



# EAT PRAY LOVE ...AND COOK

**T**his year marks the tenth anniversary of the film *Eat Pray Love* based on Elizabeth Gilbert's 2006 bestselling memoir. During Gilbert's journey of self discovery, she learned of pleasure in Italy, devotion in India, and balance in the Indonesian island of Bali. Taking a journey through my home cookbook library, I rediscovered three recipes in the spirit of Gilbert's quest. Whether you're seeking pleasure, devotion, or balance, the kitchen is a good place to start. Wishing you a spring filled with discoveries, culinary and beyond. 🍷

## EAT ~ ITALY

### SPRING PEAS WITH WALNUTS AND FRESH RICOTTA

#### Ingredients

- 2 pounds English peas, removed from the pod
- 1 tablespoon sherry vinegar
- 1 tablespoon walnut oil
- 1/2 cup extra virgin olive oil
- 1/2 cup chopped black walnuts
- Kosher salt and freshly ground black pepper
- 1/2 cup best-quality imported sheep's or cow's milk ricotta cheese

#### Instructions

Bring a large pot of salted water to a boil. Add the peas and blanch for 1 1/2 minutes. Transfer to ice water to stop the cooking. Once cool, use your fingers to slip the peas from their skins. You should have about 2 cups of shelled peas.

In a bowl, whisk together the vinegar, walnut oil, and olive oil. Stir in the peas and walnuts, and season with salt and pepper.

Divide the ricotta evenly among plates, placing a dollop in the center of each plate. Make a well in the center of each dollop of ricotta, and spoon some of the pea mixture into the wells. Spoon the remaining pea mixture around the ricotta.

Serve with warm bruschetta.

From: *Il Viaggio di Vetri: A Culinary Journey*, Marc Vetri with David Joachim, 2008.

## PRAY ~ INDIA

### MURGHI AUR MASOOR DAL (BOMBAY-STYLE CHICKEN WITH RED SPLIT LENTILS)

#### Ingredients

- 9 oz red split lentils, picked over, washed, and drained
- 1 medium onion, peeled and chopped
- 1/2 - 1 fresh, hot green chili, finely sliced
- 2 teaspoons ground cumin
- 1/2 teaspoon ground turmeric
- 1 teaspoon peeled, very finely chopped ginger
- 6 1/3 cups water
- 3 lb chicken pieces, skinned
- 2 1/4 teaspoons salt
- 2 tablespoons vegetable oil
- 1 teaspoon cumin seeds
- 2 - 4 cloves garlic, peeled and finely chopped
- 1/4 - 3/4 teaspoon cayenne pepper
- 2 tablespoons lemon juice
- 1/2 teaspoon sugar
- 1/4 teaspoon garam masala
- Chopped cilantro for garnish

#### Instructions

Combine the lentils, onion, green chili, ground cumin, turmeric, half of the chopped ginger, and the water in a big, heavy pot. Bring to a simmer, cover, leaving the lid very slightly ajar, and cook on low heat for 45 minutes. Add the chicken pieces and the salt. Mix and bring to a boil. Cover, turn heat to low, and simmer gently for 25 to 30 minutes or until the chicken is tender.

Put the oil in a small frying pan and set over medium heat. When hot, put in the cumin seeds. As soon as the seeds begin to sizzle — this just takes a few seconds — put in the remaining 1/2 teaspoon chopped ginger and the garlic. Fry until the garlic turns slightly brown. Now put in the cayenne. Lift up the frying pan immediately and pour its entire contents - oil and spices - into the pot with the chicken and lentils. Also add the lemon juice, sugar, and garam masala. Stir to mix and cook on medium-low heat for 5 minutes.

Sprinkle the cilantro over the top, if you wish, just before you serve.

From: *Madhur Jaffrey: Indian Cooking*, Madhur Jaffrey, 2002.

## LOVE ~ BALI

BUBUH INJIN (BLACK RICE PUDDING)

### Ingredients

- 1 cup black glutinous rice
- 3/4 cup white glutinous rice
- 3 pandan leaves
- 5 cups water
- 1/2 cup palm sugar syrup
- Pinch of salt
- 1 1/2 cups freshly squeezed thick coconut milk

### Instructions

To make the palm sugar syrup, combine 2 cups of chopped palm sugar (substitute with soft brown sugar) with 1 cup of water and 2 pandan leaves. Bring to boil, simmer 10 minutes, strain and store in refrigerator. Rinse both types of rice thoroughly for 2 minutes under running water. Drain. Put 5 cups of water, both types of rice and 1 pandan leaf into a heavy pan. Simmer over medium heat for approximately 40 minutes.

Add palm sugar syrup and continue to cook until most of the liquid has evaporated. Season with a pinch of salt. Remove from heat, allow to cool. Serve at room temperature with freshly squeezed coconut milk.

Hint: As fresh coconut milk turns rancid fairly quickly, a pinch of salt is usually added to the milk to help preserve it for a few hours.

From: *The Food of Bali: Authentic Recipes from the Island of the Gods*, Heinz von Holzen & Lothar Arsana, 1999.



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