

Parcette



October 2020

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Hi, welcome, how are you, it's been so long!

Let me take your coat. It's soaking wet! Shake it off anywhere, don't worry about it. Hug me. Your hair smells like cedar. My house smells like bread. We're peeling oranges in the kitchen. Can I get you a glass of wine? It's earthy. From Portugal. Close your eyes, I want you to taste this. Good, right? Tastes like the ocean. Tastes like the rain. This weather! It's really coming down. You want dessert first? Let's do things backwards, it's fun to go in reverse. Shortbread makes me think of Scotland. Makes me think of moss, green, fog, rain. This weather! You're shivering, let's move closer to the fireplace. I'll sit on the rug, you can have the pillow. Will you pass me the bowl of cherries? They say if you can tie the stem in a knot with your tongue that means you're a good kisser. Kind of funny, a bowl of cherry pits. All swimming together in the spit from our mouths. Do you need any more wine?

Feel the heat rising from your toes to your head. Inhale, sweet cinnamon. Exhale, rolling up the front of your body, spilling down your back. Like the crest of a wave against the blue grey shoreline. Like the way a leaf pulsates from green to red to brown. Transition without thought, without effort. There is stillness in the space between the red maple's bud and blossom. Inhale, pomegranate. Exhale. Close your eyes and taste this.

About

Thank you for joining us. We are Parcette, a collaborative food project based in Detroit. We create a monthly subscription service providing harmonious pantry staples which aim to inspire and nourish the home cook. Stay tuned for upcoming releases and recipes.

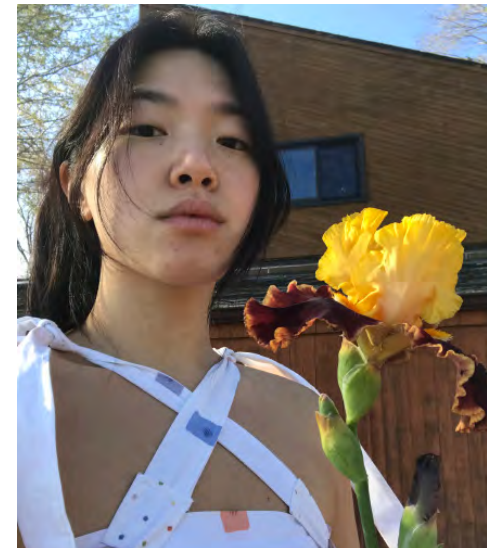


Anna is a deep Scorpio with a love for low intervention wine, kabocha squash, and meditation. She has studied at Gaia Center for Herbal & Natural Medicine and she holds a Level 2 WSET certification. A perfectly firm grape once made her cry. She is happy to be here.



Katie is a fine art grad, soon to be Integrative Health coach. Her obsession with food began when she saw her dad pour a pot of coffee into his famous chili. She loves plant-based eating, reading about space, and dancing.

Vivyan is a natural storyteller who expresses her sentimentality through floral arranging, illustration and cakes. She is the founder of VIVI, a fashion accessories brand inspired by best friends like Anna and Katie. Her zest for life stems from her hybrid cultural upbringing.





Some Notes on October

October feels like an open field. I am suddenly craving the sensation of running. To taste that metallic taste in my mouth and feel the expansion of my lungs. Maybe in this month we can find space somewhere we never thought possible.



It seems to us now that we have something to offer you. Something that you might want, and that we are eager to share. There is a sweet spot somewhere between haute cuisine and vegan health food store where we would like to exist. We want to get away from overcomplicating the foods we eat, and go unapologetically and intuitively towards what calls us. Towards foods that inspire, nourish, and connect. (Sometimes though, it is so fun to indulge in the latest health food and culinary trends, so expect a little bit of that too. We can't help ourselves.)

SO, let me tell you a little bit about what we've made for you this month. Up first we have **activated charcoal sourdough bread**, which seemed like a given. I mean, what could be more fun and spooky than black bread in October? The dough looks absolutely disgusting, but then it bakes beautifully into the deepest midnight black and eats just like a classic country loaf with a slightly earthy finish.



We don't believe too much in "detoxifying" foods. Our bodies are detoxing all the time, really. But we can certainly aid that detoxification process through the foods we eat. Activated charcoal is definitely one of those foods that keeps things flowing and reinvigorates the gut.

We would also be delighted if you made the soup recipe from page 15 to dip your bread into. All you'll need is some red lentils, broth, a few vegetables, and a scant tablespoon of our **Bloomed Curry Spice Blend**.

These are the spices we like when we need to be warmed from the inside out. Bursting with flavor, we went heavy on the cumin, turmeric, and smoked paprika. There's also a touch of coriander and cayenne. If you don't feel like making soup, we recommend tossing it with some fingerling potatoes or root vegetables and roasting in the oven until crispy and mouthwateringly fragrant.



And if you've still got some bread left over, have some for breakfast or an afternoon snack. It's amazing smeared with ricotta or butter and a dollop of our **tart cherry & vanilla bean jam**. Don't forget to finish with flaky salt or even spicy sprouts. This jam has a robust and irresistible fragrance and flavor, rounded out by the depth of whole vanilla pods. With a humble



sweetness it calls back memories of summer, carrying us through autumn's cool and quiet mornings.

You could also enjoy the jam alongside our **nori seed granola**, the perfect toppers to a bowl of probiotic yogurt or warm oats. Sea vegetables can easily be overlooked in the diet, but they are very important indeed! Nori may be an unexpected addition to a classic granola, but we find that its punch of umami paired with the rich, nuttiness of almonds and cashews makes this granola extremely versatile—it could even go on salad for a crunch. It's known that Blue Zones (regions of the world where people live longer than average) eat a LOT of seeds, so if you want to live to be 100+, definitely eat this granola.



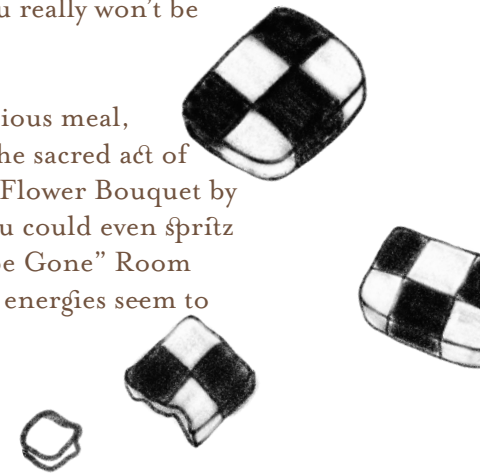


Speaking of salads, we're very excited about our **bee pollen & tarragon vinaigrette** this month. Its vibrant color and energizing flavor mimics the liveliness of a buzzing hive. Bee pollen is a magical amalgam of flower pollen, nectar, enzymes, honey, wax, and bee secretions. And it contains all of the essential amino acids! We've balanced it out with soothing tarragon and floral poppy seeds. This vinaigrette has a distinct flavor and the perfect consistency. It can stand on its own, simply dressing a bed of local greens, or it can be woven into your more complicated flavor concoctions—such as a marinade for the beans in our harvest bowl on page 24.



And what's life without a little balance and indulgence? To satisfy your sweet tooth we have the most delightful **matcha checkerboard cookies**. They are just as satisfying to eat as they are to look at, a perfect shortbread execution that snaps and miraculously melts in the mouth. We're so sorry, but you really won't be able to stop eating these.

Now, before you dive into your delicious meal, remember to honor your food and the sacred act of eating it! Begin by placing your new Flower Bouquet by ViVi in your best vase, and maybe you could even spritz around the room with our "Spirits be Gone" Room Essence, and observe as the negative energies seem to melt away. ✦



TAHINI BROWNIES

six seasons kale salad

fluffy pancakes

levain chocolate walnut cookies

CHOPPED
CHEESE

Spaghetti meatballs

MILK BAR

baby pickles

Char siu bao

SESAME BAGEL
+ LOX

lemonade

flaky pastry

fig leaves

Foods We've Craved During Quarantine

SALTED HEIRLOOM
TOMATO SLICES

Pad Thai

croissant

Caesar salad

PEACH SLICES
w/ HOT SAUCE
+ BURRATA

Brownie Sundae

SOFT SERVE
w/ RAINBOW
SPRINKLES

Oaxacan negroni

COCONUT CRÈME PIE

sprouts

cornbread

japanese sweet potatoes

chicken cutlet curry

prawns w/ soy & ginger

BANANA LAFFY TAFFY

BLUEBERRIES

red hearts + rice

RICE PUDDING
w/ RAISINS

french omelet w/
herbs + crème fraîche

against the back of his throat so that he swallows its promise.

A promise of what? Of something that has not yet been named and he will soon name. He tastes a sweetness which no longer has anything to do with sugar, but with a limb which goes on and on, and seems to have no end. The limb belongs to a body which he can only see with his eyes shut. The body has three more limbs and a neck and ankles and is like his own; except that it is inside out. Through the limb without end flows a sap – he can taste it between his teeth – the sap of a nameless pale wood, which he calls girl-tree.

It was enough that one greengage had been named, it minded us of that.

Cherries

In cherries, there was the flavour of fermentation as in no other fruit. Picked straight from the tree, they tasted of enzymes laced with the sun and this taste was complementary with the special shiny polish of their skins.

Eat cherries – even one hour after they have been picked – and their taste blends with that of their own rottenness. In the gold or red of their colour there is always a hint of brown: the colour into which they will soften and disintegrate.

The cherry refreshes, not on account of its purity – as does the apple – but by slightly, almost imperceptibly, tickling the tongue with the effervescence of its fermenting.

Because of the small size of the cherry and the lightness of its flesh and the insubstantiality of its skin, the cherry stone was always incongruous. The eating of the cherry never quite prepared you for its stone. When you spat it out, it seemed to have little connection with the flesh that surrounded it. It felt more like a precipitate of your own body, a precipitate mysteriously produced by the act of eating cherries. After each cherry, you spat out a cherry tooth.

Lips, as distinct from the rest of the face, have the same gloss as cherries do and the same malleability. Both their skins are like the skin of a liquid. A question of their capillary surfaces. Make a test to see whether our memory is correct or whether the dead exaggerate. Put a cherry in your mouth, don't bite it yet, now for a split second remark how the density, the softness and the resilience of the fruit match perfectly the nature of your lips which hold it.

Quetsch

A dark, small, oval plum, not much larger than a human eye. When they are ripe in September on the tree, they glance between the leaves. Quetsches.

Autumn Lentil Dal with Bloomed Curry Spices

Makes about 4 servings

Ingredients:

1 cup sprouted red lentils
2 cups broth or stock
3 peeled carrots, or 1 large sweet potato, or winter squash
2 fresh tomatoes or a Tbsp of tomato paste
1 large onion
1-2 garlic clove(s)
2" ginger root
Splash of vinegar or wine
1 Tbsp bloomed curry spices (cumin, coriander, turmeric, paprika, cayenne, mustard seed)
salt & pepper to taste

Toppings (optional)

fresh herbs (parsley, cilantro, mint, etc.)
croutons
toasted seeds



Some Notes—

This soup is an adapted NY Times recipe by Melissa Clark called “Red Lentil Soup With Lemon”

For better digestion, sprout the lentils beforehand.

Those with lectin sensitivity should avoid or eat in moderation.

Lentils are a superfood: rich in polyphenols, a micronutrient packed with antioxidants that fight free radicals in the body. 1 cup of lentils has 18g of protein and 16g fiber. High in iron, calcium, magnesium, and folic-acid (healthy hair, skin, nails), a blue-zone food (longevity).

Step 1: Finely dice onion and mince garlic & ginger. (Allow the alliums to be exposed to air for at least 10 minutes for the acillin to form. Acillin is an enzyme that enhances the health benefits of alliums. It’s anti-inflammatory, anti-fungal, anti-viral, anti-bacterial & lowers cholesterol.)

Step 2: Bloom the spices. (skip this if you have Parcette’s October spice blend on hand) Dry toast the coriander & cumin seeds until they are fragrant and popping in the pan. Transfer to a mortar & pestle. Dry toast the paprika, turmeric & cayenne powders for a few seconds until slightly changed in color and add to other spices. Coarsely grind & season with salt.

Step 4: Heat olive oil in a pot and add onion, garlic, and ginger. Add a pinch of salt. Meanwhile coarsely chop tomatoes. Saute onion until translucent and fragrant, and then add tomatoes and its juices. Let the tomato simmer for a while until it changes consistency to be paste-like. (skip this if using tomato paste)

Step 5: Dice the carrot (or whatever you’re using) while simmering the tomatoes. Once the tomatoes are paste-like, add the spice mixture and saute until it begins to stick to bottom of the pan. Deglaze the pan with vinegar or wine and add in your sweet veg. Saute for a few minutes.

Step 6: Add 2 cups broth and 1 cup water to the pot. Add 1 cup red lentils and bring to a boil. Once it’s boiling, turn it down to a simmer and partly cover. Set a timer for 20 minutes.

Step 7: After 20-30 minutes (assure that your sweet veg is tender and lentils are cooked) transfer half the soup to a blender and blend until smooth. Return the blended soup to the pot and stir. Taste and add salt and more vinegar if needed.

Who was the first person to bake bread?

As I shaped and rolled cylinders of dough, which I would soon bake to be hotdog buns for an outside grill with friends, a thought arose, embarrassingly, that I had not had before—*who was the first person to bake bread?*

With all things in this world that are sacred and good, it's safe to assume

it was a collaborative effort that of course continues on to this very day. I wish I could know exactly how the idea first sprang into reality. Did the earliest fresh loaf of bread appear first in a dream, a vision? I wonder if such a discovery, so interwoven into the fabrics of society, will ever be made again.

Thinking about who invented bread baking admittedly seems a little silly, as it's a complex answer that came about in a time without modern documentation. It's a compelling daydream full of creative possibilities, imagining

the many years in which leavened bread (and many other delicacies!) didn't exist, slowly giving way to the development of agriculture and experimentation with what the Earth produced. It feels now that such a circumstance is unfathomable, when we have more than a lifetime's supply of information on food and its many preparations. We take for granted how easy it is to bake bread now, how simply we can acquire the necessary ingredients. Milled grain, water, salt, yeast. You can buy sourdough starter on the internet or ask a friend for a tablespoon (that's all you need). And most stores have flour... unless there's a global pandemic, that is.



A quick google search will tell you that bread begins with the Ancient Egyptians, but some say the Mesopotamians experimented with yeasted breads as well. The whole history of bread is a huge undertaking, and I don't expect to even scratch the surface here. But I would like to dig just a little bit deeper, and encourage us all to connect with the



This is a 2,000 year old loaf of bread found preserved in ash in the ruins of Pompeii. Isn't the shaping of it strange?

traditions that nourish us.

The beginning of bread kicks off with the invention of agriculture, which really could not be any more endearing. It's been said that ant colonies were actually the first to sow and harvest grain as a monoculture. We truly do get all our best ideas from other animals and insects! From studying ants, some have concluded they were sowing crops far before humans



were. This information was presented to Charles Darwin in 1861 through a letter from American physician, Dr. Gideon Lincecum and immediately shrugged off as some kind of joke. But the intelligence of ants is not something to be made light of; ants even have their own method of fermentation! That's a whole other rabbit hole, those ants.

Skipping ahead to 100,000 years ago, we find ourselves in the

porridge and flatbread era. The ancient civilizations roasted grains and soaked them in water until they transformed into a thick paste that was then spread flat and cooked over a fire. It is assumed that this was more of a way to keep the grain from perishing, rather than a culinary endeavor. Each ancient region at the time had their own variation of cooked porridge bread, all of which are very distant cousins to the flavorful flatbreads and golden crusted loaves we enjoy today. It's noted that the Assyrians sometimes enjoyed hot barley cakes with date syrup for breakfast, which subjectively sounds pretty delicious.

It wasn't until about 2000 B.C. that by some happy accident, or maybe even on purpose, an Egyptian baker left the wet grains uncooked for a little too long, and the first sourdough starter was incubated. Like magic, the water from



the Nile and the natural bacterias in the grain and the air produced gases in the dough, causing

it to expand. When this magic dough was baked, they realized they had discovered something completely new. This discovery led them to invent the first oven, a cone-shaped structure made of Nile clay.

Eventually it was found that if some soured dough was saved from a batch, it could be added to the next to quicken the fermentation. Before baking, they kneaded salt into the dough and spread bran on the bottom of their ovens, to prevent the dough from sticking. Egyptian households acquired the sacred natural leavening agent and made sure to never let it run out. They even began experimenting with mix ins like sesame seeds, poppy seeds, and

camphor, eventually leading to fifty different varieties of bread.

While it has become something of an online joke, everyone and their mother baking breads of all kinds during quarantine, sharing their triumphant and not so triumphant loaves on the internet—it gives me hope that we can be connected by the magic and healing powers of risen dough. In a strange and serendipitous way, it makes sense that during a time of societal distancing and isolation, we would gravitate towards food borne of community and connection. As we recenter ourselves in a world that feels like it's been knocked off its axis, baking bread reminds us of the beauty

the art of baking bread
and the great bakers
of New York City
by students at
Parsons School of Design,
who made this book

that can be found in the simplest of things, made by two human hands. Tapping into this ancient tradition, inviting time and nature to play a part in our food, might be one of the things that picks us back up. ✦



Ward off Negative Energies with Anna's Essential Oil Blend

◆ Lavender ◆

A relaxing nerve, lavender disrupts stress triggering neurotransmitters and invokes a state of calm and serenity. Upon inhalation, the body stabilizes and the parasympathetic nervous system (the rest-and-digest state we love so much) is stimulated. Lavender is also thought to protect highly sensitive empaths from any "energy parasites" left lingering.

◆ Sage ◆

Physically and energetically clearing and clarifying, sage is a powerful antifungal, antibacterial, and antimicrobial oil. A spritz of sage around the room helps to protect from free radicals and toxins in the air, as well as strengthens the senses and eases negative moods.



Oil Blend

◆ Rosemary ◆

Rosemary for remembrance, but of course. The veil between the spirit realm and physical realm grows thinnest during this time of year. As we pay respect to any beloved ancestors who may be visiting us (mentally or metaphysically), rosemary promotes good health and vitality amongst the living, and helps us honor death as the greatest renewer of life.

◆ Juniper ◆

Famously thought to ward off evil energies within multiple folk lineages, juniper is considered a guardian between this world and the next. As well as protecting us from any unwelcome spirits, juniper is also thought to fight off the "demons of disease" with its healing and purifying properties.

Things to do w/ VIVI Flowers



Root, Bean, & Mushroom Harvest Bowl

Here at Parcette, we are big fans of bowls. Extremely versatile and nourishing, don't be afraid to play around with this recipe. No beans? Sub a cooked grain like sprouted quinoa or farro instead. No potatoes but have some parsnips and squash? Any sturdy root veggie will work just fine.

Root vegetables are packed full of vitamins, minerals, and prebiotics. As they grow underground, they absorb the beneficial nutrients found in the soil which surrounds them. Show love to a local farmer using pesticide-free practices to ensure your gut is happy and healthy.



Makes 3-4 Servings

Ingredients:

1 can any large white bean (cannellini, butter) or 1/2 cup dried beans
3 tbs̄p bee pollen vin, plus more for drizzling
1 bunch kale
Juice of 1/2 a lemon
2 t̄sp olive oil, plus more for drizzling
2 t̄sp bloomed spice blend
Pinch salt
The heels of 1 charcoal sourdough loaf, or 2-3 slices of good bread
2 handfuls of fingerling potatoes and 1 medium sized beet (or any root vegetables of choice)
1/2 cup mushrooms (we like shitaake)
Coconut aminos or soy sauce
Black pepper and flaky salt (for finishing)

Toppings (optional)

Thinly sliced apples or pears
Soft boiled egg
Fresh herbs
Toasted pepitas
Calvestrano olives

Step 1

Preheat the oven to 425 F.

Step 3

Prepare your veggies. Halve the fingerling potatoes and chop the beets into half moons. Toss with olive oil, a pinch of salt, and bloomed curry spice blend. Spread potatoes and beets on a sheet pan and roast for 25-35 minutes, until crispy, tossing occasionally.

Step 4

On a separate sheet pan, rip either the heels of a loaf of charcoal sourdough, or a couple slices of any crusty bread, into bite sized pieces. Spread the pieces evenly and place in the oven for 10 minutes, until dry.

Step 3

Prepare the kale. Strip the leaves from the stalks and roughly chop. Place the kale into a bowl and squeeze the juice of half a lemon overtop, sprinkle with salt & pepper, and lightly drizzle with olive oil. Massage the leaves with your fingers until they soften and darken in color.

Step 4

After the bread has hardened in the oven, remove and allow it to cool slightly. Finely chop and crush the crouton pieces, or pulse in a food processor, until you've achieved a coarse bread crumb consistency.

Step 5

Place a saute pan over medium heat. Melt 1 tbs̄p of ghee, butter, or olive oil. Toss the bread crumbs in the pan with your fat of choice, cooking until sizzling. Set the bread crumbs aside.

Step 6

Thinly slice your shiitakes, or any mushroom of your choosing. In the same saute pan, add a little more oil, butter, or ghee. Saute the mushrooms until shriveled and slightly dried in appearance. Deglaze the pan with a glug of coconut aminos or soy sauce, add in a minced garlic clove or dash of garlic powder if desired, and saute a few minutes more.

Step 7

Stir half the bread crumbs into your marinated beans.

Step 8

Assemble your bowl. Start with a base layer of beans and greens. Next, add your roasted potatoes and beets. Top with mushrooms. Sprinkle a handful of the remaining breadcrumbs across everything.

Step 9

Finish with a final drizzle of bee pollen vinaigrette, a few cranks of pepper, a pinch of flaky salt, and any of your desired toppings.

