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almond flour pumpkin muffins

2.16.2021

ingredients

- 2 cups almond flour
- 1.5 cups old fashioned rolled oats
- 1/2 tsp kosher salt
- 2 tsp cinnamon
- 1/2 tsp ground ginger
- 1/2 tsp ground cloves
- 1/2 cup walnut chunks
- 2 Tbsp small chocolate chips (optional, to add to half)
- 1 can (14 oz) pumpkin puree
- 6 oz butter; melted
- 1/2 cup maple syrup
- 3 eggs

instructions

1. Preheat oven to 350F.
2. Whisk together the dry ingredients and the wet ingredients separately (larger bowl for the dry). Add the wet to the dry and mix until just combined.
3. Setup muffin tin with 12 cups and fill the batter to the brim. If using chocolate chips, stop halfway through filling the cups and mix the chocolate into the batter until evenly distributed before finishing filling.
4. Once preheated, cook for 30-32 minutes. Let cool in the tin for a minute or two until cool enough to handle then carefully remove and place on a cooling rack. Once completely cooled (30-60 minutes), stored in a sealed container in the fridge.
5. When ready to eat, microwave for 20-30 seconds (depend on microwave, we have a weak one so use 30 seconds).

notes

The 3 Tbsp of spices (cinnamon, ginger, cloves) can be replaced with 3 Tbsp of pumpkin spice powder. Or even easier, 3 Tbsp of cinnamon. Any combination of autumnal spices will be fine. I add a few chocolate chips to the top of the chocolate chip muffins before cooking as a flag. A flaky sea salt before baking could also be nice.

aloo gobi

2.6.2018

ingredients

- 1 head cauliflower; cut into big size florets
- 1-2 russet potato, about 1 lb; large dice
- 1-2 Tbsp neutral oil
- 1" ginger root; peeled and minced
- 1 serrano; small dice, deseeded if preferred
- 3-4 on the vine tomatoes; diced
- 1 cup green peas
- 1 tsp ground cumin
- 1 tsp garam masala
- 2 tsp coriander
- 1/2 tsp turmeric
- 1/4 tsp cayenne
- 1/2 bunch cilantro; rinsed, rough chop
- 1 lemon (optional)
- 1 recipe; perfect basmati

instructions

1. Preheat the oven to 400°F. Toss cauliflower florets and potatoes with a couple tbsp neutral oil. Spread on baking sheet. Roast until caramelized and mostly tender, 20-30 minutes, tossing halfway through.
2. Heat a couple tbsp neutral oil in small stainless-steel skillet until shimmering. Add ginger and serrano chilis and cook, stirring frequently, until fragrant. About 1 minute. Add cumin, garam masala, coriander, turmeric, cayenne, and pinch of salt. Allow spices to toast in oil, being careful not to burn, for about one minute. Add roasted cauliflower and potato and toss well in spices. Cook for an additional 2 minutes, then add tomatoes. Cook until thickened and fragrant, about 5 minutes more.
3. Add green peas and cook until warmed through - test some to make sure they're good. Adjust seasoning to taste with salt, lemon and additional garam masala or cayenne.
4. Stir in cilantro and serve with rice, passing lemon wedges tableside.

notes

Would work well with roti or naan too. Check out steamed basmati recipe.

banana banana pancakes

12.15.2022

ingredients

- 3 ripe bananas
- 3 eggs
- Some sort of flour (I use almond)
- 1 scant tsp baking powder
- Salt (optional)
- Toppings; chocolate chips, blueberries (even frozen), peanut butter
- Coconut oil

instructions

1. Smash bananas until they're pudding. Mix in the eggs. Add flour until good pancake consistency (maybe 1/4 to 1/2 cup). Add baking powder and stir or whisk in. Add a pinch of salt if desired.
2. Heat medium (~12") pan over medium heat. Once hot add a bit of coconut oil and melt. Use a 1/4 cup scoop to add 3 pancakes to the pan, or use a tablespoon and make silver dollar pancakes.
3. Cook a couple minutes either side making sure they're not burning. Once they're nicely browned remove the pancakes, add a bit more oil and start again - until batter is gone.

notes

cashew mac-n-'cheese'

12.31.2017

ingredients

- 1 1/2 cups raw cashews; soaked in water for 2 hours
- 2 tablespoons lemon juice
- 3/4 Cup water
- salt to taste
- 1/4 Cup nutritional yeast
- 1/2 tsp chili powder
- 1/2 clove garlic
- 1/4 tsp turmeric
- pinch of cayenne pepper (optional)
- 1/2 tsp mustard; dijon or yellow
- 16 ounces Elbow or shell pasta of choice
- black pepper to taste

instructions

1. Prepare the pasta according to package directions. Drain the cashews if you soaked them (This makes them easier to blend).
2. While the pasta is cooking, combine the cashews, lemon juice, water, salt, nutritional yeast, chili powder, garlic, turmeric, cayenne (if using), and mustard in a high speed blender and blend until silky smooth. If the mixture is too thick, add 1-2 more tablespoons of water and blend again.
3. Once the pasta is tender, drain it, then return the pasta to the pot and stir in the cheese sauce. Season to taste with salt and pepper and serve warm. ### notes

chilaquiles roja

2.16.2021

ingredients

- 5 roma tomatoes; split in half, longways
- 1/2 white onion; cut in half into two large quarters
- 1 jalapeño; split in half
- 2 garlic cloves, peel on
- 2 dried chiles de arbol (optional); tops trimmed, deseeded and covered and rehydrated in boiling water for 10 minutes
- salt
- avocado oil (or other neutral oil)
- 4 cups tortilla chips (or whatever amount feels right – I normally grab about four handfuls)
- 1/2-1 cup vegetable broth
- feta cheese
- fresh group pepper
- 2 eggs
- few sprigs of cilantro; roughly chopped

instructions

1. You can make the salsa roja ahead of time. Preheat the broiler. Add a tiny bit of oil to a baking sheet – I find these fit perfectly on the smaller quarter sheet. Add all vegetables cut side down and toss on the garlic, making sure the bottoms are all covered in oil as not to stick. Place in oven and watch carefully. You want the tomatoes to brown deeply and split but not blacken. Maybe 5 minutes later, before things are black, remove from the oven and let cool for a couple minutes until they can be safely handled. Remove the skin of the tomatoes and the outside layer of the onion if it was accidentally blackened. Peel the garlic and trim the stem off the jalapeño. Place all the vegetables in a food processor or blender (including the chiles de arbol, if using). Process until smooth but not a completely smooth like a puree. Texture here might be a bit of preference. Check seasoning. Place in jar and store in the fridge if not using immediately.
2. When ready to cook, preheat a small pan for eggs on medium low and a larger pan on medium high for the tortillas.
3. Cook the eggs slowly, in a bit of oil, sunny side up or over easy.
4. While eggs are cooking, add Tbsp of oil to the large pan then add 1 cup of the salsa roja and simmer for a few minutes on its own to develop flavor. Add broth and bring back up to a simmer for a few minutes until you have the desired consistency. Then turn off the heat and toss the tortillas in the sauce until coated.
5. Plate the chilaquiles and add the egg, crumbled feta, chopped parsley and a crack of fresh black pepper. Serve immediately before it gets soggy.

notes

Meal for two. Based on an Ethan Cheblowski recipe. The salsa is relatively hot, especially if you use the chiles de arbol.

cilantro lime burritos

12.20.2018

ingredients

- 2.5 cups dry short grain brown rice
- 2 bay leaves
- 1 lime
- 1/2 cup cilantro; chopped
- 1 pinch salt
- 1-2 Tbsp neutral oil
- tortillas, large, about 10"
- 2 sweet potatoes; small to medium dice
- 2 cans black beans with liquid
- 2 garlic cloves; lightly crushed
- 3 springs cilantro; whole
- shredded cheese (pepper-jack is nice)
- red salsa
- hot sauce (optional)
- nutritional yeast (optional)

instructions

1. Cook short grain rice in rice cooker with bay leaves and correct amount of water. Once finished, remove leaves, add juice of 1/2 lime, cilantro, salt and neutral oil. Taste the rice and adjust as necessary.
2. Combine whole cans of beans, crushed garlic and cilantro springs in a pot over medium low heat. Simmer for 30 minutes until super tender then crush some (maybe 1/4) of the beans against the side of the pot to release starch. Stir well.
3. Preheat oven to 400F. Toss sweet potatoes in neutral oil and a pinch of salt and lay on a parchment lined baking sheet. Roast for 12 minutes then flip and roast another 12, checking a couple times during cooking to prevent any burning.
4. Heat tortilla until it is supple and almost too hot to handle. Lay on a plate and pile on the rice, then beans, then sweet potato. Top with salsa and cheese. Burrito roll it and serve hot.

notes

If not serving immediately, keep the main ingredients in the fridge and assemble each burrito when ready for cooking.

coconut baked oatmeal

9.18.2018

ingredients

- 1 Tbsp coconut oil (or other neutral oil to grease baking pan)
- 3 ripe bananas
- 2 eggs
- 1/3 cup shredded, unsweetened coconut
- 1/4 cup brown sugar
- 1 tsp vanilla extract
- 1 tsp baking powder
- 1/2 tsp kosher salt
- 1 can coconut milk
- 2 1/4 cup rolled oats (not quick cooking)
- blueberries, strawberries, raspberries, blackberries; washed (optional)
- coconut whipped cream (optional)

instructions

1. Preheat the oven to 375F (without convection) and melt coconut oil (or replacement) to grease baking dish.
2. Smash bananas in large mixing bowl. Combine all ingredients up to rolled oats and mix well. Spoon in oats and stir to combine.
3. Bake for 45 minutes. Remove and let cool for a couple minutes before digging in. Optionally, top with fruit and coconut whipped cream.

notes

Can be served warm or cold. Keeps for a few days in the fridge.

coconut rice

6.21.2019

ingredients

- 2 cup jasmine rice; thoroughly rinsed
- 1 14 oz can of coconut milk
- 1.5 cup water
- 1 tsp salt
- 3 Tbsp shredded coconut; plus more, toasted for a garnish if desired

instructions

1. Combine in a rice cooker and stir.
2. Cook on sweet setting, or just the white setting if sweet is not an option.
3. Fluff and stir to combine the shredded coconut which will have floated to the top.

notes

High quality coconut milk makes a massive difference. I really like Thai Kitchen brand, and dislike Trader Joes.

daily daal

2.9.2018

ingredients

- 8 oz red lentils (about 1 heaping cup)
- 2 Tbsp neutral cooking oil (e.g., avocado)
- 10 black peppercorns
- 5 cloves
- 1 onion; small dice
- 2.5" ginger; finely mined or grated
- 5 garlic cloves; peeled
- 1 tsp chili powder
- 1 scant tsp coriander
- 1/2 tsp turmeric
- 1 tsp salt
- 1 14oz can plum tomatoes
- cayenne pepper (optional)
- handful of cilantro; rinsed and roughly chopped (optional)
- one recipe basmati rice
- lemon (optional)

instructions

1. Rinse red lentils until water runs clear. Put in tall pot and cover with 2.5 cups cold water.
Bring to a boil then reduce heat, cover, and simmer for 10-15 minutes.
2. While lentils are cooking, heat the oil in a new pan over medium-low heat. When hot, add peppercorns and cloves and cook until fragrant - about 30 seconds. Add onions and cook while stirring often for 8-10 minutes or golden. Add the ginger and crush in the garlic (I use a press) and cook for 2-3 minutes until fragrant but not burnt. Tip in spices and salt and stir to coat.
3. Add can of tomatoes, crushing with your hands as they go in (granny style) or crush with wooden spoon in pan.
Bring to a boil then simmer for 5 minutes. Cover and simmer 5 more.
4. Once the sauce has darkened and thickened a little bit start adding in the lentils with a slotted spoon.
If it's too thick, thin with some of the lentil cooking liquid. I found that mine typically doesn't need any additional liquid.
5. Simmer on low heat for 10 more minutes, uncovered if looking to thicken the sauce.
Taste and adjust seasoning.
Add cayenne if it could use some spice. Add lemon juice for acid if needed.
6. Serve with basmati rice or Jeff's naan and a sprinkle of chopped cilantro.

Notes

Might want to remove cloves and peppercorns before serving if they're too powerful.

farmer's miso hummus

12.15.2022

ingredients

- 1-3 cloves garlic
- Juice of 1 lemon (maybe zest too?)
- 1 can chickpeas; drained but liquid reserved
- 2-3 Tbsp chickpea liquid
- 1/4 cup tahini
- 2 Tbsp miso (any color, but darker for more flavor)
- olive oil (optional)
- za'atar (optional)

instructions

1. Add all the non-optional ingredients and blend. Add more chickpea liquid as needed to keep things moving and get the desired texture.
2. Optionally, top with EVOO or Za'atar.

notes

Good dip for veggies or on sandwiches. Can pulse in parsley for a nice green effect.

food processor pasta dough

7.21.2017

ingredients

- 3 eggs
- 1/2 tsp salt
- 2 cups all purpose flour
- 1 Tbsp olive oil

instructions

1. Pulse salt and flour in a food processor.
2. Add eggs and olive oil to bowl and process for 30-60 seconds. The contents should come together into a large ball.
If the dough isn't coming coming together add water 1 tbsp at a time and process again for 15 seconds.
3. Once you have a ball, plop the dough onto a cutting board and knead until the ball is relatively smooth and soft.
This is typically a minute or two.
4. Cover the dough with plastic wrap and let rest for 30 minutes. Once rested it is ready to be rolled into whatever style pasta you'd like

notes

For a more decadent pasta, replace one whole egg with two yolks.

hummus caesar dressing

6.12.2019

ingredients

- 1/2 cup hummus (roasted garlic preferred)
- 1 tsp spicy whole grain mustard
- 1/2 tsp lemon zest (1 lemon's worth)
- 1 Tbsp capers; finely minced
- 1 heaping Tbsp caper brine
- 3 Tbsp garlic; minced (4-5 small cloves)
- 1 pinch salt
- couple cracks of ground pepper
- 1-2 Tbsp olive oil
- 1 tsp maple syrup
- water (optional); to thin sauce
- lemon juice (optional); to taste as needed

instructions

1. Stir everything together.
2. Thin slightly with water to get desired consistency.
3. Add lemon juice as needed. I find this often isn't necessary with good caper brine.
4. Can be served right away but does well with a sit for the flavors to mingle – maybe 30 minutes.

notes

Really good massaged into crunchy greens; e.g., romaine hearts, lacinato kale.

jeff's naan

2.2.2016

ingredients

- 2 tsp dry active yeast
- 1 tsp sugar
- 1/2 cup water
- 2 1/2 - 3 cups all-purpose flour, divided
- 1/2 tsp salt
- 1/4 cup olive oil
- 1/3 cup plain yogurt (greek works as well)
- 1 large egg

instructions

1. In a small bowl, combine the yeast, sugar and water. Stir to dissolve then let sit for a few minutes or until it is frothy on top. Once frothy, whisk in the oil, yogurt, and egg until evenly combined.
2. In a separate medium bowl, combine 1 cup of the flour with the salt. Next, pour the bowl of wet ingredients to the flour/salt mixture and stir until well combined. Continue adding flour, a half cup at a time, until you can no longer stir it with a spoon (about 1 to 1.5 cups later). I find this is almost always 2.5 cups of flour total when using king arthur all-purpose flour.
3. At that point, turn the ball of dough out onto a lightly floured surface and knead the ball of dough for about 3 minutes, adding small amounts of flour as necessary to keep the dough from sticking. You'll end up using between 2.5 to 3 cups flour total. The dough should be smooth and very soft but not sticky. Avoid adding excessive amounts of flour as you knead, as this can make the dough too dry and stiff.
4. Loosely cover the dough and let it rise until double in size (about 1 hour). After it rises, gently flatten the dough into a disc and cut it into 8 equal pieces. Shape each piece into a small ball.
5. Heat a large, heavy bottomed skillet over medium heat (I prefer cast iron for this). Working with one ball at a time, roll it out until it is about 1/4 inch thick or approximately 6 inches in diameter. Place the rolled out dough onto the hot skillet and cook until the bottom is golden brown and large bubbles have formed on the surface. Flip the dough and cook the other side until golden brown as well. Stack the cooked flat bread on a plate and cover with a towel to keep warm as you cook the remaining pieces. Serve plain or brushed with melted butter and sprinkled with

notes

This is pretty much just the budget bytes homemade naan recipe. These keep well stored in mason jars then reheated on a hot pan like they were cooked.

jess bowl

4.11.2018

ingredients

- neutral oil
- 1 3/4 cup brown rice
- 1/4 cup wild rice; cooked
- 2 large sweet potatoes; 3/4" dice
- 2 delicata squash; cut into half moons
- 1 recipe miso braised greens
- 8 oz crimini mushrooms; stems removed and washed, cut in half
- 2 tbsp neutral oil
- kosher salt
- 1 avocado; sliced
- sriracha to taste
- toasted sesame oil to taste
- soy sauce or tamari to taste
- 1 tsp white sesame seeds
- 1 tsp black sesame seeds
- fried egg (optional)

instructions

1. Cook rice in a rice cooker on brown setting or on the stove.
2. Heat oven to 400F. Peel sweet potatoes and cut into 3/4" cubes. Toss in a 1-2 Tbsp neutral oil with a sprinkle of salt. Cut off top of delicata squash, slice length-wise, scoop out inards, and slice into 1/2" wide half moons. Again, toss in a neutral oil with a sprinkle of salt. Using one large or two smaller trays, spread out sweet potatoes and delicata squash. Roast for 20 minutes, until browning underneath. Flip and toss. Roast for another 10-20 minutes. Sweet potatoes should be bronzed and tender and squash should be browning at edges. Toss chunks around one more time if it looks like they are cooking unevenly.
3. While potatoes and squash are cooking, heat a pan to medium-low heat. Add 2 Tbsp neutral oil and crimini mushrooms to the pan, cooking until tender. While mushrooms are cooking, prepare japanese braised greens. Jess prefers using lacinato kale for this specific recipe, as opposed to chard. Throw cooked mushrooms into the pan of greens, stir, and cook together on low for another minute. Remove from heat and set aside.
4. Prepare bowls. Before adding vegetables, mix a dash of toasted sesame oil into the cooked rice. Pile on vegetables and top with a fried egg (optional). Add tamari/soy sauce and sriracha to taste.

notes

Best rice bowl ever. Rice can be cooked on a timer so that it can soak for longer, up to 12 hours.

kung pow tempeh

8.8.2020

ingredients

stiry fry

- 4-5 celery stalks; sliced
- 1/2 bunch green onion; thickly sliced with a little reserved for topping
- 1-2 hot peppers (serrano or birds eye); thinly sliced or tiny dice
- 1 lb tempeh; cut into 1/2" cubes
- 1/2 cup chopped nuts (cashew or peanut)
- neutral oil

sauce

- 5 garlic cloves; pressed or grated
- 2" ginger; finely minced or grated
- 1/4 cup soy sauce or tamari
- 2 Tbsp unseasoned rice vinegar
- 1 Tbsp honey or maple syrup
- 1 Tbsp water
- 1-2 Tbsp corn starch

instructions

1. Prepare the sauce by mixing everything in a mason jar and shaking.
2. Cook tempeh in pan with oil as needed until browned on most sides. Remove from pan.
3. Add celery and green onion. Cook until onions are wilted and celery is slightly softened but still has lots of crunch, ~5 minutes.
4. Add hot pepper and cook for about 1 minute, stirring often.
5. Add back browned Tempeh and reheat through.
6. Add sauce and stir until it thickens. Should take 30 seconds to a minute.
7. Take off heat and stir in nuts. Top with a little thinly sliced green onion.
8. Serve over rice - white or brown.

notes

Taste for heat and add sriracha if needed.

lemon red pepper quinoa salad

9.6.2018

ingredients

- 1 cup dry quinoa (about 3 cups cooked)
- 1 3/4 cup water
- 1/2 tsp kosher salt
- 1 tsp olive oil or butter
- 1 cucumber; small dice
- 1 red pepper; small dice
- 1 small red onion; small dice (maybe 1/2 or 3/4 of a giant one)
- 1 can chickpeas; rinsed and drained
- 1 bunch of parsley, finely chopped
- 1/4 cup olive oil
- 1/4 lemon juice (2 or 3 lemons)
- 1 Tbsp sherry vinegar (red wine vinegar could work too)
- 2 garlic cloves; pressed
- 1/2 tsp kosher salt

instructions

1. Cook the quinoa. Thoroughly rinse dry quinoa while heating oil in medium sized pot over medium heat. When quinoa are washed and pan hot, add drained quinoa and cook stirring to toast as the remaining water evaporates - about 2-3 minutes. Stir in water and salt and bring to a rolling boil. Reduce heat to the lowest setting and cover the pot.
Cook for 15 minutes without removing the top, then take off heat and let sit, unopened, for 5 more minutes.
Fluff with a fork and allow to cool some.
2. While quinoa cooks, prep and combine the ingredients from cucumber to parsley in a large mixing bowl.
3. Make the dressing. Combine ingredients from olive oil to kosher salt in a mason jar. Put on the lid and give it a good shake.
4. Once the quinoa has cooled a bit as to not cook the veggies, add to the mixing bowl and stir to mix. Shake the dressing again and pour over the mixture while stirring. It's good now a little warm, and will be good cold out of the fridge for another few days.

notes

Adapted from a cookie and kate blog recipe. I like the sherry vinegar a lot more than red wine in this application. As I was making it I thought it would need something like feta, but once I tasted it I really don't think that's the case. Dressing might benefit from a pinch of red pepper flakes. A good camping recipe due to the short cook and cold presentation.

lentil bolognese

11.4.2017

ingredients

- 3 Tbsp olive oil
- 2 carrots; small dice
- 1-2 celery stalks; small dice
- 1 onion; small dice
- 1 cup beluga (black) lentils
- 4 cups vegetable broth
- 2 Tbsp unsalted butter
- 1 Tbsp balsamic vinegar
- pasta, dried or homemade; cooked

instructions

1. Heat the oil over medium-low heat then add carrots. Cook for a couple minutes then add onions and celery and cook until golden; about 10-15 minutes.
2. Rinse lentils then add to the pot. Toss around then add the 4 cups of broth. Bring to a boil over high heat then reduce to a simmer and allow to cook for 35-45 minutes until the lentils have absorbed much of the water and are abundantly tender. This is a good time to check the seasoning.
3. Remove half the sauce to a blender or food processor and blitz to a rough paste or smooth depending on preference. Add this back to the pot along with butter and the balsamic vinegar.
4. Serve over noodles with a few cracks of fresh pepper and some chopped parsley or parmesan.

notes

Can use any type of broth. Mushroom or chicken broth would be nice. For boxed pasta I prefer *De Cecco* brand and a shape without holes or tubes for the sauce to get stuck in. Good options are farfalle, oriechette or fettucine. Also goes really well over roasted spaghetti squash.

mediterranean couscous salad

5.20.2017

ingredients

- 1.5 cup whole wheat couscous
- 1 english cucumber; small dice
- 1 small carton good cherry tomatoes; cut in half
- 1 red pepper; small dice (optional, as a replacement for tomatoes)
- 1 can garbanzo beans; drained
- 1/4 cup (or more) italian dressing
- 1 avocado (optional as topping)
- salt

instructions

1. Boil 1.5 cups of water with a pinch of salt in a small saucepan. Once it's boiling, add couscous and stir, take off heat and let rest for 5+ minutes with the lid on before fluffing with a fork.
2. Combine veggies and dressing to let marinate while couscous steams.
3. Top couscous with veggie salad. Top that with optional sliced avocados. Add more dressing if necessary.

notes

If really getting fancy, could add chopped parsley. If using persian cucumbers prep 2-3 instead of 1. For chickpeas, I prefer *Goya* brand.

miso braised greens

10.3.2017

ingredients

- 2 Tbsp neutral oil
- 1 bunch swiss chard; sliced, stems removed and chopped.
- 3 cloves garlic; smashed under flat knife blade then thinly sliced
- 2 Tbsp miso paste, light or medium
- 1 tsp rice vinegar
- 1 pinch red pepper flakes (optional)

instructions

1. Cook stems in oil over medium low heat until the stems are starting to cook but still firm.
2. Add garlic (and red pepper flakes if using) and simmer while stirring for another minute. Add chard leaves and stir while cooking until begins to release water.
3. Add miso paste and rice vinegar and stir to evenly combine into the chard water. If it's too dry add a couple tablespoons. Cook until most water evaporates and the chard is in a sticky sauce.
4. Season to taste and serve. Add more miso or vinegar as needed.

notes

Chard is easily replaced with lacinato (aka dinosaur) kale. Cut out and discard stems. The rest of the directions remain the same.

miso mushroom pasta

12.15.2022

ingredients

- 8 oz mushrooms
- 8 oz asparagus
- 8 oz pasta; e.g., TJs egg pappardelle or normal dried pasta like de cecco
- 1 Tbsp extra virgin olive oil
- 1 pinch red pepper flakes
- 4 cloves garlic; minced
- 4 Tbsp butter
- 2-3 Tbsp miso paste; I prefer shiro/white miso for this
- salt and pepper
- black sesame seeds for serving
- (optional) green onion for serving

instructions

1. Put a pot of water over heat and bring to a boil. While heating cut the mushrooms into chunks and start cooking in a pan with the olive oil and 1 Tbsp butter. Lightly salt to help remove moisture. Cut the asparagus to bite sized pieces and add after a few minutes. Once the veggies are almost cooked through, add the red pepper flakes and garlic bass another Tbsp of butter if needed.
2. Start cooking the pasta. Once just before al dente, add to the veggie pan along with ~1 cup of cooking water, the miso and remaining butter. Stir well to mix the miso and butter. The pasta should come up to al dente as the sauce just thickens. Take off heat, add a generous amount of black pepper and stir again. Top with black sesame seeds and maybe green onion for looks.

notes

Could be good with chunks of precooked kabocha squash and chili crisp oil.

miso rice bowl

12.31.2017

ingredients

- 3/4 cup of brown rice
- 1/4 cup of wild rice
- 1-2 sweet potatoes; peeled and 3/4" cubed
- 1 large bundle of broccoli
- 2-4 tbsp neutral oil
- coarse or kosher salt
- freshly ground black pepper
- 1 tsp white sesame seeds
- 1 tsp black sesame seeds
- 1 recipe miso-tahini dressing

instructions

1. Heat oven to 400F. Cook rice in a rice cooker on the brown setting.
2. Toss sweet potatoes in a neutral oil and a sprinkle of salt.
3. Using one large or two smaller trays, spread out sweet potatoes and roast for 20 minutes, until browning underneath. Flip, toss, and add broccoli to the tray. Drizzle with a little more neutral oil and a sprinkle of salt. Roast for another 10-20 minutes. Broccoli should be lightly charred at the edges and sweet potatoes should be browned and tender.
4. While vegetables are roasting, prepare the miso-tahini dressing.
5. Assemble bowls. Scoop rice into each bowl, pile on vegetables, and coat lightly with dressing. Sprinkle toasted sesame seeds on top.

notes

Easily doubled. Equally delicious over wheat berries or farro. Also good with a drizzle of sriracha.

miso tahini dressing

12.31.2017

ingredients

- 1 Tbsp fresh ginger; chopped
- 1 small garlic clove; chopped
- 2 Tbsp light (shiro) yellow miso
- 2 Tbsp tahini
- 1 scant Tbsp honey (or maple syrup)
- 1/4 cup rice vinegar
- 2 Tbsp toasted sesame oil
- 2 Tbsp olive oil

instructions

1. Combine everything in a blender and run until smooth, scraping down sides once.
2. Taste and adjust as needed.

notes

Stores well. This is an acceptably sized small batch, but there isn't much reason not to double this recipe.

mochi corn cake

12.15.2022

ingredients

- 2.5 cups corn kernels, preferably fresh cut from 2-3 cobs
- 1/2 cup full fat coconut milk
- 1/4 cup butter, melted and cooled slightly, plus more for greasing baking pan
- 3/4 scant cup granulated sugar
- 2 large eggs
- 1/2 tsp vanilla extract
- 2 cups glutinous rice flour (I use Koda Farms Blue Star Mochiko)
- 1 tsp baking powder
- 1/2 tsp salt

instructions

1. Preheat oven to 350F non-convection. Grease a 8x8 or 9x9 square or round pan. Blend corn and coconut milk until very smooth. Blend in the other ingredients until smooth. Pour into greased baking tray and knock out bubbles.
2. Bake for 45 minutes to 1 hour. Let cool completely then cut. Store on counter up to 24 hours or fridge for longer.

notes

Reference: <https://www.foodnetwork.ca/recipe/sweet-corn-mochi-cake/>

morning banana smoothie

5.29.2017

ingredients

- 1 peeled; previously frozen banana
- 1 cup unsweetened plain almond milk
- 2 Tbsp natural peanut butter
- 1 Tbsp rolled oats
- 1/2 cup frozen spinach or 1 to 2 cups of fresh, rinsed spinach (optional)
- 1 tsp flax seed (optional)
- 1 tsp spirulina powder (optional)
- 1 pinch garam masala or cinnamon powder (optional)

instructions

1. Add to blender in the general order the ingredients are listed. If you want to really mix it up add one of the 'optional' spices.
2. Blend until smooth, using the tamper or adding almond milk to help everything combine.

notes

Can be made with more or less almond milk to adjust the consistency between a shake/ice cream treat or a drink. I sometimes add parsley if it's around.

mung bean korean pancake batter

11.3.2019

ingredients

- 1 cup split yellow mung beans
- 2.5 cups of water; separated

instructions

1. Place the beans and 2 cups of the water in a medium bowl and soak for 1 hour. They should increase in volume by about 50 percent.
2. Drain the beans, then place in a blender. Add the remaining 1/2 cup water. Blend on high speed until the mixture is very smooth, 15 to 30 seconds.
3. Season before cooking. Do not add salt until ready to cook.

notes

You can make this mixture and refrigerate, covered, for up to 3 days. Can add kimchi, sauerkraut, green onions, sprouted mung beans, tamari, fish sauce, etc.

pressure cooker mushroom risotto

5.1.2017

ingredients

- 4 cups vegetable stock
- 1.5 lbs assorted mushrooms (a mixture is best); cleaned, trimmed and thinly sliced
- 4 Tbsp olive oil
- 4 Tbsp butter
- 1 yellow onion; chopped
- 4 garlic cloves; minced
- 1.5 cup arborio rice
- 2 tsp tamari or soy sauce
- 1 Tbsp light (shiro) miso
- 1/2 cup white wine
- 1 oz grated high quality parmesan
- more parmesan and any finely minced herb for serving
- 1 oz dried porcini or shitake (optional)

instructions

1. If you have dried mushrooms, heat stock and allow dried mushrooms to steep until soft, about 5 minutes for porcini or up to an hour for shitakes. Remove hydrated mushrooms and roughly chop. Add mushroom scraps to the stock and allow to sit until later when the stock is added to the rice.
2. Heat olive and oil and butter in the pressure cooker and add all of the mushrooms. Cook until the moisture is released and the mushrooms are beginning to brown.
3. Add onion and garlic and cook until barely softened, then add rice and cook until starting to become translucent around the edges; about 5 minutes.
4. Stir in soy/tamari and miso paste until distributed then add wine and cook until the alcohol is released; about 2-3 minutes.
5. Pour the stock into the pot through a mesh strainer and discard the mushroom scraps. Cook on low pressure for 5 minutes (10 psi on most cookers). Release steam valve and open the pressure cooker.
6. Stir in parmesan and check the seasoning.
7. Serve with extra grated parmesan and herbs at the table.

notes

Not a good choice for someone who doesn't like mushrooms. The dried mushrooms are nice but not necessary - I generally skip the extra step. Also, if the risotto comes out a little too dry, feel free to loosen it with a few tablespoons of stock or heavy cream.

mustard arugula farm salad

12.27.2018

ingredients

- 2 Tbsp dijon mustard
- 2 Tbsp whole grain mustard (e.g., Maille)
- 1/2 cup extra virgin olive oil
- 2 Tbsp sherry vinegar (or something similar)
- 1 scant Tbsp maple syrup
- couple cracks of black pepper
- 12-16 oz new potatoes; cooked (boiled or steamed) and cut in half
- 7 oz arugula; washed and dried as much as possible
- 1 1/4 cup uncooked brown rice
- 1/4 cup uncooked wild rice
- 1/4 cup dried cranberries
- 4-6 eggs; quartered lengthwise
- 1/4 cup pine nuts (optional)
- 1 tin sardines or mackerel (optional)

instructions

1. Combine all the ingredients in the top section in a pint jar with a lid (mason jar). Shake to create an even mixture then put in the fridge.
2. Cook the brown and wild rice together. I like to combine them in a rice cooker and cook via timer overnight to be ready in the morning.
3. Combine potatoes, arugula, rice, pine nuts and cranberries and toss until evenly distributed. Serve onto plates or into containers and top with eggs and fish – should make 4-6 meal sized servings. When ready to serve, drizzle over two spoonfuls of dressing. Add more to taste.

notes

Fish isn't necessary but a nice boost of protein.

open faced breakfast sammy

3.8.2017

ingredients

- 1 slice of sourdough bread
- 1 cup of uncooked spinach
- 2 thin slices of “unexpected cheddar” (Trader Joe’s)
- 1 egg
- 1-2 Tbsp neutral oil
- 1 tsp olive oil
- kosher salt
- ground pepper

instructions

1. Toast sourdough bread.
2. While bread is toasting, heat pan to medium heat and add 1-2 Tbsp of neutral oil to the pan. Once heated, add spinach to one side of pan and crack an egg on the other side.
3. Allow egg to cook until the white congeals and the inside is somewhere between runny and molten. While egg is cooking, make sure to toss spinach to ensure it cooks evenly.
4. Assemble sandwich. Drizzle olive oil over bread. Layer the cheese, spinach, and fried egg. Add a sprinkle of salt and a dash of pepper.

notes

Delicious served on own or with a side of fruit.

oyster sauce bok choy

12.15.2022

ingredients

- 2 lb of baby or normal bok choy
- 1 tbsp of neutral oil; e.g., avocado oil
- 1.5 tsp of salt
- 6-8 cloves of garlic (minced)
- 1 Tbsp sesame oil
- 3 Tbsp oyster sauce
- 2 Tbsp of soy sauce; Japanese shoyu, or Chinese light soy sauce
- 1 Tbsp of sugar

instructions

1. Trim the bottom of the bok choy and halve or quarter depending on size. Bring pot of water to simmer and add salt and oil. Cook 3-4 minutes, in batches if necessary. Want it to be tender but still have crunch.
2. Add in minced garlic, vegetarian oyster sauce, soy sauce, sugar, and sesame oil in a pan. Let it simmer for 1-2 minutes, or until the sugar has melted.
3. Drizzle the sauce over the bok choy and serve.

notes

Reminds me of the chinese brocolli in oyster sauce at Woody's Wings and Things.

pasta e ceci (pasta and chickpea soup)

7.11.2019

ingredients

- 3 Tbsp olive oil
- 3 stalks celery; roughly chopped
- 4 carrot; roughly chopped
- 1 yellow onion; roughly chopped
- 3 sprigs rosemary; finely minced (optional)
- 8 cups vegetable stock (I prefer better than bouillon)
- 2 15 oz cans chickpeas; drained and rinsed
- 8 oz. small pasta (cavatelli, ditalini or oriechette)
- kosher salt and freshly ground black pepper, to taste
- 2 Tbsp parsley; minced plus a little more for topping
- parmesan cheese for serving (optional); microplaned or grated
- 1/2 - 1 lemon (optional but recommended)
- miso paste to taste

instructions

1. Heat oil in a large saucepan or pot over medium-high; add rosemary, celery, carrot, and onion and cook until soft, 8-10 minutes.
2. Add stock and chickpeas; simmer 5 minutes. Remove half the chickpeas and purée until smooth; return chickpeas to pan.
3. Add pasta and cook until al dente, 10 minutes; season with salt and pepper. Taste for acid and add lemon juice if needed.
4. Stir in parsley. Serve with parmesan cheese and extra parsley.

notes

Doubles well. If you don't have fresh rosemary, do not add dried.

potato leek soup

9.10.2021

ingredients

- 2 Tbsp olive oil
- 2 lb gold potatoes; sliced into 1/8-1/4" coins (or new potatoes, or yellow fingerling potatoes)
- 2 leeks; white and light green thinly sliced, green tops chopped
- 1-2 bunch lacinato kale; deribbed and chopped into bite sized pieces
- 4 green onion; sliced (a little reserved for a topping)
- 6 cups water
- 4 tsp better than bouillon vegetable base (a couple more for low sodium type)
- 1/4 cup sour cream (plus more for serving)
- sliced rustic bread
- salt and pepper
- white wine vinegar (possibly substitute with apple cider vinegar)

instructions

1. Heat large pot over medium heat and add olive oil, potatoes and leeks. Add with a pinch of salt and stir.
Cook 5-8 minutes until the leeks start to break down and get glossy. Add water and bouillon and bring to simmer.
Cook for 30-45 minutes until potatoes are super tender and easily broken up with a wooden spoon.
Break apart potatoes to thicken soup but leave enough chunks for texture.
2. Add green onion and kale and stir until greens are wilted. Fold in 1/4 cup of sour cream and cook for 1 minute more. Add 1 tsp vinegar.
3. Check seasoning and acid before ladeling into bowls and topping with another dollop of sour cream, a sprinkle of green onion and some cracked black pepper.

notes

Modified from Alison Roman's PLS recipe. She added lots of dill. Maybe worth adding with kale and onion, but too aggressive as raw topping. Maybe a more tender bunch of dill would be better.

quick pickles 2.0

12.15.2022

ingredients

- 1 part white vinegar
- 1 part water
- 1 small pinch of salt per 2 cups brine
- sliced vegetables to pickle; e.g., red onion, radish, jalapeño, daikon

instructions

1. Combine the vinegar, water and salt in a small pot. Cover and bring to a simmer.
2. While the brine is coming up to heat, stuff a mason jar with the prepared vegetables.
3. Once simmering, pour brine onto vegetables until they're covered. Let sit out until cool enough to handle the jar then cover and place in fridge.

notes

Should last at least a month. This is so much easier that I use this for almost everything.

quick pickles

1.7.2020

ingredients

- 1 mason jar packed with vegetables
- 1 cup hot tap water
- 1/2 cup unseasoned rice vinegar
- 5 Tbsp granulated sugar
- 2 1/4 tsp kosher salt
- 1 tsp corriander seeds (optional)

instructions

1. Combine sugar, salt, vinegar and water in bowl and stir until dissolved.
2. Pour into mason jar until vegetables are fully covered or brine reaches the top. Add corriander if using.
3. Place in fridge. Can be eaten after a day or two. Will be fully 'ready' after four days. Will keep for a month.

notes

This is enough brine for a wide mouth tallboy mason jar.

red lentil coconut curry

12.15.2022

ingredients

- 2 Tbsp coconut oil
- 1 onion
- 2 cloves garlic; crushed or minced
- 2" knob of ginger; minced
- 1 cup split red lentils (masoor dal); well rinsed
- 1 14oz can crushed tomato or similar
- 1 cup cilantro stems
- 1/4 cup cilantro leaves
- 1 14 oz can coconut milk; full fat
- 2.5 cups water
- 2-3 oz baby spinach; I.e., half a package from WF
- 1 tablespoon curry powder
- 1 pinch red pepper flakes
- 1/2 lemon
- (optional) 1 pinch asafetida or kombu for simmer
- (optional) 1 side of steamed basmati rice; cooked with coconut oil and no spices

instructions

1. Preheat saucepan over medium heat. Add the onion and fry for 8 minutes, sitting frequently, until soft and caramelized. Add curry powder, pepper flakes, garlic and ginger and fry for 2 more minutes, stirring continuously.
2. Add lentils and stir through for 1 minutes, then add tomatoes, cilantro stems, water, 1 tsp salt and a big grind of pepper.
3. Add the coconut milk, reserving a few Tbsp if desired for finishing. Bring to a boil then simmer for 25-30 minutes, until the lentils are soft but still holding a little shape. Fold in spinach and take off heat once fully wilted. Season with salt, sugar as needed and lemon juice.
4. Top with fresh cilantro and optional reserved coconut milk.

notes

- Probably good to double
- Could probably use a whole bin of spinach.

rustic baguettes

9.27.2018

ingredients

- 680 grams lukewarm water; less than 100F
- 1 Tbsp granulated yeast
- 1 1/2 Tbsp kosher salt
- 680 g white flour
- 230 g whole wheat flour
- some semolina flour

instructions

1. In a large, sealable container over a scale add water Then yeast and salt. Mix a little bit.
Tare then add white flour, tare again and add whole wheat. Combine thoroughly with a danish dough whisk or wooden spoon, making sure to get the corners.
2. Let sit out, with lid on lightly so that gases can escape, for 2-4 hours while it rises then collapses a bit.
Then place in the fridge for 3 hours to 10 days.
3. When ready to cook, preheat oven to 450F with a steamer tray. Dust bin top with a little semolina then gently shape into baguettes, rolling in a little more semolina as needed to prevent sticking. Let rest for 20 minutes then slash 3 times lengthwise on a slight angle and bake for 25 minutes.
4. Let cool, then eat. Should last a day or two.

notes

Makes 5-8 baguettes depending on size.

salt brine fermented pickles

1.2.2020

ingredients

- 2 TB salt
- vegetables

instructions

1. Stir 2 TB salt into a 1 quart mason jar until salt is dissolved.
2. Add chopped vegetables to the mason jar. Turnips, beets, radishes, carrots are particularly tasty.
3. Optionally, add spices, particularly garlic, ginger, peppers (hot or sweet), and onions.
4. Cover the mason jar loosely with its lid. If possible, ensure that the vegetables are submerged with the brine: one easy way to do this is to fill a plastic bag with beans and place it on top of the vegetables and brine. Specialized tools also exist. If the vegetables are not completely covered, those that are exposed to the air can be removed before storage.
5. Ferment between 2-3 days and 2-3 weeks, or longer. Refrigerate to store with a closed lid.

notes

If possible, use filtered water, as chlorine in water may inhibit lactic acid fermentation. The ratio of 2 TB salt to 1 quart of water can be scaled up or down (i.e., for 1 gallon of water, use 8 TB [1/2 cup] of salt). Salt can be reduced to taste, especially when a longer time is used for the ferment. Especially in cooler weather, as little as 1 TB salt per quart of water may suffice. This technique works for any vegetable, though leafy greens are known to taste bitter with this method.

shakshuka

12.31.2017

ingredients

- 1 medium onion; small dice
- 4 cloves garlic; crushed then sliced
- 2 Anaheim peppers; seeds removed and diced
- 3 jalapeño or 2 serrano peppers; sliced
- 1 Tbsp cumin
- 2 tsp smoked paprika
- 28oz san marzano tomatoes
- 1 can chickpeas; drained and rinsed
- 6 or 7 eggs
- 1 handful of chopped parsley; can also used chopped cilantro or thinly sliced green onion as garnish
- 1/4 cup crumbled feta
- olive oil and pepper to finish

instructions

1. Heat a 12-14" pan on medium heat. Add onions, peppers, a few tablespoons of olive oil and a small pinch of salt and cook until onions are translucent and just beginning to brown.
2. Add the garlic and cook for 30 seconds. Add the cumin and smoked paprika and cook for 30 more. Dump in the tomatoes and crush with a wooden spoon until it resembles a chunky pasta sauce. Add the chickpeas. Bring to a boil then reduce to low and simmer for approximately 15 minutes, stirring occasionally to prevent the sauce from burning at the bottom, until it is the consistency of oatmeal.
3. This is a good time to taste the sauce and season it until it's right.
4. Create egg divots with the back of a spoon and distribute the eggs into the divots. Spoon the sauce over some of the egg white before covering. Cook for 5-10 minutes checking for the eggs to be completely cooked like it is poached.
5. Once the eggs are just about cooked, remove from heat and sprinkle with feta and parsley, a light drizzle of a good olive and a few cracks of pepper.

notes

Goes well with baguette or naan. Can add lots of different veggies to the base: carrots, radishes, green beans, eggplant, etc. Also goes well with a drizzle of tahini sauce. Goya makes the best canned chickpeas. I like sprinkling on some Trader Joe's "Everything But the Bagel" spice mixture on top.

steamed basmati rice

2.9.2018

ingredients

- 1 cup basmati rice
- 1.5 cups just boiled water
- 1-2 Tbsp neutral oil
- 1 pinch salt (3/4 tsp salt)
- spices: cloves, cinnamon stick, black peppercorns, cumin seeds, mustard seeds, curry leaves (all optional)

instructions

1. Rinse rice under cold water a few times or until it runs clear. Cover in cold water and let sit for at least 20 minutes, ideally 40 minutes, up to one hour.
2. Heat oil in a broad pan (at least 12-14"). If using spices, add to the hot oil and fry until fragrant.
3. Add drained rice and the salt and toss to coat. Dump in just boiling water and bring pan to an aggressive boil.
4. Once boiling, cover, turn heat down to low and let cook for 10 minutes.
5. Keeping top on, remove from heat and let steam in residual heat for another 10 minutes.
6. Serve with tasty curries.

notes

Some combinations of aromatics I enjoy are a cinnamon stick and cloves, or cumin or mustard seeds and curry leaves. Can be scaled 100% when doubling, but reduce to 2.5 cups boiling water.

sushi bowl

12.15.2022

ingredients

rice - 3 rice cooker cups of white short or medium grain rice - 4 Tbsp rice vinegar - 3 Tbsp (scant) sugar - 1 tsp kosher salt - approx 2"x2" kombu (optional)

spicy mayo - 4 Tbsp kewpie mayonnaise - 2 Tbsp sriracha or similar hot sauce

other toppings - 12-16 oz smoked slab salmon - avocado; sliced - 1 cucumber thinly sliced and tossed with small amount of salt (optionally sugar), or 1 recipe of "smashed cucumbers" - below - nori slices to make little sushi tacos - pickled red onion, radish or jalapeño - white and black toasted sesame seeds - Broiled asparagus

smashed cucumbers (optional) - 2 seedless cucumbers; about 1 to 1 1/2 lbs - 1 tsp salt - 2.5 tsp sugar - 2 tsp toasted sesame oil - 3 tsp soy sauce - 1.5 Tbsp rice vinegar - 2 cloves garlic; finely chopped (optional) - 1-2 tsp chili oil; I love momofuku chili crunch for this - 2 tsp toasted sesame seeds

instructions

1. Start by cooking the rice in a rice cooker on the white or sushi setting. Make rice seasoning while it cooks by combining and stirring the rice vinegar, sugar and salt in a small mason jar.
2. When the rice finishes cooking lay it out into a non-metallic broad bowl or even a glass tray and distribute the rice seasoning as evenly as possible. Carefully fold to combine. Fan with a sheet pan if possible to help cool the rice faster.
3. If you're feeling lazy you can mix it into the rice cooker directly and leave it open to cool a bit.
4. Spicy mayo is just mixing together the mayonnaise and sriracha. With kewpie mayo it should be drizzle-able.
5. Break apart salmon and place on top of some rice, then add all the toppings you'd want.

(optional) smashed cucumbers recipe 1. Trim ends off of cucumber(s) and cut into 4-5" segments if long. Use the butt of a chef's knife to break the cucumber into pieces. It should result in 3-4 lengthwise sections. Remove any pulp that was squished out and cut the segments on a bias in 1/4-1/2" slices. 1. Toss cucumbers with all other ingredients and let marinate for 10 minutes if possible. If done ahead of time, keep in the fridge until 20-30 minutes before serving.

notes

sweet potato bisque

12.21.2019

ingredients

- 2 Tbsp coconut oil (or other neutral oil)
- 1 onion or 2 shallots; diced
- 1 thumb ginger; finely chopped
- 2 lb sweet potato; peeled and cubed
- 1 scant tsp salt
- 1 Tbsp curry powder
- 1 tsp ground coriander
- 3 cups water
- 1/2 cup coconut milk (or almond milk) plus more for drizzling if desired
- 1/4 bunch of cilantro (optional); washed and chopped
- 1 lime (optional); cut into wedges

instructions

1. Cook the onion and ginger in coconut oil in a deep soup pot over medium heat stirring occasionally, until soft – about 10 minutes.
2. Add the salt and spices and stir. Add the cubed sweet potatoes and toss to coat then add the water. Bring to a boil then reduce to a simmer and cook until fork tender – about 15 minutes.
3. Transfer to a blender and remove blender plug then cover with a towel (or paper towel that will resist yellowing from curry powder). Blend until smooth. Either manually increasing slowly from low to high speed remaining on high for about 30 seconds or using the puree setting on the Vitamix.
4. Rinse out pot if any small pieces of onion or potato remain and transfer puree back. Reheat over a low flame and stir in coconut milk (or almond milk). Check the seasoning then serve with cilantro and lime.

notes

Also goes well with some crunchy toasted bread.

turmeric immune soup

11.5.2018

ingredients

- 2 tsp olive oil
- 4 carrots; small dice
- 4 celery stalks; small dice
- 2 smallish white, sweet or spanish onion; small dice
- 2-3 inches garlic; minced
- 6-8 garlic cloves; minced
- 3 tsp ground turmeric
- 1/2 tsp red chili flakes
- 1 1/3 cup dried orzo
- 8 cups vegetable broth
- 4 tsp light miso
- 2 tsp apple cider vinegar
- 1/4 cup parsley, flat or curly; chopped

instructions

1. Heat a broad based pot over medium high heat. Add olive oil, then onion, carrot and celery. Cook until onion is very translucent, about 5-10 minutes. Add garlic, ginger, turmeric and chili flakes and cook until fragrant, about a minute. Add broth and bring to boil.
2. Once at a low boil, add orzo and cook stirring intermittently until almost al dente; 7-10 minutes. In a small bowl, combine miso paste and vinegar. Ladle in 2-3 Tbsp broth and stir until dissolved. Add back into pot, then take off heat.
3. Check seasoning and add salt or pepper as needed. Stir in parsley and serve.

notes

Goes well with a crusty bread. Also stores well, but orzo will get plump and absorb lots of the broth.

turnip red lentil stew

12.31.2017

ingredients

- 1 red or sweet yellow onion; diced
- 4 garlic cloves; minced
- 1 bunch of small turnips (I like hakurei); washed, trimmed, and quartered or 4-5 large turnips; peeled and 1/2" dice
- 1 can tomato sauce/puree
- 4 cups vegetable broth and extra vegetable base concentrate
- 1 bunch collard greens, chard, or lacinato kale; washed, thick stems removed, and thinly sliced
- 1 cup red lentils; rinsed just before cooking
- 2 tbsp olive or neutral oil
- 1/2 tsp thyme (fresh or dried)
- 1/4 tsp dried sage (optional)
- pinch of red pepper flakes (optional)
- 2 shallots; cut in half lengthwise and thinly sliced (optional; see recipe)
- 1/4 cup neutral oil (optional; see recipe)
- 1 pinch salt (optional; see recipe)

instructions

1. Heat pan on medium flame then add oil and onion (and red pepper flakes if using). Cook until onion begins to soften then add garlic and cook until both are softened through - just sweating the veggies, no need to try to brown here. Add turnips and toss. Add tomato sauce and veggie broth and stir to combine. If using large turnips, cook for 15-25 minutes covered on low to get out any bitterness.
2. Add lentils and stir again. If using collard greens, add with lentils. Bring soup to a boil then reduce to a simmer and cook for about 20 minutes stirring occasionally. Around then the lentils will be a consistent color and texture though and will plump up to fill the pot all of the sudden.
3. *If making the optional crispy, caramelized shallots, add shallots and oil to a pan on medium low. After a few minutes the shallots should be sizzling as they release their moisture. Cook while stirring occasionally and continue with the stew steps below. About 20 minutes in the shallots should be turning golden. Remove them from the oil and spread out on a paper towel lined plate and sprinkle with salt.*
4. Once lentils are cooked, stir in the herbs (if using) and greens and let cook for a couple minutes.
5. Taste the soup- if it lacks body, add vegetable broth base 1/2 tsp at a time, or maybe a pinch of salt if it just needs more seasoning.

notes

Serve with a crack of pepper and za'atar flatbread.

vegan pumpkin chocolate chip cookies

12.22.2019

ingredients

- 1/2 cup coconut oil; solid (be sure it's not melted)
- 3/4 cups dark brown sugar; packed
- 1/2 cup granulated sugar
- 2 tsp vanilla extract
- 2 Tbsp maple syrup
- 2 Tbsp unsweetened coconut milk (almond or soy milk will also work)
- 2/3 can pumpkin puree (not pumpkin pie mix)
- 2 1/4 cups all-purpose flour; unpacked
- 1 tsp baking soda
- 1/2 tsp salt
- 2 tsp pumpkin pie spice (optional)
- 1/2 - 1 cup chocolate chips
- coarse salt

instructions

1. Preheat oven to 375F. Line a large baking sheet with parchment paper; set aside.
2. In the bowl of a stand mixer fitted with the paddle attachment, or in a large bowl using a handheld electric mixer, beat the coconut oil, both sugars, and vanilla on medium-speed until smooth; about 2 minutes. Add in the maple syrup, coconut milk and pumpkin puree and beat on low speed until well combined. Turn mixer off.
3. In a separate bowl combine the flour, baking soda, salt, and pumpkin pie spice; whisk well to combine.
4. Add the dry ingredients into the wet mixture and, with the mixer on low speed, beat until ingredients are combined. The batter will be very thick! Fold in 1 and 1/4 cups of the chocolate chips.
5. Scoop three tablespoon sized mounds of dough onto the prepared cookie sheet, leaving a few inches between each cookie. Bake for 9 to 10 minutes, or until the edges are golden and the centers are soft but set. Press remaining chocolate chips on top of warm cookies, and sprinkle with sea salt, if using. Cool cookies on the baking sheet for 30 minutes before transferring them to a cooling rack.

notes

Jess' creation and favorite desert. These are somewhere between a cookie and a muffin top.

white bean lemon kale soup

12.15.2022

ingredients

- 2 tablespoon olive oil
- 2 medium yellow onion; small dice
- 2 medium carrot; small dice
- 2 stick celery; small dice
- 4 cloves garlic; minced
- chili flakes or aleppo pepper to taste
- 2-3 sprig fresh rosemary; minced
- 3-4 cans navy beans; drained and rinsed (or 1-2 lbs soaked overnight and pressure cooked 20 min, natural pressure release)
- 8 cups vegetable stock
- 2-4 tablespoons fresh lemon juice
- sea salt and ground black pepper to taste
- 6 cups packed chopped lacinato or curly kale (roughly 2 small bunch)
- 1/2 cup flat leaf parsley leaves; chopped

instructions

1. Heat the oil in a medium-large soup pot over medium heat. Add the onions, carrots, and celery to the pot and stir. Sauté the vegetables until lightly softened and translucent, about 5 minutes.
2. To the pot, add the garlic, chili flakes, and rosemary. Stir and cook until garlic is fragrant, about 30 seconds. Add the navy beans to the pot and stir. Add the vegetable stock to the pot and stir once more. Bring the soup to a boil.
3. Once boiling, ladle 1/3 to 1/2 of the soup into an upright blender. Add the lemon juice to the blender as well. Carefully bring the speed of the blender up to high and blend until this portion of the soup is totally liquified. Pour this liquified portion back into the pot. Season the soup with salt and pepper.
4. Add the kale to the pot and bring the soup to a boil. Once the kale is slightly wilted and bright green, season the soup once more with salt and pepper, if you find it necessary. Stir in the chopped parsley as well. Serve the soup hot.

notes

Goes well with toasted rustic bread.