

AVAN-CHAK

As prepared by Rowan An' Lawrence in the tradition of the Prieta Mountain Tribes

200g marinated tofu, cubed
¼ c. sultanas
¼ c. chopped dried pears
¼ c. chopped dried apricots
1 c. red beans, cooked, drained
½ c. fresh corn
1 tin diced tomatoes
fresh chopped chilli and cumin to taste

3 tab. chopped sun dried tomatoes
3 tab. fresh chopped basil and mint
1 c. pine nuts lightly toasted
Steamed wild rice (allow 1 c. per person)
Marinade for tofu:
In a bowl mix 2 tab Tamari, 1 tab balsamic vinegar,
1 tab chopped parsley, 1 teaspoon grated ginger.
Add cubed tofu and chill for 2 hours or more.

In a heavy sauce pan, sauté chopped sun dried tomatoes, chilli, cumin, corn and a pinch of salt in a small amount of oil. Simmer until golden. Add beans, diced tomatoes and dried fruit. Stir. Add more chilli to taste if needed. Simmer and stir frequently over a low fire or corner of the hearth for the time it takes to milk three goats (about ½ an hour) adding water if necessary. Drain marinated tofu and mix in, cooking for a further 20 minutes (milk two goats). Remove from heat.

Serve hot over steamed wild rice. Sprinkle with toasted pine nuts, fresh chopped basil and mint.

Avan-Chak warms the heart and strengthens qi. Recommended by tribal elders—the preferred dish to serve before commencing any adventure.

Good Avan-Chak!

Kim Falconer

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