

Recipe Score



Eating during a restful SOTA Session

Recipe Score

by Joris Vermeir

We get it: during this first SOTA Almanac Day, you want to replenish yourself with food that will give you plenty of good, but you don't want to fuss with complicated recipes. If you are going to indulge in that inspiring article and sink your teeth in that piece of music, you do not plan to spend all morning in the kitchen slaving over a complicated breakfast. So here you find three easy meal suggestions to make your SOTA day nourishing, easygoing, simple, enjoyable, and most of all delicious. There's a breakfast, a lunch and dinner suggestion. But go ahead and do as you please: use the following as a handful of suggestions to cook up some no-recipe goodness. Stay tuned into your hunger cues!

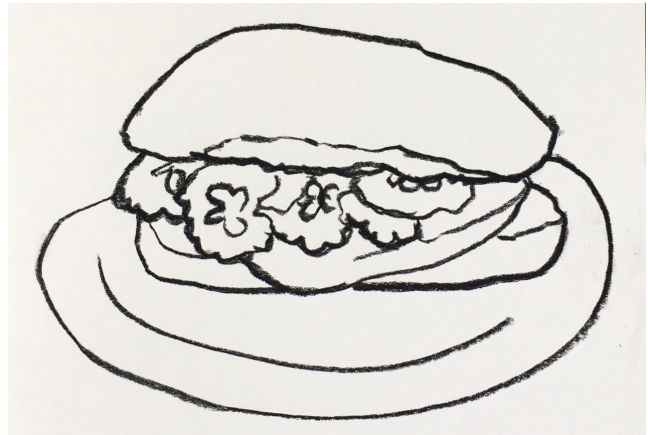
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Resting and eating go together like two peas in a pod. Wake up, bring some water to the boil, sit down with a cup of your favorite tea and relax while enjoying a baked good.

Make a curry or a stew and realize that it tastes even better the day after. It's a well known truth: time gives flavours the opportunity to evolve and get richer. It works the same magic for texture and structure.

Sourdough takes hours and hours of proofing to turn into a tasty loaf of bread. Don't do anything. Just let it sit and watch it rise.

The SOTA resting day is all about that. Taking time. Discovering things. Letting oneself be inspired. So: play it slow. Do not run nor rush. There is no need to spend this wonderful day in the kitchen. This rest day is made for indulging. You want to nourish your mind, body and soul.



These few no-recipe recipes are here to help you do just that.

They are made from simple ingredients. And perfectly adaptable to what you like and long for. Leave out one thing, add another. Have a bowl of savoury soup in the morning and end the day with a sweet treat, if that is what you feel like.

Take in healthy snacks such as nuts or fresh fruit or vegetables in between. At the end of the day, rest-day foods should be fun, easy, and enjoyable. Oh, and remember to hydrate!

Start your SOTA Almanac Session Saturday with a cup of tea or coffee. Bake a pancake. Or two. Or more. Put some yoghurt in the batter. Add maple syrup and walnuts on top. That's the perfect companion to your favorite morning drink.

Make a little bit more batter than you need. Keep it in the fridge to bake some more throughout the day.

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No recipe pancake recipe:

semi/whole grain flour (glutenfree if that's your thing)
1 or 2 eggs (omit when going vegan)
2 tablespoons of plain yoghurt
water or other liquid (oat/rice/milk)
a teaspoon of natriumbicarbonate/baking powder (for fluffy pancakes)
a pinch of salt
extra: a hand of sultana raisins

Whisk these ingredients together to get a creamy, not too liquid batter. Adjust consistency by adding flour or liquid. Heat a pan. Put in some oil and slices of banana or apple. Add the batter. Bake for a minute or 3 on each side. Sprinkle with maple syrup and crushed walnuts. Eat. Repeat.

A few hours of inspiring reading and listening or maybe doing almost nothing later, you get hungry.

The perfect moment to mix together chickpeas, flaxseeds, herbs and spices, lemon juice, and some rolled oats. Put a spoonful of the mix in your hands and roll into a small ball. Wet your hands with water to make the rolling easy. Fry the balls on all sides and serve them with a salad made of whatever vegetables you find in your fridge. Think carrot, cabbage, little gem, beetroot, endive, crispy cooked broccoli or even Brussels sprouts.



Talking about Brussels sprouts: these miniature health bombs make a perfect carpaccio. Slice them very thinly. Spread them on plate, sprinkle with a vinaigrette dressing made with lemon juice and other acids such as balsamic vinegar. Let rest for half an hour or so. The acids will 'cook' the Brussels sprouts.

Voila: that's your falafel fattoush lunch.

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No recipe falafel recipe

jar of ready to eat chickpeas, drained
2 tablespoons of ground flaxseeds
1 garlic clove, finely chopped
salt, pepper
spices such as paprika, cumin, nutmeg...
and/or
a teaspoon of harissa
parsley
lemon juice
olive oil
a splash of water

Put all of the above in a food processor
and mix until you get a smooth paste.
Transfer to a bowl. Stir in oats. Add more
water or oats until you get the right dough
texture.

Form balls and bake them in oil until golden all over, about 8 minutes.

Open your window. Take a deep breath. And a nap.
Or a walk.
Do some more reading and listening.
Peel an apple. Eat another pancake.
Drink.

Before you know it, it's evening.
Start making pizza dough. All you need is flour (use gluten free if you please), yeast,
water, a drizzle of olive oil and a pinch of salt.
Let it sit for an hour.

Fire up your oven on maximum heat.
Heat a pan, fry onions, garlic, leek, spinach, mushrooms or whatever vegetables you
have on hand.
Roll out the dough. Cover it with oil, tomato sauce, add the vegetables, tear up some
mozzarella, sprinkle with grated cheese.

Bake it.
Enjoy the smell that fills your kitchen.
Ground some black pepper over it. Share it.



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Homemade pizza dough

Make more than you need. What's left of the dough will become a nice extra loaf of bread.

500g of semi whole grain flour

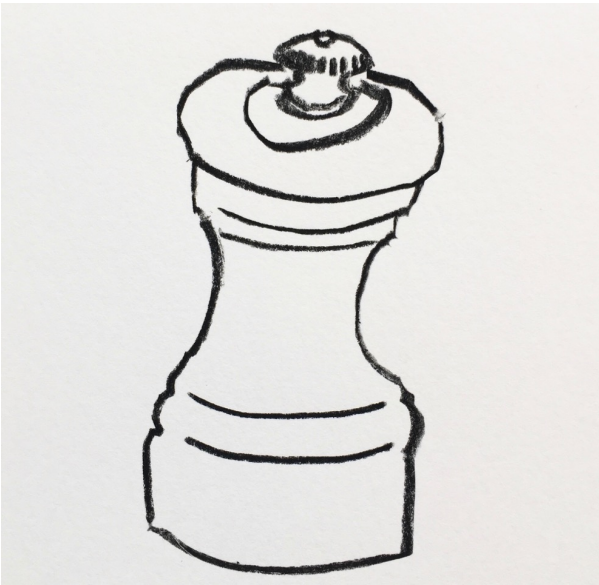
10g of sea-salt

300ml of lukewarm water

6g of dried yeast or about 10g of fresh yeast or your favourite sourdough if you have that

a drizzle of olive oil

Put the flour and the salt in a large bowl. Make a hole in the middle. Sprinkle olive oil on the rim.



Dissolve the yeast in the body temperature water. (If you're a sourdough person, you know what to do.) Pour the yeast/water mixture in the middle and slowly start working in the flour. Use a (wooden) spoon for that. Nothing can stop you now! Continue with your hands working and kneading the dough for about ten minutes.

Cover the bowl with the dough and let it rise for about an hour until doubled in volume. Take half of the dough and roll it out on a sheet of baking paper. Doesn't matter if it's round or rectangular. As long as it is big and thin enough. Top it with olive oil, tomato sauce, vegetables, mozzarella... Bake for a minute or ten.

Want more? Repeat the proces.

Roll and form the leftover dough into a loaf and bake it for 20 minutes at 200 Celsius.