



QUARANTINE GUIDE to

**No Oven,
No Stove,
No Bake**

by
Emily Dilling & Anna Brones
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Gazpacho

This cold Spanish soup dates back to ancient mentions in Greek and Roman literature. The modern version that most of us know involves tomatoes and pepper, but gazpacho can be made with a variety of ingredients, like grapes and melons.

For 2 people:

- 1 red bell pepper
- 1 green bell pepper
- 1 medium yellow onion
- 1 clove garlic
- 6 ripe tomatoes, red or a mix of colors
- 1/2 a cucumber
- A slice of bread, preferably stale
- 1 to 2 cups (240 to 480 ml) water
- Pinch of sea salt and freshly ground pepper
- Dash of vinegar (red wine or sherry)
- 2 to 3 tablespoons olive oil
- A few ice cubes

Chop vegetables and bread and throw in a blender. Add ice cubes and seasonings + 1 cup of water to start. Blend. Adjust water and seasonings to taste. Garnish with breadcrumbs, raw bell peppers and cucumber, and olive oil.

Marinated Cucumber

A staple in Anna's Swedish grandmother's summer kitch. She made it with dill, but you can make it whatever summer herbs are on hand.

- 4 tablespoons organic cane sugar or honey
- 4 tablespoons distilled white vinegar (apple cider vinegar works too, just gives a different taste)
- 1 cup (240 ml) water
- 2 to 3 tablespoons chopped fresh dill, mint, or cilantro
- 1 cucumber (or several small pickling cucumbers), thinly sliced
- Pinch of ground pepper + salt

In a glass jar, combine the sugar, vinegar and water. Cover and shake until the sugar has dissolved. Add your choice of chopped herbs, followed by the cucumber slices. Push the cucumber down so that it's covered by the liquid.



Ceviche

According to *National Geographic*, archeologists believe that natives of Peru were making ceviche as far back as 2,000 years ago. Ceviche is a combination of raw fish and citrus juice, which “cooks” the fish by changing the protein structure, causing the fish to firm up. Be sure to use fresh fish. This is a basic recipe to get you started, but it also lends itself to variation, so where you go from here is entirely up to you.

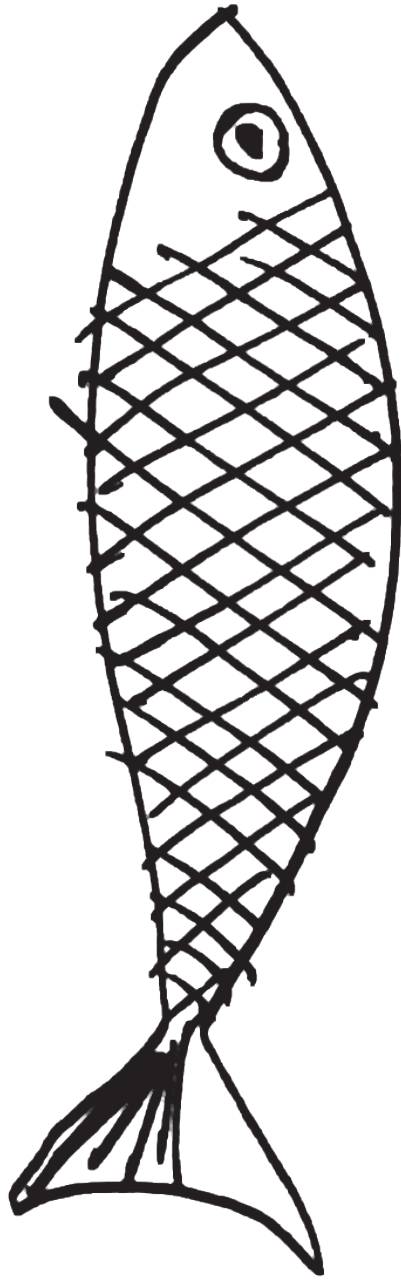
- About 1 pound/500 grams of sea bass or other white ocean dwelling fish (snapper, halibut, etc.)
- 1 1/2 cups (360 ml) of lime juice (lemon juice will work, too!)
- 1 medium white onion, or a couple spring onions, finely chopped
- 1 bunch fresh cilantro, chopped
- 1 clove garlic, chopped
- 2 to 3 ripe tomatoes, chopped
- Pinch of red pepper flakes
- 2 to 3 tablespoons olive oil
- A few tablespoons of freshly squeezed orange, or other citrus, juice
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Optional:

- Green olives
- Finely diced red or green bell pepper
- Avocados

Cut the fish into large cubes (about ½-inch) and place in a bowl. Add onions and stir together. Pour lime/lemon juice over the mixture—the fish should be covered with the juice, so adjust the quantity or size of the bowl/dish to ensure that the fish and onions are evenly covered with juice. Cover and keep in the refrigerator for at least 4 hours to ensure the fish is “cooked.”

Right before you're ready to take your fish out of the fridge, use a separate bowl to mix together the cilantro, garlic, tomatoes, red pepper flakes, olive oil, and any other optional ingredients. Strain the fish and onion mixture and set juice aside. Stir to combine fish and onion with the cilantro mixture. Finish by adding a squeeze of fresh citrus (orange, grapefruit, etc.) juice and add reserved lemon juice to taste if needed.



Summer Squash Salad

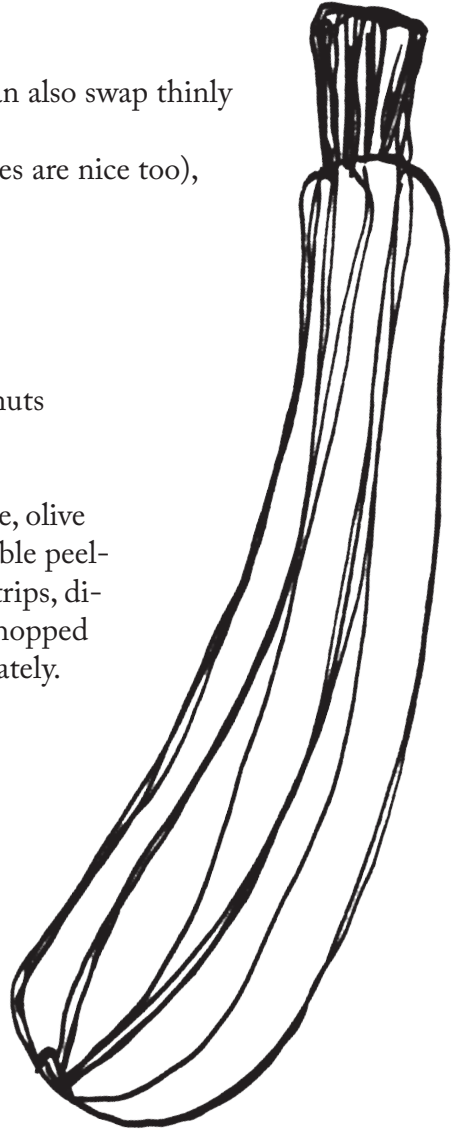
Have an abundance of summer squash? This recipe is for you. It works with any assortment of fresh herbs you have, and you can make it as garlicky as you wish.

- Juice of ½ a lemon
- A few tablespoons of olive oil
- 1 to 2 garlic cloves, minced (you can also swap thinly sliced shallot or a little onion)
- Handful fresh basil and mint (chives are nice too), chopped
- 1 or 2 summer squash
- Salt + black pepper

Optional:

- Sunflower seeds or chopped hazelnuts
- Nasturtiums for a pop of color

In a bowl, mix together the lemon juice, olive oil, and chopped garlic. Using a vegetable peeler, peel the summer squash into thin strips, directly into the bowl. Add the freshly chopped herbs and toss together. Serve immediately.

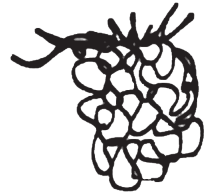


Quick Berry Flaxseed Jam

The taste of smashed berries with the consistency of jam. This is not intended for canning purposes, but will keep for a few days in the refrigerator.

- About 1 cup (4.5 ounces, 125 grams) berries (blackberries, blueberries, raspberries, etc)
- Juice of 1/2 a lemon
- 1 tablespoon ground flax seeds

Mash the berries. Mix together with the lemon juice and ground flax seeds. Let sit for at least 15 minutes to thicken. Add more ground flax seeds if need be. Store in refrigerator.



Coconut Chocolate Pudding

Good on its own, with berries, or a little rum.

- 1 13.5 ounce (400 ml) can coconut milk or coconut cream
- 1/3 cup (1 ounce, 30 grams) unsweetened cocoa powder
- 1 to 3 tablespoons of sweetener (sugar, honey, maple syrup)
- A dash of vanilla + any spices you want to add (cinnamon, cardamom, ginger, fresh mint, etc.)

Mix everything together in a glass jar and place in the refrigerator until set.



**A few more ideas for things to make that
don't require a stove or oven:**

- Pesto - gather up whatever greens you have and make a fresh spread or sauce
- Cashew pudding - soak cashews overnight in water, mix in a blender with some coconut milk and sweetener, and maybe a little citrus zest for good measure.
- Hummus - mix a can of garbanzo beans with tahini, garlic, olive oil, salt, and lemon juice in the food processor.
- Cabbage slaw - thinly slice cabbage and massage with a little salt to soften the cabbage, add other vegetables like shredded carrot, and top with your favorite vinaigrette or mayonnaise.
- Smoothies - get berries, fruit, and herbs and blend away.
- Soy sauce cured egg yolk - try this Japanese cured egg yolk by separating an egg yolk from the white and placing in a small bowl. Cover with soy sauce and let sit in the fridge for a minimum of two hours to cure. Serve on top of rice.

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