

# Whole Foods: Ancient Additions to the Modern Kitchen with Levana Kirschenbaum

---

## Spicy Steel-Cut Oat Soup (Lahshou) Recipe

### Ingredients:

3 quarts water  
1 1/2 cups steel-cut oats, or millet, or any other coarse-cut grain  
1/3 cup olive oil  
2 tablespoons ground fenugreek  
8 cloves garlic  
1/4 cup dry cilantro, or a small bunch fresh, stems cut off, minced)  
1/4 cup dry parsley (or a bunch fresh, stems and leaves, minced)  
1/4 cup dry mint, or a bunch fresh, leaves only, minced (attention, dear Middle-Eastern friends: Look for *flayo*, dry or fresh, a wild variety of mint, also called *Zuta Levana*, at your food markets: I found it at the Shuk in Jerusalem: it's fabulous, either as a tea or in cooking)  
1 tablespoon turmeric  
Good pinch red pepper flakes

### Directions:

Bring all ingredients to a boil. Reduce the flame to medium, and cook, covered, 30 minutes. Adjust the texture and seasonings. Makes a dozen ample servings

## Moroccan Potato, Tomato and Olive Tajine Recipe.

### Ingredients:

2 dozen very small organic potatoes, unpeeled, halved potatoes (only organic potatoes are safe with their skin on)  
2 dozen green pitted olives, rinsed  
2 cups canned crushed tomatoes, or 4 plum tomatoes, diced small  
1 medium onion, sliced very thin  
1/4 cup olive oil  
1 teaspoon turmeric  
1 tablespoon paprika  
Good pinch red pepper flakes, optional  
3 cups water  
1 small bunch parsley  
1/4 [preserved lemon](#) skin only, rinsed (settle for 1 fresh lemon, sliced thin, skin and all, but use it in the first set of ingredients above)  
4 sprigs cilantro, tough stems, discarded

### Instructions:

Bring the first set of ingredients to boil in a wide heavy pot. Reduce the heat to medium and cook covered for 30 minutes. In a food processor, finely grind the parsley, preserved lemon, and cilantro and stir this mixture gently into the pot. Cook another 15 minutes. With a slotted spoon, transfer all ingredients to a platter, leaving mostly the cooking liquids. If they are too thin, reduce a few minutes on a high flame until the sauce thickens, and pour evenly over the dish. Serve hot. Room temperature OK too. Makes 8 servings.

### Variations:

- Use 2 large heads fennel, cut in thin wedges, instead of, or in addition to, the potatoes. Proceed just as above.
- Use a large head celery root, cut into 1" cubes, instead of, or in addition to, the potatoes. Proceed just as above.
- Use a dozen frozen and thawed artichoke bottoms, larger ones quartered, instead of, or in addition to, the potatoes. Proceed just as above.
- Make this a chicken main dish. Cook the dish with chicken pieces. Proceed just as above, cooking the dish a little longer if necessary until the chicken is tender.
- Make this a fish main dish. Add sliced salmon or other thick-sliced fish, or tilapia fillets, all boneless, after about 15 minutes. Proceed just as above. - - - -Make this a vegetarian main dish. Add extra firm tofu or tempeh, diced, or two cups cooked chickpeas. Proceed just as above.

# Whole Foods: Ancient Additions to the Modern Kitchen with Levana Kirschenbaum

---

## Date Power Bars Recipe

### Ingredients:

4 cups soft and plump pitted dates, packed (about 1 ½ pounds)  
1/2 cup agave  
1 cup tehina (sesame paste)  
1 cup flax meal (ground flax seeds: Health food stores)  
3-4 cups **crunchy** granola, larger pieces crumbled  
2 cups toasted sesame seeds (10-12 minutes in a preheated 300°F oven)

### Instructions:

In a food processor, process the dates and agave until a perfectly smooth paste forms. Transfer to a bowl, and add all but last ingredient. Combine thoroughly (it will be sticky: be patient). Press the mixture firmly into a greased cookie sheet, about 1/2 inch high. Press the sesame seeds firmly and evenly over the whole top. Refrigerate until firm. Cut into 1x3 inch bars. Store refrigerated in airtight tins. Makes about 5 dozen.

## Salmon with Pomegranate Sauce Recipe

### Ingredients:

1 whole side salmon, no skin, no bones, about 3½ pounds, trimmed, or other thick-flesh fish, such as bass  
1 large red onion, sliced very thin (use the food processor)  
¼ cup olive oil  
1 cup pomegranate juice  
¼ cup unfiltered apple cider vinegar  
2 tablespoons tomato paste  
Salt and pepper to taste  
1 teaspoon turmeric

### Instructions:

Preheat the oven to 425°F. Place the salmon in a pan just large enough to accommodate the fish in one layer. Scatter the onions on top and on the sides of the fish. Mix the oil, juice, vinegar, tomato paste, salt, pepper, and turmeric in a bowl, and pour over the fish. Cook about 20 minutes, or a tiny bit more until the fish flakes easily and the liquids thicken. Serve hot or at room temperature. Makes 8 main course servings or a dozen or more first course servings.

## Moroccan Almond, Honey and Olive Oil Spread (Amlou) Recipe

### Ingredients:

2 cups toasted whole unpeeled almonds (about 15 minutes in a preheated 325°F oven)  
2/3 cup extra-virgin olive oil  
2/3 cup dark honey  
½ teaspoon salt

### Instructions:

Process all ingredients until smooth. Makes about 2 cups. Store refrigerated in a glass jar.