

Holiday Treats

Fall 2022

For past cooking class recipes, go to uhs.berkeley.edu/cookwellberkeley



Khichdi in a Jar

Serves 4

Time 40 minutes

Vegan

Common Allergens None

Recipe from [Vegan Richa](#)

Ingredients

Jar ingredients:

- ¾ cup white basmati rice
- ¾ cup red lentils (or half moong dal and half red lentils)

Spices:

- ¾ teaspoon cumin seeds
- 2 whole cloves
- 1 teaspoon coriander powder
- 1 tablespoon onion flakes
- 1 teaspoon garlic powder
- ¼ teaspoon ground ginger
- ½ teaspoon garam masala
- ¾ teaspoon turmeric
- ¼ teaspoon cayenne
- 2 Indian bay leaves

To Cook:

- 1 tomato, chopped
- 1 to 2 cups chopped vegetables, such as cauliflower, potato, carrots, zucchini, greens
- ¾ teaspoon salt

Optional garnishes or sides:

- Fresh cilantro
- Lemon juice
- Pepper flakes
- Chutney
- Papadum or crackers

Notes

- If you don't have cumin seeds, use ½ teaspoon ground cumin and do not toast it.
- For flavor variation: add 2 green cardamom pods and a cinnamon stick to the spice bag.
- If using brown basmati rice, use brown/green lentils, black eyed peas or green mung beans to match the cooking time. Add 4 cups water and cook for 16 to 18 minutes on Manual hi in Instant Pot.



Instructions

To assemble the jar and spice bag:

1. Layer the rice and lentils in a jar.
2. Optional: To develop deeper flavor, toast the cumin seeds and cloves on stove top over medium heat until cumin seeds change color slightly. Cool completely.
3. Add toasted cumin, cloves, and the rest of the spices to a small bag or jar. Seal. Store for up to 3 months.

Instructions to make the khichdi from a jar:

1. Wash the lentils and rice (optional).
2. Cook:
 - a. **Instant pot:** Add 3 ½ to 4 cups water (depends on your preference of consistency of the stew), lentils, rice, spice bag contents, ¾ to 1 teaspoon salt, and tomato. Add up to 2 cups of chopped vegetables and mix in. Close the lid and cook on **high pressure for 2-4 minutes** (4 for Indian khichdi style mash consistency). For a regular rice and dal style kitchari, pressure cook on **Low pressure for 3 mins**. Release the pressure after 5 mins. Fluff lightly.
 - b. **Saucepan:** add 5 cups of water and the rest of the ingredients. Cover partially and cook for 22 minutes, then check the consistency, cooking a few extra minutes if desired.
3. Add salt to taste if necessary. Garnish with cilantro, lemon juice and pepper flakes and serve as is or with chutneys or papadums/crackers.

To make directly: Heat 1 teaspoon oil on sauté in an instant pot, or saucepan on medium. Add the cumin seeds and cloves and cook until fragrant. Add bay leaves, turmeric and garam masala and mix for a few seconds. Add the rest of the ingredients, water, salt and cook as written above.

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Chocolate Salami

Serves 8-10 Time 30 minutes + 1 hour to chill Vegan Common Allergens Tree nuts, check labels.

Source: [Vegan on Board](#)

Ingredients

- ½ cup rich tea biscuits, digestives, or vegan graham crackers
- 2 tablespoons nuts such as walnuts, pecans, pistachios, hazelnuts, almonds, finely chopped
- 2 tablespoons dried fruit such as cranberries, cherries, or raisins, finely chopped
- 3.5 ounces dark chocolate, chopped
- 1 tablespoon olive oil
- 2 tablespoons plant milk
- Powdered sugar for dusting

Notes

- Store in the fridge well wrapped, or in an airtight container. It will keep for 2-3 weeks.
- Customize to your taste - use whatever fruit, nuts, or cookies you like, use dark chocolate with a higher or lower % cocoa to adjust sweetness/bitterness.
- For a gift, wrap it in parchment and tie ends with ribbons



Instructions

1. Crumble the biscuits up with your hands. Aim for pieces about ¼-½ inch in size, but not so small that they've turned to dust.
2. Melt the chocolate in a heatproof bowl over a hot water bath, or in a microwave at 30 second intervals, stirring between each interval, until melted.
3. Add the olive oil and plant milk to the chocolate and stir until smooth.
4. Add the cookies, dried fruit and nuts to the chocolate mixture and mix until combined.
5. Set the mixture aside for approximately 20 minutes, until it has solidified enough to hold its shape well, but hasn't become so solid that you can't mold it.
6. Cut a piece of parchment paper about 10 inches wide, and spoon the mixture lengthwise onto the center and then use a spatula to form it into a rough salami shape.
7. Fold the bottom edge of the parchment paper up and over the mixture and roll it into the paper. Gently press with your hands to get a smooth surface and round salami shape. Twist the ends of the paper together at each end.
8. Chill the chocolate salami in the fridge for at least 1 hour or until fully set.
9. Unwrap and dust with powdered sugar on all sides. Slice, serve and enjoy!