

DESIGNED TO INSPIRE

food + recipes + conscious living + lifestyle tips

column and photography by **Sandra Yearms Joblonicky**

My March topic was scheduled for Easter TRADITIONS... I put out a call to anybody who read my January column to get involved by emailing a small paragraph describing a favorite tradition.

As an update, I didn't receive one response. I couldn't even coerce my friends. Admittedly, I was a bit disappointed. SO, what to do? change the topic to coloring eggs with natural dyes?

Well, the Universe stepped in with inimitable divine guidance, and, as coincidence (ha) would have it, I picked up a copy of the February Indigo Sun. Thumbing through I was stopped dead in my tracks when I found Dorothea's, Oz Wellness Ranch, Waller, article *The Gift of Ceremonies*. When I finished reading it the fourth time, I realized it was mandatory to share our combined messages and thoughts regarding ceremony and traditions.

So, with Dorothea's permission, here are random excerpts from her article. ...Her Guide spoke to her of the importance of ceremonies and said it was time to begin them again. He said, "Center on how powerful and healing are the sacred ceremonies that native people throughout the world practice. Ceremonies / Traditions create balance in the many Kingdoms of the Earth and it is important now more than ever to give back to the Earth as she gives to you."

Ceremony is the time we take to respect, honor, appreciate, balance nature and the natural rhythms of the Earth. Each of us has the power and ability to assist all of creation that includes ourselves and family. HOW? start by lighting a candle, make your intentions and say Dorothea's prayer ..."I walk in Divine Grace..." Find Dorthea's prayer at healthylivingwithstyle.com

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Questions and Requests

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@ HRUDKA... A Family Tradition

Slovak Egg Cheese, made for our Holy Breakfast Ceremony on Easter Sunday.

tip & equipment:

cheese cloth, colander, double boiler, butcher's twine

+ **line colander** with several layers of cheesecloth, allowing a good length to hang over the side.



Recipe: Ingredients + Preparation

- + 1 dozen eggs, room temperature
 - + scant 1/4 teasp salt
 - + 1/4-1/2 cup sugar to taste
 - + 1 teasp vanilla
 - + 1 1/2 cups whole milk
1. Blend eggs with an electric hand mixer; add remaining ingredients and continue to blend, not whip, until incorporated.
 2. Place egg mixture in top pot of a double boiler over simmering, not boiling water. Pot bottom should not touch the water.
 3. Move mixture back and forth occasionally with an angled wood spatula so eggs do not stick to bottom of pan. Cook until mixture resembles soft scrambled eggs, and water (whey) starts to rise in the eggs.
 4. Remove pot, pour hot mixture into lined colander and shake to release more liquid.
 5. Gather the cheesecloth edges in one hand and shake bundle to direct egg custard to bottom of cloth to form a ball.
 6. Hold loose ends tightly in upright position. With other hand, start twisting the ball of cheese. The tighter the bundle, the firmer the cheese will be.
 7. Wrap twine tightly around the neck of the bundle several times and knot. Bring twine around cheese top and bottom and around the middle; knot tightly at neck each time.
 8. Hang bundle where it can drain overnight and ripen. Refrigerate. To Serve: remove cheesecloth, slice and arrange on dish. To store: wrap in wax paper and refrigerate.
 9. Cheers, Na zdrovie!