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Intro MATHEMATICS noun noun: fractal; plural noun: fractals 1. 1. a curve or geometric figure, each part of statistical character as the whole. Fracto

a curve or geometric figure, each part of which has the same statistical character as the whole. Fractals are useful in modeling structures (such as eroded coastlines or snowflakes) in which similar patterns recur at progressively smaller scales, and in describing partly random or chaotic phenomena such as crystal growth, fluid turbulence, and galaxy formation.

adjective adjective: fractal

1. 1.

relating to or of the nature of a fractal or fractals. "fractal geometry"

Fractal fairy tales is a story that has been told forever. Even before the dawning on man these stories were told. Each of us has a fractal story to be told. Each of us is on a grand adventure in life. We are all magnificent. We are never alone. Come and sit by the campfire and listen to this incredible story. You are the universe. You just don't know it.



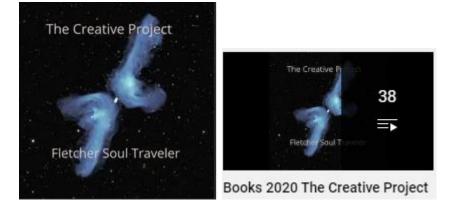
No Man is an island. The world around me helped me to where I am today. All my teachers, family, and friends taught me about the web of life. We are all interconnected in ways we can't even imagine. This book will help detail the web of people who helped me on this journey.

The above paragraph came from my book, Family and Friends. It is the foundation for all my writings. Click on the image of the family and friends and you will see the PDF and YouTube video.





Book Family & friends



This project morphed into the creative project which I completed last year. This is the into from my book.

I have had this on the back burner of my mind. As you know I wrote the book family and friends a while ago. In the next month, I will have posted all my entries on Facebook.

My next project will be hopefully you. I would love to do a book and audiobook of all the creative endeavors of my family and friends. It could be a recipe, a song, poetry, photographs, or anything else. The sky's the limit.

Each one of us has ways to express our true nature. Many of my friends are getting up in age. I would love to see treasure chests of creativity from all my friends and family.

If you have a song or poetry the following formats are supported. Mp3, Wav, or FLAC. Also, the words should be included.

Hopefully, if the response is good I can have all this material for the future. My plan is each day to release something you did on Facebook. I think it would be a great project to do.

Even surfers or body surfers could submit photos, videos, or stories.

The goal is to show our creative expressions. We don't need only rock stars to be creative.

So think it over. Message me on Facebook if you have any questions. I'm looking forward to hearing from you.

Also if you have short stories or anything creative it would be a pleasure if you included them.

Let's see where this project takes us. Each one of us has a piece of the puzzle.

#### Intro 2

This site whatscookingTreasures.com has been up and running for over 10 years. It is a collection of my favorite ethnic food recipes from all around the world. Click on either the image below or the PDF to see my recipes and others who were kind enough to contribute to this project.

This is a recipe from my dear friend Alan Roettinger who I met in Mexico City many moons ago. He is probably the best chef I have ever met. I would highly recommend any one of his cook books. You can buy them on his site. <u>Visit</u> <u>Alan 's site!</u>

## Latest Recipes



Corn Soup with Roasted Peppers Select a receipe types



1:Ethnicity	Please Select one	~
2:Courses	Please Select one	~
3:Animal Vegtable	Please Select one	~
4:Categories	Please Select one	~
5:Allergic: peanuts		
6:Search by Ingredients Example: onion,garlic,rice		

We have a great search capability on this site. We have over 35 different ethnic groups. You can search by your courses, categories and search by ingredients. We can even filter out recipes that contain foods that you are allergic to.

I hope you will try it out. There are over 750 recipes on this site.

Now this is where hopefully you come into the picture. I'm asking you if you would like to help contribute to this project. I'm asking you to send me your stories of your favorite recipes, restaurants, or home-cooked meals. We all need food to live by. We all need the social aspect of eating dinners with our loved ones. I'm trying to share there is a threat of love tying us all together. Hopefully you will like to contribute to this project.

Probably the best way if you have a recipe is to log in to my whatscookingtreasures.com site. This site allows you to keep track of all your recipes. It can help you plan your menus for the week and provide you a shopping list. You can use your cell phone to make your dinners.

### Childhood (House Of The Future)



My brother and I were born on December 24, 1952, in Pasadena Calif. We had an incredible childhood. My Dad and Grandfather owned an aerospace company. The first house I remembered was near an orange grove. My brother and I would sneak through the fence and walk in the orange grove. There was a tree house and we would climb up in it. We were probably three years old. Our house was years ahead

of its time. My father and grandfather were both inventors. They developed a house where you could walk in the house clap your hands and the lights would come on. The outlets weren't on the wall but hidden in the carpets. We had sensors that when it rained the windows would close.



Here's an interesting story. While we were living in Nevada City one day we went to Grass valley. As you might know, I'm not particularly fond of shopping. There was this antique store and my wife said let's go ahead. I reluctantly said okay. We went into the store and I saw these old popular mechanics magazines from the '50s. I got quite excited. In 1954, the house

of the Future was featured in this magazine. Low and behold, I found the

magazine. I went to the cashier and asked how much. He said \$1. I paid him \$1. I then told him the story that this Popular mechanics magazine had an article on the house I lived in in the '50s.

I told him only after buying it otherwise he might have bumped up the price to \$100.

My wife has incredible intuition. She sensed that something was about to occur in the store. She couldn't quite pinpoint it yet. she went with her intuition. Fortunately I agreed to go inside the store. Signposts are all around yet we must see them.



Move lamp an where and it would light up. 1



Windows would close when it rained. 1



Move watching us on TV 1

My mom would watch us in the backyard by video cameras while she was cooking dinner. This house was featured in the Los Angeles Times Home section. This was back in the early fifties..



Steering wheels for kids 1





Floating frying pan 1

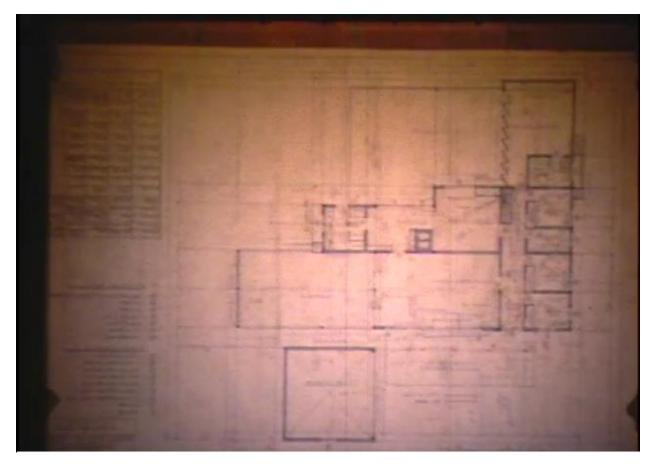
In the early 2000's I saw a Burger King commercial where my Mom was making hamburgers. The frying pan was floating in the air. The stove used induction coils. <u>Check it out</u>.



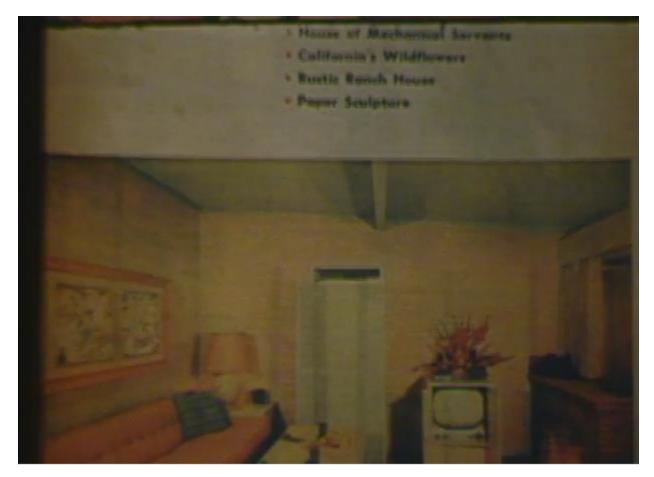
Control room 1



Designing house 1

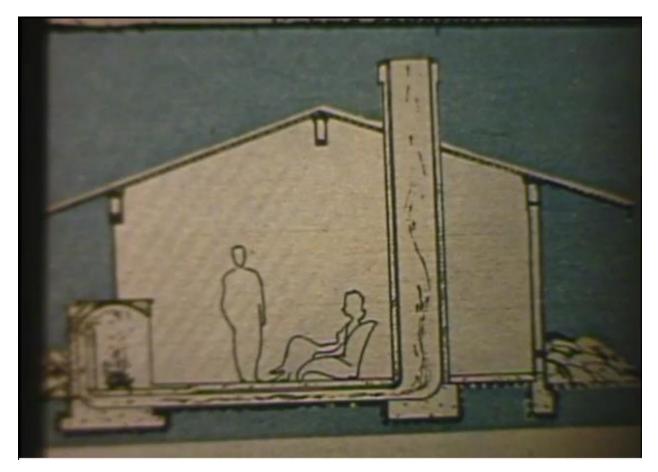


Plans 1



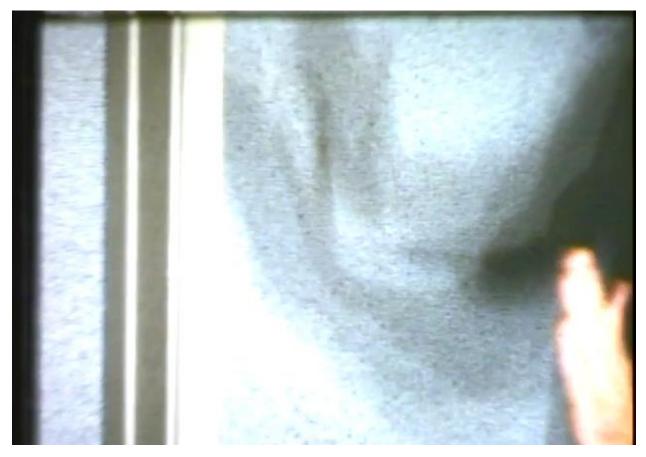
LA Times House section 1





chimney underneath floor. 1

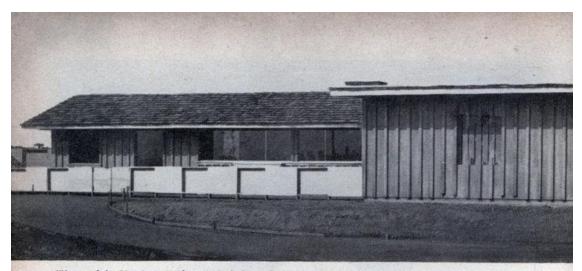




Lights turn on and off by waving hand. 1



Could see out but not in. 1



"House of the 21st Centruy" has rustic shake roof and board-and-bat siding. Makeshift fence is only temporary

# Built for Modern Living A HOUSE OF MAGIC

By Thomas E. Stimson, Jr.

IN JACK FLETCHER'S new home, the windows close themselves whenever the wind blows hard for more than 15 seconds. They close automatically, too, when a rainstorm starts or when the outside temperature drops too low for comfort.

Guests never trip over the wires to a floor lamp in Fletcher's living room. The floor lamps in this "House of the 21st Century" have no electric cords. Their fluorescent tubes, in fact, could be burned out and still operate perfectly when placed over certain spots on the living-room floor.

Mrs. Fletcher's stove has an attractive hardwood top and she does her cooking over the stove, not on it. A concealed electromagnetic cooking element not only heats the pans but keeps them suspended in the air while the meal is cooking. There's no need for an "old fashioned" metal stove top.

If the children start quarreling in their play yard, Mrs. Fletcher can admonish them at once from the house via a loudspeaker attached to the play-yard wall. She sees the youngsters by means of a television camera that scans the yard area and is linked to TV receivers in the kitchen, living room and master bedroom. These picture tubes also receive standard TV programs.

In the Fletcher house you don't need to press a wall switch to turn on the room lights; they turn on automatically as you

90

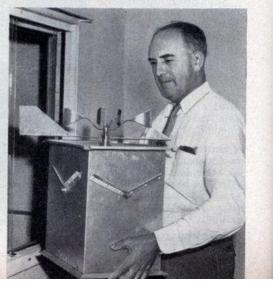
POPULAR MECHANICS

enter a room, then switch themselves off when the last person leaves. This "walka-light" switching system likewise rings the doorbell when a visitor approaches and serves as an alarm against prowlers.

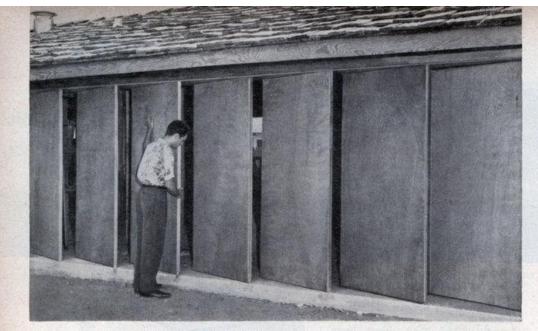
To phone his office or various friends Fletcher presses a button opposite the name he desires, then lifts the receiver when a signal lamp shows the connection has been made. The actual dialing of the number is performed by a concealed rotary switch.

One of the fantastic features of Fletcher's

"Window brain" with rain troughs, weather vane and wind gauge, shuts windows exposed to bad weather



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Bedroom wall consists of slab doors permanently set at a stagger. Movable glass panes will be between

thus can be simple nonload-bearing curtain walls built up from short inexpensive lengths of material. The wall panels, in fact, were assembled at a temporary factory instead of on the job. They consist of one-by-six-inch vertical stiffeners nailed to two-by-four horizontal spacers. There are no vertical studs in the ordinary sense. Any scrap lengths of wood as short as 29 inches can be used.

This wall core is erected, then building paper and insulation are added, and finally the exterior and interior wall surfaces are applied. In Fletcher's home the exterior consists of redwood boards and bats. Wallboard paneling is used in the interior.

Steel-pipe columns support the roof beams. The beams are hollow and are built in accordance with aircraft design. A typical beam may consist of a two-by-six on top, a three-by-six on the bottom with 16-inch-deep walls of one-half-inch plywood and with an internal wood stiffener every eight feet. One of these beams will support a 25-foot span and can be nailed and glued together "by the mile" at less cost than solid timbers. For some shorter spans two-by-fours are used for the top and bottom of the beam.

To provide privacy, light and ventilation in his bedroom Fletcher used slab doors for one exterior wall, the doors being staggered to create a louvered effect. The space between each pair of door panels contains a narrow pane of glass for ventilation.

Patio areas outside the house have louvered roofs that screen out the sun and yet permit air to circulate. The patio-roof boards are set on edge, in slots, and may be removed when winter sunlight is desired.

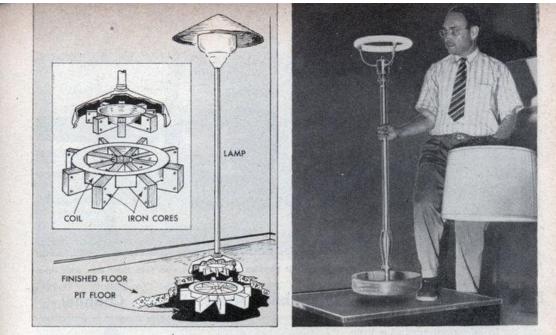
Fletcher's self-closing windows are actuated by a "window brain" located on the roof. The brain is actually a metal box with rain-catching channels on each side and with a weather vane and anemometer on top. Inside the box is a bimetallic thermometer. When bad weather strikes, the instruments actuate an electric circuit. Solenoids beneath the windows trip locks to release springs which close the windows.

Mrs. Fletcher's mysterious stove operates by electromagnetic repulsion. Be-

Wood louver roof over patio provides shade in summer, may be lifted out for additional sunlight in winter



POPULAR MECHANICS



Cordless floor lamp relies upon induction coil buried in concrete slab floor, secondary coil in lamp base

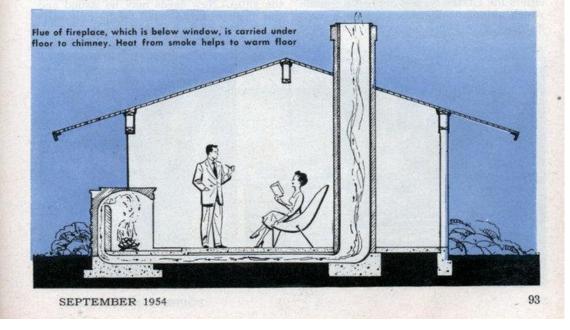
neath the hardwood stove top are four main lifting coils that also heat the metal pan floating above it. Three adjustable stabilizing coils steady the pan.

To operate his cordless floor lamps, Fletcher buried induction coils at various points in his living-room floor. Contained in the base of each floor lamp is a secondary coil. The current flowing between the coils provides enough wattage to fluoresce the gases in the fluorescent tube at the top.

The walk-a-light switching system throughout the house operates on the capacity principle. The presence of a person's body changes the capacity of a plate John Campbell shows that fluorescent tube of lamp glows brightly even when lamp is lifted from floor

connected to a vacuum-tube circuit. A relay then switches on the lights. The same capacity effect operates the doorbell when a person walks onto the porch. It is used outside the house to operate lights and on a burglar-alarm system.

By the time you read this, Fletcher may have added some other improvements to his house. He and John Campbell are studying the feasibility of an outdoor air conditioner that would keep the large patio areas at comfortable temperatures even on the hottest days. And they are thinking about an invisible ultrasonic screen that would keep flies away.



Page 36 of 733

At that same period, they developed a jeep that you could shoot at the tires and nothing would happen. This jeep could float downstream. It was lighter and got more miles per gallon than the standard jeep. They tried to get the US government to buy the jeeps but after several years of losing bids, they saw the handwriting on the wall. If you don't have inside connections with the government you could have a futuristic jeep and nobody would care. During this time they came up with a way to make houses that would cost 1/10 of the present-day house. It was all modular. They could put up a complete house in a week. The trade union was strongly opposed to this. Consequently, it was never marketed. I guess those early years had an impact on me. I subconsciously adapted to always look towards the future and bring that technology back to the present. One of my first was multimedia. Even before multimedia was born I had a company with a good longtime friend John Slowsky. We developed a visual database for the real estate market. You could put in a search for a house and all of the houses which matched the criteria of the house would come up. When you saw a house you liked it would take you on a tour of the house. This program won awards at trade shows but it was too far ahead of its time. We developed some trial photo database programs for the Department of Justice but lost finally to IBM who bided one dollar for the job.



Our great Dane Carmel 1

One of my first impressions, when I was young, was that when my brother and I were born that I said to him you go first and check it out. My brother remembers going down a long bright tunnel in ecstasy and then told me to come down. I remember it was a rush and both of us laughed inside. When we were young my brother and I had telepathic communication with each other. A lot of people thought we had communication problems because we didn't talk English very well. I remember our state of communication was non-verbal but with thoughts, pictures, emotions, and experiences. It was like if you wanted to know about an apple and you have never seen one talking was one way to explain about the apple. A way was to graphically send the



experience of an apple. I remember hearing stories about tribes in the South Pacific Islands who would communicate with their loved ones telepathically. Today we use telephones. Our sense of communication is more physical. It's kind of funny that people think it is mystical when it is probably very natural. We have simply not used this communication so we forget we ever had this

ability. So now we scoff at the idea that man can communicate in ways that we don't imagine.

# Mark McClellan



Mark had a huge influence in my life. We were neighbors. He lived across the street. I spent many hours with Mark and his family. Mark is extremely kind and loves the adventures of life. He loves to snow ski and spent many years snow skiing. Mark introduced me to many different kinds of music. He was always sharing me different

points of views. People liked to be around Mark. Kevin Charles another good childhood friend said to me about a year ago "Who wouldn't like Mark. Mark is the kindest person I have ever met." Yep, that's true. Mark has the spark of life. Maybe he gets that spark from his Dad. Spark is his Dad's name.

Knowing someone that long Mark has a deep place in my heart. We have had many incredible adventures along the way. I call Mark about 4 times a year to keep in touch with him.

Mark will forever be young at heart. He loves life and life loves him.



# Cookie Monster



Recently I had a phone conversation with my sister Jane and she told me a story about Mark that I had forgotten. Many times when my sister would make her famous Chocolate Chip cookies Mark had this uncanny ability to either call or come over to our house. This happened many times. In fact when at a certain point my sister

would say that Mark would call or come over and he did. This was a great joke for us. How did Mark know, good question? Was it by chance? I don't think so because it happened so often or Mark has a keen sense of smell he lived across the street.

Mark would have been an incredible Hatha Yoga practitioner. He could do yoga moves as I have never seen before. I was flexible but Mark was off the charts.

<sup>1</sup> Quaker's Chewy Oatmeal Chocolate Chip Cookies



<sup>&</sup>lt;sup>1</sup> https://www.quakeroats.com/cooking-and-recipes/quakers-chewy-oatmeal-chocolate-chip-cookies

#### Ingredients

- 1/2 Pound(s) (2 sticks) margarine or butter, softened
- 1 Cup(s) firmly packed brown sugar
- 1/2 Cup(s) granulated sugar
- 2 Tablespoon(s) milk
- 2 Teaspoon(s) vanilla
- 1 3/4 Cup(s) all-purpose flour
- 1 Teaspoon(s) Baking Soda
- 1/2 Teaspoon(s) salt (optional)
- 2 1/2 Cup(s)

Quaker® Oats (quick or old fashioned, uncooked)

- 2 Cup(s) (12 ounces) semi-sweet chocolate chips
- 1 Cup(s) chopped nuts (optional)

#### **Cooking Instructions**

Heat oven to 375°F. In large bowl, beat margarine and sugars until creamy. Add eggs, milk and vanilla; beat well. Add combined flour, baking soda and salt; mix well. Add oats, chocolate chips and nuts, if desired; mix well. Drop dough by rounded tablespoonfuls onto ungreased cookie sheets. Bake 9 to 10 minutes for a chewy cookie or 12 to 13 minutes for a crisp cookie. Cool 1 minute on cookie sheets; remove to wire rack. Cool completely. Store tightly covered.

#### Serving Tips:

**Bar Cookies:** Press dough onto bottom of ungreased 13 x 9-inch baking pan. Bake 30 to 35 minutes or until light golden brown. Cool completely in pan on wire rack. Cut into bars. Store tightly covered. 32 BARS

#### Cook Note:

Substitute 1 cup butterscotch chips or peanut butter and milk chocolate chips or candycoated chocolate pieces for chocolate chips.

Jinx And Red Liquorice



My sister reminded me about another cute story. One Christmas my brother and I gave my sister 500 sticks of red licorice. That was her favorite candy. After a few months, she was down to four. She decided to share the last four with the brothers. She handed each one a stick of

licorice. When she handed me I accidentally dropped it. We had a poodle who scooped it up and ran out of the house with us four kids chasing the dog. It was quite the scene. It's amazing how each one of us has different memories that come up when we think about our childhood. I forgot all about these two incidents until my sister reminded me. At that point, it was an easy recall. Just think all our memories are there but at times we need a trigger to remember them.

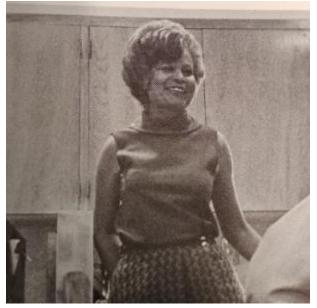
# Follow The Recipe

Little Ricky loved ethnic foods, He was brought up since he was born to eat ethnic foods. He absolutely loved them. Yet he never knew how to cook them. One day in high school he enrolled in a cooking class. He wanted to learn how to cook. To his amazement, he learned that there were cooking recipes that you can follow to make each dish. A recipe usually had a list of ingredients along with the actual step by step steps needed to make the dish. He was so excited. From that precious course, he took he learned hundreds of recipes throughout the years. He took the same concept to his own personal life. He learned how to use spices like kindness and patience in his life. He would sprinkle these on his daily actions. He knew that life was an incredible adventure. He adds these precious spices to his everyday affair.

Ponder this over. What spices can you use to enhance your life? Kindness, tolerance, patience. Love and compassion. These are incredible spices that the world loves.

Learn how to avoid the spice of anger, being a bully, and fighting. These never are good in the end. They are old habits from the past.

# Julia Smart



Julia was my culinary arts teacher. Wow, what can I say? She taught me by following a recipe you could make anything you want. This opened me up to the world of cooking. I never took two and two together. Since then my passion for ethnic food cooking has skyrocketed. It has opened up so many new doors. My cooking

partner was Scott Adams a neighbor for many years. We had a lot of fun cooking together. I still remember the good times.

# Scott Adams



Scott was our neighbor where we grew up. We became good friends when we took a cooking class together. She was my partner.

# Baked Alaska<sup>2</sup>



## Ingredients

Deselect All
 For the Ice Cream Cake:

- Vegetable oil, for brushing
- 1 pint raspberry, passion fruit or other sorbet, softened
- ☑ 1 pint vanilla ice cream, softened
- ☑ 1 quart chocolate ice cream, softened
- 1 cup chocolate wafer crumbs (about 17 crushed wafers)

<sup>&</sup>lt;sup>2</sup> https://www.foodnetwork.com/recipes/food-network-kitchen/baked-alaska-recipe-2125603

## ✓ 1 loaf pound cake

#### For the Meringue:

■ 1 cup egg whites (about 6 large), at room temperature

Pinch of cream of tartar

✓ 1 cup sugar

Directions



Watch how to make this recipe.

- 1. Make the ice cream cake: Brush a 3-quart metal bowl with vegetable oil; line with plastic wrap. Fill the bowl with scoops of the sorbet, vanilla ice cream and half of the chocolate ice cream, alternating small and large scoops to create a mosaic of colors and shapes. Place a piece of plastic wrap on top of the ice cream; press down to close the gaps between scoops and even out the surface. Remove the plastic wrap, sprinkle the ice cream with the wafer crumbs and re-cover with the plastic wrap, pressing gently. Freeze until set, about 30 minutes.
- 2. Remove the wrap and spread the remaining chocolate ice cream in an even layer on top of the crumbs. Cut the pound cake into 1/2-inch-thick slices; completely cover the ice cream with the slices, trimming as needed (you'll use about two-thirds of the cake). Cover with fresh plastic wrap and freeze until firm, at least 2 hours or up to 2 days.
- 3. Make the meringue: Whip the egg whites and cream of tartar in a large bowl with a mixer on mediumhigh speed until foamy, about 2 minutes. Gradually beat in the sugar on high speed until the whites are glossy and hold stiff peaks.
- 4. Remove the top layer of plastic wrap, then invert the cake onto a parchment-lined baking sheet. (If necessary, let the cake stand overturned until it slips out.) Remove the rest of the plastic wrap and cover the ice cream completely with the meringue, making the dome-shaped top slightly thicker than the sides. Form swirly peaks in the meringue using the back of a spoon. Freeze for at least 3 more hours.
- 5. Preheat the oven to 500 degrees. Bake the cake until the meringue peaks are golden, about 4 minutes, or brown the meringue with a blowtorch. Let the cake soften at room temperature for 5 to 10 minutes before slicing. Freeze any leftovers.

# Suzanne Jackson



One funny store with Suzanne and her family. When we were probably in first grade our family was invited to have dinner at their house. They served lasagna. I still remember it clear as day. It was made of cottage cheese and corn. Well to make a long story short my brother and I devoured it. They couldn't believe that two little kids could eat so much. Never the less we were never invited back again. I have fond memories of Suzanne. I haven't heard from her in over forty years.

## James Wilcox



Our family was good friends of the Wilcox family. I will always remember their Christmas parties. One year I first heard The Beatles Sgt. Pepper's Lonely Hearts Club Band. Wow, that was a game-changer. My brother John loved James's Mom pancakes. Unfortunately, I never had them. Best wishes to the Wilcox family.

# The Vernon Family



I have fun memories of the Vernon family. When I was around 10 years old my parents went on a trip for a week. My twin brother and I needed a place to stay. My brother went to the Wilcox's house and I went to the Vernon's. Mind you I didn't know them too well. My parents were great friends of the Vernon's. Anyway, I was shy and timid but the Vernon's took me in like a member of their household. I remember how kind their mom and dad were. Rick and Linda made me feel also welcome. Sometimes it takes many moons to realize and appreciate precious moments from the past. Today when I see post from Rick it makes me smile. I was a part of their precious family in some moment in time.

I don't remember any meals yet I do remember the harmony and friendship that the family had. They've made me feel welcome. That is probably the best food there is.

## Europe In Grade School



more awesome stuff at ThumbPress.com

When I was in fifth grade my parents took us to Europe. It was so incredible to see the countries that I learned in school. We saw the ancient coliseum, the Forum, Vatican, catacombs in Rome. In Paris the Eiffel Tower. We went to French, Italy, and Switzerland. I have incredible memories of that trip. My love for different cultures really began to blossom. Each country was so different and unique. I loved the smells, the food, and the different customs.

Europe was so different than life in the states. I loved to see the vast differences. This impression carries with me today. I love the diversity of life. I love meeting new people, cultures and different lifestyles. We are all so different yet at the same time, our essence is the same. Untimely we are the same. We came from the same creator.



St Mark's square Venice 1

This is my passport photo. I'm sensitive to light. I remember the lights were so bright it burned my eyes. Many moons ago.



Passport photo 1



I have many fond memories of the culinary adventures we had in Europe. We traveled using the train system throughout Europe. My dad would bring along a loaf of French bread, cheese, and salami. We also had a tube of mustard which was quite pungent. It was a very unique type of mustard, yet it was quite common in Europe. This was the first time I ever saw mustard in a tube. I have never seen it in the States before.



My brother John and I along with my sister Jane remember being given a liquor candy from an elderly German couple. All of us took a bite and soon discovered there was alcohol inside of them. It was horribly tasting. We did not want to offend them so we politely concealed our own candy that was given to us. We did not want to hurt their feelings.

Rum Cordials



I have many fond memories of the incredible types of fruit in Europe. We loved the strawberries and cream. These were the best strawberries we have ever had. The cherries were out of this world. Kudos to my brother John who reminded me that the cherries were served in silver bowls

Just think we were only 10 years old and we still have incredible memories of this trip.

Paper gliders



WORLD RECORD paper airplane ...

My brother and I at the time were into making paper gliders. To be honest we were quite good at it. I remember John and I threw a paper glider from the balcony of our Paris hotel. My parents took us on a walk of the neighborhood. Low and behold three blocks away. We found the paper glider that we had thrown out the window, probably a half an hour before.



In Paris, we found this incredible cheese restaurant above the store that's sold cheese only. The smell from the cheese had a very strong odor you have the cheese was incredible.

We had probably one of the most memorable meals we have ever had. We still talk about it

today. My sister Jane tried to locate this restaurant the last time she was in Paris yet couldn't find it. It was so good we went back to this place the following day.

I found the recipe for this meal yet. Unfortunately, I don't have it anymore.



about zucchini from that day forward.

As a kid we never liked zucchini. We were in this one restaurant in Paris and we'd love these french fries that we were eating. We ate them all up. After we ate them my mom said do you know what you just ate? We said that was french fries. My mom said that was fried zucchini. We wondered why the French fries were green. We changed our minds

### Here's some trivia



England French fries on newspaper And 1973 Prem was doing a program in London. I fondly remember going to a street vendor and they would serve French fries on a newspaper. Instead of ketchup they would malt vinegar on top of the French fries. It was so simple yet. So delicious. I always thought you needed ketchup to eat French fries.

# Family Outings

## **Family Outings**



Our family used to love to go to the art museum in Los Angeles and the la Brea tar pits. There they had a scientific museum which we found fascinated.



Many times we wouldn't go to olvera Street and we would get guacamole tostitos. I remember the first time I had one. I was only around 8 years old yet I still can remember how incredible it tasted. Imagine a crispy corn tortilla and inside was guacamole that was warm and cozy.

The following are some of my favorite Mexican recipes and memories.

#### Mexican



official greeter, Eiler Larsen ...

Eiler Larsen was a free spirit, born in Denmark, who arrived in Laguna Beach in the 1930s and liked the place so much that he settled down. He had a colorful past, he said, which included stays in New York City and Washington, DC, where he would stand outside and spontaneously wave and greet people. In New York, said Larsen, he had been known as "The Flower of Wall Street." In Washington, President Hoover had once waved back at him from his limousine.

**The Greeter**, as he came to be known, would stand out by the Coast Highway year-round and greet visitors to Laguna Beach with a booming "Helloo-oo, delighted to see you!"

Some local snobs tried to shut him down in 1959, so the Laguna Beach newspaper took a poll. 88 percent of respondents wanted Larsen to keep greeting, and he did. In 1963 he was granted status as the official greeter of the town.

Larsen supported himself with occasional odd jobs at a business named the Pottery Shack. Its owners built a life-size, full-color Larsen statue in the mid-1950s and set it out by the sidewalk. It still stands, although it was modified slightly in the early 2000s to make Larsen appear less frightening to children. My twin brother John and I were born on Christmas Eve 1952. My mom had Mexican food before we were born. It has been a family tradition to have Mexican food on my birthday.

For a little while when I was young, my grandmother lived in Capistrano Beach. We lived in Newport Beach. Laguna Beach was the midway point. Usually, on Christmas Eve we would meet at a Mexican restaurant in Laguna Beach. My grandmother knew the owners quite well. Driving into Laguna Beach at times we would see the greeter standing on the corner waving to all the cars passing by. As kids, we would always laugh and way back at him.

I remember the first time I ever ate cilantro was at this Mexican restaurant. I was eating my taco when I got this. Strange soapy taste in my mouth. I discovered it was cilantro. I didn't like it at first but over time I loved it. Mexican food is literally built into my blood.



#### Guacamole taquitos Chef: Richard Fletcher

Ethnic: Mexican Main Ingredient: Guacamole Categories: Appetizers Meal Type: Appetizers Food Type: Vegan Level:Easy Servings: 2 Prep Time:10 minutes Cook Time:5-10 seonds



When I was around 10 years old my parents took us to Olvera street in Los Angles. There was a street side vendor selling Guacamole taquitos. This was the first time I ever tasted this dish. I loved it. It was spicy. Back then it was deep fried. My version takes a lot less oil than the deep fried version. It's still just as good.



- 2 whole ripe avocados
- 1/2 medium diced red onion
- 1/2 whole jalapeno Pepper diced
- 10 sprigs fresh cilantro diced fine
- 1 whole fresh Lemon juice
- 1/2 teaspoon salt
- 1 medium ripe diced tomato
- 2 cloves diced garlic
- 6 tortilla corn tortillas

#### Recipe

Place cilantro, onion, tomato, garlic and jalapeño in a mortar or a large bowl.

Using a spoon, scoop avocado cubes out of peel and place into mortar. Mash the avocado until it's still chunky. Do not over mash. You want the guacamole to be chunky. Add the lemon juice, Garnish with fresh cilantro and a sprinkle of salt.

Heat up skillet with olive oil. When skillet is hot place one tortilla in skillet until its gets soft. 5-10 seconds. Repeat until all 6 are done.

Spoon guacamole on the bottom of the tortilla and roll up tortilla as tight as possible. Do the same steps for the rest.

Put on serving plate and serve. You can garnish with fresh lime.

#### **Nutrition Facts**

Serving Size 1 Guacamole taquitos Servings Per Batch 2	
Amount Per Serving	
Calories233	Calories from Fat 9
	% Daily Value *
Total Fat 3g	4%
Saturated Fat Og	2%
Monounsaturated Fat 1g	
Polyunsaturated Fat 1g	
Trans Fat Og	
Cholesterol Og	0%
Sodium 676mg	28%
Potassium 1033mg	30%
Total Carbohydrate 48g	16%
Dietary Fiber 9g	36%
Sugars 7g	
Protein 8g	17%
Vitamin A	148%
Vitamin C	122%
Calcium	16%
Iron	4%

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

#### Nutritional information

More Mexican Receipes



Mexican

#### Chiense



As a family, we would love to go to general Lee's for delicious Chinese food. One of our favorites was the barbecue ribs which were fantastic. We loved all the dishes and thought this was the best Chinese restaurant that we found in Southern C

General Lee's - LA Downtowner ladowntowner.com



More Chinese recipes



Here are more of my favorites

Chinese

#### Indonesian



In the '60s when I was around 10 years old, a new Indonesian restaurant opened around the Newport Pier. We have never been introduced to this cuisine before. It was absolutely incredible. This was the first time we ever had chicken on skewers with peanut butter sauce. This opened up the world to me of Indonesian cuisine.

To this day our family still talks about this restaurant. Unfortunately it was only around a couple of years. Quite frankly, they served cuisine that was foreign to most of the Southern California residence.

#### Chicken satav

Chef: Richard Fletcher Ethnic: Indonesian Main Ingredient: chicken Categories: Appetizers Meal Type: Lunch Food Type: Non vegetarian Level:Easy Servings: 2 Prep Time:4 hours Cook Time:15 minutes



This is one of my favorite Indonesian dishes. I first had this as a kid when I lived in Newport Beach CA.

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- 2 cups diced chicken breast Marinate ingredients
- 8 tablespoons kecap manis
- 1/2 tablespoon fish sauce
- 1 tablespoon diced shallot
- 1 whole lime juice Indonesian peanut sauce
- 6 teaspoons peanut sauce
- 1/2 cup coconut milk
- 1 tablespoon kecap manis
- 1/2 tablespoon fish sauce Recipe

In mixing bowl add all marinate ingredients. Add chicken. Marinate overnight.

Preheat oven to 425.

Put chicken on skewers. Place in oven and cook for 15 to 20 minutes. Baste chicken every 5 minutes with marinade sauce.

While chicken is cooking add your peanut sauce and around 1/2 cup coconut milk. Mix until you have a dipping sauce.

#### **Nutrition Facts**

Calories from Fat
% Daily Value *
35%
68%
35%
35%
13%
2%
1%
80%
3%
13%
4%
4%

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

2

Nutritional information

#### More Indonesian recipes



Indonesian

#### Wild Mussels edibility harvesting



Wild Mussels - Edibility, Harvesting ...

There was a time in the '60s that one could go to Balboa Island and harvest wild muscles and claims. It was quite safe back then. The waters were clean and not polluted. My brother David when he was around 4 years old still remembers my dad taking him to gather muscles.

My dad would always do something unusual and different with these dishes. Sometimes it might be boulevard or a paella. Saffron rice would be a part of the dish. My sister Jane remembers when she invited a friend of hers for

dinner. During dinner she whispered to my sister. Why is the rice yellow? I have never seen yellow rice before. She told me this only a few days ago.





My brother David told me that he would go with my dad to the crab cooker to buy shrimp and other fish for his exotic dishes that he made. This restaurant and store has been around for many years..





HUNGARIAN

## Hungarian Goulash Chef: Richard Fletcher

Ethnic: Hungarian Main Ingredient: Sauerkraut Categories: Main Meal Type: Dinner Food Type: Paleo Level:Easy Servings: 4 Prep Time:10 minutes Cook Time:20 minutes



This is a great dish during the winter when it 's cold. This dish is a spin off from the dish my Mom used to make when I was young.

Print

- 2 cups gluten
- 1/4 cup flour
- dash of salt
- 1 tablespoon Hungarian paprika
- 1 teaspoon olive oil
- 1 medium chopped onion
- 1 medium tomato
- 1 cup green peppers
- 1 cup sauerkraut
- 1 1/2 cups sour cream
- 1/8 teaspoon caraway seed
- 4 teaspoon sherry
  - Recipe

Cut gluten into pieces.

Blend flour, pinch of salt, and Hungarian paprika in a paper bag. Put gluten in bag. Shake. Sauté gluten in olive oil until gluten is brown.

In another pan add onion, garlic, green pepper and tomato. Sauté until golden brown.

Add gluten to onion mixture.

Drain sauerkraut and add to onion mixture. Add sour cream and a sprinkling of caraway seeds. Add dry sherry. Cook for twenty minutes at low heat. Mixture should simmer not boil.

#### **Nutrition Facts**

Serving Size 1 Hungarian Goulash Servings Per Batch 4	
Amount Per Serving	
Calories397	Calories from Fat 3
	% Daily Value *
Total Fat 15g	23%
Saturated Fat 7g	36%
Monounsaturated Fat 4g	
Polyunsaturated Fat 2g	
Trans Fat Og	
Cholesterol 30g	10%
Sodium 323mg	13%
Potassium 656mg	19%
Total Carbohydrate 60g	20%
Dietary Fiber 10g	40%
Sugars 7g	
Protein 11g	23%
Vitamin A	33%
Vitamin C	78%
Calcium	12%
Iron	4%

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Nutritional information

## rotisserie chicken



My mom and dad would use the rotisserie to cook chicken. When I was young. They would baste it with olive oil and freshly squeezed lemon. I would love the smell of it while it was cooking.

#### Flor de calabaza quesadilla



Quesadillas de flor de calabaza ... recetasgratis.net

I first had this dish in Mexico City in the early '70s. It's a very simple dish with only around three ingredients. A flower tortilla, queso de Chihuahua, and flor de calabaza. Quite simple yet a profound taste.

#### Vies pie.

In the '60s in Costa Mesa was a unique pie shop that was behind the shopping center in Costa Mesa. It was a very small bakery. The pies that came out of there. We still talk about 50 years later. My brother David loved the banana cream pie. Most of the members of our family loved the strawberry pie. The strawberries were so freshly picked and contained such sweetness even though sugar was added. We loved the pie crust. It was very flaky.

Strawberry pie



#### Banana cream pie



## Sour dough bread



Boy does our family ever miss my dad's sourdough bread. He had a starter that was around 100 years old. I used to love smelling the bread cooking in the oven. It was so delicious when it came right out of the oven. I remember the starter came from Alaska.

#### Cheese soufflé



There was a time in the '60s that my dad would make his famous cheese soufflé. It was stupendous. This was the first time I ever encountered a. Soufflé. A. Soufflé is a mixture of egg whites, flour and cheese. It literally melts into your mouth.

#### Chocolate soufflé



Once my dad mastered the cheese soufflé, he went on to making the chocolate soufflé. I must admit he did an incredible job. The entire family loved it. This was probably one of my favorite desserts. Mind you this was done in the '60s.



Egg custard

My dad would make a custard quite frequently in the '60s. He would make them to have individual cups for each of our family member. We always look forward to tasting his custard.

### Tempura



My brother John and I remember many times coming back from a surf session hungry and exhausted. My dad would be in the backyard cooking homemade tempura. He would use all sorts of vegetables like string beans, potatoes, sweet potatoes and many others. He would also use shrimp and cod. He made a great Japanese sauce to go along with it. This was in the '60s. Fast forward to the '80s. I was living in Miami Beach and I encountered tempura in a restaurant for the first time. My dad was ahead of his time.

## Spare ribs



Wow! Spare ribs. My dad would make them usually in the oven. Occasionally you would barbecue them. He made his own barbecue sauce. We would usually have this with mashed potatoes and fresh corn on the cob. It was quite a meal.

## French cheese casserole



In Paris, we found this incredible cheese restaurant above the store that's sold cheese only. The smell from the cheese had a very strong odor you have the cheese was incredible.

We had probably one of the most memorable meals we have ever had. We still talk about it

today. My sister Jane tried to locate this restaurant the last time she was in Paris yet couldn't find it. It was so good we went back to this place the following day.

I found the recipe for this meal yet. Unfortunately, I don't have it anymore.

Cerviche in Ecuador



During the summer break between 11th grade and 12th grade, my brother and I went to South America for a few months. It was quite an exciting adventure. We came back to school 3 weeks late. That's another story altogether. Eduardo introduced us to Victoriano Posado a famous bullfighter from Spain. He was retired. He had three young children. Anyway, he took my brother and I surfing to a place called playas. It was a small wave yet you could ride a wave around a half a mile. They had a small funky seafood restaurant on the beach. There John and I had the best ceviche we ever had. It was made from freshly caught fish from the ocean. It was heavenly.

## A little more to the story.

We also rave about the ceviche that we had on the beach at playas. We were surfing for a few hours and took a break. There was this seafood restaurant that had freshly made ceviche. The ceviche contained fresh fish and maize. Maize is huge corn kernels. The fish is not cooked yet. It is cooked with fresh lime juice. The lime juice cooks the fish. This dish is all over South America and Central America..



Playas Ecquador 1

Eduardo's family had a friend named Victorio Piscado (a famous Spanish bullfighter) who was a surfer. He would take my brother and me to surf trips to Playas. It was about a 2-hour journey from Guayaquil. Playas was a sleepy beach town. They had this small but long wave that broke along the point. My brother and I could see its potential. The beach town resort was known for its fresh fish. It was a delightful time spending time with Victorio and his family. We went several times with him to Playas.

Batidos



We parted ways with our friends and took a plane to Ecuador. We stayed with Eduardo Pena and his family. Eduardo stayed with us for 1 year. He was an exchange student. As you can probably see I love different kinds of ethnic foods. Eduardo had a housekeeper who made the best batidos in the world (smoothies). She made all sorts of exotic fruits into a delicious drink.

Mangos, bananas, papayas, and many others I can't recall. I remember eating fried plantains with rice.

My brother and I were talking a few days ago. We both thought that the smoothies and Ecuador were the best smoothies we ever had. We have never seen anything that tastes quite like that. You could use the same ingredients yet in Ecuador they tasted oh so different. We don't know why it is so. But John and I say the same thing.

Frito lay casserole



My mom would usually make this dish during summer. It was a perfect dish after a long day of surfing. The main ingredients were peas, hamburger, meat, and Fritos. It was comfort food at its finest. Both John and I said this was one of our best comfort food favorites. I talked to him a few days ago and he said the same thing.

## Beef stroganoff



My mom would usually make this dish during winter. This dish was the first time I ever had wine in a dish. To tell you the truth I was blown away. I was only around 10 years old. The taste was so sophisticated. Hard to put words to this experience. I love the texture of the meat along with the sour cream and wine sauce. The egg noodles added an addition to the dish. I haven't had this dish in 50 years.

### Spanish paella



This dish needs the freshest ingredients. My dad first made this in the early '60s. Fortunately we lived near the coast. Only a few miles away. He could get fresh seafood quite easily. I love the taste of the seafood along, with the saffron rice. I saw recently that my friend Jeff Wilcox made this dish in Florida. I was ever so envious because I haven't had this dish in many moons.

### French bouillabaisse soup



Bouillabaisse, as you may well know, is a classic Provençal seafood stew from the French port city of Marseilles. We had this dish quite often in Europe. My dad would also make it at home. This is one of my favorite soups in the world. It needs fresh ingredients to be done well.

## South American Travels

During the summer of my junior year, my brother and I went to South America. We went to Argentina, Brazil, and Ecuador.





Our first stop was Brazil. A good surfing friend Steve Lemontange had a roommate in college. He was Chinese and lived in Brazil. John invited us to visit him and his family in Rio de Janeiro. His family owned a Chinese restaurant. This was the first time I ever lived

in a Chinese household. Every morning we would have a delicious bowl of soup. This was standard for breakfast. My brother and I loved the Brazilian culture. We went to the Christ the Redeemer atop Mount Corcovado and were captured by the incredible view of Copacabana and Ipanema. We saw the dire poverty of the shanty towns. I don't think you really ever

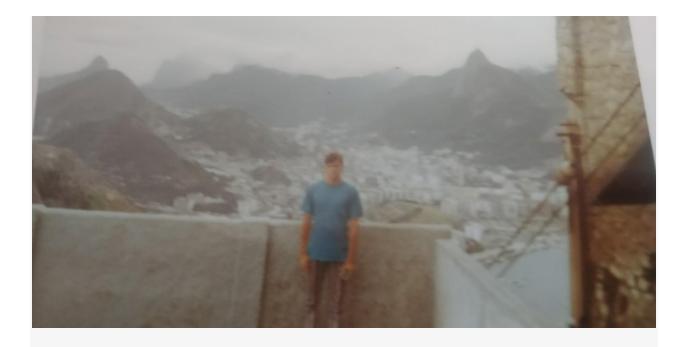
get over when you see poverty of this kind. Human beings for thousands of years had to live in such an existence.

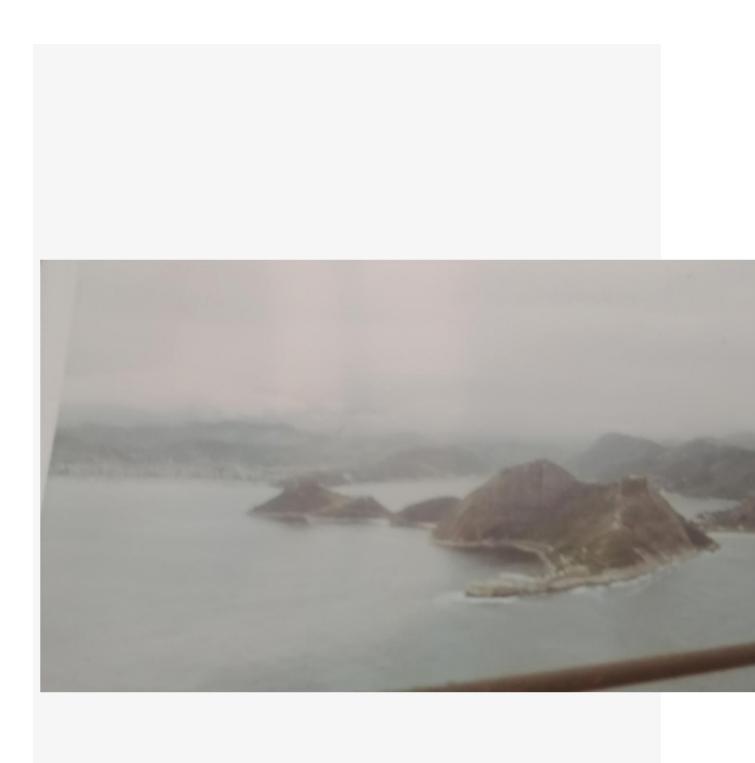


Our friend Stan 's. Family owned a Chinese restaurant in Rio de Janeiro. One of our favorite desserts was pear chestnut pie. It was out of this world. My brother and I still remember that around 50 years ago. Their restaurant was a fusion of Brazilian and Chinese. It was quite unique for its time.

# Rio de Janeiro pictures







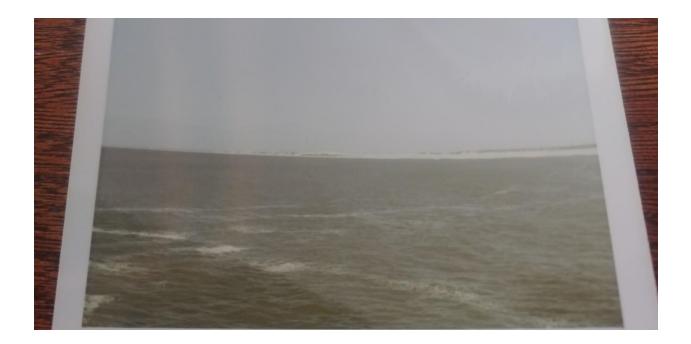




My brother and I visited Cabo Frio a small beach town about 3 to 4 hours from Rio. It was off-season. We met a beautiful Portuguese family and they showed us around this town. It was wintertime in Brazil and it was probably in the low sixties (cold for Brazil).

Cabo Frio pictures





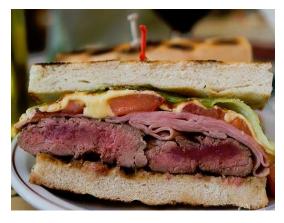






We stayed a month in Argentina. There was a small group from our high school who were exchange students. I stayed with Pedro Vascena and his family. Pedro stayed with us two years before. In Argentina, they have café con leche (coffee and milk) and

croissants for breakfast. This was the first time I ever tried <sub>coffee</sub>. The croissants were served with butter and jam. The Argentine family was really nice and treated me like a member of their family.



Meat is king in Argentina. I was amazed to see that street cart vendors would serve steak sandwiches. You have better be adventuresome if you go to a BBQ. I visited a family that took me to their ranch in the Pampas. The cowboys provided an authentic Argentine BBQ. In Argentina, they eat parts of the cow

that Americans would never eat.



My brother and I had a Forrest Gump movement. We were taking a tour of this government building. They had a person giving a tour in Spanish and I was told to

translate into English. We entered this one room and saw a window and two people were playing chess. One of the players was Bobby Fischer (one of the greatest players in the world). We stayed for only one moment and the tour then continued. I think back now and laugh. Here was a historical moment in chess history and we nonchalantly nod our heads and go along our merry way.

The Argentines drive like crazy. I thought I drove radical. They would drive fast and furious. Imagine driving down a city street at 90 miles per hour and not stopping at stop signs or street lights. If you got a ticket they would give a bribe to the officer.



If you were going to a nightclub or party it would start around midnight. Nobody ever came on time. A 16-yearold could go to a nightclub and order a shot of whiskey. The most important aspect of their society was family and

friends. This was the backbone of life. Yes, a job was important but there was a great balance between the two. They knew their priorities in life.



The bus service in Argentina was first class. We took a bus from Buenos Aires to Mar del Plata. Imagine the same service you would get on a firstclass ticket on an airplane. The service was incredible.





I stayed with Graciela Di Irio a friend of our family. Mar de Plata is a seaside resort. There is a grand casino overlooking the Atlantic Ocean. We spent about 4 days there. Surfing was a new sport there. I never had the opportunity to go. When I was there it was freezing.

# Argentina pictures







# The Pampas











When my brother and I were in Argentina, we were invited to an asado. An Asado is a Argentine barbecue. We were in the pampas which is another word for the country. We spent the day horseback riding. For lunch they presented a huge barbecue. I mean huge. It had all sorts of different kinds of meat. The Argentines eat organs of meat that Americans when never touch. Many nutritious say that the best for you are these different kinds of organs.





We parted ways with our friends and took a plane to Ecuador. We stayed with Eduardo Pena and his family. Eduardo stayed with us for 1 year. He was an exchange student. As you can probably see I love different kinds of ethnic foods. Eduardo had a housekeeper who made the best batidos in the world (smoothies). She made all sorts of exotic fruits into a delicious drink.

Mangos, bananas, papayas, and many others I can't recall. I remember eating fried plantains with rice.

My brother and I were talking a few days ago. We both thought that the smoothies and Ecuador were the best smoothies we ever had. We have never seen anything that tastes quite like that. You could use the same ingredients yet in Ecuador they tasted oh so different. We don't know why it is so. But John and I say the same thing.

We also rave about the ceviche that we had on the beach at playas. We were surfing for a few hours and took a break. There was this seafood restaurant that had freshly made ceviche. The ceviche contained fresh fish and maize. Maize is huge corn kernels. The fish is not cooked yet. It is cooked with fresh lime juice. The lime juice cooks the fish. This dish is all over South America and Central America..

## Cerviche

Chef: Richard Fletcher Ethnic: Peruvian Main Ingredient: Talapia Categories: Fish Meal Type: Dinner Food Type: Non vegetarian Level:Easy Servings: 2 Prep Time:10 minutes Cook Time:



The best ceviche I ever had was at a beach called Senoritas in Peru. I surfed all morning and had this for lunch. The only thing that is missing is fresh maize which I have never seen in the states. Its super-d corn kernels.



- 2 fillet whitefish
- 1/2 medium red onion
- 2 whole fresh lime juice
- 1/4 teaspoon paprika
- 1/4 teaspoon cayenne
- 1/4 tablespoon hot sauce Recipe

Combine all ingredients into a ceramic or glass bowl. Refrigerate for at least 8 hours.

### **Nutrition Facts**

Serving Size 1 Cerviche Servings Per Batch 2

Amount Per Serving

Calories289

Calories from Fat 3

	% Daily Value *
Total Fat 12g	18%
Saturated Fat 2g	9%
Monounsaturated Fat 4g	
Polyunsaturated Fat 4g	
Trans Fat Og	
Cholesterol 119g	40%
Sodium 104mg	4%
Potassium 741mg	21%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	3%
Sugars 2g	
Protein 38g	77%
Vitamin A	10%
Vitamin C	27%
Calcium	7%
Iron	1%

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Nutritional information

## Plantains and mango

Chef: Richard Fletcher
Ethnic: Mexican
Main Ingredient: Plantains
Categories: Salad
Meal Type: Dinner
Food Type: Vegan
Level:Easy

Servings: 3 Prep Time:5 minutes Cook Time:5 minutes



My family loves this dish.



### Ingredients

- 1 tablespoon coconut oil
- 1 medium plantains
- 1 dash salt
- 1 fruit without refuse mango
- 1/2 tablespoon kahlua
- !/8 oz coconut flakes
- 1/2 whole lime

#### Recipe

Heat up coconut oil in skillet. Add your plantains and sauté until crispy on one side and then flip them over. Add salt and drain on paper towels. Add to bowl. Add the diced mangos and kahlua.

Toast the coconut flakes in a pan until golden brown.

### **Nutrition Facts**

Serving Size 1 Plantains and mango Servings Per Batch 3	
Amount Per Serving	
Calories183	Calories from Fat 4
	% Daily Value *
Total Fat 5g	8%
Saturated Fat 4g	20%
Monounsaturated Fat Og	
Polyunsaturated Fat Og	
Trans Fat Og	
Cholesterol Og	0%
Sodium 55mg	2%
Potassium 497mg	14%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	14%
Sugars 24g	
Protein 2g	4%
Vitamin A	38%
Vitamin C	92%
Calcium	2%
Iron	1%

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Nutritional information



Playas Ecquador 2

Eduardo's family had a friend named Victorio Piscado (a famous Spanish bullfighter) who was a surfer. He would take my brother and me to surf trips to Playas. It was about a 2-hour journey from Guayaquil. Playas was a sleepy beach town. They had this small but long wave that broke along the point. My brother and I could see its

# potential.



The beach town resort was known for its fresh fish. It was a delightful time spending time with Victorio and his family. We went several times with him to Playas.

Eduardo took my brother and me to Quito and Cuenca. In Cuenca, we stayed at his grandmother's house. It was a beautiful place. We were there during winter and there was no heating. Burr, it was cold. Cuenca is a city in the southern Andes Mountains. Temperatures are around 58 degrees year-round. Lately, a lot of Americans have moved there to take advantage of the great standard of living.



Quinca Ecquador 1



While in Ecuador we heard the Ecuadorian Navy allowed tourists to go on tour with them to the Galapagos Islands. We called our parents a few days before school was to start. My parents said it would be OK but they had to talk to our teacher and principal. We received a phone call a few hours later saying it was all right. Our principal said we would learn more about traveling than in school. We came back to school three weeks late.



The Galapagos Islands was a trip of a lifetime. We went on this old US Navy (WW2) ship. At this time there was a tuna boat war between Ecuador and the United States. The Ecuadorian navy was looking for US tuna boats. We visited Santiago, San Cristobal,

Isabel, Fernandina and Espanola islands. While there I could see why Darwin came up with his theory of evolution. The Galapagos Islands at that time weren't a tourist destination. They contain one of the only giant tortoise populations in the world. My brother and I were amazed by the size and age of these incredible creatures.

I have pictures of seals jumping over my brother's head. You had to watch for Mom and Dad. They were huge and would chase you out of the water and then run after you.

I remember vividly looking at the waves and I counted over a minute while it broke perfectly. No one had ever ridden this wave. I saw years later they now have surf excursions to this beautiful place.



The first time my brother and I saw iguanas we were standing at the same spot looking at the waves and we sensed something was looking at us. We looked around and there were hundreds of iguanas were looking at us. They were

completely camouflaged. The Navy personnel was very kind to us.

There were a couple from the US and a poet from Argentina onboard. We learned a lot about nature. It would be hard not to. Never before have I ever been in such a pristine environment.



# Galapagos Islands and Ecquador pictures



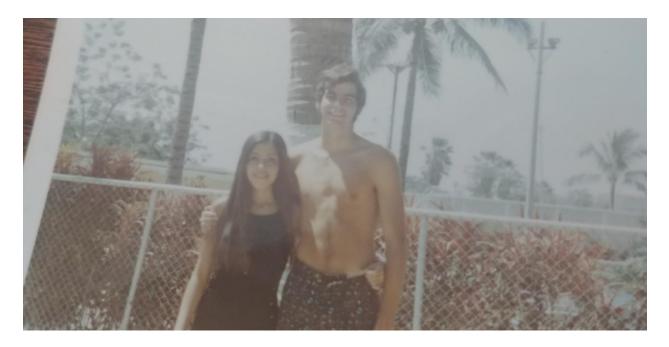


















# 18 Travel Around The World



During my senior year, I decided to put off college for a while and travel and surf around the world. I had another objective in mind all so. I wanted to find a teacher who could reveal to me the experience of my true self. I had glimpsed in my life of light more brilliant than the noon day sun. I knew that God was light but I wanted a conscious and direct experience. I wanted tools in my life where I could achieve 24 hours a day

connection with the source of life itself. I prayed to God to be shown. I knew some teachers could reveal that experience and unlock the door. After the door was opened it would be up to me to cultivate the experience. I worked at a grocery store after school and on weekends. I graduated from high school and went on a surfing trip to Mexico for a few weeks. Before I went to Europe I spent two weeks at a YOGA camp in Nevada City in Northern Calif. I had a wonderful time at that yoga camp. The owner of the camp was Kryiananda a disciple of Yogananda. Yogananda was a famous Indian Swami who died in 1952. Kryiananda was one of his disciples.

Here's an amusing story. The hottest food I ever had on my travels around the world was my own backyard. Next door to Nevada City lies Grass valley. There they have a great Thai restaurant. One day I ordered a meal and the waiter asked me how hot do you want it. I said Thai hot. He said are you sure. I said yes. Well that was the hottest meal I ever had. My wife couldn't believe that I could eat all of it. Mind you I took half of it home to eat later.



My fond memories were in the temple late at night. I would meditate late at night and would have these incredible visions inside. I was bathed in blue light. I felt such a relationship with nature. I felt my life was incredible and that everything was being unfolded. Up to this point in time, I couldn't tap into

the mediation experience at will. It was a lot of hit and miss. At this YOGA camp was the first time I was in an atmosphere where people were consciously trying to experience the source of life. I learned some valuable techniques. I felt such peace inside of my being. My mind was slowly coming down to a halt. It's kind of funny without mediation a human being doesn't realize how powerful the mind is. I remember the first time I close my eyes and I realized a battle was on my hands. It would take patience and work. But it sure was worth it. I spent two weeks there and took a plane from Oakland Calif. to Europe. I went with my high school buddy Craig Perkins. Craig was a great person to be around. He had a great sense of humor.



Figure 1 favorit bread

We hitchhiked from Germany to Denmark. We were looking for a friend name Carter Robinson. We arrive at the dock where Cater lived and found out his boat left a few days earlier. The person told us where they might be for a few days. We hitchhiked to this city and found Carter. It was quite a surprise. We stayed for about a week. They were



planning to go to Norway for a while. They asked us if we wanted to go but we declined. Carter had a guest named Brad Crowl who was an old neighbor of mine. We grew up together.

After leaving Carter, Craig and I went back to Germany. Craig took a plane back to the states. Years later I didn't know quite exactly what happened. On the sub-conscious level, I wanted to be on my own for the first time in my life. Craig will always be a friend. I haven't seen him for more than 23 years. I took a train to Biarritz France where my adventure began.



Wayne Lynch Le Barre 1971 1

My first week in France I camped out in the woods near Le Barre (a famous surf spot). Each day I would go surfing. I met this American named Peter Lingle and we became good friends. He was also a surfer. He invited me to stay with him in his tent. He had a huge

tent and was staying in the campground overlooking Le Barre. He had also a car which helped to get around. Both are us didn't smoke, drink or take drugs. We got some incredible surf. I felt great. We went surfing all over the place. One of my fond memories was driving to this old bakery in the countryside. The views were incredible. The bakery was the same for hundreds of years. They had a stream running through which grounded the wheat. The smells that emanated from that place were truly out of this world. I remembered eating these sugar cookies. The people in this part of France were friendly.

The Basque cake made with a 280-year-old water mill <sup>3</sup>

In France's Basque country, a quaint bakery still uses old methods to make the region's beloved shortbread cake. The sights and sounds of the mill and bakery keep people coming.

"You'll have to move quickly," Gerard Lhuillier told me as I stepped inside <u>Moulin de</u> <u>Bassilour</u>, camera in hand. "The cakes are almost done!"

At 08:00 on a weekday morning, the quaint bakery in the French Basque village of Bidart is buzzing. Many hands shuffle dozens of round cake tins from one station to another in perfect synchronisation. Owner and head baker Lhuillier stamps circles in a layer of dough. Another baker spreads the filling – either black cherry jam or yellow pastry cream. As the cakes get their tops, the team comes together to seal the layers with a fork. A metallic scratching sound fills the room.

<sup>&</sup>lt;sup>3</sup> https://www.bbc.com/travel/article/20210708-the-basque-cake-made-with-a-280-year-old-water-mill



Basque cakes are topped with dough and then sealed with a fork (Credit: Anna

## Muckerman)

The rounds of raw dough, now shiny from a brush of egg wash, are loaded onto wooden planks and carried to the brick oven. These 150 traditional shortbread cakes – called *Gâteau Basque* – are the bakery's pride and joy.

Gâteau Basque has become an emblem of the French Basque Country, a region known for fierce cultural pride. Like the trendy **burnt Basque cheesecake** that hails from the nearby Spanish coast, the popularity of the Gâteau Basque lies in its elegant simplicity and a recent interest by international visitors looking to sample a decidedly regional treat.

While the exact origins of the recipe are unclear, legend has it that a Basque woman named Marianne Hirigoyen is to thank for the modern version of the cake. Originally from a thermal village called Cambo-les-Bains, Hirigoyen began to make and sell her Gâteau Basque in the market of Bayonne sometime around the 1830s. Over the next century, the cake remained a traditional dessert eaten after Sunday dinners as each household's recipe was passed down from one generation to the next.



Gâteau Basque has become an emblem of the French Basque Country (Credit: Anna

## Muckerman)

When tourists began to discover the Basque coast in the 1960s, they brought back tales of beautiful beaches and a crumbly, cream-filled cake that couldn't be found anywhere else. In recent years, Gâteau Basque has become a tourist attraction in its own right, and today the cake is proudly displayed in bakery windows around the region. At Moulin de Bassilour, however, visitors and locals come for more than just a taste of the bakery's signature item: here, passers-by get a first-hand look at how the cake was made generations ago.

When the frenzy of baking had almost subsided, Lhuillier brought me into the bakery's front room where thick stone walls braced by wooden beams keep the air cool even in

summer. Two large mills sat dormant in the centre of the room. Through the window, I could see that the stream running under the bakery was still. Passers-by get a first-hand look at how the cake was made generations ago

Lhuillier poured a sack of wheat into the hopper. He pulled on a long, metal lever, and water gushed almost instantly. The stones began to turn. What could have been mistaken for a museum only seconds ago is now overcome by a symphony of clicks and whirring. Through a crack in the floor, I could see the water splashing violently against the mill's wooden paddles. Out of the grinding table came a chalky, fine powder: flour to be used in the next day's cakes.

The water mill was constructed around 1741, Lhuillier told me, and sits on a canal that was dug by hand specifically for that purpose. For almost 200 years, the mill remained two simple rooms with an oven only big enough for a few loaves of bread. Farmers could pay the mill owner to grind their harvests.



# Gerard Lhuillier makes flour from a water mill that was constructed around 1741 (Credit:

## Anna Muckerman)

In 1934, the grandmother of Lhuillier's wife arrived in Bidart with her seven children and saw an opportunity. Using her traditional Gâteau Basque recipe, she began to make and sell cakes to support her family. When she retired, she handed over the business to her son.

In 1994, after having trained as a mechanic and served in the army, Lhuillier found himself working in a hardware store. Although he had never baked before, he jumped at the chance to buy the bakery and the original recipes along with it.

His in-laws were hesitant, but Lhuillier convinced them that his love for tinkering with all things mechanical was the perfect match for the historical operation. In the years that followed, Lhuillier added a more modern atelier to the bakery and invited the Basque country's growing number of tourists to come and see the mill at work. Maintaining a centuries-old water mill in functioning condition is not easy, but Lhuillier says it's been a life-long passion project.

"I know I will die before I finish everything that I need to do and want to do," he said. "But I've already done quite a bit and that gives me great satisfaction."

It's unclear what will happen to the mill once Lhuillier can no longer be its champion. He doesn't see a clear successor but says the threats to the mill's existence stretch beyond a question of inheritance.



At Moulin de Bassilour, visitors get a first-hand look at how the Gâteau Basque was

made generations ago (Credit: Anna Muckerman)

Since the early 2000s, environmentalist groups in France have alleged that water mills, even historical ones, bear some responsibility for the decline in native fish populations. In the past decade, dozens of water mills have been disassembled or otherwise rendered inoperational as local governments decide that the environmental damage outweighs the need for preservation of the heritage.

Lhuillier believes the environmental groups are turning a blind eye to the real culprit for the lack of fish – pesticides and pollution that are far less visible than the paddles of a water mill.

"Sixty years ago, there were fish. That means the water wheel didn't bother them," he said. "I'm worried that when I'm gone, the mill will stop. It's a battle."

On a sunny summer day, questions about the mill's future seem a distant worry. Customers wander around the millstones before heading into the bakery to buy the fresh-baked goods.

"I'm sending these to Paris!" one woman explained, as her two golden brown cakes were wrapped in white wax paper and tied with ribbon.

While many visitors enjoy the black cherry filling, Lhuillier says that the pastry cream flavour is actually the more traditional of the two varieties since it uses the same, simple ingredients found in the dough.



The typical fillings for Gâteau Basque are either black cherry jam or yellow pastry cream (Credit: Anna Muckerman)

"It's a cake from grandma's house with the ingredients of the farm: milk, flour, eggs. It's passed down in families," he said.

Up until the 1980s, Moulin de Bassilour made its fruit-filled version of the cake with apricot jam. Now, Lhuillier uses a local black cherry variety, which is another traditional flavour. His homemade pastry cream still remains the best seller.

"Many bakers flavour their pastry cream with almond, but on a farm we would never start to add an ingredient that costs a lot of money," he said. "Our flavouring is a bit of rum because in Basque country there's always a bit of rum on hand for cooling down the coffee."

Lhuillier says his commitment to the simplicity of the recipe is what keeps the bakery going year after year, and he feels proud to continue the tradition of his region.

"We haven't changed the recipe for more than 60 years but each generation that passes likes it, he said. "It's a Gâteau Basque that pleases the palettes of people who come from everywhere."



Sweet Chestnut Pastry (Gluten Free)

# Sweet Chestnut Pastry (Gluten Free)<sup>4</sup>

Prep Time 10 mins Total Time 10 mins

An adaptation of a pastry cooked in a class that I attended at Le Cordon Bleu, when holidaying in Paris.

Category: Pastry Style: French Quantity: 1 large tart case

## Ingredients

- 100 g butter
- 1/2 tsp salt
- 100 g pure icing sugar
- 125 g gluten free flour blend
- 125 g chestnut flour

<sup>4</sup> https://sbaskitchen.com/recipes/baking/pastry/sweet/sweet-chestnut-pastry-gluten-free-3/

• 1 egg

## **Instructions**

- 1. Combine the dry ingredients in the bowl of a food processor
- Add the butter and pulse until the mixture resembles sand.
   Add the egg and pulse again to incorporate you may need to add a little water if the mixture is too dry.
   Turn out onto a floured surface and knead.
- 5. Refrigerate for 20 minutes before using.

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# Surfing Experience In France Something Will Happen In India



While I was in France one day I woke up and saw huge waves breaking. The waves were probably 15 feet high. The surfing spot was at Le Barre a famous but now extinct surf spot. I took off on a huge wave stood up and the next

moment I was free-falling down the wave. Back then there were no leases. My board got carried to shore. Le Barre had a jetty and 15-foot waves were breaking on the rocks. The rip was so strong it was like a river. For the first time in my life, I said "Lord if you exist you had better do something real fast. I closed my eyes and saw an incredible light and a small Indian boy. The next moment I was onshore. Everybody on shore said it was a miracle. The next day I decided to go to India. As I look back at that experience I feel the hand of grace in my life. I felt so protected. Here I was only 18 years old but I knew my life was protected. I was about to start the adventure of a lifetime. This was a near-death experience for me. In the early seventies, I read books about the death experience and my experience closely resembled that experience. I saw a great light that filled my being with bliss that is boundless. I saw a figure which told me without words that everything would be all right. This experience I knew could be experienced consciously. It didn't have to be a hit or miss affair. I knew a human being could experience the source directly no matter if he/she was sleeping, dreaming, or in the awake state. A man could tap into the source of life.





Your video Talk Story With Peter Lingle 2



Peter Lingle 1

After my surfing accident, Peter and I started on our trip to India. I was very excited. I knew that something wonderful was going to happen in India. All of my dreams would come true. We drove from Biarritz to Venice where we stayed for two days with an Italian friend from high school.



We drove through Yugoslavia. At that time it was a communist country. The people at that time were very suspicious of outsiders. They weren't very friendly. The countryside was amazing. We were high up in the mountains and could see the Mediterranean Sea. Peter would drive and had this harmonica he would play. He was a good player.



We drove to Athens in Greece. We spent a week there. I loved going to the Parthenon. Here I was in the cradle of such an incredible civilization. I was in awe. We sold our car and took an airplane to Turkey. When we landed in Istanbul I

knew this is where east meets west. This city was so different. The Muslim mosques were so beautiful. The policeman had submachine guns. I had never seen that before. I remember staying at this house where a lady came in and said we had better leave because the police were going to raid the place. She said people used drugs and the police were going to bust the place. I felt someone was taking care of me. I didn't want to end up in a Turkish jail. Especially because I didn't use drugs. That would be hard to prove in Turkey.



istanbul at night 1

We spent a week in Istanbul and then went to Ankara. In Ankara, we had to stay a week because the border was closed. The Shah of Iran was having the 1000th-anniversary party for Persia. He didn't want young westerns or trouble to come to his land for this party. I heard

# The most expensive party ever | alimentarium

In October 1971 the Shah of **Persia** flew in eighteen tons of food to celebrate his country's 2,500th **anniversary** and his own glory.

that the Shah even built props to hide poverty. I had a friend who went to the party and he said it was quite the affair. They had air-conditioned tents. The Shah spent thousands of dollars. While in



Ankara we saw the Queen of England in a parade. There were thousands of soldiers carrying submachine guns. After a week the border was opened and we took trains and buses to Iran. It was quite a

scene traveling.



Turkish forces fight to crush coup ... cbc.ca

Both Peter and I carried our surfboards and our packs. The trains were quite dirty and packed. We slept on the floor of the train. The busses were like the trains but they had livestock on board. I was getting quite a lesson about life. We arrive at the capital of Tehran. Tehran was quite a beautiful city. We found out that a week before a young American tourist died the week before. Supposedly she entered a Muslim mosque and was stoned to death. The reason was that only Muslims could go inside the temple. I met a man from the secret police. He came up to me and said that he had killed about 30 Americans this year. In Iran, if they found drugs on you, they would shoot you on the spot. What a way to control the drug problem.



We then took buses to the border of Afghanistan. This is where the scenery drastically changed. I felt I have transferred back two thousand years ago. The Afghanistan people are warriors. Their culture is the same for thousands of years. We were in a high

mountain desert. Everyone carried guns or rifles. This was way before the Soviet invasion. I felt I was in an old Wild West town. There was no

law or order. The people were quite nice. But I knew you didn't want to cross them up. The people in Afghanistan smoked a lot of hash. They used this drug liked alcohol. The whole nation used it.



The food was quite good. We took a bus from the border and made it to Kabul. Along the way, we bumped into this Hawaiian named Charley Krusner. Charley was a great guy and we traveled together. Kabul at this time was a hangout for the European

hippies.



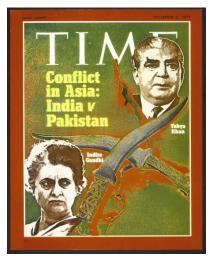
The Europeans were heavily involved in drugs. These used a lot of opium. It was quite sad to see people my age addicted to opium. There was nothing I could do. Many of them simply wasted away. The drug was very cheap and could be bought anywhere. I know a lot of my friends in the states would have loved to be in that environment. It was an eyeopening experience. For the first time, I saw so many young kids wasted and hanging on to life by a thread. There

were thousands of miles from home. During this time I would meditate each day. I knew something incredible was going to happen to me in India. I just had the intuition that my dreams would come true. I knew I would meet someone who could show me the way to open the door. I felt protected. It's a beautiful feeling to know that someone is watching over you. I was thousands of miles away from home and yet I felt great inside. I felt protected. My main goal was to get to India. Ever since I left France the feeling kept on getting stronger. I felt such a wave of anticipation that my dream will come true. I had only a short time and it would be shown to me.



I left Kabul and took the Khyber Pass from Afghanistan into Pakistan. The Khyber Pass was used by Genghis Khan. It is one of the oldest trade routes in the world. Throughout history, it has been an important trade route between Central Asia and India. What a radical road. It was all dirt which most of Afghanistan was. There were no guard rails and we had these crazy drivers driving as fast as they could down this pass. The buses were quite different. Each bus would have a different altar depending on which religion they belong to. They would be flowers, incense, pictures, and memorabilia. We would be driving down this huge mountain on a skinny road. This was the only route from Afghanistan to Pakistan.

# Indian Pakistan War



Well, we finally made it to Pakistan. Lahore was a busy city. We only stayed for a few days.

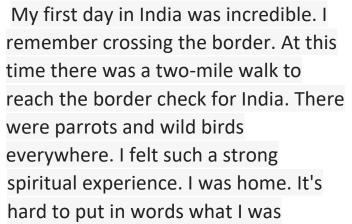
When I was in Pakistan I saw signs saying crush India. When I arrived in India I saw signs saying crush Pakistan. I arrived at the border of India at the beginning of the Indian-Pakistan war. The following day the border was closed for 5 years.



# First Day In India



Times have changed 1





feeling. I knew something incredible was to happen to me in India. I was looking for a teacher who could give me practical experience of who I was. I remembered being checked by an Indian custom lady who was famous for

busting people for bringing drugs into India. Since I didn't use drugs I wasn't worried. I remember such an aura of peace that came over me. The sun was just setting and the whole forest was alive. Thousands of parrots were in the forest. The smell was like an incredible perfume in the air. I crossed the border and took an overnight train to New Delhi.



sikh temple new delhi 1

When I got to New Delhi I was very tired and exhausted. I heard rumors that the Sikhs allowed people to stay at their temples. I went to this huge Sikhs temple. I asked can I stay here overnight. The man said no but there is a huge festival going on down the block. This festival is for Maharaj Ji a thirteen-year-old boy who just came back from a tour of the west. I remember 4 months earlier reading about him in Time magazine and from my sister. I was intrigued by how a 13-year-old boy could have such a huge following.



The first person I met was Guy Nouri. He and his Mom came to India to partake in this adventure. Little did I know that our connection would last the rest of our lives. Watch the Youtube video and you will see where this story within a story takes place.



Your video Talk Story With Guy Nouri



#### ATARIPODCAST.LIBSYN.COM

## ANTIC The Atari 8-bit Podcast: ANTIC Interview 407 - Guy Nouri, Interactive Picture Systems

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Guy Nouri, Interactive Picture Systems Guy Nouri was co-founder of Interactive Picture Systems, a company that created software for 8-bit computers from 1982 through 1984. The company's first program was...



RamLilia grounds 1

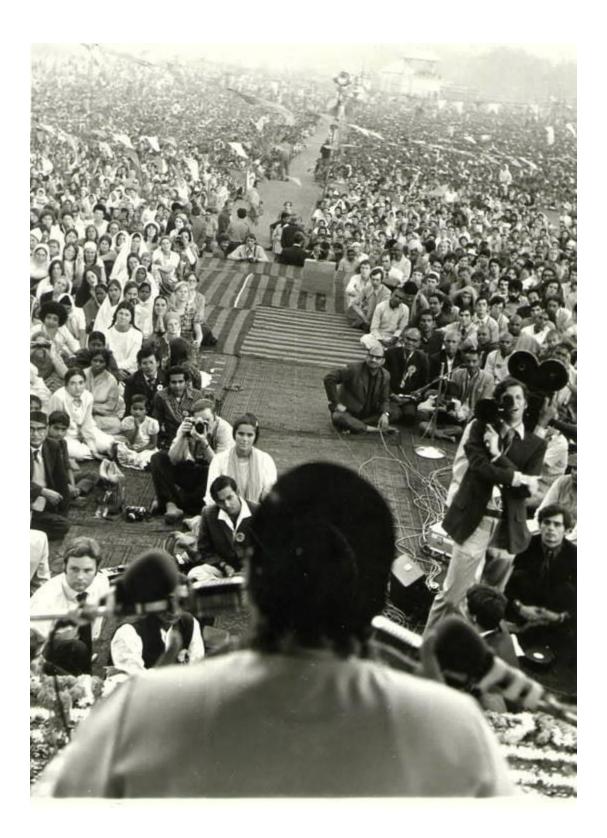
I arrived at the festival site and was escorted to the stage where 1 million people were sitting. It was amazing, a sea of people. The next thing I knew a young Indian boy walked on the stage wearing a Krishna outfit. He was wearing a gold crown with jewels and a gold outfit. I was laughing and crying at

the same time. Something inside of me knew I was home, that the experience I was looking for could be shown by this Indian boy. Being eighteen years old I was very practical that I wanted a direct experience of GOD inside of me.



What this young Indian boy said made sense. He said seeing is believing. If I told you an ant was 10 feet tall, would you believe me? But if I showed you seeing is believing. He said don't

believe in my words. Take my experience. See for yourself. If it suits your practice if not go on your way. At this time of my life, this made sense. I have never heard someone saying I can reveal who you are. All my teachers in my past said to believe and maybe someday you will have that experience. Maharaj Ji said to take the experience, practice it, and let the seed bloom into a fruit tree.



## Corn Chapati



## Corn Chapati 5

I was in Delhi for a few weeks. I met an Indian family that invited me over to their house about five times for dinner. They would serve these incredible corn chapati's with their many dishes. These were the most incredible chapatis I have ever tasted. When I return to the States I told my brother John about this experience. He was looking forward someday of tasting these.

Wow a year later John and I went to India. We had a free day in Delhi. I took John to my friend's house. Unfortunately they were

going to attend a wedding. They invited us. Mind you, the food was absolutely incredible yet it didn't do any justice to the corn chapati I ate over a year ago. This was a first class gourmet Indian feast. John never got the opportunity to eat a corn chipati. I still remembered this 50 years later.

I just thought back then the Indian kitchen floor was dirt. Each morning they covered the floor with fresh cow dung. Scientists have shown no bacteria can be formed in cow dung. It is quite sanitary. It sounds gross yet they have been doing this method for thousands of years.

## INGREDIENTS

- □ □1/2 teaspoon salt
- □pinch ajwain carom seeds
- Dhot water as needed to knead the dough and roll the roti, around 1.5 1.75 cups

INSTRUCTIONS

- 1. In a bowl mix together makki ka atta, salt and ajwain.
- 2. Start adding water, little by little. Mix to incorporate the hot water into the flour. Add around 1 1/4 (10 oz) cups at this point, you may do this with a spoon and leave it for 5 minutes.

Don't knead the dough at this point. Leave it for 5 minutes.

3. After 5 minutes, add more hot water (remaining 1/4 to 1/2 cup) little by little and start kneading.

4. Knead to form a soft dough. You may need more or less water depending on the type of flour you have.

<sup>&</sup>lt;sup>5</sup> https://www.cookwithmanali.com/makki-ki-roti/

Let the dough rest for 10 mins then divide dough into 6 equal parts (around 90-95 grams each).

5. Take one dough ball and wet you hands with hot water. Using the heel of your hand knead the dough ball again. This will make the dough pliable. Now roll the dough between you hands by moving the top hand in circular motion (remember to grease your hands with water).

I roll like this until I have a circle of around 2.5 inches diameter.

6. At this point, I transfer the dough to a sheet of parchment paper. Remember to have some anti-slip sheet beneath the parchment so that it doesn't slip as you roll the roti.

7. Using wet hands again start rolling the roti on the parchment paper. Keep pressing and patting the dough and move the parchment paper around to roll it from all sides.

You don't have to roll it thin, it should be little thick.

You may use a rolling pin too here, whatever you prefer. I just do with my hands since I like the look of the rotis better when I pat and roll with hands. Roll until it reaches a diameter of 7-8 inches.

8. Heat a tawa on medium heat and place the rolled roti on it. You may add little oil or ghee to the tawa before you place the roti on it.

If you are afraid that it will break while you lift it from the parchment paper, simply put the roti with the paper directly on the tawa (with the paper side up) and then carefully peel the parchment paper from the top.

9. Cook the roti until one side has brown spots on it and then flip and cook the other side as well.

10. Once my roti is cooked, I like to transfer it directly on heat to give it that charred look. I roast from both side until it gets little charred. This step is optional and you may skip it.

11. Cook all the rotis similarly. Apply ghee on rotis before serving.12. Serve Makki ki Roti with sarson ka saag, butter and jaggery. Yum!

# Initiation



Prem Nagar Ashram 1

The following day I packed up my bags and took a train to Prem Nagar, Maharaj Ji ashram near Hardwar is a small town in the

foothills of the Himalayas. For the next two weeks, I listened to discourses about this knowledge. Something inside of me knew that I was to receive the experience of a lifetime. I knew the door to my soul was to be opened. Words are hard to express the feeling that was going inside of my being. I knew that in a short time I would be shown and revealed the secret of life itself. I knew this experience was real. I talked to a lot of people who had this experience and I could tell and sense that something wonderful was going on. I liked the idea the proof is in the pudding. I didn't want to join a cult or a religious group. I just wanted a direct and continuous experience of the power that is keeping me alive. I knew through practice this could be achieved.



Indo Pak war 1

During this time the war between India and Pakistan was going on. Each night air raid sirens were going on and off in the distance we could hear bombs going off. There was a general blackout at night. Pakistani bombers were only miles away. Air raid sirens

were heard in the distance. At the ashram, the whole place was so serene while in this part of the world people were dying. Trains of Pakistanis were being massacred going from India to Pakistan and trainloads of Indians were being massacred going from Pakistan to India. Such a dichotomy.



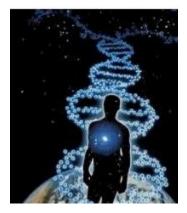


I'll never forget my initiation. There were probably about 20 of us in a small room. Maharaj Ji had initiators who revealed his knowledge. We were in the room while Maharaj Ji was playing on top of the roof directly overhead of us. The experience that I had that day still sends shivers of joy just merely the thought.



The first technique the initiator revealed was the light technique. I always knew that human beings could see the light inside. This is an actual experience. When the initiator touched my forehead I felt this incredible surge of energy. I knew at that point that something incredible was going to happen. My whole body and soul sensed

it. My conscious completely left this physical existence. A golden circle of light appeared. Inside this circle, a brilliant blue star appeared. This golden circle of light and this blue star were so beautiful. It was probably the most beautiful thing I have ever seen. Waves of love, joy, and peace were surging inside my consciousness. All of a sudden the star transformed into a ray, a tunnel of blue light which went on for infinitely. I merged with the blue ray. It's very hard



to describe this experience. I was at home. The doors were opened. I was given the keys and it was up to me to cultivate the experience. I have definite proof that we are more than these bodies. All of a sudden the mystery of life was revealed. I knew the secrets behind all religions. There was a genuine experience that could be shown and experience. Years later I realized that this experience was an initiation into Lord Michael's blue ray. It was the Jacobs ladder. This experience was the ladder to God. To this day I'll never forget this experience. It gave me practical proof that God existed. I knew it but this was practical experience. It was more real than any outside human experience. I knew that my life was on track. I have waited years to go home and I was shown such a glorious place. When I returned to this earth and regained physical consciousness my whole body was shaking like a duck. My body had a hard time. Can you imagine being hooked up to the power plant of the whole universe? I knew no damage was done. Over time I knew that the body was built and designed to handle that kind of currents. Day by day through mediation man can slowly harmonize with these frequencies and begin to vibrate at this frequency.

# inner music

Three other techniques were revealed. One was music techniques. I was shown how to listen to the innermost frequencies of life. Since God is energy, man can be in tune and

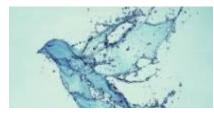
listen to subtle energy frequencies. Different religions have different concepts of this experience. By listening to this music over time man is filled with such joy and peace in his life. The mind slowly begins to slow down. In this state, man gets in contact with an energy frequency that is infinite.



This energy is pure love and bliss. The whole universe is composed of this energy. It was is and will always be. This is the Word of God. Every major religion talks about the Word in some form or another. There is a very simple technique where a man can be in direct

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communion with this subtle energy. When a person first receives this initiation the word is very subtle. The majority of people don't understand the power of this word. I know a lot of people who took this experience and never really tried it out. Over time I can consciously put myself in direct communication with this Word. My whole being is instantly filled with such a wave of love and bliss. I'm not there 24 hours a day but I know it is possible. I have had experiences that I was completely taken out of this physical world and taken to a place where there is no time and space. The only thing that existed was this incredible energy of love. I knew I was at home with my father. This energy exists through all of the creation. It exists in the manifest and unmanifest. It exists throughout time and space and beyond. All of creation comes from this word. In the bible, in Saint John, the verse goes like this. In the beginning, was the Word. The Word was with God and the Word was God. Human beings can tune into this experience.



The last experience was one of the living waters or nectar experiences. When a man is in this experience powerful hormones and enzymes are secreted through the

endocrine system. Through the ages, man has learned that he can experience this nectar or living water. Just one drop of this is an incredibly powerful experience. One drop can take man's consciousness into an altered state. This fluid is very cleansing to the body. When Christ was in the desert for 40 days and night he lived off this manna. This experience is energy in its subtle form. It is energy yet it transmutes itself into matter. This experience is very powerful to the endocrine system. I have had numerous experiences with this nectar. It's probably the most intoxicating drug known in the universe. Unlike a drug that has a side effect, this experience is completely beneficial to the body and soul. These experiences reveal over time who we are. We are more than our minds and body. We are this source of life. Each one of us is part of this universal consciousness. We just don't remember it. It's amazing when we were born we came from the source. Our whole being was this consciousness. Over time we forgot. Years later we have completely forgotten our true existence.

After the initiation, I thanked my creator for revealing himself to me. My dreams come true. I had the tools. Everything made sense to me. I could read the scriptures and understand the hidden meaning. The scriptures were at the same wavelength. I had a lot of respect for the major religions.

# Asokananda Incident



While we were in Bombay one day I was in Maharaj JI's room when all of a sudden he got off his bed stood up and starting to wave his hands towards one of his Initiators Asokananda. The hair on his whole body stood up. It looked like he put

his hand in a light socket. He was yelling please Maharaj JI stop it. After about 20 seconds Maharaj Ji's hand fell to his side and Asokananda was back to normal. Being an eighteen kid that I was I said Maharaj do you want to zap him once more. Maharaj Ji said sure and for just a fraction of a second, he raised his hands and put electricity back into him. Maharaj Ji was electrocuting him. We all laughed. This was the first time that I spent close time with Maharaj Ji. There were only a few westerns there. It was so beautiful to play with Maharaj Ji and at the same time have such great respect for him.



Two years ago Asokananda and I renewed our friendship again. Somehow he found me on Facebook. At first I didn't know who he was. But soon after I put two and two together and found out yes. In fact, I do know him. It's incredible how synchronicity works in our lives. It is a great pleasure to renew our friendship. True friendship goes beyond time and space.

## Getting Drunk On Water



Before we left for Kenya Maharaj Ji asked us if we wanted any holy water. Holy water is a custom in India where the master places his foot in the water. I had only a canteen and Maharaj Ji placed his foot inside of the canteen. We all laughed. The next day we headed out for Kenya. Onboard, the plane

was Kali, Kathleen, and Tess. These were the three girls I traveled with from New Delhi. Onboard the plane we drank the water from the canteen. All of us got rip-roaring drunk. I've been drunk before that one or twice but this was a drunk of joy. We all somehow managed to saunter off the plane. We spent a few days in Nairobi. Tess's parents lived on the outskirts of town. Kenya was an incredible country. Parts of it looked like England.

We relaxed for a few days. I remember one moment at Tess's house. I was meditating in the backyard with I opened my eyes and saw Maharaj Ji standing there. He was laughing and laughing. I remember in Bombay asking him if we were to make it to South Africa. We were going to hitchhike from Kenya to South Africa. He said we would but we were going to have a hell of a lot of adventures along the way.

## Zambia

We finally met up with Tess and Kathleen. We switched partners and I hitchhiked with Tess to the capital of Zambia. We all decided to meet there. It was quite the experience. We arrived at Lusaka got out of the

car and moments later Kali and Kathleen got out of the car. We were all standing there when this Zambian came up to us and offered us to stay at his house.



We went to his house a dairy in the country. His name was Gary. We told him what we doing and where we were going. At this time our money situation was zero. A few days before we ran out of money. I was pleased because I

would see that everything would be taken care of. Anyway, Gary's uncle was president of the national TV in Zambia. He could arrange a television interview for us. The next day around 5:00 after the news we were on national television. I only wore my Indian whites and no shoes. We had a beautiful interview for about one hour. The interviewer was very sincere. There was no sarcasm in his voice. The people of Africa were simple and open people. The TV station received hundreds of phone calls asking "what was that?" The response was so great that the next day we were asked back to the TV station. The same phenomenon happened.



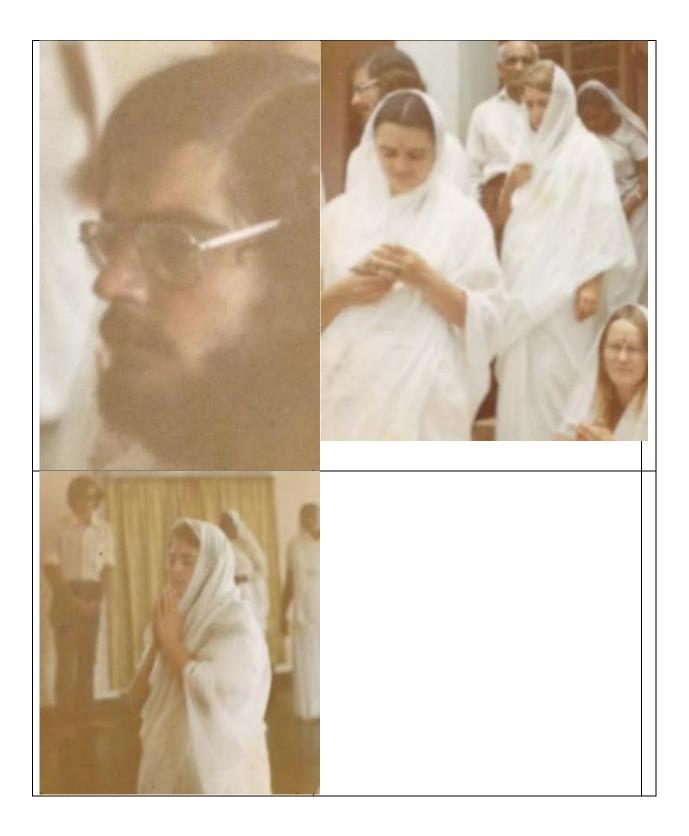
The Indian community heard us and invited us to their community. Every day we would give discourses in their temples and home. We were treated like Kings and Queens. They would give us money, watches, and clothes. We had probably at least 6 major meals a day. It is a custom to accept food at someone's home. Each one of our guests would provide a huge spread. The picture above was a sample of how we were treated.

This month of May is the 50th anniversary that we went on our trip to South Africa. I would love to find out all the people that we touched in Zambia. Prem is supposed to go to the prison where he has a peace program worldwide. He is going to talk to the prisoners about peace within. I would love to get recipes from the foods that they so graciously gave us 50 years ago. There was so much love and kindness in the air. I still feel that presence within me.



I remember one Hindu temple where the priest would take down Krishna's picture and put up Maharaj Ji's picture. This is like the Catholic Church taking down Christ's picture.

I remember seeing Victoria Falls like it was yesterday. There were hundreds of monkeys in a forest canopy overlooking this incredible waterfall. Kali and I stood on this bridge and a 360-degree rainbow encircled us. To this day I can visualize this waterfall.





#### Patra



I still remember how incredible eating this dish. Mind you this was 50 years ago. This dish comes from Gujarati India. Most of the Indians from Zambia come from there.

Ingredients

**Main Ingredients** 

• 5 Colocasia Leaves (Arbi) , cleaned and dried

For the Paste

- 2-1/2 cups Gram flour (besan)
- 1 teaspoon Ginger , finely chopped
- 1 tablespoons Curd (Dahi / Yogurt)
- 1/4 teaspoon Turmeric powder (Haldi)
- 1 tablespoon Jaggery
- 1/2 cup Tamarind Water
- 1 teaspoon Coriander Powder (Dhania)
- 1/4 teaspoon SSP Asafoetida (Hing)
- 1/2 teaspoon Red Chilli powder
- 1 tablespoon Oil
- Salt, to taste

## For the Seasoning

- 1/2 teaspoon Mustard seeds (Rai/ Kadugu)
- 1 teaspoon Cumin seeds (Jeera)
- 2 teaspoons Sesame seeds (Til seeds)
- 1/4 teaspoon SSP Asafoetida (Hing)
- 2 sprig Curry leaves
- 1 tablespoon Oil
- 2 tablespoons Fresh coconut , grated

## How to make Gujarati Patra Recipe - Alu Vadi Recipe

- 1. To begin making Gujarati Patra Recipe, firstly we will make the patra masala paste.
- 2. To make the patra paste, combine all the ingredients listed for the paste like gram flour, curd, turmeric powder, asafoetida, red chilli powder, ginger, tamarind water, jaggery, cooking oil, salt to taste and a little water to make a thick paste in a bowl. Mix everything properly and keep it aside.
- 3. Next, take 5 large colocasia leaves. Wash them clean and then dry them using a kitchen towel.

- 4. Once the leaves are dry and clean, place the leaves on a flat surface and keep the dark green side of the leaf facing downwards.
- 5. Gently devein the thick veins from the leaves using a kitchen knife, ensuring not to cut the leaf and discard the thick veins.
- 6. Place the leaf with the tip facing towards you, and apply and smear the besan paste evenly on the colocasia leaf.
- 7. Apply little besan mixture on another leaf and place it in on the first leaf with the tip of the leaf pointed in the opposite direction. Continue the same pattern until you have 4 layers with 4 leaves.
- 8. Gently fold the left and right side about 1 inch inwards. Now starting from your end tightly roll the leaves. Keep smearing the besan paste as you roll to make a log.
- 9. Repeat with the other leaves to make similar logs of patra.
- 10.Now we will steam the patras. Preheat a steamer with 3 cups of water at the bottom.
- 11.Grease the steamer plates with oil and place the rolls into the steamer plates. Cover the steamer and steam for 10 to 12 minutes on high heat. Turn off heat; remove the steamer pates from the steamer and allow them to cool for ten minutes.
- 12. Once cooled, cut the logs into one inch pinwheels and keep aside.
- 13.Now we will make the seasoning.
- 14. Heat a tablespoon of oil in a wide sauté pan on medium heat; add mustard seeds, cumin seeds, sesame seeds and allow them to crackle.
- 15.Once the seeds have crackled, add asafoetida and curry leaves. Let it cook for about 30 seconds and switch off the gas. Keep it aside.
- 16.Meanwhile, cut the patra pinwheels in your desired size. Add the Patra to the pan and cook till they tiurn golden in colour.
- 17.Once done, turn off heat and arrange the patras into a platter.
- 18.Garnish with freshly grated coconut and serve the delicious Gujarati Patra's
  - Alu Vadi's as an appetizer or along with your main course meal.

Handy Tip: Patras can be premade and frozen after they are steamed and cooled. When you are ready to use them; thaw them and then proceed with the seasoning process.

 Serve Gujarati Patra as a dish along with your gujarati meal of <u>Gujarati Kadhi</u>, <u>Bhindi</u> <u>Aloo</u> and <u>Phulkas</u> for your everyday meal.



The typical <u>Gujarati thali</u> consists of <u>rotli</u>, <u>dal</u> or <u>curry</u>, <u>rice</u>, and <u>shaak</u> (a dish made up of several different combinations of vegetables and spices, which may be either spicy or sweet). The *thali* will also include preparations made from pulses or whole beans (called kathor in Gujarati) such as moong, black eyed beans etc., a snack item (*farsaan*) like dhokla, pathra, samosa, fafda, etc. and a sweet (*mishthaan*) like mohanthal, jalebi, doodh pak etc. Gujarati cuisine varies widely in flavour and heat, depending on a family's tastes as well as the region of Gujarat to which they belong. <u>North Gujarat</u>, <u>Kathiawad</u>, <u>Kachchh</u>, <u>Central Gujarat</u> and <u>South Gujarat</u> are the five major regions of Gujarat that contribute their unique touch to Gujarati cuisine. Many Gujarati dishes are distinctively sweet, salty, and spicy simultaneously.

Despite having an extensive coastline providing wholesome <u>seafood</u>, Gujarat is primarily a vegetarian state due to the influence of <u>Jain vegetarianism</u>.<sup>[citation needed]</sup> Many communities such as Koli Patel, Muslim communities and Parsi, however, do include seafood, chicken and mutton in their diet.<sup>[1][2]]</sup>

## South Africa

Well, we finally made it to Johannesburg. It was quite the adventure. Somehow we managed to get a visa for South Africa. I spent about two weeks in Johannesburg resting up and living in the Indian community. There were a lot of westerners, black and Indians interested. I was sent to Cape Town to prepare for Maharaj Ji's visit.



In Cape Town, I stayed in the house of Nigel Fairhead. Nigel and his wife were great to me. They live in town in an old 17-century church. Cape Town was a beautiful place to live. The cape is surrounded by the Indian and the Atlantic

Ocean. Nigel introduced me to a fellow surfer Chris Parker. We became great friends. I hadn't spoken to him in over 40 years until recently. We carried our conversation as it was yesterday.



Talk Story with Nigel Fairhead Fletcher Soul Traveler



My days in Cape Town were spent in preparation for Maharaj Ji coming to visit. I would go to the university there and give talks about selfknowledge. The university and student body provided me with a classroom where I could speak. It's kind of funny I was only 19 years old. The university was real receptive and curious. When Maharaj Ji came to give a talk at the university the whole student body showed up.





I had a great time with Maharaj Ji in Cape Town. There was only one other westerner beside me. It was Gary Girard and he was traveling with him. I remember at one point I was in Maharaj Ji's

room. We were alone and he was talking about his father Shri Maharaj Ji. I remembered asking him questions about his father. Maharaj Ji gave me this magazine that came from England. It contained some of his discourse in England. On the back page was this picture of him. He gave me this magazine and signed it Saint Ji Maharaj. On the back of the magazine, he drew a map of his old school in Dehra Dun India.



Recently I talked to my friend Chris Parker who was with me when Maharaj Ji came to Cape Town. He told me that he stayed in the Salt River district of Cape Town. The owner of the house was a rich Indian businessman who owned a bottle company.



Cape of Good Hope 1

One day we went to the Cape of Good Hope. It was an incredible sight to behold the Atlantic and the Indian Ocean merging together at one point. I remember at one point Maharaj Ji and the group had a race to get to the top of these stairs. I couldn't believe how fast he ran. He beat all of us by a long shot. I thought with all of my training I was

fast. When I got to the top I was breathing quite hard. Maharaj Ji was

hardly breathing. I remember at one point a South African photographer took our picture. There were three of us Maharaj Ji, his longtime bodyguard Bihari Singh and myself. We placed our arms on top of each shoulder (just like kids) and said cheese. It was a great moment. Years ago I was given a photograph of this event. Unfortunately it was lost many moons ago.



The following day we flew back to Johannesburg. I remember Maharaj Ji passing out Nestles white chocolate on the plane. We spent another two weeks in Johannesburg. Every day we would have people of all races colors and creed come to

the house. For some reason, the South African government didn't do anything about it. We had westerners, blacks, and Indians all coming together. There was such harmony. I flew with Maharaj Ji back to England. I remember the day after I got back Maharaj Ji was speaking to a large group of people. I walked into the room and he stopped speaking and turned to me. He said right now my body is in England but my soul is in South Africa. It was a remarkable statement. The South African people captured his heart.

Recently I heard in an interview that Prem was denied permission to enter the country for around 25 plus years. During this time in South Africa he allowed anyone to come to his events. He did not discriminate. Obviously the South African government did not like this, therefore they banned him for many moons.

The following are people I remember in South Africa.

Milky

Gary Girad

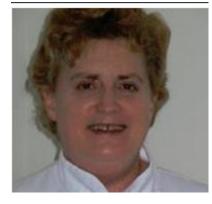
Bruce Sirota



Kali Rodriguez



Kathleen Cook



Sandy Collier



Larry Rosenfeld

Nadine Sirota

Robin Heslop



#### Interviews in Cape Town



Figure 2Johannesburg, South Africa, 28th April 1972

Leonard S.- Capetown, South Africa

I first came across Maharaji's talks when I was twenty-one years old and completing my degree in social science at the University of Cape Town in South Africa. I was struck by the obviousness of what he was saying. Far from being boring, it was instead a refreshing reminder of a fundamental happiness. What really made a difference to me was that I actually felt good while listening to what he was saying. I later understood that

listening to his talks would help me to become more familiar with this fundamental happiness that already existed within me.

At forty-two years old, I still enjoy listening and learning from Maharaji's talks and derive tremendous personal benefit from them. I can't really compare Maharaji's addresses to university lectures that engage my intellect, since what he speaks about doesn't appeal to my intellect. At the risk of sounding trite, his addresses appeal to my heart, the part of myself that feels rather than thinks. I have come to understand that there are two areas operating within me— an area of thinking and an area of feeling. I choose to explore and engage both. I have benefited from some very good lecturers and teachers who have stimulated my thinking. Maharaji has been invaluable to me in the area of feeling.

- Leonard S

The following interview I highly recommend listening to. It is quite a wild and fascinating interview with Pren.

## Wild Wise Women Parts 1, 2 and 3 Life's Essentials with Prem ...

As our lives become ever more stressful, noisy and confusing, **Prem Rawat** ... and wild young women from **Cape Town** South Africa chat with Prem in a riotous ...



# Lockdown Day 93 with Prem Rawat - Feeling Peace

Prem Rawat Official • 12K views

"Peace will be mankind's finest achievement!" -- Prem Rawat Find out more about Prem Rawat, his life, work and message......

### Chris Parker



I first met Chris in Cape Town South Africa over 45 years ago. We became instant friends. I introduced Chris to meditation. Now if you like to meditate and you're a surfer you're on the same wavelength. Chris and Nigel are like brothers to me yet I

haven't since them since my time in Cape Town. In fact, it was until recently did we hook up again. We discovered each other through Facebook. All three of us would have skype sessions. Nigel in South Africa, Chris in Australia, and myself in good old Kansas. We would talk at times for three hours. Now that's a good use of technology. It seems just like yesterday. Now I've known them for probably less than six months yet the connection between all of us is like brothers. I find that fascinating.

The foodie capital of South Africa, Cape Town's flavoursome cuisine reflects its rich cultural heritage while its award-winning wines deserve a toast

- Braai. ...
- Boerewors. ...
- Biltong. ...
- Gatsby. ...
- Bobotie. ...

- Malva Pudding. ...
- Roibos tea.



5 BEST South African food to try in Cape Town

YouTube · Dutchified Dec 8, 2017

## Back To The States

Sometime in June, I flew with Maharaj Ji back to the states. He was going on another tour. I went back to my hometown for about two weeks. When I returned many people asked where I came from. They thought I was from Iran. I told all of my friends and family about my experiences abroad. Many of them were quite interested. Maharaj Ji told Kali, Kathleen, and me to go to San Francisco to help set up for his visit.



I took a train from Santa Barbara to San Francisco. Maharaj Ji gave a couple of programs at Berkeley. From there we went to Monterey. I remember one day Bill Patterson, Maharaj Ji and myself were in this room. Maharaj Ji was telling one joke after another. I thought I was

going to die from laughter. I remembered I tried to tell a joke but ruined the punch line.





My next stage of the journey was in Colorado. I spent the summer there. Maharaj Ji had a three-day program in a town called Montrose. I went there with a small group to help calm the town's fears. They were afraid that this festival would be a rock and roll affair. They didn't want drugs or alcohol or a bunch of rowdy people in their town. We calmed the town fears and the festival was a huge success. Many of the people from the town came to the program. There was excellent press courage. I'll always remember the sunsets during the program. They were probably the most beautiful I had ever seen.

These friends helped with dealing with the city council.

Bill and Linda Bach

Guy Nouri

**Bill Patterson** 



During the first day of the program, my twin brother John came to the program. I was pleasantly surprised. He was living in Utah and somehow he ended up here. In the next couple of days, he received knowledge. He was quite blown away. One funny incident was that Maharaj Ji never knew I had a twin brother. Bihari wanted to play a trick on Maharaj Ji. He got us both together and said "Maharaj Ji look at this. This will blow your minds. He looked over our way and did a double-take. He turned to us in amazement and said "wow this is the first time God ever made a mistake. He made Richard twice. We all laughed.



My brother and I spent many hours together meditating. Meditation was love at first sight. We were both having incredible experiences. It was great for my brother to have the same kind of experiences. He admitted when I came back from my travels he didn't know quite what to believe. I guess the taste is in the pudding.



In early September I went to Colombia for two months. I had a great time there. The people were very innocent. The countryside was gorgeous. I spent a lot of time

meditating and speaking at programs.



I went on a tour with a woman named Gita. We went to the major cities Bogota, Cali, and Barranquilla. I loved Cali. Cali is in a valley and is surrounded by mountains. The Cauca River flows through the eastern part of the city. The weather is almost the

same year-round. The people were extremely friendly.

I returned to the states and landed in Florida. I took a drive away car from Miami to New York City. I remember one experience I fell asleep driving. I had no idea how long I fell asleep. It was quite the experience to wake up and find myself behind the wheel of a car. I got back to New York and spent about a week there and then flew to India with my brother.



Maharaj Ji had charted three jumbo jets to fly to India. My brother and I were on the first one. I would like to thank one kind soul who paid for my plane ticket. Wherever you thank you. My brother and I helped with security.



We had quite the life. During the day we would set outside this door and help with the security of Maharaj Ji's family. We would watch all kinds of interactions. During the night my brother and I got into this routine where we would try to meditate all

night long. We did this for about a month. The program came and went and we all traveled to Prem Nagar, the site where I was the year before. This time Prem Nagar was real crowded. There were probably over a thousand people there. Fortunately, my brother and I were assigned to do security for Maharaj Ji.

We stayed on the top of the roof. Maharaj Ji's room was there. We had a great time. During the daytime, we would interact with Maharaj Ji and at night we would meditate all night long. I remember some incredible times. My brother and I were well-liked by the people there. We developed some strong friendships with the people. Meditation was quite the experience.



I remember one night my brother and I went and meditated next to the Ganges River. This was probably around midnight. As soon as we closed our eyes both of us were swept away by this incredible white light. It was so bright I thought I was going to be blinded. The funny

thing my eyes were closed. There was such a love and bliss emitting from that light. After one hour we were awakened by a man doing guard duty. He said there were many bandits in the area and that we should go inside the compound. Well, that was the end of that experience. The only words I remembered from Maharaj Ji was that one day he was talking about how the mind is time and the body is space. To go beyond time and space we need mediation. Mediation is the key to go beyond time and space. I liked that idea. Well, my brother and I returned to the states. We didn't get sick in India but when we returned our bodies were frazzled. It took a few months to recover.

We spent about two months in California. In the early winter of 73, I went to Portland Oregon. I had a great time in Portland. I was meditating a lot. I met a lot of really nice people. That summer I drove from Portland Oregon to Denver to New York City. My brother and I took an airplane ride to London. I remember one day that a really good friend of my brother came to the program. His name was John Slowsky. I told John about my experiences when I first got back from India. He had no idea of what I was talking about. John was practicing meditation. At one point we went into this tent close our eyes and just sailed away. John Slowsky and I have been friends since that day.

I returned to New York and missed my ride back to Portland. Some of the directors at that time were really into politics. I guess with any organization politics comes with the picture. I have a hard time with politics. Anyway, I missed my ride and they decided to throw me out of the ashram. My brother was doing security for Maharaj Ji at the time so I told him. He told Maharaj Ji and Maharaj Ji said he was in charge. They had no right to throw me out. I had a feeling many of the leaders were jealous of us. We didn't strive for any power. I certainly didn't have anything to prove. I was simply enjoying my experience. The people loved my brother and me.

## Spaced Out



I spent two years living in an ashram in Mexico during the seventies. One of my dear friends had a sister who said I was the most spaced-out person she had ever met. She never told me to my face but my friend did several times. I thought it was cruel and I

still do. I guess things like this get stuffed inside. Back then I didn't say anything.



Here's what I would say today. I'm twenty-one years old. Since high school, I have traveled around the world. Learned how to meditate. Was sent to Cape Town South Africa. The task was to prepare for Maharaj Ji talk to the Cape

Town University. I was sent solo from a group in Johannesburg. I daily gave talks to the university where I first started to talk on the grounds of the university. Within a short period, they gave me a classroom to speak in. Around 5000 people came to hear Maharaj Ji speak. Maharaj Ji was extremely grateful for the work I did.



During that summer Maharaj Ji was going to do an outdoor program in Montrose Colorado. I was sent along with four others to talk to the city council and help elevate their fears. They didn't

want drugs and alcohol and a huge insane atmosphere to take

place. We calmed down their fears and many of the residences of Montrose came to the program.

Maharaj Ji sent me to Colombia South America. Gita and I did a tour of the country and gave talks.

This was all between 18 and 21. I look back and I'm amazed at what I accomplished in such a short period. I had to use practical skills to pull this off.

I admit I was space out. I don't think an ashram environment is conducive to life. I think it hinders it. That's my perspective. I think living in an ashram is like hiding from the world. I look back at the forty-plus years and see what I have accomplished.

Frankly, I think a lot of my spaced out was due to not having responsibilities like I had in South Africa, Montrose Colorado, and Colombia. Anyway, I'm proud of looking at myself and working on myself for all these years. I have been consciously trying to get rid of the junk that exists inside. You have helped me to clean out the closet. Thanks.

## My First Girl Friend



Before I met Anna Carney I never had a true girlfriend. During my high school years, I had a hard time with the way we operate in society. For example, many of my friends would see a beautiful girl and say "wow I wish I could get laid by her". They would compliment a girl by her breast size or judge

someone who was overweight. I guess I saw life different as my friends. I knew this life was sacred. I knew that to know God wasn't to go to Church on Sunday for an hour and then the rest of the week you could do anything you want. Knowing God isn't a token. You don't just unconsciously go through the motions. It's a moment by moment, day by day, year by year affair.



At times I was quite lonely in high school. All my friends had girlfriends yet I never did. Girls liked me but nothing ever developed. I think I only went on two dates in high school. I realize the loneliness was my soul was calling out to me. At times it

seems something external will fill the loneliness but it never will. The cup must be filled from within. Being young I didn't know that. I first met Anna in an ashram in Mexico City. She was from Ireland. Anna definitely caught my attention. She was on the same wavelength as me. She loved to meditate. She was fun and loved the adventure of life. Anna had a great heart and soul. She was funny. She was smart and she had wisdom. Also, she loved to cook.

Anna was kind. She had the maturity and understanding that life is sacred. So over time, we fell in love. I remember once I need to renew my visa for Mexico. Anna and I took a train to Guatemala. I still remember at the border crossing this American boy around 10 years old with a beautiful parrot on his shoulder. My first thought was this boy already knows about life. I could sense that traveling was his education.



We spent a week or two in Guatemala. I always will remember Lake Atitlan. What a beautiful Lake. The lake is surrounded by mountains and volcanos. I loved the Mayan people. They were short. Most of them were under five feet tall. Most of all they were happy and content. They come

from an incredible lineage. The Mayans at some point in time developed calendars that made the Gregorian calendar look primitive. Yet we think they were ignorant and lived in the Stone Age.



Anna and I visited Kali's Mom. She had a house in Baja California. Along the way, we stopped off at Matanchen bay. This bay was known by surfers since the sixties. On a good day, you can ride a wave

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for almost a mile. The only drawback is at sunset and sunrise the nosee-ums come out by the millions. One day we took a walk up the point, past the bay. At some point, both of us realized that we should turn around. We couldn't quite pinpoint it. We turned around and start to walk back to Matanchen bay. Well, we were right to turn around. As we were walking a bullet whizzed so close we could hear it. We didn't turn around but slowly walked away.



At some point, Anna and I thought we were going to get married. It is a custom in Ireland that the man asked the daughter's father to ask for the hand in marriage. So I did. Anna went back to Ireland to visit her family. We were going to meet in Toronto Canada in a

month. I remember Anna comes to Toronto and we are staying at this elderly couple's house. She made this dumpling soup that I still remember today. It was the best dumpling I ever had. We met Richard from White Rock British Columbia. He was driving back home and said we could travel with him if we liked. We did. I remember traveling at night and an avalanche occurred as we were passing. We were at the right place and the right time. If we were off by thirty seconds we would have covered in snow.



We ran into Mahatma Rajeshwar and Bill Paterson. They were going to do a TV interview and asked us if we wanted to come. We spent a few days there. Bill gave me a copy of a book about Milarepa. He was Tibet's greatest Yogi. The Kagyu lineage still exists today. In fact, in Ashland Oregon, there is a beautiful temple that comes from the Kagyu lineage. Bill, unfortunately, died about 10 years ago. He was well known for his kindness.



We made it to British Columbia. We stayed at Dr. Michael Klaper's house. He has been on the cutting edge of health for over 40 years. Mahatma Rajeshwar and Bill Paterson came to visit our house. We made this incredible Indian meal for Canada's

thanksgiving. Bill showed me how to put chapatis in the oven to puff up. It was a beautiful technique.

### Basic chapati

This chapati flatbread is incredibly easy to make and delicious! **PREP TIME**10 minutes **COOK TIME**10 minutes **TOTAL TIME**20 minutes

#### Ingredients

- 120g atta flour (atta flour a sieved version of wholemeal flour)
- 90g water

Optional

• Ghee

#### Instructions

- Mix the water and flour together and knead until it forms a smooth dough. Leave behind a little water since every flour needs slightly different amounts of water, add as required. The dough should not be sticky, but it should feel flexible. A few minutes kneading by hand will be sufficient.
- 2. To make your life a lot easier, leave the dough to rest on your counter, covered by a bowl or something similar. Leave it aside for at least 15 minutes, but you can leave it up to an hour, that won't do any harm. Resting it for longer will make the dough more flexible and easier to roll out. If you rest for very long, it might become a bit more sticky which you can resolve by using a little more flour when rolling out.
- 3. Preheat a tawa or flat pan on a medium-high stove.
- 4. Split the dough into four balls (depending on the size of your pan). Using a rolling pan, roll them out one by one, into a circle of a few millimeter thickness. Dust the surface or your dough if the dough is sticking.
- 5. Place the dough on the preheated pan and bake until the top just starts to dry out. Flip the chapati over, the bottom should not have turned brown yet, but have lightened in color.
- 6. Keep on the heat and flip over a few more times until both sides have turned a nice brown. After the first or second flip it should start puffing up. If not, don't worry, it will still taste good. Do not leave the chapati on for so long that it becomes crunchy. It's best when it is still slightly soft.
- Take the chapati from the pan. Cover with a little <u>ghee</u> (clarified butter) for extra flavour. Store the chapati in a clean towel until all are finished. That way it will soften slightly and stay warm.



### ★ How to make Soft Chapati / Phulka / Roti | Chapati Recipe |... Guriit Singh • 5.9M views

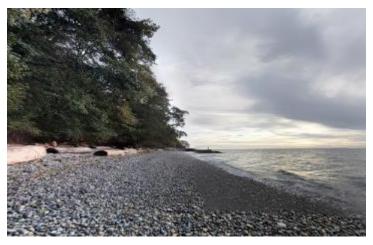
Please watch: "Ching's Paneer Chilli Recipe" https://www.youtube.com/watch?v=kIXmNrYhdeM -~-- Chapati's o...



Anna and I moved to White Rock. It's right on the border of the US and Canada. It borders Semiahmoo Bay. I remember walking home with Anna late at night when it was snowing. It was so peaceful. I used to play chess with the elderly man next door. He

loved my company.





Anna and I went to Vancouver Island with a friend of mine named Richard. He wanted to try out surfing. We went to Wreck Beach. The waves were quite fun. The water was cold. A friend of ours had a nice sauna that we

used to heat up.



At some point, Anna decides to move to Nelson BC. Quite frankly I felt lost for a while. I really didn't have the maturity and life experience to cope with

this. You can't put your happiness and love into someone else without having that inside of you. Nobody can fill you up. I learned that you can't hold on to something forever. Everything changes. Our relationship was never the same.

I spent around 6 months in Nelson BC. We stayed in a beautiful Cabin built by a friend of ours. Bill School his wife and son lived there. Nelson was an incredible place. I love the town and the people. Many of the folks were involved in meditation in one way or another. The first time I ever saw fireflies was in Nelson. I was captivated by the flashing of the lights.



We loved going to Nelson hot springs. It's a natural hot spring with many different temperature pools. It was a great place to go and relax with your friends. Back then it was real cheap in getting in.



One of my favorite moments was going to Kootenay Lake for a 3-day adventure with Anna. We took this ferry to this island. I remember having French bread and brie cheese along with a little white wine. The ferry ride was gorgeous.

Mountains were all around the lake and the water was crystal clear.



During my stay in Nelson, I met someone who went to Jay Victor Scherer's Academy of Natural Healing in Santa Fe New Mexico. I decided to move there. Anna moved to Gainesville Florida.

The year was 1976. Anna was visiting me in New Mexico and we drove to Newport Beach, California. During our visit there my dad invited Anna and I to dinner. I will always remember how delicious his gazpacho soup was. It was served cold. I think it was probably the first time I ever had it. I love the tomato based soup with avocados, tomatoes, and celery. Anna and I made an Indian meal for my Mom and sister Jane. We also made a Middle Eastern meal.

During this visit we drove from Newport Beach to Boulder City Nevada. My grandmother Josie invited us there. My grandmother Josie was quite impressed on my spiritual journey. She even subscribe to a magazine called 'And it is divine'. It was a magazine that the students of Prem Rawat put out. I remember her taking us to a Christian Scientist meeting. She proudly introduced us to her fellow friends. They were quite impressed with Anna and I. That was the last time I ever saw my grandmother Josie.





Anna and I never got together again. The last time I saw her was over thirty years ago. We had lunch at a Kims Chinese restaurant in Miami Beach. I remember having Wong Tong soup.

I have fond memories of Anna. Anna has

been happily married since 1997. I'm happy that she has found someone special in her life. Thanks, Anna for being a part of my life.

### Gazpacho soup

Chef: Richard Fletcher Ethnic: Spanish Main Ingredient: V8 juice Categories: Soup Meal Type: Dinner Food Type: Vegan Level:Easy Servings: 4 Prep Time:15 minutes

Cook Time:



This recipe is not exactly the same recipe that my Dad used to make 40 years ago when I had it last. The ingredients are the same but the exact measurements are lost in the winds of time. I used to love my Dad's Gazpacho soup. Thanks for Diane for reminding me of this soup.



- 32 oz V8 Juice
- 1 tablespoon olive oil
- 1 1/2 cups diced fine cucumber
- 1 cup diced fine celery
- 1/2 cup diced fine green peppers
- 1/2 cup diced fine red peppers
- 2 medium diced scallions
- 1 roma diced red Tomatoes
- 2 clove diced garlic
- 1/2 whole fresh Lemon juice
- salt to taste
- 1/8 teaspoon pepper
- 1 whole diced avocado
- 1/2 cup Bread crumbs Recipe

Combine all ingredients into bowl except for the garnish. Refrigerate for at least 2 hours.

Just before serving, cut avocado in half, remove pit, scoop flesh out, and dice into small pieces.

Garnish with bread crumbs and diced avocado.

#### **Nutrition Facts**

Serving Size 1 Gazpacho soup Servings Per Batch 4	
Amount Per Serving	
Calories601	Calories from Fat 6
	% Daily Value *
Total Fat 12g	18%
Saturated Fat 2g	9%
Monounsaturated Fat 8g	
Polyunsaturated Fat 2g	
Trans Fat Og	
Cholesterol Og	0%
Sodium 3693mg	154%
Potassium 4253mg	122%
Total Carbohydrate 100g	33%
Dietary Fiber 21g	85%
Sugars 68g	
Protein 20g	40%
Vitamin A	342%
Vitamin C	1041%
Calcium	37%
Iron	7%

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Nutritional information

### Baklava

Chef: Richard Fletcher Ethnic: Middle Eastern Main Ingredient: Phyllo leaves Categories: Dessert Meal Type: Dessert Food Type: Vegetarian Level:Easy Servings: 4 Prep Time:35 minutes Cook Time:50 minutes



The first time I had baklava was in Athens Greece in 1971. I first made baklava in New York City during the seventies. Of course everyone looked forward to this dish. It is absolutely delicious. This dish has pistachios, walnuts, honey, rose water and saffron.



- 20 sheet package phyllo dough
- 1 cup chopped pistachios

- 1 cup chopped walnuts
- 1 cup melted butter
- 3/4 cup white sugar
- 1/16 teaspoon saffron
- 1 1/4 cups water
- $1 \frac{1}{4}$  cups honey
- 1/8 teaspoon rose water **Recipe**

Preheat oven to 375

Unroll phyllo. Cover phyllo with a damp cloth to keep it from drying out.

Place two sheets of phyllo in the bottom of a buttered baking dish.

Brush phyllo generously with butter. Sprinkle 2 to 3 tablespoons of the nut mixture on top. Repeat layers until all ingredients are used.

Place baklava in oven and bake for 20 minutes or until baklava turns golden brown.

While baklava is baking create sauce by combining sugar and water in a small saucepan over medium heat and bringing to a boil. Stir in honey and saffron. Turn off heat

Remove the baklava from the oven when it is golden brown and pour sauce mixture on top.

### **Nutrition Facts**

Serving Size 1 Baklava Servings Per Batch 4	
Amount Per Serving	
Calories1460	Calories from Fat 2
	% Daily Value *
Total Fat 84g	129%
Saturated Fat 33g	166%
Monounsaturated Fat 27g	
Polyunsaturated Fat 18g	
Trans Fat 2g	

Cholesterol 122g	41%
Sodium 472mg	20%
Potassium 608mg	17%
Total Carbohydrate 169g	56%
Dietary Fiber 7g	29%
Sugars 110g	
Protein 21g	42%
Vitamin A	31%
Vitamin C	5%
Calcium	8%
Iron	6%

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

### Nutritional information

# **Stuffed Grape Leaves**

Chef: Richard Fletcher Ethnic: Middle Eastern Main Ingredient: Grape Leaves Categories: Appetizers Meal Type: Dinner Food Type: Vegetarian Level:Easy Servings: 4 Prep Time: Cook Time:



I first made this recipe in New York city during the seventies. Everybody would love this dish.

Print

- 1 cup basmati rice
- 2 cups water
- 1 cup Grape leaves
- 1 small onion
- dash of salt
- 1/8 teaspoon black pepper
- 1/4 cup pine nuts
- 1/4 cup raisins Recipe

Cook basmati rice. Add water to pan. Boil. Add rice. When it starts boiling again turn down to medium heat. Cook for 20 minutes. Take off burner and set aside.

Sauté onions in olive oil on low flame until onions are soft and clear. Add pine nuts, salt, pepper and raisins to rice. Place a spoonful of the filling in the center of the grape leaf and wrap up the leaf around it folding in the sides. Then put 1/2 inch of water in a pot and steam for 15 to 25 minutes.

**Nutrition Facts** 

Serving Size 1 Stuffed Grape Leaves Servings Per Batch 4 Amount Per Serving

Calories263	Calories from Fat 5
	% Daily Value *
Total Fat 6g	10%
Saturated Fat Og	2%
Monounsaturated Fat 2g	
Polyunsaturated Fat 3g	
Trans Fat Og	
Cholesterol Og	0%
Sodium 48mg	2%
Potassium 208mg	6%
Total Carbohydrate 48g	16%
Dietary Fiber 2g	8%
Sugars 7g	
Protein 5g	10%
Vitamin A	19%
Vitamin C	3%
Calcium	4%
Iron	3%

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Nutritional information

# Spanakopita (Greek Spinach Pie)

Chef: Richard Fletcher

Ethnic: Greek

Main Ingredient: Spinach

Categories: Main

Meal Type: Dinner Food Type: Vegetarian Level:Easy Servings: 4 Prep Time:15 minutes Cook Time:20 minutes



This is one of my favorites Greek dishes. I've been making this for over 30 years. First time I had this was in Athens Greece.



- 16 oz fresh spinach
- 2 whole fresh Lemon juice
- 3 cloves garlic diced fine
- 1 medium onion diced fine
- 1 cup diced feta cheese
- 28 large olives
- 1 tablespoon olive oil
- 6 sheetdough Phyllo dough
- 1 stick butter Recipe

Pre heat oven to 375

Sauté in olive oil the onion, garlic, salt and pepper until the onion becomes clear. Add the spinach. Cook until spinach is wilted. Take off burner. Add fresh lemon juice, olives and feta cheese. Melt butter in saucepan. Lay on cookie sheet or glass pan 3 sheets of phyllo leaves. With pastry brush coat the

phyllo leaves with the butter. Make sure phyllo leaves are soaked thoroughly. Spread the spinach mixture all over the phyllo leaves. Add the 3 remaining phyllo leaves and spread the butter on top of the phyllo leaves. Bake for 20-25 minutes or until phyllo crust is golden brown.

#### **Nutrition Facts**

Serving Size 1 Spanakopita (Greek Spinach Pie)

Servings Per Batch 4	
Amount Per Serving	
Calories740	Calories from Fat 2
	% Daily Value *
Total Fat 44g	67%
Saturated Fat 22g	111%
Monounsaturated Fat 14g	
Polyunsaturated Fat 4g	
Trans Fat 1g	
Cholesterol 94g	31%
	700/
Sodium 1686mg	70%
Potassium 6484mg	70% 185%
-	
Potassium 6484mg	185%
Potassium 6484mg Total Carbohydrate 66g	185% 22%
Potassium 6484mg Total Carbohydrate 66g Dietary Fiber 27g	185% 22%
Potassium 6484mg Total Carbohydrate 66g Dietary Fiber 27g Sugars 8g	185% 22% 109%
Potassium 6484mg Total Carbohydrate 66g Dietary Fiber 27g Sugars 8g Protein 41g	185% 22% 109% 82%
Potassium 6484mg Total Carbohydrate 66g Dietary Fiber 27g Sugars 8g Protein 41g Vitamin A	185% 22% 109% 82% 2150%
Potassium 6484mg Total Carbohydrate 66g Dietary Fiber 27g Sugars 8g Protein 41g Vitamin A Vitamin C	185% 22% 109% 82% 2150% 555%

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Nutritional information

# Wong tong soup

Chef: Richard Fletcher Ethnic: Chinese Main Ingredient: Wong tong Categories: Soup Meal Type: Dinner Food Type: Non vegetarian Level:Easy Servings: 4 Prep Time:10 minutes Cook Time:20 minutes



This is not the usual Wong tong soup. It is very simple with only 6 ingredients



- 6 cups chicken stock
- 1 bunch spinach
- 1 tablespoon curry powder
- store bought wontons or homemade
- 1/8 teaspoon sesame oil
- 1 cup Chinese snow peas

#### Recipe

Cook stock over medium heat.

Add Spinach and curry powder to stock. Cook for 5 minutes. Add your Chinese pea pods. Cook for two minutes. Turn off burner.

In separate pan bring water to boil.

Add wontons to boiling water

When wontons float to the surface take them out of the pot and put them into the stock mixture.

\*Using wontons ingredient \* wontons not found in USDA database

#### **Nutrition Facts**

Serving Size 1 Wong tong soup Servings Per Batch 4

Amount Per Serving

Calories156	Calories from Fat 4
	% Daily Value *
Total Fat 5g	8%
Saturated Fat 1g	6%
Monounsaturated Fat 2g	
Polyunsaturated Fat 1g	
Trans Fat Og	
Cholesterol 11g	4%
Sodium 583mg	24%

Potassium 877mg	25%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	10%
Sugars 6g	
Protein 12g	23%
Vitamin A	160%
Vitamin C	41%
Calcium	10%
Iron	4%

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Nutritional information

## Onion subji



I remember one time when we had hardly any money and Anna cooked an incredible onion subji. It was absolutely delicious.

# Indian vegetarian feast



One day Anna invited one of her co-workers to dinner. She probably spent around 6 hours cooking an incredible feast. When the guest left Anna turned to me and said I don't think he liked the meal that I made.

I still remember this almost 50 years later.

# Santa Fe New Mexico



I went to Jay Victor Scherer's Academy of Natural Healing in Santa Fe New Mexico for one year. It was an incredible experience. I made enough money in Canada to pay for my tuition. Dr. Scherer was a well-loved and respected naturopathic physician and massage therapist in Santa Fe for over 40 years. He was a great healer and teacher. Short and wiry, Jay was a strong man with huge warm hands. He had a wonderful sense of humor, a generous spirit,

and a kind heart. His compassion for those in pain or need was boundless, and he never turned anyone away. Jay trained hundreds of students. Jay introduced me to St. Germain an ascended master. Back then he was on the cutting edge of New Age/Old Age thought.

This is from his school web site.

His love and passion for massage therapy was central to all his work. Even at age 84, he would come out of his massage treatment room doing a little dance, saying, "If you do it right, it *gives* you energy." As a naturopath, Dr. Scherer also practiced homeopathy, nutrition, herbal medicine, color therapy, colonic irrigation, and spiritual healing. He was a pioneer in the naturopathic field, passionately committed not only to the healing process of individuals with whom he worked, but also to the living body of knowledge that is always evolving and could be passed down from teacher to student in a mentoring tradition.



Scott Gershen was the primary teacher. He was a gentle soul. The classes usually occurred inside of his home. Scott and his wife Vivian died in an airplane crash in Burma.

# This is from the NY Times

On June 21, 45 Burmese died when a Burma Airways Fokker Friendship 27, a Dutch-made medium-range plane that is the airline's mainstay aircraft, hit an 8,200-foot-high mountain minutes after takeoff from the eastern town of Heho, about 280 miles northeast of Rangoon. The Government has not said what caused the June crash.

The crash today occurred one day after diplomatic officials reported that police protection of the United States Embassy in Rangoon had been increased because of reports that an anti-American terrorist group had entered Burma. List of Casualties

WASHINGTON, Oct. 11 (AP) - The State Department released the names of 12 of the Americans killed in the crash: GERSHEN, Scott, Santa Fe, N.M. GERSHEN, Vivian, Santa Fe, N.M. GRIFFIN,



I took a trip with Scott Gershen and Vivian to Mazatlán Mexico during our spring break. We camped out for a whole week. This is when their relationship began.



I had two incredible roommates and classmates. Silas Smith and Ephraim French. They were both from Santa Barbara California. Silas was tall around 6'6 but he had incredible agility. He was an incredible skateboarder. In fact, he won first place at a skateboarding event at Los Alamos

where the Manhattan project occurred in the forties.



Figure 3 click to listen to song

I have fond memories of listening to the Jefferson Starship play the song Miracles on the radio. My other favorite song was dust in the wind by the band Kansas. We would skateboard at night on this incredible mountain road. Ephraim would drive this car and the headlights were on full beam. Silas and I would ride down the mountain weaving back and forth. It was a

# blast.



Kansas - Dust in the Wind (Official Video) 205M views • 12 years ago

🔮 KANSAS 🖌

Lyrics: Dust in the wind All they are is dust in the wind #Kansas #DustintheWind #Rock.





Ephraim and I loved to play tennis at the governor's mansion. He was kind to let people play on his tennis court. Ephraim was fun to play with. We didn't play to win but we played to have fun. Big

difference. Both of them worked at the Sheraton hotel as waiters. Another friend of mine Bill Whyland worked there also.

Ephraim, Silas, and I for a while stayed at Nora Fisher's house. She lived a few blocks away from the plaza. Nora was kind and gracious having us living there. Nora was the curator of textiles at the Museum of International Folk Art in Santa Fe. She has since retired. It was always an atmosphere of fun and enjoyment. I remember there was a party at Nora's friend's house. It was out in the country. This house was built out of adobe. It was awesome. One of my favorite styles is adobe. The adobe keeps the house cool during summer and warm during the winter. I remember falling asleep on the floor. The next morning my friends said did you know we had a party last night and we danced all over you and you didn't wake up. Talk about sound sleep.

This is what Nora has written about her career. Pretty incredible. I will be honest at the time I didn't know and understand her work. Forty years later I beginning to see her importance in her field.



Between 1965 and 1998 I had 33 years working as a Curator with textile collections in a Museum setting, first at the Textile Museum in Washington, DC, and then at the Museum of International Folk Art, Santa Fe, New Mexico. During the time I worked with Museum collections I had several stints at designing and instituting new textile storage areas and was awarded an International Partnership Among Museums (IPAM) grant to do a museum exchange with the

Kelkar Museum in Pune, Maharashtra. Mud, Mirror, and Thread: Folk Traditions of Rural India, published by Mapin Press, Ahmedabad in 1993, 1995, and, most recently, in 2006. I have pursued fieldwork studying the Banjara in eight states: Himachal Pradesh, Uttar Pradesh, Gujarat, Rajasthan, Madhya Pradesh, Maharashtra, Andhra Pradesh, and Karnataka. As for myself, Nora Fisher: I have 33 years of experience working with textile collections in a Museum setting, first at the Textile Museum in Washington, DC, and then at the Museum of International Folk Art, Santa Fe, New Mexico. During the time I worked with Museum collections I had several stints at designing and instituting new textile storage areas. During my museum work, I took two personal senior fellowships (1988-89 and 1992-93) that were processed through the American Institute of Indian Studies, New Delhi. Both grants were hosted at Gujarat Vidyapith in Ahmedabad, and both focused on the embroidery and dress of the Banjara. I have done fieldwork studying the Banjara in eight states: Himachal Pradesh, Uttar Pradesh, Gujarat, Rajasthan, Madhya Pradesh, Maharashtra, Andhra Pradesh, and Karnataka. I am most at ease in Karnataka: working with the Banjara, visiting and staying in tandas, and meeting with Banjara in cities. Mud, Mirror, and Thread: Folk Traditions of Rural India was published, by Mapin Press, Ahmedabad in 1993, 1995, and, most recently, in 2006.

Nora had this small funky convenience store near her house. I would buy bananas and frozen orange juice to make smoothies. During the winter we would like to soak up the rays outside the store. I loved feeling the rays hitting my body. Words truly can't describe it.



For a time I worked at the Compound a famous restaurant on Canyon Road. Esquire magazine awarded it the restaurant of the year for the Southwest. It was built out of adobe. I loved the inside of the restaurant. The wall was painted in pure white. The owner was

Victor Sagheer originally from Lebanon. He was a great boss. I remember they would serve these incredible meals for the staff.



I once waited upon the table of Art Garfunkel of Simon and Garfunkel fame.



I would ride my bike to work. During the winter it was so peaceful riding my bike back home at night. At times it would be snowing and it was so serene. Nobody else would be on the road. I would pass the main plaza in town and all these incredible lights were

surrounding the plaza. I never knew that it was the custom to place candles inside paper bags. Wow!!!. This is called a luminaria or farolito depending on who you talk to.



New Mexico is called the land of enchantment. It's in the high desert. About 45 minutes away is the Santa Fe National Forest. The Santa Fe ski basin is situated there. I first learned how to ski there.



The most incredible sunsets would occur there. Being in the high desert it seemed you could almost touch the sky. At times it would give me chills at the beauty of it all. This is literally God's painting. The signposts are everywhere. Every sunrise and sunset was different.



Yogi Bhajan and his followers had this incredible vegetarian restaurant in town. Back then they didn't have very many. They served a mixture of Indian and vegetarian cuisine. They also had the golden temple ice cream of either honey or carob. You could also buy the ice cream at the

local food Co-op. this was probably the best-tasting ice cream I ever had.

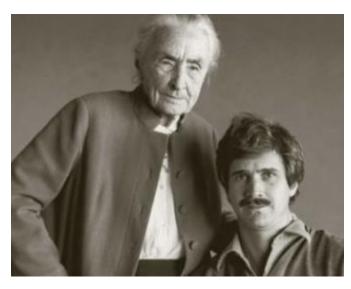


My twin John's business partner Gurminder uncle is Yogi Bajan. He tells many interesting stories about his uncle.

He told one story that President Clinton lost his voice for around 2 weeks. He went to New Mexico to get healed. Gurminderr and his uncle helped heal him. Fast forward a few years ,Gurminder is in Los Angeles. He is about ready to cross the street when a motorcade approaches the intersection. The motorcade stops and the window gets rolled down. To Gurminder astonishment the president of the United

States waves to him and says come on in. The story gets quite long so let's keep it short.

I met Yogi Bhajan once. Ephraim's friend was getting married and Yogi Bhajan was going to do the ceremony. His friend was an attorney for the organization.



My friend Ephraim was also friends with Juan Hamilton. I met him a few times.

This is from Bazar magazine including the picture.

Georgia O'Keeffe's intimate relationship with Juan Hamilton, 58 years her junior, was an art-world scandal.

At that time Georgia O'Keeffe was my favorite artist. She definitely lived outside of the box. I admired that. She moved to New Mexico from New York so we could paint whatever came her way.

Santa Fe had an avant-garde movie theater. They would play films all around the world. I remember they would serve incredible food there. It wasn't your typical movie food such as popcorn and soda. They would serve beer and wine. It was quite the experience.



It's funny my friend Paul Cohen's black sheep of the family was Ram Das. Ephraim, Silas, and I saw him give a talk in Albuquerque about an hour away from Santa Fe. I don't remember too much about his talk. He went over his life. At the

time Ram Das was at the forefront of the mediation movement. He was

underground. At that time meditation was still on the fringe of society. You were considered an outcast back then. Today you can learn about meditation almost anywhere. Times have changed.



Figure 4Christmas eve and birthday

Since then I haven't seen Ephraim or Nora. When I moved to Ashland Oregon I heard rumors that Silas lived in the area. Through synchronicity, I tracked him down. It was just like the old times. Our connection never died. Silas comes to my Christmas Eve birthday party when I come to town for a visit.

# https://tomasitas.com/

Sopaipillas



Think Albuquerque and what comes to mind is probably hot air balloons and maybe the longest aerial tramway in North America (2.7 miles.) But for foodies, Albuquerque has another claim to fame. It's the place where, so rumor has it, sopaipillas were invented over 200 years ago.

Virtually unknown in the rest of the country, sopaipillas are uniquely New Mexican. Made from tortilla-like dough and deep fried until puffy, like little pillows, their popularity is in a class of its own. In a 2015 survey of each state's most popular, unique food, sopaipillas easily topped the list for New Mexico.

Not only are they pretty addictive on their own, they are also very versatile and can be used as a vehicle for either sweet or savory fillings. The classic sopaipilla is teamed with honey and is a perfect foil for New Mexico chile, while savory fillings like meat, cheese, beans and chicken, can turn it into a meal in itself. Locals typically eat sopaipillas with their meal, because the honey cuts the spiciness of the chile. Out of state visitors tend to eat them as a dessert. Let your server know which you prefer – but remember they are best eaten when hot and fresh out of the fryer.

In case you're wondering about the name, it's thought to have come from the Spanish word 'sopaipa,' meaning sweetened fried dough, or 'xopaipa,' meaning bread soaked in oil. Also popular in Chile, Argentina and Uruguay, they take a quite different form in those countries. Chilean sopaipillas are round and flat and, if eaten sweet, are dipped in chancaca (a black beet sugar) and cinnamon. If savory, they can be eaten with ketchup or mustard. In Chile, sopaipillas are also traditionally made and eaten during days of heavy rain. Fortunately for us, New Mexico doesn't have the same tradition!

butterRed or Green?



## We Don't Mess with the Chile

New Mexico is famous for its chile and so are Tomasita's and the Atrisco. And that's because we do it right. All our chile comes from family owned and operated businesses in and around the village of Hatch, the self-proclaimed 'chile capital of the world.' These families have been growing chile in southern New Mexico for generations and pride themselves on still doing things the traditional way.

The Franzoy family business, Vegetable Products, has been supplying us with green chile for over a decade. The chile is harvested, by hand, in the morning and roasted, cleaned and frozen that same afternoon. The speed and efficiency of the operation makes for the best, freshest tasting chile around.

Our red chile comes from Salem, an even smaller village just up the road from Hatch, where it's grown by the Delgado family. After harvesting, the chile is left out in the fields to dry. The sun-dried, whole pods are what we then purchase and immediately freeze, to maintain their freshness and flavor.

Preparation is a bit more involved for red than it is for green. After removing the stems, the pods are seeded, rinsed and soaked, before being put through a grinder (for home use, a blender) to make red chile paste.

From that point on, both red and green are treated the same way. And since out goal is simply to bring out the distinctive flavor of New Mexico chile, we add nothing but an olive oil based roux and some garlic. (A gluten free version is also available on request.) That's it!

So now you know what we mean, when we say, "We don't mess with the chile!"

- One fresh, medium sized green chile has as much vitamin C as six oranges.
- Hot chile peppers burn calories by triggering a response in the body that speeds up the metabolism.
- Capsaicin, the heat generating substance in chile peppers, is used in ointments, patches and tinctures, to treat arthritic pain and aching muscles.
- Chiles are very mineral rich, containing high levels of potassium, manganese, iron and magnesium.
- Capsaicin has been shown to dramatically inhibit the growth of prostate cancer cells.
- Chile peppers have powerful antioxidant, anti-bacterial, anti-inflammatory, analgesic and anti-carcinogenic properties.

# The **Eighties**



The eighties was a time where I learned how to have my feet on the ground and my head in heaven. I got married in 1979 and had a beautiful daughter named Leilani. I'm so proud of her. Her husband is

from Egypt and she has three wonderful daughters. She has embraced the Muslim faith. Her husband is a jewel. They have an incredible sense of dignity, humor, and love in their life. They live in South Carolina. Leilani loved the ocean. At two years old we would boogie board. We would catch a wave and she would hold on to me. We loved it. She learned the beauty of the ocean. She learned how to love different ethnic cuisines. Imagine at two years old loving Potato Subji.



Our favorite restaurant was Shu Shin a Japanese restaurant. Leilani's favorite was an eggplant dish with incredible miso-like sauce.

## More Japanese recipes

I learned a few Japanese recipes in the '80s while living in Florida. I love eating different styles of foods that I have never seen before.



Japanese



We would love when we got back from the beach to visit the Athens juice bar. They would make incredible fresh juices. Our favorite was homemade fresh Pina Colada.

I went back to school and learned about writing software.

This was love at first sight. I could develop an incredible piece and software starting from a blank slate. Through trials and errors (fixing bugs) a product then is used to make things easier to get their job done.

I was a software engineer for the Miami Beach department. I have incredible memories of working there. I'm still in contact with some of my former co-workers. They loved the work I performed.



During this time there was a cocaine epidemic in South Florida. Every day huge amounts of cocaine were stored in the Miami Beach Police department. I developed a Property Management program where all evidence was logged into a computer program. I could provide many different kinds of reports that were useful for the Police department. The police were very nice and appreciative

of my work. I developed programs which made their life easier.



I wrote a crime analyst program during this time. President Carter during the Mariel refugee crisis allowed many Cubans into the United States. Consequently, Fidel Castro set free many prisoners from his prisons. Crime skyrocketed in Miami Beach. I wrote a

program that keeps track and reported on many different aspects of crime.



I developed a Pawn Shop program. Imagine someone broke into your house and stole some jewelry. They will try to pawn it to a Pawn shop. Miami Beach had a new law where any items which came to the pawn

shop had to be registered with the program I wrote. We then could identify any item which was to be sold with any item that was stolen.

## Florida Christmas Sweets

## Carrot Halva

Chef: Richard Fletcher

Ethnic: Indian Main Ingredient: Carrots Categories: Dessert Meal Type: Dessert Food Type: Vegetarian Level:Easy Servings: 4 Prep Time:10 minutes Cook Time:15 minutes



As a kid I really did not love cooked carrots. While I was in India I first had this desert and boy did I change my mind. The Indians really know how to cook and present their food in an attractive manner. This was the first dish that I ate that in India was served with a small layer of real silver paper on top of the desert.



• 6 large grated carrots

- 3 teaspoons stevia powder
- 1 teaspoon cardamom pods
- 1/8 teaspoon saffron
- 1/2 cup half and half milk
- 1/2 cup almonds
- 3 tablespoons ghee Recipe

Grate carrots.

Add ghee(clarified butter) and cardamom pods. When you can smell the cardamom add the carrots and cook for around 5 minutes.

Add milk and saffron to pan.

Cook with milk on medium heat stirring constantly.

Add stevia and almonds Cook for another 5 minutes. Pour into pan and let it cool.

Garnish with ghee and almonds.

### **Nutrition Facts**

Serving Size 1 Carrot Halwa Servings Per Batch 4

Amount Per Serving

Calories228	Calories from Fat 1
	% Daily Value *
Total Fat 18g	28%
Saturated Fat 8g	40%
Monounsaturated Fat 7g	;
Polyunsaturated Fat 2g	
Trans Fat Og	
Cholesterol 34g	11%
Sodium 89mg	4%
Potassium 475mg	14%
Total Carbohydrate 14g5%	
Dietary Fiber 5g	18%
Sugars 6g	

Protein 4g	9%
Vitamin A	368%
Vitamin C	11%
Calcium	10%

# Cream of wheat Halva

Suji Halva Chef: Richard Fletcher

Ethnic: Indian

Main Ingredient: Semolina

Categories: Dessert

Meal Type: Dessert

Food Type: Vegetarian

Level:Easy

Servings: 4

Prep Time:10 minutes

Cook Time:around 10 minutes



This is another dish I have been making for 40 years. I first had this dish in India. I would consider this dish Indian comfort food. When I first had this at 18 years old in India I had this on a big leaf. It tasted so good.

Print

- 1 cup semolina flour or cream of wheat
- 1/4 cup ghee
- 1/3 cup sugar or 1/3 cup honey or 3 tablespoons stevia
- 4 cups milk
- 1 cup raisins
- 1 tablespoon crushed cardamom
- 1 cup cashews

#### Recipe

Melt ghee. Sauté semolina for 4 minutes and then add the crushed cardamom seeds and cashews. Sauté this until it turns a reddish color. Add milk, sugar or honey and raisins.

Stir constantly until the halva comes of the sides of the pot. The halva is now done.

#### **Nutrition Facts**

Serving Size 1 Suji Halva Servings Per Batch 4

**Amount Per Serving** 

Calories972	Calories from Fat 2
	% Daily Value *
Total Fat 52g	80%
Saturated Fat 18g	91%
Monounsaturated Fat 24g	
Polyunsaturated Fat 6g	
Trans Fat Og	
Cholesterol 55g	18%
Sodium 550mg	23%
Potassium 1078mg	31%
Total Carbohydrate 111g	37%
Dietary Fiber 5g	22%
Sugars 54g	
Protein 25g	50%
Vitamin A	15%
Vitamin C	2%
Calcium	34%
Iron	7%

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

## Nutritional information

Burfi (Indian sweet meat) Chef: Richard Fletcher Ethnic: Indian Main Ingredient: Pistachios Categories: Dessert Meal Type: Dessert

Food Type: Vegetarian

Level:Easy

Servings: 4

Prep Time:

Cook Time:



I first had this dessert in India in the early seventies. They would serve this dish with real silver or gold sheets on top of the dessert. Being a teenager I was wowed by the looks and taste.



- 3/4 cup ghee
- 1 1/4 cups sugar or 4 tablespoons stevia
- 1 cup whole milk
- 3 1/2 cups powdered milk
- 1 cup chopped pistachios Recipe

Melt ghee in frying pan. Add sugar and mix. Add whole milk and bring to a boil on medium heat.

Lower heat, and then add powdered milk gradually to stir out lumps. Take off stove and beat with electric mixer. Adds most of the nuts. Spread on cookie sheet. Press rest of chopped pistachios into top. Refrigerate.

When hard cut into diamond shapes or squares.

#### **Nutrition Facts**

Serving Size 1 Burfi (Indian sweet meat) Servings Per Batch 4	
Amount Per Serving	
Calories820	Calories from Fat 2
	% Daily Value *
Total Fat 56g	87%
Saturated Fat 28g	140%
Monounsaturated Fat 18g	
Polyunsaturated Fat 6g	
Trans Fat 1g	
Cholesterol 116g	39%
Sodium 110mg	5%
Potassium 648mg	19%
Total Carbohydrate 70g	23%
Dietary Fiber 3g	13%
Sugars 65g	
Protein 14g	29%
Vitamin A	32%
Vitamin C	3%
Calcium	32%

Iron

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

### Nutritional information

## Laddus

Chef: Richard Fletcher Ethnic: Indian Main Ingredient: Urad dahl Categories: Dessert Meal Type: Dessert Food Type: Non vegetarian Level:Intermidate Servings: 20 Prep Time:around 10 minutes



Laddus are one of my favorties Indian desserts. The first time I had them was in India. I was 18 years old.



- 3 cups urad dal
- 1 1/2 cups sugar
- 1 cup ghee

### Recipe

Put the urad dahl in a cast iron skillet and have the heat on medium. Stir continuously until the urad dahl becomes golden in color. You kitchen should smell like urad dahl. Take off fire and let it cool

Pulse urad dal in food processor until it becomes like sand. If you don 't pulse it fine enough the laddus will be to crunchy. The other way is to use a mill grinder.

Once you have the urad dahl grinded fine enough add your sugar. Stir until they are mixed together with the urad dahl. Slowly add your ghee and mixed together. Let it cool and form unto balls. If you can 't form the mixture into a ball try adding a little warm milk to the mixture. This will allow you form a ball.

The first time I tried to make it I had this problem. I discovered this is quite a common problem. Adding warm milk to this laddus solves the problem.

Also be aware that this mixture is quite hot. Let it cool down before you form them into ball.

#### **Nutrition Facts**

Serving Size 1 Laddus Servings Per Batch 20

Amount Per Serving	
Calories311	Calories from Fat 2
	% Daily Value *
Total Fat 20g	31%
Saturated Fat 12g	59%
Monounsaturated Fat 5g	
Polyunsaturated Fat 2g	
Trans Fat 1g	
Cholesterol 49g	16%
Sodium 10mg	0%
Potassium 268mg	8%
Total Carbohydrate 28g	9%
Dietary Fiber 5g	21%
Sugars 13g	
Protein 6g	12%

Vitamin A	12%
Vitamin C	2%
Calcium	4%
Iron	2%

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

## Nutritional information

## Mexican wedding cookies Chef: Richard Fletcher

Ethnic: Mexican Main Ingredient: Pecans Categories: Dessert Meal Type: Dessert Food Type: Vegetarian Level:Easy Servings: 4 Prep Time:10 minutes Cook Time:30 minutes



When I lived in Mexico City I learned how to make these delicious cookies. I 've been making these for 40 years. This recipe was originally from the Joy of cooking.

Print

1 cup butter 4 tablespoons sugar

2 tablespoons vanilla2 cups Wheat flour, white, all-purpose, enriched, unbleached

2 cups pecans ground

1/4 cup powdered sugar

#### Recipe

Preheat oven to 300 Beat till soft the butter. Add sugar and blend until creamy. Add vanilla. . Measures then grind 2 cups pecans. Sift then measure 2 cups flour. Stir pecans and flour into butter mixture. Roll into balls. Grease sheet. Bake at 300 for 30 minutes. The cookies are done when they are brown. Sift confectioners' sugar on top.

#### **Nutrition Facts**

Serving Size 1 Mexican wedding cookies Servings Per Batch 4	
Amount Per Serving	
Calories426	Calories from Fat 1
	% Daily Value *
Total Fat 46g	71%
Saturated Fat 29g	146%
Monounsaturated Fat 12g	
Polyunsaturated Fat 2g	
Trans Fat 2g	
Cholesterol 122g	41%
Sodium 7mg	0%
Potassium 23mg	1%
Total Carbohydrate 1g	0%
Dietary Fiber Og	0%
Sugars 1g	
Protein Og	1%
Vitamin A	28%
Vitamin C	0%
Calcium	1%
Iron	0%

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Nutritional information

## Pastelitos de Guayaba

#### Chef: Richard Fletcher

Ethnic: Cuban Main Ingredient: Guava Categories: Dessert Meal Type: Dessert Food Type: Vegetarian Level:Easy Servings: 4 Prep Time:15 minutes Cook Time:30 minutes



I first had this in Florida. It is delicious. I made this for a Cuban friend of mine and he loved it.



- 16 tablespoons guava paste
- 1/2 whole lime
- 1/4 cup water
- 8 shell Puff pastry, frozen, ready-to-bake
- 2 medium eggs
- 1/16 cup water Recipe

Preheat oven to 350. Combine Guava, 1/4 cup water, fresh lime juice and puree in blender.

To assemble: Take thawed cold puff pastry (warning: don't leave this out for too long or you can't unfold it). Open each pastry packet up and cut each packet on the 3 seams lengthwise making three sections from each packet. Spread the guava puree on half (3 sections) of the puff pastry and cover with the remaining three sections. You will have 3 complete strips when you are done. Mix the beaten eggs with 1 Tablespoon of water and brush on the top of the pastry. Bake in 350 oven for 30 minutes.

#### **Nutrition Facts**

Serving Size 1 Pastelitos de Guayaba Servings Per Batch 4	
Amount Per Serving	
Calories482	Calories from Fat 2
	% Daily Value *
Total Fat 33g	51%
Saturated Fat 5g	26%
Monounsaturated Fat 8g	
Polyunsaturated Fat 18g	
Trans Fat Og	
Cholesterol 82g	27%
Sodium 235mg	10%
Potassium 88mg	3%
Total Carbohydrate 38g	13%
Dietary Fiber 2g	6%
Sugars 1g	
Protein 9g	17%
Vitamin A	2%
Vitamin C	4%
Calcium	2%
Iron	3%

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Nutritional information

# Carob Brownies Chef: Richard Fletcher Ethnic: American Main Ingredient: Carob Categories: Dessert Meal Type: Dessert Food Type: Vegetarian Level:Easy Servings: 4 Prep Time:10 minutes Cook Time:25 minutes



I have been making carob brownies for many years. I love the taste of carob as much as chocolate. When I lived in Los Angles I used to take a walk and pick off carob pods from the trees in the park. It really is St. Johns bread.



- 1 cup flour
- 3 oz carob chips
- 1/3 cup rice flour
- 1/2 teaspoon baking soda
- 2 medium eggs
- 1/3 cup carob powder
- 1/2 cup walnuts
- 1 tablespoon vanilla
- 1/3 cup butter
- 3/4 cup honey
- 1/2 tsp salt Recipe

Preheat oven to 350

Melt butter. Mix in bowl carob powder and butter.

Add eggs, vanilla, and honey .

In separate bowel add both flours, baking soda, and salt.

Mix all ingredients including walnuts and carob chips.

Spread into a greased 8 by 8 inch pan

Bake at 350 for 25 minutes or until a toothpick inserted in the middle comes out clean.

#### **Nutrition Facts**

Serving Size 1 Carob Brownies<br/>Servings Per Batch 4Amount Per ServingCalories991Calories from Fat 2<br/>% Daily Value \*Total Fat 48g75%Saturated Fat 30g150%Monounsaturated Fat 8g

Polyunsaturated Fat 7g

Trans	Fat	1g

Cholesterol 123g	41%
Sodium 637mg	27%
Potassium 741mg	21%
Total Carbohydrate 132g	44%
Dietary Fiber 10g	38%
Sugars 80g	
Protein 15g	31%
Vitamin A	13%
Vitamin C	2%
Calcium	26%
Iron	3%

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

#### Nutritional information

Butterscotch is candies



## Grape-Nuts Chocolate Drops



## Gingerbread cookies



# Ovidio Deleon

# Kike Bocanegra

Alex Shay



First met Ovidio in New York city. We I went to Peru for a Alex lives in South surfing vacation and Florida

first learned how to windsurf together in Miami. He took over the business that we rented the equipment from and ran it for over thirty years. A great friend of mine. We are still in contact today. A couple of times we call each other and catch up. Ovidio seems like a brother to me. stayed at the Bocanegra's house in Miraflores. The entire family welcomed me. Kike is a dear friend. We became surf buddies when I lived in Del Mar. He loves to meditate. He is another close friend of mine yet I haven't seen him in over thirty years. Alex and I have been friends since 1972. I worked for Alex on a project for a huge mansion in Miami Beach. I remember Alex going out and getting pizza and a favorite drink of mine called Malta.



We used to play tennis together. Also, remember going to

Bihari Singh's house and having great Indian dinners and watching Indian movies. My brother and I have great memories of Alex.

# The Garcias

## James Garcia

**Connie Garcia** 





They live in Florida

I have known James and Connie since the 1976. We all ended up in Florida during the eighties. We became great friends. For a while they lived across the street from us. I remember one time we all went to Disneyworld. Connie's Aunt Tami made an incredible Japanese lunch box for all of us. I was in heaven. It's been over thirty years since I have seen them. They will forever be in my heart.

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This is what I put in my receipe box when I came back from Disney World.

Note this is not the exact picnic that we had but it is close enough. I would still love to have this picnic today.

## Japanese Marinated eggs

- Chef: Richard Fletcher
- Ethnic: Japanese
- Main Ingredient: Eggs
- Categories: Appetizers
- Meal Type: Dinner
- Food Type: Non vegetarian
- Level:Easy
- Servings: 4
- Prep Time:
- Cook Time:



I first had this dish in Orlando around 1981 with my friends Connie and James. Connie cousin was Japanese and made a Japanese lunch for us.



- 1/4 cup water
- 1/4 cup rice vinegar
- 1 tablespoon curry powder
- 1 tablespoon soy sauce
- 8 medium eggs Recipe

Combine water, soy sauce, curry powder and rice vinegar. Boil eggs. Take off shells. Marinate Eggs in sauce for 6 hours or more.

**Nutrition Facts** 

### Serving Size 1 Japanese Marinated eggs Servings Per Batch 4 Amount Per Serving Calories136 Calories from Fat 2 % Daily Value \* **Total Fat 9g** 13% 14% Saturated Fat 3g Monounsaturated Fat 3g Polyunsaturated Fat 2g Trans Fat Og Cholesterol 327g 109% Sodium 352mg 15% Potassium 155mg 4% **Total Carbohydrate 2g** 1% Dietary Fiber 1g 2% Sugars Og **Protein 12g** 23% Vitamin A 10% Vitamin C 0% Calcium 6% 2% Iron

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Nutritional information

## Gammo

Chef: Richard Fletcher Ethnic: Japanese Main Ingredient: Tofu Categories: Main Meal Type: Dinner Food Type: Paleo Level:Easy Servings: 4 Prep Time:15 minutes Cook Time:around 5 minutes



When I was going to school in Santa Fe New Mexico in the early seventies a good friend of mine would have this for lunch. His wife used to make this. It was love at first sight.



- 1 firm block tofu
- 1/16 cup rice flour
- 1/2 teaspoon salt
- 1 medium egg
- 1/2 cup shelled edamame
- 1/4 cup grated carrot
- 1 tablespoon Seeds, sunflower seed kernels, dry roasted, without salt
- 1 teaspoon 5 star anise
- 1/4 teaspoon tamari

#### Recipe

Combine all ingredients except for carrot and edamame in food processor.

Blend well. Add carrots and edamame. If mixture does not form into balls easy add more flour.

In cast iron pan heat up oil. With your hands form medium balls. When oil is hot enough add the tofu balls. Cook until they are golden brown. Drain on paper towels. Serve with tamari and pickled ginger on side.

#### **Nutrition Facts**

Serving Size 1 Gammo Servings Per Batch 4	
Amount Per Serving	
Calories67	Calories from Fat 2
	% Daily Value *
Total Fat 3g	5%
Saturated Fat Og	2%
Monounsaturated Fat 2g	
Polyunsaturated Fat Og	
Trans Fat Og	
Cholesterol 41g	14%
Sodium 2080mg	87%
Potassium 153mg	4%
Total Carbohydrate 5g	2%

Dietary Fiber 1g	5%
Sugars 1g	
Protein 6g	11%
Vitamin A	28%
Vitamin C	4%
Calcium	6%
Iron	1%

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

#### Nutritional information

### Inari sushi

Chef: Richard Fletcher Ethnic: Japanese Main Ingredient: Age Tofu Categories: Appetizers Meal Type: Dinner Food Type: Non vegetarian Level:Easy Servings: 4 Prep Time:5 minutes Cook Time:20 minutes



I first was introduced to Japanese food during the eighties. I was living in Miami Beach and loved going to the Japanese restaurants. I love how Japanese food is art and food at the same time.

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	in

- 1 cup sushi rice
- 1 tablespoon rice vinegar
- 1 tablespoon Pickled Ginger
- 1 teaspoon sugar
- dash of salt
- 12 piece inari wrappers
- 1 teaspoon soy sauce Recipe

Hollow out tofu to make a pocket-Pita bread style.Heat water, soy sauce, sugar until it boils.Soak age tofu in mixture for a few hours.Add 1 cup rice and 2 cups water and bring to boil. Cook for 20 minutes.Add rice vinegar, sugar, salt to rice.Stuff age tofu with rice mixture.

#### **Nutrition Facts**

Serving Size 1 Inari sushi Servings Per Batch 4	
Amount Per Serving	
Calories290	Calories from Fat 4
	% Daily Value *
Total Fat 8g	12%
Saturated Fat 1g	6%
Monounsaturated Fat 2g	
Polyunsaturated Fat 4g	
Trans Fat Og	
Cholesterol Og	0%
Sodium 121mg	5%
Potassium 98mg	3%
Total Carbohydrate 45g	15%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 10g	20%
Vitamin A	0%
Vitamin C	0%
Calcium	38%
Iron	4%

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

### Nutritional information

## Miso soup

Chef: Richard Fletcher

Ethnic: Japanese Main Ingredient: miso Categories: Soup Meal Type: Lunch Food Type: Vegan Level:Easy Servings: 2 Prep Time:5 Cook Time:10 minutes



I love Miso soup. I've been making this recipe for many moons.



- 6 cups water
- 1/8 cup miso
- 1 stalk diced scallion
- 1/2 block tofu diced fine
- 2 nori sheets cut into thin slices
- 1/8 teaspoon sesame oil
- 1 tablespoon pickled ginger Recipe

Heat up water in pan. Bring to a simmer. You don't want to boil the water. Add all ingredients and simmer for 5 minutes.

#### **Nutrition Facts**

Serving Size 1 Miso soup Servings Per Batch 2	
Amount Per Serving	
Calories68	Calories from Fat 3
	% Daily Value *
Total Fat 3g	4%
Saturated Fat Og	2%
Monounsaturated Fat 1g	
Polyunsaturated Fat 1g	
Trans Fat Og	
Cholesterol Og	0%
Sodium 686mg	29%
Potassium 168mg	5%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	5%
Sugars 2g	
Protein 6g	12%
Vitamin A	32%
Vitamin C	18%
Calcium	9%
Iron	1%

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Nutritional information

### Consuelo Connie Garcia

tdSrsop7t0hS70,i2113eerb8 59euhmg u181 ·

Happy birthday Steve Sitnick!! **Steve Sitnick**!! **Steve Sitnick**!! **Steve Sitnick**!!

Enjoy life to the fullest, and while you are at it, let's wish that for and on your birthday you'd be grated your wish: That you'd be grated one wish that would be: That All Your wishes may come true

Blessings my friend,, blessings!! 💙 😅







## RIP Christian de la Iglesia



My dear Christian.

May you ride the eternal wave?

I'm shocked and saddened that you have left this planet.

Yet we never know when it's time to go.

I've been proud of your life.

I haven't seen you in years yet it seems just like yesterday you were playing with my daughter Chanda.

You loved life and life loved you.

You had a deeps respect for the ocean.

Surfing taught you the ebbs and flow of life.

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There is a high tide and low tide.

Yet it's all the ocean of life.

You are one with the ocean.

This means a part of you exists inside of me.

Your body has died yet your essence is alive.

You have simply moved into the next room in the mansion of life.

My prayers go out to your family and friends.

By the way, catch a wave for me and your family.

Let's celebrate

# Mark And Geraldine Lowenherz





I first met Mark at the festival at Montrose. He was only around 15 or 16 years old at that time. Mark came with his friend Joe Lopez. He helped with the security at the festival. Both my brother and I bonded with Mark. We have been friends ever since.

Both my brother and I have stayed for an extended time at Mark's family house during the seventies. His parents made us a part of



their family. I still remember a dish that Mark made for dinner. It was broccoli and shredded Jarlsberg cheese. It was delicious.

Mark was one of the people who help me get involved with computers. At that time he was going to school and he was

studying computer science.

Both Mark and I lived for a short time in the ashram in New York. Mark's parents were smart enough to say we will support you in your studies so you can get a degree. Wise choice.



I saw Mark on and off during the eighties. In 1982 I went to New York City for a business trip and stayed at their house for a week. One morning I made the kids Rachael and Christopher pancakes. 35 years later whenever my name is mentioned Rachael speaks about my pancakes.

Mark is like a brother to my brother and I. We have known him for around 46 years. Mark is kind and extremely generous. I would say he has a heart of gold.

I first met Geraldine in New York City in 1976. I knew a few of her friends. Mark's Mom was a psychologist. One of her best friends was also a psychologist. Geraldine was mentored by her and over time she was an incredible counselor. She had the insight from her practice of meditation and a keen sense of intuition to help her clients. She eventually had clients all throughout the states.

Geraldine help me when my marriage broke up. She taught there are two sides to the story. Don't be a victim and learn a lesson

from it. She also taught you to take out the weeds in your own garden. Another wise piece of advice.

Mark and Geraldine have been together for over 40 years. They have been friends of mine for many years. I truly treasure them. They are one of my jewels in life. Words truly can't describe the love I have for both of them.

# **Endless Summer**



For every surfer's dream, it would have the chance to surf at spots around the world. I have been fortunate I have been able to do that. I have surfed from California, Mexico, Hawaii, Peru, Brazil, Ecuador, France, Fiji, Spain, and South Africa. Probably one of the best waves I ever surfed was in Peru.



Nick Roth 1

When I was in high school I went to a good friend's house name Nick Roth. Well, Nick had this surfing magazine and both of us saw this picture of Chicama Peru. In this picture was a left point break with about 10 waves breaking on this huge point. The picture was so awesome that my dream was someday I would be able to go there. Well, years later I made it there. The place is

called Chicama. It is located in a small fishing about 10 hours north of Lima the capital. Chicama on a good day is one of God's wonders to the world. The ride on a good day is probably one mile. It breaks on a sandy bottom. The wind is always offshore. When I was there a crowded day was four people in the water. I meet this Argentine surfer and we became good friends. I stayed at this funky hotel-like shack for two weeks. The entire time it cost me thirty dollars. The people were extremely friendly. I'll never forget surfing this place with my Argentine friend. We would wake up early in the morning and just catch wave after wave. The water was like California water on a summer day. Cold but just right. At lunch every day I would have rice, vegetables and of course fresh fish. Peru reminded me of California in the mid-fifties. The coastline was still very remote.

Surfing to me has always been a wonderful experience. I feel completely at home in the water. Surfers all over the world have a common bond. Words just can't describe it. I come from a generation where surfing is more like a spiritual experience. I remember days with my brother where after each wave you would be so happy you could hardly paddle back out. There is nothing like being on a wave when the wave just tubes over you, all you can see is a small light at the end of the tunnel. The sound inside is so serene. Then you come gushing out. Talk about joy. I feel surfing allows me to be in harmony with nature. Living in Hawaii I am at the door before sunrise so I can be the first one out in the water. It's such a glorious feeling to be out there riding alone. The sunrises are very special. You're out in the water seeing God's paintbrush in the sky. A few of your friends paddle out and you're in bliss. We know that we are fortunate.





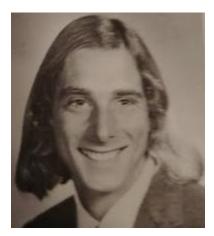
A few times in my life I have the opportunity to surf the wave inside of me. I remember riding a rainbow color wave that was alive. This wave was joy itself. It carried me with so much love. I remembered closing my eyes when I

was taken to another dimension. I was in this cosmic sea. It was like water but it wasn't. You could call it a light essence. Anyway, I had this golden surfboard. I remembered taking off on waves and riding for infinity. The joy and sensation were incredible. As the wave was breaking this incredible music came out. You could get locked in for minutes on end. Inside you felt totally one with the wave. The wave was conscious and so were you. I never forget that experience. It happened probably three or four times.

I'll probably surf the rest of my life. I'm over forty and yet I can still be in the water for 6 to 8 hours straight. The only reason I don't stay more is that I have also a family. Surfing has been really good to me. It kept me out of a lot of trouble in high school. While my friends were partying I was out in the ocean.

## Nick Roth

Nick is another extremely creative person. He was one of the best surfers of the day. He was quite humble and never boast about his achievements. His mother was a famous artist. She was well known in the art field. Yet I didn't know this until recently. Nick and I had a great chuckle because back then we couldn't see the forest from the trees. Surfing is another incredible expression in life.

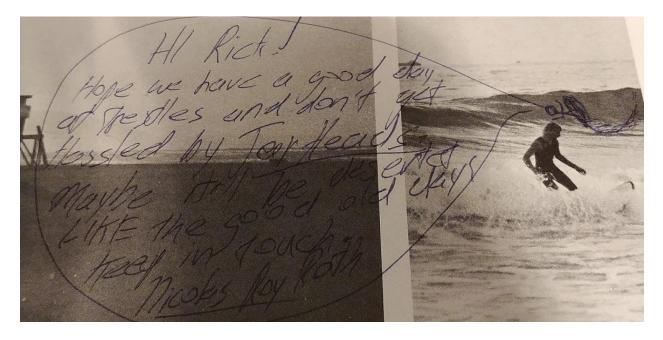


tons of money.

I have known Nick since junior high school. We went on many surfing adventures in High School. Nick is one of those guys that whatever he touches turns to gold. He was good at whatever sport he played yet at surfing he seemed he was destined to be a surfer. If Nick was young today he would be in my eyes one of the best surfers in the world. He would have



When it comes to food memories of Nick and his family, I fondly remember eating liverwurst sandwiches. Nick and I will come back from a full mornings surfing adventure and Nick's Mom would make this incredible homemade liverwurst sandwich. It was quite good. I only had this kind of sandwich at my house only a few times. Nick's family had this quite often. I would always look forward to it. 50 years later I still have fond memories of eating those wonderful sandwiches.

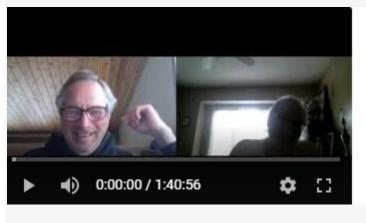


Nick doesn't surf for fame, fortune, or glory. He surfs because it's a part of his life. He is an artist when it comes to surfing. He has nothing to prove. He just smiles like a wise man.

One funny story is about Nick and his Dad. He would call me an electric man. He said my voice would sound like an electric computer. Years later I stopped and pondered what he said. It seems like his subconscious was on to something. He was picking something up about me and couldn't quite pinpoint it. To this day he was one of the only people who picked up that I was different.

Nick moved from Orange County to Depoe Bay Oregon about 10 years ago. He still surfs at 64 years old. I saw him for the first time in years and we connected that time is endless. It seemed just like yesterday we saw each other. In fact, it was over 30 years ago.

Nick is definitely the web in my life. We had many great journeys together.





## Nick's Moms paintings

These are three of my favorites that we kept, my mom was very generous and gave away lots of her stuff to relatives that liked her art. It's scattered all over the country and it's cool to see them in their homes when we visit.

1, oil painting. 2, print from metal etching (Hana Maui beach scene.) 3, watercolor, my personal favorite titled "Aura.) Nick



Figure 50il painting



Figure 6 print from metal etching (Hana Maui beach scene)

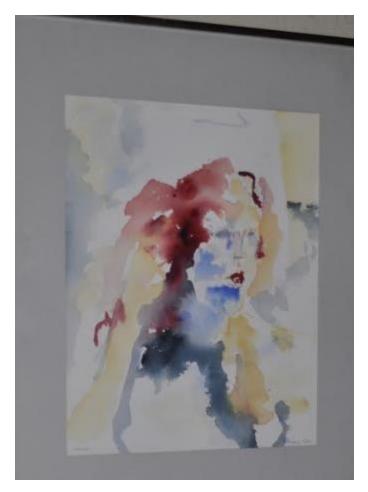


Figure 7 my personal favorite titled "Aura

# Nick ripping

Hi Rick,

Was great talking with you today, I always thought we had a great rapport and could talk on a deeper level than something like, "How bout them Dodgers!" LOL!!

I have to send two emails to send six pictures, they should be a good resolution. This has the surf shots, 1, cutback on a Jon Ashton singe fin 1975,2, backside turn at the point probably 1980, Russell gun that your' brother broke in half.3, Slow shutter speed cutback also 1980, 56th street Russell single fin. Nick



Figure 8 cutback on a Jon Ashton singe fin 1975



Figure 9 backside turn at the point probably 1980, Russell gun that your' brother broke in half



Figure 10 Slow shutter speed cutback also 1980, 56th street Russell single fin

Nick story moving from Anaheim to Newport Beach



The saying "timing is everything" certainly applies to most people who found themselves growing up in Newport Beach when Rick and I did. Growing up in Anaheim was great when I was age three to age ten, lots of orange groves, not many people, it was still rural living and one traffic light and

one-stop sign between our house and the beach. I had three friends (brothers) that lived next door and we had a great early childhood with a lot of freedom to roam and play. By the time I was ten suburban sprawl had claimed most of the orange groves and tract homes were there instead, my friends had moved away, and even at ten, the future looked boring. Most of the older guys were into fast cars or being on the football team, I didn't care about either and didn't like school to boot. I was an unhappy kid sitting in class at Walt Disney elementary school

when a kid knocked on the classroom door. "I need to talk to Nick, his house is on fire." Our house was right across the street and was a total loss, my mom was a great artist and lost a lot of her work. My dad was making good money by then, he had a machine shop that had a lot of aerospace contracts, so the decision was made to move to Newport Beach. Talk about "every cloud has a silver lining" this cloud had a gold lining, the year was 1963.

My parents bought an old house with a view of the harbor and ocean for half the price of a new truck today, and the opportunities for someone my age quickly expanded. I met some friends that lived nearby and all the fun activities revolved around the ocean, bodysurfing, skim boarding, kneeboarding, surfing, sailing, fishing, diving, etc. The people that gravitated to the beach lifestyle had a different attitude than what I was used to, a more vibrant enthusiastic mentality with more emphasis on enjoying life and taking advantage of the gifts the beach life offers. It also attracted successful and talented people in other fields, lots of creative types gravitated to the coast. It was still low-key and uncrowded, the landscape still had a lot of open spaces and most people weren't there to show off, we were lucky to be there at that place in time and I'm grateful for it.

#### Ridding The Inner Wave Dolphins



All of my life I have been fascinated by dolphins and whales. My favorite show as a kid was flipper. All of my life I wanted to swim with

the dolphins. I remember one time in Florida my ex-wife, my daughter Chanda and I had the opportunity to swim with dolphins. It truly was a dream come true. I have pictures with my daughter on my shoulders and two dolphins are toying each around. I felt so much love and compassion from there. I once had a meditation experience where I was body surfing on this wave of joy holding on to a dolphin. We had so much fun. There was a time in my life for about six months my family would go to Sea World in San Diego. At times I would go after work. They had a dolphin and whale pool. After some time, the dolphins would get to know you. All of these tourists would be amazed they had the fish but there were playing with my family. They couldn't understand that. I just smiled. I develop a great relationship with them. Whenever I came they would come up and let me stroke them and play with them. My dream really did come through. Sometimes I feel that dolphins are more in touch with themselves than human beings. Their whole life is immersed in play and harmony. They have existed long before man. Maybe we should learn from our brother of the sea.

#### Monroe Institute







When I lived in Miami Beach I read an article in Omni Magazine about the Monroe Institute. Robert Monroe was a radio engineer in the late fifties. One day as he was sleeping he felt himself drifting outside of his body. He thought he was dying. He had this experience recurring every month or so. Finally, he went to the doctor. He was concerned that he was going crazy or he had some major illness. Robert told the doctor what was happening and the doctor told him that maybe he was having an out-of-body experience. He recommends some books to read on the subject. Robert Monroe learned that his experience was about the same as his. Maybe he wasn't so crazy after all. The experience kept on coming. Being a radio engineer he thought can I produce this experience by using sound waves. After years of research, He learned to utilize sound waves He came up with a system that used sound waves to trigger the right and left hemispherical synchronization of the brain. This technique can be modified for learning, health, exploring, etc. The Omni article said that he had a week-long course in the foothill of Virginia. I was fascinated by this article, called the office, and found out there was an opening for the course. This course is called Gateways.



I arrived at the site of the course and was captured by the beauty of the place. The site was in the mountains. There were a few houses on the property. The foundation owned a good chunk of land. We were oriented on what days were to be. They took

away our watches so we had no idea what time it was. This was not an ordinary course. Most courses I know of are lectures. This course was based on experience.



At the institute, our actual living quarters were our laboratory. Each bed was its unit. There were headphones with a microphone which I will tell you about later. There was a curtain that closes off the bed so no

light could come in. Each unit was self-contained. At the first meeting, they told us our schedule. We would get up in the morning shower and then play a series of tapes. After each tape, we would go to a conference room and talk about our experience. We would do this throughout the day. We would have lunch and breaks throughout the day.

Day 1 started. We learned about focus 10. This step was about how to put would body asleep and at the same time keep our mind awake. The tapes were incredibly produced. We would put on these headphones,



lie down on our bed, and have these incredible experiences. Day after day the experience would build on each other. I remember some experience being completed taken out of my body and being bath in light. There were talks with angels. I call the Monroe Institute the

Disneyland of spiritual. It was amazing to go to a place and see modern scientific equipment being used for self-discovery. So many of these tapes were for our self-discovery. I remember on some tapes I could hardly walk afterward. I was quite shy and didn't talk too much about my experiences. I would recommend this program to anyone. During our course, we had a doctor, ministers, computer programmers, housewives, and people from all walks of life. It was worth it. Robert Monroe is truly an amazing man. He is definitely on the cutting edge of technology.

## Intro.

This is Richard Fletcher Monday, October something Second day of the gateway program. I would like to say at this point I'm diving deeper and discovering more of myself and I'm very impressed by the whole operation that is happening around here.

## Energy-bar tool

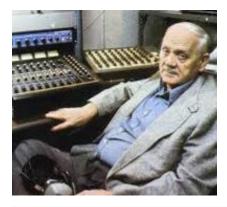


My experience was building the energy bar was going to take some time to get into it. To develop it

It wasn't too hard to construct. My experience was very simple. I kind of drifted to sleep. I wasn't there the whole time. But I had some powerful connections beforehand to see this energy bar

could take me to another dimension. It could take me to the other side. It has endless possibilities for what this bar can be used for. I can use this bar as a beacon to attract my guides or use it to protect me from other things it looks like an all versatile tool. I just need to develop more and more usage of it.

Freeform 10



This tape was freeform 10. My experience was using the energy bar and trying to see and trying to feel how I could use it in a practical form. I used this energy bar to create a vibration inside of me that was vibrating faster, faster, faster, and faster. I then used the energy bar to go up and down my body. I

used it like a laser to take away all the negative energy and impurities from my body. I then would take it to my brain and subconscious. From there it turned my dark subconscious into the light. From there I could be more conscious. Then I used the energy bar to create swirling effects around my body. This would create a much more intense kind of energy. I put this energy bar on my third eye. I was experiencing an inner dimension

### Liftoff

This is the lift-off tape. This tape I lifted myself through the roof, through the clouds, past the moon. I lifted myself and then lowered myself down. I was putting together the kinesiology of actual lifting off.

Introduction to Focus 12



Before the tape even began I was just completely sailing inside. I was just accepting myself. I was just trying to accept my hesitation. Hesitations are your friend. Just go inside and enjoy the

experience just like a child. In the focus 12 state is was such a beautiful, beautiful state. It is a state, of freedom of joy, and happiness. It was an expanded state of awareness. I was experiencing

this state just like a child. A child just accepts and accepts. This is a place I want to be all the time the place of acceptance. If the hesitation is there accept it just like a friend. It's ok. I don't have to control any kind of experience. All I have to do is ride on that experience. Just ride on that joy, just ride on that beauty and ride on that light. All I have to do is let that experience come to me on its own accord. I know what I'm looking for and I know it's happening moment by moment. It will open up to me in its prime moment. In the meantime, I will just enjoy each experience that comes to me. I am putting my attention to what is coming my way. I am not being directed towards one aspect of what I think is supposed to happen but just to be open period. Focus 12 is such a beautiful state. I have been there many times before.

## **Problem Solving**



This tape is called problem-solving. The problem that I was trying to solve was the question "how can I practically leave my body consciously?" I had this one vision walking down these stairs from the gateway program (from upstairs to downstairs). And then an answer came to me that I'm learning the tools. Don't worry about it. Everything will simply come to you. It's

just a matter of relaxing into that experience and just accept it. It will come in due time. Most of all just be patient. It will come. There are means. This is not a supernatural thing. If you practice it will happen. It will manifest. This was the question I put out and I waited and this was the answer that I got. I'm just learning now to more visualize, and to see images, and to accept images. There is something for me to learn from those images. In the past, I would ignore them but I know not to look at them and embrace them.

### Free flow 12



The name of this tape is free flow 12. My main objective was to explore this state of consciousness. I just let go and just enjoyed this state of consciousness. It's very beautiful the experience that I had. I was just bathing in the light. I was

experiencing that beautiful vibration inside. I was just riding that wave and riding that energy inside. I saw a picture of a person named Catherine how was here. I was just experiencing her inner beauty and her happiness. I was just experiencing a very simple friendship. It was very beautiful and very simple. I just rode with that experience and was open to various nonverbal communication experiences. I have the ability the inside, it's there and it's latent and I have experience with my brother. Overall it was a very simple beautiful experience. It was beautiful to see the potential that is there. I am very happy with this place. I am very happy to partake in this program. Just to relax and swim and socialize. I feel I'm establishing a stronger connection inside.

#### Free Movement



The name of this tape is free movement. There are different positions to leave the body. This first one was the most powerful. I feel with this technique I can master it with some practice. It's a very powerful way to explore different worlds and dimensions inside of myself. The next thing was lifting myself from a string lying down and lifting myself at a 45-degree angle. This is also very powerful. All and all I see the glimpse that I can experience the freedom that I want. I see that it is happening. In the long road, I will have that experience.

## **Five Questions**



This is a tape called five questions. The first question is who I am. In my last life, I realize I was a student of Ramakrishna a famous Indian saint in the 1800's. My name was M. I wrote the Gospel of Ramakrishna. That's what I read the Autobiography of a Yogi and completely identified with Yogananda. Yogananda would come and see me as a child. My next question is what is my purpose here? My purpose here on

earth is to expand and become completely one with the Lord and to express his knowledge and love. Also to establish the kind of communication a human being can have with his creator. The message that I was told to do was to keep on trucking. Keep on going and I will be lead to areas I never knew existed. This workshop that I doing is something I have wanted to do for a long time. All of my dreams and aspirations are coming true. This tape was delightful just to go and go deeper into this experience.

Non-Verbal Communication



I just can't believe this. This tape is NVC. I just got taken away. I saw all of these incredible things. The light coming out of my navel, blooming into a Lotus blossom. A Christmas tree with Lord Jesus on it. .The next thing I knew around this table were

people from outer space sitting around it. There were just talking to me and there was such a feeling of love, energy, emotion, excitement, and joy. My whole body was sweating and tears of joy were streaming down my face. Now I know the experience of NVC. It's such an incredible place and experience. This is the type of communication that human beings are meant to have. I just want to say thank you, thank you, thank you. I'm just totally one hundred percent fulfilled. I just can't believe this. This form of communication is so beautiful. Just to see and feel the kind of communication that we can have. Just pure love being transferred.

#### Introduction to focus 15



This tape was the introduction to focus 15. My experience of this time was to sense and experience a state of no time. There is a tremendous void, a tremendous light inside of myself. By being with this light it is possible to travel to any time zone past the present and future. It's wonderful to

know that through this experience I can learn to do so. I can slowly just ease myself into this consciousness. It's incredible to know that there is a place that is beyond time. There was so much energy that it was hard to get used to it.

## Free flow 15



This tape was free flow 15. I experience a beautiful love with Cathy. I experience a beautiful connection between us. I just completely want to dive into that experience. I know I have met her before but I don't remember where. (See Maldek experience.).My daughter was there and her

daughter was there. We were all playing and laughing together. It was so much fun. We were all experiencing so much joy and happiness.

No tape experience.



This was the no-tape experience. This was like all the rest of the tapes. I brought myself into 10 then 12 then 15. In all of these states, I

experience inner NVC communication. I just rode this inner wave that kept on getting faster, faster, and faster. I found myself in various states of consciousness. It was so easy to just go right through them. When I reached the 15 state I just explored that state. It was so beautiful to be in a place where there is no time. Just light, love, and happiness. We don't need these tapes. They are just like training wheels on a bicycle. It's nice to know that there is a technique that we can use to experience this. The silence is wonderful and beautiful. I am very happy to know that I can incorporate this into my life. It's all happening. What an incredible love that exists inside. It's so natural and beautiful.

## Communication point 15



Communication point 15. I went to a state and asked for any kind of message. The messages I received were in the form of NVC verbal communication. My first message was a picture of Cathy. The next picture was an image of a dove that gave me peace. Then I was brought up and saw the image of Shri Maharaj Ji



(Maharaj Ji Father). My whole feeling was sensing discovering that there is communication in this state is where communication can occur between your guides and teachers. They can in this state teach you and communicate with you. They communicate not so much

with words but with images. They can transmit their experiences through images. I just need to learn more and more about this. I am very hopeful about communicating with my guides.

No name tape



Before this tape started they play Amazing Grace. I couldn't believe what was going on. Maharaj was there in his crown and glory. It brought me back to where I was 15 years ago. It was very emotional and I cried a lot. Just to experience the joy inside. Amazing Grace. This life is truly amazing. It is glorious, I then kind of drifted off and when I came back I was surrounded by swans. I

tried to do the tape but some I the technique I couldn't quite understand. The main thing I wanted to emphasize was Amazing grace. It truly is amazing. Amazing beyond words. That is the main thing I wanted to communicate.

### **Relation Galaxy**

The name of this tape was the relation galaxy. At this point, I was supposed to put on my headphones. I was just totally just gone. I went to this place in the center of the universe.



At the center was the incredible power of love. The primordial energy for this universe. It was beyond words to experience the unity of the universe being supported by this primordial vibration. I saw in this state swans and a beautiful lotus flower that was blooming and blooming. There exists in this place all of the great masters. There exists that divine light. The light of God exists everywhere. That was such a wonderful place to be. I was experiencing my body like an astronaut experiencing the various g-forces. My whole body was contorted. I still not out of that place. I just want to live there and dwell there.

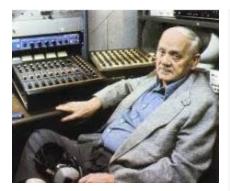
#### 5 Messages



The name of this experience was 5 messages. The fifth message was I have something to do in December. There is a mission that I'm getting prepared for (I moved from Miami to Calif. with Catherine in December) my fourth one was that I should be good friends with

Cathy. The number one message was devotion to the lord. I should be an example of this. The Lord wants love. Number two was that everything I ever desired will come true. All of my dreams will be satisfied. Another purpose that came to me was to love everybody I encounter. I should be an example of accepting people of who they are and love them without conditions. I should be a simple messenger of the Lord. I don't remember the other one.

Vibe Flow



This tape was called vibe flow. This is a nice tape. Bob (Robert Monroe) just increased the frequency level. I just go in tune with the frequency level. I just went higher and higher and higher and higher. Shhhh. I was absorbed in that energy. Half of that experience was

traveling at the speed of light. It was like being in a rocket going faster than warp speed. It was traveling at the speed of light. 186,000 miles per second.

Next on the tape was music from the session I forgot to turn off the tape

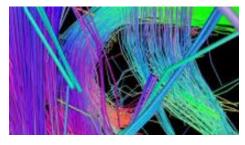
I was just completely blown away. I was in total bliss. This music just brings me back to that state. I was in total awe. There was a laugher in the background. The rest of the people were discussing their experiences.

#### Side Two



During this music, I was seeing a picture of Shri Maharaj Ji (Maharaj Ji's father). I saw an image of Shri Maharaj Ji holding Maharaj Ji. I had an NVC experience of going into a dream and coming out and realizing that it was an NVC experience. I just want to go back inside for a few more minutes. I could very easily just leave and never come back. (Long Pause)

15 to 20



The name of this tape was 15 to 20. I felt I was resonating with the colors green and purple. It will take me time to know what this experience means. Slowly I will begin to understand all of this. (Long Pause)

Music is playing in the background.

## One one patterning



This tape is called one-one patterning. I kind of zone out of this tape. I see I just to have something in my mind hold it and repeat it every single day and it will come true. By putting it in my

subconscious over time it will come to existence. I am incorporating everything in my life. The main key is to utilize these tools in my life. I am the director of my life. I am in charge of maintaining and expressing my emotions. At the same time, I just enjoyed the feeling of love that was all around. I had such a peaceful rest. (I forgot to turn off the tape long period of silence)

### Freeform 21



The name of this tape is freeform 21. I just got taken inside of me. I just really enjoyed the experience inside of myself. Joy and peace were overflowing. All of my guides and teachers were there.

(Once again I forgot to turn off the tape)

#### Freeform 15



My experience with freeform 15 was completely wonderful. I went to such a deep place inside. I had this wonderful experience that happened there. Catherine was there and we were beings of light. There was this big heart that surrounds us.

We were just one in that heart. Out Of that heart, our souls just merged. From the light came from my third eye and Catherine's third eye. It was like two laser beams of light and love merging into our bodies. We just totally become one. It was like a sexual experience but it didn't contain sexual energy. It was just pure love. We were both fulfilled in that love, in that joy, in that happiness. I was inside of her and just riding the wave of love. Both of us were in tuned and in synchronization and experience the oneness of each other. Coming from her breast was this liquid light was I was drinking. Each drop tasted liked nectar. I was completely intoxicated. At one point her daughter appeared and my daughter appeared and we all hugged each other. We were all laughing and dancing and singing. It was like a family of love, beings of love. Another point after this self-expression Catherine just laid on top of me and I just totally melted into her. We just exchanged the beautiful love that existed between us. Both of us were saturated in that love. We were both in tune with each other. It was such a wonderful feeling. I feel I have known her for a while. I don't know where. Somehow there is a connection between Catherine, myself, and Shri Maharaj Ji. I haven't figured it out. I just have these feelings that something beautiful and simple is manifesting in my life. I'm open to it. Later on, in one of my tapes, I received a message that on thanksgiving my daughter and I should go and visit Catherine and her child in Virginia. We should just go and play and have fun.

### Introduction to focus 21



The introduction to focus 21 was a completely mind-blowing experience. As soon I put on my headphones I was tuned in to that light. I was completely submerged in that light inside. I was just taken over. I was flying with a whole group of swans. There was this beautiful lake where thousands of lotus flowers were just blooming and blooming. I went through the various states

of consciousness. I went from 10 to 12 to 15 to different colors. At 21 a marvelous thing happened. Bob was there (Robert Monroe) and he was just shining. He was his joyful self. He just looked up at me smiling and gave me the thumbs-up sign. He said "go for it" and "enjoy the experience". There were so much love and communication between us. I recognized him and he recognized me. Both of us know that this is an incredible journey. The ultimate journey. Once he said that I was completely ready to accept and experience that wonderful light of my existence. I then went to a place where I experienced a light that was supreme love and intelligence. Every single cell of my existence was filled with this intelligence. I was just one and bathing in that light and joy. I was just flying like a swan. I was just flying like that beautiful bird. That swan is free. I felt like my soul was free. My soul was just singing in that joy and happiness inside. I was just one. It was so wonderful.

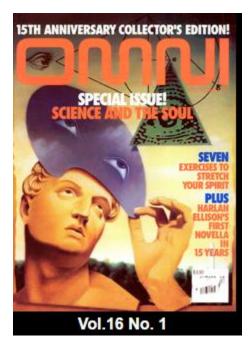
### Freeform 21



One of the most amazing tape experiences was freeform 21. I don't think there are any words to describe what happened there. From the moment I put on my headphones throughout the entire process, I was riding the wave of ecstasy and joy. Technically Bob (Robert Monroe) was a genius to develop that tape. The

sounds that he was emitting were the sounds and frequency that reside inside. It was completely a marvelous experience. I was completely experiencing the oneness of joy. I had these visions of Catherine. She would just smile at me and just drift away. Once again I would dive deeper and deeper into the experience inside. I would go deeper and deeper into that light. My whole body was like an astronaut experiencing the G-Force. I was experiencing how powerful and incredible the energy is. This energy touches my whole molecular structure and even beyond that. It reaches the soul and the very essence of life. I feel so wonderful that everything is on track in my life. I have a vision of a quest and it's happening. All of my dreams are coming true on all levels One experience that I want to express is that I went to bed on the last night of the program around midnight. I was kind of tired. I just needed to go inside and experience that inner beauty. I drifted off to sleep and was just in that place of love. I was in a nice deep sleep. Around three o'clock in the morning, I was waking up with a bang. I automatically woke just right up. Something inside of me told me to go take a shower and go see Catherine. I did this. I was kind of hesitant. What am I doing? I just had this faith and intuition to do this. I went up to Catherine's room and very quietly walked into her room. I opened up her curtain and very slowly touched her. She looked at me and I could tell she was in a state of shock herself. She thought at first I was a ghost. All she could see what my head because the rest of my body was behind the curtain. She looked at me and said is that you or is it a ghost. I reassured her that yes it was me. I just climbed into bed with her and just held her the rest of the night. We just exchanged the feeling of love that we had. We just caressed each other and love each other. There was such a warm inner exchange of love. It wasn't sexual energy. It was like the energy of love, satisfaction, and joy. It was a wonderful experience. At times I would find myself snoring. My body was asleep but I was wide awake. I was in such a beautiful state inside. I was surrounded by love. I saw these beautiful swans surrounding us. They were protecting us and saying everything is an ok. Everything is going to plan Just relax and enjoy each other. At one point when Catherine was drifting off to sleep, I saw one of my guides name Running Water. I saw his face and saw he was an Indian. At one time we were brothers. We were once in a state of laughing and playing and interacting with the forces of nature together. It was such a beautiful connection. I remember coming out of a dream state and all of a sudden BAM there he was. We talked to each other for some time. He was the eternal brave. He was forceful powerful and full of love. That

consciousness lies inside of me. I felt so wonderful the whole night. What a way to end the week



This is from the table of contents of Omni magazine which featured Robert Monroe.

Notes from the New Land (pg 40)

At the Monroe Institute, participants go on an extraordinary journey induced by sound patterns - both into and beyond themselves. by Murray Cox

Monroe Adventure

For those of you listening to the audiobook, I have good news. I have included the audio recordings of my adventures for the Gateway program.

### John Baier



John and I have been friends for 40 years. Wow. Time sure flies. We first met in New York City around 1977. He was living in England with his wife and move back to New York. We became instant friends. During the eighties, both of us landed in Miami Beach and we were exercise partners. We ran usually at night along the beach

and then dive into the ocean. We loved to try different things. One day I saw an article in Omni magazine about the Monroe institute and decided to check it out. I went as you read about my adventures. John went a few weeks later. He became good friends of the institute including Robert Monroe. John introduced me to Mafu. He went to a seminar in California during the summer of 87. He came back with some tapes. I was intrigued. Paul Mcclain in one of my channeling sessions talked about Mafu before Mafu was introduced to the public.

John has been a practitioner of Rolfing for many years.

This is from his web site.



John first experienced Rolfing in 1973 absolutely amazed at its results. "I sought out every person who Dr. Rolf had personally instructed, and particularly those she choose as her first teachers, and received many hundreds of sessions of Structural Integration. I am currently honored to have the esteemed Emmett Hutchins as my primary mentor, who promised Ida on her death bed to carry her work forward in it's purest form, as long as he lived. After training in Hellerwork, and at the Rolf Institute, I graduated from the Guild for Structural Integration in Boulder, CO and have practiced in the Zuma Terrace building in Malibu since 1997. Dr. Rolf was a genius whose understandings about the body are

the reason her method is uniquely effective. Whether seeking relaxation, or the deepest manipulation an injury or athlete may require Dr. Rolf's method can be tailored for you. I deliver results!"

His a great recommendation from Greg Louganis the famous Olympic Diver.



I have worked with John for over ten years, and have done Dr. Ida Rolf's full "ten series" with John several times. This progressive and powerful method of sequentially freeing up the fascial layers in the body truly creates results every session, and genuine lasting change over time. Dr. Ida Rolf once said that her work, is something that two people do together. It is hard to understand till you have had Rolf manual therapy, the active role the receiver has. I have come to this awareness with John's Structural Integration' bodywork: John is a facilitator in my health, and I am an equally integral part of

in charge of my own healing process. As an adult living with HIV, John keeps me deeply in tune with the state of body, mind and spirit that I require, and aspire to. Being HIV positive, and now in my 50's, I intend to always maintain the same very active life style I always have had. John has, and continues to aide me in that goal through his work. John's body work is the best gift you can give yourself. John is terrific, dedicated and unique in his approach. Thank you John, as a friend and teacher. Namaste.

-Greg Louganis, Olympic Diver

Throughout the years we remain in contact with each other. We are on this incredible journey of life. We are still discovering new things along on this journey of life. Yesterday I talked to John. I discovered the first channeling sessions we ever did together. I stumbled upon them when I was looking for something else. John was amazed that I had them. It was our first time so we were real rusty. Remember it took me a month just to ride the darn bicycle.

My brother just jumped on the bike and rode away. Anyway, I'm proud that we dove in.

John and I will be friends for life. I haven't seen him in years but the connection is still there.

## David Schweizer



Talk Story with David Schweizer



I just got up. It's 4:04: in the morning. I'm writing early because throughout the night my mind was going over what to say about David Schweizer. We have been friends for over 40 years. Well, I log in to my computer and there is a message from David. What a

synchronicity?

I've known David when I lived in New York City. He lived in Hartford Connecticut. During the eighties, we both moved to South Miami. At some point, he starts making pyramid kits. Around the same time, my wife starts building pyramid kits. They didn't know each other. Both of them at the time was studying with Ramtha. The only two individuals were building these kits.

Now David and my wife Barbara had a mutual friend in Castle Rock Arizona. Barbara went to visit Jim about 3 times. Each time Jim Maheu would say you just missed David and David Husson (another friend of mine).



Now David Schweizer, John Baier, and Harry Bartz introduced me to Mafu's tapes. My dear friend Catherine who I met at the Monroe Institute got a job working for Shirley MacLaine. Shirley was going on a

nationwide tour and giving seminars. Well, they needed a computer programmer and I get the job.

I take a plane from Miami to Los Angeles. Then I got a ride to the office. I spent the day working and after work, they said we are going to a Mafu event. Do you want to come? The rest is history. Isn't it amazing that in my channeling readings I was told that I would meet Mafu before Manu was on the scene?

Now David was visiting California for some time. He went to several events. I moved to the Pacific Palisades and we would take walks in the hills.

Now there was a pyramid project that David Schweizer was going to work on. Mafu called David "Hermes". Hermes was the main Architect in Egypt for building the Pyramids. Now I'm not saying David was Hermes. Yet why did David start building pyramid kits? Does our DNA contain blueprints of who we were in the past? We are all stardust. We are the universe. We just think we are these funky human beings.



Well, David invites me to join this project. The project is located in Sedona Arizona. Wow, what an incredible place. I take a plane from LAX to Phoenix. David and David are there. They said we are

going to see Zoran tonight and would you like to come. So now David has introduced me to both Mafu and Zoran. Is there synchronicity going on? Anyway, I move to Sedona and we all share a house. Eventually, I move to this incredible trailer where my backyard is the creek. I have more details in this book but I met my future wife. She is going to rent my trailer for a while.

Both David and David met Barbara for the first time. There finally could put the pieces of the puzzle together. Who is this David? Who is Barbara?

Personally, David has a heart of gold. I think his IQ is off the chart. He is one of those who can do anything. There are several jobs he has worked on where you needed the training. Yet without the training, David comes in and performs.



David has had an active acupuncture practice in Miami for many years. He has been using lasers quite successfully in his practice. David studied for a while Zen Buddhism.

I think meditation helps in our daily life. Both my wife and I see David as a great example who brings heaven to earth. Frankly, I think that is the goal in life. If we all did that there would be heaven on earth. Meditation is not hocus pocus.

#### Harry Bartz



It's 2:13 in the morning. I've been sleeping meditating for an hour. I was thinking and contemplating about the web of life with Harry Bartz. I first met Harry in LA in 1976 over 40 years ago. It wasn't until the late seventies did we come in contact with each other again. We both moved to South Florida in the late seventies. We were both involved with the

same teacher.

At that time Harry was running a tree cutting business. It was a great business. There was always plenty of work. Harry hired me and we became good friends.



At that time windsurfing took off in America. Harry took up windsurfing. He invited me to his house and in his backyard, I learned how to windsurf. I bought a board and it was love at first sight. John Baier and I were windsurfing buddies. During certain seasons the wind would howl and

you would have the time of your life.

-	Alan harren I. Jan Same	
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I didn't see Harry for a while. One day I bumped into him and he told me he finished a year's course at the Computer Science Institute. He took Basic, FORTRAN, and COBOL. I always knew I was going to be involved with Computers. Even at a

young age, I knew that. To make a long story short I'm still involved 35 years later.

So Harry was a catalyst. Here's the definition.

In chemistry, a substance that causes a chemical reaction to occur but is not itself involved in the reaction. Note: The term *catalyst* is often used to refer to the prime agent of any change: "She was the *catalyst* for the reorganization."

I find it fascinating that life's events help you to be at the right place and right time. Synchronicity was there. Harry gave me the impulse to enroll and start an incredible career.

Yet it doesn't stop there. Harry was one of the ones who told me about Mafu.



Fast forward a few years. Barbara and I moved into a house with Linda Graham. Linda's ex-boyfriend was Donn Rochlin who in the future (25 years later) provided the music for my first poetry/music CD. It's featured on this site.

Yet guess who is living next door. Harry Bartz. Harry made a ton of money selling computers and moved to Sedona.





This was in 1987. In 1991 my family and I moved to Hawaii for 6 glorious years. I got a software engineering job at the Maui Space Surveillance Site. My wife and daughter went to Maui and I went to Portland Oregon for a few weeks. I had a contracting job I was going to work on. In Portland, I get a call from Harry and he tells me that Mafu was going to give a 3-day retreat in Ashland Oregon. He was teaching about ancient Vedic meditation techniques. Now that's a subject I love and dear to my heart. So I went.



In 1999 I started working with Charles Schwab as a senior software engineer. At that time our family was living in Penn Valley California. I was a telecommuter. Now Penn Valley's internet connection wasn't very good. In

fact, it was horrible. You had to use a modem. So I started to look for a community that had a great internet connection and a great high school for my daughter.

Well, Ashland Oregon just recently installed the whole town with fiber optics. Ashland High was an incredible school for my daughter. Guess what Harry was still living there.

From 2000 to 2008 we spent a lot of time seeing Mafu. He liked me. When we first moved there one day he got off the stage and came up to me and gave me his initiation jacket. This jacket he has worn for many of his imitations. I was honored. At that time I also was involved in a Mystery school and used that jacket for the initiations.



Many people think that channeling was fake. Well, I met and talked to Mafu many times. We had a deep relationship. Like any relationship, you knew one another.

Yet there were numerous times I saw Penny (who channels Mafu) and said Hello. She had no idea who I was. In fact, I think I spoke to her once when she was reading off the list of attendants for a seminar and said hi to each one.

One time I saw her and Rob Spinnler was with her. I said 'hi' and as I was walking away she whispered to Rob who that's. Rob said that's Richard Fletcher. That really gave me a sign that I had a relationship with Mafu. How can you have a relationship with someone when you never interacted with them? So it makes perfect sense for Penny to say who's that? We have never interacted before.

What I liked about his group that Mafu taught about kindness. He taught about compassion. He taught about meditating for the whole planet. He taught universal truths. The universe is kind. That is its nature. Mafu is kind. That is his nature. As humans being our true nature is kindness. It is just covered up.

So here was a group practicing universal truths of love and compassion. It wasn't just words



Mafu was an incredible drummer. Imagine during the winter. It's snowing and you're on top of a mountain inside of an ashram. It's nighttime and the wind is howling. Mafu is on stage beating these huge Japanese Taiko drums. It's a site to see. At that time and

place, you could be in some remote monastery on top of a mountain in the Himalayas at night.



Now back to Harry. As you can see Harry has had a tremendous impact on my life. Harry is very kind. In Sedona, I had little to my name and Harry would treat me to lunch. Harry doesn't say much, like me at times. He doesn't preach. He just smiles. He has nothing to prove. He loves to meditate. I know he is having a great experience

but he doesn't talk about it. Yet you can see it from his eyes. He is humble like that. He has served the Foundation for Meditative studies for over 25+ years.

I call him a few times each year. It is good to connect with a dear friend. Friendships are God's way to connect with him. Imagine we are the universe yet we have forgotten that fact. Friendship is God's way of saying 'I love you'. Treasure your friends. We all have an aching soul that's trying to find its way home. Friendship help soothes the soul.

## Paul Mcclain



In the fall of 1982, I went to New York City on a business trip. I stayed at a friend's house. While I was there I heard about a good friend of mine Paul Mcclain who was channeling people's guides. I stayed at one of my best friend's houses Mark and Geraldine. They told me how Paul Mcclain had these incredible experiences over a year and a half. At first, I was

skeptical and had no clue about what they were talking about. I could care less about talking with some person who had been on earth, left his body, and communicated from the other side. But I learned there was a lot more than that. Since Paul and I were friends I wanted to check it out. I wanted to be open. Maybe something greater would come my way. I met with Paul and he told me that for a year and a half he would leave his body. In this state, strange things would happen to him. He would hear voices and talk to guides from another dimension. He thought he was going crazy. Over time he learned more about these experiences and came to terms with this experience. He could channel a person's guides. At this particular time in my development, I was aware only of my experience as God as a form of infinite energy. God was light. It was sound. It was the Word of God. My realm of experience was completely different. For years Paul also had this kind of experience. He loves to meditate also.



In my first meeting with my guides, Paul was put in a trance. It was like falling asleep. He would drift away and this incredible being would come in. His whole being would change. His voice would change to

male or female depending on the guide who was present. I was completely blown away. The information that came through was incredible. I knew it wasn't Paul because of the details of my life being described. Paul knew me but the information that came through was very personal. Paul didn't have a clue about my life in the past. I developed a strong sense of communication with my guides. They prophesize many events in my life. One of them was about that soon in the future I would meet this entity named Mafu. He was an enlightened Lord who would come and be channeled by a female. I was directed to move to Calif. This indeed did come true. This experience came at a time that Ammaji wasn't even channeling Mafu. I know a lot of people have a hard time with the channeling experience. Some people indeed go to channeling so other guides can make decisions for them about their life. But my experience was different. The information that I received was incredible. I developed relationships with my friends on the other side. Because we are so material we have lost touch with our acute senses. Man can be aware of different dimensions. A lot of people in mental hospitals aren't crazy. There truly hear voices. Because our society can't grasp or understand their experience we brand them as crazy. Oracles have been around for thousands of years. I went to Paul probably 10 times in 5 years. All in all, I had an incredible time. I learned a lot about myself. A lot of sessions were like a psychoanalysis session. I learned how to begin to deal more directly with my life. I took the reins of my life and began to direct it more directly. I become my teacher. I

put more faith and trust inside of myself. In the past, I would look at teachers for my guidance. I began to look at myself for my inner guidance. I learned that God helps those who first help themselves. Below is a small excerpt from my first meeting with Paul.



There are no accidents. All things which come to pass are under the will of the Almighty. The one who is of good heart and goodwill and an open heart will find there is no end to the workings of the Almighty. There is never a time when your amazement will cease at the wonder of the Almighty.

Always there will be new and uncharted borders old things will fall away and new and brighter greater things will come to pass. And a time will come when all things all present consciousness and awareness will fall away to bear a more complete and new state of conscious awareness. And the old falling away will feel much like death and the new well fell much like a rebirth into the divine kingdom. It is always this way in the workings of the great God. There will never be a



time for one who is of good heart and open heart and goodwill when love for this creator will cease. There will be times when you wish to thank and times when you wish to hate and times you wish to cease your existence for the pain of longing and time when would wish your existence to go on

forever and times you feel neglected and times you feel the favorite son of the almighty. The Lord Almighty will move your experience itself to make fall away all present understanding. You must not fear this death for beyond this death of the sort is always new life as you have learned many times to this point. At times your love will be strained and felt as though it is being tested. This will be given to you by the Lord Almighty. And at times it will feel as though you can't take any step without the sense of grace behind even the smallest of things that you do. There will be times which come which you will ask yourself where have my step arrived. And at these times you must remember you have been guided precisely to the point where you have found yourself by the workings of the almighty divine father. Your faith is strong for you are of goodwill and a good heart and open heart. You are this way because the Lord has given this to you. And yet it is time as it is always in time for an ever-strengthening bond an ever greater love, an ever fervent desire going more in each period of more and more feverish love which enabled you to carry and be about the service of the father. For in all your doings you must request not simply know but request that you may serve that your life may be of service that your life may be given purpose in each moment the service of the almighty. And in each moment you must ask for knowledge that you are not alone for it is not enough to know it but it is more to ask And having asked to thank and having thanked to asked again and to offer yourself in that way which the Lord would have yourself serve. Your will and the Lords will be of the same intent. For it is of the Lord's mercy that you are allowed and all are allowed to be fulfilled in any way which they choose so long as the love between the two remains the important thing. But those are truly blessed who find it within themselves to have this request of service in the way the Lord would have you serve. This is truly a blessed thing. For even to come to this understanding is no small thing. This is perhaps the greatest level of human existence. For when the almighty has given all free will to embark upon any road that they so choose and one with their will by the grace finds it within themselves to surrender their will to that of the almighty regardless of the consequences for in the surrender is the fulfillment. This is no minor thing nor may all even do this thing. But those indeed are fortunate who have such a blessing to find themselves in this position. My child, you are in such a blessed state. You must always remember to be humble before God, humble before the master, and humble before the servants of the Lord's will. Giving always from your heart, from the desire to be one with the greatest thing. I am Richard who has been called the lionhearted. And you and I are part of each other. Indeed it may be said that you and I are the same indeed it may be said that at one time we were not apart but at one time we were the same being but as time continues the soul finds in its multiple parts different aspirations. Your aspiration has its duty here while mine has my duty elsewhere. We serve in our ways as the Lord would have us serve. I here and you here.

## Sedona



The first time I went to Sedona I was in Phoenix for a three-day retreat. After the retreat, three good friends of mine decided to go to Sedona for the day. I have heard a lot about that place. It was so beautiful driving there. It

takes about 1 1/2 hours from Phoenix. Sedona is probably one of the most beautiful places I have ever been to. The red rocks amid the Desert Mountains are a sight to behold. We spent the day at Bell Rock a huge rock shaped like a bell. I went back to the Palisades in Calif. the next day. A week later I get this call from my good friend David. He asked me if I wanted to move to Sedona. He was asked by Mafu to do some design work for a pyramid project. They needed a programmer and someone who know about computers. I was on my way. I moved into a really neat trailer right by Oak Creek. This trailer park was very serene. I never saw such a beautiful place to live. Right in my backyard was this incredible creek that ran by. I could hear the water running while I was in my house. My days in Sedona were spent working and hiking. Sedona was an incredible place to hike. There were plenty of trails. I remember an experience I had on Bell Rock. I was halfway up the rock when all of a sudden I could through to another dimension. As clear as day I saw an ocean and whales and dolphins playing in the ocean. It was imaging. Here I was in the desert, on this huge Bellshaped rock, and in the midst of this, I could this incredible ocean. It wasn't a hallucination. I could see this dimension and the other dimension. I remember hearing about Stephen Hawking's theory how there are 10 dimensions in the universe. He proves his theory

mathematically. The red rock around Sedona is made up of finely crushed crystals. Crystals are made up of Silica. Our brain contains a huge amount of silica.



Could it be that this area allows a person to see dimensions that usually we can't feel? It was so amazing to feel right at home in this ocean. I remember this huge whale came up to me and just

gently caressed it with my hands. It reminded me of almost like Roger Rabbit. There was the so-called real world and then there was another cartoon world. Both worlds existed.

I had a wonderful summer in Sedona. My daughter Chanda came out for the summer and we just played. We had a great time. Both of us are very close.

### Fire Walking



While I was living in Sedona I was in this seminar where the leader was going to put on a firewalk. The purpose of the firewalk was for individuals to go beyond their fears. By walking across the fire

and not getting burned has an amazing effect on human physic. We all participated in building the fire. We all gather wood. There was a small ceremony and the fire was lit. When the coals were nice and hot the leader said a prayer and he walked across the burning coals. There were probably about forty of us. One by one we started to walk over the coals. When it was my turn I said to myself well here goes and slowly walked over the coals. I didn't burn myself nor did anyone I know. I was ecstatic. I walked over the coals probably five times. Each time I walked over the coals I became more confident in myself. The last time a goal ever go stuck between my toes but nothing happened. It was an incredible experience to walk beyond your fears. Fears are meant to be embraced. We are all scared to do certain things. We should take a look and our fears and see that at times they are nothing. They can't harm us but they can stop us from performing some action that will help us grow. I try to see fear as my friend. I try to get to know it. When I firsts moved to Hawaii I was scared of the big waves.

These waves would have so much power. Since then I have trained myself and spent time in the water. Know I love when the surf is overhead. It all in facing our fears and doing practical things to overcome them. I trained myself to be in overall physical conditioning. Then when the surf was up I was in top mental, emotional and physical health. By overcoming my fear I feel at home in the water. I can take off on large waves and experience a ride of a lifetime. In the end, all of us have fears that we have to face. Let's face the monster after all, in the end, we will see it's not so bad after all.

#### First Time Meeting Zoran



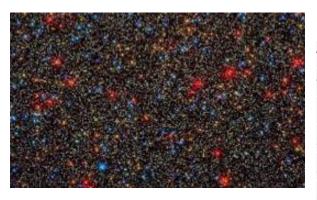
Richard, Makara and Barbara 1

Let me introduce Zoran. Zoran is an entity who is known in other dimensions as LOGOS. Logos on this planet came from the Greeks which means Word or Power. The Bible talks about LOGOS as the word. In the beginning, was the word and the word was with God and the Word was God. Zoran was the personification of that word. The first time I meet him was in

Phoenix AZ. A few of my friends saw him and said I might like to see him. They said he was different and like to teach with toys. Zoran is channeled by MAKARA. When he comes into her body he takes over much live Mafu. Anyway, we arrive late to the hall and I see the program is started. From the loudspeaker, I hear a voice that sounds like Mafu. I am thrown for a loop and ask myself "why is Mafu tape being broadcasted through the sound system." I sit down and see that this voice is Zoran. I loved the way Zoran was. His whole teaching was through games and laughter. He had all these stuffed toys that he would hand out. At one part of the program, he started to pull out people from the audience. He pulled me out and gave me an orange ball. He then proceeded to ask each one of us what this toy means to us. When he came to me he asked me about the orange ball he gave me. I told him that orange represented collagen the substance which ties the cells together. Without collagen, the cells would fall apart. This ball represents the life force that keeps the entire universe together otherwise it would fall apart. He just laughed and blinked his eye and said a good answer. That night I was very intrigued by Zoran. I knew that we were best of friends and I wanted to talk to him personally. The following day a meeting was arranged.

The first part of the meeting was spent in such laughter. People outside the room said it was like an auditorium of people laughing. There were only 3 of us. At one point Zoran said if I laugh anymore I will have to leave this physical body. It will cause damage to her body. At this time the tone became more serious. I learned that I was a student of his at a planet called Nucleus. This school was learning about the ways to split open the atom using one's mind. This school was built on practical experience. It was truly a mystery school. Makara and I were both students in this school. Zoran told me many wonderful things. We became really good friends. At all of the seminars, he would always call on me. I became a friend just like the good old days. I remember one day he asked me "What do you think about Women?" Well, I said that I want to solve the mystery. He said that someone special was going to happen and that very soon I would meet the women of my dreams.

The next night I had a dream where I meet my future wife Barbara. A voice came to me and said when you meet this person you should get to know her. A month later I was staying at a friend's house when Barbara walks into the house. I recognize her at once. I played it quite cool because I knew that destiny would be played out. The rest is history.



Zoran taught me a lot of techniques for getting in touch with himself. His whole style was through laughter. He said that laughter and joy create such a frequency that it just sinks in subconsciously. He had a great analogy that when you go to the

bathroom you don't inspect your stools. He said so many people struggle to reach happiness. Life is not a struggle. Life is not a battle. Life is fun and humorous. I have never laughed as much as with Zoran. He taught me a new angle on life.

## Space Ride – Zoran



One night in Sedona I was with three of my friends. We were outside looking at the stars in lawn chairs. It was early July and was a nice evening. The sky was perfectly clear. There were thousands of stars in the sky. We

were looking at a strange phenomenon taking place. We would see these streaks of light going vertical in the sky. Imagine a huge flashlight sending a flash of light from left to right across the sky. It would come in one-minute intervals. All of us were delighting in the show. We were making the same oohs and aahs when kids see fireworks. During a lull, I notice three stars in the sky I never noticed before. These three stars formed a triangle in the sky. It looked like a pyramid. All of a sudden I felt myself being sucked out of my body. It was like this huge vacuum sucking me out and my body. There was this tunnel of light and I was traveling inside of this tunnel. We have all seen on Star Trek The Next Generation the sensation of warp speed. This was the same kind of sensation that I felt. The next thing I knew I saw this huge Mother Ship. This ship was so large that there were Mountains, oceans, and earthlike plants inside of this ship. I was greeted by a group of 12 beings. I recognized Zoran and Lord Michael. They took me on a tour of this ship. The whole ship had a clear plastic-like substance which was the outer shell. Inside of this was the mountains. The main engine room was driven by energy itself. They had the technology to convert energy itself to drive the whole ship. All electricity was generated by pure and perfect energy. There was no pollution whatsoever. It's hard to put in words what I was going through and what I saw. It was so beautiful.

These beings were so beautiful. They were friendly and extremely intelligent. Their technology was light years ahead of ours. At one point I was placed on this beautiful table.



Zoran, Lord Michael, and the rest of the 12 beings placed their hands on my body and started to send me brilliant colors of light. My whole body was enveloped in a rainbow of

light. This light was pure consciousness. It was alive extremely blissful. I felt all the stress is taken out of my body. It was an incredible ceremony taking place. No words were spoken. 12 incredible beings were performing an ancient ceremony on me. I felt they were once again reminded me that we all come to the same source of life. There is a universal consortium of beings who are called the white brotherhood whose mission is to transform this universe into something far beyond what we can imagine. There are millions of humans alive on this planet who are part of this consortium. Before we were born we all decided to come down and help this planet earth. All the major religions know that something incredible is about to happen to this planet and the beings on this wonderful earth. We are to usher in this era along with our friends. Our weapons are simply love itself. Love is the most powerful force in the universe. Our mission is to consciously change ourselves to being beings of love. Christ was a prime example of this. We all have the same capacity. We just have to stop, look and listen to what going on. Here the most incredible event is taking place on this planet and we are asleep. We are too involved in little lives to stop for just one second and ask some basic questions. Who am I.? What is the purpose of this life? Where is true happiness? I feel as a society we need to learn about tolerance, forgiveness, and being open-minded. Each of us is so caught

up in our mindset that we can't see that were is flowers on a beautiful garland called life. Isn't it so beautiful that we are so different yet all of us at the same time are so similar? The breath of life is keeping us alive and we are unconscious of this fact. It's time to wake up and smell the roses. Each one of us is having the experience to remind us to wake up either conscious or subconscious. Even if you don't believe in any of this at all.



Imagine if this was all make-believe. There was a time that flying an airplane was make-believe. It is now a reality. There are millions of people on this planet whose prayers are to see peace on this planet. In time this will have to happen. We just have to bring peace to

ourselves. We have to know who we are. We are beings of love. We have simply forgotten who we are. It is now time as a whole that we wake up. It's kind of funny the whole world wants peace and happiness. Yet there is so much misery and poverty and greed. The love we have inside is boundless and endless. It is worth more than all the riches in the whole universe. Without we are nothing. I know I had many incredible experiences in my life. My people are envious of them. Yet without love, they mean nothing. It's like a body without breath. No life whatsoever. Our main mission is to be so filled with love that whatever we touch turns to love. What would happen to this planet if every citizen on this planet were experiencing such love? We would have no conflict, war, or poverty on this planet. We would truly help each other out. We would truly know that humans are incredible beings. Well, I came back and my friend knew that something incredible had happened to me. I told them just a fraction of what happened to me. It was still so personal that I didn't want to blab out or be arrogant. Years later I felt the time was right to put the experience in words. This incident showed me that my friend beyond the stars was always looking after me and this planet. I knew my days as a young child looking up at the stars were based upon an unconscious yet conscious connection with my friends. We are never alone. We have friends who are looking after us. Most of the time we don't know it.

### Infinite Ocean Of Blue Meanies

On Maharaj Ji's 14th birthday on December 10, 1972, a huge party was held in Prem Nagar ashram in India. For some reason, I came as the Blue Meanie. At the time I didn't know why I choose that. I didn't like that character in the Yellow submarine at all.



Years later I had this dream was I was the Blue Meanie in this Yellow submarine. I felt this incredible energy of love filling me up. All of a sudden this Blue Meanie became

2,4,8,16,32,64,128,265,512,1024 and on to infinite .This happened in less than a fraction of a second. My whole consciousness was in the infinite ocean of blue meanies. The whole sea was love itself. Each blue meanie was separate yet tied together by the ocean of love. I felt a power more powerfully than a nuclear power plant surging through me. This was the power of love flowing through me. I became the universe. Every part of creation was an aspect of this consciousness. I knew and experience everything on this planet and all other universes. I was one. The effects of this dream lasted a long time. I felt so fortunate to be reminded of who we are. Life will teach us in such a beautiful manner. Many experiences we don't seem to care about or know, will be used in the further for a greater purpose. Sai Baba Dream



One day in Arizona I had this incredibly vivid dream. I dreamt that Sai Baba was sick. For those of you who don't know Sai Baba is a great Indian Saint. He can manifest jewels from his hands. He has millions of followers in the world. Sai Baba was very sick in my dream. There were a lot of people around him in my dream. He came up to me and said only you can

heal me. As soon as he said that I felt tremendous energy flowing from within my being. I placed my hands towards him and started to send energy inside of his body. His whole body was shaking. After a few moments, he was healed. The love that was flowing between us was incredible. I felt this incredible wave of love flowing into me. My whole being was saturated with this experience. It was more than a dream. I really can't put the experience in words but it was incredible. About three months earlier I took this incredible healing course. There the instructor told me that I would receive a great gift from Sai Baba. Three months later this experience came to me. I have learned since then to have respect for all teachers. We can all learn from each other. I certainly don't have all the answers. I don't know anyone who does. Each of us has something special to offer this world.



### Meeting Barbara

After I had the dream about Barbara I just let it go for about a month. It was kind of strange but my daughter was the first one to meet Barbara. One night I wasn't feeling too well my daughter went to a friend's house. At this house, my daughter met Barbara. It was kind of funny it was only two trailers away from me. She was here from the Washington area. She felt in Arizona she was going to meet the man of her dreams. She

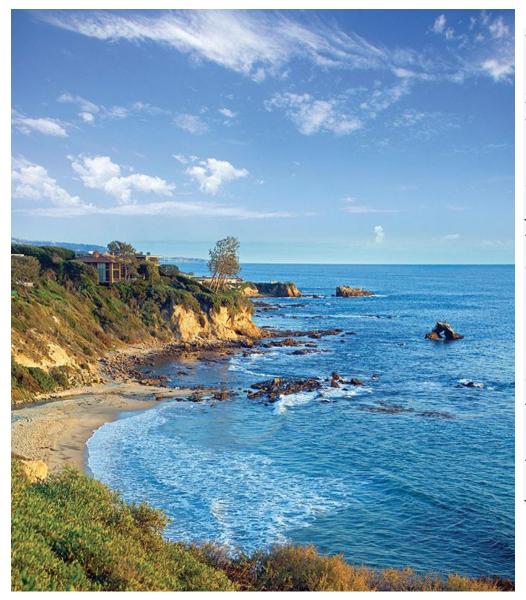
was planning to go to Egypt on a vacation but her intuition told her to go to Arizona. She ended up in Sedona. A month later Chanda and I went to a one-day Zoran seminar. I spent the night at a good friend's house. Upon waking up the next morning I saw Barbara. As soon I saw her I recognize her from my dreams. Immediately I thought of the conversation I had with Zoran. I just chuckled inside. I didn't say anything about my experience with her. Well, Barbara went back to Sedona and I stayed in Phoenix. A few days later I get this phone call from Barbara. She wanted to know if she could rent my trailer in Sedona. I was planning to spend a month in Phoenix. I said I think about it and I'll call you back. I called back the following day and said sure. A month later I went back to Sedona. I thought this should be very interesting. Barbara knew I was coming and decided to spend the night at her friend's house. Well, the next day both Barbara and I met again. We talked the entire day and decided to go rent a video. We came back to the house and both of us laid down and started to watch the video. About mid-point, in the movie, I held her hand and both of us felt the incredible energy rush through us. We were both complete. It was amazing how one touch can change a person's life. From that moment on we both knew something incredible was going to happen. At that point in my life, I knew I wanted a satisfying relationship. I wanted another child and I wanted to be married again. Barbara told me she couldn't have children. She tried for 10 years with her former husband and couldn't conceive. She went to fertility clinics and took the necessary treatments but nothing happened. I thought well having a mean full relationship might be enough. We spent the early winter in Sedona. On New Year's Eve, I had the Sai Baba dream. The last thing I was told by Sai Baba was that I was going to move to San Diego. The next morning both of us awoke and we said to each other "where do you think we are going to move" both of us said, San Diego. That same night Barbara had a dream where she was told that we should move to San Diego.

#### Sedona Indian feast



My wife Barbara and I decided to do a Thanksgiving feast along with a Indian twist. We were going to open up our house to tourist for one night to serve an Indian banquet. We did the same 15 course meal. I'm done this around 4 or 5 times. It was quite success, Many of the tourist absolutely loved the meal. We love doing it.

# San Diego



Well, we moved to San Diego. We got this incredible apartment just 1 block from the ocean in Del Mar. Del Mar is a real nice quaint ocean beach town. We both started to look for jobs. One

Barbara's first day she went to this employment agency. She started talking to the owner and told him about her past jobs. Barbara spent years in the insurance industry. She was once offered a million-dollar company but turned it down. The owner told her that he didn't have any work but hold on I'll be back in a few minutes. I have someone I want you to talk to. In a few minutes, a gentleman from an Insurance company comes in. They talk for probably half an hour and presto she has a job. On Barbara's first day at work, she finds outs he needs a computer system and a computer program. Well, who do you think gets that job? I spent the next year working on his system. Is there something beyond coincidence? Maybe synchronicity.

After a few months working one day, Barbara realizes that she hasn't had her period in quite a few months. She goes to a doctor and finds out she is pregnant. Months later we have a beautiful girl name Aleia. It seemed like my dreams came true.



Since we live only a block from the beach I went surfing a lot. My job at the insurance company ended. I spent the next nine-month working on a Visual Real Estate program. My partner John Slowsky and I were both too ahead of our times. We won awards at trade shows but it was too advanced for its time. We had a few interested takers who wanted to

market the program but nothing happened. This program was one of the first multimedia programs in the states. I wrote a template program that could generate a complete program by designing your program on the screen. It would do everything from your menus to all of your multi-relational input screens. What would take a programmer a week I could do in a day? I designed this also for my multimedia stuff. I took it to a major software conference and people were blown away by it. This was the first time at this conference that people saw a visual database. Unfortunately, the vendor that supplied me with the board went out of business. This was the best board on the market.



Talk Story With John Slowsky



My money was running a little dry and I got offered a job from the Navy Seals. This was an incredible job. I liked working for them. The company that I worked for set up a Network. I

was the Data Base Administrator. I wrote over 10 major programs. The navy was into training so I got to go to many computer conferences and seminars. I loved the lunch hours.



The navy is really into health and fitness. The navy had a policy if you exercise you can take an hour and a half lunch. If you don't lunch is only for an hour. I, of course, opted for the hour and a half. They had a huge Olympic size swimming pool. I would swim a mile a day. There was also a well-equipped exercise room. When there were days of surf I would go boogie boarding with my friends. There was a beach break right across the street. I remember the day of the Desert Storm crisis. I called my wife that I was going to be late. I didn't know what time I was going to return. I couldn't tell her anything. I was assigned to do this computer program. I had only a short time. Thank you, I had my templates. I developed a program in 6 hours. If I didn't have my templates it would have taken about a week. There was a six-month interval where I was allowed to work at home. The Navy respected my work and they had no qualms about me working at home. They knew I wasn't going to take advantage of the system. I had a good life. I would wake up early in the morning meditate, exercise, and then head for the beach for a few hours. It was so wonderful to surf every day. I loved the cold water. I had a great wetsuit. I could stay out for hours and never get cold.



I remember one Christmas while living in San Diego. My boss asked me if I could find a good restaurant to have our Christmas party. I said of course. I found an incredible Thai restaurant in Solana Beach. The owner used to cook for the king of Thailand. This was one of the most memorable meals I ever had. Even all my co-workers said the same thing. This was over 35 years ago and we still

remember it.



I remembered many incredible surf sessions. I would love when the surf was overhead. During the winter San Diego gets many incredible swells. For me, surfing was an art form. Nothing can describe the experience of riding

a wave. I was completely in tune with the waves.



My daughter Chanda would come out for the summer. She lived in Philadelphia. We had a beautiful time boogie boarding in Del Mar. The whole family would go to the beach and just play. I felt truly my life was wonderful. Truly my dreams were coming true. Barbara and I decided that she should stay home with Aleia. We both felt it was important to raise our child. At the same time, we realized the financial burden but it was well worth it. Barbara poured tons of love into Aleia. We both knew that love is truly the answer. Especially in the first five years. Barbara spent these years focusing on our child. It was time well spent. I had a great family life. Both of us were truly happy with each other.

#### 1 Split Second Got It Driving Car



One morning I was driving to work when I had this incredible flash that only lasted for a second. In this flash, I become one with the whole universe. I was the sun, the stars, black holes galaxies. I knew everything. I

was intelligent. Here I was driving down the highway in rush hour traffic when I had this experience. The experience only lasted one second but it had such an impact. It was like lightning striking. My whole body and being were so charged. Each one of us can have such a realization. It goes beyond time and space. I wondered what would happen if I could tap into this 24 hours a day. Makes you kind of wonder.

#### Kundalini Snake Experience

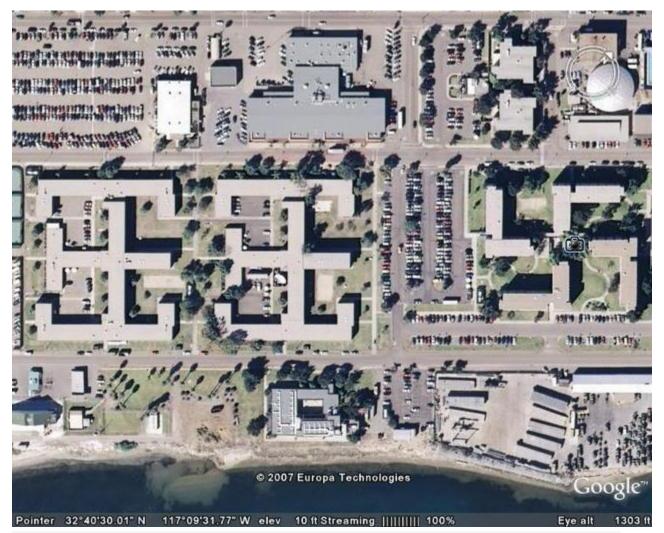


One early morning I was meditating using Mafu techniques. I felt such joy and happiness. All of a sudden I felt this incredible power. I saw this incredible cobra at my root chakra. This cobra was slowly rising up my spine. The energy was incredible. It was so real. I became a little

afraid due to the power and the cobra. I knew I would not be harmed at all. I controlled my fear and let the experience grow. The cobra went all the way to my third eye which is the pituitary gland. At each step of the way, I would have a different experience. I have always heard about the Kundalini experience but this was the first time I had the experience to see it. The Vedas talk about this experience. The cobra was so real. It was like you had to face your greatest fears and then and only then could you be taken to a different level of consciousness. Amazingly, this experience exists inside of our being, and yet it is dormant. We are so involved in this world that we simply are unaware of a greater reality. I learned that the scriptures of the past were based upon practical experiences. We have simply convoluted the meaning of the experience and come up with a different meaning altogether.



### Naval Special Warfare -Meeting Alien



I was working for the Navy as a computer programmer. One day I got off work and was walking downstairs from the main building I was working in. All of a sudden this alien is behind me. He looks like a combination of a human and a reptilian. I had a little fear but I knew I would be all right. As soon as I reached the bottom of the stairs I saw the guard look right at me. I was thinking do you see what I see. The alien was right at my side. I couldn't believe the guard didn't see him. I laughed to myself and walked out of the building. The alien continued to walk by my side until I got to my car. I entered my car and the alien sat in the passenger seat. He drove with me about 10 miles.



To this day I wished I said something to him. I was still a little afraid not because he was an alien but this incident caught me totally by surprise. I remember looking at this alien in my car and I could see him

smiling inside. He was friendly and at the same time full of wisdom. I knew I would be ok but at the same time, it was an Erie feeling that I saw an alien face to face. It's strange in our society the vast majority of people know some beings exist from other planets or worlds and our government tries to suppress and downplay any activities about UFOs and aliens. Some people might say it was a hallucination or a vision. I don't drink, take any drugs including medical drugs, get plenty of sleep, etc. This encounter was as real as any physical encounter with any human being I have faced. The only difference was this was an Alien. For myself, I knew I had a wonderful encounter with an Alien from a different home than earth. The next time I think I will carry on a conversation and learn more about him.

A few months later I was with Zoran who claims to have a huge mother ship within our galaxy. He was taking my family for a walk in the Laguna Mountains outside of San Diego. I had no idea where we going. I had a picnic lunch with me. We probably walked for about an hour. All of a sudden Zoran stopped and with a smile, he said: "Do you see anything different about this place." I looked around and at first glance, I thought what you are talking about. All I see is just forest. Then I started to see what was around me. All around us were a huge circle. Inside of this circle the leaves, grass, and trees were burnt. I have heard stories about how when a UFO lands the surrounding area is burnt. I knew this wasn't man-made or made by nature. It was obvious some craft had landed. It was kind of strange that Zoran took us on this walk and we just happen to end up here.

# The nineties



During the nineties, our family moved to Maui. I got a job working for the Haleakalā Observatory. Boeing was the subcontractor. The air force operates the Maui Space Surveillance Complex. The air force was tracking space debris and satellites. One of my first projects was a dome automation system.

Imagine at midnight we would have a dome operator which would have a switch to more the dome clockwise or counterclockwise. During the winter it would get extremely cold. The operator would be wearing a snowsuit. At times during an important pass, they would doze off and fall asleep. I was instructed to automate this process. My friend Paul was charged with the overall hardware design and I was assigned to the software side. The program was written in C++ which I was not familiar with. Anyway, we had a short timeline to pull this off. Paul and his crew installed bar code readers around the dome. We had an IBM Pizza box that we used. The basic formula was we had to take the AZ, POL, and Dec positions and calculate where the dome should move to. At times we had to force the dome to go super-fast and when we got to our destination we had to slow down and they stop. We had to make fine adjustments along the way. When we first tested out this system we would hear a hum when we were stationary. We quickly fixed this. The system was installed on time. The system was so successful that we had another dome that was requested to have the same software and hardware installed.





Hawaiian Poke - Allergy Free...

Kurt Carlson's Christmas Parties

When I worked for the observatory each year around Christmas time. Kurt Carlson would throw a Christmas party at his house. It was an outdoor party. I love going there. They had many traditional Hawaiian foods. My favorite was poke which is raw tuna marinated and seaweed mixed in it. Along with white rice. I was in heaven.

When I was working at the observatory around once a week I would bring Indian food and share it with my fellow workers. They always look forward to this. I would bring my ingredients and we

had a great kitchen on top of the mountain. The aroma of Indian spices would fill the air. Years later many of my coworkers would say they loved tasting my food.

Here's a photo of my surfing buddy and co-worker at the Observatory Bob Brem. He has a mentor for robotics at Baldwin High School.



Programming mentor Bob Brem poses with Baldwin Robotics students and their robot during last year's FIRST Hawaii Regional Competition in Honolulu.

I remember one day I went up to the Observatory and they were looking at a tape from the past evening. The past evening a UFO was spotted on Maui. It was reported on the evening news. Several of the people who investigate this kind of phenomenon had no clue what the object was. They said nobody on earth makes anything like this.



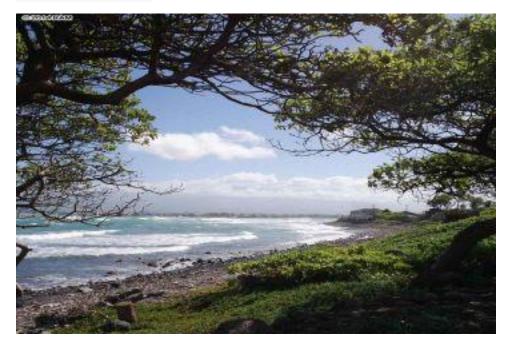
I had a couple of close surfing friends who worked there. We worked 4 ten hours a day. This included drive time. The ride up the mountain was incredible. As you drive up you can see both sides of the island. Rainbows would appear and disappear. We

would drive in vans and take turns driving. One of my bosses was a surfer so on good days we would go surfing and then drive up the mountain. Because it was an observatory no light was allowed. Imagine coming home and seeing thousands of stars. We would listen to Hawaiian music.



My favorite singer was Israel Kamakawiwoʻole. I saw him in concert twice and listened to him on the radio. He played the ukulele and had this voice from heaven. His medley of somewhere over the rainbow/what a wonderful world is famous

worldwide. It took time to get to know the Hawaiians. As I spent time with them they would open up and become your friend. Many of them seemed to not care about you but in time they open up their hearts to you. I loved the Hawaiian spirit. They are a culture of family and friends. Surfing was a way of life for them. The ocean was in their blood. Whether people believe it or not they descended from the Lemuria which was the first ancient race. Many of the Adam and Eve concepts come from this ancient culture. To this day the magic and mana continue. Many of the kahuna to this day believe in Lemuria and its ancient culture.



One of my favorite surf spots was Paukukalo near Wailuku. It is a river mouth reef break. One day I surfed it in the morning and it was 4-6 Hawaiian. The

Hawaiians measure the wave by the back. So a 4-foot wave to them is two feet.



Anyway, the swell then went to 6-8 feet and then 10-12 feet. The waves were so large that when they broke the ground would shake 25 feet below. I remember that one huge set came in and I was in the right place

at the right time. I paddled hard and I dropped in easily. I did a bottom turn and this huge wave tunneled over me. I was riding with pure delight. My friends were in the channel paddling and they were screaming with joy at what they were seeing. It was probably the best wave of my life. It took a long time to make it to shore. When I did many of the surfers wanted to kiss the ground because of how large it got in such a short period.



My family loved Maui. We lived in upcountry Makawao. You didn't need air condition or a heater. Where we live we had a huge avocado tree, bananas, oranges, and passion fruit.

## We lived in Maui for 6 magical years.

Surfing with friends and family.

Many times during summer our family would go to the beach with our friends.. I would give them all surf lessons. This was the first time my wife ever learned how to stand up on a surfboard. She could sense that thrill of surfing. We would have a barbecue. I would love to make tofu sautéed on skewers. Everyone love them.

## Tofu on skewers

Chef: Richard Fletcher Ethnic: American Main Ingredient: Tofu Categories: Main Meal Type: Dinner Food Type: Vegetarian Level:Easy Servings: 4 Prep Time: 10 minutes Cook Time: 20 minutes



When I lived in Maui we would BBQ this on the beach. I was teaching my friends how to surf. Afterwards we would have this dish.

Print

Sauce

- 1/2 cup water
- 1 tablespoon peanut butter
- 1/4 cup molasses
- 1/4 cup tamari
- 1 tablespoon diced fresh ginger
- 1 tablespoon rice vinegar
- 1/8 teaspoon sesame oil Skewers
- 10 whole Cherry tomatoes
- 1 cup Green peppers
- 1 block Tofu
  - Recipe

Cut tofu in large cubes.

In mixing bowl add water, peanut butter, molasses, tamari, fresh ginger, and rice vinegar and sesame oil.

Add tofu and vegetables to marinate mixture. Marinate for at least one hour.

Put tofu and vegetables on skewers and broil until tofu is golden brown. When tofu is in broiler baste every few minutes with sauce.

### **Nutrition Facts**

Serving Size 1 Tofu on skewers Servings Per Batch 4	
Amount Per Serving	
Calories162	Calories from Fat 3
	% Daily Value *
Total Fat 6g	9%
Saturated Fat 1g	5%
Monounsaturated Fat 3g	
Polyunsaturated Fat 1g	
Trans Fat Og	
Cholesterol Og	0%
Sodium 56mg	2%
Potassium 512mg	15%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	6%
Sugars 18g	
Protein 5g	10%
Vitamin A	9%
Vitamin C	42%
Calcium	10%
Iron	3%

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

## Nutritional information

## Haroughe and Frassah

My wife and I were invited to this couple's house while we were living in Maui. They came originally from Ethiopia. They served us three times Ethiopian meals from their house. She was

an excellent cook. She gave me several of her Ethiopian recipes. They both worked at the observatory in Maui. They also invited Lois and Bill. Lois was also a co-worker at the observatory. This was over 30 years ago and I still have fond memories.

## Ethiopian dahl

Chef: Richard Fletcher Ethnic: Ethiopian Main Ingredient: toor dhal Categories: Soup Meal Type: Dinner Food Type: Vegetarian Level:Easy Servings: 4 Prep Time:5 minutes Cook Time:8 hours



This is a great Ethiopian dahl. I usually make it in a crock pot before I go to bed. When I wake up in the morning the dahl is ready to eat.



- 2 cups toor dal
- 6 teaspoons Berbere

- 6 teaspoons Niter Kebbeh
- 1 medium onion diced fine
- 3 diced cloves garlic
- salt to taste
- 8 cups water
  - Recipe

Make berbere <u>http://www.whatscookingtreasures.com/Home/Display?row=294</u> Make Niter Kebbeh

Add all ingredients to crock put. Simmer for 8 hours. Add salt to taste.

#### **Nutrition Facts**

Serving Size 1 Ethiopian dahl Servings Per Batch 4

Amount Per Serving

Calories386	Calories from Fat 7
	% Daily Value *
Total Fat 6g	9%
Saturated Fat 1g	3%
Monounsaturated Fat 1g	
Polyunsaturated Fat 3g	
Trans Fat Og	
Cholesterol Og	0%
Sodium 91mg	4%
Potassium 942mg	27%
Total Carbohydrate 66g	22%
Dietary Fiber 18g	72%
Sugars 12g	
Protein 20g	40%
Vitamin A	1%

Vitamin C	13%
Calcium	14%
Iron	6%

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

## Nutritional information

Ethiopian spinach and eggs Chef: Richard Fletcher
Ethnic: Ethiopian
Main Ingredient: Spinach
Categories: Vegetables
Meal Type: Dinner
Food Type: Vegetarian
Level:Easy
Servings: 2
Prep Time:10 minutes
Cook Time:10 minutes



This is one of my favorite Ethiopian dishes. My dear Ethiopian friends Haroughe and Frassah fixed this for our family while living in Hawaii.



- 3 teaspoon Berbere
- 3 teaspoon Niter Kebbeh
- 1/2 medium onion diced fine
- 3 cloves garlic
- 2 teaspoons paprika
- 1/8 teaspoon fresh diced ginger
- 2 cups fresh spinach
- 1/2 cup red Tomatoes
- dash of salt
- 1/2 whole fresh Lemon juice
- salt to taste
- 2 oz chardonnay wine
- 1/4 cup water

## Recipe

Make berbere

http://www.whatscookingtreasures.com/Home/Display?row=294

Make Niter Kebbeh

## http://www.whatscookingtreasures.com/Home/Display?row=293

Heat up skillet with 1 tablespoon Niter Kebbeh. Sauté onions, garlic and ginger. Sauté until the mixture is golden brown. Add 1 tablespoon Berbere paprika. Cook for one minute. Add 1/4 cup water and chardonnay wine. Cook for another minute. Add cherry tomatoes and your fresh spinach. Simmer for 5 minutes. Add your juiced lemon and

salt.

### **Nutrition Facts**

Serving Size 1 Ethiopian spinach and eggs Servings Per Batch 2 **Amount Per Serving** Calories80 Calories from Fat 15 % Daily Value \* **Total Fat 1g** 1% Saturated Fat Og 0% Monounsaturated Fat Og Polyunsaturated Fat Og Trans Fat Og **Cholesterol** Og 0% Sodium 195mg 8% Potassium 437mg 12% **Total Carbohydrate 12g** 4% Dietary Fiber 3g 11% Sugars 3g **Protein 3g** 5% Vitamin A 85% Vitamin C 41% 7% Calcium 2% Iron

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Nutritional information

## Injera

Chef: Richard Fletcher Ethnic: Ethiopian Main Ingredient: teff flour Categories: Appetizers Meal Type: Dinner Food Type: Vegan Level:Intermidate Servings: 4 Prep Time:1-2 days Cook Time:5 minutes



This is the best recipe I found so far for making Injera (Ethiopian pancakes). The teff flour is super high in protein.



- 2 cups teff flour
- 1 1/2 cups organic Wheat flour
- 3 1/2 cups water
- 1 packet yeast
- salt to taste

#### Recipe

In mixing bowl add your teff flour, pastry flour and water. The water should be around 112 degrees. I use the hot water from the tap. Mix all ingredients.

Turn the light on in the oven.

Place a dish towel over the bowl. Place in oven and let it sit for 1 day until the flour ferments. The consistency should be like thin pancake batter.

When mixture is ready add a little salt to the mixture. Heat up skillet. Place a little oil in the non stick pan. I use a paper towel to spread the oil around. You don 't want too much. Ladle a spoonful in pan and rotate the skillet so the pancake mixture covers the whole pan. Cook on medium heat for around 5 minutes. Place a cookie sheet or pan cover over the pan while cooking.

Here's a link for common problems for making injera. This recipe is the best I found so far. I tried using teff flour only but never got good results.

#### http://www.wikihow.com/Remedy-Common-Problems-With-Making-Injera

**Nutrition Facts** 

Serving Size 1 Injera Servings Per Batch 4

Amount Per Serving

Calories462

Calories from Fat 16

% Daily Value \*

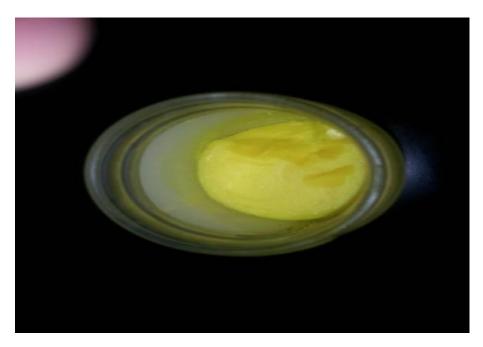
Total Fat 3g	5%
Saturated Fat 1g	3%
Monounsaturated Fat 1g	
Polyunsaturated Fat 1g	
Trans Fat Og	
Cholesterol Og	0%
Sodium 59mg	2%
Potassium 538mg	15%
Total Carbohydrate 93g	31%
Dietary Fiber 11g	46%
Sugars 2g	
Protein 18g	35%
Vitamin A	0%
Vitamin C	0%
Calcium	19%
Iron	8%

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## Nutritional information

Niter Kebbeh Chef: Richard Fletcher Ethnic: Ethiopian Main Ingredient: butter Categories: Condiments Meal Type: Food Type: Vegetarian Level:Easy Servings: 1 Prep Time:10 minutes

Cook Time:around 20 minutes



This condiment is used in Ethiopian cooking. It's the same process for making Indian ghee but in Ethiopia they put in spices while making the ghee. While living in Hawaii I had some friends from Ethiopia who showed me how to make this.

I love this condiment because all you need is a tablespoon of ghee and all of your spices are included. Just add your vegetables and presto your meal is done. The original quick and easy meal.



- 2 stick butter
- 1/8 teaspoon nutmeg
- 3 cloves garlic
- 1 teaspoon cinnamon
- 1 teaspoon cardamom
- 1/2 teaspoon turmeric
- 2 teaspoons diced ginger
- 3 cloves diced garlic
- 1/2 medium onion diced Recipe

Melt the butter in a sauce pan over medium heat. Melt butter and bring to a simmer. You will hear crackling sounds when the butter is simmering.

Add all the spices above.

The ghee is done when the crackling subsides. This means most of the moisture has been cooked away. The ghee becomes a clear golden yellow liquid. The milk solids separate and settle in the bottom of the pan, and are brown in color.

When ghee is done take out the garlic and ginger. I usually use put these in a Dahl that I 'm going to make.

Pour ghee into clean glass jar. Let it cool and then put a lid on it.

#### **Nutrition Facts**

Serving Size 1 Niter Kebbeh Servings Per Batch 1

Amount Per Serving

Calories1753	Calories from Fat 1
	% Daily Value *
Total Fat 184g	283%
Saturated Fat 116g	582%
Monounsaturated Fat 48g	
Polyunsaturated Fat 7g	
Trans Fat 7g	
Cholesterol 486g	162%
Sodium 38mg	2%
Potassium 461mg	13%
Total Carbohydrate 30g	10%
Dietary Fiber 5g	19%
Sugars 3g	
Protein 7g	13%
Vitamin A	113%

Vitamin C	36%
Calcium	20%
Iron	3%

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

## Nutritional information

Sambussa Chef: Richard Fletcher
Ethnic: Ethiopian
Main Ingredient: lentils
Categories: Appetizers
Meal Type: Dinner
Food Type: Vegetarian
Level:Easy
Servings: 7
Prep Time:15 minutes
Cook Time:20 minutes



Ethiopian Sambussa is similar to Indian samosas. These are baked. The filling is a lentil mixture.

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- 7 sheetdough Phyllo dough
- 2 cups lentils
- 3 cloves garlic
- 1/8 teaspoon diced fresh ginger
- 1/4 medium diced onion
- 3 teaspoon berbere
- 3 teaspoon Niter Kebbeh
- 1/2 whole fresh lime juice
- 1 dash salt
- 1/8 tablespoon honey
- 1/4 cup water

#### Recipe

Preheat oven to 375F

Make berbere <u>http://www.whatscookingtreasures.com/Home/Display?row=294</u> Make Niter Kebbeh <u>http://www.whatscookingtreasures.com/Home/Display?row=293</u>

Heat up skillet with 1 tablespoon Niter Kebbeh. Sauté onions, garlic and ginger. Sauté until the mixture is golden brown. Add 1 tablespoon Berbere and your cooked lentils. Add your water. Add salt and honey.

Mash your lentils with a potato masher until your lentils are mashed.

Simmer for 5 minutes.

Arrange stuffed triangles on a large baking sheet. Bake in the preheated oven around 20 minutes, until golden brown. Serve warm.

8

#### **Nutrition Facts**

Calories from Fat
% Daily Value *
2%
2%
0%
5%
3%
6%
2%
7%
0%
10%
2%

#### Iron

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

## Nutritional information

## Sambussa

Chef: Richard Fletcher Ethnic: Ethiopian Main Ingredient: lentils Categories: Appetizers Meal Type: Dinner Food Type: Vegetarian Level:Easy Servings: 7 Prep Time:15 minutes Cook Time:20 minutes



Ethiopian Sambussa is similar to Indian samosas. These are baked. The filling is a lentil mixture.

## Print

- 7 sheetdough Phyllo dough
- 2 cups lentils
- 3 cloves garlic
- 1/8 teaspoon diced fresh ginger
- 1/4 medium diced onion
- 3 teaspoon berbere
- 3 teaspoon Niter Kebbeh
- 1/2 whole fresh lime juice
- 1 dash salt
- 1/8 tablespoon honey
- 1/4 cup water

#### Recipe

Preheat oven to 375F

Make berbere <u>http://www.whatscookingtreasures.com/Home/Display?row=294</u> Make Niter Kebbeh <u>http://www.whatscookingtreasures.com/Home/Display?row=293</u> Heat up skillet with 1 tablespoon Niter Kebbeh. Sauté onions, garlic ar

Heat up skillet with 1 tablespoon Niter Kebbeh. Sauté onions, garlic and ginger. Sauté until the mixture is golden brown. Add 1 tablespoon Berbere and your cooked lentils. Add your water. Add salt and honey.

Mash your lentils with a potato masher until your lentils are mashed.

Simmer for 5 minutes.

Arrange stuffed triangles on a large baking sheet. Bake in the preheated oven around 20 minutes, until golden brown. Serve warm.

## **Nutrition Facts**

Serving Size 1 Sambussa Servings Per Batch 7

Amount Per Serving

Calories90

Calories from Fat 8

	% Daily Value *
Total Fat 1g	2%
Saturated Fat Og	2%
Monounsaturated Fat 1g	
Polyunsaturated Fat Og	
Trans Fat Og	
Cholesterol Og	0%
Sodium 120mg	5%
Potassium 110mg	3%
Total Carbohydrate 17g	6%
Dietary Fiber Og	2%
Sugars 1g	
Protein 4g	7%
Vitamin A	0%
Vitamin C	10%
Calcium	2%
Iron	1%

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Nutritional information

Tej Chef: Richard Fletcher Ethnic: Ethiopian Main Ingredient: chardonnay Categories: Beverage Meal Type: Beverage Food Type: Vegan Level: Servings: 2 Prep Time:3 minutes Cook Time:



Tej was created over two thousand years ago and loved by King Solomon and the Queen of Sheba.



- 1 cup water
- 5 oz chardonnay
- 4 tablespoons honey

Recipe

Combine water and honey in pan. Heat until honey is melted into the water. Take off heat. Let it cool. Add your wine. Mix and then serve.

## **Nutrition Facts**

Serving Size 1 Tej Servings Per Batch 2

Amount Per Serving

Calories189

Calories from Fat 0

	% Daily Value *
Total Fat Og	0%
Saturated Fat Og	0%
Monounsaturated Fat Og	
Polyunsaturated Fat Og	
Trans Fat Og	
Cholesterol Og	0%
Sodium 10mg	0%
Potassium 74mg	2%
Total Carbohydrate 36g	12%
Dietary Fiber Og	0%
Sugars 35g	
Protein Og	0%
Vitamin A	0%
Vitamin C	0%
Calcium	1%
Iron	0%

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Nutritional information

## OnMaui

My dear friend John Slowsky, Matt Rauch and I developed OnMaui.com in 1996. It was quite revolutionary for its time. John did all the graphics for the site. Since then John has been at the forefront of graphic design. Check out <u>http://slowsky.com/</u>.

We developed 3 virtual towns in Maui. Makawao, Paia, and Lahaina. Imagine back then we didn't have google walkthrough of towns. John and I developed something similar to what we have today. For example, I took photos of the towns in Maui. John then stitched together the photos. Back then VRML(virtual reality markup language) was just taking off. By the way, it didn't make it. We created virtual walkthroughs of these towns. You could stroll down the street and go into surfboard shops and art galleries. You could even buy things. Years later we have google maps where instead of a person walking down the street they have this car with a built-in camera. They could capture images of our towns in minutes.



For information on being listed in this directory, contact OnMaui by clicking here.

Micah

The following are excerpts from a conversation with Zoran. This was a wedding present. Barbara and my daughter Aleia were present. The date was May 20, 1990.

Richard - Could you please tell me about Micah?

Zoran - What desire you to know?

Richard - What do you know about the guy?

Zoran - what will be a more specific question?

Richard - Who is Micah?

Zoran -Who in terms of the whole?

Richard - The whole (yea)

Zoran- Let me see if I can give forth words. No, you what is called universal core. Essence indeed. There are some beings that direct specific energies at specific times. They are not confined to what be termed position as in the hierarchy. This being is not confined. Does this make sense to you?

Richard - yeah

Zoran - It is beyond what you would normally think of as the whole - Like a radical

All - Laughter

Zoran- this being is allowed to move about and to do things that perhaps you might say this is against the rules. This is outside of what I've known, learn, or heard. What desires you from this being?

Richard- well that name has been coming to me a lot. I'm just trying to go to the mystery of it.

Zoran-Wondrous being Richard. Contemplate you that not all beings in this universe at this time not only came from this universe say I. Some come from essence beings that are not confined to what you consider to be the whole. Indeed. Now how do you think you are?

Richard- Probably that guy.

Zoran- Indeed. And it's radical. And it is not confined. That is why I say to you. Say a normal being walks through a gateway. If by going through a gateway the rules are set. You have come to an understanding within yourself, which is termed your growth. The rules are no set. Only by you. See you

Richard - Yes

Zoran- There is a troop of us here. See you.

All - laughter

Zoran- You know this thing already.

Richard-You mean the cosmic jokers?

Zoran-Well it's something like that. Know you they are the ones who bring about balance. Because of what is termed their freedom to move outside the rules. Beyond space-time. Without a judgment or a thought of this or this is that. Indeed. The understanding is within the heart which is greater than either one. Do you use this name?

Richard-I use it to myself sometimes.

Zoran -and

Richard-I have been using this name for two years now.

Zoran-It is an important thing that you not only acknowledge here (pointing to my heart) but you have some say here (physically) that you acknowledge it to your senses. Understand.

Richard-Huh Huh

Zoran-Desire you Richard to speak what is termed the public.

Richard-Sometimes. I know I have a mission here.

Zoran-I'm asking this question for you to contemplate whether you desire to be what you call the front.

So you are seen. Or do you desire `to be from behind?

Richard-Well a lot of times I can be behind the scenes. I don't want to be famous. I have no need for that.

Zoran-This isn't about need. It is a matter of choice.

Richard-Well let's put it this way whatever I can do to help.

Zoran-I will say this thing to you. It is not that you have to do this thing yourself. You have the capability of creating a being to do that thing for you. It is a choice. However, some things would certainly be different if it was you. How many beings are going to channel you?

All-Laughter

Zoran-See you. It is a part of directing the truth. Understand. And that would be grand humor. But what is termed what I said to this wondrous being (pointer to my wife) this secret, this secret that you are present? Know unless you want to share that. If it is not then the expression that comes forth will create havoc for you.

Richard-so what does it mean to go public?

Zoran-It means you are a love giver. Going public. Many things are changing as you know. A lot of what has been spoken before as the foundation that you and others laid are begging to come together. There is what has been termed some confusion and what is called frustration from times past. All this time has passed and I have given up hope.

All-Laughter

Zoran-what do you do know? Do you look at it and say I could get burnt. Now you are more cautious of the picture. This is humor. Now what you have created you think will bite you. (Laughter) give you this thing teeth. Know you what you termed hobby. Recreation.

Richard- yes

Zoran-For you this thing of public, sharing your essence is recreation. That is true.

Richard-yes

Zoran - Feel you what is termed guilty. Indeed that it is recreation and so easy. So how do you rectify this thing Richard within side of yourself so there is no guilt? Look you around and see beings who have a lack of understanding, who are in pain, who are in poverty, who are all these things and mostly in ignorance. And you have so much and so easy. See you.

Richard-Yes (softly)

Zoran-Number one you must let go of the guilt or when you touch it, it will bite. Understand. You must love here yourself (pointing to heart). And be in love with yourself and no other comes before. If you don't it doesn't mean that you will not (within this whole that is here) It means that you are in honor of the being that you are. You cannot maintain the balance within yourself or perform your service in your easement and your joy and your simplicity. Indeed if you do not do this thing for yourself.

Richard-yes

Zoran-I can skip across the planet because I can. That's it. Indeed

Richard - (Laughter) Indeed

Zoran-If I was to say to you this has nothing to do with earning this reward, earning this thing, this greatness. That happened a long time ago. Desire you another ceremony.

Richard-(Stopped for a moment and wondered what he was talking about. Then I remember the ceremony I had onboard his mother ship) Yes Yes Yes

Zoran-That is why I say to you very important it is up to you. You make the moves now. Think you can live what is termed your life and others can channel what is you're called your being. It will all work out fine together. And be that this thing is occurring and you be more aware of this more and more. Know what happens to a being who is in a position to teach and that is not the greatest word. You go around pretending you don't know.

All-Laughter

**Richard-Yes** 

Zoran-So what now are you going to do? You aren't satisfied with that. Be that the true.

Richard-Yes that's the truth.

Zoran-You must contemplate this thing. What are you willing to do for yourself? For your joy here.

Richard-Now let's say I did want to do this thing. What do I do?

Zoran-You mean where do I start?

Richard-Right

Zoran-You start from here (pointing towards the heart) and you start from the people who are close to you. Start with letting go and letting it be. Simple. It doesn't require letting go of the other

things that you have moving. Indeed. A being who is capable of stepping out of space-time, of making the rules can certainly do more than one thing. And in all honesty, if you did not do more than one thing, you would be very upset with yourself and very bored.

# All-Laughter

Zoran-Allot of the beings has not allowed the foundation support to be present. I am not just talking about funds. I am talking about people. The other beings who are meant to be there are not there. Both of you should sit down and make a list of beings who come to mind. Make a list of what each being means to you. It does not mean that because a person is present in your life that they belong on this list. This list is those people which support you.

Honesty. Indeed. This is the only way you will have peace. I will say again the group of you shall do great things. Know those adventures that you see in your heart. Indeed those great expeditions. Those will be present. There are some things that are laid away. It will be one of those in search of episodes.

All-laughter

Barbara-A quest

Zoran-They are not a grand thing.

Barbara-That sounds like fun.

Zoran-There are a great many things to do. The public is beginning to come to a stage where they are awaking. They are asking for many things. Many of those beings who were awakened and being awakened were discouraged. Many have fallen by the wayside. They don't have the courage and the energy to stand forth again. It is up to you (group) to stand and talk to the public. In truth, it was always very few. Indeed. Let's put it this way God blesses those who have taken the job and taken all the dirt.

All-Laughter

Zoran-that would be grand. Is it not. That was a wise creation in all of your parts. See you it now indeed.

Richard-What is the relationship between Michael and Micah.

Zoran -Say you I this. It is for you to tell Michael. Understand. There is profound respect there. You must come to an understanding of your being. It is like this being which is called earth which is a very small planet in a very large number of planets, indeed in a vast system of universes, you have not come from here. Never ever think you have. Be it if you were to come forth to this being it would be like your being was honored. Understand. There is great love there. Know that all those beings who are familiar with the earth are very blessed with your presence. They honor indeed that this radical group is here. It also means there have been great growths. I might say this as well. If there were this small thing that needed to be done and let's put it this way the gods that be, greater than you have contemplated God at this point. , decided that they wanted to directly check it out. Do a little something. Do you have a good scenario of the situation? I notice that you look at your body, this body physically and you say look at this the hair is turning gray, there is a little flab over here, this and that. Would God choose this? Indeed. This is not my picture of a vehicle that God would use and beyond what I have contemplated God. Know that it is perfect. Was it any other way it would not be in balance? It would not be even the smallest possibility of being seen here at all. Understand. If it would be so different by standards here, and so obvious and so beautiful all would take away from it. Understand.

Barbara and Richard-Yes

Zoran-It would be a fearful thing, not a grand thing.

**Rediscover Yourself** 



If you are over forty do you remember the good times being a kid? Do you remember your childlike innocence and inquisitive nature with this world? Have you over time develop a more hard head survival

attitude with the world? Have your lifelong dreams simply disappeared? Have you been looking for some door to open but he has been shut for many years. It's amazing but inside of us lies the adventure of a lifetime. There the joy of life and opening new doorways exist. It's time to rediscover ourselves. It's time to wipe off the mirror. Our mirror has gotten so dusty that we have forgotten the joy of life. Look at children. My daughter Aleia wakes up every morning with a joyous nature. She is thrilled to be alive. She is curious about life. She loves to learn. When was the last time we had that feeling? What if I told you there was a library inside of you which contained the intelligence and wisdom of the universe. Would you be excited? Look at Tony Robins. Here is a man totally excited by life. Do we have that excitement? He loves to learn. Do we like to be stagnant? We can turn our life around. We can really smell the flowers. Can you imagine the power of energy it takes for a flower to bloom? Incredible miracles are happening to us and we simply fall asleep. Man has never been bored discovering himself. But man is bored when he stops learning. That is the point we simply waste away and die. Sometimes I feel man dies of pure boredom. We work all of our lives retire and are bored stuffed what I am going to do. If a man spends his whole life discovering himself he will never be bored. Life will always be an adventure. There are places inside of your being that will make you jump up and down in joy. It's there just waiting for you to open the door. You are the master of your own house. How do you want to decorate your house? All the tools lie inside of you. Ask yourself to be rediscovered. Your child will be glad.

#### I Can't See It So It Can't Be Real



From what I have seen from the western experience if I can't see it then it can't be real. Or I didn't learn that from school so it must be false. We are so conditioned that our reality comes from our five senses. Everything else is probably a figure of imagination or hallucination. If a blind

man would tell us the world doesn't exist because I can't see it we would all laugh. Yet as a society we are acting as a blind man. What is it in man's nature he wants to know but at the same time when the truth is shown he turns his head in the opposite direction? Are we so materialistic that we have forgotten? I said many times the American Indians could quite figure us out. We figured we could own all of the lands. And we still do. They had a completely different understanding of the universe than we do. To this day western man has failed to see the truth. Yet our modern-day scientists are discovering and uncovering mysteries of life. There is learning from the so-called indivisible. Yet it takes a long time for our society to integrate those experiences. Each one of us has our lab to discover the mysteries of life. Years ago man thought it would be impossible to send pictures and sound via the airwaves. Nowadays we spend hours a day watching the tube. It's time for us to expand our horizons. Your mind is an incredible instrument. I have thought of inventions before they even existed. You have that same capability. Dream about the possibilities of you experiencing your creator. In the end, we just have to shift our mindset. We don't know all the answers. We will never stop learning. Trust that you have inner senses that are waiting to be explored.

#### World Politics



Here we are living on this planet in such a vast universe. Throughout our existence, man has been fighting with himself for thousands of years. Can we as a race ever come to a common understanding

that we can corporate with others? Each nation has its own goals and dreams. Yet all nations deep at its essences want the people to have true joy and happiness in their life. Deep inside our consciousness, this is what man wants. Because we are so lost at times in our own pursuit we can't compromise with another person, society, or country. Mankind has to learn to be tolerant with one another and to have compassion for his fellow man. We are approaching a time where we have to change our ways. In a few years, a vast network is being created. What happens anywhere in the world can be known within minutes anywhere in the world. We as a people need to focus on global ways to help this planet. We all believe in the same God but have different expressions of it. This is an exciting time for man. I feel our leaders need to take a look at their actions. Where are they headed? Do they have the world and country in their best interest or is there a hidden agenda? The American people is sick and tired of the waste and greed in our government. Everybody wants to change but nobody knows how. We have gotten ourselves in a great mess. I feel the only way a nation and a world can change properly is the people must change themselves. We have to first take the necessary steps. If we would change accordingly the world around us would change. The consciousness of man has to change. We must pull in the reins of our lives. America has great potential. We can be leaders in this world. Each of us can be citizens in this global world. We are so different and yet so similar. Let's make a change that we are proud of. Let's not be so

shaded by that we know what right for some culture, country, or person. Let's be open and give a helping hand to those who are in need.

#### Wisdom



Who is wiser? The man who has graduated with top honors or a man who understands life itself. What good is life if we never realize and experience in our daily lives the power of life itself? Wisdom comes from inside our being. For me, Christ or Buddha was full of wisdom. Their knowledge was different from book knowledge. Their knowledge was one of practical

experience. True wisdom is different than knowledge learned from books. It is a being who is in tune with the universe. Christ didn't have to prove anything to anybody. He mastered himself and was an example of love and compassion. He had true wisdom. Buddha sat under the Bodhi tree for years and eventually mastered himself. He enlightened. Both of these teachers showed man that there is an experience of wisdom inside of us. There is a kingdom of heaven that exists within. There is a saying he who knows doesn't say and he who doesn't know says. Christ and Buddha's experience prove to the world the meaning of obtaining wisdom. Their experience was definitely out of this world. They came and taught and left us with a great message which lives to this day. Their message was simple. All of us have the same capability as Christ or Buddha. Christ said greater thing will be done by man. The tools exist inside of us. The entire universe is becoming for us to once again know who we are. Let's walk right through the door.

Being Fanatical Wrong Energy



When I first received knowledge in India I felt the whole world would want to receive this experience. I had such a powerful experience that I thought the whole world would want it. People did in fact flock to it. In the beginning, I had a lot of short sight sidings. I felt as a group we felt we were right and the world was wrong. This is a classic example of being fanatical. This goes back to the age-old dilemma of religion God is on my side. A fanatical person can't see the forest for the trees. These days I'm glad to see the diversity in all of the religions. Each religion is a flower on a garland of life. I feel if each one of us fine-tuned ourselves in the manner that fits us the world will be in a better place. Nature has taught me a lot. The sun always shines and the will always blow. Nature doesn't try to convert anybody. It just is. It has nothing to prove. Maybe we should learn from it. By knowing ourselves we can simply be in love with the world. We can be like a child, experiences come and go, but the thing which ties us together is love. Through that experience, we can accept the world as it is. If we had more tolerance for each other this world would be in a better place. It kind of amazing to look back over the years and see how we have grown. In the end, I see what Maharaj Ji was trying to do years ago. Maharaj JI had to overcome his

student's fanaticism. They were at times his weakest link. He was doing his job and I see people had intentions but were fouling it up. Maybe as a whole society can learn from one another. Even if something means the world to you it doesn't mean that it's made for the person next to you. If it may be true. People come on their own terms and time. I haven't been involved in Maharaj Ji's movement for about 10 years now but I still feel part of it. Knowledge keeps on growing. I am not biased or need to convince anybody of the experiences that I had. They were genuine. People listen when you have nothing to prove or convince anybody. I know when someone tries to put on a salesman job. Fortunately, Maharaj wasn't a salesman. The experience lives on.



Where is man's true home? We are only here on this planet for a brief flicker in time. Where is our true home? Man has been trying to solve this question for a long time. We come into this world and we leave. What is our purpose on this earth? Or is there a

purpose? Is our life some random event? Does humanity just carry on without even thinking about this kind of question? Have you ever sat and looked at the stars and marveled at the perfection of the universe. We live on this small planet named earth. This planet contains thousands of different animals and species. It has wondrous mountains with gorgeous sunsets. It contains the sea with all the beautiful creatures. It is alive. And we go through our 9 to 5 existence until we retire and then we die. For thousands of year's great teachers such as Christ, Buddha, Mohammed, and Krishna have come to this planet. They taught about going home. Christ talked about his kingdom was with his father. He said you belong to the same kingdom. Buddha talked about his home which pervading beyond time and space. All of us want to go home. The peace and joy that we experience come directly from our home. We receive small impulses and messages that yes there is a greater home than this earth. On earth, we can learn many valuable lessons. But it is only a school. Eventually, you have to return home. Everything eventually goes back to its source. It goes back to its creator. Maybe someday this whole universe will collapse and return to its creator. And then maybe the whole cycle will start again. Our home is beyond this physical universe. It is beyond the stars, the galaxies, the Milky Way. It lies beyond what we can even imagine. It lies with our father. It's amazing this human body. It's easily the most intelligent computer in the universe. How this body function is a miracle. And yet man is wired to be more than this current miracle. We walk, talk, think, move and play which would be impossible for any robot. But we have some ability that we have even tapped into. We can tap into our creator. Man's circuitry can tap into this experience. All of the necessary apparatus is in place. What we need is the will and knowledge of how to tap into this. I feel as a race many of us are tapping into this kind of experience. People all over the world are beginning to open up. All of us have the capability. It is a choice. Do you want to experience your true home while you are alive? You can.

#### The Miracle Of Life



Every day every moment of our life a miracle is taking place and yet we miss out on it. If we would be conscious of we would be completely satisfied. We look for joy and happiness every day of our

lives. We get married, have kids. We work and we play. At some level, man is looking for completeness. He is looking for a secret life. It's kind of amazing it's right between our eyes and we miss it. The Indians have a story that the Lord wanted to hide from man. He thought about where I should hide. In the earth or stars. He knew over time man would discover him. Finally, he came up with a plan he would hide inside of a man. Man would never look there. It's a story but unfortunately, at times it's true. Mankind as a whole doesn't realize that the power of the whole universe lies inside of us. Endless joy. We can't even imagine what a power it is. We breathe 24 hours a day and we failed to recognize the power of breath. What is keeping us alive? Have we ever stopped for a moment? For many people, they simply aren't interested. Why should I want to know that? I don't have time for that now. We weren't made to understand that. But we were and can have that experience. Let's stop and ask ourselves the question "where do I start". From that question, you are on the road. Join the club. Your life will start to take off.

# Don't Settle For Mediocrity



Man has such a potential in his life. We are all born with a unique gift to offer this world. Unfortunately, at this present time, there is so much mediocrity and a spirit of giving up in this world. We need to rekindle the spirit in this world. Each of us contains the spark of creation. We need to learn to create a passion for life. Drugs and alcohol are rampant because we as a society have given up. We have millions of prisoners locked up in prisons. They have given up on life. In our school systems, we don't learn about the virtues of life. We don't learn how precious every moment is. We need to take a look at ourselves. Each one of us is a part of the circle of life. Deep down further than the cellular level we are part of God's creation. We need to tap into that experience. Can you imagine what would happen if man would consciously tap into this energy? His life would surely change. He would be motivated. We need inner motivation.

#### Compassion

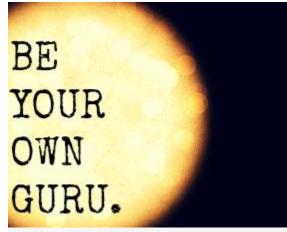


In our highly competitive world, morals and ethics have completely left the picture. We are at total war with one another. We have takeovers and buyouts. Just think many take over the people who take over the company have zero interest in the common worker. They are interested in making a huge profit. If a man is cutthroat and a real fighter he can make it big in the business world. Honesty and compassion are traits not to be

had. We scheme and try to get company secrets. France has a CIA force that lurks on America's business and obtains valuable secrets. They declare it a business war. With this type of leadership, where are we headed? Many of the world bushiness would laugh at compassion and honesty. Yet compassion is like water. It is a very valuable and powerful force. Without compassion, man would have perished probably a long time ago. Compassion is the glue that holds the human consciousness together. Without it, we have a Hitler or a Napoleon on our hands. Business is so much into making a profit that ethics have gone by the wayside. We are only interested in being millionaires. Howard Hughes was probably one of the richest men on earth but in the end, was he truly happy and content? Was he full of compassion? A man who has compassion is perfectly at ease with his world, his neighbors, nature, and ultimately his creator. He is truly free. He needs no money to be happy. He can have all the money in the world and he will still be content. This state of awareness is not taught in our schools. We train

our children mostly on ways to achieve financial success but we don't have a clue about mastering ourselves. Compassion is a gift from God. To change this world, we have to be compassionate. If we truly want world peace each one of us has to develop and pray for compassion.

# Your Inner Teacher



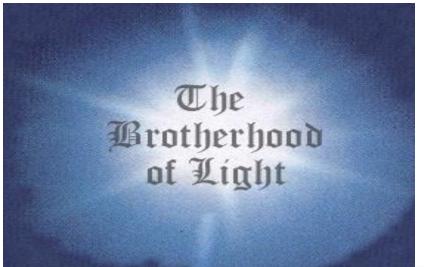
I know of many students who have the attitude that my teacher is better than you teacher. I say so what. Each teacher is different and unique. If you go to the university even if you had a lousy teacher if you wanted you would learn. Now you could have the greatest teacher on the face of the

planet and if you didn't want to learn you wouldn't. I believe you are your teacher. They are there to assist and guide you. But it is up to you to do your lessons. You have to want to learn. Maharaj Ji said you can take a horse to water but you can't make it drink. He said well you can put salt in his food. Teachers put salt in our food. They give us the raw inspiration that we need. I know with all the teachers I had I received the inspiration to carry on. Over the years I have also learned of my inner teachers. There are teachers can come in the forms of visions, dreams, and emotions. Our inner teacher is ever-present in our life because it is ourselves. We just have to be still and learn how to communicate with it. Your inner teacher is your closest friend. It is there always to support you.

I have learned over time to respect all teachers. It took me a long time. Even if I have more feelings about certain teachers I have learned respect. They are only trying to help humanity in their way. Sometimes they fail but so do we. We are all teachers. Let's be open to one another. So many times a new concept or idea happens on this planet and the world laughs. I don't care what human arena it is but we do it. Years later it becomes the truth. In the meantime, we are the fools. In the end, I would like to congratulate all the teachers on this planet. You are taking the right step.

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#### The Great White Brotherhood

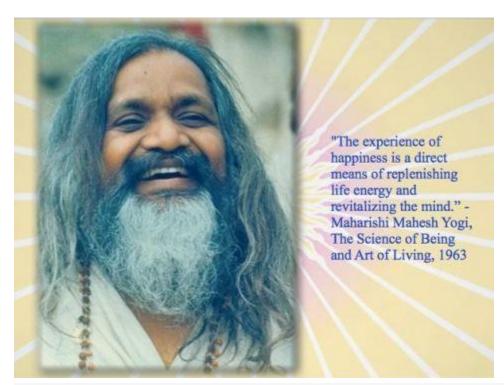


One of the greatest events in the history of mankind is happening right before our eyes and we're not even aware of it. This world has reached a juncture where we must decide

where we want to go. We can blow ourselves up or we have a few wonderful options. The great white brotherhood is a consortium of beings who help balance the state of affairs on different dimensions. They have existed for eternity. Many wonderful beings have merged themselves as single and yet separate conscious. They are both sides of the coin. They are separate entities yet at the same time, they are a group with a common consciousness. They are here for universal justice. They don't enforce their way on anyone. But if you want their assistance they will come in any shape way or form. The majority of all our great spiritual teachers past present and future are part of this consortium. They are here because they love humanity. At this critical time in the history of the planet, we need help. Our government can't solve the problems. There are millions of people on the face of this planet who are part of this master plan. Some are aware and some are not. We can blow ourselves up in disharmony or we can learn to live in harmony. It is our choice. They will never harm us. They aim to protect humanity. But it is our decision. Humanity as a whole has to make that decision. Do we want chaos like we have now or do we want a planet where happiness, cooperation, and tolerance reside? I have met many of these beings and they are the most compassionate beings you will

ever meet. A lot of them have lived human lives and know our drama. They learned to transcend this world. Their joy is to assist and teach us ways to improve our lives. They're not interested in changing your religion. They just want you to be a better Christian if you are Christian. If you are a Buddhist, be like a Buddha. Live in the compassion and tolerance that the Buddha preached. We are all brothers and sisters from the almighty father. They have been sent here by our father to help humanity. What would this world be like if we all lived in compassion towards each other? We would be in peace. We are living in disharmony. When a man lives in disharmony his civilization goes down the tube. We have the ability the change ourselves. Each one of us has all the help we need if we request their help. We should pray and ask for guidance in our lives. Let's stop pretending we know all of the answers. We don't. Help from the entire universe is at each one's beckoning call. We just have to ask. It's time humanity wakes up. A lot of people think I'm too busy with my life. Well, when your last breath leaves your body how busy will you be. Let's build a safe place in this world. We all have the same dream.

# Maharishi Mahesh Yogi



One teacher who I have never met nor I have ever studied under is Maharishi Mahesh Yogi from India. He came to the states in the mid-fifties and for the first time

taught people to meditate. People from all walks of life have learned to mediate. He was the one who got the ball rolling in the west. There were teachers before but they had a small following and required you to live a certain lifestyle. TM or transcendental meditation was for the common man. Millions of people in the states received this initiation. It was very scientific. It was religious at all. It provides a way for people to get rid of stress in their lives and experience peace. Studies have shown that meditation can reduce crime in areas where people meditate together. Man can change global conciseness by mediation. People were tapping into parts of consciousness that were beyond the spacetime continuum. A lot of them were doing it sub-conscious but nerveless it was happening. Each thought and emotion that we have to contain an amount of energy. Man's energy pattern at this moment is one of disharmony. This is the main reason we have war, crime, and frustration in our lives. Our inner conciseness reflects our outside life. In the west, there are probably hundreds of different groups which are trying to change their consciousness. The snowball is rapidly gaining momentum down the mountain.

#### Be Here Now



This phrase Be Here Now has turned really into a cliché. Yet there is a lot of truth behind this phrase. As humans beings, we tend to live in the past or live in the future. I remember as a kid I always wanted to be older and when you're older you want to be younger. We don't know have to live in the pure joy of this moment. We don't ever smell the flowers. The whole world is so preoccupied with their life that they don't realize the miracle of life itself. If one would experience the miracle of life you would be present here now. Your consciousness would be here not in the past or the future. Most people don't know the power of the mind. If you would ask who has control over you, you, or your mind they would say of course I do. But if you show them how to meditate they would be surprised. So many people I know have given up meditation because it's very difficult to control the mind. They would come up to me and say I never knew my mind would chatter so much. I would just laugh because I was there myself. Practice makes perfect. By putting in the effort we can learn to control the mind. The mind is our friend. Man has to learn how to meditate 24 hours a day. It doesn't matter what state you're in whether you're in the waking, dreaming, or sleep state we can be conscious of the energy that is keeping us alive. I'm not there but I do see the possibility. It not impossible but it can happen. In that state of awareness, we would be present in this moment. How many times have we had an experience that came to us and we weren't just there. Maybe it could be liking making love. Your there, your body is there but the mind and your consciousness are somewhere else. You have gone through the motions but missed the experience. A lot of times our bodies are running on a sub-consciousness level. We aren't quite there. The phrase Be Here Now has been around for a long time now. Let's shift our consciousness so we can truly understand its meaning. I know a lot of people think that is an old hippie phrase but it's not. It came from the Sanskrit language SAT CHIT ANANDA. Sat means truth CHIT means Consciousness and ANANDA means Bliss. Truth is the consciousness of Bliss. All over India, this phrase is plastered all over the temples. It has been used for thousands of years. Long before our present western civilization. Even back then man had the same problem. He lives in the past or the future.

### Don't Make A Mountain From A Molehill.

# Don't make a mountain out of a molehill.

Have you ever noticed how as human beings we tend to blow things out of proportion? We love to take our problems and blow them up like a balloon. I know I have sure have done it. Probably most wars have started this way. Somebody says something that hurts your ego and the next thing we know Jewish Proverb nations are fighting with one another. Sometimes as humans we don't respond rationally. What would

our response be like if we just stopped took a deep breath and just relaxed for a moment? We might see a different picture. We might see that we read words that weren't there. At that point, we could easily defuse the bomb. Once we light the fuse it's very difficult for two people or nations to stop the conflict. We do the same in our everyday life. The husband comes home tired from work and the wife snaps at the husband because she is frustrated by something else. The husband snaps back and a fight occurs. If we would just relax for one moment and defuse the bomb like - Like I see your tired let me make dinner things were be all right. I know I have a lot to learn from relationships. It took me years to realize that humans don't have telepathic conversations with others. My brother and I had this type of communication. When it got time for relationships with others I had to develop the necessary skills. Man and women have to learn how to help one another. I know for men it hard to express their emotions. We were taught never to cry. We should suppress our emotions. It took me time but I'm learning to express my emotions. When I'm happy I'm happy. When I'm sad I'm sad. If I cry I cry. Emotions are tools for us. Once we learn about our emotions we can enjoy this life. Our body will love us for it. Each time we suppress an emotion the emotion gets

suppress into our body. We can be stiff as a board. If you ever saw someone who is very stuffy. Not only is their emotions but also their body. There aren't flexible with life. They carry an attitude about life. We as humans have a lot to learn. I sure do. Yet each step of the way can be a meaningful experience. Next time we see a molehill let's stop, look and listen. Maybe it won't turn into a mountain.

#### The World Is Not Flat



Isn't it kind of amazing that for years Man believed that the world was flat? We believe that if a ship was to sail off into the horizon it would eventually fall off the face of the earth. For years science and philosophy had been in touch with each other. The philosophy at times was based on our present scientific understandings. In present-day science, each scientist is a specialist in his field. The present-day philosopher can't keep up with all the various new discoveries (nor can the present-day scientist). Science has become an evolution revolution. Discoveries are made every day. Meanwhile, on the philosophy side, we have kind of stagnated. Maybe it's time for a new way of learning and of perceiving ourselves and our world. Our thinking is still primarily based upon the same thinking patterns as the past. Most of us still think that intelligence only comes from the brain. But scientist knows that intelligence exists inside the whole human body. In fact, there is a fine line between our body and the mind. Can we discover new ways of thinking? Can an image be a powerful thinking experience? What is the power of thought and where does it come from. Is it possible to be in touch with universal intelligence? Is there a universal intelligence? A lot of our so-called wisdom is based upon facts. A person can get straight A's in school but is he truly wise. He may know a lot of worldly knowledge and facts but has he developed his imagination. A lot of inventions and theories were developed by man's imagination. Just imagine young Einstein having a dream and realizing a piece of the puzzle that he was trying to figure out. Can we discover an intelligence inside of us that we have yet to dream about? A lot of our scientific discoveries are based upon capitalism. We tend to leave out the effect on the environment and the effect on nature. Can man as a civilization ignored the fact that we are in charge of the destiny of the planet. Can man make the transition where science and nature can be in harmony with each other? Science has been divorced from nature for over one century. Science tends to think that it can control nature. It seems to think the earth has unlimited resources. It is now time for man to tap into intelligence that hasn't been tapped into for a long time. It exists inside of us. It doesn't exist in book learning nor lectures or schools. Our whole life system is composed of this intelligence. It is life itself. Somehow man thinks what life can teach me. Look at what I have done. Well stop breathing for 10 minutes and then tell me what kind of intelligence life has. You will know that life itself contains the key.

#### Go Beyond Your Books



In terms of religion, I feel that we should go beyond our books. So many times we feel our book is the only way to heaven. But a book only points the way. A book inspires us to be compassionate and loving to our neighbors. You can take any person who is fanatical about their religion and take him to an enlightened person and that person will probably just smile. He has nothing to prove. He is content. He experience's his father. I

love to read scriptures. I love the inspiration that comes from them. But I also want to practice the ideas that come from the book. So many wars have been fought due to the word of God. God is only on my side those pagans. Look at the Crusades. Most wars directly or indirectly involve God. Maybe it's time we all sit down and realize we are talking about the same thing. It's like the elephant story where 3 blind men touch and an elephant. One man touches the elephant's ears, another the trunk, and the last one the elephant foot. Each one of them is convinced their experience is real. It is but it's not the complete picture. We all can learn from each other. My travels around the world have brought me in touch with so many different cultures and religions. We are all talking about the same God. We just use different metaphors and our books are different. The essence is the same. I have looked at the major scriptures around the world and they talk about the same experience. All of them talk about light. The light of God. Do they mean I see the light of the manner or is there a practical experience that each human being can experience? Amazingly, science and religion are so closely tied together. Einstein said that E=MC2. Energy = mass times the speed of light squared. Energy = God. What religion calls God

scientists call energy. Energy cannot be created nor destroyed. God cannot be created nor destroyed. Energy is was and will always be. God was is and will always be. All scriptures talk about the word of God. The world that can't be spoken with these lips. In the beginning, was the word and the word was with God and the Word was God. In the past, the word was named LOGOS in Greek. LOGOS means energy. In the beginning, was primordial energy. The primordial energy was with God and the primordial energy was God. The Hindus talk about Sat Nam. The Moslems talked about Pak Name. All of these religions talk about the word of God. This word was is and will always be. The whole vast universe with all the galaxies and stars is contained in this primordial energy. Christ said he was the word made flesh. The father and I are the same. We come from that same father that same energy. Christ said greater things ye shall do. We can have that kind of experience. Our father lies within. We don't have to die to see our father. Christ was an example of that. I believe in the universality of religions. I don't think we need to convert one person from one religion to another. Let man keep his own religion and find God inside of our own hearts. Then we shall see that we talking about the same thing. In the end, let's read the scriptures but practice what we preach. Let's all be full of compassion, tolerance, and love that these great masters taught.

# Heaven is a state of mind, not a location. Wayne Dyer

As you can see I have had a lot of different experiences in my life. All of them are without any meaning without the power of love and compassion. A person can control the whole world and move mountains with his hand and yet without love he is wasting his life away. Heaven on earth is based on love and compassion. We have had so many wonderful teachers in our life. The Buddha, Christ, Mohammed, and Krishna. Each one taught about the power of love. If we want heaven on earth we should all be radiating in that love. It is possible. If each one of us took our responsibility to manifest love and compassion the world's problems would go away. We would corporate with each other. Greed would go away. Heaven on earth is a state of mind. We would respect nature and all of the animals. Because we have lost sight of who we are the world is in this mess. We all have the power to change. All we have to do is want to. If we ask for the necessary change our own intelligence will assist us. Do we want a better world for our children? Can we learn from our mistakes? Humanity is at a juncture. Are we going to survive or blow ourselves away? Can we be more tolerant? I admire the Buddhists and all other

faiths who pray for world peace. Each one of us should pray for peace in this world. The Tibetan Buddhists got thrown out of their country and yet they practice non-violence. They go all over the world and pray for peace. How powerful a statement. Here in Hawaii a lot of Buddhist live. I believe that we can change. This is at our innermost desire. Our whole being comes from that supreme creator that is love. If we look we will find. I have seen in so many people the quest for love. May one day in our future shall the world reside in peace? Heaven on earth a state of mind.

# Dreams -Your Subconscious Is Telling You Something



All of us dream every night. The majority of the world sees dreams as without any meaning. Yet our dreams are there for a purpose. Is our subconscious speaking to us in our dreams? Do our dreams contain our innermost secrets? Do they contain messages that can help us? One aspect of dreams that I'm fascinated by is the dream state is a reminder of who we are. We are all dreamers. We all dream of a better world for our family and ourselves. Our dreams allow us to touch and feel that part of ourselves that is perfect and pure. It guides us, teaches us, and nourishes us. It is one of our best friends because it is a part of ourselves. Dreams teach me to tune in and listen to myself. At times the images will show me where to go and where to turn. There is an active intelligence taking place. It brings us into a primordial place.



Just think every night man dies in this world and enters the dream world. Can we merge our consciousness from the dream world into the waking state? What would happen if we learned to consciously day in and day out (dream of heaven on earth)? Could we somehow bring this unconscious into this world? We have this kind of power. Let's unite ourselves and bring our subconscious being to life. We only a small portion of our brain. What would happen if we learned how to use the full capacity? Our whole body is designed for it. We are truly beings of love. We have just lost sight of who we are. There are millions of people out there who dream of heaven on earth. John Lennon wrote a great song about the power of dreams - you may say I'm a dreamer but I'm not the only one. I hope that someday you will join us and the world will be as one. The power of dreams. Let this whole planet dream of peace on earth. Not only during Christmas but every day of our lives.

## On Your Own Or I Get By With A Little Help From My Friends



Each of us had teachers who guided and molded our lives. The three teachers who molded my life were Maharaj Ji, Mafu, and Zoran. Each one of them gave me different kinds of insights.



I told you I first met Maharaj Ji in India. He was only 13 years old when I meet him. Maharaj Ji as a person was incredible. He was very funny. I remember being with him and hear him tell one-line jokes one after another. I

felt I was going to die from laughter. He was very bright as a boy. He was probably the most intelligent kid I knew yet at the same time he loved to play games. He had a serious side and yet he loved to play. I only interacted personally with him for only a few years. I felt he was my best friend. Yet at the same time, he was my teacher. He motivated me and encouraged me to discover who I truly was. It was so wonderful to have a teacher to assist you in your personal growth. I saw he was motivated by his mission. He had millions of people who were practicing meditation. His whole life was spent traveling around the world and helping others. On one side I liked that Maharaj Ji wasn't a hermit. He married quite young, had a family, and was involved with the world. He was quite rich. Many people criticized him for having money but to this day it doesn't phase me. I like the idea that we can create our dreams. This world isn't meant to escape. Each one of us has a different dream. I like the idea to see one man's dream is manifested. It brought to me I can create my happiness. I can create anything I want. It was beautiful to see that as a person he was growing. One

thing I learned was that I was responsible for my own life. Nobody would live it for me. Maharaj Ji simply advised on living your life. His talks were inspiring to hear. He inspired me to transform my whole life. Each one of us has to make effort for our transformation. To this day I still use his mediation techniques. They opened my door to myself. Years later I'm still on the same path of self-discovery. It keeps on getting better.

Mafu was another profound teacher. Mafu is channeled by a beautiful lady name Ammaji. Mafu was radically different than Maharaj Ji. In the beginning, his meditations were guided meditations with a lot of imagery. He brought in a lot of ancient wisdom from culture all around the world and not of this world. His message was that we were in charge of our development. I learned about the power of thought and how to empower my own life. His teaching was radically different. I learned a lot about my own emotions. When I was in his presence I felt I was with my best friend. He treated us as equals. His goal was for each one of us to discover the way to come home. Mafu was also incredibly funny. He had a great sense of humor. He was highly emotional. His wisdom touched me deeply. I learned some powerful prayers from him. There were very touching. He brought me in touch with my love for God. Around four years ago he started to bring the old Vedic wisdom. He introduced a lot of old meditation techniques to get in touch with ourselves. This ancient wisdom was the foundation of where India was built upon. I haven't spent much time personally with Mafu but I consider him to be a good friend and teacher. I have gained much wisdom each time I have been in his audience. I had many profound experiences in his audience. I found a lot about my past through many visions.

The last time I saw Mafu was on his land in Oregon. I just happened to be on a business trip to Portland and I received a phone call from a dear friend Harry Bartz. Harry told me that there was a 4-day retreat and why don't I come. A rental car was arranged for me so I drove four hours to the retreat site. I had a great time there. The event was extremely organized. Mafu was sharing old Vedic meditation techniques with us. I remember the first time I walked into his temple I sat down with the group and I was a little embarrassed. This huge rainbow stream of light came out of my being and filled the whole room. I felt a little awkward because I didn't want to be disrespectful. I didn't want to announce my presence. I had a wonderful time there. I wrote Mafu a letter saying I wanted to move my family there. It never happened. I felt very fortunate to have the chance to have been there. I feel the work that Ammaji and Mafu are doing is very beneficial to this planet. I could set in both of their audiences for hours. It is highly entertaining and at the same time most enlightening.

Zoran was another great teacher in my life. From the day I first met him we became good friends. Zoran is channeled by Makara. Zoran was different than both Mafu and Maharaj Ji. His whole teaching was through play and laughter. I learned more about my child aspect of myself. He also had great wisdom. Through his teachings, I had incredible meditation experiences. At times I felt my whole body would disintegrate into light. We went to Mexico together for one month. It was an incredible trip. Both Zoran and Mafu taught me that we are our masters of this life. A teacher guides us but we have to do the work. Zoran's philosophy was simple. His way to enlightenment was through ecstasy. Mediation was a joy. Life was not a struggle. He taught truly to be in love with life. Zoran was the one who was my teacher in the past all the planet called Nucleus. There I learned about the innermost secrets of energy. He was the one who was responsible for taking me on the tour of his ship which you already read about. A lot is going on that meets the eye.

Each one of these teachers taught me something unique about myself. I learned about emotions, meditation the power of thought. I learned so many incredible tools. Each teacher respected me and I respected them. It is and will be a great learning experience. For some years now I have integrated the tools I have learned into my daily life. I respect all teachers from all walks of life. We all are in this dance together. As Mafu puts it we are only strong as the weakest link. By making one of us strong we will become stronger. It's a new step in evolution.



The first time I met Mafu I knew I had met my long-lost brother. It was a long time ago in ancient Egypt but that's another story. Ammaji is a beautiful American saint of our time. She is the one who channels Mafu. She is as far as I know the only American woman who has been ordained a Swami by the order in India. There are many rigorous tests that you have to pass. I believe it is almost next to impossible to pass but she did. Mafu is an enlightened Lord who enlightens during the time of Christ in Mount Vesuvius in Italy. He was a leper during that time. To make a long story short he has a group of people he is working with worldwide. He is one of many beings on this planet who are here to help us make a shift in conciseness. He has a group in Oregon with who he works on personal basics. I was first told about Mafu by my guides even before Ammaji began to channel Mafu. I was told that Mafu would be one of my teachers in this life. His teaching was revolutionary and guite different. My guides said I would have quite the experience. There were correct. My connection with Mafu has been mostly spiritual. I have been in his presence probably 40 times since 1986. The first time we ever talked was in Los Angles. I saw him 5 or 6 times before he talked to me. This occurred in February of 1987. I was in the audience with some of my friends. Mafu was going around the room and talking to certain people. At one point he came up to me and asked me "What can I give you?" Do you want riches? He started to offer me anything I desired. I just smiled and knew he was my friend. I really was satisfied. I didn't ask for anything but I was overwhelmed. I felt such love and compassion. It was like my long-lost friend seeing me and wanting me to feel completely at home. Mafu would have probably given me the world if I wanted it. There was such a connection between us. Over the years I have been in contact with the group in Oregon through my friends. My connection is on a different level. For a long time whatever I was experiencing, I found out that the group was experiencing or going through the same thing. I wasn't left out at all. I had my own daily seminars. Ever since I moved to Hawaii I haven't been involved in hardly any events. My time has been simply cultivating the experience.

One time I saw Mafu in Arizona. He was walking around the large auditorium and asking people questions. He asked me "Do you like your Lips'? I said yes. He said do you know why. I said because it's part of my body. He said what I'm about to say will cause great controversy to you. OK here goes. You have not been on this planet earth for 35,000 years. You have the same body the same chemistry as in Egypt. For 35,000 years you have been an unlimited being. I can't tell you in words what kind of experience I was having then. It was like a whole veil was being lifted. What Mafu taught then and now is the techniques from the ancient world and present. He uses the ancient wisdom of the Vedas, the ancient ways of Egypt, the American Indians. He is using this wisdom for those who want to know pure and simple. Some of this wisdom hasn't been ever shared on this planet before.

I have included the transcript of that seminar in Arizona.

Mafu-Do you love your mouth?

**Richard-Yes** 

Mafu-do you know why you do?

Richard-Because I love myself

Mafu-do you know why it is so familiar to you?

Richard- no

Mafu-Are you prepared for an evenness?

Richard-Yes

Mafu-It will cause controversy inside of you. Well here goes. (Laughter from audience)

You have not been on this planet regardless of what limited entities have given unto you in your fantasy of it and therefore they have responded for 34,000 years. That is a truth. And this mouth directly comes from there. The whole of your cellular memory you have been an unlimited god for 34,000 years. You are like unto a woman of the day of yester and unto Sophia entity. Council with her and take your nutrition with her on this day (have lunch). It will be a great saving grace for you. You brought it here because you loved them. This is the cellular memory of 34,000 years ago. That is why the penis functions differently than others, that is why the heart is different, the breath because it doesn't understand how the 20 century works at all. Great entity. We shall do much together you and me. So be it. (Pointing to Sophia) You council with this man. He is a great companion of yours.

The reason I'm mentioning Mafu is that this is an example of a group that is trying to live in a way that is into the 21 century. The wisdom isn't merely intellectual but also practical. They are for a group one of the cutting ages on new thought and technology. Remember all it takes is for one person to be transformed.

Many people I know disagree with so-called channeled entities. They say it's the subconscious speaking from that person. If it is so it. Isn't it wonderful then that the subconscious is powerful enough to come out and relay useful information? According to scientists, we use only a fraction of our brain. So many things are going on a subconscious level. If channeling is only the subconscious then great. Oracles have been around for thousands of years. I give the analogy of a telephone conversation from one dimension to another. There are different kind of oracles. Mafu, when he comes in, he takes over all bodily functions as Ammaji. She leaves the body and Mafu comes in. Her physical size changes. We seem to think as humans that we are the only source of life in this whole universe. Anything new we are skeptical.

I'm glad there are beings like Ammaji on the face of the planet. I believe we need a spiritual evolution revolution. We don't need guns or war to achieve it. We simply need to change ourselves.

# Health



This human body is the crown of creation. Yet we really don't treat it as such. The greatest gift we could have is one of health. Unfortunately, the vast majority of society either doesn't know or care about this wonderful human body. It is a gift from our father. The West is slowly realizing the importance of preventive medicine. People are

beginning to understand the importance of it. For such a long time people have given their power over to the doctor to keep them well. They wanted to take no responsibility on their own. The doctor would give you your medicine and you could go on your merry way continuing our lazy habits. Luckily in the last decade, western man is slowly turning around. The majority of the population used to think that I can't come down with a major illness. I can continue with my bad habits but I won't get sick. With this kind of attitude, America is on the low-end scale of world health. We know how to totally abuse our bodies by smoking, taking drugs, poor diets, lack of sleep, and highly stressful lives. At times I'm amazed we are still alive. How much abuse can we take?



Luckily there is a lot of information out there that deals with preventive medicine. During the early eighties Deepak Chopra an Indian doctor from Mass. learned about Ayurveda medicine from his

teacher Maharaja Mahesh Yogi. His teacher told him to introduce this

type of medicine to the west. When he first started practicing this new medicine (which is really a system thousands of years old) the western doctors had a chuckle. But in due time they had the last laugh. Ayurvedic Medicine contains common sense which in our times is uncommon. It treats the body as a whole. I'm not a teacher or master of this subject but I bring up the point there are systems out there that we can practically use to obtain optimum health. The Chinese have also a lot of preventive measures that we can use. A lot of this boils to simply changing our habits. Let's find out what kinds of foods are beneficial for the body. How much rest do I need? If over the years you are neglecting your body in this manner the stress level is going deeper into your body. Someday some disease will manifest. Do you exercise? It's too boring. Well, find one you like. Your body needs it. Do you smoke? Give it up. Do you know any stress-reduction techniques? Are you always on edge or the go? Do you need to learn how to relax? Is your body stiff as a board? Are you flexible? Try learning about yoga. What I'm saying is the foundation lies out there. All the necessary tools are there. There are plenty of books on the subject. Now is the time for us to be in charge of our health. Let's bring it back to where it was supposed to be in our own hands.

For myself, I learned from a young age to take care of my body. I was a vegetarian for over fifteen years. The only time I ever eat meat is at a restaurant or at a very occasional friend's house. I don't eat much junk food. My favorite foods are fruit and vegetables. Since I learned cooking from my travels around the world I learned to cook food that was extremely tasty and at the same time good for the body. I don't have too much fat in my diet. I get plenty of sleep. If I know my body is about to come down with something I go to bed an hour earlier and usually wake up in

the mooring feeling great. I've learned that my sleep heals my body. The best times are from 8 at night to midnight. I hardly ever go to bed past 10 o'clock. I exercise by riding a stationary bike, do yoga exercises, swimming and surfing. I usually try to meditate once a day with my eyes closed. Also, I practice a technique where I try to be in the state of meditation 24 hours a day. This state makes my mind and body totally relax. It brings the body to an easement. The disease is simply the body and the mind is not at ease. Too much stress has been developed.

Overall I'm still learning about my body. I am always reading about ways to care for this precious instrument. There is so much information out there. Let's as a nation once again be healthy in this way.

# PAUL SIDES



When I first moved to Hawaii I heard that an old junior high friend was living on Maui. I hadn't spoken to him in probably 20 years. Paul was a twin too so we had a lot in common. Both of us were surfers. When I met him after twenty years I was really impressed by him. He was truly a genuine human being. He carried that aloha spirit. He was a genuine human being. He was full of love

and compassion. He had a lot of friends on this island and introduce me to him. I didn't pick up any ego from him at all. We became greater friends. I would meet him very early in the morning at the beach. He taught me the ropes about surfing in Hawaii. He had a great sense of humor. Both of us were involved in our own quest to find God. We shared a lot of love and brotherhood. I found out that he was dying from cancer. He had cancer for five years. It would come and go. Paul never complained about it. When I was in his presence I felt gratitude that I knew a human being like this. In the end, Paul died. Hundreds of surfers came to a huge party at the beach. This is what Paul wanted. He wanted each one of us to cherish life. Even amidst his death, his presence was there. Paul where ever you all I love you. Aloha......

# Goals And Dreams

# "A goal is a **DREAM** with a **DEADLINE**"

One of my goals is to be able to study with the major religions of the world and have the experience of realization through each one. One man I admired was the 18 century Indian

Saint Ramakrishna. He could have a wondrous realization for all the major religions. I would like to try that someday. I know that all religions deep down inside are talking about the same experience. My of my own experience of the major religions has been wondrous. But I would like to walk in their own shoes for a while. I think in my own way I could simply show that we are in fact flowers on a garland. We are not separate. Each of us is unique. I would love to study with the Dalai Lama in India. I would like to study with the Franciscan monks and with the Hindus. I would like to know more about the Moslems religion. These are a part of my goals. I would love to try to help people. I have a lot to offer. I am just a simple human being but I truly want to serve. I hope this book touches just one person. Then I know I have done some service to mankind. My goals and dreams are mostly based on heaven on earth. I'm just trying to be an example. I have a lot to learn. I stumble at times but I pick myself up and keep on walking.

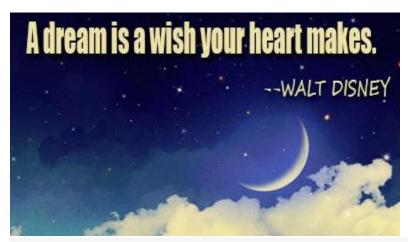
I would like to someday have a place in Hawaii where people could come from all walks of life and learn from various teachers. People could come for a period such as a week or two and bask in the Aloha spirit. I would have it much like the Monroe Institute in Virginia.

Another goal I have is I would like to put together a series of Peace festivals around the world. These festivals would have different kinds of speakers and musicians from around the world. Its main focus would be on the practical ways peace can be achieved in our society, nation, and the world. I would try to gather Crosby, Stills, Nash and Young, the Beetles, Bob Dylan, Rolling Stones, etc. If anybody has any interest or ability to pull it off contact me.

I would like to be a part of a Peace think tank. I would like to get together with politicians, religious leaders, and business leaders. I would like to come up with a practical plan that we could use to bring peace to ourselves, our nation, and our society. We could use the media to come up with various ways the average American can incorporate ways to develop peace. We could have series on PBS such as Rebirth of America. We could develop series such as the Nature of Health which would be a series based on the health of the country, society, business, politics, and individuals. We could have a series of courses presented at schools about the value of peace. A lot of values such as peace, ethics, love, and compassion are lost in our society.

In the long run, my goal is to unite with the power of love.

# Dreams



At times I contemplate the possibilities of man. I envision a time that are human beings on the face of the planet is consciously aware of the whole universe. We are the flowers, the earth,

the stars and countless universes. We are the black holes and the nebula. We are the beautiful ocean with its wondrous waves. Yet each one of us is still in the human body. How would we treat each other? We would be one. This would be the kingdom on earth. We would be one with our creator. We could travel anywhere in the universe. We could be with anybody we choose. We could communicate with beings from another world or dimension. Our quest for self-expression and creativity would go on and on. Can you imagine the kind of music we could have? Dreams beautiful dream. Our planet would be totally healed. We would experience the wonder of the planet earth. We would be in direct communication with the planet and nature. We would love the diversity of life on this planet. We would discover that this earth is unique and different from the rest of the universe. We would be in awe of life. We could make love with our own pure essence. Two beings melting into a common bond. We could give a farewell party for those who would wish to go to some uncharted place in the universe. There a whole new life could take place. Dreams. We could surf waves of joy from one end of the universe to another. We would, at last, know our creator. Dreams...

Another scenario could be that man over time understood his own evolution revolution. Man slowly began to wake up from his slumber. It started all in America. During the sixties, a seed was planted in man's consciousness. Over the years people in America and throughout the world were beginning to come alive. Man realized that he could be in harmony with the universe. It happened real slowly. In the nineties, it started to hit the mainstream population in America. People were seeing that they wanted to change. People were teaching humanity to take hold of the reins of your life. A lot of people in Politic were worried. Yet what could they do? The majority of the population was beginning to discover their nature. People were beginning to change. Drugs and alcohol were no longer a problem. Why would you need that we a greater experience existed inside? MTV would hold parties where people would rejoice in their new beginnings of life. All of the major religions would come together and know that we all came from the same God. Joy would spread to all of the cities. Scientists could solve many problems due to increasing knowledge and awareness. People would love to cooperate. How could you have racial problems when we experienced a common bond of love? We all came from the same creator. The arts would flourish. As America reached its height the whole world was begging to dance the tune. People from all over the world would begin to have the same kind of experiences. Love would be truly conscious in this world. The people would come together and form a new government. The leaders would be compassionate and in tune with the people. We would use technology as a pipeline to help this world. A vast computer network would be in place that would be more complicated than the human brain. At last human beings would have the know-how to solve the world's problems. Poverty would be of the past. There would be people who wanted to live very simply but their land and culture wouldn't be exploited. We would love the diversity of the culture. Food would be totally divine. Wow, did you taste that Vietnamese cuisine? Life on earth would be a joy. The media would put on an

incredible show. We would have 3-dimensional holographic experiences where the actors on stage would be transformed right into our living room. All movies would be 3 dimensional. Music would be a completely mind-blowing experience. We would all dance to the rhythm of you. A few people over time have discovered how to accelerate their frequencies where they could transform their bodies from matter into light, and back again. Over time they began to travel to other dimensions and universes. They go beyond time and space. The teenagers learn how to do this and begin to explore regions never explored before. They are young and free and full of adventure. They bring back the experience of other dimensions where the language is of love. Slowly these beings come to earth. There is a giant party on earth for one week. It was during the year 2001 that the first craft at a baseball game. The government and media could no longer hold it back.

Man was reaching the point where he could go on. The teenagers and older people were completely having a time of their life. They decided to completely merge and go off and discover some part of the universe where they could participate in a brand new creation. The creator himself permitted to go out and create. They merged and off they went. Their ship was of love and light. They weren't contained by the laws of the physical universe. They could go beyond time and space. So off they went. Man was truly at peace with himself and his creator. He was truly one.

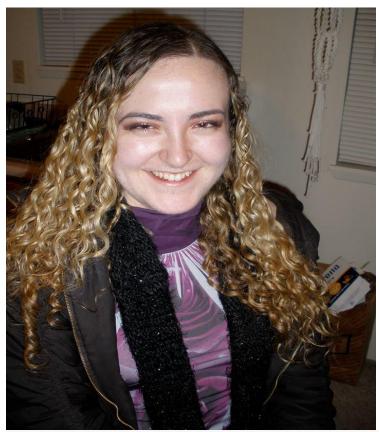
Be Like A Child (Innocent And Open)



I will always remember the birth of my two daughters Chanda and Aleia. My daughter Chanda was born in March in 1980. She was born in Miami. My wife at the time had a hard labor. I believe it was over 48 hours. Both of us wanted to try a home birth. We found the two best midwives in the area. Anyway, to

make a long story short Chanda finally came out. I remembered placing her in a warm tub of water and this incredible smile came over her face. It was filled with so much innocence and openness. She was totally filled with love. It amazing all of us start out this way and yet over the years, we start to lose it.

My next daughter was born in a hospital. We were planning to have a home birth. During actual labor, while we were at home the midwives knew she was having heavy contractions yet Barbara was experiencing no pain. She got completely into the joy of having a child. Unfortunately, her pelvic area was too small so we ended up at the hospital. She had a C-section. My moment Aleia came out both of us were in joy. I spent the next two days holding Aleia as she had to be in an incubator for a short time. Barbara was recovering from the Csection.



All humans beings have that childlike state inside of them. We have simply forgotten the beauty and the aliveness of that state. Children have an easy time letting go. If there are mad one moment the next moment they are happy. We hold our grudges for a lifetime or we go to war. A child ultimately believes in cooperation. A child experiences the love of being alive. It is

inquisitive. It gets delighted seeing something new. Have you ever seen the joy on a child's face when it takes its first step? A whole new world is about to open up. We need to take those steps like a child in our life. We have miracles happening right before our lives and yet we don't see them. Our children are the future.

# **Raising A Family**



It's something wonderful raising a family. I experience completeness inside of my being. We are so lucky that we can create an atmosphere of love in our home. I think I prefer a family life to be single. I times I think a single person can do anything he/she wants. It can travel and of course, it can spend money the way it wants. But family life is a unit. The family can laugh and play together. Family life makes me feel complete. It makes me feel whole. A part of me needs that kind of life. When my daughter Aleia was born we decided that my wife would take off work for five years. We felt it was important to our daughter that we raised our own child. We could guide her the way we felt was right. Financially we struggled but it was well worth it. It's wonderful to experience the love of a family. Love is the power that heals. With Barbara, I am healing myself from my past relationships. Both of us feel complete. We know that we are to be together. It is wonderful to experience completeness in one's life. Being single a human has a hard time developing a long and meaningful relationship with someone. With marriage, we go through the ups and downs and it builds character and love for one another.

One thing I see is that no institutions teach about marriage. We go through our lives we fall in love and we get married. No one actually teaches that there is a lot more that comes with it. No wonder so much divorce is going on in this world. At times people think marriage is a failed institution or it's outdated. But with the right person and with the right values there isn't anything like it. Have you ever walked into a home and just melted with the harmony and the peace surrounding the place. This is a place of nurturing. Then you can walk to another home and you just want to walk right out. The husband is yelling at the wife. The kids are totally upset. We are in charge of our own atmosphere. It is our duty to our children to provide a home of security and love. A home should be nourishing. We can all provide that. We just have to change our priorities. I have met single mothers who have provided that atmosphere in their home. It is their priority. They didn't have much money but they had a heart. They created an atmosphere of love in their homes.

Our children are the future. Let's provide them with the care that we would like to have.



# Ashland Oregon



During this period, my family and I moved to Ashland Oregon. I was working for Charles Schwab and could live anywhere in the states. My daughter went to high school and university in Ashland. Ashland is known for its diversity. As a college

town, it is quite open. There are many different spiritual expressions around. We have three different kinds of Buddhist sects in town.



There is a beautiful Buddhist temple in the Colestin Valley. It is located about half an hour from Ashland.

Mafu



The Foundation for Meditative Studies exists in a beautiful mountain setting. My wife and I would attend many events which took place up in the mountain. At times it would be snowing outside and we would all be

inside meditating for the planet. It was like a scene from Tibet. Words truly can't describe the experience. Mafu's message was to be in compassion and live in compassion. Nobody needs to be converted. Everyone has that spark inside of them.

I made the following for Mafu and his group. It was a great success.

Indian Feast



One day Mafu was going to give an event that evening. Barbara and I decided to cook an Indian feast for the event. We had a great time doing it.

## Rose water truffle



Mafu loved the rosewater truffles. We had enough for over 100 people. Everyone love them.

## Peaches soaked in honey

This is a variation of the recipe of Pompeii's busiest restaurant before it was buried with the rest of the prosperous city when Mount Vesuvius erupted in A.D. 79. It is a delicious dessert.

Mafu loved this dish.

Chef: Richard Fletcher Ethnic: Italian Main Ingredient: Peaches Categories: Dessert Meal Type: Dessert Food Type: Vegan Level:Easy Servings: 2 Prep Time:5 minutes Cook Time:soak 1 hour



This is a variation of the recipe of Pompeii's busiest restaurant before it was buried with the rest of the prosperous city when Mount Vesuvius erupted in A.D. 79. It is a delicious dessert.

Print

- 4 medium peaches diced fine
- 1 tablespoon fresh mint diced fine
- 2 tablespoons melted honey Recipe

Put all ingredients in a glass bowl. Put in refrigerator for at least 1 hour or until it is cold.

Nutrition Facts	
Serving Size 1 Peaches soaked in honey Servings Per Batch 2	
Amount Per Serving	
Calories182	Calories from Fat 25
	% Daily Value *
Total Fat 1g	1%

Saturated Fat Og	0%
Monounsaturated Fat 0g	
Polyunsaturated Fat Og	
Trans Fat Og	
Cholesterol Og	0%
Sodium 1mg	0%
Potassium 590mg	17%
Total Carbohydrate 46g	15%
Dietary Fiber 5g	19%
Sugars 42g	
Protein 3g	6%
Vitamin A	21%
Vitamin C	34%
Calcium	2%
Iron	1%

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Nutritional information

# Kansas



During my time at Plexis, we sold our house. We made a decent profit. About 5 years before our house jumped from 340,000 to 600,000 in two years. Crazy. The Ashland market was dictated by the Northern

California market. Wild mood swings which unfortunately exist today.

In Ashland, 3 percent of the market is not rented out. Rents have skyrocketed.

One day I get a phone call and I was asked "Do you want to do a phone interview". I said sure why not. Anyway, I did this interview and about 30 minutes later my wife said you got the job and I said what job? This is how we ended up in Overland Park Kansas.

I'm not sure how stable it is being a government contractor for the government. If you are a government employee your job is really secure. If you are a contractor well here's my story.

I was in charge of maintaining a program where once a week various livestock insurance was being sold. For example at 10:00 Central on a Tuesday the doors would be open to accepting live orders. We should around 3 million dollars of insurance before the money would run out. My job was to make sure the doors were open exactly on time and not a minute before. It was exciting to watch. It was like a mini stock market. Anyway, in March 2013 the government was having financial problems and I got laid off.

## Mike Reed

Lead Engineer Software at the Sunflower Group

Richard is highly experienced and dedicated to working with the latest technologies to maintain his edge. He has a strong ability to translate business requirements into practical solutions. While Richard and I were never working on the same team, our teams needs crossed a number of times, and I could trust that when Richard was involved the job would get done and it would get done right. Richard is also a good soul. The type of teammate you value both personally and professionally.

## March 29, 2013, Mike worked with Richard at Kforce

## Software Engineer, 04/2011 to 04/2013

## Kforce

Contractor for SAIC. Working in C#, reporting services and MS SQL 2008.

Worked on buying of insurance policies for the USDA. Also worked on program to track delinquent buyers of crop insurance.

Presently working on eDAS an online program for buying livestock insurance from the USDA.

Built a file watcher program which monitors files coming in to denote starting times for AIP's buying livestock insurance for farmers.

Automated a manual authorization process which allows AIP agents to modify key data with a special key. This was a time consuming process which involved different groups inside the IT departments.

Received security clearance.

# Heartland Crop Insurance



Well, I got this job in a few weeks. Heartland crop insurance is the agent who is responsible for paying claims to farmers. I was there only for a short period of

time. In October of 2013, Ted Cruz and his crew shut down the government for a period of time. Usually, claims are paid 50% by the government and 50% by the agent. During the month of October, the government stopped paying its bills. Well, guess who got laid off.

Software Engineer, 04/2013 to 10/2013 HeartLand Crop Insurance Contractor for Heartland Crop Insurance.

C# ,MS-SQL 2008, Nhibernate, Silverlight, Caliburn micro framework, WCF RIA Services

## **AR Payments**

Developed AR Payments system to track on clients insurance payments. Developed the back end portion of inserting and updating data from the UI to the database.

## Commissions

Created both the front end and back end to create a batch of commission for specific agencies. Ability to sign off and cut checks.

Lead developer

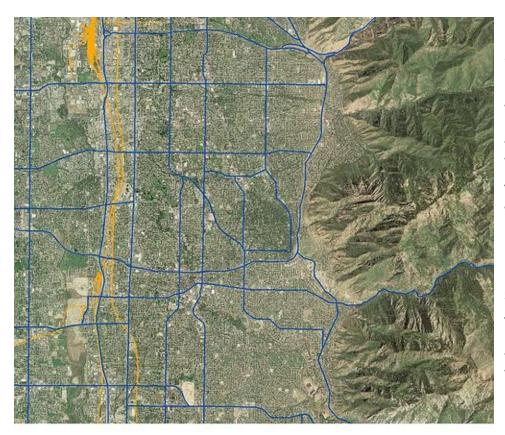
## Interest

Create the UI and backend to generate monthly interest due on all our overdue policies.

Refunds

Worked on the front end and back end to create a refund system.

USDA-Booz Allen



I worked with 3 other individuals with Booz Allen. They were a delight to work with. We maintained a GIS mapping system for all the farms in America. We worked on

Roads and Rails dataset layer place on top of NAIP 2006 imagery dataset located in Salt Lake County, UT

enhancements and fixing bugs. Our team always looked at the future. Microsoft in a few years was not going to support the browser the USDA was using. The ESRI GIS was not going to support Silverlight in a few years. We built two proof of concept. One using the.Net technology and the other one was a JavaScript version. We would have easily finished two years ago. Unfortunately, things don't always work out. The project was stopped and started around 6 times. Our team went from 4 to around 20. Millions of dollars were wasted. This past year our four-man team didn't have any work to do and we all got laid off. Now in the ESRI GIS world, there is a steep learning curve. Our team worked incredibly together. If and when this team has to develop a new system all of the brainpower is gone. There is no one to support the system.

## Software Engineer, 12/2013 to Present

Built a prototype of the new USDA Farm GIS system. Built system based upon HTML 5, Angular, bootstrap and MVC 5.

C#, MVC 5, RESTFUL web services, ESRI, NAPI Imagery, SVN, Visual Studio 2013, MS SQL, HTML 5, JQuery, Bootstrap, Angular

Maintains and adding new features to the USDA Farm GIS system. This software has GIS maps for farms all across America including Alaska and Hawaii. My job has been to make the software run faster and more efficient. I also have added more features that the business needed.

C#, Silverlight, RESTFUL web services, ESRI, NAPI Imagery, SVN, Visual Studio, MS SQL

## Craig Belser

Contract Applications Developer/Architect

I had the pleasure of working with Richard for two years at the USDA, where he was a core developer on our GIS team. He has excellent talents across multiple technology platforms that make him a well-rounded developer with both breadth and depth.

His ability to offer multiple solutions to every obstacle makes a dramatic difference in the productivity level of our team.

His optimism and determination lead the entire team with a can do attitude.

Richard would be an asset to any team.

November 8, 2016, Craig worked directly with Richard at Booz Allen Hamilton

## G. Todd Comer, ICP, GISP

## Explorer

Working closely with Richard during the past few years, he is always eager, and dedicated to any task; indeed, his light-heartedness and eternal optimism ensures a positive works environment, and promotes cohesiveness within the team. He consistently delivers complete and competent code on time, seeking out peer review to ensure the same, and always accepting and open to suggested changes, even if it means throwing everything out and starting over.

November 2, 2016, G. Todd worked directly with Richard at Booz Allen Hamilton

## Ross Short

#### Associate at Booz Allen Hamilton

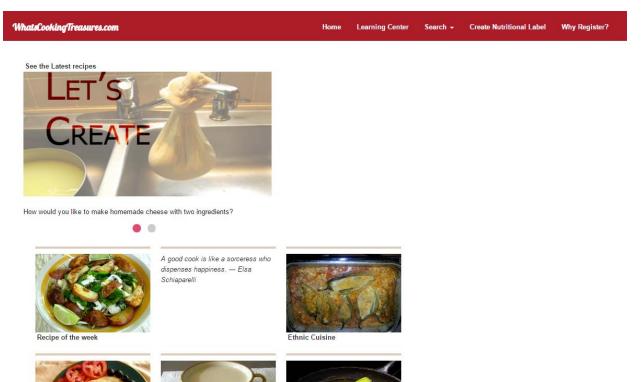
Richard is a highly skilled developer with 20+ years of experience. I have been his Team Lead for 3 years. Richard's knowledge of .NET and expertise in development was a huge advantage to our entire team. He put this skillset to work in order to remediate code defects.

Along with his undeniable talent, Richard has always been an absolute joy to work with. He is a true team player, and always manages to foster positive discussions and bring the best out of other employees. November 1, 2016, Ross managed Richard at Booz Allen Hamilton

## Owner 12/2011 to present whatscookingtreasures.com

Built whatscookingtreasures.com. A worldwide ethnic recipe web site that allows the user to use the smart phone as a device for grocery lists and planning meals for the day, week, or month. Each recipe calculates nutritional information from the USDA database. Capability to search for recipes by nutritional content, author and many other unique criteria. One of the only sites on the Internet that will allow the user to search by nutritional content. Added around 100 new ethnic ingredients to the USDA database. Built site and added over 700 recipes from my worldwide collection of recipes. Built site to accommodate smart phones and standard web applications.

C#, MVC 4, RESTFUL Web services, MS SQL 2012, Java script, AJAX, SOA architecture, LINQ, Visual studio 2012,.NET 3.5



This is my pride and joy http://whatscookingtreasures.com/. I have collected recipes from my travels from all around the world. During the eighties and nineties, I built a really simple database to hold my recipes.

Years later I worked as a contractor for the USDA. They had a nutritional database that contained all the nutritional information for thousands of food. This database was free to the public. I incorporated this database into my system.

I always learn through the building software. None of my past employers were using MVC a new framework for the. Net platform. So I learned it and used the latest technologies in my product.

Here's some info directly on my site why to register.

Here are some of the benefits. It's free.

Our goal is to provide you with quick and easy tools to assist you in all areas of cooking. Each recipe has a nutritional label that you can use for a healthy and tasty recipe. Using your smartphone you can have a shopping list for each recipe on hand while shopping at the store. While you are making the recipe your smartphone will help you prepare your meal by easy to use directions. Most of the recipes take less than 30 minutes. It's a great and easy way to share and discover new recipes.

This site whatscookingTreasures.com has been up and running for over 10 years. It is a collection of my favorite ethnic food recipes from all around the world. Click on either the image below or the PDF to see my recipes and others who were kind enough to contribute to this project.

# Latest Recipes



Corn Soup with Roasted Peppers Select a receipe types



## Getting Laid Off

Since 2009 I have been laid off 5 times. Before that, I never got laid off. The first time with Charles Schwab was guite a shock. I really felt it. I thought I survived getting laid off. A good friend of mine got laid off early in the morning and it was after lunch I got the phone call. It is ever so common nowadays that companies lay people off. What is happening in America? Millions of people are getting laid off and their families and lives are dramatically changed. There is no loyalty involved. My boss who laid me off got laid off when he was a certain age. Probably the person who laid him off will get laid off. Human beings are not some objects who you can hire and fire. Each human being is precious. Why don't Americana have employees on the board of directors? Why is the entire company directed towards making profits for the shareholders? Have we lost our sense of morality and ethics in our corporate culture? I can see each time I got laid off it was easier to recover. Been there done that. Yet do we really need to go through this? When I got laid off from Schwab they made a tremendous profit. Is the company more interested in profits than the welfare of their employees? There must be a balance. Employees are spending more time at work than their families and yet the company still will lay them off. In all the layoffs I have seen I didn't see a real reason to lay people off. The company could have taken a financial hit without laying people off. I have yet to see my salary equal to what my salary was 8 years ago. So many Americans are going backward in salary while the onepercenters are having huge increases in wealth.

# Nelson Art Museum



Celling in Quan Yin Temple 1

Barbara and I love the Nelson Art Museum in Kansas City. They have this amazing Quan Yin temple. There is a beautiful statue of Quan Yin there. Quan Yin is the embodiment of Compassion. She is known as the Bodhisattva of Compassion.

This is a quote from the Nelson Art Gallery. A jewel of the museum is the Chinese Temple Gallery (Gallery 230), which displays a 12thcentury polychrome wooden figure of

Guanyin of the Southern Sea, heralded as the finest sculpture of its kind outside China.

According to the tour guides, this statue was found in China around the early 1930s. It was found in the snow and was about to be used as firewood. China at the time was having such difficulties. During this time the Nelson-Atkins Museum bought a huge investment of Chinese art worth Millions today.

The atmosphere is the temple is out of this world. You walk in and the room is flooded with Love and Compassion. Yet for many

people, it's like the scene from Chevy Chase in National Lampoon Vacation where Clark Griswold sees the Grand Canyon for the first time. He simply nods his head and goes on his way.

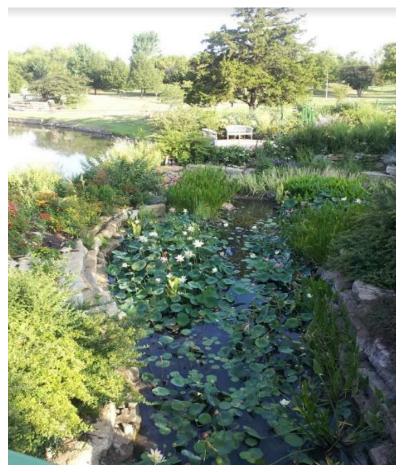
What makes us miss this experience? It's like a dog whistle. Only a dog can hear it. The whistle is blown but we can't hear it. Kansa City is the heartland of America. Here we have this incredible temple. Imagine universal compassion that is manifested in the temple room.





Before COVID we used to love to go to the Nelson art gallery and restaurant for lunch. We would go around once a month for 10 years. Since COVID we haven't gone once. They have incredible food there. I remember once they had Spanish paella with saffron rice. It was out of this world.

# **Overland Park Arboretum**



This is one of my wife's and I favorite places to visit in the Kansas City area. My wife and I love nature. Many of the city folks quite frankly think that nature gets in the way of things. We love in winter to watch the thousands of geese in the skies. We love the formations and honking sounds. It's like a huge parade in the sky. Many of my work friends think it is a nuisance.



The Arboretum is our sanctuary. We try to go at least a few days a week. We only live about 10 minutes away. We love all four seasons. I have lived in Kansas now for 6 years so we have witnessed the beautiful changes that nature goes through. The earth (GAIA) is alive and speaks to you. The older I get I'm getting more in touch with the beauty of nature. The earth is a part of us. We are

# interconnected. We live this life and have forgotten our precious connection.

## Favorite Restaurants



Venu - Blue Nile Cafe

When we lived in Maui, we had some friends who came from Ethiopia. They invited us for dinner several times. They have probably one of the world's oldest fast food. You see they combined. Ghee(clarified butter) with their spices. All you need is the spiced butter along with your vegetables or meats. Heat up the oil. Put in your main ingredients. Cook for 5 minutes. Presto your meal is done.



When I worked for the USDA my Indian friends and I used to love to go to chai shy. They would have this unusual pink chai which was very different. It came from Pakistan.

This wasn't your typical Indian restaurant. Most Indian restaurants can be quite boring. They serve the same buffet meals. You can go to any city and basically eat the same type of mail. This restaurant 's menu is quite unique and diverse.

## Lunch Dinner

# **SANDWICHES**

lunch only

# \$7.50 Pakora Wrap

vegetable fritters, lettuce, onion, rolled up in paratha \$8.50 Masala Paneer Roll

paneer masala, lettuce, onion, rolled up in paratha **\$9.50** 

## Lamb Roll

braised lamb, lettuce, onion, rolled up in paratha

# ENTREE

Your choice of basmati rice or garlic naan

# \$9.00 Achari Chicken

cumin, clove, pickling spice \$10.00 Lamb Korma

cumin, cardamom, mace **\$10.00** 

Lamb Daal

lentils, fenugreek, garlic \$8.50 Masala Paneer

white cheese, crushed tomato, fenugreek, corriander \$8.00

Pakora Curry

pakoras, mustard seed, curry leaves

\$8.00

# Yellow Lentils

fennel, star anise, asafoetida **\$9.50** 

Gajar Aloo

potato, carrot, onion seed, curry leaves

# **APPETIZERS**

## \$5 Samos<u>as</u>

savory pastries. CHICKEN, BEEF, or VEGETABLE

#### \$7.5 Dologo

Pakora

potato / chickpea fritters

**\$6** 

Chaat

chickpeas, chutneys, PAPDI, SAMOSA, or PAKORA

## \$5 Spicy Mango

fennel, turmeric, chili <mark>\$6</mark>

# Spicy Corn

spiced limes \$11,5 Sampler Platter

two samosas, pakoras, spicy mango

# DRINKS

# \$3.00 Masala Chai

spiced milk tea with traditional black tea leaves \$3.00 Pink Chai

Kashmiri spiced milk tea with green tea leaves \$3.50

lced Chai

spiced milk tea over ice

\$3.50

Rooh Afza

fruit nectars, rose water, milk, over ice

\$3.50 Skunj-Vee

traditional spiced lemonade **\$4.00** 

# Mango Shake

mango, ice, sugar **\$2.50** Bottled Soda

glass bottled Coke, Diet Coke, Sprite, or Orange Fanta \$4.99

# Gerolsteiner

bottle of sparkling mineral water

DESSERT

**\$9.00 Panna Cotta** fresh vanilla bean

#### Ancestors

I find it fascinating that my dad and my grandmother Josie wrote a cookbook containing all the historical recipes and their family line. Just think 35 years later I'm embarking on the same mission. Our males are our connection to the Earth. We need to make it sacred yet fun for all.

Life is sacred yet there's a supreme joy and bliss to it. We are not meant to have a frown upon life. We are here to have utmost joy and a great sense of cosmic humor.



Grand Father Franklin Perry 1

We are all shaped by our family. I feel so fortunate to be blessed to be born into this family line. My parents and grandparents raised me to where my life is today. I really was nurtured in love and consideration of others. I learned how to respect life and respect all human beings. The sense of adventure and the sense of learning with joy were instilled in me. Life was incredible. At a young age, I was introduced to seeing the future and bringing ideas to the present. I was only 2

years old when my Dad and Grandfather built the house of the future. At me young age my Mom and Dad introduced me to ethnic cuisine from around the world. To this day I love trying out different and new cuisines. My Mom gave me the sense of travel. She loved to travel and that was instilled in me. I learned how to appreciate different customs, ways of seeing things, and being open to life. Life taught me to appreciate each country and value its essence. My Grandmother Josie taught me the love of God. She would always say that God loves you. Her mother was friends with Mary Baker Eddy the founder of Christian Science. My brother and I loved being in her company. She was a joy to be around. She played the piano and sang many wonderful songs to us. During the winter she would go to the Palm desert and bring back pine nuts and fresh dates. She had a juicer that was handed down to my brother after many years of use. My Grandfather Cliff's hobby was rock collecting. When they came to visit he would do a slide show of his current trip. My wife Barbara would have been great friends if he was still alive.



Rose Parade Queen 1

As a family, we would love to visit my grandmother and grandfather in Santa Barbara. I remember going to horse shows and going to the Elvis Presley movies. My grandfather would make the world's best enchiladas. I have the recipe on my cooking site. This dish is over 60 years old. I had many incredible times being with them. During the holiday both sides of my grandparents would come and visit. I loved the sense of family in the air.



Mom and Dad. House of the future. 1

My brother and I will always remember the times my Dad would drive us to go surfing. We would get to the ocean very early in the morning. My Dad would drive us to Big Corona and we would surf until noon and then we would paddle through the harbor for an hour.

My Dad suffered a stroke and was in a coma for a month. When he came out of the coma he was changed completely. For the first time, I saw that he knew it was a miracle to be alive. His entire outlook on life changed. He realized that life is precious. He lived another 10 years after that. He saw that he had a golden opportunity to experience life to its fullest.

My Mom has taught me to see the bright side of life. If you are down in the dumps she taught me that only you can pull yourself up. Attitude is everything. She taught me to enjoy the adventure of life. I gained so much from her and her way of thinking. She taught me not to hold onto the past and to forgive what others have done to me. She has a great sense of humor which I love.

What can I say about my twin brother John? We came into this world together and are such good friends. We have the same path of self-discovery. Both of us have been meditating for over 45 years. He has discovered a passion for writing music. In the past 4 years, he has created over 1000 songs. He creates songs about life and the incredible journey of life.

My daughter Aleia has become an incredible person. She is kind, full of wisdom, and loves to help people. She is deeply spiritual without any pretense. She has a great heart. I'm tremendously proud of her.

My daughter Leilani has bloomed in the last 10 years. She got married to a wonderful man named Lowie. He is from Egypt. They have 3 beautiful children. I love their family. They are an inspiration to me. Family truly is the backbone of life. Recipes Candies

# "Handwritten Candy Recipes"

My Father tried many things in his life. One of them was be candy maker. He began this during the Great Depression of the 1930 opening a candy store. One store was in the San Diego World's Fair w he himself made the candy.

Enjoy some of the recipes that Father used. The time was 1933

### Fletcher's San Diego World's Fair Delights

Chocolate Truffles Pecan Chews Butterscotch Stand up Carmels English Toffee Butterscotch Soft Convertat Centers Super Whip Cream Carmel Peanut Brittle Whip Cream Centers Cheaper Cream Center for Pecan Roll Vanilla Fudge Chocolate Fudge

--JFF

s use Peanut Brittle. # sugar." 1003 butter. # sugar." 5# shelled beanute. # ghicose 2'2 table foor Bicar 3 34 " ghicose" staa. 2's stuater. Boil sugar, symptuater to 250° add istration 5\* planute boil to 290° take off fire add Decontorate soda + salt disolved in that woon wa until it forms pour on oiled dab. turn over Hemall spanish nuts add at 220° and stretch This 10 ... to

Whip cream centers. 14 sugar. 34 trajoon solt. 15t whip cream. 12 of I. t. J. 15t whip cream. Boil to 240° four on marble slab until Store cold then cream. Cheajer cream. 10# sugar. 200 313. 1 studip cream 13 tea jorn cream of textar 13 tea spoon salt. ab

Center for Pecan Poll. 7 5 # susar 15 00. Elucosi 2 1/2 pt water 3 cano eraporated milk 10 030 Vanila flarm. sugar, aluerst Swater then ado 6 takeo to per after cold. dd warm. De

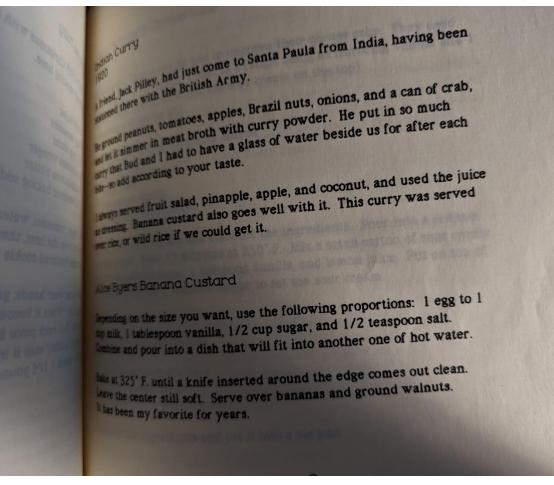
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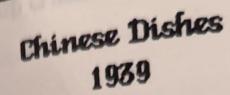
Vanila Fudge 5ª Jugar Jite chucise add mile, batter & J. & 3. stip antil Bream while warm bour in tray lind with ward cales. cut next day. Ward cales. cut next day. Charlet Judge same with 15g. bitter chocolate.

Chocolate Inoffles. 3. 1/2 # Butte 236° Fonda 603 236° Fondant 603 drychicolatifourder. 203 F. l'intermall roughly, rol 1:00 a chocolate then no a tolip i in dry chocolate or decorations

mis Peanut Brittle Count Sugar loups white caro ap water square butter spinch of salt arbig kettle or fireless cooker, on a medium heat, boil the sugar, 1/4 mud butter (cut in pieces), add peanuts if raw, butter added at 250° F. atsirbut only at the edges. Cook to 284° F. Remove from the fire and resputs if roasted. Pour as thinly as possible and stretch on 1 or 2 allered cookie sheets. ant's Bouillabaisse

#### Ethnic





China town in Los Angeles, California, opened a new area Lee's was the best restaurant there, and we knew the own of 1985 Lee's closed. a sugar, 2 tablespoons cil. Cook the

Entrée Selections

Complete the fee

Chicken Noodle Soup chow mein Chinese Spare Ribs Green Peas and Almonds Sweet and Sour Chicken Egg Foo Yong or Omelet Chop Suey Almond Cookies Fortune Cookies Chicken Noodle Soup



# Hawaiian Luncheons 1946

Some of these are from our Hommet Road Party in San Marino, Calif. We gave three parties of ten people each in 1948.

Entrée Selections

Drinks in Coconut shells, decorated with Orchids Shrimp Fish wrapped in Spinach Chicken Livers wrapped in Bacon Chestnuts wrapped in Bacon Scallops in a Sweet & Sour sauce Salad in half Pineapples Sauces for dipping Fish, Ginger, or Curry Have Hawaiian music, centerpieces on tables of orchids, sweetpeas. I amelia, and fruit. Give everyone a lei of flowers. Have people com



# Italian Cuisine 1975

Sue Richmond's Lasagne

This sauce can be made ahead of time, adding meat wh

1/2 cup olive oil 1 cup chopped onion 1 or 2 cloves garlic 2 cups tomato sauce 1 cup mushrooms

1 tablespoon m 1 teaspoon thy 1 teaspoon rose 1/2 teaspoon al 1 teaspoon oreg 1/2 teaspoon su

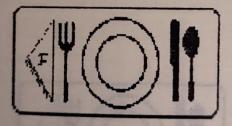
Simmer this mixture for a couple of hours. When ready round meat and add to it. For meatballs: Take 1 pound ground meat, bread crumbs value 0.



### Jewish Food 1946

chicken Livers and Wild Rice

preach the livers in flour. Cook them in butter, then add onion, salt, pepper, a small can of mushrooms, and a can of mushroom soup. Boil wi rice in salted water. Drain rice, then add livers. Toss gently.



Rabbit Portugese 1946

Cut the rabbit meat into pieces, then brown in oil. Add onion and a whole clove of garlic. Remove the garlice after the meat is brown. Add a can of chicken soup a termove the garlice after the meat is brown. Add a can of chicken soup, a bay leaf, 1 cup of dry wine, a can of tomatoes, salt, papper, and oregano. Since and oregano. Simmer until tender.



## English 1935

aked Beef Liver and Onions

ombine

ut onions into slices, and arrange in a baking dish. Dot them with butto dd 1/4 cup wine, 1/4 cup water, salt, pepper, a bay leaf, and thyme. ake at 350° F. for 30 minutes. Coat liver with flour. Place on top; cove nd bake 30 more minutes, basting several times. Remove cover and ba 0 minutes.

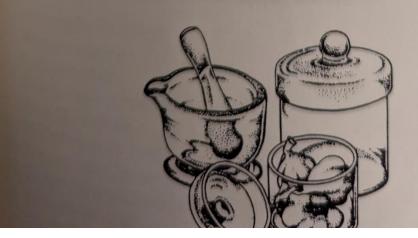


inhtiv beaten



Ham Loaf 1935

Combine 1 pound of ground ham and ground pork, 2/3 cup crushed crackers, 1/2 cup milk, 1/4 cup chopped onion, 1 slightly beaten egg, and a pinch of pepper. Press the mixture into a loaf pan, then remove it to a shallow baking dish (turn the loaf pan upside down). Bake at 350° F. for 1 1/2 hours. For variety, put a mustard sauce on top during the last 30 minutes of cooking.



Misc Josephine Fletcher Maltby Andy and Edwin Knick's Pickles Olive and pickle barrels ... They grew cucumbers everwhere. They were usi small ones for the cucumbers, and they had another larger one for the cucumbers. That's how I remember them. Wash the cucumbers and make a brine of 1 cup vinegar to 2 cups of wa with I cup of granulated sait to each quart of water. Heat them. When pour the mixture over the cucumbers in a barrel. Let it stand for 24 ho then drain Combine 12 cups sugar, 8 cups cider vinegar, 1 1/2 teaspoons of celery seed, 8 sticks cinnamon, and 1 cup prepared horseradish. Bring to a bu and pour over the cucumbers. Drain the syrup from the cucumbers ea the morning; save the syrup! After 4 days, reheat the syrup and pour it the cucumbers. Let the cucumbers cool in the syrup before covering.

On the last morning remove the cinnamon and bring the cucumbers a syrup to a boil. Then, cover the barrel.

Fletcher's Cheese Cake clphia Cheese ran an add to improve their ch why vanilla for flavoring. I sent in a recipe using a thespoon of lemon juice (for the sour cream on th received a check for \$5! 2 packages of 8 ounce cream cheese 1/3 cup sugar 2 egg yolks l teaspoon vanilla l teaspoon lemon juice the cream cheese and combine the ingredie marker grust. Bake 15 minutes at 250° F. Mix a s tablespoon sugar, 1 teaspoon vanilla, and le the cake. Bake for 5 minutes longer to set the sol Roborn C

patered cookie sheets. out peanuts if

# mank's Bouillabaisso

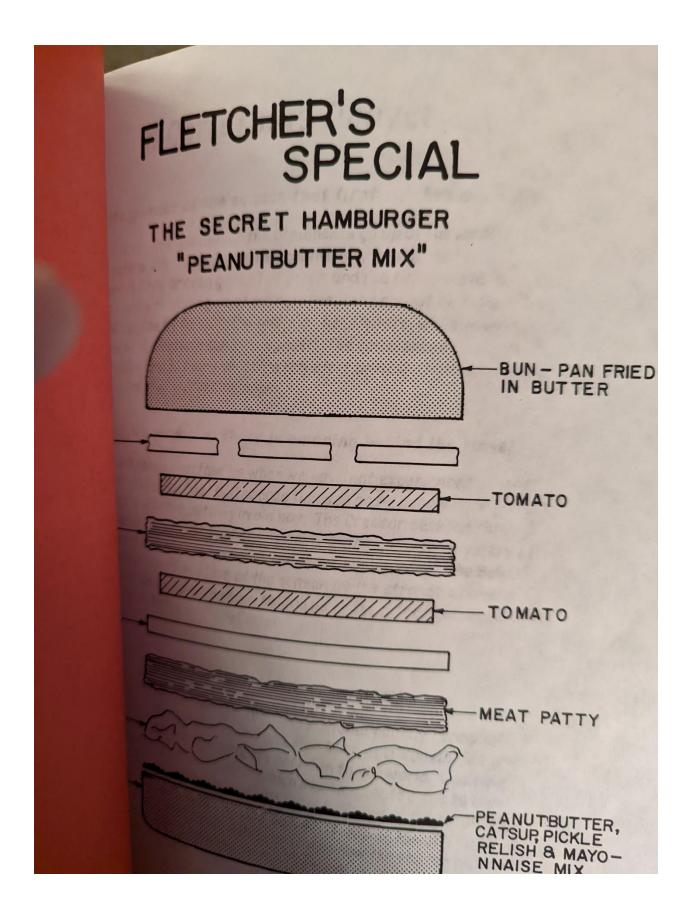
ipounds fish (halibut, mackerel, trout) cooked in water to cover with and shall be water for sauce with 1 pound shrimp, lobster, and a sale of the potenties onion, and garlic. Add one can be be and a doves. Save has potatoes, onion, and garlic. Add one can tomatoes or free hown in oil, potatoes, onion, and garlic. Add one can tomatoes or free hown in oil, potatoes, onion, and garlic. Bown in out, PC, I cup sherry or port wine, thyme, saffron, curry, ma st pepper, and parsley. Marinate cooked fish in wine. Add it all to and simmer until ready.

#### Sauce for the Bouillabaisse

Combine 1 can tomatoes, 1 clove garlic, 1 onion browned in oil, a bay curry, salfron, pepper, salt, marjoram, green pepper, and parsley. Coo towly and add cooked sliced potatoes, fish, and wine.

trank spent time in libraries looking up all the recipes he could find. found this one ina French cook book. This was at the time when we w lating a cooking and study trip around the world with Jack and Dale. livoled the neighbors and relatives to try this fancy soup. Jack and Da mended to the music.

Fietcher Cooking Club



#### Barbara



You came to me in a dream. My life is filled with your joy. You have so much innocence. We have played and laughed together. You have taught me so much. My love for you, I can't describe. We are both walking together in this world. We have so much to learn. I have so much hope. Barbara, you put up with me. I know I have my share of quirks. Yet my love for you will never die. We have gone through a lot. But it has made us stronger. Fortunately, our love is strong. Barbara I love you from the deepest place in my heart. You make my heart sing.

You make me laugh.

We have traveled so far in this life.

#### Barbara

I love the way you are.

You have always supported me.

I love the way you are with Aleia.

You have given so much.

Barbara

Thank you.

#### Barbara recipes

The following recipes were created by my wife Barbara. These were created after my surgery. The meals that Barbara has created have made tremendous significance. My blood pressure went from 160/100 to around 100/ 80. My glucose levels in the hospital started at 411. Currently they are around 100 to 110. I have lost over 20 lb in 2 months.

#### Turkey Zucchini salad

Chef: Richard Fletcher

Ethnic: American Main Ingredient: Turkey Categories: Low Glycemic Meal Type: Dinner Food Type: Non vegetarian Level:Easy Servings: 2 Prep Time:18 Cook Time:40



This is another incredible dish my wife made. She was in a creative mode and came up with this delicious dish. I have lost around 20 pounds in the last two months going on a plant based diet. I 'm at the same weight I was in high school. I don 't need to lose anymore weight hence my wife added Turkey to the dish.

Print

Update Recipe Email Recipe Add to MyFavorties Add to GroceryList

- 1 lb Ground Turkey
- 2 tbsp curry powder
- 1 cup Spinach | fresh Spinach
- 2 large Squash, zucchini, baby, raw
- 1 package Taco seasonings Recipe

#### Recipe

Saute the Turkey in olive oil for around 5 minutes until Turkey is no longer pink. Add your water turn heat to low and simmer for around half an hour. Make sure to check around every 15 minutes that the water has not evaporated. If it has add more water. Add your Taco seasonings and set aside pan.

Dice your zucchini into bite pieces . Heat up pan add your olive oil and when the oil is hot add your zucchini. S aute until zucchini is done. Add your cooked Turkey.

\*taco seasonings not found in USDA database

Nutrition Facts Serving Size 1 Turkey Zucchini salad Servings Per Batch 2 Amount Per Serving Calories363

Calories from Fat 166 % Daily Value \*

Total Fat 18g	28%
Saturated Fat 5g	24%
Monounsaturated Fat 6g	
Polyunsaturated Fat 5g	
Trans Fat Og	
Cholesterol 156g	52%
Sodium 147mg	6%
Potassium 792mg	23%
Total Carbohydrate 5g	2%
Dietary Fiber 3g	10%
Sugars 0g	
Protein 46g	92%
Vitamin A	34%
Vitamin C	17%
Calcium	9%
Iron	5%

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA. Nutritional information

Chicken and greens salad



Page 462 of 733

#### Chicken string beans

#### Chef: Richard Fletcher

Ethnic: American Main Ingredient: chicken Categories: Low Glycemic Meal Type: Dinner Food Type: Level:Easy Servings: 2 Prep Time:10 Cook Time:40



This is a classic comfort food. It 's so easy to make and it 's delicious. This is one of the dishes my wife made when I was going through my healing.

Print

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- 1 cup string beans
- 1 cup, slivered almonds
- 1 can (10.7 oz) Soup, cream of mushroom, canned, condensed
- 2 breast, bone removed chicken breast
- Recipe

Recipe

Preheat oven to 350. Add all ingredients two casserole bowl. Cook for around 30 minutes horntail string beans are done. Don 't overcook the string beans.

\*oz) soup, cream of mushroom, canned, condensed not found in USDA database

Nutrition Facts	
Serving Size 1 Chicken string beans	
Servings Per Batch 2	
Amount Per Serving	
Calories629	Calories from Fat 392
	% Daily Value *
Total Fat 44g	67%
Saturated Fat 5g	25%
Monounsaturated Fat 25g	
Polyunsaturated Fat 10g	
Trans Fat 0g	
Cholesterol 82g	28%
Sodium 72mg	3%
Potassium 805mg	23%
Total Carbohydrate 19g	6%
Dietary Fiber 10g	40%
Sugars 4g	
Protein 46g	92%
Vitamin A	9%
Vitamin C	10%
Calcium	22%
Iron	4%
* The Percent Daily Values are based on a 2,000 cald	orie diet, so your values may change
depending on your calorie needs. The values here ma	ay not be 100% accurate because the recipes
have not been professionally evaluated nor have they	been evaluated by the U.S. FDA.

Nutritional information

#### Salmon Avocado salad

#### Chef: Richard Fletcher

Ethnic: American Main Ingredient: Salmon Categories: Low Glycemic Meal Type: Dinner Food Type: Non vegetarian Level:Easy Servings: 2 Prep Time:10 Cook Time:10



This is something easy to make after a hard day 's work. All you do is to put miso on top of the salmon. At the very end you add your coconut flakes. In the broiler they become golden brown. This is great with a salad.

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- 1 oz coconut flakes
- 1 fillet Fish, salmon, Atlantic, wild, cooked, dry heat
- 1/4 cup Miso
- 1 tsp or 1 packet Mustard
- 1 cup, slivered almonds
- 6 leaf inner romaine Lettuce Recipe

Recipe

cut salmon filet in half.mix miso with a tablesoonof water. Spread over salmon filet. Put in broiler for around 7 minutes. Add your coconut flakes. Broil four around 3 minutes until the flakes are golden. Serve over salad.

#### **Nutrition Facts**

Serving Size 1 Salmon Avocado salad Servings Per Batch 2 Amount Per Serving **Calories**718

#### Total Fat 53g

Saturated Fat 12g Monounsaturated Fat 25g Polyunsaturated Fat 12g Calories from Fat 477 % Daily Value \* 82% 61%

Trans Fat Og	
Cholesterol 55g	18%
Sodium 1360mg	57%
Potassium 1185mg	34%
Total Carbohydrate 29g	10%
Dietary Fiber 13g	54%
Sugars 6g	
Protein 40g	80%
Vitamin A	33%
Vitamin C	2%
Calcium	23%
Iron	5%
* The Percent Daily Values are based on a 2.000 calor	ie diet, so

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA. Nutritional information

#### Avocado chicken salad

Chef: Richard Fletcher

Ethnic: American Main Ingredient: chicken Categories: Low Glycemic Meal Type: Dinner Food Type: Non vegetarian Level:Easy Servings: 2 Prep Time:10 Cook Time:



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Yeah chicken broccoli avocado salad. This is my wife 's creation. It 's very nutritious and satisfying. Hope you enjoy it..

P	ri	n	t

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- 1 head romaine Lettuce
- 1 cup chopped Broccoli
- 1 whole Avocados | Avocado
- 1 large tomatoe
- 1 tablespoon olive oil
- 1/2 lime
- 1 breast, bone removed chicken breast Recipe
  - Recipe

What could be simpler. Simply put all these ingredients to a solid bowl and serve.

\*lime not found in USDA database **Nutrition Facts** Serving Size 1 Avocado chicken salad Servings Per Batch 2 Amount Per Serving Calories404 Calories from Fat 241 % Daily Value \* Total Fat 27g 41% Saturated Fat 4g 22% Monounsaturated Fat 16g Polyunsaturated Fat 4g Trans Fat 0g **Cholesterol** 41g 14% Sodium 199mg 8% Potassium 1656mg 47% **Total Carbohydrate 25g** 8% Dietary Fiber 15g 61% Sugars 7g **Protein** 23g 46% Vitamin A 557% Vitamin C 118% Calcium 17% Iron 5%

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA. Nutritional information

#### Thai wraps Chef: Richard Fletcher

Ethnic: Thai Main Ingredient: peanut butter Categories: Low Glycemic Meal Type: Appetizers Food Type: Non vegetarian Level:Easy Servings: 2 Prep Time:10 Cook Time:5



This is comfort food at its finest. Anything with a peanut butter sauce I love. This is so easy to make after a hard day 's work.

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- 1/2 cup, chopped or diced chicken breast
- 1 head romaine Lettuce
- 1/2 cup grated carrots
- 1/2 cup sliced red cabbage
- 1 cup peanut butter
- 1 tablespoon coconut aminos

• 1 tablespoon water Recipe

Recipe Make peanut butter sauce. And peanut butter water coconut aminos to a serving bowl

Arrange romaine lettuce on a platter. On each leaf place a carrots, chicken and red cabbage.

*coconut aminos not found in USDA database *water not found in USDA database	
Nutrition Facts	
Serving Size 1 Thai wraps	
Servings Per Batch 2	
Amount Per Serving	
Calories898	Calories from Fat 623
Calories	
	% Daily Value *
Total Fat 69g	106%
Saturated Fat 14g	70%
Monounsaturated Fat 33g	
Polyunsaturated Fat 19g	
Trans Fat 0g	
Cholesterol 26g	9%
Sodium 614mg	26%
Potassium 1828mg	52%
Total Carbohydrate 39g	13%
Dietary Fiber 15g	60%
Sugars 19g	
Protein 47g	94%
Vitamin A	754%
Vitamin C	35%
Calcium	18%
Iron	25%
* The Percent Daily Values are based on a 2,000	) calorie diet, so your values may
depending on your calorie needs. The values her	re may not be 100% accurate bec

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Nutritional information

# Turkey veg soup



## Curried tofu and celery

#### Chef: Richard Fletcher

Ethnic: American Main Ingredient: tofu Categories: Low Glycemic Meal Type: Dinner Food Type: Vegan Level:Easy Servings: 2 Prep Time:5 Cook Time:5



I love curried tofu with celery. My wife Barbara may be this dish a few days ago. It was quite satisfying and easy to make. Sometimes the simplest of males are the great comfort foods.



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- 1 block tofu
- 1 cup celery
- 1 tablespoon curry powder
- 1 tablespoon coconut aninos
- 1 tablespoon olive oil
- Recipe

Recipe

How easy is this. Heat up? Pan with olive oil. And the crumple tofu and celery along with the curry powder. Add the coconut aminos. Cook for around 2 minutes. That 's it.

#### Barbaras unique oatmeal

#### **Chef: Richard Fletcher**

Ethnic: American Main Ingredient: oats Categories: Low Glycemic Meal Type: Breakfast Food Type: Vegan Level:Easy Servings: 2 Prep Time:5 minutes Cook Time:4 minutes



This is an amazing recipe my wife Barbara created for me. It 's a unique twist on the normal oatmeal that we eat. It contains many different kinds of vegetables depending upon her mood. Many times she adds okra, tomatoes and super greens. She adds Indian spices, cilantro, miso and sriracha chili. For the more she adds chia seeds and flax seeds. It is very nutritious. I found my blood sugar levels go down after eating this meal. Most people have a spike in blood sugar levels after eating a male.

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- 1 tsp, leaves oregano
- 1 tbsp curry powder
- 1 tsp coriander | coriander powder
- 1 sprigs fresh Coriander | Coriander | cilantro | fresh cilantro
- 1/4 cup Okra
- 1/8 cup Sauerkraut
- 1/16 cup Miso
- 1 oz chia seeds
- 1/4 tbsp, ground flaxseed
- 1 cup Oats
- 2 cups water

Recipe

Recipe

Add water to pot. Turn heat to high. When water boils at the oatmeal and the spices. If you have fresh oregano use that instead of the dried. It will give a more unique flavor to the dish. Add the vegetables. Turn heat to medium. Set the timer for 4 minutes. Poor oatmeal and serving bowl. And your kimchi, miso and fresh cilantro.

Nutrition Facts	
Serving Size 1 Barbaras unique oatmeal	
Servings Per Batch 2	
Amount Per Serving	
Calories314	Calories from Fat 84 % Daily Value *
Total Fat 9g	14%
Saturated Fat 1g	6%
Monounsaturated Fat 2g	
Polyunsaturated Fat 5g	
Trans Fat Og	
Cholesterol Og	0%
Sodium 402mg	17%
Potassium 445mg	13%
Total Carbohydrate 49g	16%
Dietary Fiber 13g	52%
Sugars 2g	
Protein 12g	23%
Vitamin A	16%
Vitamin C	15%
Calcium	17%
Iron	5%
* The Percent Daily Values are based on a 2 000 calc	rie diet so vour values may

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Nutritional information

Richard Fletcher -May 28 2022 7:05PM I love this recipe.

# Turkey Beans and vegies



# Beans fresh herbs



## Tofu and mushrooms Chef: Richard Fletcher

Ethnic: American Main Ingredient: Tofu Categories: Low Glycemic Meal Type: Breakfast Food Type: Vegan Level:Easy Servings: 2 Prep Time:10 Cook Time:5



This is a unique spin on tofu and mushrooms. I use Indian spices to give the tofu an incredible taste. I use olive oil and key to saute the mushrooms with the spices. I hope you enjoy this recipe.

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- 1 tbsp Soy sauce |tamari
- 1 tbsp butter | ghee | clarified butter
- 1 tbsp olive oil
- 3 tbsp curry powder
- 1 cup, whole Mushrooms, |Mushrooms
- 1 block firm Tofu

Recipe

Heat up pan. Add your ghee and olive oil. When they are both hot add your mushrooms and spices. Saute them until the mushrooms turn golden. In separate bowl mash the tofu with a potato masher. When the tofu is super fine add to pan and cook for around 5 minutes until the tofu and mushrooms are hot.

#### **Nutrition Facts**

Serving Size 1 Tofu and mushrooms Servings Per Batch 2 Amount Per Serving **Calories**217

**Total Fat** 18g Saturated Fat 6g Monounsaturated Fat 8g Polyunsaturated Fat 3g Trans Fat 0g Calories from Fat 158 % Daily Value \* 27% 28%

Cholesterol 15g	5%
Sodium 521mg	22%
Potassium 447mg	13%
Total Carbohydrate 9g	3%
Dietary Fiber 4g	18%
Sugars 2g	
Protein 11g	21%
Vitamin A	5%
Vitamin C	4%
Calcium	22%
Iron	5%

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#### Cauliflower bean turkey stew

#### Chef: Richard Fletcher

Ethnic: American Main Ingredient: kidney beans Categories: Low Glycemic Meal Type: Dinner Food Type: Non vegetarian Level: Servings: 4 Prep Time:10 Cook Time:10



This is a dish my wife Barbara made up. I love the unique flavors of this dish. This was one of the dishes that she created during my healing.

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- 1 lb Ground Turkey
- 2 cup Cauliflower,
- 1 cup Beans, kidney, all types, mature seeds, canned
- 1 package taco seasonings
- Recipe

Recipe

heat up pan. Add the olive oil and cauliflower. Saute for a few minutes. Add 1/4 cup water and your spices. Add your beans and cooked turkey, Place a cover over the pan. Cook for five minutes. Presto your meal is done.

\*taco seasonings not found in USDA database

Nutrition Facts		
Serving Size 1 calif bean turkey stew		
Servings Per Batch 4		
Amount Per Serving		
Calories230	Calories from Fat 83	
	% Daily Value *	
Total Fat 9g	14%	
Saturated Fat 2g	12%	
Monounsaturated Fat 3g		
Polyunsaturated Fat 3g		
Trans Fat 0g		
Cholesterol 78g	26%	
Sodium 263mg	11%	
Potassium 516mg	15%	
Total Carbohydrate 11g	4%	
Dietary Fiber 4g	18%	
Sugars 2g		
Protein 27g	53%	
Vitamin A	2%	
Vitamin C	48%	
Calcium	5%	
Iron	2%	
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change		
depending on your calorie needs. The values here may not be 100% accurate because the recipes		
have not been professionally evaluated nor have they been evaluated by the U.S. FDA.		
Nutritional information		

## Zucchini asparagus dah

#### Chef: Richard Fletcher

Ethnic: Indian Main Ingredient: lentils Categories: Low Glycemic Meal Type: Dinner Food Type: Vegan Level: Servings: 4 Prep Time:19 Cook Time:40



Here's a great dahl made from urad dahl and lentils. This is super high in protein.

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- 1 cup urad dahl
- 1 cup red lentils or any other lentils
- 1 tablespoon fresh ginger
- o 1 teaspoon salt
- 1 tablespoon turmeric
- 1 tablespoon cumin powder
- 3 tablespoon coriander powder
- 3 teaspoons garam masala
- 1 teaspoon or more cayenne Chank
- 1 tablespoon cumin seeds
- 1/2 tablespoon ghee
- 1 medium diced onion
- 3 cloves garlic

- 1 medium tomato
- 1 whole dried red chili pepper
- 1 cup Asparagus | Asparagus spears
- 1 large zucchini

#### Recipe

Recipe Wash Lentils. Add water and lentils to pan. Turn heat to high.

Add diced fresh ginger, turmeric, cumin powder, coriander powder, garam masala, and cayenne.

When mixture boils turn down heat and let simmer. When water runs low add water. When lentils have been broken down into a mush it is done for this part.

Make *Chunk*- In separate pan saute in ghee on a high flame cumin seeds, onions, garlic, tomatoes and 1 dried red chile. Add your vegetables Cook until golden brown. Add mixture to lentils. Add salt to taste. Garnish with fresh coriander.

\* garam masala not found in USDA database **Nutrition Facts** Serving Size 1 Zucchini asparagus dahl Servings Per Batch 4 Amount Per Serving **Calories**286

Calories286	Calories from Fat 32 % Daily Value *
Total Fat 4g	6%
Saturated Fat 1g	6%
Monounsaturated Fat 1g	
Polyunsaturated Fat 1g	
Trans Fat 0g	
Cholesterol 4g	1%
Sodium 613mg	26%
Potassium 1220mg	35%
Total Carbohydrate 50g	16%
Dietary Fiber 18g	74%
Sugars 7g	
Protein 18g	37%
Vitamin A	24%
Vitamin C	108%
Calcium	13%
Iron	10%

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Nutritional information

#### peanut butter cabbage

#### Chef: Richard Fletcher

Ethnic: Thai Main Ingredient: peanut butter Categories: Low Glycemic Meal Type: Appetizers Food Type: Non vegetarian Level: Servings: 2 Prep Time:10 Cook Time:10



I 'm a sucker for peanut butter anything that has peanut butter in it I love it. My wife created this during my healing crisis. It is definitely a comfort food. It may look like a goulash which it is very similar to.

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- 1 tbsp Soy sauce |tamari
- 1 tbsp cider Vinegar | vinegar |apple cider vinegar
- 1 cup Peanut butter
- 6 leaf Cabbage
- 1 breast, bone removed chicken breast Recipe

Recipe

in small bowl mix the peanut butter, apple cider vinegar and tomari until smooth. Set aside bowl. Arrange your red cabbage leaves on plate. Add your chicken. Drizzle with peanut butter sauce.

nange depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA. Nutritional information

### 'turkey egg dish

#### **Chef: Richard Fletcher**

Ethnic: American Main Ingredient: turkey Categories: Low Glycemic Meal Type: Lunch Food Type: Non vegetarian Level:Easy Servings: 2 Prep Time:5 Cook Time:5



This is extremely simple and easy to make.

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- 2 patty (cooked from 4 oz raw) Ground Turkey
- 1 tsp turmeric
- 1 tsp curry powder
- 1 tbsp Soy sauce |tamari
- 1 tbsp ghee
- 1 cup Asparagus | Asparagus spears
- 1 cup tomatoes | tomato | plum tomato
- 4 large eggs | egg Recipe

Recipe

Beat with fork your eggs until blended. Beat in the milk and spices. Heat up omelet pan. When ghee is hot add the eggs mixture. Cook on low heat. When cooking stick the eggs mixture with a fork to allow the eggs to cook properly. When it is all the same consistency the omelet is done. Cut up omelet into bite d pieces. In separate pan add a tablespoon of ghee two Pan. Satay the Turkey and asparagus for a few minutes. Don 't overcook the sparagus. Add all ingredients to serving bowl.

Nutrition Facts	
Serving Size 1 turkey egg dish	
Servings Per Batch 2	
Amount Per Serving	
Calories889	Calories from Fat 487 % Daily Value *
Total Fat 54g	83%
Saturated Fat 19g	97%
Monounsaturated Fat 20g	
Polyunsaturated Fat 10g	
Trans Fat 0g	
Cholesterol 1870g	623%
Sodium 1252mg	52%
Potassium 1382mg	39%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 6g	
Protein 85g	170%
Vitamin A	79%
Vitamin C	52%
Calcium	31%
Iron	12%

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Nutritional information

#### Broiled, tofu and mushrooms

#### Chef: Richard Fletcher

Ethnic: American Main Ingredient: yofu Categories: Low Glycemic Meal Type: Dinner Food Type: Vegan Level:Easy Servings: 2 Prep Time:19 Cook Time:25



This is another quick and easy dish to make after a hard day 's work. It 's quite simple and easy to make.

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- 1 tbsp olive oil
- 1/4 cup Miso
- 1 tbsp curry powder
- 1 tbsp tamari
- 1/4 cup Peanut butter
- 1 cup Mushrooms
- 1 block firm Tofu
- 1/4 cup water
- 1 tbsp Siracha Recipe

Recipe

Preheat oven. Turn oven to boiler high. Cut tofu into thin strips. Place on pound. Combine all the other ingredients into a bowl and mix well. Place mushrooms on pan. Spoon the sauce over the tofu and mushrooms. Place in broiler and cook four around 25 minutes. That to who should be golden color.

Calories from Fat 265

\*tbsp siracha not found in USDA database

Nutrition Facts
Serving Size 1 Broiled, tofu and mushrooms
Servings Per Batch 2
Amount Per Serving
Calories402

	% Daily Value *
Total Fat 29g	45%
Saturated Fat 5g	27%
Monounsaturated Fat 15g	
Polyunsaturated Fat 8g	
Trans Fat 0g	
Cholesterol Og	0%
Sodium 1935mg	81%
Potassium 594mg	17%
Total Carbohydrate 20g	7%
Dietary Fiber 6g	24%
Sugars 7g	
Protein 22g	44%
Vitamin A	26%
Vitamin C	2%
Calcium	23%
Iron	9%
	2,000,1,1,1,1,1,1,1,1,1,1,1,1,1,1,1,1,1,

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#### Aleia fantastic smoothie

#### Chef: Richard Fletcher

Ethnic: American Main Ingredient: blueberries Categories: Beverage Meal Type: Beverage Food Type: Raw Level: Servings: 4 Prep Time:10 Cook Time:



My daughter alia spent some time researching four are great and nutritious smoothie. This is what she came up with. My wife online love this smoothly and the nutritional value it brings.

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- 1 oz cacao powder
- 1 cup Blueberries
- 1 oz chia seeds
- 1 cup coconut milk
- 1 tbsp apple cider vinegar
- 1 tbl flax seeds Recipe

#### Recipe

what could be more simpler just place all the ingredients into the blender and blend away.

\*flax seeds not found in USDA database

Nutrition Facts		
Serving Size 1 Aleia fantastic smoothie		
Servings Per Batch 4		
Amount Per Serving		
Calories210	Calories from Fat 157	
	% Daily Value *	
Total Fat 17g	27%	
Saturated Fat 13g	64%	
Monounsaturated Fat 2g		
Polyunsaturated Fat 2g		
Trans Fat 0g		
Cholesterol 0g	0%	
Sodium 10mg	0%	
Potassium 235mg	7%	
Total Carbohydrate 13g	4%	
Dietary Fiber 4g	16%	
Sugars 5g		
Protein 3g	6%	
Vitamin A	1%	
Vitamin C	7%	
Calcium	6%	
Iron	3%	
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change		
depending on your calorie needs. The values here may not be 100% accurate because the recipes		
have not been professionally evaluated nor have the	hey been evaluated by the U.S. FDA.	

Nutritional information

# Aleia



Aleia, my heavenly flower.

You bring so much joy to me.

You have so much compassion.

You give so much love to this world.

You don't understand why people hurt one another?

You only understand love?

You treat everywhere with so much respect.

I'm so proud that I have you.

Aleia

I love you.

I will always support you.

Barbara and I will be there.

We are having a grand journey together.

Thank you for being a part of my life.

Aleia

I love you.

Aleia's favotite recipes

Brownies



# Rose water truffle



# Green beans with almonds



# Tofu scrambler



# Pot roast



# Meat loaf



# Mashed potatoes



## Corn on cob



## Butterscotch is candies



Carrot Halva Chef: Richard Fletcher Ethnic: Indian Main Ingredient: Carrots Categories: Dessert Meal Type: Dessert Food Type: Vegetarian Level:Easy Servings: 4 Prep Time:10 minutes Cook Time:15 minutes



As a kid I really did not love cooked carrots. While I was in India I first had this desert and boy did I change my mind. The Indians really know how to cook and present their food in an attractive manner. This was the first dish that I ate that in India was served with a small layer of real silver paper on top of the desert.

Print

- 6 large grated carrots
- 3 teaspoons stevia powder
- 1 teaspoon cardamom pods
- 1/8 teaspoon saffron
- 1/2 cup half and half milk
- 1/2 cup almonds
- 3 tablespoons ghee
  - Recipe

Grate carrots.

Add ghee(clarified butter) and cardamom pods. When you can smell the cardamom add the carrots and cook for around 5 minutes.

Add milk and saffron to pan.

Cook with milk on medium heat stirring constantly.

Add stevia and almonds Cook for another 5 minutes. Pour into pan and let it cool.

Garnish with ghee and almonds.

## **Nutrition Facts**

Serving Size 1 Carrot Halv Servings Per Batch 4	wa
Amount Per Serving	
Calories228	Calories from Fat 1
	% Daily Value *
Total Fat 18g	28%
Saturated Fat 8g	40%
Monounsaturated Fat 7g	
Polyunsaturated Fat 2g	
Trans Fat Og	
Cholesterol 34g	11%
Sodium 89mg	4%
Potassium 475mg	14%
Total Carbohydrate 14g	g5%
Dietary Fiber 5g	18%
Sugars 6g	
Protein 4g	9%
Vitamin A	368%
Vitamin C	11%
Calcium	10%

# Cream of wheat Halva Suji Halva

Chef: Richard Fletcher

Ethnic: Indian

Main Ingredient: Semolina

Categories: Dessert

Meal Type: Dessert Food Type: Vegetarian Level:Easy Servings: 4 Prep Time:10 minutes Cook Time:around 10 minutes



This is another dish I have been making for 40 years. I first had this dish in India. I would consider this dish Indian comfort food. When I first had this at 18 years old in India I had this on a big leaf. It tasted so good.



- 1 cup semolina flour or cream of wheat
- 1/4 cup ghee
- 1/3 cup sugar or 1/3 cup honey or 3 tablespoons stevia
- 4 cups milk
- 1 cup raisins
- 1 tablespoon crushed cardamom
- 1 cup cashews

#### Recipe

Melt ghee. Sauté semolina for 4 minutes and then add the crushed cardamom seeds and cashews. Sauté this until it turns a reddish color.

Add milk, sugar or honey and raisins.

Stir constantly until the halva comes of the sides of the pot. The halva is now done.

#### **Nutrition Facts**

Serving Size 1 Suji Halva Servings Per Batch 4	
Amount Per Serving	
Calories972	Calories from Fat 2
	% Daily Value *
Total Fat 52g	80%
Saturated Fat 18g	91%
Monounsaturated Fat 24g	
Polyunsaturated Fat 6g	
Trans Fat Og	
Cholesterol 55g	18%
Sodium 550mg	23%
Potassium 1078mg	31%
Total Carbohydrate 111g	37%
Dietary Fiber 5g	22%
Sugars 54g	
Protein 25g	50%
Vitamin A	15%
Vitamin C	2%
Calcium	34%
Iron	7%

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Nutritional information

## Potato gnocchi

# Potato gnocchi

Chef: Richard Fletcher

Ethnic: Italian

Main Ingredient: Potato

Categories: Main

Meal Type: Dinner

Food Type: Vegetarian

Level:Easy

Servings: 4

Prep Time:

Cook Time:



I learned how to make gnocchi in 1979. My friends family was from Northern Italy and I learned how to make it from them.

Print

6 large russet potatoes

2 cups Wheat flour, white, all-purpose, unenriched

large egg
 dash salt
 cup canola oil
 cups tomato sauce
 cup freshly grated parmesan cheese

#### Recipe

Boil the whole potatoes until they are soft about 45 minutes. Take off the skin of the potatoes. With a potato masher mash the potatoes until there are no lumps. Add the oil and mash again. Bring to a boil 6 quarts of water in a large spaghetti pot.

Make well in center of potatoes and sprinkle all over with flour, using all the flour. Place egg and salt in center of well and using a fork, stir into flour and potatoes, just like making normal pasta. Once egg is mixed in, bring dough together, kneading gently until a ball is formed. Knead gently another 4 minutes until ball is dry to touch.

On a chopping board dust flour on board. Roll the dough so it's snakelike long and somewhat skinny. With a knife cut into thin slices and place into boiling water. They will initially sink. When they float to the surface they are done. Take them out and drain them.

Serve with tomato sauce and freshly grated parmesan cheese

\*ly parmesan cheese not found in USDA database

#### **Nutrition Facts**

Serving Size 1 Potato gnocchi Servings Per Batch 4

**Amount Per Serving** 

Calories798	Calories from Fat 3
	% Daily Value *
Total Fat 34g	52%
Saturated Fat 4g	20%
Monounsaturated Fat 20g	
Polyunsaturated Fat 9g	
Trans Fat Og	
Cholesterol 226g	75%
Sodium 201mg	8%

Potassium 2956mg	84%
Total Carbohydrate 105g	35%
Dietary Fiber 12g	49%
Sugars 10g	
Protein 21g	42%
Vitamin A	18%
Vitamin C	76%
Calcium	13%
Iron	7%

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Nutritional information

# Spinach Gnocchi

Chef: Richard Fletcher Ethnic: Italian Main Ingredient: Spinach Categories: Main Meal Type: Dinner Food Type: Vegetarian Level:Easy Servings: 4 Prep Time:15 minutes Cook Time:3-5 minutes batches



My ex-wife family used to make this dish. They were from Northern Italy. I always looked forward to this dish. I've been making this dish by hand for years. I don't recommend it making this in a food processor. The Gnocchi were easy to shape properly but they turned to be dense and rubbery. They were the worst ones I have ever made. I'm staying with the traditional way.

Print

- 1 bunch fresh spinach
- 2 medium eggs
- dash of salt
- 1/8 teaspoon black pepper
- 1/4 teaspoon nutmeg
- 1 cup to 1 1/4 cups flour
- 1/4 cup butter
- 1/2 cup freshly grated parmesan cheese Recipe

Chop and cook spinach. Save liquid. Dice spinach fine.

Put into bowl 2 eggs, salt, pepper, nutmeg, freshly grated parmesan cheese, 6 to 7 cups flour. Mix thoroughly with fork and finally with hands.

Boil water in pot. Drop 1 tablespoon at a time into pot. When dumpling rises to the surface they are done .Drain well and put in bowl. Add freshly grated parmesan cheese.

In skillet melt butter. You want to brown the butter. Let it rise and when it comes down pour over gnocchi. This is the first step of making ghee(clarified butter)

\*ly parmesan cheese not found in USDA database

# Nutrition Facts

Serving Size 1 Spinach Gnocchi Servings Per Batch 4

Amount Per Serving

Calories259	Calories from Fat
	% Daily Value *
Total Fat 15g	23%
Saturated Fat 8g	41%
Monounsaturated Fat 4g	
Polyunsaturated Fat 2g	
Trans Fat Og	
Cholesterol 112g	37%
Sodium 140mg	6%
Potassium 602mg	17%
Total Carbohydrate 26g	9%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 7g	15%
Vitamin A	170%
Vitamin C	40%
Calcium	10%
Iron	3%

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

2

Nutritional information

## Turkey egg roll soup



## Chicken Lebanese soup



## Chicken pastia epoch



Baklava Chef: Richard Fletcher Ethnic: Middle Eastern Main Ingredient: Phyllo leaves Categories: Dessert Meal Type: Dessert Food Type: Vegetarian Level:Easy

Servings: 4

Prep Time:35 minutes

Cook Time:50 minutes



The first time I had baklava was in Athens Greece in 1971. I first made baklava in New York City during the seventies. Of course everyone looked forward to this dish. It is absolutely delicious. This dish has pistachios, walnuts, honey, rose water and saffron.

Print

- 20 sheet package phyllo dough
- 1 cup chopped pistachios
- 1 cup chopped walnuts
- 1 cup melted butter
- 3/4 cup white sugar
- 1/16 teaspoon saffron
- 1 1/4 cups water
- 1 1/4 cups honey
- 1/8 teaspoon rose water **Recipe**

Preheat oven to 375

Unroll phyllo. Cover phyllo with a damp cloth to keep it from drying out.

Place two sheets of phyllo in the bottom of a buttered baking dish.

Brush phyllo generously with butter. Sprinkle 2 to 3 tablespoons of the nut mixture on top. Repeat layers until all ingredients are used.

Place baklava in oven and bake for 20 minutes or until baklava turns golden brown.

While baklava is baking create sauce by combining sugar and water in a small saucepan over medium heat and bringing to a boil. Stir in honey and saffron. Turn off heat

Remove the baklava from the oven when it is golden brown and pour sauce mixture on top.

#### **Nutrition Facts**

Serving Size 1 Baklava Servings Per Batch 4

Amount Per Serving

Calories1460	Calories from Fat 2
	% Daily Value *
Total Fat 84g	129%
Saturated Fat 33g	166%
Monounsaturated Fat 27g	
Polyunsaturated Fat 18g	
Trans Fat 2g	
Cholesterol 122g	41%
Sodium 472mg	20%
Potassium 608mg	17%
Total Carbohydrate 169g	56%
Dietary Fiber 7g	29%
Sugars 110g	
Protein 21g	42%
Vitamin A	31%

Vitamin C	5%
Calcium	8%
Iron	6%

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

#### Nutritional information

## Vegetable wraps



Juice of orange or lemon

## **Gulab Jalam**

#### Chef: Richard Fletcher

Ethnic: Indian

Main Ingredient: Powered Milk

Categories: Dessert

Meal Type: Dessert

Food Type: Vegetarian

Level:Easy

Servings: 4

Prep Time:

Cook Time:



I first had this desert in India 40 years ago. The Indians are masters of putting so many different flavors in their dishes. At that time I never had such a unique desert.

Print

- 2 cups flour
- 2 cups powdered milk
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 cup ghee
- 1 cup milk
- 3/4 teaspoon cardamom Syrup
- 4 cups water
- 1 teaspoon rose water
- 1/8 teaspoon saffron
- 1/2 cup sugar or honey Frying
- 2 cups ghee Recipe

Mix water, honey or sugar, rose water, and saffron in pot. Simmer. Turn off heat.

Sift flour, milk powder, baking powder, baking soda, and crushed cardamom seeds.

Cut in ghee(clarified butter). Mixture should look like cornmeal. Add milk and mix well. Knead until mixture is smooth and elastic.

Form dough into small balls.

Deep fry in ghee or vegetable oil until golden brown.

As soon as they are done drop balls into the water sugar mixture.

#### **Nutrition Facts**

Serving Size 1 Gulab Jalam

Serving Size 1 Gulab Jalan Servings Per Batch 4	
Amount Per Serving	
Calories1440	Calories from Fat 1
	% Daily Value *
Total Fat 123g	190%
Saturated Fat 77g	383%
Monounsaturated Fat 32g	
Polyunsaturated Fat 6g	
Trans Fat 5g	
Cholesterol 323g	108%
Sodium 709mg	30%
Potassium 466mg	13%
Potassium 466mg Total Carbohydrate 80g	
	13%
Total Carbohydrate 80g	13% 27%
Total Carbohydrate 80g Dietary Fiber 4g	13% 27%
Total Carbohydrate 80g Dietary Fiber 4g Sugars 35g	13% 27% 18%
Total Carbohydrate 80g Dietary Fiber 4g Sugars 35g Protein 11g	13% 27% 18% 22%
Total Carbohydrate 80g Dietary Fiber 4g Sugars 35g Protein 11g Vitamin A	13% 27% 18% 22% 79%
Total Carbohydrate 80g Dietary Fiber 4g Sugars 35g Protein 11g Vitamin A Vitamin C	13% 27% 18% 22% 79%

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Nutritional information

## Suji Halva

Chef: Richard Fletcher Ethnic: Indian Main Ingredient: Semolina Categories: Dessert Meal Type: Dessert Food Type: Vegetarian Level:Easy Servings: 4 Prep Time:10 minutes Cook Time:around 10 minutes



This is another dish I have been making for 40 years. I first had this dish in India. I would consider this dish Indian comfort food. When I first had this at 18 years old in India I had this on a big leaf. It tasted so good.



- 1 cup semolina flour or cream of wheat
- 1/4 cup ghee
- 1/3 cup sugar or 1/3 cup honey or 3 tablespoons stevia
- 4 cups milk
- 1 cup raisins
- 1 tablespoon crushed cardamom
- 1 cup cashews

#### Recipe

Melt ghee. Sauté semolina for 4 minutes and then add the crushed cardamom seeds and cashews. Sauté this until it turns a reddish color. Add milk, sugar or honey and raisins. Stir constantly until the halva comes of the sides of the pot. The halva is now done.

#### **Nutrition Facts**

Serving Size 1 Suji Halva Servings Per Batch 4	
Amount Per Serving	
Calories972	Calories from Fat 2
	% Daily Value *
Total Fat 52g	80%
Saturated Fat 18g	91%
Monounsaturated Fat 24g	
Polyunsaturated Fat 6g	
Trans Fat Og	
Cholesterol 55g	18%
Sodium 550mg	23%
Potassium 1078mg	31%
Total Carbohydrate 111g	37%

Dietary Fiber 5g	22%
Sugars 54g	
Protein 25g	50%
Vitamin A	15%
Vitamin C	2%
Calcium	34%
Iron	7%

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#### Nutritional information

#### Eggo waffles and ice cream



My daughter Aleia told me a story a few days ago. She remembers me making waffles and putting a scoop of vanilla ice cream on top. This was early in the morning and she had a hard time going to sleep. She would eat the waffles and ice cream and then she could very easily drift off to sleep. I vaguely remember this incident.

## Richard Barbara and Aleia

## **Tofu Stroganoff**

Chef: Richard Fletcher Ethnic: American Main Ingredient: Tofu Categories: Main Meal Type: Dinner Food Type: Vegetarian Level:Easy Servings: 4 Prep Time:10 minutes Cook Time:15 minutes



This is another dish that I learned in New York City in the seventies. It's real similar to my Mom's version. I use tofu instead of meat.

Print

1 block hard tofu

1 tablespoon Worcestershire Sauce 1 tablespoon olive oil

medium diced Onions
 clove Garlic
 cup diced Mushrooms
 dash of Salt
 taspoon Pepper
 teaspoons Sherry
 cups Noodles, egg, spinach, cooked, enriched

1/8 teaspoon paprika

#### Recipe

Cut tofu into cubes. Wipe tofu with paper towels to dry Set aside. Then sprinkle Worchester sauce over tofu. Sauté in olive oil onions and garlic until tender. Add mushrooms. Cook until tender. Add salt, pepper, sherry and tofu. Cook the spinach noodles in hot boiling water until al detente. Drain.

Fat 4

\*

Add noddle's to tofu mixture.

Serving Size 1 Tofu Stroganoff

Add sour cream. Mix and garnish with paprika.

#### **Nutrition Facts**

Servings Per Batch 4	
Amount Per Serving	
Calories44	Calories from
	% Daily Value
Total Fat 1g	2%
Saturated Fat Og	0%
Monounsaturated Fat 1g	
Polyunsaturated Fat Og	
Trans Fat Og	
Cholesterol Og	0%
Sodium 123mg	5%
Potassium 172mg	5%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	3%
Sugars 2g	
Protein 3g	6%
Vitamin A	1%
Vitamin C	6%
Calcium	5%

Iron

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Nutritional information

## Rich Chocolate Mousse <sup>6</sup>



Level Easy Prep 7 min Cook 2 min Servings2 servings

You'll detect a hint of coffee in the rich, creamy, so-easy-to-make mousse. Ingredients

•

1 cup (6 ounces) NESTLÉ® TOLL HOUSE® Semi-Sweet Chocolate Morsels

- 3 tablespoons butter, cut into pieces
- 2 teaspoons NESCAFÉ TASTER'S CHOICE House Blend 100% Pure Instant Coffee Granules
- 1 tablespoon hot water
- 2 teaspoons vanilla extract
- 1/2 cup whipping cream

Make It

Step 1

Microwave morsels and butter in medium, uncovered, microwave-safe bowl on HIGH (100%) power for 1 minute; STIR. Morsels may retain some of their original shape. If necessary, microwave at additional 10 to 15-second

<sup>&</sup>lt;sup>6</sup> https://www.verybestbaking.com/toll-house/recipes/rich-chocolate-mousse/

intervals, stirring just until morsels are melted. Dissolve coffee granules in hot water; stir into chocolate. Stir in vanilla extract; cool to room temperature.

## Step 2

Whip cream in small mixer bowl on high speed until stiff peaks form; fold into chocolate mixture. Spoon into tall glasses; refrigerate for 1 hour or until set. Garnish as desired.

# Leilani And Family



I'm very proud of my daughter Leilani. She has blossomed into an incredible flower. She is married to Lowie who is from Egypt. Last summer I met Lowie's Mom, Dad, and his sister Afnan. We had so many interesting conversations. Leilani's family is Muslim. The Muslims have such a strong sense of family and community. I'm very

proud to see this sense of unity and love in her family.

Each time my wife and I get on the phone with her we all laugh on the journeys of life. We all have curveballs thrown our way. Recently I had some thrown my way and we laughed so hard. Laughter is medicine to the soul.

Leilani has three incredible kids Farida, Samira, and Tala. They call us Grandpa Rick and Auntie Barbara. We love to play with them. They are showered with love wherever they go.

I loved to spend time with Lowie's side of the family. I really got to know them and appreciate them. Afnan is on the same wavelength when it comes to my spiritual practice. It was nice to talk to her and her father on so many interesting topics.

Leilani and her family have great harmony together. Leilani is also an incredible cook. She learned how to enjoy ethnic cuisine since she was born. It must run in the family. We love to talk about food. When we talk together on the phone I would always ask what's for dinner. She would tell me and I would go yum I wish I was there. She would ask me and she would say the same thing.

Lowie is a delight to be around. He truly supports Leilani and the family. I would see him pitch in and do whatever needs to get done. Sometimes I see him wash dishes late at night. It seems their love is flowing in all areas of their life. This is a practical journey and they are always expanding and growing.

As I said I'm proud of her and what she has become.

# My Sister Jane



My sister Jane has been a great friend in my life. She is a delight to be around. She is an exceptionally creative person. Jane says that her art is a form of meditation for her. Quite frankly I believe it. Look at all the incredible art pieces that artists have created and you

see an endless well of creative ideas flowing out. Jane has been this way ever since her childhood. She has a great heart.

My wife and I have great phone conversations with my sister. She is always being creative. Also, she loves ethnic foods which are my passion. We talk about new restaurants and new recipes that we have discovered. Let's put it this way we never get bored talking to one another.

Our family always loved trying out new foods. It was instilled by our parents. I remember that when we were young our parents would take us to a museum and they would say "if you are good we will take you out to a new restaurant we discovered. Of course, we were good. This led us to be open to new ideas and new discoveries. It's amazing how some simple words from your parents can encourage you in ways you never thought about.

Our entire family is always exploring and thinking about new ideas and ways to express them. Jane has done this all her life. She has great humor and uses it when life throws her a curveball. I like that in her. Every one of us gets curveballs thrown at us. That's part of life. Yet we can just smile and hit the ball out of the park.

I admire that with my sister. I consider her as one of my best friends. We can talk about anything.

Great sharing our food memories. Here's what we talked about.

#### Spanish paella



This dish needs the freshest ingredients. My dad first made this in the early '60s. Fortunately we lived near the coast. Only a few miles away. He could get fresh seafood quite easily. I love the taste of the seafood along, with the saffron rice. I saw recently that my friend Jeff Wilcox made this dish in Florida. I was ever so envious because I haven't had this dish in many moons.

My sister Jane reminded me of the time that she invited her best friend Carol Larson over for dinner. This was the first time she ever had this dish. As we were eating the meal Carol whispered to my

sister. Why is the rice yellow? She had never tried saffron rice before. My sister and I got a great laugh out of this.

#### Wild Mussels and clams harvesting



Wild Mussels - Edibility, Harvesting ...

There was a time in the '60s that one could go to Balboa Island and harvest wild muscles and claims. It was quite safe back then. The waters were clean and not polluted. My brother David when he was around 4 years old still remembers my dad taking him to gather muscles.

My dad would always do something unusual and different with these dishes. Sometimes it might be boulevard or a paella. Saffron rice would be a part of the dish.

## Indonesian Lamb Curry



In the '60s when I was around 10 years old, a new Indonesian restaurant opened around the Newport Pier. We have never been introduced to this cuisine before. It was absolutely incredible. This was the first time we ever had chicken on skewers with peanut butter sauce. This opened up the world to me of Indonesian cuisine.

To this day our family still talks about this restaurant. Unfortunately it was only around a couple of years. Quite frankly, they served cuisine that was foreign to most of the Southern California residence.



My sister Jane reminded me of another great Indonesian dish. It was Indonesian lamb curry. My sister remembers that it was quite hot and she always needed to have a box of Kleenex around afterwards. Yet, despite this, we absolutely love the lamb dish.

## Grandmother Thais - fresh picked Big Boy tomato and butter sandwiches



My sister told me the story that once upon a time my grandmother and my sister wanted to have a tomato sandwich for lunch. My grandmother had a terrific big boy tomato vegetable plant in her backyard. She would take the rivals plumpest tomato that was baking in the sun and take it indoors. She would slice the tomato and put it on a sandwich. The bread had butter on both slices. It was so simple yet so delicious.

#### Oatmeal Chocolate Cookies



When my sister made oatmeal chocolate cookies a double batch should make 12 dozen Santa Barbara steak restaurant cookies. My sister would always end up with three dozen. Wonder what happened?

### Santa Barbara steak restaurant



Jane told me about another great restaurant we used to go to in Santa Barbara. It was a steakhouse. According to my mom, it was a whole in the wall restaurant yet the food was terrific. It was a diamond in the rough. They had steak served with pico de gallo on top of it. Homemade sourdough bread was served on the side. I was only around 10 years old. I still remember it today.

Hope this helps - Love, Jane

## My Brother David And His Family



outside of the box.

My brother David is a delight to be around. He has a keen sense of humor. He is married to Tami. They have been married for many moons. I love to see the love that they have for one another. My wife Barbara always has a get time when we get together. They can talk forever.

Their son Jason is an incredible artist. I remember when he showed me he would make purses out of old albums. Now that was an incredible idea. That's a Fletcher thinking



Jason's wife Erin profession is old-style book bindings. She is extremely creative in what she does. Both of them live in Boston.

Jason was instrumental in converting 60 years old film from the House of the Future to an mp4 format. Our family had these old new reels which we never saw. Jason did an incredible job of converting them.



He also produced and created the Great Calculator video. My friend Donn Rochlin did the music. I did the poetry and Jason did the incredible graphics. Imagine seeing the galaxies whizzing by.

Jason is currently a Science Visualizer at the Charles Hayden Planetarium.



Lauren and her husband Josiah are also creative individuals. They are owners of "the burlap bag". They sell high-quality homemade goods. They also created a line of unique candles which are sold nationwide. Here's an example of unicorn puke. As you can imagine they are thinking outside of the box. I like this one.

# mermaid magic 9oz soy candle

16.00

Mystical, magical mermaids - this candle is scented like sea salt and driftwood. It's a perfect beachy smell for all those ocean dreams of being a mermaid.

Each candle is in a 9oz amber glass jar with a black metal lid. They have a 70+ hour burn time and are made from all natural US soy beans. They are hand poured in Austin, Texas in small batches to ensure quality.

As you can see David's family is thinking outside of the box. I always enjoy seeing the different Facebook posts that they all have. Life is an incredible journey and David's family truly shows it.

## Jason's favorites

Sounds like a cool project. Below is a collection of favorite recipes that we cook often over the years.

Spicy Ahi Poke



- https://saltandwind.com/recipes/303-spicy-ahi-hawaiian-poke-tostadas

## Spicy Tuna Maki



## - https://greatist.com/eat/spicy-tuna-maki

## Congee



- <u>https://www.epicurious.com/recipes/food/views/chinese-chicken-and-rice-porridge-congee-103051</u>

Asparagus Pesto with Heirloom Potatoes & Orecchiette



- http://blog.webicurean.com/2013/03/17/asparagus-pesto-wheirloom-fingerlings-orecchiette-sundaysupper/

Cappellini with Blistered Tomatoes



- https://ahouseinthehills.com/2015/10/21/cappellini-with-blistered-tomatoes/

Creamy Mushroom Fontina Pasta



- https://www.browneyedbaker.com/creamy-mushroom-fontina-pasta/

Garlic & Herb Roasted Cherry Tomato Carbonara with Crispy Proscuitto



- https://www.halfbakedharvest.com/garlic-herb-roasted-cherry-tomato-carbonara-wcrispy-prosciuttoburrata/

## One Pot Creamy French Onion Pasta Bake



- https://www.halfbakedharvest.com/one-pot-creamy-french-onion-pasta-bake/

## Pea Pesto with Papardelle



- http://www.allpurposeflourchild.com/blog/fresh-pea-pesto-with-papardelle-burrata

## Roasted Red Bell Pepper Pesto Pasta



- https://saltandwind.com/recipes/271-roasted-red-pepper-pesto-pasta-recipe

## Shiitake Bok Choy Soba Noodle Bowl



- https://ahouseinthehills.com/2014/1/20/shiitake-bok-choy-soba-noodle-bowl/



Stovetop Mushroom Lasagna

- https://www.bonappetit.com/recipe/stovetop-mushroom-lasagna

Veggie Lasagna



- https://bakedbree.com/veggie-lasagna

#### Winter Pasta



- https://www.101cookbooks.com/archives/winter-pasta-recipe.html





- https://www.myrecipes.com/recipe/pear-prosciutto-pizza

Chicken and Potato with Garlic Parmesan Cream Sauce



- https://damndelicious.net/2016/05/08/chicken-potatoes-garlic-parmesan-cream-sauce/



Cranberry Pecan Chicken Salad with Poppy Seed Dressing

- https://juliasalbum.com/cranberry-pecan-chicken-salad/

## Late Night Coffee Brined Chicken



- https://food52.com/recipes/11389-late-night-coffee-brined-chicken

Pepper Jack, Peach and Chicken Quesodillas



- https://www.myrecipes.com/recipe/pepper-jack-chicken-peach-quesadillas



Simmered Shoyu Chicken

- https://saltandwind.com/recipes/607-hawaii-classic-shoyu-chicken-recipe

Spinach and Goat Cheese Stuffed Chicken Breasts



- https://www.theorganickitchen.org/a-romantic-valentine-menu-for-two/

Roasted Brussel Sprouts Quinoa Salad



- https://www.emilieeats.com/fall-brussels-sprouts-quinoa-salad/

## Sweet Corn, Peach and Cherry Salad



https://www.flourishingfoodie.com/blog/sweet-corn-peach-and-cherry-salad

BBQ Bean Tacos with Pineapple Salsa



- https://www.acouplecooks.com/bbq-bean-tacos-with-pineapple-salsa/

Grilled Chicken Tacos with Spiced Mayo and Avocado Salsa -



https://www.seededatthetable.com/grilled-chicken-tacos-with-spiced-mayo-and-avocado-salsa/

Black Bean and Avocado Loaded Baked Potatoes



- https://www.flourishingfoodie.com/blog/black-bean-and-avocado-loaded-baked

## Black Bean Sliders –



https://bakedbree.com/black-bean-sliders

Blue Corn Nachos with Guacamole



- https://cookieandkate.com/vegetarian-blue-corn-nachos-with-guacamole/

Broccoli and Cheddar Twice-Baked Potatoes



- https://bakerbynature.com/broccoli-and-cheddar-twice-baked-potatoes/

Brussels Sprouts and Shallots with Pomegranate Seeds

https://ottolenghi.co.uk/recipes/pan-fried-brussels-sprouts-and-shallots-with-pomegranatepurple-basil#

Cauliflower Twice-Baked Potatoes



- https://minimalistbaker.com/cauliflower-twice-baked-potatoes/

Cheesy Roasted Tomato Risotto



- https://www.flourishingfoodie.com/blog/2020/2/11/cheesy-roasted-tomato-risotto

## Mushroom & Pumpkin Risotto



- https://www.lavenderandmacarons.com/mushroom-and-pumpkin-risotto-2/

Purple Sweet Potato & Kale Hash with Fried Egg



- https://ahouseinthehills.com/2015/10/16/sweet-potato-hash-with-fried-eggs/

Roasted Brussels Sprouts and Crispy Baked Tofu with Honey Sesame Glaze



https://cookieandkate.com/roasted-brussels-sprouts-and-crispy-baked-tofu-with-honey-sesame-glaze/

Smashed Chickpea Salad Sandwich



- https://vanillaandbean.com/smashed-chickpea-salad-sandwich/

Smoky Squash Chili with Quinoa, Pinto & Black Beans



- https://thefirstmess.com/2018/10/17/vegan-smoky-squash-chili-quinoa-pinto-black-beansrecipe/#more-10054

Tuscan White Bean Skillet



- https://thewanderlustkitchen.com/tuscan-white-bean-skillet/

Udon in Buttery Tomato and Soy Broth



- https://www.bonappetit.com/recipe/udon-in-buttery-tomato-and-soy-broth

# My Grandmother Josie



My grandmother Josie taught me about the love of God. Whenever we saw each other she would say God loves you. My brother and I would giggle with delight. She looked like Mrs. Santa Claus. Her laughter filled the air. It seemed she didn't have a care in this world. She loved life and life loved her. She will always be an inspiration to me. I have a seaside painting in my house that she painted. It reminds me of the times walking along the beach. I love you, Grandmother Josie.



My brother John, my sister Jane and I have many fond memories of my grandmother. Josie. We remembered her delicious deviled eggs. My sister reminded me that my grandmother would put Neapolitan ice cream into our hot chocolate. It was quite unusual. She would also put sugar on her fresh tomatoes. Another interesting fact. During winter she would spend time in the desert and she would bring back rose hips, pine nuts, and dates. We would always enjoy them when she brought her them to us.

Figure 11 Homemade peanut brittle

# Grandma Thais and Grandpa Bert



As a family, we would love to visit my grandmother and grandfather in Santa Barbara. I remember going to horse shows and going to the Elvis Presley movies. My grandfather would make the world's best enchiladas. I have the recipe on my cooking site. This dish is over 60 years old. I had many incredible times being with them. During the holiday both sides of my grandparents would come and visit. I loved the sense of family in the air.

I had this opportunity when I was young. Both my Grandma Thais and Grandpa Bert were incredible golfers. They had five holes in ones between them. They would say "how would you like to learn how to play golf". My brother and I would say "Granny only old people play golf". Well, I couldn't even hit the ball. It would just dribble from the tee. Boy has things have changed. Young people today love to play golf.

My grandfather came from Scotland. He loved us, kids. Both of them loved life to the fullest. They have been gone now for over thirty years yet they still reside in my heart. I will never forget them.



Figure 12 Homemade chocolate fudge



Figure 13 Homemade divinity

## Enchiladas

Chef: Richard Fletcher

Ethnic: Mexican

Main Ingredient: Corn Tortillas

Categories: Main

Meal Type: Dinner

Food Type: Vegetarian

Level:Easy

Servings: 4

Prep Time:

Cook Time:



I grew up in Southern California and was raised on Mexican food. My Grandfather Bert made the best ones ever. This is a simple version of his. His sauce took around 6 hours to make. Mine takes around 15 minutes. I 'll always remember when I was around 8 years old he told me the secret to the sauce was the apple cider vinegar and cumin powder. He said this combination made for a great sauce.

# Print

- 3 tablespoons olive oil
- 12 corn tortillas
- 1 medium onion
- 3 cloves garlic
- 1/2 cup tomato paste
- 3 cups water
- 1 tablespoon apple cider vinegar
- 1 cup cheddar cheese
- 2 medium sliced scallions
- 32 large black olives
- 1 tablespoon cumin powder
- 1 teaspoon salt
- 5 sprigs cilantro
- 1 cup sour cream

## Recipe

Preheat oven to 425 degrees F.

In a large fry pan at medium-high heat add 3 Tbsp of olive oil. Add a tortilla to the pan. Cook for 2-3 seconds, lift up the tortilla with a spatula, and add another tortilla underneath. Cook for 2-3 seconds, lift again, both tortillas, and add another tortilla underneath. Repeat the process with all the tortillas, adding a little more oil if needed. This way you can brown and soften the tortillas without using a lot of fat. You do this process to develop the flavor of the tortillas. As the tortillas brown a little, remove from the pan one by one to rest on a paper towel, which absorbs any excess fat.

## Make Sauce

Sauté the chopped onion and garlic. Dissolve 1 can of tomato paste into 3 cups of water, add to pan. Add 1 tablespoon cumin powder, 1 tablespoon apple cider vinegar and salt. Cook for 15 minutes.

## Assemble

Put some olive oil on the bottom of a large casserole pan. Take a tortilla, cover 2/3 of it lightly with the shredded cheese, sliced olives and scallions then roll up the tortilla and place it in the casserole pan. Continue until all tortillas are filled and rolled. Add sauce to the top of the tortillas in the casserole pan. Make sure all are covered with the sauce. If not, add a little water. Cover the whole thing with the rest of the grated cheddar cheese. Put the casserole in the oven for 30 minutes

Garnish with cilantro and sour cream.

\* 3 cloves garlic not found in USDA database

## **Nutrition Facts**

Serving Size 1 Enchiladas Servings Per Batch 4

**Amount Per Serving** 

Calories0	Calories from Fat 0
	% Daily Value *
Total Fat Og	0%
Saturated Fat Og	0%
Monounsaturated Fat Og	
Polyunsaturated Fat Og	
Trans Fat Og	
Cholesterol Og	0%
Sodium Omg	0%
Potassium Omg	0%
Total Carbohydrate Og	0%
Dietary Fiber Og	0%
Sugars Og	
Protein Og	0%
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

## Nutritional information

caroline cecil-Apr 12 2012 11:04AM

I have to tell you, I made your enchiladas for dinner and all I have to say is OMG..they were the BOMB!!! My grandsons won't normally eat them, but they

were fighting over the last one, which bums me out because I thought I would have left overs. LOL I normally make the green chili sauce because until now I hadn't found a good recipe for the red sauce. My son even asked if I could make them again this weekend. Thanks again for posting

Richard and Barbara Fletcher-Apr 12 2012 11:20AM Thanks Caroline for the wondeful comments. I'm glad your grandsons loved them.

John Fletcher-Oct 12 2012 2:05AM Brings back many wonderful memories eating these enchiladas. Awesome recipe. Thanks for sharing.

# Richard and Barbara Fletcher-Oct 27 2012 1:04PM Your welcome !!!



Our family would love to order tamales from this place. Whenever we visited my grandmother and grandfather, we would come here.

# My twin brother John and his family



**Giggle Gourmet** 

My brothers daughter Ariana loves to cook. She has some sight called giggle gourmet. She is a vegetarian and has many unique and different recipes for all to enjoy.

Thai feast for Grandmother Thais

I was living in Maui when my grandmother Thais died. My work gave me one week off. I flew to Santa Barbara to spend some time with my brother and his family. For some reason we decided to make a Thai meal in honor for my grandmother. This was the first time I ever made coconut soup. It tasted real authentic.

# Mee Krob Chef: Richard Fletcher Ethnic: Thai Main Ingredient: Shrimp Categories: Main Meal Type: Dinner Food Type: Non vegetarian Level:Easy Servings: 2 Prep Time:15 minutes Cook Time:10 minutes



This is one of my favorite Thai dishes. I've been making this on and off for many moons.



- 8 oz Thai Pad Rice noodles
- 2 medium Eggs
- 1/4 block of tofu cut into cubes
- 1 tablespoon coconut oil
- 20 large cooked shrimp
- 3 cloves diced garlic
- 1 whole Thai chile pepper
- 3 large Scallions
- 1 whole fresh lime juice
- 1 tablespoon fish sauce
- 1 can (6 oz) tomato paste
- 1 teaspoon red pepper flakes
- 10 sprigs fresh cilantro diced fine garnish
- 1/4 cup mung bean sprouts garnish
- 1/4 cup cashews (garnish)
- 1 cup water

#### Recipe

Heat up non-stick skillet on medium heat. Beat your eggs. Put eggs in skillet and cook like you are cooking an omelet. Cook on one side. Flip and cook until eggs are done. Cut omelet into bit pieces. Set eggs aside.

Heat up coconut oil in pot. Add your scallions and garlic and sauté for a few minutes. Add your tomato paste, red pepper flakes, fish sauce and your lime juice. Simmer for a few minutes. Add 1/4 cup water. Stir. Simmer for another 2 minutes.

In wok or frying pan heat up canola oil in pan about 2 inches high. When oil is hot add your rice noodles and cook for around 10 seconds and take them out and let them drain. Add your shrimp and cook for around 15 seconds.

Mix your noodles and sauce together. Place on serving plate. Garnish with mung bean sprouts, cilantro, cashews, eggs and the shrimp.

#### **Nutrition Facts**

Serving Size 1 Mee Krob Servings Per Batch 2	
Amount Per Serving	
Calories1405	Calories from Fat 6
	% Daily Value *
Total Fat 25g	38%
Saturated Fat 10g	48%
Monounsaturated Fat 8g	
Polyunsaturated Fat 3g	
Trans Fat Og	
Cholesterol 516g	172%
Sodium 2992mg	125%
Potassium 2241mg	64%
Total Carbohydrate 230g	77%
Dietary Fiber 12g	50%
Sugars 16g	
Protein 64g	128%
Vitamin A	188%
Vitamin C	163%
Calcium	41%

#### Iron

10%

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

## Nutritional information

## Pad Thai

Chef: Richard Fletcher Ethnic: Thai Main Ingredient: rice noodles Categories: Main Meal Type: Dinner Food Type: Vegetarian Level:Easy Servings: 2 Prep Time:20 minutes Cook Time:15 minutes



This is one of my favorite Thai recipes. It's simple and easy to make.

Print

- 8 oz Thai pad rice noodles
- 2 medium eggs
- 2 tablespoons diced shallots
- 4 stalk diced scallions
- 3 diced cloves garlic
- 1 tablespoon peanut butter
- 1/4 tablespoon fish sauce
- 1 teaspoon diced galangal root or ginger
- 1 whole diced red chili
- 1/8 cup tamarind
- 2 cups diced Chinese cabbage
- 1 cup mung bean sprouts
- 10 sprigs fresh cilantro diced fine
- 1/4 cup crushed roasted Peanuts, all types, raw (garnish)
- 1 whole fresh lime juice (garnish)
  - Recipe

Bring water almost to a boil. Turn off heat Soak rice noodles in hot water for 20 minutes.

Heat up non-stick skillet on medium heat. Beat your eggs. Put eggs in skillet and cook like you are cooking an omelet. Cook on one side. Flip and cook until eggs are done. Cut omelet into bit pieces. Set eggs aside. Slice eggs into bite pieces.

Heat up skillet. Sauté in coconut oil the garlic cloves, galangal, Thai basil, Thai red chili, shallots and cabbage. Add your fresh lime juice, tamari, peanut butter and fish sauce.

When cabbage is done add your rice noodles and cook until the noodles are done. 5 to 10 minutes.

Put mixture on serving plate. Garnish with scallions, fresh coriander, crushed peanuts, eggs and 1 cup mung bean sprouts. Drizzle with 1/2 fresh lime juice

\* roasted peanuts, all types, raw not found in USDA database

#### **Nutrition Facts**

Serving Size 1 Pad Thai Servings Per Batch 2

Amount Per Serving

Calories1114

Calories from Fat 8

	% Daily Value *
Total Fat 15g	23%
Saturated Fat 4g	18%
Monounsaturated Fat 6g	
Polyunsaturated Fat 4g	
Trans Fat Og	
Cholesterol 164g	55%
Sodium 795mg	33%
Potassium 1243mg	36%
Total Carbohydrate 221g	74%
Dietary Fiber 12g	48%
Sugars 15g	
Protein 24g	49%
Vitamin A	178%
Vitamin C	178%
Calcium	23%
Iron	9%

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Nutritional information

## Green papaya salad

Chef: Richard Fletcher
Ethnic: Thai
Main Ingredient: papaya
Categories: Salad
Meal Type: Dinner
Food Type: Vegan
Level:Easy

Servings: 2 Prep Time:10 minutes Cook Time:



This is a great Thai papaya salad. It's very easy to make and quite tasty.



1/2 large papayas1/2 cup juiced lime1 tablespoons honey5 Cherry red Tomatoes

whole chili peppers
 tablespoon fish sauce
 cloves garlic
 cloves garlic
 cup snap Beans
 tablespoons peanuts

#### Recipe

Cut papaya in half. With a knife peel off skin from papaya. Using a grater grate the papaya and put into a bowl. In separate bowl add 1/2 juiced lime, 1 tablespoons honey, 5 Cherry Tomatoes, 1 or 2 Thai chili peppers, dash of fish sauce, 2 cloves garlic and 5 green beans

Using a potato masher crush the mixture for a few minutes. If you have a mortar and pestle that would be ideal. Put all ingredients in the papaya bowl and refrigerate for at least 2 hours.

Put all serving plate and garnish with grounded roasted peanuts.

### **Nutrition Facts**

Serving Size 1 Green papaya salad Servings Per Batch 2	
Amount Per Serving	
Calories158	Calories from Fat 25
	% Daily Value *
Total Fat 1g	1%
Saturated Fat Og	1%
Monounsaturated Fat Og	
Polyunsaturated Fat Og	
Trans Fat Og	
Cholesterol Og	0%
Sodium 198mg	8%
Potassium 573mg	16%
Total Carbohydrate 41g	14%
Dietary Fiber 4g	18%
Sugars 27g	
Protein 2g	5%
Vitamin A	44%
Vitamin C	290%
Calcium	7%
Iron	1%

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Nutritional information

## Potato green curry

Chef: Richard Fletcher Ethnic: Thai Main Ingredient: potato Categories: Vegetables Meal Type: Dinner Food Type: Vegan Level:Easy Servings: 2 Prep Time:10 minutes Cook Time:20 minutes



I've been making Thai curries for over 25 years. This curry is great with black rice.



- 2 medium potatoes diced
- 1 medium red bell pepper diced
- 1 cup cabbage
- 2 cups water
- 1/2 large onion diced
- 3 cloves garlic diced
- 1 whole diced jalapeno Pepper

- 1/8 teaspoon fresh ginger
- 2 cups coconut milk
- 1 tablespoon green curry paste
- dash of salt
- 1 tablespoon coconut oil

## Recipe

Heat up pot. Add coconut oil. When oil is hot add your onions, garlic, Thai Chile and fresh ginger. Add your potatoes, red bell pepper and cabbage. Add your green curry paste and 1 cup water. Mix. Let the mixture boil for around 10 to 15 minutes. Add more water when needed. When potatoes are done add your coconut milk and simmer for 5 minutes.

Serve with black rice.

#### **Nutrition Facts**

Serving Size 1 Potato green curry Servings Per Batch 2

Amount Per Serving

Calories718	Calories from Fat 1
	% Daily Value *
Total Fat 56g	86%
Saturated Fat 49g	244%
Monounsaturated Fat 2g	
Polyunsaturated Fat 1g	
Trans Fat Og	
Cholesterol Og	0%
Sodium 167mg	7%
Potassium 1693mg	48%
Total Carbohydrate 54g	18%
Dietary Fiber 9g	34%
Sugars 8g	
Protein 11g	21%
Vitamin A	40%

Vitamin C	253%
Calcium	12%
Iron	9%

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## Nutritional information

## Potato spinach yellow curry

Chef: Richard Fletcher Ethnic: Thai Main Ingredient: potatoes Categories: Vegetables Meal Type: Dinner Food Type: Vegetarian Level:Easy Servings: 2 Prep Time:10 minutes Cook Time:15 minutes



I first started to make Thai curries living in Del Mar California in the late eighties. It's very easy to make after a day's work.

Print

- 2 medium potatoes diced
- 1 medium carrot diced
- 2 cups spinach
- 1 cups water
- 1/2 large onion diced
- 3 cloves garlic diced
- 1 whole jalapeno pepper
- 1/8 teaspoon fresh ginger
- 2 cups coconut milk
- 1 tablespoon yellow curry paste
- dash of salt
- 1 tablespoon coconut oil

#### Recipe

Heat up pot. Add coconut oil. When oil is hot add your onions, garlic, Thai Chile and fresh ginger. Add your potatoes and carrots. Add your yellow curry paste and 1 cup water. Mix. Let the mixture boil for around 10 to 15 minutes. Add more water when needed. When potatoes are done add your coconut milk and spinach. Simmer for 5 minutes.

#### **Nutrition Facts**

Serving Size 1 Potato spinach yellow curry Servings Per Batch 2	
Amount Per Serving	
Calories708	Calories from Fat 1
	% Daily Value *
Total Fat 56g	85%
Saturated Fat 49g	244%
Monounsaturated Fat 2g	
Polyunsaturated Fat 1g	
Trans Fat Og	
Cholesterol Og	0%
Sodium 199mg	8%
Potassium 1757mg	50%
Total Carbohydrate 52g	17%
Dietary Fiber 8g	31%
Sugars 6g	
Protein 11g	21%
Vitamin A	160%
Vitamin C	116%
Calcium	14%
Iron	10%

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## Nutritional information

## Thai iced tea

Chef: Richard Fletcher

Ethnic: Thai Main Ingredient: tea Categories: Beverage Meal Type: Beverage Food Type: Vegetarian Level:Easy Servings: 2 Prep Time:2 minutes Cook Time:10 minutes



I first had this tea around 25 years ago. It 's a great tea to have on a hot summer day.



- 2 cups water
- 1 bag black tea bags
- 1/8 cup sweetened condensed Milk Recipe

Boil water. Add your tea bag and let it steep for 5 minutes.

Add your condensed milk and stir. Pour mixture into 2 glasses filled with ice.

## **Nutrition Facts**

Serving Size 1 Thai iced tea Servings Per Batch 2	
Amount Per Serving	
Calories61	Calories from Fat 4
	% Daily Value *
Total Fat 2g	3%
Saturated Fat 1g	5%
Monounsaturated Fat Og	
Polyunsaturated Fat Og	
Trans Fat Og	
Cholesterol 6g	2%
Sodium 34mg	1%
Potassium 71mg	2%
Total Carbohydrate 10g	3%
Dietary Fiber Og	0%
Sugars 10g	
Protein 2g	3%
Vitamin A	1%
Vitamin C	1%
Calcium	6%
Iron	0%

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## Nutritional information

## Thai iced coffee

Chef: Richard Fletcher

Ethnic: Thai Main Ingredient: Coffee Categories: Beverage Meal Type: Beverage Food Type: Vegetarian Level:Easy Servings: 2 Prep Time:5 minutes Cook Time:10 minutes



The first time I have had Thai iced coffee was at a restaurant in Encinitas California in the eighties. It's simply delicious.



- 2 cups water
- 1/4 cup espresso Coffee
- 1/8 cup sweetened condensed Milk
- 1/4 cup half and half milk Recipe

Brew the coffee with water using your preferred method to make brewed coffee. I use a coffee filter. When coffee is finished brewing let it sit for a minute or more, to allow the coffee to brew. Add your condensed milk and half and half. Pour mixture into 2 glasses filled with ice.

### **Nutrition Facts**

Serving Size 1 Thai iced coffee Servings Per Batch 2	
Amount Per Serving	
Calories101	Calories from Fat 2
	% Daily Value *
Total Fat 5g	8%
Saturated Fat 3g	16%
Monounsaturated Fat 2g	
Polyunsaturated Fat Og	
Trans Fat Og	
Cholesterol 18g	6%
Sodium 47mg	2%
Potassium 125mg	4%
Total Carbohydrate 12g	4%
Dietary Fiber Og	0%
Sugars 10g	
Protein 2g	5%
Vitamin A	3%
Vitamin C	1%
Calcium	9%
Iron	0%

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#### Nutritional information

## **Thai Green Curry Paste**

Chef: Richard Fletcher

Ethnic: Thai

Main Ingredient: Thai green chilis

Categories: Condiments

Meal Type: Dinner

Food Type: Vegan

Level:Easy

Servings: 6

Prep Time:10 minutes

Cook Time:



You can make your own fresh green curry paste or buy Thai green curry paste ready made in the Asian section of your grocery store. For ingredients not at your local grocery store, try an international market.

Print

- 7 whole Thai chile pepper
- 3 cloves garlic
- 2 tablespoons fresh Lemon grass chopped

- 1 tablespoon galangal or fresh ginger diced
- 4 tablespoons shallots
- 1 teaspoon fresh turmeric
- 1 whole fresh lemon juice
- Dash of salt
- 1 lime kefir leaf fresh
- 2 teaspoons sunflower oil
- 1/3 cup water

#### Recipe

Combine all ingredients in blender to puree.

May keep this refrigerated up to 2 weeks.

## **Nutrition Facts**

Serving Size 1 Thai Green Curry Paste Servings Per Batch 6

Amount Per Serving

Calories54	Calories from Fat 3
	% Daily Value *
Total Fat 2g	3%
Saturated Fat Og	1%
Monounsaturated Fat 1g	
Polyunsaturated Fat 1g	
Trans Fat Og	
Cholesterol Og	0%
Sodium 34mg	1%
Potassium 259mg	7%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	6%
Sugars 4g	
Protein 2g	3%

Vitamin A	13%
Vitamin C	135%
Calcium	2%
Iron	1%

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## Nutritional information

## Thai lettuce wrap

Chef: Richard Fletcher Ethnic: Thai Main Ingredient: lettuce Categories: Appetizers Meal Type: Dinner Food Type: Non vegetarian Level:Easy Servings: 2 Prep Time:10 minutes Cook Time:10 minutes



I love Thai lettuce wraps. I first had this dish living in Del Mar California.

Print

- 1 head fresh boston Lettuce
- 1 teaspoon coconut oil
- 1 tablespoon Thai basil
- 1/2 cup roasted spanish peanuts
- 3 diced cloves garlic
- 2 teaspoons galangal root or ginger diced fine
- 1 tablespoon peanut butter
- 1 whole jalapeno pepper diced fine
- 2 tablespoons shallots
- 1 medium grated carrot
- 2 medium eggs
- 1 cup diced cabbage
- 2 diced spring onions
- 1 cup mung bean sprouts
- 1 whole fresh lime juice
- 2 tablespoons tamari
- 1 tablespoon fish sauce

#### Recipe

Heat up non-stick skillet on medium heat. Beat your eggs. Put eggs in skillet and cook like you are cooking an omelet. Cook on one side. Flip and cook until eggs are done. Cut omelet into bit pieces. Set eggs aside.

Heat up skillet. Sauté in coconut oil the garlic cloves, galangal, Thai basil, Thai red chili, shallots and cabbage. Add your fresh lime juice, tamari, peanut butter and fish sauce.

When cabbage is done take skillet off burner.

To assemble the lettuce wrap put skillet mixture on lettuce. Add your garnish egg, spring onions and mung bean sprouts.

Serving Size 1 Thai lettuce wrap Servings Per Batch 2 **Amount Per Serving** Calories311 Calories from Fat 2 % Daily Value \* **Total Fat 15g** 24% 26% Saturated Fat 5g Monounsaturated Fat 6g Polyunsaturated Fat 3g Trans Fat Og **Cholesterol 164g** 55% Sodium 2592mg 108% Potassium 972mg 28% **Total Carbohydrate 31g** 10% Dietary Fiber 7g 30% Sugars 13g **Protein 18g** 37% Vitamin A 176% Vitamin C 87% Calcium 18% Iron 8%

\*roasted spanish peanuts not found in USDA database

**Nutrition Facts** 

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Nutritional information

## Thai mango and avocado salad

Chef: Richard Fletcher Ethnic: Thai Main Ingredient: mango Categories: Salad Meal Type: Dinner Food Type: Vegan Level:Easy Servings: 2 Prep Time:10 minutes Cook Time:



Here's a great Thai summer salad with avocados and mangos.



• 1 cup mangos diced

- 1/2 whole avocado diced in cubes
- 1/2 medium Cucumber, peeled, raw diced
- 1/2 whole fresh lemon juice
- 1 plum tomato
- dash of salt
- 1 whole jalapeno pepper
- 2 tablespoons diced fine shallots
- 2 cloves diced fine garlic
- 1/4 cup spanish peanuts (garnish)
- 1 oz coconut flakes (garnish) Recipe

Add all ingredients except the garnish to salad bowl.

In a skillet toast the coconut flakes and peanuts. Turn heat to high and stir constantly until the coconut flakes turn golden brown. Do not burn the coconut and peanuts.

Garnish the salad with toasted coconut flakes, peanuts and fresh cilantro.

\* not found in USDA database\*1 plum tomato not found in USDA database

#### **Nutrition Facts**

Serving Size 1 Thai mango and avocado salad Servings Per Batch 2

Amount Per Serving

Calories from Fat 2
% Daily Value *
29%
48%
0%
4%

Potassium 519mg	15%
Total Carbohydrate 26g	9%
Dietary Fiber 6g	26%
Sugars 14g	
Protein 8g	15%
Vitamin A	20%
Vitamin C	81%
Calcium	6%
Iron	2%

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Nutritional information

## **Thai Red Curry Paste**

Chef: Richard Fletcher Ethnic: Thai Main Ingredient: lemon grass Categories: Condiments Meal Type: Dinner Food Type: Vegan Level:Easy Servings: 6 Prep Time:10 minutes Cook Time:



You can make your own fresh red curry paste or buy Thai red curry paste ready made in the Asian section of your grocery store. For ingredients not at your local grocery store, try an international market.

Print

- 7 whole Thai chile pepper
- 3 cloves garlic
- 1 tablespoon fresh lemon grass chopped
- 1 tablespoon galangal root diced or fresh ginger
- 4 tablespoon shallots
- 1/4 tablespoon turmeric root
- 1 whole fresh lemon juice
- Dash of salt
- 1 whole lime kefir leaf fresh
- 2 teaspoons sunflower oil
- 1/3 cup water

### Recipe

Combine all ingredients in blender to puree.

May keep this refrigerated up to 2 weeks.

### **Nutrition Facts**

Serving Size 1 Thai Red Curry Paste Servings Per Batch 6	
Amount Per Serving	
Calories53	Calories from Fat 3
	% Daily Value *
Total Fat 2g	3%
Saturated Fat Og	1%
Monounsaturated Fat 1g	
Polyunsaturated Fat 1g	
Trans Fat Og	
Cholesterol Og	0%
Sodium 34mg	1%
Potassium 251mg	7%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	5%
Sugars 4g	
Protein 2g	3%
Vitamin A	13%
Vitamin C	135%
Calcium	2%
Iron	1%

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Nutritional information

## Thai shrimp on skewers

Chef: Richard Fletcher Ethnic: Thai Main Ingredient: Shrimp Categories: Appetizers Meal Type: Dinner Food Type: Non vegetarian Level:Easy Servings: 2 Prep Time:10 minutes Cook Time:30 minutes



Shrimp and peanut butter go well together. I hope you will enjoy this.



- 1 tablespoon red curry paste
- 1 tablespoon shallot
- 1 clove diced garlic
- 1 teaspoon galangal root or fresh ginger
- 1/4 cup water
- 10 whole cherry tomatoes

- 1 large diced red bell pepper
- 1 cup diced green Peppers
- 12 large shrimp
- 1 teaspoon coconut oil
- 3 leaves curry leaves
- 1 tablespoon peanut butter
- 1/2 whole fresh lime juice
  - Recipe

Preheat oven to 425

Make red curry paste or use store bought <u>http://whatscookingtreasures.com/Home/Display?row=342</u> Place coconut oil in skillet. Turn burner to medium high. When oil is hot add your shallots, Thai ginger, garlic and curry leaves. Sauté for a few minutes and then add red curry paste. Stir for around 1 minute. Add your water and peanut butter. Stir and make into a sauce. You don't want it to thick or to thin. Add more water if needed. Add your fresh lime juice.

Calories from Fat 3

% Daily Value \*

19%

19%

On each skewer add shrimp, cherry tomato, red bell pepper and green bell pepper. Add until skewer is full. Place in pan. Pour sauce on top of skewers. Bake for 20 minutes or until vegetables are done cooking.

On serving tray place two Chinese cabbage leaves. Place skewers on top.

#### **Nutrition Facts**

Serving Size 1 Thai shrimp on skewers Servings Per Batch 2

**Amount Per Serving** 

Calories289 Total Fat 12g Saturated Fat 4g Monounsaturated Fat 4g Polyunsaturated Fat 3g

Trans Fat Og Cholesterol 212g

Cholesterol 212g	71%
Sodium 1044mg	44%
Potassium 629mg	18%
Total Carbohydrate 17g	6%

Dietary Fiber 4g	15%
Sugars 8g	
Protein 29g	58%
Vitamin A	76%
Vitamin C	265%
Calcium	12%
Iron	4%

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

#### Nutritional information



This is a great dish with your family and friends on a hot summer 's night.

Print

- 1 tablespoon red curry paste
- 1 tablespoon shallot
- 1 clove diced garlic
- 1 teaspoon galangal root or fresh ginger
- 1/4 cup water
- 10 whole cherry tomatoes

- 1 large diced red bell pepper •
- 1 cup diced green peppers •
- 1 block tofu cut into cubes
- 1 teaspoon coconut oil
- 3 leaves curry leaves
- 1 tablespoon peanut butter
- 1/2 whole fresh lime juice
  - Recipe

#### Preheat oven to 425

Make red curry paste or use store bought http://whatscookingtreasures.com/Home/Display?row=342 Place coconut oil in skillet. Turn burner to medium high. When oil is hot add your shallots, Thai ginger, garlic and curry leaves. Sauté for a few minutes and then add red curry paste. Stir for around 1 minute. Add your water and peanut butter. Stir and make into a sauce. You don't want it to thick or to thin. Add more water if needed. Add your fresh lime juice.

On each skewer add tofu, cherry tomato, red bell pepper and green bell pepper. Add until skewer is full.

Place in pan. Pour sauce on top of skewers. Bake for 20 minutes or until vegetables are done cooking.

On serving tray place two Chinese cabbage leaves. Place skewers on top.

#### **Nutrition Facts**

Serving Size 1 Thai tofu on skewers Servings Per Batch 2

**Amount Per Serving** 

Calories212	Calories from Fat 2
	% Daily Value *
Total Fat 14g	21%
Saturated Fat 4g	20%
Monounsaturated Fat 6g	
Polyunsaturated Fat 3g	
Trans Fat Og	
Cholesterol Og	0%
Sodium 97mg	4%
Potassium 499mg	14%
Total Carbohydrate 16g	5%

Dietary Fiber 4g	16%
Sugars 8g	
Protein 10g	21%
Vitamin A	70%
Vitamin C	266%
Calcium	11%
Iron	4%

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#### Nutritional information

### Thai veggie sausage

Chef: Richard Fletcher Ethnic: Thai Main Ingredient: veggie sausage Categories: Chicken Meal Type: Lunch Food Type: Vegetarian Level:Easy Servings: 2 Prep Time:10 minutes Cook Time:15 minutes



This dish takes around 20 minutes to make. The ingredients are homemade green curry paste, string beans and chicken sausage links.



- 3 links MORNINGSTAR FARMS Veggie Breakfast Sausage Links, frozen, unprepared
- 2 tablespoons shallots
- 3 cloves garlic
- 1 tablespoon coconut oil
- 1 tablespoon green curry paste
- 1 cup string beans
- 1 cup Thai red rice
- 1 1/2 cups water Recipe

Make green curry paste or use store bought

Recipe http://www.whatscookingtreasures.com/Home/Display?row=354

Put in pan 1 1/2 cups water. When water boils add the rinsed Thai red rice and bring to boil. When water boils stir then turn down heat and simmer for 15 minutes or until rice is done.

While rice is cooking heat up skillet. Add coconut oil. When oil is hot add your garlic and shallots. Cook for a few minutes. Add the green curry paste and stir constantly for a few minutes. Add your sausage and cook for a few minutes. Add your string beans and simmer until the rice is done.

On each serving plate put a cupful of the red rice in a saucer cup and make into a mold. Put the tea cup on the serving plate and gently turn over the tea cup.

Add the string beans and chicken sausage around the rice.

Nutrition Facts	
Serving Size 1 Thai veggie sausage Servings Per Batch 2	
Amount Per Serving	
Calories551	Calories from Fat 4
	% Daily Value *
Total Fat 14g	21%
Saturated Fat 7g	34%
Monounsaturated Fat 3g	
Polyunsaturated Fat 4g	
Trans Fat Og	
Cholesterol 1g	0%
Sodium 472mg	20%
Potassium 473mg	14%
Total Carbohydrate 86g	29%
Dietary Fiber 8g	32%
Sugars 4g	
Protein 22g	45%
Vitamin A	7%
Vitamin C	19%
Calcium	9%
Iron	6%

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Nutritional information

## Chil releano buttito



## Dad



My Dad died a few years ago.

This poem is for you.

Dad, I love you.

Thank you for being my father.

I'm sure you're in an incredible place.

## Dad

Thanks for all the good things you did when you were alive.

My memories will always be with you.

May my life be spent making you proud?

You did your very best.

It's sad knowing that you're not around.

Yet I know you're in good hands.

May someday we be together again?

I love you.

## Mom



My mom is like my best friend.

It hasn't always been that way.

She has always supported me, even when it was against her wishes.

During my twenties, I didn't see too much of my mom.

I was traveling throughout the world.

I got the traveling bug from my mom.

She loves adventure.

As a kid, she would inspire me.

I love different countries, places, and things.

Mom

I love you.

A part of you resides in me.

Throughout the years you have been there, always supporting me.

You have seen me through thick and thin.

You have seen all the different sides of me.

Yet I know you love me.

How secure that makes me feel. Mom Thank you for being my friend. I can say anything to you. You will listen.

I love you.

# Barbara's Mom



My wife Barbara always talk to me about how incredible her mom's cream puffs were. I was quite envious. When we first move to Kansas City 11 years ago I went first. I stayed at her mom's house. One day we decided to make her delicious cream puffs. She had not made them in quite some time. They turned out incredibly delicious. I could see why. Barbara would say her mom made the best cream. Puffs in the world.



Her mom was quite adventurous. Around twice so week I would take her to some ethnic restaurant that she never went to before. One day I took her to an Egyptian restaurant. As we were our meal she looked somewhat distracted. She was gazing her eyes across the street. I asked her as something was wrong. No she said that was the church I went to school and where I got married. Thousands of memories flooded her.



She didn't live much longer after that. She died only a few years later. We miss her. We miss her laughing and her humor in life

## More Egyptian Recipes



# Kali Rodriguez



I first met Kali in India in 1971. We hitchhiked with Kathleen Cook and Tess Davies from Kenya to South Africa. To this day I wonder why didn't we fly but it was an incredible adventure. Read the chapter travels in Africa. I first learned how to cook Indian food from Kali. She at various times became Maharaj Ji's cook. Indian food at that

time was very exotic and different. Kali taught me the ropes. She taught me the main concepts.



I remember Kali teaching me how to cook dal. Dal is one of my favorite comfort foods. There is a step where you get a cast iron pan heat up some ghee (clarified butter) and place cumin seeds in the pan. The cumin seeds will begin to pop and the room will be filled with this incredible smell of the

roasted cumin seeds. You then add chopped onions, garlic, tomatoes, ginger, and dried chili peppers. This step is called making the chank. You sauté this until the mixture turns golden brown. When it does this mixture is poured into the dal and makes this incredible sizzling sound. You have to be careful to use the lid to cover the dal so you won't get burned. Anyway, I have made this probably hundreds of times and I have never duplicated that sound. Now I'm a good Indian cook but Kali has taken it to a higher level. I still remember that sizzling sound in my mind.



Kali has the love and adventure for life. She was a great travel partner. She was easygoing and had a great attitude. It was an amazing journey. Kali's Grandfather was president of Mexico at some time. Her Mom danced with Fred Astaire. I stayed at Kali's Mom house in the seventies and she was a great host. I could see in Kali a lot of her Mom. This house

was at the tip of Baja. At that time this part of Baja was relatively unknown. Not today.



Kali had a great singing voice. She played the guitar and sang these incredible songs. I feel meditation brings the soul to the surface. When she sang I could feel the sweetness coming from within her. When I think about Kali I can hear her singing. She had this haunting effect much like the Irish singers such as Enya. Music if done properly is a manifestation coming from God.

I have nothing but great memories of Kali. She will always be dear to my heart.

# Kathleen Cook



I first met Kathleen aka Cookie in Prem Nagar ashram in 1971. I was only 18 years old. Kathleen told me a beautiful story that occurred only a few months previous.



only 13 years old at the time.

Somehow she bumped into Maharaj Ji and Bihari Singh in the streets of San Francisco. Maharaj Ji was giving a talk there. Somehow the details are fuzzy they asked Cookie if she could drive them to Los Angeles. So she borrowed a beat-up Volkswagen and had the adventure of her life. Maharaj Ji was



Cookie was one of my traveling partners on the journeys in Africa. She remembers the time in taking a train from New Delhi to Bombay now called Mumbai. The trains were super dirty and I think I had to sleep on the dirty floor. We reach

our destination and we all realized that no one had the directions. I was quite young and naïve (maybe or maybe not). I had no fear. We get into this taxi and the driver says "where do you want to go"? I said I'll direct you there. So we drive for about 45 minutes. I'm getting signals to turn left and turn right. At some point, I tell the driver to stop. We get out of the car knock on the door and guess whose inside Maharaj Ji and Bihari Singh. At that time we really didn't think anything about it. We had faith and at the same time meditation helps to bring up the subconscious where events like this can happen.



While we were in Bombay one day I was in Maharaj JI's room when all of a sudden he got off his bed stood up and starting to wave his hands towards one of his Initiators Asokananda. The hair on his whole body stood up. It looked like he put

his hand in a light socket. He was yelling please Maharaj JI stop it. After about 20 seconds Maharaj Ji's hand fell to his side and Asokananda was back to normal. Being an eighteen kid that I was I said Maharaj do you want to zap him once more. Maharaj Ji said sure and for just a fraction of a second, he raised his hands and put electricity back into him. Maharaj Ji was electrocuting him. We all laughed. This was my first time that I spent close time with Maharaj Ji. Cookie and Kali were present in the room. It was so beautiful to play with Maharaj Ji and at the same time have such great respect for him.



Before we left for Kenya Maharaj Ji asked us if we wanted any holy water. Holy water is a custom in India where the master places his foot in the water. I had only a canteen and Maharaj Ji placed his foot inside of the canteen. We all laughed. The next day we headed out for Kenya. Onboard, the plane was Kali, Kathleen, and Tess. These were the

three girls I traveled with from New Delhi. Onboard the plane we drank the water from the canteen. All of us got rip-roaring drunk. I've been drunk before that one or twice but this was a drunk of joy. We all somehow managed to saunter off the plane. We spent a few days in Nairobi. Tess's parents lived on the outskirts of town. Kenya was an incredible country. Parts of it looked like England.

It was so much fun traveling with Cookie. We had hardships along the journey but it didn't bother us. I can't imagine hitchhiking through Africa today. We made it to South Africa. We spent a few weeks in Johannesburg and then Cookie was sent to Durban and I was sent to Cape Town to prepare for Maharaj Ji's visit.

As Maharaj Ji was leaving Africa he told Cookie, Kali, and me to help in his coming to San Francisco.

I flew with Maharaj Ji back to England. I remember the day after I got back Maharaj Ji was speaking to a large group of people. I walked into the room and he stopped speaking and turned to me. He said right now my body is in England but my soul is in South Africa. It was a remarkable statement. The South African people captured his heart.

I stayed a few weeks at home and then I take the Amtrak train from LA to San Francisco with Kali. We went by the Hollister Ranch and a flood of memories come up. We arrive in San Francisco and catch up with Cookie. Maharaj Ji came and did a program at the University of Berkley.

I saw Cookie on and off throughout the years. She always inspired me. She loves to meditate. She also became an exceptional chief. She cooked for many people in Hollywood. I didn't know that until years later.



My daughter Aleia lives in Ashland Oregon and we visit her about twice a year. Well, guess who moved to Ashland? Yep, Kathleen Cook. We have seen each other a few times in the past few years. I have taken her to an Indian restaurant a few times and she came

to my birthday party at a Mexican restaurant on Christmas Eve. My Mom had Mexican food on the night I was born and it's a family tradition.

It's always a delight of being with Cookie. She lights up the room. I love her laugh. I can hear her soul coming out. Cookie keeps up in the current events in the world so the conversation can be quite lively. We talk about old times and how fortunate we are. I'm so glad that she is the web in my life. Cookie from the bottom of my heart thanks for all you do.

## Katharita Parsons Lamoza



When I was in India the Indians, in general, had a whole different idea on the style of cooking. Their concept was to cook a meal for the Lord. Imagine all the care, love, and kindness you would put into the food. Cooking would become an art and devotion. This food would then be presented, blessed, and served to your family and friends. I loved that idea.



Fast forward to the present we have cooking shows liked chopped where they have 20 minutes to cook a dish. They hurry around in the kitchen and slap

together a dish to be judged by. The audience including myself is entertained by that. Yet are they conscious? All their frustrations about time, the rushing around, competition between competitors and the anger goes into the food.



How about fast food restaurants like Burger King? This is a profit-driven company. Do they cook with the concept of cooking the meal for the lord? You can answer that question yourself.



Now I lived in New York City for a few years. This is where I met Katharita. Katharita embodies this spirit of devotion to her life, her family, and to her cooking. I was still learning how to cook Indian food and she was my

mentor. To this day she has been an inspiration in my life. She taught me the fine details of Indian cooking. Many cooks hid their knowledge but Katharita didn't hide anything.

Some people are humble and she definitely was. She was kind and sweet to everyone. She loved life and the adventures that came along the way. I loved to see the care she put into her family life.

I remember that one time Katharine and I did a 15-course Indian feast for a fundraiser. Around 200 people came. We had a few volunteers and it took us around three days to cook. It was so much fun. Katharita took time off from her family. I loved how she taught. It was so easygoing. I learn more when I'm relaxed. The wisdom just soaks within. To this day I give tribute to Katharita. She helped bring my cooking level and awareness to a higher level. Thanks, Katharita for being my friend. It's been over thirty years since we have seen each other. Yet the bond of friendship can never be broken.

### **Coriander chutney**

Chef: Richard Fletcher Ethnic: Indian Main Ingredient: Coriander Categories: Condiments Meal Type: Dinner Food Type: Vegetarian

Level:Easy

Servings: 4

Prep Time:

Cook Time:



When I was in India I loved the various chutneys that were served at each meal. Most chutneys are very beneficial to your health. This recipe is very easy to make. It literally takes a few minutes.



- 1 cup fresh coriander
- 1/8 teaspoon salt
- 1 whole fresh lemon juice
- 1/2 whole jalapeno pepper
- 1 small onion
- 2 cloves garlic
- 2 oz coconut flakes (optional)
- 1/8 teaspoon rose water (optional) Recipe

Add fresh coriander, onion, garlic, lemon juice, salt and fresh jalapeno pepper to blender. You can also add coconut flakes.

Blend until smooth.

#### **Nutrition Facts**

Serving Size 1 Coriander chutney Servings Per Batch 4	
Amount Per Serving	
Calories111	Calories from Fat 1
	% Daily Value *
Total Fat 9g	14%
Saturated Fat 8g	40%
Monounsaturated Fat Og	
Polyunsaturated Fat Og	
Trans Fat Og	
Cholesterol Og	0%
Sodium 80mg	3%
Potassium 142mg	4%
Total Carbohydrate 8g	2%
Dietary Fiber 3g	11%
Sugars 2g	
Protein 2g	3%
Vitamin A	2%
Vitamin C	16%
Calcium	2%
Iron	1%

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Nutritional information

### **Cucumber Raita**

- Chef: Richard Fletcher
- Ethnic: Indian
- Main Ingredient: Yogurt
- Categories: Salad
- Meal Type: Dinner
- Food Type: Non vegetarian
- Level:Easy
- Servings: 4
- Prep Time:
- Cook Time:



The first time had this dish was in India. It was really a blessing to have. Indian food can be quite hot and usually a raita is served with each meal to cool you off. I have been making this for 40 years.



- 1 cup cucumber
- dash of salt
- 4 tablespoons fresh mint
- 1 tablespoon cumin seeds
- 3 teaspoons garam masala
- 1 medium tomato

- 1/4 medium diced onion
- 2 1/4 cups yogurt Recipe

Peel cucumbers. Dice fine.

Add yogurt, garam masala and salt. Mix.

Add diced tomatoes, onion and diced fresh mint.

In frying pan turn heat to high. Put in cumin seeds without any oil. Toast until golden brown. Crush with a mortar and pestle.

Sprinkle on top of yogurt.

#### **Nutrition Facts**

Serving Size 1 Cucumber Raita Servings Per Batch 4

Amount Per Serving

Calories98	Calories from Fat 2
	% Daily Value *
Total Fat 4g	7%
Saturated Fat 3g	13%
Monounsaturated Fat 1g	
Polyunsaturated Fat Og	
Trans Fat Og	
Cholesterol 16g	5%
Sodium 106mg	4%
Potassium 398mg	11%
Total Carbohydrate 10g	3%
Dietary Fiber 1g	4%
Sugars 8g	
Protein 5g	11%
Vitamin A	12%

Vitamin C	28%
Calcium	18%
Iron	2%

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#### Nutritional information

Indian Okra
Chef: Richard Fletcher
Ethnic: Indian
Main Ingredient: Okra
Categories: Vegetables
Meal Type: Dinner
Food Type: Vegetarian
Level:Easy
Servings: 4
Prep Time:2 minutes
Cook Time:6 minutes



This okra is nice and crispy. It's not slimy. I first had this dish in India in 1971. I loved it.

Print

- 1 large tablespoon coconut oil
- 1 teaspoon cumin seeds
- 1 teaspoon cumin
- 1 teaspoon turmeric
- 1 teaspoon coriander powder
- 1/2 teaspoon cayenne
- 1 cup okra
  - Recipe

Heat up oil in skillet. When skillet is hot add cumin seeds. When they start toasting add the okra. Cook for around 3 minutes and then add your spices. Cook until okra is done. Add salt to taste.

#### **Nutrition Facts**

Serving Size 1 Indian Okra Servings Per Batch 4

Amount Per Serving

Calories44

Calories from Fat 1 % Daily Value \* 6%

**Total Fat 4g** 

Saturated Fat 3g	15%
Monounsaturated Fat Og	
Polyunsaturated Fat Og	
Trans Fat Og	
Cholesterol Og	0%
Sodium 4mg	0%
Potassium 120mg	3%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars Og	
Protein 1g	2%
Vitamin A	4%
Vitamin C	11%
Calcium	3%
Iron	1%

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#### Nutritional information

## **Eggplant Potatoe Subji**

Chef: Richard Fletcher Ethnic: Indian Main Ingredient: Eggplant Categories: Side dish Meal Type: Dinner Food Type: Non vegetarian Level:Easy Servings: 4 Prep Time:10 minutes

#### Cook Time:20 minutes



I've been making this dish for around 40 years. I love the taste of this dish. The yogurt makes the sauce rich. I like to use Greek Yogurt.



- 1 medium chopped onion
- 3 cloves garlic
- 1 medium tomato
- 1 tablespoon fresh ginger
- 1 tablespoon ghee
- 1 teaspoon cumin seeds
- 1 tablespoon fenugreek seed
- 3 large potatoes
- 1 whole eggplant diced fine
- 1 1/2 cups yogurt
- 1 teaspoon turmeric
- 1 teaspoon cumin powder
- 1 teaspoon coriander powder
- 1/2 teaspoon cayenne
- 1 teaspoon garam masala

#### Recipe

Put in blender 1 chopped onion, 3 cloves of garlic, 1 tomato, 1 tablespoon fresh ginger and 1 cup water. Blend until mixture is smooth.

Add spices. Blend

Heat up pan add then add ghee. When ghee is hot add mustard, cumin and fenugreek seeds. Make sure the fenugreek seeds don't burn. they become very bitter if they are burned.

When seeds pop add blender mixture.

Sauté mixture for a few minutes.

Add potatoes and eggplant. Cook for 20 minutes.

When subji is done take off heat. Add salt and fresh coriander leaves. Add yoghurt and serve.

#### **Nutrition Facts**

Serving Size 1 Eggplant Potatoe Subji Servings Per Batch 4

Amount Per Serving

Calories339	Calories from Fat 6
	% Daily Value *
Total Fat 6g	9%
Saturated Fat 3g	17%
Monounsaturated Fat 2g	
Polyunsaturated Fat Og	
Trans Fat Og	
Cholesterol 16g	5%
Sodium 89mg	4%
Potassium 1821mg	52%
Total Carbohydrate 65g	22%
Dietary Fiber 14g	54%
Sugars 12g	
Protein 10g	21%

Vitamin A	13%
Vitamin C	129%
Calcium	16%
Iron	5%

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### Nutritional information

### Matar paneer

Chef: Richard Fletcher Ethnic: Indian Main Ingredient: milk Categories: Vegetables Meal Type: Dinner Food Type: Vegetarian Level: Servings: 4 Prep Time:10 minutes Cook Time:15 minutes



This is probably my wife and I favorite Indian dish. The flavors are incredible.



Paneer

- 4 quarts milk
- 4 whole fresh Lemon juice
- 2 cups Peas
- 1 medium large onion

- 1 medium diced tomato
- 3 cloves garlic
- 1 teaspoon fresh ginger
- 1 teaspoon garam masala
- 1 teaspoon turmeric
- 1 teaspoon coriander powder
- 1 teaspoon cumin powder
- 1 tablespoon ghee
- 1 teaspoon cumin seeds
- 2 cups whey water

#### Recipe

Panir

Use the best quality milk you can find. It must be high in fat like whole milk. See recipe http://www.whatscookingtreasures.com/Home/Display?row=271

Chop onions, garlic, tomato and ginger into small pieces.

Turn on burner to medium. Add 1 tablespoon ghee to pan. When ghee melts add the cumin seeds. Let the cumin seeds pop. Do not burn them. Add the onion, tomato, garlic and ginger. Sauté them until they are golden brown. Add your spices and pinch of salt. Sauté for 30 seconds. Add your peas and cook them for around 2 minutes. Add your whey and simmer for 5 minutes. Add your paneer and cook for 2 minutes. Don't overcook the peas.

#### **Nutrition Facts**

Serving Size 1 Matar paneer Servings Per Batch 4	
Amount Per Serving	
Calories187	Calories from Fat 6
	% Daily Value *
Total Fat 4g	6%
Saturated Fat 2g	10%
Monounsaturated Fat 1g	
Polyunsaturated Fat Og	
Trans Fat Og	

Cholesterol 8g	3%
Sodium 290mg	12%
Potassium 1012mg	29%
Total Carbohydrate 34g	11%
Dietary Fiber 3g	11%
Sugars 26g	
Protein 6g	13%
Vitamin A	19%
Vitamin C	83%
Calcium	65%
Iron	3%

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#### Nutritional information

### Potato peas subji

Chef: Richard Fletcher		
Ethnic: Indian		
Main Ingredient: Potato		
Categories: Vegetables		
Meal Type: Dinner		
Food Type: Vegetarian		
Level:Easy		
Servings: 4		
Prep Time:10 minutes		
Cook Time:15 minutes		



First time I had this dish was in India. I've had this dish hundreds of times in my life. I never get tired of it. Serve with chapattis and mango chutney.



- 1 tablespoon ghee
- 1/4 tablespoon fresh ginger
- 3 teaspoons coriander powder
- 1 teaspoon cumin powder
- 1 teaspoon garam masala
- 1 teaspoon cayenne
- 1 medium onion
- 3 cloves garlic
- dash of salt
- 1 tablespoon cumin seeds
- 1 teaspoon mustard seeds
- 1/2 teaspoon cayenne
- 2 medium diced potatoes
- 1 cup green peas Recipe

Cut up potatoes into small cubes. Steam potatoes until done, about 7 minutes. Drain the water and set the potatoes aside.

In large skillet heat up the ghee. Add the cumin seeds and mustards seeds. When they start popping add the onion, garlic and fresh ginger. Cook until they are golden brown. Add your spices and cook for one minute until you can smell the spices.

Add your potatoes and cook for around 3 minutes. Add your green peas and take off fire. Cover with a lid. Add salt to taste. Let pan rest for 2 minutes and then serve.

#### **Nutrition Facts**

Serving Size 1 Potato peas subji Servings Per Batch 4	
Amount Per Serving	
Calories162	Calories from Fat 5
	% Daily Value *
Total Fat 4g	6%
Saturated Fat 2g	10%
Monounsaturated Fat 1g	
Polyunsaturated Fat Og	
Trans Fat Og	
Cholesterol 8g	3%
Sodium 79mg	3%
Potassium 666mg	19%
Total Carbohydrate 29g	10%
Dietary Fiber 6g	22%
Sugars 5g	
Protein 5g	10%
Vitamin A	14%
Vitamin C	72%
Calcium	6%
Iron	3%

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Nutritional information

## **Rice pilaf**

Chef: Richard Fletcher Ethnic: Indian Main Ingredient: Rice Categories: Main Meal Type: Dinner Food Type: Vegetarian Level:Easy Servings: 2 Prep Time:10 minutes Cook Time:20 minutes



This is one of my favorite's rice dishes. I cook this a little different than in the past. I used to bake this. It would take twice as long. The way I make it I can have this dish done and at the table in 30 minutes. How can you go wrong with basmati rice, saffron, cashews and raisins?



- 1 cup basmati rice
- 2 cups water
- 1/8 teaspoon saffron

- 1 teaspoon mustard seeds
- 1 tablespoon ghee
- 2 cups frozen peas
- 1/2 head diced fine cauliflower
- 1 cup cashews
- 1/2 whole fresh lime juice
- 1 cup raisins
- 1 dash salt
- 1/8 teaspoon white pepper
- 10 sprigs fresh cilantro diced fine (garnish)
- 2 oz coconut flakes

#### Recipe

In cooking pot boil water. Add your saffron and basmati rice. Bring to boil then simmer for 20 minutes or until rice is done.

In a frying pan cook over medium-high heat the coconut flakes and stir until golden brown. Set aside and put the coconut flakes on a plate. This is used for a garnish.

In skillet add your ghee. When ghee is hot add your mustards seeds. When seeds start to pop add your cashews and sauté until golden brown. Add your cauliflower and sauté until they turn golden brown. Add a little water so mixture won 't burn. Cover and take off heat.

When rice is done add the rice to the cashew mixture. Stir and add the peas. Stir.

Add the raisins and stir again. Put on serving plate. Garnish with cilantro and the coconut flakes.

#### **Nutrition Facts**

Serving Size 1 Rice pilaf Servings Per Batch 2	
Amount Per Serving	
Calories1293	Calories from Fat 2
	% Daily Value *
Total Fat 58g	89%
Saturated Fat 26g	132%
Monounsaturated Fat 22g	
Polyunsaturated Fat 6g	
Trans Fat Og	
Cholesterol 15g	5%
Sodium 690mg	29%
Potassium 2484mg	71%

Total Carbohydrate 180g	60%
Dietary Fiber 19g	78%
Sugars 56g	
Protein 29g	59%
Vitamin A	152%
Vitamin C	286%
Calcium	25%
Iron	14%

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## Nutritional information

# Dahl

Chef: Richard Fletcher Ethnic: Indian Main Ingredient: Lentils Categories: Side dish Meal Type: Dinner Food Type: Non vegetarian Level:Easy Servings: 4 Prep Time:10 minutes

Cook Time:60 minutes



This is one of my favorite Indian dishes. It is simply delicious. I have eaten this dish for over 40 years. I never get tired eaten this. There is a lot of protein in this dish. The spices are very beneficial for the body.

Print

- 2 cup red lentils or any other lentils
- 1 tablespoon fresh ginger
- 1 teaspoon salt
- 1 tablespoon turmeric
- 1 tablespoon cumin powder
- 3 tablespoon coriander powder
- 3 teaspoons garam masala
- 1 teaspoon cayenne Chank
- 1 tablespoon cumin seeds
- 1/4 tablespoon ghee
- 1 medium diced onion
- 3 cloves garlic
- 1 medium tomato
- 1 whole dried red chili pepper Recipe

Wash Lentils.

Add water and lentils to pan.

Turn heat to high.

Add diced fresh ginger, turmeric, cumin powder, coriander powder, garam masala, and cayenne.

When mixture boils turn down heat and let simmer. When water runs low add water. When lentils have been broken down into a mush it is done for this part.

Make *Chunk-* In separate pan sauté in ghee on a high flame cumin seeds, onions, garlic, tomatoes and 1 dried red chile. Cook until golden brown. Add mixture to lentils. Add salt to taste. Garnish with fresh coriander.

Nutrition	Facts
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Serving Size 1 Dahl Servings Per Batch 4	
Amount Per Serving	
Calories111	Calories from Fat 6
	% Daily Value *
Total Fat 2g	3%
Saturated Fat 1g	3%
Monounsaturated Fat 1g	
Polyunsaturated Fat Og	
Trans Fat Og	
Cholesterol 2g	1%
Sodium 605mg	25%
Potassium 545mg	16%
Total Carbohydrate 21g	7%
Dietary Fiber 2g	9%
Sugars 4g	
Protein 6g	12%
Vitamin A	15%
Vitamin C	82%
Calcium	9%

#### Iron

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Nutritional information

## Chai

Chef: Richard Fletcher Ethnic: Indian Main Ingredient: Tea Categories: Beverage Meal Type: Beverage Food Type: Vegetarian Level:Easy Servings: 4 Prep Time:5 minutes Cook Time:5 minutes



When I was in India for the first time I was introduced to this beverage. I fell in love with this. On a cold morning I would love to drink this beverage. It would warm me inside.



- 3 cups water
- 3 oz black tea
- 1/8 teaspoon black pepper
- 1 stick cinnamon
- 1 teaspoon fresh ginger
- 1 tablespoon cardamom
- 1 teaspoon stevia
- 2 cups milk Recipe

In small pot add water, black tea, black pepper, 1 cinnamon stick, fresh ginger and cardamom seeds.

Bring to a boil and simmer for 15 minutes.

Add milk then simmer for another 5 minutes.

Add stevia to taste.

Strain then serve.

#### **Nutrition Facts**

Serving Size 1 Chai Servings Per Batch 4 **Amount Per Serving** Calories82 Calories from Fat 2 % Daily Value \* **Total Fat 4g** 6% Saturated Fat 2g 12% Monounsaturated Fat 1g Polyunsaturated Fat Og Trans Fat Og **Cholesterol 12g** 4% Sodium 65mg 3%

Potassium 242mg	7%
Total Carbohydrate 8g	3%
Dietary Fiber Og	2%
Sugars 6g	
Protein 4g	8%
Vitamin A	4%
Vitamin C	0%
Calcium	15%
Iron	0%

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

## Nutritional information

Jennifer Doman-Apr 1 2012 4:03PM This looks like the perfect thing to have on a cold morning. Thanks for sharing Richard!

Richard and Barbara Fletcher-Apr 4 2012 7:41PM I hope you enjoy this recipe.

## Lassi

Chef: Richard Fletcher

Ethnic: Indian

Main Ingredient: Yogurt

Categories: Beverage

Meal Type: Dinner

Food Type: Vegetarian

Level:Easy

Servings: 4

Prep Time:5 minutes

Cook Time:



When I was India I loved to drink this on a hot day. This mixture cools the body. It great when you are eatting hot food.

Print

2 cups plain yogurt
1 cup ice crushed
1 1/2 cups water
1/4 tablespoon honey or stevia
1 dash salt
1/8 tablespoon pistachios garnish

#### Recipe

Blend in blender yogurt, rose water and water. Add stevia or honey blend. Pour mixture in glasses filled with ice. Garnish with pistachios.

#### **Nutrition Facts**

Serving Size 1 Lassi Servings Per Batch 4 Amount Per Serving

Calories250	Calories from Fat 5
	% Daily Value *
Total Fat 5g	8%
Saturated Fat 3g	14%
Monounsaturated Fat 2g	
Polyunsaturated Fat 1g	
Trans Fat Og	
Cholesterol 16g	5%
Sodium 101mg	4%
Potassium 294mg	8%
Total Carbohydrate 42g	14%
Dietary Fiber 2g	6%
Sugars 7g	
Protein 8g	16%
Vitamin A	2%
Vitamin C	1%
Calcium	16%
Iron	1%

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Nutritional information

# Suji Halva

Chef: Richard Fletcher Ethnic: Indian

Main Ingredient: Semolina

Categories: Dessert

Meal Type: Dessert Food Type: Vegetarian Level:Easy Servings: 4 Prep Time:10 minutes Cook Time:around 10 minutes



This is another dish I have been making for 40 years. I first had this dish in India. I would consider this dish Indian comfort food. When I first had this at 18 years old in India I had this on a big leaf. It tasted so good.



- 1 cup semolina flour or cream of wheat
- 1/4 cup ghee
- 1/3 cup sugar or 1/3 cup honey or 3 tablespoons stevia
- 4 cups milk
- 1 cup raisins
- 1 tablespoon crushed cardamom
- 1 cup cashews

#### Recipe

Melt ghee. Sauté semolina for 4 minutes and then add the crushed cardamom seeds and cashews. Sauté this until it turns a reddish color.

Add milk, sugar or honey and raisins.

Stir constantly until the halva comes of the sides of the pot. The halva is now done.

### **Nutrition Facts**

Serving Size 1 Suji Halva Servings Per Batch 4	
Amount Per Serving	
Calories972	Calories from Fat 2
	% Daily Value *
Total Fat 52g	80%
Saturated Fat 18g	91%
Monounsaturated Fat 24g	
Polyunsaturated Fat 6g	
Trans Fat Og	
Cholesterol 55g	18%
Sodium 550mg	23%
Potassium 1078mg	31%
Total Carbohydrate 111g	37%
Dietary Fiber 5g	22%
Sugars 54g	
Protein 25g	50%
Vitamin A	15%
Vitamin C	2%
Calcium	34%
Iron	7%

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Nutritional information

# **Carrot Halwa**

Chef: Richard Fletcher Ethnic: Indian Main Ingredient: Carrots Categories: Dessert Meal Type: Dessert Food Type: Vegetarian Level:Easy Servings: 4 Prep Time:10 minutes Cook Time:15 minutes



As a kid I really did not love cooked carrots. While I was in India I first had this desert and boy did I change my mind. The Indians really know how to cook and present their food in an attractive manner. This was the first dish that I ate that in India was served with a small layer of real silver paper on top of the desert.



- 6 large grated carrots
- 3 teaspoons stevia powder
- 1 teaspoon cardamom pods
- 1/8 teaspoon saffron
- 1/2 cup half and half milk
- 1/2 cup almonds
- 3 tablespoons ghee Recipe

Grate carrots.

Add ghee(clarified butter) and cardamom pods. When you can smell the cardamom add the carrots and cook for around 5 minutes.

Add milk and saffron to pan.

Cook with milk on medium heat stirring constantly.

Add stevia and almonds Cook for another 5 minutes. Pour into pan and let it cool.

Garnish with ghee and almonds.

#### **Nutrition Facts**

Serving Size 1 Carrot Halwa Servings Per Batch 4

Amount Per Serving

Calories228	Calories from Fat 1
	% Daily Value *
Total Fat 18g	28%
Saturated Fat 8g	40%
Monounsaturated Fat 7g	
Polyunsaturated Fat 2g	
Trans Fat Og	
Cholesterol 34g	11%
Sodium 89mg	4%
Potassium 475mg	14%
Total Carbohydrate 14g	5%
Dietary Fiber 5g	18%

Sugars 6g	
Protein 4g	9%
Vitamin A	368%
Vitamin C	11%
Calcium	10%
Iron	1%

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

#### Nutritional information

# Gulab Jalam

Chef: Richard Fletcher
Ethnic: Indian
Main Ingredient: Powered Milk
Categories: Dessert
Meal Type: Dessert
Food Type: Vegetarian
Level:Easy
Servings: 4
Prep Time:
Cook Time:



I first had this desert in India 40 years ago. The Indians are masters of putting so many different flavors in their dishes. At that time I never had such a unique desert.

Print

- 2 cups flour
- 2 cups powdered milk
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 cup ghee
- 1 cup milk
- 3/4 teaspoon cardamom Syrup
- 4 cups water
- 1 teaspoon rose water
- 1/8 teaspoon saffron
- 1/2 cup sugar or honey Frying
- 2 cups ghee Recipe

Mix water, honey or sugar, rose water, and saffron in pot. Simmer. Turn off heat.

Sift flour, milk powder, baking powder, baking soda, and crushed cardamom seeds.

Cut in ghee(clarified butter). Mixture should look like cornmeal. Add milk and mix well. Knead until mixture is smooth and elastic.

Form dough into small balls.

Deep fry in ghee or vegetable oil until golden brown.

As soon as they are done drop balls into the water sugar mixture.

### **Nutrition Facts**

Serving Size 1 Gulab Jalam

Servings Per Batch 4	
Amount Per Serving	
Calories1440	Calories from Fat 1
	% Daily Value *
Total Fat 123g	190%
Saturated Fat 77g	383%
Monounsaturated Fat 32g	
Polyunsaturated Fat 6g	
Trans Fat 5g	
Cholesterol 323g	108%
Sodium 709mg	30%
Potassium 466mg	13%
Total Carbohydrate 80g	27%
Dietary Fiber 4g	18%
Sugars 35g	
Protein 11g	22%
Vitamin A	79%
Vitamin C	0%
Calcium	46%
Iron	2%

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Nutritional information

# NY Reasturants



Wow! Gaylord's is still around. I went there around 1977 for the first time. Katie Beyer took me to this restaurant several times. At that time it was probably one of the best Indian restaurants in New York City.



My friend Tony, who was an Italian, took me a few times to this Indian restaurant called Raga in New York City. It was quite revolutionary for its time. The Indian dishes were of the highest quality and considered quite gourmet for Indian food. This was almost 50 years ago and the restaurant is still standing today.

Raag Progressive Indian Cuisine ... mspmag.com



Classic Masala Dosa Recipe - NYT Cooking

The first time I ever had a dosa was in New York City around 1976. My friend Katie took me there. A dosa is an Indian pancake stuffed usually with potatoes, peas and spices. There are many different kinds of stuffing's. The pancake is made from basmati rice and urad dhal. They make pancake batter out of these two. Ingredients. This was the best pancake I ever had. Nothing even comes close.

These two ingredients are soaked overnight which gets the pancake a sour flavor much like sourdough bread. If you have never tried one, I would



Steve Sitnick

highly recommend it.

I once remember a story that Steve told one night. He was riding a bike in Central Park at night. Not too good of an idea. At some point, a group of thieves surround him and demanded his money. Steve says something like help me Maharaj Ji. One of the thieves said I received knowledge let him go. I still remember that 45 years later.

Steve and I both love to cook. In fact, his profession was cooking. Yes, Steve loves to meditate. I have many great memories of Steve.

May 25th.

Yesterday I talked to Steve for the first time in around 45 years. It seemed just like we were catching up on a conversation years ago. Instantaneously, there was a great connection there. Steve got me caught up with his journey in life. I was guite blown away by the depth of his journey.

I found out that Steve has traveled as a chef to over 100 different countries around the world. I thought I traveled a lot. Steve has been a professional chef for the last 35 years. He has been a culinary instructor for 15 years. Enter before COVID occurred. Steve led tours to the best vineyards in America.

For example, for many years he would go to the Napa valley. They would always have dinner one day at the famous French laundry restaurant. This is one of the best restaurants in the world. Steve has a photo taken of him inside of the kitchen. Usually this restaurant one must wait a year on a waiting list to have a reservation.

My friends James and Connie Garcia went on a tour to China which was led by Steve. I wish I was there.

Steve has a happy-go-lucky personality yet he is extremely creative. I was blown away by the depth and sophistication of his cuisine. Mind you he can cook almost any international dish. That is quite a feat in itself. I would love to cook a whole meal with Steve.

5 years ago. Steve spent 8 months in China opening up a new restaurant there. Steve would post his progress on Facebook. It took a lot of effort to pull it off. Steve had to come up with a complete menu and train chefs. It was quite an ordeal.

## China



Steve Sitnick was a traveling to Beijing, China from Palm Beach International Airport (PBI).

May 3, 2017 · West Palm Beach, FL · 🕥

On the road again...traveling back to my second home. Looking forward to being with everyone again. Advance trip in preparation for the Taste of China Tour in September.

Stay tuned for pics from Beijing, Xi'an, Taiyuan, and Chengdu. — 🚘 traveling to Beijing, China from Palm Beach International Airport (PBI).





# Steve Sitnick checked in to Taiyuan, China.

#### oJfn,e413 2u9h1u 4u80 ·

Tears could not have flowed any more. A beautiful bride, a memorable ceremony.





### Steve Sitnick

## psSodn 7a,07a77M027 16011g2y3 · Xian, China ·

Jiaoza, jiaoza, and yet more jiaoza plus a couple of cold dishes as starters. Come September the folks going on the Taste of China Tour will be put to work with the Chef to make these tantalizing morsels

















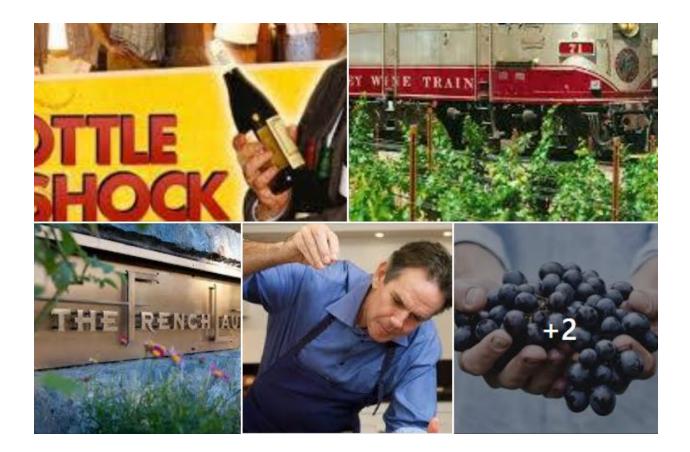


French Laundry Steve Sitnick

deni011li 57 y89207l2,fJu50 · American Canyon, CA ·

Too tired to post now but here's just a tease..look who invited us into the kitchen?





#### roeouJy1454lm 0lf1u,207 l02 · Yountville, CA ·

A lunch break at Chef Keller's French Bistro, Bouchon; a prelude for tomorrow's dinner at the French Laundry.



Now for the French Laundry...Chef's Tasting Menu 1st course: Oysters and Pearls -"Sabayon" of Pearls Tapioca with Island Creek Oysters and White Sturgeon Caviar

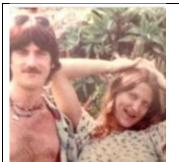


## Facebook Live from The French Laundry kitchen with Chef Thomas...

We are LIVE from <u>The French Laundry</u> kitchen with Chef <u>Thomas Keller</u>! Join us as we take a tour of th...



# Steven Soffer



I once went to Steve's house for dinner in 1978. I still remember clear as day after dining Steve and I go into the kitchen and he makes a smoothie out of soybean ice cream.

Steve and I are on the same wavelength in life. We both love to meditate. Steve has been practicing preventive medicine since the seventies. Here's a photo from one of his posts. Thanks, Steve for you and Cathy being in my life. Both of you are an inspiration.





# Layla Masant



I first met Layla in Buffalo New York in the late seventies. At that time her name was Linda Lorini. I spent the winter in Buffalo New York. I remember never seeing the streets without snow from October to around early May. Linda had the same interests that I had. We both loved ethnic food cooking and

meditation. We were on the same wavelength. We once cooked a 15-course Indian feast for a fundraiser. It took us a few days.



We got married. I loved her family. Her Dad and I got along extremely well. He just recently retired from Carrier after many years of service. He was an engineer. In his youth, I heard he was an incredible baseball player.

Linda's Mom was extremely kind. She

made me a part of the family. I always cherished that fact. Kindness ran in their family. Next door to Linda lived her grandparents (Nonno and Nonna). They came from Northern Italy. Nonno would tell me stories of cooking polenta in the fields in Italy.



Linda's Mom Margaret and her Nonna would make polenta when we came to visit. They had this huge pot which was only used for cooking polenta, a wooden paddle, and a wood chopping board. They would stir the polenta for about half an hour until it was the right consistency. Then they would pour it on the chopping board. They would use dental floss to cut the polenta. First time I ever saw that. Blue cheese would be served along with the polenta.



Another favorite dish of the family was homemade spinach gnocchi. These are spinach dumplings with clarified butter poured over the gnocchi. On top of that is freshly grated parmesan cheese.

What I liked about their cooking was

that everyone was having the time of their life cooking. They were having fun. They loved that I wanted to learn from them. Usually, in most households, the man stays out of the kitchen. They welcomed me into the kitchen.



Her Mom and Dad visited us in Miami Beach a few times. I remember once her Dad took me to the golfing range. He was an incredible golfer. Well, I wasn't. I had the opportunity

when I was young. Both my Grandma Thais and Grandpa Bert were incredible golfers. They had five holes in ones between them. They would say "how would you like to learn how to play golf". My brother and I would say "Granny only old people play golf". Well, I couldn't even hit the ball. It would just dribble from the tee.



Back then our finances were low. I remember how it was a treat just to buy Haagen Dazs ice cream. We love rum raisin. I haven't had that in years.

One of the most memorable moments of my life was the birth of Leilani. After she was born I placed her in water. As soon as I did that she gave me this incredible smile that I will never forget. To this day I can see her smile.

Around this time I enrolled in the Computer Science Institute. It was time to settle down and get a decent job. Working with computers was love at first sight. It felt good to know that my field was in its infancy and I was about to go on an incredible journey.



We loved taking Leilani to the beach. She loves the ocean. We would go boogie boarding. She started around two years old. She wore these inflatables around her arms. We would catch a

small wave and she would hold her hands around my neck. We loved it. We would catch one wave after another.

We got divorced in 1985. At that time I didn't think anything was wrong with my marriage. I put my heart and soul into it. Yet why didn't I have eyes to see. Why didn't the thermometer of life kick in and say your marriage is treading on water? I had my first astrology reading the year before and she said to concentrate on your marriage. You might need to fine-tune it.

You can never really blame the other person. We have to look inside and take responsibility. It just isn't about the faults of the other person. I really went through the wringer. I didn't think anything was wrong. Yet she wanted out. I said let's go to a marriage counselor. She wouldn't have it. Well, I'm not going to blame her.

I went to a psychologist for a few sessions. After the third session, she said "You don't have to come here anymore. I can see you learn fast and really want to do housecleaning on yourself. You will heal yourself."

That didn't mean that 100% I was healed. I was still going through it but the healing process was started. It's amazing the same month and year my wife Barbara got her divorce from her husband. We have been married for almost 30 years. Time heals. I'm good friends with Layla. She lives in the same town as my daughter. She is taking care of her Mom. I have cherished memories of Linda and her family. I take responsibility for the lack of awareness on my part.

# Potato gnocchi

Chef: Richard Fletcher Ethnic: Italian Main Ingredient: Potato Categories: Main Meal Type: Dinner Food Type: Vegetarian Level:Easy Servings: 4 Prep Time: Cook Time:



I learned how to make gnocchi in 1979. My friends family was from Northern Italy and I learned how to make it from them.

Print

- 6 large russet potatoes
- 2 cups Wheat flour, white, all-purpose, unenriched
- 1 large egg
- 1 dash salt
- 1/2 cup canola oil
- 2 cups tomato sauce
- 1/2 cup freshly grated parmesan cheese

## Recipe

Boil the whole potatoes until they are soft about 45 minutes. Take off the skin of the potatoes. With a potato masher mash the potatoes until there are no lumps. Add the oil and mash again.

Bring to a boil 6 quarts of water in a large spaghetti pot.

Make well in center of potatoes and sprinkle all over with flour, using all the flour. Place egg and salt in center of well and using a fork, stir into flour and potatoes, just like making normal pasta. Once egg is mixed in, bring dough together, kneading gently until a ball is formed. Knead gently another 4 minutes until ball is dry to touch.

On a chopping board dust flour on board. Roll the dough so it's snakelike long and somewhat skinny. With a knife cut into thin slices and place into boiling water. They will initially sink. When they float to the surface they are done. Take them out and drain them.

Serve with tomato sauce and freshly grated parmesan cheese

\*ly parmesan cheese not found in USDA database

#### **Nutrition Facts**

Serving Size 1 Potato gnocchi Servings Per Batch 4

Amount Per Serving

Calories798	Calories from Fat 3
	% Daily Value *
Total Fat 34g	52%
Saturated Fat 4g	20%
Monounsaturated Fat 20g	
Polyunsaturated Fat 9g	
Trans Fat Og	
Cholesterol 226g	75%
Sodium 201mg	8%
Potassium 2956mg	84%
Total Carbohydrate 105g	35%
Dietary Fiber 12g	49%
Sugars 10g	
Protein 21g	42%
Vitamin A	18%

Vitamin C	76%
Calcium	13%
Iron	7%

## Nutritional information

Pesto
Chef: Richard Fletcher
Ethnic: Italian
Main Ingredient: Basil
Categories: Condiments
Meal Type: Dinner
Food Type: Vegan
Level:Easy
Servings: 4
Prep Time:5 minutes
Cook Time:



I love pesto sauce. This is one Italian version of making it. This sauce is so versatile. If you like olive oil, pine nuts and fresh basil you will like this sauce.

Print

- 1 cup basil leaves
- 1/2 cup olive oil
- 1/4 cup pine nuts
- dash of salt
- 1/4 cup parmesan cheese Recipe

Put all ingredients in blender and blend until smooth. You may need more or less olive oil. You want the mixture to be smooth not lumpy. This is a hundred times better than store bought pesto.

\*basil leaves not found in USDA database

**Nutrition Facts** 

Serving Size 1 Pesto Servings Per Batch 4

Amount Per Serving

Calories322

Total Fat 35g

Calories from Fat 1 % Daily Value \* 53%

Saturated Fat 5g	26%
Monounsaturated Fat 22g	
Polyunsaturated Fat 6g	
Trans Fat Og	
Cholesterol 6g	2%
Sodium 135mg	6%
Potassium 58mg	2%
Total Carbohydrate 1g	0%
Dietary Fiber Og	1%
Sugars Og	
Protein 4g	7%
Vitamin A	1%
Vitamin C	0%
Calcium	7%
Iron	1%

#### Nutritional information

## Polenta

Chef: Richard Fletcher Ethnic: Italian

Main Ingredient: Cornmeal

Categories: Main

Meal Type: Dinner

Food Type: Paleo

Level:Easy

Servings: 4

Prep Time:5 minutes

Cook Time:about 20 minutes



My friend 's family was from Northern Italy. I love how simple this dish is and how good it tastes.



- 6 cups water
- 2 teaspoons salt
- 1 3/4 cups Cornmeal, whole-grain, yellow
- 3 tablespoons butter
- 2 oz blue cheese
- 1 cup tomato sauce

#### Recipe

Boil water in heavy saucepan.

Add cornmeal slowly stirring constantly with a wooden spoon.

Add salt and cook at a medium heat for 45 minutes stirring constantly. Polenta is done when it comes off the sides of the pan. Turn the pot upside onto a platter. Cut with a dental floss. Top with a tomato sauce. Serve with blue cheese.

#### **Nutrition Facts**

Serving Size 1 Polenta Servings Per Batch 4	
Amount Per Serving	
Calories0	Calories from Fat 0
	% Daily Value *
Total Fat Og	0%
Saturated Fat Og	0%
Monounsaturated Fat Og	
Polyunsaturated Fat Og	
Trans Fat Og	
Cholesterol Og	0%
Sodium Omg	0%
Potassium Omg	0%
Total Carbohydrate Og	0%
Dietary Fiber Og	0%
Sugars Og	
Protein Og	0%
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%

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## Nutritional information

# Spinach Gnocchi

Chef: Richard Fletcher

Ethnic: Italian Main Ingredient: Spinach Categories: Main Meal Type: Dinner Food Type: Vegetarian Level:Easy Servings: 4 Prep Time:15 minutes Cook Time:3-5 minutes batches



My ex-wife family used to make this dish. They were from Northern Italy. I always looked forward to this dish. I've been making this dish by hand for years. I don't recommend it making this in a food processor. The Gnocchi were easy to shape properly but they turned to be dense and rubbery. They were the worst ones I have ever made. I'm staying with the traditional way.



- 1 bunch fresh spinach
- 2 medium eggs
- dash of salt
- 1/8 teaspoon black pepper
- 1/4 teaspoon nutmeg
- 1 cup to 1 1/4 cups flour

- 1/4 cup butter
- 1/2 cup freshly grated parmesan cheese Recipe

Chop and cook spinach. Save liquid. Dice spinach fine.

Put into bowl 2 eggs, salt, pepper, nutmeg, freshly grated parmesan cheese, 6 to 7 cups flour. Mix thoroughly with fork and finally with hands.

Boil water in pot. Drop 1 tablespoon at a time into pot. When dumpling rises to the surface they are done .Drain well and put in bowl. Add freshly grated parmesan cheese.

In skillet melt butter. You want to brown the butter. Let it rise and when it comes down pour over gnocchi. This is the first step of making ghee(clarified butter)

\*ly parmesan cheese not found in USDA database

#### **Nutrition Facts**

Serving Size 1 Spinach Gnocchi Servings Per Batch 4

Amount Per Serving

Calories259	Calories from Fat 2
	% Daily Value *
Total Fat 15g	23%
Saturated Fat 8g	41%
Monounsaturated Fat 4g	
Polyunsaturated Fat 2g	
Trans Fat Og	
Cholesterol 112g	37%
Sodium 140mg	6%
Potassium 602mg	17%
Total Carbohydrate 26g	9%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 7g	15%

Vitamin A	170%
Vitamin C	40%
Calcium	10%
Iron	3%

## Nutritional information

# Passing Away

I just found out yesterday from my daughter Leilani that her Nonna passed away the day before. Leilani's Mom was taking care of her. Recently I have been doing a lot of pondering. I have noticed that generations have carried certain traits. Nonna and her family had it. Nonna's Mom and Dad carried that. That trait is kindness. Isn't that truly a gift from God and the universe? The universe is kind. How much grace is there that we carry the traits of the universe inside of our DNA? Kindness is the source of life. Even the Dalai Lama says kindness is my religion.

As you read in the previous chapter all about the kindness Layla's family bestowed upon me. Nonna leads a good life. She was ready to go home. For the past six months, she would say I'm ready to go home. We know when it's our time to go home. We will miss her. She is one with the universe. That's our true nature.

# Alan Roettinger



I first met Alan in Mexico City in the early seventies. Alan is an incredible chief. Now I love to cook. Alan brings it up 10 slots. I call Alan once or twice a year to catch up on things. He also loves to meditate. I love reading his post on Facebook.

A couple of years ago, I was at a New Age trade show, promoting my books. I was walking the show, and came to a booth where a guy offered me a free psychic reading. We sat down together and he told me he was going to close his eyes for a minute and "tune into" me. He closed his eyes, so I closed mine, and took advantage of the moment to turn inside. All of a sudden, he exclaimed, "What are you doing?" I said, "Huh?" He said, "You just disappeared into this huge peace zone! How did you do that?" I told him it was just something I'm in the habit of doing, and we had a brief conversation about it. He told me he had never seen anything like it, this disappearing trick, executed so quickly. I was mildly amused. But ever since then, I've had a renewed respect for the incomparable gift bestowed on me well over 40 years ago, that allows me to disappear from the confusion of the world around me, so quickly and easily, every time I have the clarity to use it. And what has become so second nature to me that it seems like a small thing, a thing I don't even feel I have mastered, it's truly a miracle beyond reckoning. I lack the means to express how grateful I am for this one small thing that changes everything.

My son's boss has a documentary coming about World Central Kitchen, coming soon...



# We Feed People | Official Trailer |

Disney+ National Geographic Ø 43K views

WE FEED PEOPLE, from Oscar®-winning director Ron Howard, spotlights renowned chef José Andrés and his nonprofit World...

#### Alan B Roettinger

The World Central Kitchen team of chefs in Poland, a few miles from Ukraine, having a well-deserved beer after a long day cooking for thousands of refugees and proving that despite the horrors we've seen on the news, there is a great goodness in the world. That tall, skinny guy on the far right is my son, Morgan, of whom I couldn't possibly be prouder.



#### Alan B Roettinger

Two of my best friends ever: My son, Morgan, and Michael Paragon.



## Alan B Roettinger

My son, Morgan, volunteering with World Central Kitchen, cooking for the refugees from Ukraine in Barcelona. Next week, he heads for Poland, where thousands stream through daily, needing a hot meal and kindness. So proud of him.



# **Pears in Pomegranate Juice**

Chef: Alan Roettinger

Ethnic: American

Main Ingredient: Pears

Categories: Dessert

Meal Type: Dessert Food Type: Vegan Level:Easy Servings: 4 Prep Time:15 minutes Cook Time:45 minutes



This is a recipe from my dear friend Alan Roettinger who I met in Mexico City many moons ago. He is probably the best chef I have ever met. I would highly recommend any one of his cook books. You can buy them on his site. <u>Visit Alan 's site!</u>

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- 4 medium ripe bosc pears with stems intact
- 4 cups Pomegranate juice, bottled
- 7 whole green cardamom pods
- 1 bay leaf
   Recipe

Select a medium pot that will accommodate the pears snugly in an upright position, allowing for the stems to fit with the lid in place.

Core the pears to remove the seeds, leaving as much of the flesh as possible. Peel the pears, leaving the stems attached. Trim the bottoms slightly, so they stand up straight. Put them in the pot and add the juice. It's normal for the pears to turn on their sides and float at first. If you have a large strainer, set it over the pears gently, to keep them submerged.

Break open the cardamom pods and remove the seeds. Crush the seeds to a gritty powder in a mortar, or on a cutting board with the back of a wooden spoon. Add the cardamom seeds to the pot, along with the bay leaf.

Place the pot over high heat and bring the pomegranate juice to a boil. Adjust the heat to maintain a simmer and cook, checking occasionally, until the pears are tender. For bosc pears, this may take up to 45 minutes, but for other types, 20 minutes may suffice. To test the pears, insert a paring knife into the thickest part and lift. The pear should slip off easily.

Using tongs, grasp the pears by the stems and lift them, allowing several seconds for the juice to drain well, and then set them on a plate.

Increase the heat and return the juice to a boil. Cook until the juice is reduced to about 3/4 cup. It should be a fairly dense syrup, thick enough to coat a spoon. If any juice has accumulated around the pears, carefully tip the plate and let it run back into the pot. Remove the pot from the heat and let the syrup cool for about 10 minutes. Discard the bay leaf.

Using a large spoon, drizzle the syrup over the pears. Lift the pears and transfer them to dessert plates. Drizzle again with the syrup, and serve.

**Variation:** Chop 1 cup raw or toasted pistachios into bits about 1/8-inch thick. Set the pistachios in a coarse strainer and shake to strain out any very fine, powdery bits. Put the chopped pieces in a bowl. After drizzling the pears with syrup, roll them in the pistachios to coat evenly. Set the pears on dessert plates and pour a little of the syrup around them. Serve at once.

#### **Nutrition Facts**

Serving Size 1 Pears in Pomegranate Juice Servings Per Batch 4	
Amount Per Serving	
Calories238	Calories from Fat 8
	% Daily Value *
Total Fat 1g	1%
Saturated Fat Og	1%
Monounsaturated Fat Og	
Polyunsaturated Fat Og	
Trans Fat Og	
Cholesterol Og	0%

Sodium 24mg	1%
Potassium 745mg	21%
Total Carbohydrate 60g	20%
Dietary Fiber 6g	23%
Sugars 49g	
Protein 1g	2%
Vitamin A	1%
Vitamin C	13%
Calcium	4%
Iron	1%

#### Nutritional information

# Raw Beet Wrap

Chef: Alan Roettinger Ethnic: American Main Ingredient: beets Categories: Appetizers Meal Type: Food Type: Vegan Level:Easy Servings: 2 Prep Time:20 Cook Time:



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Here 's Alan 's comment on this receipe.

This snack will require beets with large, very fresh tops, because the leaves will be used as the wrap. And although it's a quick snack to prepare, it will also require a little forethought, because the nuts need to be soaked beforehand. Other than that, it's a snap—and a nutritious, slightly messy, eat-with-your-hands indulgence. Full disclosure: I never would have thought of this if my wife hadn't grown a jungle of beets and basil one summer.



- 1/2 cup almonds
- 1/2 cup, whole Nuts, brazilnuts, dried, unblanched
- 1/4 cups
- 1 cup leaves, whole fresh Basil | basil leaves
- leaves
- 1/4 teaspoon sea salt
- 2 tablespoons flax oil

- 1/2 cup finely diced red onion
- 1/2 cup finely diced celery hearts, including leaves
- 1 cup grated beets
- 1 tbsp Lemon peel, raw
- 4 tbsp Balsamic Vinaigrette
- 8 large beet greens, stems removed
  - Recipe

soak almonds in water for 8 hours, or overnight

soak brazilnutss in water for 8 hours, or overnight

Drain the nuts thoroughly, and put them in a food processor. Add the basil, salt, and flax oil. Process until a rough paste forms. Scrape into a small bowl.

Put the onion, celery, grated beets, lemon zest, and balsamic vinaigrette in a medium bowl and mix well.

Hold a beet leaf in one hand, with the ribs facing down. Scoop about 1 tablespoon of the almond mixture onto the wider end of the leaf, and spread it out slightly. Top with about 1/8 of the beet mixture. Roll the leaf up, enclosing the filling.

Eat, repeat.

#### **Nutrition Facts**

Serving Size 1 Raw Beet Wrap Servings Per Batch 2	
Amount Per Serving	
Calories372	Calories from Fat 302
	% Daily Value *
Total Fat 34g	52%
Saturated Fat 6g	30%
Monounsaturated Fat 15g	
Polyunsaturated Fat 10g	
Trans Fat Og	
Cholesterol Og	0%
Sodium 2mg	0%
Potassium 395mg	11%
Total Carbohydrate 16g	5%

Dietary Fiber 6g	23%
Sugars 2g	
Protein 10g	20%
Vitamin A	3%
Vitamin C	8%
Calcium	12%
Iron	6%

#### Nutritional information

## Asparagus with Cannellini

Chef: Alan Roettinger Ethnic: American Main Ingredient: Asparagus Categories: Salad Meal Type: Dinner Food Type: Vegan Level:Easy Servings: 4 Prep Time:10 minutes Cook Time:5 minutes



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Here 's Alan 's comment on this receipe.

This is one of those Mediterranean-style dishes that are perfect served hot, at room temperature, or cold—wonderfully versatile for entertaining. Throwing the tomato and basil in at the end, off the heat, is the secret to the success of this feat of flavor and texture. If at all possible, use freshly picked, vine-ripened tomatoes and very fresh, verdant basil; even the most pedestrian can of cannellini beans will magically come to life under the touch of these two ingredients alone.

Print

- 1 1/8 tablespoon sea salt
- 2 tablespoons olive oil
- 1 cup finely diced red onion
- 2 cloves garlic
- 1 can 15 oz cannellini beans, with liquid
- 1/2 teaspoon red wine vinegar
- 1/4 teaspoon black pepper

- 1 lb asparagus (6 inch long )
- 1 medium tomato
- 1/4 cup leaves, whole fresh Basil | basil leaves
- 2 tablespoons flax oil
- 1 tablespoon snipped fresh chives (optional) Recipe

Fill a large pot of water. Add 1 tablespoon of the salt. Cover and bring to a boil over high heat.

Meanwhile, put the olive oil in a large pan over medium-low heat. Add the onion, stirring well. After 1 to 2 minutes, when the onion juices begin to flow, squeeze the garlic through a garlic press directly into the pan. Add the cannellini beans and their liquid along with the vinegar, pepper, and remaining 1/4 teaspoon of salt. Stir thoroughly but gently, to avoid crushing any of the beans. Bring to a simmer, and then decrease the heat to very low and cover. Continue to cook, stirring often, while you prepare the asparagus.

When the pot of water comes to a rolling boil, drop in the whole asparagus spears and stir once. Depending on the thickness of the asparagus, they should be just tender-crisp in about 1 minute. When they are done to your satisfaction, drain well.

Remove the beans from the heat and stir in the tomato, basil, and flax oil.

Divide the asparagus among 4 plates. Top with the bean mixture. Garnish with the chives, if using. Serve at once.

#### **Nutrition Facts**

Serving Size 1 Asparagus with Cannellini Servings Per Batch 4

Amount Per Serving

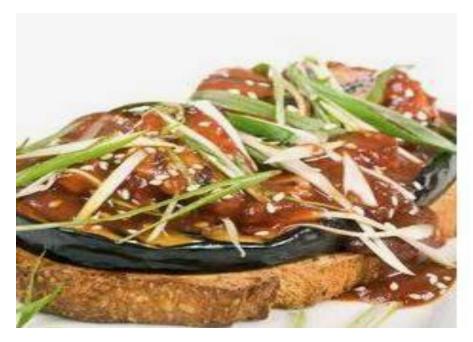
Calories202	Calories from Fat 82
	% Daily Value *
Total Fat 9g	14%
Saturated Fat 1g	5%
Monounsaturated Fat 5g	
Polyunsaturated Fat 1g	
Trans Fat Og	
Cholesterol Og	0%

Sodium 224mg	9%
Potassium 404mg	12%
Total Carbohydrate 21g	7%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 9g	17%
Vitamin A	22%
Vitamin C	48%
Calcium	8%
Iron	13%

#### Nutritional information

## Hot Eggplant and Seitan Open-Face Sandwiches

# Chef: Alan Roettinger Ethnic: American Main Ingredient: eggplant Categories: Sandwich Meal Type: Lunch Food Type: Vegan Level:Easy Servings: 4 Prep Time:15 minutes Cook Time:15 minutes



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Here 's Alan 's comment on this receipe.

I was imagining possible ways to use seitan when this combination came to me. Even my eighty-fouryear-old mother enjoyed it. If you have any fresh shiitake mushrooms, they would go well too; slice them and add them to the sauce.



- 1 whole Eggplant
- 3 tablespoons olive oil
- 2 teaspoons toasted sesame oil
- 1/4 teaspoon sea salt
- 1 cup tomato puree
- 4 tablespoons hoisin sauce
- 1 tablespoon agave nectar
- 8 oz seitan
- 4 large slices sourdough bread or your favorite French bread

- 8 large scallions
- 1 tablespoon sesame seeds Recipe

Preheat the oven to 450 degrees F. Put a baking pan on the middle rack.

Heat a stovetop grill over high heat.

Prepare the eggplant while the oven and grill are heating. Cut a lengthwise strip off both sides of the eggplant to expose the flesh. Cut the eggplant into 4 thick slices parallel to the cut sides. Combine the almond oil with 1 teaspoon of the sesame oil in a small bowl. Brush the eggplant slices very lightly on both sides with about half of the oil mixture. Arrange them in a single layer on a plate or tray. Sprinkle both sides of the eggplant slices with the salt.

Put the eggplant on the hot grill and cook for about 5 minutes on each side. Transfer the eggplant to the baking pan in the oven. Keep the grill hot.

To make the sauce, combine the tomato purée, hoisin sauce, agave nectar, and remaining teaspoon of sesame oil in a small saucepan over medium heat.

Toss the seitan slices with the remaining oil mixture. Put them on the grill and cook for about 3 minutes on each side.

Add the seitan to the sauce and stir well. Decrease the heat to keep the sauce and seitan hot but not bubbling.

Toast the bread slices and put one slice on each plate. Put an eggplant slice on each piece of toast. Divide the hot seitan and sauce among the 4 slices, covering the eggplant. Sprinkle with the scallions and sesame seeds. Serve at once.

#### **Nutrition Facts**

Serving Size 1 Hot Eggplant and Seitan Open-Face Sandwiches Servings Per Batch 4

Amount Per Serving

Calories64Calories from Fat 3% Daily Value \*Total Fat 0g0%

Saturated Fat Og	0%
Monounsaturated Fat Og	
Polyunsaturated Fat Og	
Trans Fat Og	
Cholesterol Og	0%
Sodium 8mg	0%
Potassium 315mg	9%
Total Carbohydrate 26g	9%
Dietary Fiber 6g	23%
Sugars 10g	
Protein 2g	4%
Vitamin A	8%
Vitamin C	38%
Calcium	1%
Iron	1%

#### Nutritional information

# **Corn Soup with Roasted Peppers**

**Chef:** Alan Roettinger Ethnic: American Main Ingredient: corn

Categories: Soup

Meal Type: Dinner

Food Type: Vegan

Level:Easy

Servings: 4

Prep Time:15 minutes

#### Cook Time:30 minutes



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Most people will swear there is cream in this soup, although there isn't even any milk. Even hard-core meat eaters will enjoy this. Kids love it.



- 2 tablespoons olive oil
- 1 large onion
- 10 cloves garlic
- salt to taste
- dash black pepper
- 8 cup vegetable broth
- 8 cups corn
- 1 small red pepper
- 1/2 cup green Pepper
- 4 large scallions
- 16 tbsp Udo Choice® Oil

# • 2 1/2 cups fresh cilantro Recipe

Heat the olive oil in a heavy pan over a moderate flame. Add the onions and garlic, stir and reduce the flame to low. Cover the pot and allow the vegetables to sweat until very soft and aromatic. Add the broth, increase the heat and bring to a boil. Add the corn and bring to a simmer. Cover the pot, adjust the flame to keep a steady low simmer, and cook until very tender, about 30 minutes. Scoop out about 1 ½ cups of the corn with a slotted spoon and reserve.

Working in small batches, puree the soup in a blender and strain, discarding the tough skins. Return to the pot and add the reserved corn, along with the diced peppers. If the soup is too thick, add a little broth. Just before serving, turn off the heat and stir in the scallions. Ladle into soup bowls and garnish with a drizzling of Cilantro or Oregano oil. For a more elegant presentation, fill a parchment cornet with the oil and pipe two thin, concentric circles on the surface of the soup, then draw a toothpick back and forth through them to form a decorative flourish.

\*To make the Cilantro Udo's Oil, blanch 2 ½ cups packed cilantro leaves and upper stems in boiling water for 15 seconds, strain, and then immediately shock in plenty of ice water. Chop coarsely and squeeze out excess water. Put in a blender with 8.5 oz. Udo's Choice

3-6-9 Oil Blend, 1 small serrano chile (optional) and ¼ teaspoon unrefined sea salt. Process on high speed for about 2 to 3 minutes, until the mixture turns bright green. Strain through several layers of cheesecloth and store in the refrigerator. You can use the oil as is, or allow it to settle for a few hours and then decant to a clean bottle, discarding any residue which has gathered at the bottom the container. This oil will keep for about 1 week in the refrigerator.

#### **Nutrition Facts**

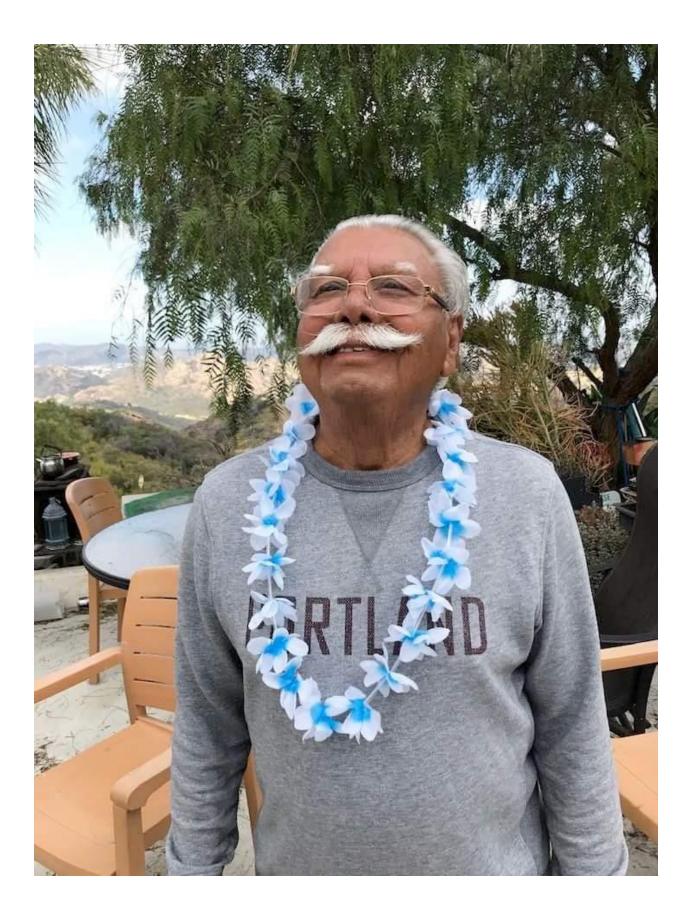
Serving Size 1 Corn Soup with Roasted Peppers Servings Per Batch 4	
Amount Per Serving	
Calories1475	Calories from Fat 2
	% Daily Value *
Total Fat 68g	105%
Saturated Fat 10g	52%
Monounsaturated Fat 19g	
Polyunsaturated Fat 37g	
Trans Fat Og	
Cholesterol Og	0%

Sodium 1162mg	48%
Potassium 1029mg	29%
Total Carbohydrate 201g	67%
Dietary Fiber 20g	78%
Sugars 9g	
Protein 19g	38%
Vitamin A	51%
Vitamin C	85%
Calcium	9%
Iron	7%

## Nutritional information

# RIP Bihari Singh





Joan Apter posted this on Facebook a few days ago.

Bihari Singh passed away peacefully in Jaipur at 2.30 PM on March 05th, 2020. His funeral procession will take place on March 06 in his birthplace Ramsingh ki Dhyani near Kot Putali.

I met Bihariji in 1969 in Dehra Dun, India when I first knocked at the door of Prem Rawat's residence. He traveled to the west with Prem in 1971. We called him hanuman because of his great love and his great strength! He was almost 90 years old. Fly free dear Bihari, feel all our love with you!

Update: just got this YouTube interview of Bihari. Super powerful!

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https://youtu.be/VmrYrbsDQAs
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The following is Richard's experience with Bihari Singh

When I was in India the Indians, in general, had a whole different idea on the style of cooking. Their concept was to cook a meal for the Lord. Imagine all the care, love, and kindness you would put into the food. Cooking would become an art and devotion. This food would then be presented, blessed, and served to your family and friends. I loved that idea.

Fast forward to the present we have cooking shows liked chopped where they have 20 minutes to cook a dish. They hurry around in the kitchen and slap together a dish to be judged by. The audience including myself is entertained by that. Yet are they conscious? All their frustrations about time, the rushing around, competition between competitors and the anger goes into the food. How about fast food restaurants like Burger King? This is a profitdriven company. Do they cook with the concept of cooking the meal for the lord? You can answer that question yourself. Bihari Singh brought this incredible practice to the west. From the very beginning when Prem first came to the West he helped teach many different westerners to Indian cooking and the philosophy of cooking from love. I had the joy of watching him cook in India, South Africa, and the United States. He was a master in the kitchen. I know a few of his students and boy can they ever cook. I would rather have a meal cooked by them than any professional chief in the world.

Here are some of my favorite moments with Bihari.

During the first day of the program, my twin brother John came to the program. I was pleasantly surprised. He was living in Utah and somehow he ended up here. In the next couple of days, he received knowledge. He was quite blown away. One funny incident was that Prem never knew I had a twin brother. Bihari wanted to play a trick on Prem. He got us both together and said "Prem look at this. This will blow your mind. He looked over our way and did a double-take. He turned to us in amazement and said "wow this is the first time God ever made a mistake. He made Richard twice. We all laughed.

One day we went to the Cape of Good Hope. It was an incredible sight to behold the Atlantic and the Indian Ocean merging at one point. I remember at one point Prem and the group had a race to get to the top of these stairs. I couldn't believe how fast he ran. He beat all of us by a long shot. I thought with all of my training I was fast. When I got to the top I was breathing quite hard. Prem was hardly breathing. I remember at one point a South African photographer took our picture. There were three of us Prem, his longtime bodyguard Bihari Singh and myself. We placed our arms on top of each shoulder (just like kids) and said cheese. It was a great moment. Bihari had a twinkle in his eyes. He was saying non verbally "wow betcha you will never forget this in your life. This was 48 years ago.

During the eighties, I lived in Miami Beach. Alex Shea, Bihar, and I would play tennis a lot. Many times we would go to Bihar's house and cook incredible Indian food. We would first watch a Bollywood movie. We had so much fun. I will never forget it.

I read on Facebook hundreds of people talking about their love for Bihari. Each one was touched by him. He literally had thousands of friends all around the world. RIP Bihari. You are home with your beloved Swan.

# Mexican Friends

I really don't have much information on many of my Mexican friends. I can't find them on Facebook. My heart goes out to you. Thanks for this journey in life. I will never forget you.

I find it fascinating that Anna, Kali, Bob and Alan all at some point in time cooked for Prem Rawat and his family at it residence in Malibu and Florida. There was such tremendous talent in Mexico. Even Rolando cooked for Raja Ji and his family in the eighties. There was also a mother and daughter team who cooked for Prem in Miami Beach in the 1980s.

Unnamed		Anna Carney
1	The person	Anna was my first girlfriend. Look
	prefers to be unnamed.	under the first girlfriend story in this book.
	She was an	
	inspiration to	
me. I would love to go to	•	
market in downtown Me was huge. She knew the	•	
extremely well. I was int		
many different kinds of l		
favorite liquado (smoothie) was made		
of mamey and milk. I can't find fresh		

mamey in the states. It's all frozen.
Thanks for showing me the beauty of
the open-air markets.

Jaime Mencos	John Phillipe Lemay
Can't find picture	Can't find picture
Jaime is like a brother to me. I first met	John Phillipe is another person who I
him in 1972 in Los Angles. We then	have seen the web of life trying us
met again in Mexico. Years later in	together. We first met in Mexico then
Miami Beach and then again in Los	Florida and years later in Sedona. My
Angles. We have the same spiritual	wife Barbara and I spent some time
mindset. He loves to meditate.	with John Phillipe and his girlfriend.
	They made these incredible jackets.

Allan	Kali
	P. C.
I first met Alan in Mexico City in the early seventies. Alan is an incredible chief. Now I love to cook. Alan brings it up 10 slots. I call Alan once or twice a year to catch up on things.	Search for Kali in this book. She and I had many great adventures together.

This is one of my all-time favorite cookie.

# Mexican wedding cookies

Chef: Richard Fletcher

Ethnic: Mexican

Main Ingredient: Pecans

Categories: Dessert

Meal Type: Dessert Food Type: Vegetarian Level:Easy Servings: 4 Prep Time:10 minutes Cook Time:30 minutes



When I lived in Mexico City I learned how to make these delicious cookies. I 've been making these for 40 years. This recipe was originally from the Joy of cooking.

Print

1 cup butter
 4 tablespoons sugar

2 tablespoons vanilla2 cups Wheat flour, white, all-purpose, enriched, unbleached

2 cups pecans ground

1/4 cup powdered sugar

## Recipe

Preheat oven to 300 Beat till soft the butter. Add sugar and blend until creamy. Add vanilla. . Measures then grind 2 cups pecans.

Sift then measure 2 cups flour. Stir pecans and flour into butter mixture. Roll into balls. Grease sheet. Bake at 300 for 30 minutes. The cookies are done when they are brown. Sift confectioners' sugar on top.

### **Nutrition Facts**

Serving Size 1 Mexican wedding cookies Servings Per Batch 4	
Amount Per Serving	
Calories426	Calories from Fat 1
	% Daily Value *
Total Fat 46g	71%
Saturated Fat 29g	146%
Monounsaturated Fat 12g	
Polyunsaturated Fat 2g	
Trans Fat 2g	
Cholesterol 122g	41%
Sodium 7mg	0%
Potassium 23mg	1%
Total Carbohydrate 1g	0%
Dietary Fiber Og	0%
Sugars 1g	
Protein Og	1%
Vitamin A	28%
Vitamin C	0%
Calcium	1%

Iron

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Nutritional information

Candy	Sue and Pat smith
Can't find picture	
Candy and Kali were good friends. Candy was an exceptional baker. Boy did she know how to bake homemade bread? I still remember her favorite candy was marzipan. It is a sweet made from almonds.	I first met Sue and her husband Pat in Mexico City. They were playing in a philharmonic orchestra in another city. I think it was Tampico. Both of them were incredible people. I love the depth of the talent that they had. They knew how to enjoy life. Years later when I was living in South Florida they would invite me over for dinner. Mary Higgins was a great friend of theres. Pat died a few years ago. I miss him.

Diane Clark	
Can't find picture	

I first met Diane in Mexico. We were
good friends. She loved life. My
brother John and his family shared a
house with Diane and her boyfriend
Pepe in Costa Mesa California. I stayed
a short time there. I haven't heard any
news from her in over forty years. I
saw Pepe in Mexico City around 1985.

Nacho Sanchez	Federico Rodriguez
Can't find picture	Can't find picture
Nacho was another good friend of	Federico was good friends with Nacho.
mine. I remember that I once called	He was a graphic artist. This was way
him on the phone and it was like a	before computers were involved. I
party line. The person who answered	remember him taking me to his office
the phone had to travel to Nacho's	to see how they did it in his day. I will
house and he had to come to this	always remember his great laugh. I can
place to talk to me on the phone. John	still see it in my mind.
Roberts and I spent a few days at their	
ranch. We were welcomed by their	
family.	

Memo	Ramirez
Can't find picture	Can't find picture
Memo was another great friend. He	Ramirez was Memo's friend. I
was the owner of a bank in Mexico	remember a grand adventure we had
City. During the eighties, the Mexican	on a driving trip to Acapulco. It was in
governments took over many banks.	his Mustang. Boy did he know how to
Memo had around three branches	drive fast.
which the Mexican government took.	
Memo learned how to meditate and	
helped sponsored in many ways.	

Bob Cleoentes	Nunes
Can't find picture	Can't find picture
Bob died a few years back. I remember	Here's another web that ties us
the time he took me to a prison to visit	together. Gita and I go to Colombia to
a friend of his. Bob had a great heart. I	talk about meditation. Gita's best
will miss him.	friend is Nunes. A few years later I
	come to Mexico City and Nunes is
	living there. What a small world?
	Nunes and Bob become good friends.

### Salsa

Chef: Richard Fletcher Ethnic: Mexican Main Ingredient: Tomatoes Categories: Condiments Meal Type: Food Type: Vegetarian Level:Easy Servings: 4 Prep Time:10 minutes Cook Time:



When I lived in Mexico a dear friend named Jaime use to make this salsa fresh every day. We would buy fresh tortillas from the tortilla factory. Fresh food was the essence in Mexcio. All the fruits and vegetables were bought at the central mercado an open air market.

Print

- 1 /4 cup fresh cilantro
- 1 medium ripe tomato
- 1/8 teaspoon salt
- 1 whole fresh Lemon juice
- 1/2 whole jalapeno pepper
- 1 medium onion
- 2 cloves garlic
- 1/2 cup water
  - Recipe

Place all ingredients in blend. Blend until smooth. Usually takes around 20 seconds.

#### **Nutrition Facts**

Serving Size 1 Salsa Servings Per Batch 4

Amount Per Serving

Calories32

Calories from Fat 18

% Daily Value \*

Total Fat Og	0%
Saturated Fat Og	0%
Monounsaturated Fat Og	
Polyunsaturated Fat Og	
Trans Fat Og	
Cholesterol Og	0%
Sodium 10mg	0%
Potassium 209mg	6%
Total Carbohydrate 8g	2%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 1g	2%
Vitamin A	6%
Vitamin C	40%
Calcium	2%
Iron	1%

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

### Nutritional information

# Chilaquiles

Chef: Richard Fletcher Ethnic: Mexican Main Ingredient: Tortillas Categories: Main Meal Type: Brunch Food Type: Non vegetarian Level:Easy Servings: 4 Prep Time:15 Minutes Cook Time:30 Minutes



The first time I had Chilaquiles was in Oaxaca in 1972. I just got back from a surfing trip to a little known surfing town called Puerto Escondido. My bus dropped me off at the downtown plaza and there was a cute restaurant on the plaza. The waiter gave me a menu and I asked what your breakfast special was and he said Chilaquiles. Well to make a long story short I love them. Since then I have made them hundreds of times. This version is the fast and easy version. You do not have to make them from scratch.

Print

- 6 day old corn tortillas
- 4 cups tomato sauce
- 1 cup grated cheddar cheese
- 30 large olives
- 1 tablespoon apple cider vinegar
- 1 tablespoon cumin powder
- 4 sprigs cilantro
- 1 whole jalapeno Pepper Recipe

Pre heat oven to 350. Cut up day old tortillas into strips. In cast iron pan pour in tomato sauce. Add apple cider vinegar, cumin powder and cayenne. Cook for a few minutes. Add the tortillas, olives, cheese and scallions, diced jalapeno.

Pour into casserole pan. Add layer of cheese on top.

Bake at 350 covered for 30 minutes. Serve with avocado slices or guacamole. Add dollop of Mexican crema or sour cream and fresh cilantro.

### **Nutrition Facts**

Serving Size 1 Chilaquiles Servings Per Batch 4	
Amount Per Serving	
Calories332	Calories from Fat 2
	% Daily Value *
Total Fat 16g	25%
Saturated Fat 8g	38%
Monounsaturated Fat 6g	
Polyunsaturated Fat 1g	
Trans Fat Og	
Cholesterol 35g	12%
Sodium 502mg	21%
Potassium 1053mg	30%
Total Carbohydrate 37g	12%
Dietary Fiber 8g	31%
Sugars 11g	
Protein 14g	29%
Vitamin A	59%
Vitamin C	45%
Calcium	36%
Iron	6%

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Nutritional information

### Tortas with avocado

Sometimes the best food is at unlikely places. We just passed a toll booth outside of Mexico City. We needed a bathroom break. They had a simple restaurant there that served tortas made with avocados. If you don't know what a torta is, imagine a sourdough sandwich squashed with guacamole inside of the sandwich. Pickled jalapeno peppers or mixed with the avocado. A touch of mayonnaise is spread on the bread. On a griddle or in a pan the torta would be cooked until it is golden brown on the outside. A heavy object is placed over the torta so it gets squashed. I have had plenty of tortoise in my day yet. This was the most memorable. My wife reminded me that we went back and ordered another round

# Tortas Chef: Richard Fletcher Ethnic: Mexican Main Ingredient: Avocado Categories: Sandwich Meal Type: Lunch Food Type: Vegetarian Level:Easy Servings: 4 Prep Time:5 minutes Cook Time:around 3 minutes



This is one of my favorite sandwiches. The best one I ever had was in Mexico at a truck stop outside Mexico City. This is a duplication of the recipe. It's best hot and eaten right when you have finished cooking it.

Print

- 4 roll Rolls, french
- 1 whole ripe avocado
- 1 medium onion
- 2 tablespoons mayonnaise
- 1/2 cup plum tomato
- 1/8 cup Peppers, jalapeno, canned, solids and liquids
- 1/2 cup queso fresco Recipe

Preheat your sandwich maker

Cut bollios or French almost in half. Open up roll so you can easily put your ingredients on. Spread your mayonnaise on both sides of your roll. Spread 1/4 of your avocado on one side of the roll. Add 1 slice of your cheese to your roll along with your tomato, pickled jalapeno pepper slices and your sliced onion.

If you have a sandwich makers put your sandwich on the sandwich maker and close the lid. Cook for around 3 minutes or until your sandwich is hot.

The other method is not as good but still tastes great is to put in the oven at 475 and cook for a few minutes until the sandwich is nice and hot.

### **Nutrition Facts**

Serving Size 1 Tortas Servings Per Batch 4	
Amount Per Serving	
Calories300	Calories from Fat 2
	% Daily Value *
Total Fat 19g	29%
Saturated Fat 4g	21%
Monounsaturated Fat 8g	
Polyunsaturated Fat 5g	
Trans Fat Og	
Cholesterol 10g	4%
Sodium 406mg	17%
Potassium 420mg	12%
Total Carbohydrate 28g	9%
Dietary Fiber 5g	21%
Sugars 3g	
Protein 8g	15%
Vitamin A	8%
Vitamin C	24%
Calcium	14%
Iron	2%

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Nutritional information

Memo was a great friend of ours. He owned several banks in Mexico City. His family originally came from Lebanon. He introduced us to Lebanese cooking. I remember eating sesame crackers that were puffed up and served with tahini. I was introduced to hummus, grapes leaves, and many other assorted Lebanese dishes. For some reason after World War II many Lebanese immigrated to Mexico to start a new life.

# Memo also introduced us to Nopalitos.

## Nopalitos

Chef: Richard Fletcher Ethnic: Mexican Main Ingredient: nopal pads Categories: Salad Meal Type: Dinner Food Type: Vegan Level: Servings: 2 Prep Time:10 minutes Cook Time:20 minutes



The first time I ever had this dish was in Mexico around 40 years ago. My friend Memo served this for the salad for lunch. I still remember this dish today. Nopalitos grows on you over time. I consider it a delicacy.



- 1 cup Nopales
- 1/2 medium onion diced
- 1 tablespoon olive oil
- 1 whole juiced lime
- 1/8 teaspoon pepper
- dash of salt
- 1/8 teaspoon thyme Recipe

Clean nopales with a peeler or a small paring knife. Make sure to remove all the thorns and nods paying special attention to the edges of the pads.

Cut in bite pieces and boil with onion for 20 minutes.

Drain. In salad bowl add all ingredients and let the mixture cool off. When salad is cool put in refrigerator for 1 hour or until salad is cold.

Serving Size 1 Nopalitos Servings Per Batch 2	
Amount Per Serving	
Calories84	Calories from Fat 1
	% Daily Value *
Total Fat 7g	10%
Saturated Fat 1g	5%
Monounsaturated Fat 5g	
Polyunsaturated Fat 1g	
Trans Fat Og	
Cholesterol Og	0%
Sodium 88mg	4%
Potassium 179mg	5%
Total Carbohydrate 6g	2%

Dietary Fiber 2g	6%
Sugars 2g	
Protein 1g	2%
Vitamin A	4%
Vitamin C	21%
Calcium	8%
Iron	0%

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

### Nutritional information

# Mary Higgins



I was roommates with Mary for a couple of months in Miami Beach. She was a delight to be around. I have nothing but good memories about her. Yes, she loves to meditate. That is her foundation. Years later I love to read her Facebook posts.

Just talked to Mary yesterday. It has been many moons since we have talked to each other. Yet it seems just like yesterday. Talk about perfect synchronicity and timing. Mary was probably one of the only people who could help fill in the blanks for me.

There is more to this story about Mary. Sometimes events that occurred over 35 years ago come to fruition many years later. I see the synchronicity of many things. I'm trying to find out about my Zambia experiences and also what synchronicity was that Mexico City produced so many incredible chefs that have cooked for Prem.

Mary, help me out on two fronts. She is going to try to find out what series of events happened in Zambia 50 years ago. I can fill in the blanks but I have no idea who was involved. Hopefully we can get to the mystery of this puzzle. I have a lot of gratitude towards these people.

Mary told me that Bob Cleontes and her were boyfriend and girlfriend during his time in Malibu. She told me a story the first time that Bob cooked for Prem. She went to Ralph's grocery store to buy fresh shrimp. Bob was going to make fish tacos for Prem and his family. Marry said she helped devein the shrimp and took off the shells.

She also told me about Lupe and her mom about how incredible their Mexican food was. You can't find Mexican food like this in the States. They both were incredible chefs in their own right. Both of them cooked for Prem and his family. Mary provided me with Lupe's phone number so I'm going to call her in the future.

Mary also knew Anna, my old girlfriend of 50 years ago. Anna also cooked for Prem and his family. What a small world it is?

I just wrote a piece called the flap of a butterfly's wings. This piece is so reminiscent of the events with Mary. Out of all the people that I know Mary had so much key information to help solve the puzzle. Not only did she

know Bob Cleontes, but she also helped him in his first meal cooking for Prem and his family. She was also friends with Lupe and her mom. The older I get I see the majestic life that ties us all together. The more we see synchronicity the more synchronicity will occur. Signposts are all around us yet do we have the eyes to see. Mary and I haven't seen each other in many moons yet the friendship is as fresh as ever.

# The flap of a butterfly wings

The flap of a butterfly's wings can do many wondrous things. 50 years ago the girls and I were traveling in Zambia. We were hitchhiking and got out of the car. We got rides in two separate cars and landed in the capital of Lusaka. Kali and I got out of the car and within minutes Cookie and Tess also got out of their car What was the chance of that? We each hitchhiked 3 days to reach Zambia and we had no idea where the other team was. Within minutes we met Gary. We tell Gary all about our adventures. Garry's uncle is the national producer of Zambia TV. That night we found ourselves on national TV. We talk about the inner jewel within. After the program ended they received hundreds of phone calls asking what was that. The next night we were invited back on TV. This started a series of events where we went on a tour of many places. Fast forward 50 years. Last week Prem did a talk in a prison in Zambia. There is a system-wide peace program in many prisons all around the world. Just think one small flap of a butterfly's wings can cause a change in future events. Peace is possible. Peace is a choice you make. Peace lies inside of you. You are more powerful than you think. There is a web tying us all together.

Randy Stabler



M

I just learned yesterday that a dear friend of mine Randy Stabler died last Friday.

In my high school yearbook, Randy wrote the following.

A word of wisdom from a fool.

Randy's one word was OM yet he used the letter Om as a ying-yang symbol.

To be honest it was quite profound for its time.

Randy had a great heart.

My twin brother and I ran cross-country and track together with Randy.

He was always a delight to be around.

I last talked to Randy only a few months back.

He talked about his kids and spending time in Iraq.

Both of us love to cook.

We both love the ocean.

Page **702** of **733** 

We had so much in common.

I would see incredible posts on Facebook with Randy and his six kids.

They all had an incredible love for each other.

The day he died all six kids were there.

What a beautiful way to leave this world.

Randy's body died yet his spirit is eternal.

His ashes were spread across the universe.

Randy is still alive.

Close your eyes and go into the silence.

You will sense Randy's presence.

Randy lives inside of your heart.

He is a part of you.

So whenever you are sad about your dear Dad leaving this planet remember he is a part of you.

Those glorious memories never go away.

They are a part of you.

Randy is riding the incredible wave of the universe.

He is a cosmic surfer now.

Some things never change.

They just transform and go into another dimension.

Love you, Randy.

We will see your shining face again.

Randal Stabler message 1 poerds1046,r2c4t0f m1bh1o101e cO · Here is an interesting fact in my life as ... father ( aka; papa with my kids). We sold a house in Newport Heights, 1993 ...packed up a 20 foot container with all our wordily possessions....four kid in tow, youngest 2 years old...and moved to Hong Kong. Business and adventure was calling. After move to Hong Kong...I traveled from Taiwan to Israel and all countries between these points to support my family and live the adventure. Creating business in over 13 or so countries ...cool yea! Still have an Export/Import business in Macau (dormant)...Macau, our final home settling for last 5 years after 3 years in Hong Kong.

MY wife, at the time and children were the "true troopers."

Thank you for reading....any one into hearing our eight+ years living in Asia?

Randy

The following is a story that Randy wrote on his journey in Afghanistan. It comes right out of a James Bond movie. I was in Afghanistan 50 years ago today.

Randy only had 5 days to pull this off. I can't believe that he did this. The waves of the world are very different than ours. To simply comprehend that. Randy did this in 5 days is extraordinary. His daughter Misha was going to graduate from Newport harbor high.

This story is better than any novel. When you have visited these far off places and you hear other people's stories, you understand how dangerous the world can be. Randy nonchalantly tells a story

# **Randal Stabler**

History;

1993/94 Hong Kong, developing business via fax machine...internet in its infancy, or non existent to parts of world I was communicating with to service/create Sta-Lube business. Sta-Lube was sold to CRC Aerosol in 1993. I along with Dad, Laird and Judi Proetel negotiated an exclusive contract with CRC for me to continue the Sta-Lube market/sales presence in Asia and Middle east, which I earlier developed. Thus move to Hong Kong...with family and sell of NPT home. Move was and best for all who experienced the China/Hong Kong/Macau education/experience!

While servicing and developing business via fax. A hit on Afghanistan requesting 20Ft container of high quality vehicle gear oil, that is eighty drums, each drum weighing 450lbs. The logistics/payment alone were daunting and challenging. Inquire came from Kabul via Islamabad, Pakistan. No easy task to get such an inquire. I respond, again, via fax. Their response; the gear oil was for Russian vehicles left behind from Russia's rapid retreat in late eighties defeat. At the time,

1994, the outside world was not aware of the Taliban. I admit I was "horny' to do a 'big deal," With a family to support and grow a business in Asia. And I loved the adventure of it all...fortunate me living life.

A Year or so later learned, after sale, the brutal place Afghanistan, especially towards women.

Flew into Lahore, Pakistan from Hong Kong early June/94. I had five days to get the deal done...because after the five days, I had four more days to be in Newport for Mischas' high School graduation, I was not going to miss it!! (probably just racked up enough miles to fly around the world).

Arrived Lahore and promptly driven to Islamabad for the night. Next day, early AM, woken to attend the call to the Mosque (the largest in the world). I attended, washed feet, the service. Then we, prospective Afghan customers, loaded into a crew cab Toyota pick-up and headed towards Peshawar. At Peshawar, my Afghan minders wanted to share with me an open market. Oh...yea all along the way ate great locale food, including raw goat brain with lots of garlic, herbs and peppers. The open market, Peshawar (border to Afghanistan), is set out like a "swap meet," beautiful rugs laid out. But instead of general domestic goods...there is a huge awry of weapons! AK 47's, Mortars, Machine guns, Hand Held Rocket Propelled grenades etc, and Ammunition for all. Hundreds bartering for the goods. I felt very uncomfortable among all these weapons meant to kill. My minders/customers, thought they were sharing a beautiful open market.

After being shown the pride of the country, Mosque/Open Market. We loaded into the crew cab to drive into Kabul via "Kyber Pass" (if you do not know of Kyber Pass history, look it up...very famous). All this with Himalayas in deep fore ground. Dicy drive with deep river valleys and no road guards to deflect you from going over the edge into a thousand or more foot drop into the valley.

Arrived Kabul to complete the gear oil deal. I was promptly served locally brewed beer and tea, brought in by young boys (yea I know you are thinking ... this is a Muslim country, beer? yes). Deal done after midnight hour. The transaction\$ was a logistic nightmare. Three banks involved all requiring LC's (letters of Credit) and BL's (Bills of Lading) starting from the docks of Sta-Lube at Rancho Dominguez, CA, destined for Kabul.

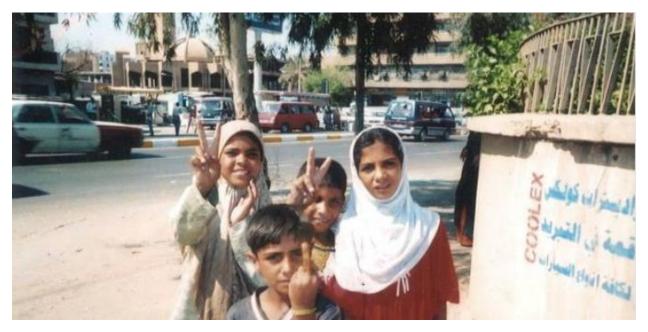
Drove back to Pakistan ... four and one-half days out. Arrived Islamabad mid afternoon on finish of fifth day. I was knocked off flight to Calcutta, India due to unrest/saber rattling between each country. And told there were no more flights for next 2-3 days. But...for an extra fee I could catch a flight to Indonesia that would connect me with a flight in Hong Kong to meet USA flight. I was set up! Fortunately I was prepared with "Swiss Army Knife" nock-offs from HK with twenty dollar USD\$ wrapped around each knife (I had been here before). Got on the plane and was seated...for next six or more hours, to an aging woman constantly coughing up blood into a handkerchief, anxious what I was going to catch. I made MISCHAS' graduation!

Randal Stabler message 2 epSstolr,mi214Alcp 02f5 2 ·

My time in Baghdad...I was in the "LE" (local economy, the streets) almost daily 2003-2004. Just rummaged up these photos. The group of Iraq teens was a spontaneous shot..two girls happy to see me one confused and the boy your next a car bomber...second shot our soldier in an improvised armor with sand bags, 4x4's and steel doors with his office chair bolted to the Humvee bed (check out pic in mirror).

Crazy place was Baghdad. I was sub-contractor cheffing for the intelligence and Black Water community (before we knew of Black Water 2003).

Have several newspaper articles under "Embedded Chef."





Randal Stabler curry soup message roesh0l0i2p3 1 fr,1aa3A18 ·

Rick...As promised; here is my Curry Soup version along with stocks...enjoy creating! Please take liberties with your variations...then share. You are excellent in creating with cooking!

Remember; all has been done before in cooking, we can only expand with our own creative nuances'.

Chicken Stock;

- Roast 1/2 chicken with garlic, onion, celery, carrots, peeled/sliced ginger, turnips, parsnips, small amount beet a few cloves, cilantro, parsley and S/P. coat all with small amount sesame oil.

After Roasting; throw all in 5qts of water...reduce to 3 qts. Slowly, three hours or more.

Vegetable Stock:

- No chicken

Soup finish:

- Strip chicken meat from bone. Toss bones. Chop meat.

- Add all roasted vegetables to compost, to grow your future vegetables in next seasons soil.

- Again, use same fresh veggies, or more of your choice (potatoes along with tomatoes work well here). Chopped to your preference size. Add chopped chicken.

- Sauté veggies and chicken in clarified butter, or oil of choice, to point of semi softness. In soup size pot.

- At this point add one apple (skin on) and banana, both finely chopped.

- Add curry powder or paste of your choice along with a little added coriander, turmeric and of course chile spice to your temperament.

- Stir and sauté

- At time well stirred saute meld, splash in small amount Saki to set off flavors and...stir, until you get right aroma.

- Add 1 12oz can coconut milk. Not coconut water

- Add the 3qts stock and simmer slowly 2 hours or so.

- Remove from heat and let rest over night for flavors to bind and discover each other.

Next day:

Reheat and serve with Rita some Nan along with rice or what ever.

ENJOY ... and play in cuisine fun!

22

2 Comments

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2 Comments

### Mark McClellan

Randy, this sounds yummy. Rick, I know you're on it.

# • Like • 9y • Active

### **Richard Fletcher**

I'm making this on Saturday....

• Like

# **Curry Soup**

Chef: Randy Stabler Ethnic: Thai Main Ingredient: chicken Categories: Soup Meal Type: Dinner Food Type: Non vegetarian Level: Servings: 8 Prep Time:30 minutes Cook Time:3 hours



My dear friend Randy Stabler gave me this recipe. He has been an incredible chef for many years. The secret to this recipe is the stock.

Here's a quote from Randy. The beauty of cooking "we could cook 24/7 3 meals a day in our life time and not repeat a recipe." There are literally millions of recipes. I can go to a Pot Sticker restaurant in Macau and then another one around the corner and experience different slight variations in flavors for the same product.

# Print

Ingredients

#### Chicken stock

- 1/2 whole chicken
- 1 cup potatoes
- 1 cup celery
- 1 tablespoon fresh ginger
- 1 large turnips
- 1/2 cup beets
- 1 teaspoon 5 star anise
- 1/2 cup fresh cilantro
- 1/2 cup fresh parsley
- 1 teaspoon sesame oil
- 10 cups water
- 1 whole juiced lime Soup ingredients

- 1 diced large banana
- 1 tablespoon ghee
- 1 cup potatoes
- 1 cup celery
- 1 tablespoon fresh ginger
- 1 teaspoon cloves
- 10 sprigs fresh cilantro
- 10 sprigs fresh parsley
- 1 medium apples
- 1/8 fl oz sake
- 1 1/2 cups coconut milk
- 1 tablespoon curry powder
- 1 teaspoon coriander powder
- 1/2 whole red chili
- dash of salt
  - Recipe

Add 10 cups of water to pot. Add chicken and rest of broth ingredients. Bring to a boil and simmer for two hours. Strain the stock by pouring the liquid over a colander with a pot underneath it. Compost the vegetables if you can. Save the chicken and set aside.

Add soup ingredients to stock. Bring to a boil and simmer for 20 minutes. Let it cool overnight to bring out the flavors. Next day heat up soup and serve with yogurt or naan.

#### **Nutrition Facts**

Serving Size 1 Curry Soup Servings Per Batch 8	
Amount Per Serving	
Calories151	Calories from Fat 2
	% Daily Value *
Total Fat 9g	14%
Saturated Fat 6g	32%
Monounsaturated Fat 1g	
Polyunsaturated Fat Og	
Trans Fat Og	
Cholesterol 4g	1%

Sodium 84mg	4%
Potassium 637mg	18%
Total Carbohydrate 18g	6%
Dietary Fiber 4g	18%
Sugars 7g	
Protein 3g	6%
Vitamin A	66%
Vitamin C	79%
Calcium	9%
Iron	3%

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

### Nutritional information

# Farouk Gongee



I first met Farouk in India in 1971. Once upon a time, I was in Bethesda Maryland for a week. Farouk invited me over for some middle eastern cuisine. We had baba ganoush, hummus, and feta. Wow, I still remember it 40 years later. I was truly welcome into his home. I have many fond memories of Farouk.

## Baba Ganoush

Chef: Richard Fletcher Ethnic: Middle Eastern Main Ingredient: Eggplant Categories: Side dish Meal Type: Lunch Food Type: Vegetarian Level:Easy Servings: 4 Prep Time: Cook Time:



The first time I ever had this dish was in New York City around 1977 at a middle eastern restaurant. I loved how it tasted and how it was served.

Print

- 1 whole eggplant
- 3 cloves garlic
- 1/4 teaspoon salt
- 1/8 cup lemon juice
- 2 tablespoons tahini
- 3 tablespoons olive oil
- 1 sprigs parsley for garnish

#### Recipe

Put a skewer through an eggplant. If you have a gas burner put on top of flame and turn slowly until the skin burns and turns blistery. Otherwise place in oven at 375 degrees for 45 minutes or until the skin blisters.

Peel skin and put pulp in blender.

Blend well.

Add crushed garlic, olive oil, lemon juice and tahini. Mix well. Add salt & cayenne.

Put on a plate with 1 tablespoon of olive oil on top with dash of cayenne. Garnish with fresh parsley.

### **Nutrition Facts**

Serving Size 1 Baba Ganoush Servings Per Batch 4	
Amount Per Serving	
Calories180	Calories from Fat 1
	% Daily Value *
Total Fat 14g	22%
Saturated Fat 2g	10%
Monounsaturated Fat 9g	
Polyunsaturated Fat 3g	
Trans Fat Og	
Cholesterol Og	0%
Sodium 160mg	7%
Potassium 395mg	11%
Total Carbohydrate 12g	4%
Dietary Fiber 6g	22%
Sugars 4g	
Protein 3g	6%
Vitamin A	5%
Vitamin C	19%
Calcium	6%
Iron	1%

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### Nutritional information

## Baklava

Chef: Richard Fletcher

Ethnic: Middle Eastern Main Ingredient: Phyllo leaves Categories: Dessert Meal Type: Dessert Food Type: Vegetarian Level:Easy Servings: 4 Prep Time:35 minutes Cook Time:50 minutes



The first time I had baklava was in Athens Greece in 1971. I first made baklava in New York City during the seventies. Of course everyone looked forward to this dish. It is absolutely delicious. This dish has pistachios, walnuts, honey, rose water and saffron.

Print

- 20 sheet package phyllo dough
- 1 cup chopped pistachios
- 1 cup chopped walnuts
- 1 cup melted butter
- 3/4 cup white sugar
- 1/16 teaspoon saffron
- 1 1/4 cups water

- 1 1/4 cups honey
- 1/8 teaspoon rose water **Recipe**

Preheat oven to 375

Unroll phyllo. Cover phyllo with a damp cloth to keep it from drying out.

Place two sheets of phyllo in the bottom of a buttered baking dish.

Brush phyllo generously with butter. Sprinkle 2 to 3 tablespoons of the nut mixture on top. Repeat layers until all ingredients are used.

Place baklava in oven and bake for 20 minutes or until baklava turns golden brown.

While baklava is baking create sauce by combining sugar and water in a small saucepan over medium heat and bringing to a boil. Stir in honey and saffron. Turn off heat

Remove the baklava from the oven when it is golden brown and pour sauce mixture on top.

### **Nutrition Facts**

Serving Size 1 Baklava Servings Per Batch 4	
Amount Per Serving	
Calories1460	Calories from Fat 2
	% Daily Value *
Total Fat 84g	129%
Saturated Fat 33g	166%
Monounsaturated Fat 27g	
Polyunsaturated Fat 18g	
Trans Fat 2g	
Cholesterol 122g	41%
Sodium 472mg	20%
Potassium 608mg	17%

Total Carbohydrate 169g	56%
Dietary Fiber 7g	29%
Sugars 110g	
Protein 21g	42%
Vitamin A	31%
Vitamin C	5%
Calcium	8%
Iron	6%

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### Nutritional information

### Hummus

Chef: Richard Fletcher Ethnic: Middle Eastern Main Ingredient: Garbanzo beans Categories: Side dish Meal Type: Dinner Food Type: Vegetarian Level:Easy Servings: 4 Prep Time:10 minutes Cook Time:



During the seventies I used to make this dish quite frequently. People would love it. At that time Middle Eastern food was quite unknown in New York City.

Print

- 1/4 cup fresh lemon juice
- 3 cloves fresh garlic
- 2 tablespoons tahini
- 1 teaspoon salt
- 1/8 teaspoon black pepper
- 3 tablespoons olive oil
- 1 cup chickpeas Recipe

How easy is this? Put all ingredients in blender except for the fresh parsley.

Blend until smooth.

Pour into dish. Sprinkle olive oil on top. Add fresh parsley for garnish.

### **Nutrition Facts**

Serving Size 1 Hummus Servings Per Batch 4	
Amount Per Serving	
Calories192	Calories from Fat 7
	% Daily Value *
Total Fat 3g	5%
Saturated Fat Og	2%
Monounsaturated Fat 1g	
Polyunsaturated Fat 1g	
Trans Fat Og	
Cholesterol Og	0%
Sodium 13mg	1%
Potassium 465mg	13%
Total Carbohydrate 33g	11%
Dietary Fiber 9g	35%
Sugars 5g	
Protein 10g	20%
Vitamin A	1%
Vitamin C	7%
Calcium	6%
Iron	3%

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

### Nutritional information

# **Stuffed Grape Leaves**

Chef: Richard Fletcher Ethnic: Middle Eastern Main Ingredient: Grape Leaves Categories: Appetizers Meal Type: Dinner Food Type: Vegetarian Level:Easy Servings: 4 Prep Time: Cook Time:



I first made this recipe in New York city during the seventies. Everybody would love this dish.

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- 1 cup basmati rice
- 2 cups water
- 1 cup Grape leaves
- 1 small onion
- dash of salt
- 1/8 teaspoon black pepper
- 1/4 cup pine nuts
- 1/4 cup raisins Recipe

Cook basmati rice. Add water to pan. Boil. Add rice. When it starts boiling again turn down to medium heat. Cook for 20 minutes. Take off burner and set aside.

Sauté onions in olive oil on low flame until onions are soft and clear. Add pine nuts, salt, pepper and raisins to rice. Place a spoonful of the filling in the center of the grape leaf and wrap up the leaf around it folding in the sides.

Then put 1/2 inch of water in a pot and steam for 15 to 25 minutes.

#### **Nutrition Facts**

Serving Size 1 Stuffed Grape Leaves Servings Per Batch 4	
Amount Per Serving	
Calories263	Calories from Fat 5
	% Daily Value *
Total Fat 6g	10%
Saturated Fat Og	2%
Monounsaturated Fat 2g	
Polyunsaturated Fat 3g	
Trans Fat Og	
Cholesterol Og	0%
Sodium 48mg	2%
Potassium 208mg	6%
Total Carbohydrate 48g	16%
Dietary Fiber 2g	8%
Sugars 7g	
Protein 5g	10%
Vitamin A	19%
Vitamin C	3%
Calcium	4%
Iron	3%

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

#### Nutritional information

# Tabbouleh

Chef: Richard Fletcher

- Ethnic: Middle Eastern
- Main Ingredient: Bulgur
- Categories: Salad
- Meal Type: Lunch
- Food Type: Vegetarian
- Level:Easy
- Servings: 4
- Prep Time:30 minutes
- Cook Time:



I first had Tabbouleh in New York City during the seventies. I loved how easy it was to make and how delicious it is.



- 1 cup bulgur
- 2 cups boiling water

- 2 medium tomatoes
- 3 medium scallions
- 1 cup green peppers
- 1/2 cup parsley
- 2/3 cup olive oil
- 1 whole fresh Lemon juice
- 1 cup spinach
  - Recipe

Boil water.Pour over bulgur. Mix. Set aside for 1 hour.Dice scallions, parsley, tomatoes, and green peppers very finely.Combine olive oil, lemon juice, salt and pepper.Mix all ingredients.Put in the fridge for one hour.Serve on top of spinach leaf.

#### **Nutrition Facts**

Serving Size 1 Tabbouleh
Servings Per Batch 4

Amount Per Serving

Calories480	Calories from Fat 1
	% Daily Value *
Total Fat 37g	57%
Saturated Fat 5g	26%
Monounsaturated Fat 26g	
Polyunsaturated Fat 4g	
Trans Fat Og	
Cholesterol Og	0%
Sodium 38mg	2%
Potassium 595mg	17%
Total Carbohydrate 36g	12%
Dietary Fiber 8g	34%
Sugars 5g	

Protein 6g	13%
Vitamin A	44%
Vitamin C	120%
Calcium	6%
Iron	3%

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

### Nutritional information

## Feta

Chef: Richard Fletcher Ethnic: Lebanese Main Ingredient: Garbanzo Beans Categories: Main Meal Type: Dinner Food Type: Vegetarian Level:Easy Servings: 4 Prep Time:15 minutes Cook Time:



I first had this dish in Washington DC around 1977. Farouk a Lebanese friend made this dish for me. It was love at first sight. Very easy to make.

Print

- 4 tablespoons melted butter
- 1 1/2 cups garbanzo beans
- 1 diced medium onion
- 3 cloves diced garlic
- 1 cup green peppers diced
- 1 cups green peas
- 1 container (8 oz) Greek Yogurt
- dash of salt
- 1 teaspoon parsley
- 1/8 tablespoon pepper Recipe

Soak beans overnight. Cook beans until done. Set aside.

Sauté with 2 tablespoons butter, onions, garlic and green peppers. When onions are soft add the peas.

Put garbanzos in casserole dish. Mix with the above ingredients. Add yoghurt, salt, pepper and 2 tablespoon of melted butter. Decorate with parsley.

#### **Nutrition Facts**

Serving Size 1 Feta Servings Per Batch 4	
Amount Per Serving	
Calories379	Calories from Fat 2
	% Daily Value *
Total Fat 17g	26%
Saturated Fat 9g	44%
Monounsaturated Fat 4g	
Polyunsaturated Fat 2g	
Trans Fat Og	
Cholesterol 38g	13%
Sodium 84mg	3%
Sodium 84mg Potassium 747mg	3% 21%
Potassium 747mg	21%
Potassium 747mg Total Carbohydrate 46g	21% 15%
Potassium 747mg Total Carbohydrate 46g Dietary Fiber 12g	21% 15%
Potassium 747mg Total Carbohydrate 46g Dietary Fiber 12g Sugars 12g	21% 15% 47%
Potassium 747mg Total Carbohydrate 46g Dietary Fiber 12g Sugars 12g Protein 15g	21% 15% 47% 30%
Potassium 747mg Total Carbohydrate 46g Dietary Fiber 12g Sugars 12g Protein 15g Vitamin A	21% 15% 47% 30% 18%
Potassium 747mg Total Carbohydrate 46g Dietary Fiber 12g Sugars 12g Protein 15g Vitamin A Vitamin C	21% 15% 47% 30% 18% 77%

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#### Nutritional information

# John Roberts



I first met John through my friend Buddy Owens. I had just returned home from my journeys around the world. Buddy was living with some friends who I become friends with them. They are learned how to meditate. John was an incredible person to be around. He loved life to its fullest. He had quite a humble and loving demeanor. John smiled at life.

Once again the web of life connects us all. One of Buddy's roommates is Bob Haxton who thirty years later is living in Ashland Oregon. We have the same spiritual path with two identical teachers.



John and I decided to take a surf trip to Mexico. John had this incredible VW Camper. John just bought the Wings first album and we would play it over and over. We drove from California to Matazlan. We spent a day or two there and traveled to San Blas



San Blas is famous for Matanchen Bay. This can be the longest wave to ride in North America. On a good day, you can ride a wave for over a mile. I have never seen that yet. I see the potential. I have ridden tiny waves for probably a quarter of a mile. John and I surfed at this river mouth just outside of town. It was always consistent. We had it all to ourselves. Great fun lefts were had by all.



We continued our drive to Puerto Escondido. I was there a year before but I had no surfboard. This surf spot is for experts only. The waves can be huge. Even on a small day, the waves break extremely hard and violent. We got some incredible waves. Back then it was

an unknown surf destination. Today the entire world knows of this surf spot.

John was a great surf partner. We definitely had adventures along the way. Our goal was to go to Central America. One night, while we were sleeping someone, stole John's surfboard.



We drove on a dusty dirt road to Oaxaca and visited Monte Albán a famous pre-Columbian archaeological site



We also visited the Tule tree. It's believed that the tree is about 2,000 years old. Local legend holds that the tree was planted 1,400 years ago by a priest of the Aztec storm god. According to National Geographic, it is the inspiration for an annual festival in Oaxaca celebrated on the second Monday of October.

We spent a few days there and drove to Mexico City. I lived there for two years



Our house was across the street from Chapultepec Park. I enjoyed seeing my Mexican friends. They welcomed John and I into their household.

I will always cherish my time with John. The last time I saw him was ten years ago in Ashland Oregon.

## Cottage Cheese Tostada

Chef: Richard Fletcher Ethnic: Mexican Main Ingredient: Cottage Cheese Categories: Main Meal Type: Lunch Food Type: Vegetarian Level:Easy Servings: 4 Prep Time:5 minutes Cook Time:5 minutes



When I was in my early twenties I had a good surfing buddy John Roberts. After a day of surfing John would make this delicious and nutritious lunch. I have been using his recipe ever since. It is simple and quick.

Print

- 4 corn tortillas
- 1 cup cottage cheese
- 1 medium tomato
- 2 stalk scallions
- 1 whole avocado
- 1/4 cup alfalfa sprouts
- 1 tablespoon hot sauce garnish Recipe

Pre heat broiler

Spread cottage cheese on corn tortilla.

Dice tomatoes and scallions.

Dice avocados.

Spread on tortilla.

Put in broiler until the cheese melts.

When done add sliced avocados, alfalfa sprouts and hot sauce.

### **Nutrition Facts**

Serving Size 1 Cottage Cheese Tostada Servings Per Batch 4	
Amount Per Serving	
Calories198	Calories from Fat 2
	% Daily Value *
Total Fat 10g	16%
Saturated Fat 2g	11%
Monounsaturated Fat 6g	
Polyunsaturated Fat 1g	
Trans Fat Og	
Cholesterol 9g	3%
Sodium 214mg	9%
Potassium 508mg	15%
Total Carbohydrate 20g	7%
Dietary Fiber 5g	22%
Sugars 4g	
Protein 9g	18%
Vitamin A	14%
Vitamin C	35%
Calcium	8%
Iron	1%

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#### Nutritional information

karen DELEON-Apr 29 2012 11:21AM

Hi Rick, It's Ovidio's wife, Karen. For over 20 years I have heard about your cooking! Lauren (our 15 year old) has recently moved toward no meat, little chicken, some fish but more vegetarian--now the trick is to get her to eat actual healthy food vs carbs! Looking forward to trying your recipes--the timing is perfect! Karen

Richard and Barbara Fletcher-May 9 2012 2:59PM

Hi Karen I hope you enjoy the site. I'm hopeful that your daughter will enjoy the recipes.My daughters enjoy them to this day. Have you treid any yet? I would love to hear from you if you did. Say Hi to your husband. Rick