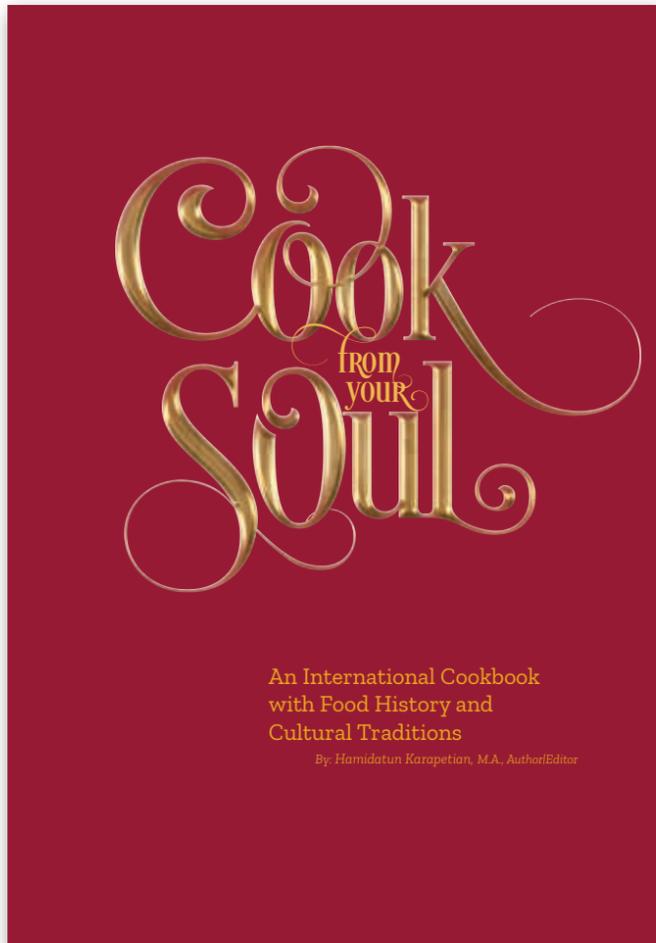


A GIFT FOR ALL SEASONS



“Cook From Your Soul” A cookbook produced by Hamidatun and Aswan Karapetian (*Subud Los Angeles*), shares recipes and culinary history as an expression of international culture. Specifically, the foods described reflect the international cuisines of Subud members, and reflect personal, religious, and ethnic foods appropriate for celebrations as well as every day. *7 x 10 in., soft cover, with 220 pages and color illustrations*

“Cook From Your Soul” will be available in January, 2018. To pre-order, please send your name, home address, email address, the number of books you wish to order, along with a check, payable to WisdomInc, for \$25. per book plus shipping charges to your location from Los Angeles, California.

If you prefer to use PayPal, just let us know how many books you want. You don't need a PayPal account to use this service. We will invoice you via email. When you receive our email notice, just follow the prompts and use whatever card you like. When we receive the funds, we will send the book(s)! Questions? Write aswan@wisdominc.com

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	Cusines around the world have developed according to the nature and culture of the people. Cooking began as an inner expression, an impulse to follow a feeling within. As they expressed, using the foods available, they incorporated them into their lives. Some of their decisions were based on religious and cultural mythologies handed down to them. People have shared their traditional recipes which, for some, have become common knowledge shared with others. Recipes have reflected the international cuisines of Subud members including their personal experiences, celebratory foods, and foods prepared as a part of family and religious traditions. Subud is a direct spiritual experience of the soul being reconnected to the power of God. Reconnecting this contact with the Great Life Force is a simple, natural process which arises spontaneously without effort, study, genius, or teachers.	
	Subud is a practice that is in harmony with all faiths – open to those with or without religious affiliation, 17 years and over. Subud began with an Indonesian man named Rihpal Muhammad Subud. Sunohadwidjodjo when he received this spiritual experience in 1918. From then until his death in 1991 he traveled the world sharing this experience with others who wished to receive the contact. Since he passed, his eldest daughter, Ibu Siti Rayaha, has continued to work for Subud group actions and explanations as needed. Subud is now in over 77 countries. “...Once you have been able to receive God's gift within your inner being when your hands are performing tasks such as cooking... they will be filled with the will of God.”... suppose you are cooking – no matter what it is that you are cooking – when your hands move, it is as if you are guided. The result is that the dishes you produce are really delicious; their taste is unexpected.” “Be silent and worship God in your heart. Then your cooking will be filled with delight!” Rihpal, May 1967 “...education comes from within and leads to culture – leads to having culture in our life.” “...in the soul of each one of us, it will give rise to something new, leading to the arising of human culture. This is why we have established an organization for this development in Subud, which we call SICA (Subud International Cultural Association), which will later become a vessel for whatever develops by way of our soul that has the character of culture. This development will be very broad because it embraces every kind of talent.” Ibu Rahayu Sunohadwidjodjo, 1997 The Subud International Cultural Association (SICA) is a nonprofit organization providing programs and services to Subud members and other organizations working for the public benefit across all fields of cultural endeavor. SICA Subud International Cultural Association SICA provides information, training, networking and support services as well as opportunities to engage and collaborate with cultural initiatives and events around the world. SICA works at the intersection of creativity and spirituality to advance and celebrate activities that grow out of the development of the human soul. SICA affirms that culture, as the outer expression of our inner selves, embraces all understandings and human endeavor. Its expression is powerful and vigorous, enabling us to feel and value our real selves and to know our real direction in life. SICA sponsors conferences, festivals, symposia, publications, exhibitions, performances, workshops, research, and other activities – for both Subud members and the general public. Our open doors invite individual gifts and talents held by the people of culture. 10% profits from sales of this book will go to SICA.	

Introduction

144	I talian Caponata	
	Special equipment: a steamer insert over a pot with a lid 1 MEDIUM EGGPLANT, PEELLED AND CUT INTO ABOUT ¾ INCH PIECES 5 STALKS OF CELERY, DICED INTO SMALL PIECES 1 LARGE BELL PEPPER (ANY COLOR), DICED INTO SMALL PIECES ONE 4½ OUNCE CAN OF DICED TOMATOES 2 CARROTS, CUT CROSSWISE INTO ¼ INCH PIECES 5 OR 6 CLOVES OF GARLIC, DICED ¾ MEDIUM ONION, DICED 2 TABLESPOONS DREGGARD FRESH OR DRY LEAVES 2 TABLESPOONS SWEET BASIL, DRIED LEAVES BALSAMIC VINEGAR, 2 OR 3 TABLESPOONS PITTED PIMENTO OLIVES OLIVE OIL (NOT EXTRA VIRGIN), ENOUGH TO SAUTE THE EGGPLANT, ONIONS AND GARLIC SALT AND PEPPER TO TASTE Put an inch or two of hot water in a pot. Insert the “steamer insert.” Load vegetables in the steamer. Put the lid on the pot. Steam the vegetables (eggplant, celery, bell pepper, and carrots) separately until they are half cooked. It takes about 10 minutes. Sauté the onion and garlic until soft. Put aside. Sauté the eggplant until medium soft. Add the onion, garlic, vegetables, and mix together about 1 or 2 minutes. Add the rice and diced tomatoes and the juice from the can. Sprinkle on the oregano and sweet basil. Add the balsamic vinegar. Add salt and pepper to taste. Cover and simmer if you like it a little hot and spicy, you could add red pepper flakes. You can serve it hot or cold. It makes a very good filling for a sandwich. History This is Latty's mother's recipe for Sicilian antipasto or vegetable main dish. contributed by: Latty Manzotti Javanese Yellow Rice Serves 6 2 POUNDS RICE WATER TO COVER THE RICE 1 CUP COCONUT MILK 1 TEASPOON TURMERIC 1 CLOVE GARLIC, minced, but do not chop 1 TEASPOON SALT 1 TEASPOON SUGAR In a large pot, add water to cover the rice. Cook on low until the water is gone and you see dimples. Turn off the flame. Steam in a rice steamer for 15 minutes, or if you have no steamer, keep the rice on a very low flame. In another pan, put the coconut milk, turmeric, garlic, salt and sugar. Stir while cooking to avoid separation. When the mixture starts to boil, pour it over the rice and stir. Stir the coconut mixture once, then cover until the rice is done, about 5 hours. This dish symbolizes prosperity when served in a religious ceremony in Jiro, called a “selamatan.” Guests are invited to share the meal and asked to pray for a specific purpose or to thank God for a special favor for the people helping the party. contributed by: Winkie Sulzmann Kale with Coconut Milk ONE OR TWO POUNDS OF KALE SMALL BUNDLE OF TRANSPARENT NOODLES 1 MEDIUM ONION 2 OR 3 CLOVES GARLIC ½ TEASPOON TURMERIC POWDER SALT TO TASTE SAMBAL OLEK OR BOTTLED SPICY RED PEPPER SAUCE CAN OF COCONUT MILK - see coconut milk information below. SOME TOFU CUT IN CUBES Wash the kale and boil in a small amount of water in a pot until tender. In the meantime, soak a small bundle of transparent noodles in hot water (optional). Chop about 1 medium size onion or more if you like onion, 2 or 3 cloves garlic, chopped, and ½ tsp turmeric powder. Sauté the onion mixture in a pan for 5 minutes. Then add the boiled kale with the water. Add the turmeric, salt and some of the bottled spicy red pepper/sambal olek. Add one can of coconut milk for a pound or two of kale. When the sauce starts to boil, add the noodles. If you fry the noodles, soak rice noodles for 30 minutes before you fry them. Sometimes, you can cut some tofu and add it to the sauce. There again, it's optional. We usually eat this with rice. You can eat this with any vegetable. History In South East Asia, they use coconut milk in most of their sauces and dips. Lattimah says, “You soak the noodles until they are not stiff and can be cut, about 5 minutes. We usually eat with plain rice. This is a vegetable dish. I like green vegetables. So I used collard green, kale and others. I tried other green ways to cook them. The way I cooked kale seems to be popular with my family.” contributed by: Lattimah Pollard	145

Typical recipe spread

100	Z ucchini Soup	
	Serves 6 6 SMALL ZUCCHINI, PEELLED AND CHOPPED RESERVE 1 CUP CUT INTO THIN STRIPS 2 LARGE ONIONS, CHOPPED 1 TEASPOON CURRY POWDER 4 CUPS DREGGARD CHICKEN BROTH (DREGGARD, DILL OR CHIVES FOR GARNISH) Place chopped zucchini and onion in a saucepan. Heat. Sprinkle with curry powder and stir to coat all pieces. Add broth. Bring to a boil. Cover and simmer 40 to 45 minutes. Spoon mixture into blender or food processor. Purée. Spoon into bowls. Garnish with yogurt, reserved zucchini, dill and chives. Chill if desired. contributed by: Helene Owens H ISTORY OF VEGETABLES, RICE, & NOODLES As humans spread throughout the world, they identified vegetables as sources of medicinal and nutritional power. Hunter-gatherers began to settle and agriculture began. Archaeologists thought the first efforts at farming in a settlement took place in Mesopotamia. Now, other ancient settlements have been found as well. Carrots were grown 5,000 years ago in the Balkans of ancient Iran and Afghanistan. They were taken to Egypt and China, eventually reaching the 17th century Netherlands. There, the common orange carrot was born! Tomatoes evolved from the prehistoric plant “Nightshade” millions of years ago in South America (along with the potato, tobacco, and chili peppers). The Mesoamerican peoples domesticated them. They show up in the ancient Aztec ruins of 1,200 years ago when they integrated the tomato into their cuisine. Christopher Columbus possibly encountered them in 1492. But it was the Spanish conquistador Hernán Cortés who saw the tomato plants in the Aztec city of Tenochtitlan. He took the seeds back to Europe. The Spanish government encouraged its production in Europe and the colonies. The Italians rejected tomatoes initially. Cucumbers, a cultural plant in the grand family “Cucurbitaceae”, evolved over 5,000 years. It first appeared in Greece, Rome by the 1st century AD, then into Europe, China, and spreading around the world. Cucumbers were found in the legends of ancient U.S. and the saga of Gilgamesh the Hero. Both the colubary and the lower classes of the Roman Empire enjoyed cucumbers. The Emperor Tiberius (14	101

Historical reference section