



Autumn noodles

For autumn, we have created a comforting pasta dish with noodles made from emmer grain. Emmer, an ancestor of wheat, is one of the oldest cereals, often referred to as the primordial grain. Over the centuries, as higher-yielding grains were discovered, emmer faded from view and was almost forgotten. But it is making a comeback now, especially in organic farming.

Emmer is inherently more resistant to pests and does not require pesticides. Its gluten content is significantly lower than that in wheat. Emmer has a high protein content and is rich in minerals such as zinc, iron, magnesium. Emmer is even said to improve eyesight.

Ingredients serving 4 people:

- Emmer pasta, e.g. penne
- 1-2 medium-sized carrots
- 1 fennel bulb
- a handful of green beans
- 200 g fresh corn kernels
- 1 or ½ red bell pepper
- 2 tomatoes
- cream
- pine nuts
- Ghee
- olive oil
- lemon juice
- fresh basil

Spices:

- fresh ginger
- ½ tsp. cumin seeds
- ½ tsp. black cumin (*Nigella sativa*)
- coriander (ground)
- fennel (ground)
- 2 pinches of asafoetida
- 1 small clove of garlic





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Preparation:

1. Wash, peel and cut the vegetables into sticks. Chop the pepper and garlic very finely.
2. Peel and chop the tomatoes.
3. Put the vegetables in a saucepan and cook them with a little salt until they are still firm to the bite. Carrots, beans and corn need a little longer. Add the fennel and bell pepper later.
4. Take the vegetables out of the pot and drain.
5. Heat Ghee in a frying pan. Add cumin seeds, black cumin, ginger, hot pepper and garlic, saute a little until it gives off a pleasant smell.
6. Now add ground coriander, fennel and asafoetida.
7. Add the vegetables to the pan and saute for a few minutes. Add the tomatoes later.
8. In the meantime, cook the noodles.
9. When the pasta is cooked, add it to the vegetables.
10. Pour cream over it and mix everything well.
11. Sprinkle roasted pine nuts and fresh basil, add 2 teaspoons of lemon juice and season with salt and pepper as desired.

Bon appetit



Recipe and pictures: Jochen Lotz

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