



bella luna
TOYS

Grain of the Day

Sunday - Wheat

Brings harmony to the body

Monday - Rice

Regulates digestion

Tuesday - Barley

Soothing

Wednesday - Millet

Warming

Thursday - Rye

Nourishes bones

Friday - Oats

Supports immunity

Saturday - Corn

Provides minerals



Grain of the Day

Sunday - Wheat

WHEAT CRACKERS

1 1/2 cups (170g) Whole Wheat Flour
3/4 teaspoon salt
1 teaspoon baking powder
4 tablespoons (57g) unsalted butter, cold
1/2 cup (113g) milk
olive oil and sea salt for topping crackers, optional

Mix together the flour, salt, and baking powder.

Work in the cold butter until the mixture resembles wet sand.

Add the milk and stir until dough becomes cohesive. Turn the dough out of the bowl onto a clean surface, and knead until it becomes smooth, about 1 minute.

Divide the dough in half, shape each half into a rectangle and wrap them in plastic. Set the pieces aside to rest for 30 minutes.

Preheat the oven to 375°F. Roll one piece of dough out on a lightly floured work surface as thinly as possible, 1/16" or thinner, or roughly 16" x 8" to 10"; rolling the dough on a piece of parchment paper is very helpful here.

Cut the dough into 1" to 2" squares and place them on parchment-lined baking sheet.

Lightly brush the crackers with olive oil and sprinkle them with salt, then bake them for 12 to 15 minutes, until crisp and lightly golden.



Grain of the Day

Monday - Rice

2 c short grain brown rice
4 c water
2 vegetable bouillon cubes
(or replace water & bouillon with 4 c vegetable broth)
2 tbsp butter
Toppings:
Sunflower seeds
Gomashio
Golden sprinkles (nutritional yeast)
Butter
Tamari or soy sauce
Carrot sticks

Boil water and add bouillon cubes to prepare broth. Rinse the rice and put in a medium-sized pot. Add the boiling broth and butter and bring to a boil, stirring occasionally.

Once boiling, stir once and place a tight-fitting lid on the pot. Reduce heat to low and simmer, covered, for 35-45 minutes.

When most of the liquid is absorbed, turn off the heat and allow rice to sit with the lid on for ten minutes. Fluff with a fork and serve with your choice of toppings.



Grain of the Day

Tuesday - Barley

STONE SOUP

Wash and soak 1 cup of or barley and 1/4 cup red lentils

The next day:

Sauté in a large stock pot with 2 Tbsp. butter and

3 Tbsp. olive oil

1 clean stone

4 cloves crushed garlic

Fresh leeks, or 2 large onions, finely chopped

Fill the pot halfway with boiling water and add 4 cubes of vegetable bouillon, the drained barley and lentils

Bring ingredients to a boil and then let simmer. Add chopped vegetables: carrots, potatoes, squash, spinach, celery, turnips, parsnips, broccoli, etc. Beets and kale are nice to add for color.

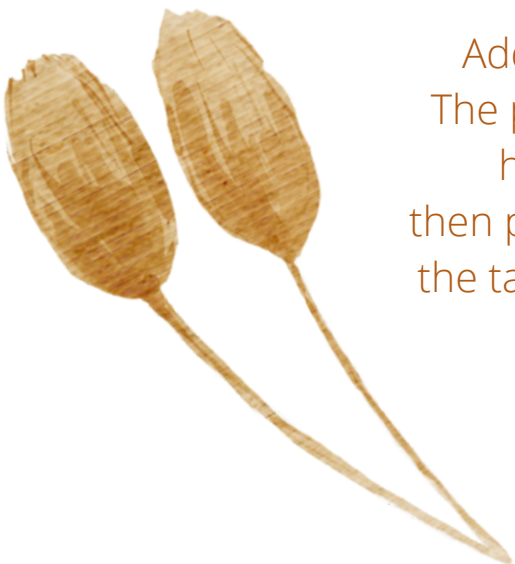
After all vegetables are added, fill the pot with more boiling water.

Optional: Add 1 can of coconut milk.

Simmer for an hour.

Add tamari (soy sauce) to taste.

The person who finds the stone in his/her bowl makes a wish, then passes the magic stone around the table for everyone to wish upon.



Grain of the Day

Wednesday - Millet

SAVORY MILLET

Rinse well 3 cups of organic millet. Soak the millet overnight in 9 cups of water with 1 1/2 tsp. salt.

The next day:

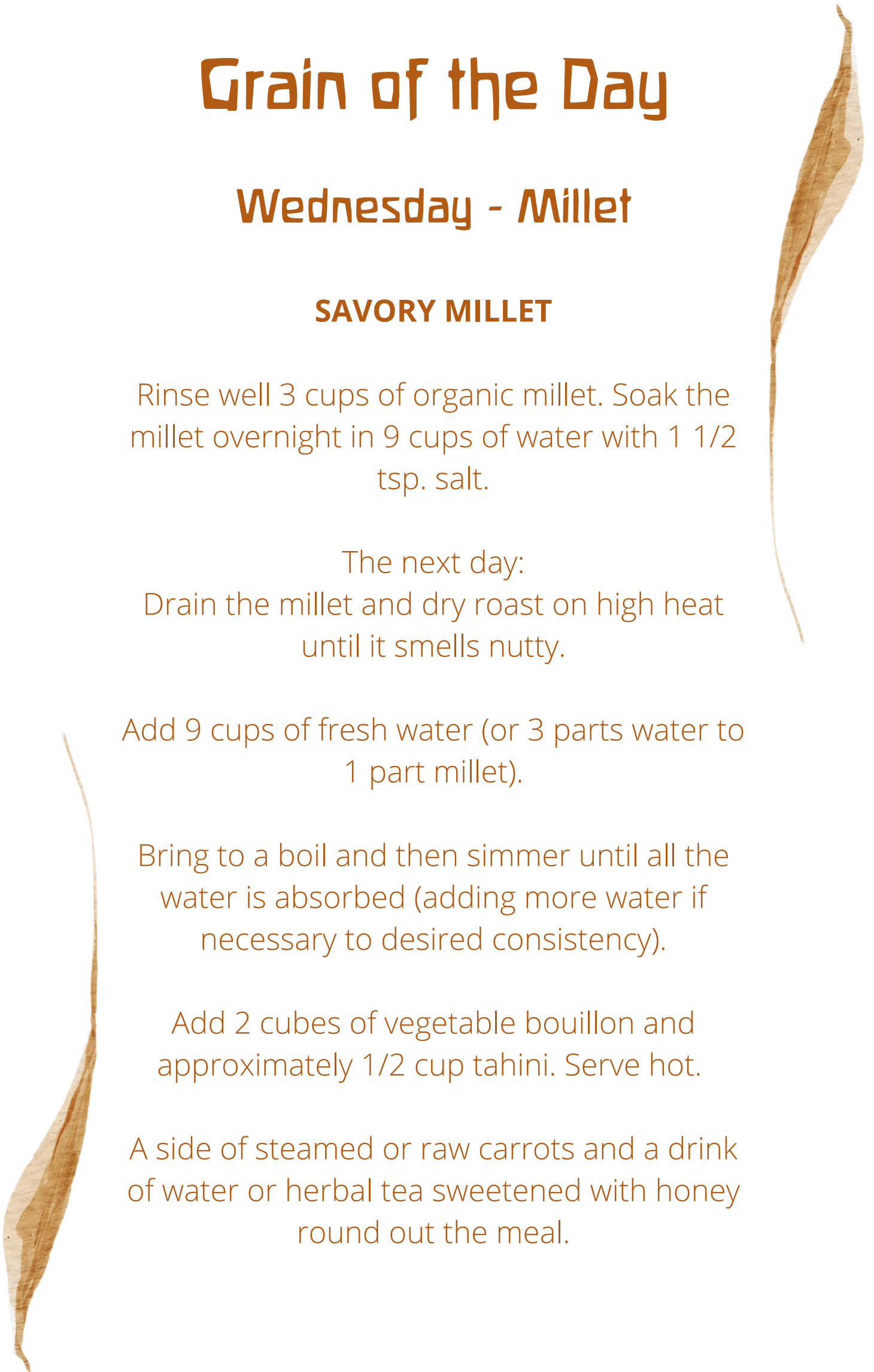
Drain the millet and dry roast on high heat until it smells nutty.

Add 9 cups of fresh water (or 3 parts water to 1 part millet).

Bring to a boil and then simmer until all the water is absorbed (adding more water if necessary to desired consistency).

Add 2 cubes of vegetable bouillon and approximately 1/2 cup tahini. Serve hot.

A side of steamed or raw carrots and a drink of water or herbal tea sweetened with honey round out the meal.





Grain of the Day

Thursday - Rye

KINDERGARTEN BREAD

Mix a teaspoon of honey in a cup of lukewarm water. Sprinkle 1 1/2 tsp. yeast- do not stir! Set this in a warm place until foamy (15-30m)

Put 5 cups of warm water in a large mixing bowl. Add 1 1/2 tsp. salt and a large spoonful of honey. Mix well. Add the yeast mixture and stir again.

Stir in enough flour (half rye and half white bread flour) to make a bread "sponge" the consistency of thick mud. Beat with a wooden spoon 100 strokes. Cover with a damp towel, and let the sponge sit overnight.

The next day:

Stir in approximately 3-4 more cups of flour until the dough is kneading consistency and comes away from the sides of the bowl.

Knead using more flour as needed, for 10-15 minutes, or until the dough is smooth and elastic.

Shape into rolls. Place on an oiled cookie sheet and allow to rise in an oven set to "Warm" for 10-15 minutes Raise oven temperature to 350 and bake for approximately 1 hour until the rolls are golden brown

Serve with tea, honey-butter, cheese and fruit.

Grain of the Day

Friday - Oats

OATMEAL PORRIDGE

The night before:
Soak 2 cups organic rolled oats in
8 cups of water with 1/2 tsp salt.

The next day:
Add 4 Tbs. Butter (optional)

Bring to a boil and then simmer
until creamy (one hour or longer).

The porridge will thicken to a pudding-like
consistency if left to sit and cool for 20-30
minutes.

Serve with honey or maple syrup, cream,
raisins, apples and/or sunflower seeds.



Grain of the Day

Saturday - Corn

CORN TORTILLA

Yield: 12 to 16 tortillas

1½ cups masa harina

¼ teaspoon salt

2 tablespoons vegetable oil, lard or butter

About 1 cup hot water, or more as needed

Flour for kneading

Combine the masa and salt in a bowl; stir in the oil. Slowly stream in the water while mixing with your hand or a wooden spoon until the dough comes together into a ball.

Turn the dough onto a lightly floured surface, and knead until it is smooth — just a minute or two. Wrap and let it rest at room temperature for at least 30 minutes or up to a few hours.

Break off pieces of the dough (12-16 total), and lightly flour them. Roll them out or press them with your hands to a diameter of 4 to 6 inches. Begin to cook the tortillas as you finish pressing or rolling them

Put a large skillet, preferably cast iron, over medium-high heat for 4 to 5 minutes. Cook the tortillas, 1 or 2 at a time, until brown spots appear on the bottom, about a minute. Flip, and do the same on the other side.

Wrap the cooked tortillas in a towel to keep them warm; serve immediately.

