoes, peeled and diced
 6 oz. evaporated skim milk

2 tsp. heavy cream
 2 oz. grape juice
 1 lb. wild mushrooms (without the stems)
 5 oz. mushroom stock
 salt and pepper, to taste

You can't go wrong with this soup! Begin by heating the margarine in a large soup pot. Add the onions, celery and garlic. Sweat until tender. Combine the arrowroot or cornstarch with enough stock to form a slurry. Add the remaining stock to the vegetables and bring to a simmer. Add the slurry to the stock and bring to a simmer until thickened. Add the potatoes to the thickened stock and simmer until tender (about 15 minutes). Remove the pot from the heat and add the evaporated milk, cream, grape juice, salt and pepper. In a large sauté pan, sweat the mushrooms in the mushroom stock until tender. Gently stir into the soup and enjoy.

Tropical Fruit Salsa

16 oz. mango, trimmed and diced small
 8 oz. papaya, trimmed and diced small
 4 oz. red bell pepper, diced small
 4 oz. red onion, diced small
 4 tbs. cilantro
 4 tbs. lemon juice
 1 tbs. minced jalapeño
 2 tsp. olive oil
 salt and pepper, to taste

Combine all ingredients and allow to set for one hour before serving (refrigerate if not serving immediately). (Note: To prepare this dish for a dessert or brunch item, substitute mint for the cilantro, strawberries for the peppers, and onions and honey for the olive oil. Serve as a filling for crepes or with muffins, pancakes or French toast, or accompany with biscuits. You can also substitute honeydew melon, cantaloupe and pineapple in place of the papaya and mango to create this dish.)

Black Bean and Corn Loaf

2 tbsp. corn oil
6 oz. onions, diced
6 oz. red pepper, diced
2 oz. minced garlic
12 oz. cooked black beans
4 oz. seasoned tomatoes
2½ tbsp. cilantro, chopped
¼ tsp. Tabasco sauce
1 qt. vegetable stock
1 tsp. salt
½ tsp. crushed peppercorns
8 oz. cornmeal
2 oz. all-purpose flour

Heat the corn oil in a large skillet. Add the onions, red pepper and garlic and sweat until the onions are translucent. Remove from the heat and stir in the beans, tomatoes, cilantro, and Tabasco sauce. Heat the vegetable stock, salt and peppercorns in a saucepan. Slowly whisk in the cornmeal. Reduce the heat and simmer, stirring constantly, until the mixture pulls away from the sides of the pot (about 20 minutes). Remove from the heat and fold the beans mixture into the cornmeal. Lightly spray a 1½-quart loaf pan with vegetable oil and place the mixture in the pan. Refrigerate for 8 to 10 hours. When ready, unmold the loaf and slice into 15 equal slices. Slice each piece on the diagonal to make 30 triangles. Lightly dust 2 triangles for each serving and sauté in a hot skillet sprayed with oil until golden brown.