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# almond flour pumpkin muffins

## ingredients

- 2 cups almond flour
- 1.5 cup 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
- (optional, to add to half) 2 Tbsp small chocolate chips
- 1 can (14 oz) pumpkin puree
- 6 oz butter; melted
- 1/2 cup maple syrup
- 3 eggs

## instructions

Preheat oven to 350F.

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.

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.

Once preheated, cook for 30-32 minutes. Let rest in the tin for a minute or two until cool enough to handle then carefully remove and place on a wire rack. Once completely cooled (30-60 minutes), stored in a sealed container in the fridge.

When ready to eat, microwave for 20-30 seconds (depend on microwave, we have a weak one so use 30 seconds).

## notes

The 3 tsp (1 Tbsp) of spices (cinnamon, ginger, cloves) can be replaced with 3 tsp of pumpkin spice powder. Or even easier, 3 tsp 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.

# apple cheddar crisp salad

## ingredients

- 1 small shallot; minced
- 3 Tbsp apple cider vinegar
- 1/2 tsp smooth dijon mustard
- 1 Tbsp mayonnaise
- 6 Tbsp extra virgin olive oil
- salt and pepper
- 1 cup (115 grams or 4 ounces) sharp cheddar; coarsely grated
- 1 cup sliced almonds
- 2 Tbsp (15 grams) powdered sugar
- 1/4 tsp kosher salt
- 1/4 tsp ground cayenne
- 5 ounces (140 grams) kale leaves, any variety, cut into thin ribbons
- 1 large crisp apple; halved, cored, and cut thin

## instructions

Heat oven to 400F.

Add shallots, vinegar, dijon, mayo (or yogurt), and olive oil to a mason jar. Season with salt and pepper. Shake well to homogenize.

For the cheddar crisps and candied almonds, line a half-sheet baking sheet with parchment paper. Scatter cheddar evenly over half the parchment, in about a 1/4-inch deep rectangle. Sprinkle with a little cayenne or black pepper.

Rinse almonds under cold water and shake off excess liquid. In a bowl, toss wet almonds with powdered sugar, salt, and 1/4 teaspoon cayenne until evenly coated. Spread on second half of parchment-covered baking sheet in a thin, even layer.

Bake almonds and cheddar together for 4 to 9 minutes, until the cheese is melted into a lacy, evenly deep golden brown crisp and the almonds are dark at the edges and lightly golden throughout. Watch it closely as both the cheddar and the almonds will go from raw to burnt quite quickly. Check it at 4 minutes, then every minute or two after until the pan is just right. Remove and let cool while you finish the salad.

Assemble in a large wide bowl. Toss greens with 2/3 the dressing to start, then tasting and adding the rest if needed. Arrange the apple over the greens, fanning out slices. Break off clustered almonds from the baking sheet and scatter them over the salad. If the cheddar crisp are oily, you can blot it with a paper towel, before tearing or cutting it into large bite-size pieces and scattering them over the salad.

Season the salad with additional salt and pepper and serve right away.

## notes

The method for candied almonds is ridiculously good. This recipe is essentially unaltered from the Smitten Kitchen blog.

## **banana smoothie**

### **ingredients**

- 1 peeled, previously frozen banana
- 1 cup unsweetened plain almond milk
- 2 Tbsp natural peanut butter
- 1 Tbsp rolled oats
- (optional) a few ice cubes for texture
- (optional) 1/2 cup frozen spinach or 1 to 2 cups of fresh, rinsed spinach
- (optional) 1/2 - 1 cup frozen blueberries
- (optional) 1 pinch garam masala or cinnamon powder

### **instructions**

Add to blender in the general order the ingredients are listed. Blend until smooth, using the tamper or adding almond milk to help everything combine.

### **notes**

Add frozen blueberries or spinach but not both unless you want a brown smoothie.

## beet feta sandwich

### ingredients

- sourdough bread; sliced and toasted
- hummus
- feta cheese; crumbled
- hemp seeds (also called hemp hearts)
- 1 beet; sliced
- 1 handful spinach or kale; thinly sliced if kale

### instructions

Spread Hummus on toast. Add feta, hemp seeds, beet and spinach or kale.

### notes

Precooked beets work well here.

## boiled daikon raddish

### ingredients

- 1 lb (16 oz) daikon; peeled and cubed
- 1 cup water or stock
- 1 Tbsp oyster sauce
- (optional) 1 slice ginger
- (optional) 1/4 tsp salt
- 1/4 tsp sugar or honey
- 1/4 tsp white pepper; 1 pinch
- 1 green onion; chopped
- 1 splash sesame oil; once cooked

### instructions

Combine water (or stock), oyster sauce, ginger salt, sugar and white pepper in pop and stir to combine.

Bring to a boil. Once boiling, reduce to a simmer over medium-low and cook covered for 20 minutes.

Remove from heat and garnish with green onion and sesame oil. Mix well and serve as a side.

### notes

Congee topping. Great as a side in most chinese meals.

## broccoli feta soup

### ingredients

- 1 lb broccoli; rinsed and chopped (including the peeled stems)
- 4 cups vegetable broth
- 2 cups water
- 3 cloves garlic; minced
- 1 small pinch red pepper flakes
- 5-10 cracks of black pepper
- 5 oz orzo pasta (approx 3/4 cup)
- 4 - 6 oz feta cheese; crumbled

### instructions

In a medium pot combine the broccoli, garlic, broth, water and peppers. Bring to a boil and then reduce heat to a simmer. Cover your pot and cook for 30 minutes.

Using a potato masher, gently smash the broccoli until reaching desired texture. Add the orzo and red pepper and cook uncovered, stirring frequently until pasta is cooked (about 10 minutes). The pasta will stick if left unattended for too long.

Remove the pot from heat and crumble in your feta. Mix it in. Season with salt if needed (ours had enough from the feta and broth).

Serve with a crusty bread.

### notes

Double it because it's better the next day. Could add lemon juice if the feta isn't acidic enough (dependent on the brand and dry vs. brined).



## broccolini feta frittata

### ingredients

- 8 eggs
- 1/4 cup milk; almond or cow's
- 2 cloves garlic; minced
- extra virgin olive oil
- 2 bunches broccolini; about 3 cups in bite sized pieces
- 6 green onions or 1/2 yellow onion; sliced
- 1/4 - 1/2 cup feta; crumbled
- small pinch smoked paprika
- red pepper flakes
- salt and pepper

### instructions

Preheat oven to 400F. Whisk together eggs, milk and garlic cloves with some salt and pepper. Heat a 12" cast iron pan and add 1-2 Tbsp extra virgin olive oil. If using yellow/sweet onion cook it for 5-10 minutes until lightly browned and caramelizing. Can add a tiny pinch of sugar to encourage the caramelization. If using green onion, add them and the broccolini together and cook until tender - 4 to 8 minutes. Season with salt and add the pinch of smoked paprika. Stir until evenly distributed along the bottom of the pan.

Add eggs to the pan and shake if needed until distributed. Sprinkle on feta cheese and a small pinch of red pepper flakes. Place in lower or middle rack in the oven and cook for 15 minutes. Add 2-3 minutes if eggs are not yet set. Can move to a higher rack to encourage browning near the end for 2 minutes or just turn on broiler while on same rack it was on for 2 minutes. Let cool and set for 10 to 15 minutes if possible. Can serve warm, at room temperature or reheat in an oven by letting the frittata come up to temp with oven to 350F.

### notes

Easy to swap the veggies from broccolini to asparagus, red pepper, etc. Be careful if using mushrooms to fully cook out the moisture or it will be released in the oven and turn the frittata grey.

## cashew alfredo pasta

### ingredients

- 8-12 oz mushrooms; cut into thin cross-sections
- 1 large handful asparagus or broccolini; tough stems removed and cut into 1" segments
- 8 oz medium pasta; I've used mezze rigatoni, penne and fusilli
- 1.5 cups cashew cream (approx 1 cup raw cashews and water to just less than covering in a high speed blender)
- 1 clove garlic
- 2 Tbsp nutritional yeast
- 1-2 Tbsp unsalted butter
- salt
- pepper
- (optional) shredded parmesan cheese
- (optional) squeeze of lemon for serving

### instructions

Put salted water to boil. Add pasta and stir.

Meanwhile, make cashew cream and blend in garlic clove and nutritional yeast. Process until smooth and season with salt aggressively. Add pasta water as needed to blend smoothly.

In a large pan melt butter and cook asparagus until bright green (~2 minutes). Add mushrooms and 1/2 cup of pasta water and cover to steam for 2 minutes. Remove cover and stir to cook for another minute. Add cooked pasta and sauce and stir. There should be some mushroom infused water in the pan that will mix with and thin the sauce.

Adjust seasoning and add 15 grinds of black pepper. Serve warm topped with parmesan cheese.

### notes

The goal is to have nearly the same amount of pasta and vegetables in every bite.

## coconut baked oatmeal

### 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)
- (optional) blueberries, strawberries, raspberries, or blackberries; washed
- (optional) coconut whipped cream

### instructions

Preheat the oven to 375F (without convection) and melt coconut oil (or replacement) to grease baking dish.

Smash bananas in large mixing bowl. Combine all ingredients up to rolled oats and mix well. Spoon in oats and stir to combine.

Bake for 45 minutes. Remove and let cool for a couple of 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. Can be assembled the night before and baked morning of.

## **coconut rice**

### **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**

Combine in a rice cooker and stir. Cook on sweet setting, or just the white setting if sweet is not an option.

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.

## congee (savory rice porridge)

### ingredients

- 1 cup cooked rice
- 2 cups broth (or water, or half/half)
- splash of shoyu; about 1 tsp
- dash of sesame oil
- sesame seeds
- 1 green onion; greens thinly sliced
- (optional) roasted squash
- (optional) white pepper
- (optional) chili crunch oil
- (optional) pickled radish

### instructions

Blend cooked rice and broth until smooth with some chunks of suspended rice. 15-30 seconds on high. Pour into a saucepan and cook for 5 minutes to allow the rice to absorb some broth and thicken.

Serve with green onions and shoyu plus other optional toppings.

### notes

Serves 2.

## **creamy balsamic dressing**

### **ingredients**

- 6 Tbsp extra virgin olive oil
- 6 Tbsp balsamic vinegar
- 6 Tbsp avocado mayonnaise
- 1 tsp mustard
- 1 Tbsp honey
- 3 small cloves garlic; minced

### **instructions**

Whisk or shake together in a large mason jar.

### **notes**

Should probably put this on a salad with some apple and cheese.

## daily daal

### 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
- (optional) cayenne pepper
- (optional) handful of cilantro; rinsed and roughly chopped
- (optional) lemon

### instructions

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.

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 until 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.

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.

Once the sauce has darkened and thickened a little, 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.

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. Serve with basmati rice or naan and a sprinkle of chopped cilantro.

### Notes

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

## egg drop soup

### ingredients

- 4 cups vegetable stock; I prefer Better than Bouillon
- 1/2 tsp toasted sesame oil
- 1/2 tsp salt
- 1/8 tsp sugar
- 1/4 tsp MSG
- 1/8 tsp white pepper
- 1/2 tsp turmeric
- 3 Tbsp cornstarch; mixed with 1/3 cup water
- 3 eggs; lightly beaten

### instructions

Bring the stock to a simmer in a medium soup pot. Stir in the sesame oil, salt, sugar, white pepper, and MSG. Add in the turmeric. Taste the soup, and adjust the seasoning if needed.

Add the cornstarch and water mixture. Make sure the cornstarch and water is mixed well, as the cornstarch settles very quickly. Stir the soup continuously as you drizzle in the slurry, or you'll get clumps of cooked starch in your soup. Cook for a minute or two to allow broth to thicken.

Use a ladle to stir the soup in a circular motion, and slowly drizzle in the egg until you have added it all.

Ladle the soup into bowls, top with scallions if desired, and serve hot.

### notes

The speed which you stir while pouring the egg in determines the size of the egg flowers. I prefer large clumps of egg so tend to stir very slowly after some has set.



## **farmer's miso hummus**

### **ingredients**

- 1-3 cloves garlic
- juice of 1 lemon; optionally add the zest
- 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)
- (optional) extra virgin olive oil
- (optional) za'atar

### **instructions**

Add all the non-optional ingredients and blend. Add more chickpea liquid as needed to keep things moving and get the desired texture. Optionally, top with extra virgin olive oil or za'atar.

### **notes**

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

## garlic bread

### ingredients

- 1 loaf whole wheat French bread
- 4 Tbsp butter; softened to room temp
- 4 cloves of garlic; minced
- 2 tbsp parsley; minced
- 1/2 cup shredded Parmesan
- Salt and pepper to taste

### instructions

Preheat oven to 400F. Cut French bread in half (you should have two open sides).

Mash together garlic, butter, parsley, and salt/pepper. Spread evenly on open side of bread. Sprinkle cheese on top.

Bake 8-12 min until Parmesan is beginning to brown and bread is crunchy

### notes

Dip in soup.

## honey butter roast carrots

### ingredients

- 2 lb medium carrots; a mix of colors is best - orange, purple, yellow and white
- 2 Tbsp extra virgin olive oil
- salt and pepper
- 2 Tbsp honey
- 2 Tbsp butter; cubed
- 2 Tbsp minced parsley

### instructions

Set oven to 425F. Thoroughly scrub the carrots leaving 1/2"-1" of the tops. Cut in half any significantly larger carrots so that they're all similar, medium size. Pat or air dry.

Lay on a parchment lined baking sheet in a single layer and cover with oil and season with salt and pepper then cook for 25 minutes until almost tender.

Remove from oven, drizzle with honey, toss, then return to hot oven for 5 more minutes.

Take out and toss the carrots with butter and parsley in a bowl or in the pan with the parchment removed.

### notes

Can cut in half when cooking for 2... but you shouldn't because they reheat well as leftovers.

## korean mung bean pancakes

### ingredients

- 1 cup split yellow mung beans
- 2.5 cups of water; separated
- 1 tsp kosher salt
- 1 cup bean sprouts
- 1 cup roughly chopped kimchi
- 4 green onions; chopped
- 2 Tbsp fish sauce
- (optional) 2 Tbsp korean chili flakes; i.e., gochugaru
- 1 Tbsp chopped garlic
- neutral oil for frying

### instructions

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.

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. Season just before cooking. The batter can be made ahead but do not add salt until ready to cook.

Optionally blanch bean sprouts in a small saucepan of boiling water for 15-30 seconds.

Add remaining ingredients (besides neutral oil) together in a large mixing bowl and begin heating an 8" pan. Once the pan is hot, add 1 Tbsp neutral oil and turn to coat the bottom. Add 3/4 cup of the mixture and spread into a 6-7" pancake. Cook, undisturbed, for about 2 minutes or until you can see the bottom edges beginning to brown. Loosen the edges with a spatula and turn. Add another Tbsp of oil if needed and cook another 2-3 minutes.

Transfer to a paper towel lined plate or rack and continue cooking until the batter is gone. Serve as soon as possible.

### notes

You can prepare the base mung bean mixture (without the veggies and sauces) and refrigerate, covered, for up to 3 days.

# lentil bolognese

## 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 (or 2.5 - 3 if using pressure cooker) cups vegetable broth
- 2 Tbsp unsalted butter
- 1 Tbsp balsamic vinegar
- pasta, dried or homemade; cooked

## instructions

Can be cooked on the stovetop or in a pressure cooker. These instructions will go through both options then return to the steps that apply to both.

**stovetop** Heat the oil over medium-low heat then add carrots. Cook for a couple of minutes then add onions and celery and cook until golden; about 10-15 minutes.

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.

**pressure cooker** Cook veggies in base of the pressure cooker on “sauté” mode with the top off using 1-2 Tbsp olive oil. Stir often so the vegetables don’t burn, until browned and soft - about 5-10 minutes. Add lentils and 2.5 - 3 cups of the hot broth to the pressure cooker. Cover and set to 15 minutes on high pressure. Manually release pressure with a rag over the steam output.

**both** Remove a little less than 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. Stir to combine until the butter is completely melted.

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 fettuccine. Also goes really well over roasted spaghetti squash. We’ve been using the pressure cooker method much more and have started to prefer it.

The quality of balsamic matters here. Something with a high density (around 1.3 is good) will be best, and adds a nice sweetness besides the acid. For something widely available, check out the whole foods aged balsamic.

## mediterranean couscous salad

### ingredients

- 1.5 cup dry whole wheat couscous
- 1 english cucumber; small dice
- 1 red pepper; small dice
- 1 avocado; diced
- (optional) 1 small carton cherry tomatoes; cut in half
- 1 can garbanzo beans; drained
- 1/4 cup (or more) italian dressing
- salt

### instructions

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 at least 5 minutes with the lid on before fluffing with a fork.

Combine veggies and dressing to let marinate while couscous steams.

Top couscous with veggie salad. Top that with optional avocado and lightly toss. Add more dressing if necessary.

### notes

Can add chopped parsley or pickled red onions. If using persian cucumbers prep 2-3 instead of 1.

## microwave mug brownie

### ingredients

- 3 Tbsp all-purpose flour
- 2 Tbsp granulated sugar
- 1 small pinch salt
- 1.5 Tbsp cocoa powder
- 1-2 Tbsp chocolate chips
- 1/4 tsp vanilla extract
- 1.5 Tbsp oil or melted butter; avocado oil is best
- 3 Tbsp almond milk

### instructions

Combine in mug in order above and stir until no dry patches. Can stir dry ingredients before adding the wet.

Cook uncovered in microwave for 1:15 at full power (~1200W). Do not open microwave when it finishes and allow it to steam for 2 minutes after. This helps reduce the soufflé-like collapse.

Serve with cold almond milk or a scoop of ice cream on top.

### notes

May have to adjust for different power microwaves - this timing is good for 1200W.

Also, make sure to not cover the mug - the steam is bad for the texture.

## microwave salmon rice bowl

### ingredients

- 8-10 oz salmon; something fatty - likely farmed
- 1 cup frozen spinach broken up small or tender asparagus cut into 1" segments
- 1 cup/210g short or medium grain rice (Kokuho); very well rinsed and drained
- 1 1/3 cup water (320g including residual rinsing water)
- 1/2 heaping tsp hondashi
- 1 tsp soy sauce for rice
- 1/4 cup soy sauce for marinating
- 2-3 green onion; thinly sliced on a bias
- (optional) sesame seeds
- (optional) chili crisp

### instructions

Add drained rice, hondashi granules and soy sauce to large deep microwave safe dish (with a venting lid). Cover the dish and make sure the venting top is up to allow some steam to escape. Cook for 10 minutes on power level 4, then 10 minutes on power level 3 (this is calibrated for a 1200W microwave).

While cooking, slice salmon into 1/2" slabs and marinate in soy sauce. 1/4 cup might be too much so start with 2 tbsp first and add more as needed. Chinese light soy sauce or shoyu will work well.

When rice is cooked, remove from microwave and without stirring cover evenly in frozen spinach or asparagus - breaking up any large chunks that would cook more slowly. Lay salmon over vegetables with a little bit of the marinade with each piece. Cook on full power for 3:15. Maybe add 15-30 seconds if the fish and vegetables aren't cooked through. Top with green onion, sesame seeds and chili crunch is using.

### notes

While I use a microwave specific dish (The Anyday large deep bowl), should work with any microwave safe bowl and a top that will trap steam but can still vent enough to not explode.

Make sure to adjust for your microwave. This recipe is refined for 1200W.



## miso braised greens

### ingredients

- 2 Tbsp neutral oil
- 1 bunch swiss chard; leaves 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

Cook stems in oil over medium-low heat until the stems are just starting to soften but still have some bite.

Add garlic (and red pepper flakes if using) and simmer while stirring for another minute. Add chard leaves and stir while cooking until they begin to release water.

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 of the water evaporates and the chard is in a sticky sauce.

Add more miso or vinegar as needed.

### notes

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

## **mochi corn cake**

### **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 kosher salt

### **instructions**

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 remaining ingredients until smooth again. Pour into greased baking tray and knock out bubbles.

Bake for 45-60 minutes, until the center is set but bounces back when pushed, and edges are golden brown. 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/>

## mushroom mapo tofu

### ingredients

- 1-2 oz dried shitake mushrooms; soaked in 4 cups water
- 12 oz crimini mushrooms
- 2 lb soft/silken or firm tofu; cut into 1" cubes
- 2 leeks; halved lengthwise, washed and sliced into 1" pieces on an angle
- 2 Tbsp ginger; minced
- 2 Tbsp garlic; minced
- 2 tsp gochugaru
- 4 Tbsp doubanjiang
- (optional) 2 tsp whole sichuan peppercorn; crushed or ground fresh
- 3 Tbsp chili crisp; I prefer Momofuku brand
- 2 Tbsp fermented black bean paste
- 2 Tbsp corn starch mixed with 2 Tbsp cold water to form a slurry

### instructions

Prepare and measure out all the ingredients before starting to cook because it goes fast. Drain the shiitake mushrooms (reserving the soaking liquid) and finely chop them along with the fresh mushrooms - discarding any hard stems. Bring a pot of salted water to boil and poach the tofu. Drain, lightly season with salt and keep warm.

Heat 1 Tbsp oil in a large deep pan or a wok over high heat. Add the mushrooms and cook, turning over every once in a while so that everything cooks and begins to brown. Once the mushrooms release their liquid, and it largely evaporates, add the leek, garlic and ginger and cook for 3 minutes. Scoop the vegetables out of the wok and wipe clean if needed.

Add another 1 Tbsp oil to the pan/wok and put it back on high heat. Add the doubanjiang, chili crisp, black bean, sichuan pepper (if using), and gochugaru flakes. Fry, stirring continuously, so it doesn't burn, until the oil separates from the mixture - about 1 minute.

Stir the mushroom soaking liquid into the hot mixture, then add the vegetables and bring to a boil. Add the cornstarch slurry and boil again. Stir in the tofu cubes and stir carefully to coat.

Serve with rice.

### notes

Traditionally made with silken/soft tofu; however, we've used firm tofu lately and like it more. Avoid extra firm tofu.

A lot of these ingredients will have to be acquired from the asian grocery store; e.g., H-mart. Goes well with cold cucumber (i.e., cooling) dishes.

## pressure cooker mushroom risotto

### ingredients

- 4 cups vegetable broth
- 1.5 lbs mushrooms; 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
- 1 Tbsp soy sauce; shoyu, tamari or light chinese
- 1 Tbsp light (shiro) miso
- 1/2 cup sake or white wine
- 1 oz grated high quality parmesan
- more parmesan and any finely minced herb for serving

### instructions

Heat olive and oil and butter in the pressure cooker on sauté mode and add the mushrooms. Cook until mushrooms have softened, but you don't need to take it until they're completely dried and browning - some remaining moisture is fine.

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.

Stir in soy sauce and miso paste until distributed then add wine and cook until the alcohol is released; about 2-3 minutes.

Pour in the broth and stir. Cook on low pressure for 5 minutes (10 psi on most cookers). Release steam valve and open the pressure cooker. If still a little loose, continue to cook on sauté mode while stirring to release more of the rice starch.

Stir in parmesan then check the seasoning. If it's under-seasoned can add a pinch of salt or more soy sauce. Serve with extra grated parmesan and herbs at the table.

### notes

A mixture of mushrooms is nice.

## (jeff's) naan

### ingredients

- 2 tsp dry active yeast
- 1 tsp sugar
- 1/2 cup water
- 2.5-3 cups all-purpose flour, divided
- 1/2 tsp salt
- 1/4 cup olive oil
- 1/3 cup plain yogurt (greek works)
- 1 large egg

### instructions

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.

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.

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.

Loosely cover the dough and let it rise until doubled 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. 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 parsley.

### 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.

## okonomiyaki (cabbage pancakes)

### ingredients

- 4-5 cups cabbage; thinly sliced
- 1 large carrot; shredded
- 1 cup flour; 1/4 cup at a time
- 2 Tbsp shoyu (soy sauce)
- 1 Tbsp sesame oil
- 1/2 cup water
- 2 eggs
- 2 green onion; white and green separated
- neutral oil; e.g., avocado oil
- kewpie mayonnaise
- sriracha

### instructions

Make the wet batter by whisking together eggs, water, sesame oil and shoyu. Add flour 1/4 cup at a time while whisking until smooth. Add shredded cabbage, carrot and onion whites.

Let sit for a few minutes for the flour to hydrate. Cook over medium heat with 1 Tbsp neutral oil per pancake. Optionally drain on a paper towel then, non-optionally, serve with a drizzle of kewpie and sriracha and the remaining green onions.

### notes

I like this served with a little pile of diced kimchi.

## pancakes two ways

They're both delicious. I think I prefer the texture of way 1 better, but the flavor of way 2. Can't go wrong with either.

### way 1: the classic

- 1.5 cups flour (225 g)
- 0.5 cup almond flour (60g)
- 1/4 tsp salt
- 2 tsp baking powder (12 g)
- 1 Tbsp sugar
- 2 eggs
- 1.5 cups almond milk

### instructions

Mix wet and dry separately then bring together until just hydrated. Don't over mix, small clumps are ok. Cook over medium in cast iron or non-stick with some butter.

### way 2: banana mashed

#### ingredients

- 3 ripe bananas
- 3 eggs
- almond flour
- 1 scant tsp baking powder
- salt (optional)
- neutral or coconut oil

#### instructions

Mash bananas with a fork 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. Cook with oil.

Can be scaled to any number of equal bananas and eggs easily.

## **pasta e ceci (pasta and chickpea soup)**

### **ingredients**

- 3 Tbsp olive oil
- 3 stalks celery; medium dice
- 4 medium carrots; medium dice
- 1 yellow onion; medium dice
- 2 Tbsp tomato paste
- 8 cups vegetable stock (I prefer better than bouillon)
- 2 15 oz cans chickpeas; drained and rinsed
- 8 oz. small pasta (cavatelli, ditalini, oriechette, macaroni, etc.)
- kosher salt and freshly ground black pepper, to taste
- 2 Tbsp parsley; minced plus a little more for topping
- parmesan cheese for serving; microplaned or grated

### **instructions**

Heat oil in a large saucepan or pot over medium-high; add celery, carrot, and onion and cook until soft, 8-10 minutes. Mix tomato paste into the veggies, stirring continuously for 1 minute as it cooks. Add stock and chickpeas; simmer 5 minutes.

Remove half the chickpea and vegetable mix and purée until smooth; return to pan and bring back to a boil.

Add pasta and cook until al dente, 10 minutes; season with salt and pepper. Remove from heat and stir in parsley. Serve with parmesan cheese and extra parsley.

### **notes**

For pasta e ceci “Minestrone Style” add 2 cloves garlic; thinly sliced, 1 large zucchini; small dice, 1 Tbsp shiro miso paste, and an extra cup or two of broth.



## **quinoa**

### **ingredients**

- 1 Tbsp oil; extra virgin olive oil or avocado
- 1 cup quinoa
- 1.75 cup vegetable broth or water (see note); ideally hot.

### **instructions**

Set a medium saucepan over medium heat. Rinse the quinoa in a fine mesh strainer and drain well. Add the oil to the saucepan and then the quinoa, stirring frequently to let the remaining water evaporate and the quinoa to toast. 2-3 minutes. You should just begin to smell the quinoa toasting.

Stir in the broth and bring to a boil. Once boiling, cover the pan and reduce to the stovetop's lowest heat level. Leave to cook, undisturbed for 15 minutes.

Turn off heat but leave covered for 5 more minutes. Then fluff with a fork and let the residual steam evaporate, uncovered. Should be ready to serve in 5 minutes.

### **notes**

If you don't have broth it's fine to substitute with water and 1/2 tsp kosher salt.

## red lentil coconut curry

### ingredients

- 2 Tbsp coconut oil
- 1 onion; medium dice
- 2 cloves garlic; crushed or minced
- 2" knob of ginger; minced
- 1 cup split red lentils (masoor dal); well rinsed
- 1 14oz can crushed tomatoes
- 1 cup cilantro stems
- 1/4 cup cilantro leaves
- 1 14 oz can full fat coconut milk
- 2.5 cups water
- (optional) 2-3 oz baby spinach
- 1 tablespoon curry powder
- 1 pinch red pepper flakes
- 1/2 lemon

### instructions

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 1-2 more minutes, stirring continuously.

Add lentils and stir for 1 minute, then add tomatoes, cilantro stems, water, 1 tsp salt and a big grind of pepper.

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 and lemon juice. If the tomatoes weren't super ripe it may need a small pinch of sugar to balance the flavors.

Top with fresh cilantro and optional reserved coconut milk. Serve with steamed basmati rice.

### notes

Good recipe to double. Could probably use a whole bin of spinach.

The 14 oz crushed tomatoes could be replaced with diced tomatoes or even whole tomatoes that are broken down by hand, knife or blender.

By far, my favorite canned tomatoes are Bianco Dinapoli.

## sesame edamame

### ingredients

- 250g whole, frozen edamame
- 1-2 Tbsp black sesame; broken down a little in a mortar and pestle
- 1 tsp sesame oil
- pinch or two of kosher salt
- togarashi (optional)

### instructions

Place the edamame directly on a baking sheet and broil on high, flipping around until browned with a bit of char; 7-15 minutes.

Once cooked, take the edamame from the baking sheet into a bowl. Mix in the remaining ingredients, tossing really well so that the sesame seeds and salt stick to the edamame.

Serve with an extra bowl for the edamame shells.

### notes

If you can't find togarashi, a little gochugaru will work.

# shakshuka

## ingredients

- 1 medium onion; small dice
- 4 cloves garlic; crushed then sliced
- 2 Anaheim peppers; seeds removed and diced
- 2 jalapeño or serrano peppers; sliced
- 1 Tbsp cumin
- 1 Tbsp smoked paprika
- 28oz high quality tomatoes; e.g., Bianco Dinapoli or a san marzano
- 1 can chickpeas; drained and rinsed
- 6 or 7 eggs (depending on the area of the pan)
- 1 handful of chopped parsley; can also used chopped cilantro or thinly sliced green onion as garnish
- 1/4-1/2 cup crumbled feta; best from a block vs. pre-crumbled
- extra virgin olive oil and pepper to finish
- (optional) fresh or pickled radish for garnish

## instructions

Will need a large (12-14") pan that has a lid. Heat pan on medium heat, uncovered. 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.

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.

This is a good time to taste the sauce and season it until it's right.

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 the pan. Cook for 5-10 minutes checking for the eggs to be completely cooked like they're poached.

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.

I like sprinkling on some Trader Joe's "Everything But the Bagel" spice mixture on top. Can also add a green with the chickpeas like lacinato kale or de-stemmed swiss chard.

## egg foo young (hong kong furong omelet)

### ingredients

- 6-8 oz shrimp; peeled, deveined and patted dry
- 1 cup mung bean sprouts
- 3 green onion; sliced into 2" chunks, white parts sliced in half lengthwise.
- 4 eggs
- 1/2 tsp toasted sesame oil
- salt
- sugar
- corn starch
- white pepper
- (optional) 1/4 cup water
- (optional) 2 tsp sugar
- (optional) 2 tsp oyster sauce
- (optional) 1 tsp soy sauce

### instructions

Prepare the shrimp. mix shrimp with 1/8 tsp salt, 1/8 tsp sugar, 1/2 tsp corn starch and a few cracks of white pepper.

Prepare the eggs. In a large bowl, mix eggs, sesame oil, 1/2 tsp salt, 1/2 tsp sugar, and a few cracks of white pepper. Mix 2.5 tsp of corn starch with 1 Tbsp water then mix into egg mixture for 30 seconds.

(optional) Make the sauce. Mix the water, sugar, oyster sauce and soy sauce in a small saucepan and heat over medium-low. Simmer for 2-3 minutes until the sauce reduces by about half. Turn off heat and set aside.

Heat a ~10" pan (or wok) over high heat into very hot then add 1 Tbsp of oil and cook the shrimp for about 20-30 seconds a side. Just enough to bring them to 75% cooked.

Place the par-cooked shrimp in the egg mixture with sprouts and green onion and mix well. Wipe out the pan and reheat over high. Once hot add 2-3 Tbsp oil and then add the egg mixture, spreading it to about 8-9" in diameter.

When the eggs are almost cooked through and nicely browned, carefully flip and cook the other side for 1-2 more minutes.

Remove from the pan and serve with the sauce as a drizzle.

### notes

A classic Christmas Eve dinner.

## smashed cucumbers

### ingredients

- 1 large cucumber; half peeled in stripes lengthwise if it has tough skin
- salt
- sugar
- gochugaru
- soy sauce; chinese light or shoyu
- 1 garlic clove; minced
- 1-2 tsp neutral oil; such as avocado oil

### instructions

Cut the cucumber into manageable pieces (3-4") but cutting across then quarter lengthwise. Lightly smash each cucumber quarter seed side down with the flat part of the knife - going up and down the cucumber. Flip the segment over and remove any loose seed and pulp that started to separate from the smashing. Cut the cucumber at an approximately 45 degree bias into 1/4" wide strips. Toss these in a large mixing bowl.

Add a large pinch of salt and sugar to the cucumber pieces and stir well. Add a small pinch the gochugaru flakes, the garlic, a little oil and a splash of the soy sauce. Stir very well then put in the fridge to rest for at least 20 minutes and up to a few hours.

Before serving, check the seasoning and add salt, sugar, gochugaru or soy sauce as needed.

### notes

An english or persian style cucumber won't need to be peeled in stripes - only a tough skinned slicing type will.

Nice at room temperature too. Can substitute toasted sesame oil for the neutral oil.

## steamed basmati rice

### ingredients

- 1 cup basmati rice
- 1.5 cups just boiled water
- 1-2 Tbsp neutral oil or coconut oil
- 1 pinch salt (~3/4 tsp salt)
- (optional) spices: panch puran (indian five spice blend), cumin seeds, mustard seeds, curry leaves, cloves, cinnamon stick

### instructions

Rinse rice under cold water to remove starch then cover in cold water and let sit for at least 20 minutes, ideally 40 minutes, up to one hour.

Heat oil in a broad pan (at least 12-14"). If using spices, add to the hot oil and fry until fragrant. Add drained rice and the salt and toss to coat in the oil. Dump in just boiling water and bring pan to an aggressive boil.

Once boiling, cover, turn heat down to the stovetop's lowest setting and let cook for 10 minutes. Keeping top on, remove from heat and let steam in residual heat for another 10 minutes.

### notes

Can be doubled, but reduce to 2.5 cups boiling water (instead of 3).

## stewed chinese dumplings

### ingredients

- 1 bag frozen wontons, dumplings, gyoza, etc.
- 10-14 oz mushrooms; cut into bite sized pieces or long slabs
- 2 cups vegetable broth
- 2-4 baby/shanghai bok choy; fronds separated and washed
- 2 cloves garlic; minced
- 1" ginger; peeled and minced
- 2 Tbsp oyster sauce
- 1 Tbsp rice vinegar
- neutral oil for cooking
- 1 Tbsp sesame oil
- 2 green onion; sliced
- 1-3 tsp chili crisp; depending on desired heat
- white sesame seeds; for garnish

### instructions

Heat large pan over medium heat and add 1 Tbsp of oil. Add mushrooms and cook, covered for a few minutes to steam through then uncover and finish browning. When cooked through, add garlic and ginger and cook for 1 minute while stirring frequently.

Add bag of frozen dumplings, 1-2 cups of the broth, and the oyster sauce. Stir to combine. Lay bok choy over the top of the stew. Cook, covered again, for 5 minutes to steam the dumplings.

Uncover, add rice vinegar and simmer until sauce is desired consistency.

Take off heat and add sesame oil, chili crisp and green onion. Mix then top with sesame seeds.

### notes

My favorite is king trumpet mushrooms sliced into slabs. Can also use oyster, shitake, maitake, beech or crimini. Loved the Trader Joe's shrimp gyoza. Typically end up using about 1.75 cup of broth.



## strawberry summer spinach salad

### ingredients

- 1/4 cup balsamic vinegar
- 3 Tbsp extra virgin olive oil
- 1/2 tsp kosher salt (plus more for serving)
- 1/2 tsp dijon mustard
- 1.5 Tbsp honey
- 1/4 tsp cracked pepper
- 1 cup cooked quinoa
- 8-10 oz baby spinach; washed and spun dry
- 3/4 cup feta cheese; crumbled (from a block)
- 1 quart of strawberries; hulled and cut into quarters or slices
- 1/2 red onion; thinly sliced and plunged into cold water while preparing rest of salad
- 3/4 cup slivered almonds; toasted in a dry pan

### instructions

Mix all ingredients from vinegar to black pepper in a mason jar. Cover the jar and shake to emulsify. Store in the fridge while preparing the salad ingredients.

When all the components are ready, start by gently tossing the dried spinach leaves with the dressing - starting with about 3/4 of the dressing volume. add a small pinch of salt then layer in the other ingredients without crushing the greens.

Serve with extra dressing and any leftover feta cheese.

### notes

Delicious, but doesn't keep well. Best for a crowd who will finish it.

# sushi bowl

## ingredients

- 3 rice cooker cups of white short or medium grain rice
- 4 Tbsp rice vinegar
- 3 Tbsp (scant) sugar
- 1 tsp kosher salt
- 4 Tbsp kewpie mayonnaise
- 2 Tbsp sriracha (or similar hot sauce)
- 12-16 oz smoked slab salmon
- 1-2 avocado; cubed
- 1 cucumber thinly sliced and tossed with small amount of salt and sugar (or 1 recipe of smashed cucumbers)
- roasted, seasoned seaweed squares
- pickled red onion, radish or jalapeño
- white and black toasted sesame seeds
- (optional) broiled asparagus; cut into 1” chunks

## instructions

Start by cooking the rice in a rice cooker on the sushi (or white) setting. Make rice seasoning while it cooks by combining and stirring the rice vinegar, sugar and salt in a small mason jar. If not dissolving well, you can put the seasoning mixture in the microwave for 20 seconds then go back to stirring.

When the rice finishes cooking, remove the pot from the cooker and mix in the seasoning blend, careful to chop through the rice while mixing instead of crushing the rice grains. You can move it out of the pot into a broad container to make it cool quickly which achieves a shinier texture.

Make the spicy mayo by mixing together the mayonnaise and sriracha. With kewpie mayo it should be drizzle-able. A small amount of water or sesame oil can be added to thin the sauce if needed. You can also just add a drizzle of kewpie and sriracha directly to the top of the assembled bowl with similar effect (the weeknight technique).

Break apart salmon and place on top of the seasoned rice. Add the toppings around the salmon in the center of the bowl. Drizzle with sauce then sesame seeds. Use the seaweed as a vessel to scoop or assemble bites of the rice bowl.

## notes

Pretty much any vegetable works with this.

## sweet potato quesadilla

### ingredients

- 2 medium sweet potatoes or equivalent in small potatoes; peeled and diced
- 2 green onions; sliced
- tortillas
- feta cheese
- kale; stems removed and thinly sliced
- 1 tsp better than bouillon concentrate
- extra virgin olive oil
- salt and pepper
- (optional) black beans; drained and rinsed
- (optional) cooked and sliced beets
- (optional) sliced avocado

### instructions

Toss potatoes with olive oil and salt. Microwave in covered container until tender – 5-10 minutes depending on volume. Once tender, add green onions and mash. Adjust salt and pepper to taste. While the potatoes cook, sauté kale in a little olive oil. Once the initial moisture is released, add bouillon base and 1/2 - 1 cup of water. Cook until the water evaporates leaving seasoned, very tender kale.

Preheat pan for quesadilla. Add a touch of oil if using a stainless pan. Spread potato mixture over half. Top with kale and feta. Add optional black beans or beets too. Once mostly cooked fold in half and get a little time on other side of the quesadilla before removing and slicing.

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 remaining ingredients until smooth again. Pour into greased baking tray and knock out bubbles.

Bake for 45-60 minutes, until the center is set but bounces back when pushed, and edges are golden brown. Let cool completely then cut. Store on counter up to 24 hours or fridge for longer.

### notes

Can cook the sweet potatoes, not mash them, and use them as chunks in a cheese quesadilla with the black beans and kale.

## tomago kake gohan (egg on rice)

### ingredients

- 1-2 cups cooked short or medium grain white rice
- 1 egg
- 1 tsp shoyu; or any type of soy sauce
- 1 tsp mirin
- 1 pinch salt
- 1 smaller pinch MSG
- (optional) asparagus
- (optional) nori
- (optional) furikake
- (optional) kimchi

### instructions

Heat white rice in microwave, covered, until piping hot; about 1-1.5 minutes at full power.

Make a small divot in the middle of the rice and crack in egg. Add the rest of the non-optional ingredients. Whisk with chopsticks until well emulsified, light and creamy.

Top with the optional ingredients.

### notes

If using leftover sushi rice just add a tiny bit of shoyu and MSG – the mirin and pinch of salt would make it too sweet and salty.

If going for something really decadent, you can top with a second egg yolk once mixed.

Could probably use a semi-brown haiga rice for this dish as well.

## tomatillo salsa

### ingredients

- 8 tomatillos; paper wrappers and stems removed
- 1/4 white onion
- 1 jalapeño; stem removed and halved
- 1 clove garlic; skin on
- 1 handful cilantro

### instructions

Heat oven to 450F. Add convection if it's an option.

Add washed tomatillos, onion, garlic clove and jalapeño to a baking sheet (a quarter sheet fits everything well). Bake checking every few minutes and rotating to distribute browning (8-15 minutes total).

Once browned and maybe a little charred, remove and add to a blender - making sure to remove garlic peel. Add cilantro and a pinch of salt then pulse to desired consistency. Check seasoning.

Let it cool a little in the fridge before serving as the pectin from the tomatillos will cause it to thicken.

### notes

I love this in and on bean and cheese quesadillas

## **turmeric immune soup**

### **ingredients**

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

### **instructions**

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.

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.

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

### ingredients

- 1 red or sweet yellow onion; medium dice
- 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 14 oz 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)
- (optional) 1/4 tsp dried sage
- (optional) pinch of red pepper flakes
- (optional; see additional recipe) 2 shallots; cut in half lengthwise and thinly sliced
- (optional; see additional recipe) 1/4 cup neutral oil
- (optional; see additional recipe) 1 pinch salt

### instructions

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.

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 suddenly fill the pot.

*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.*

Once lentils are cooked, stir in the herbs (if using) and greens and let cook for a couple minutes. Check and adjust seasoning. If the soup lacks savoriness, add vegetable broth base 1/2 tsp at a time. Serve with black pepper.

### notes

Goes well with za'atar seasoned flatbread.

## white bean lemon kale soup

### ingredients

- 2 Tbsp 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 Tbsp fresh lemon juice
- sea salt and ground black pepper to taste
- 6 cups packed chopped lacinato or curly kale (roughly 2 small bunches)
- 1/2 cup flat leaf parsley leaves; chopped

### instructions

Heat the oil in a large soup pot over medium heat. Add the onions, carrots, and celery to the pot and stir. Sauté the vegetables until just softened and translucent, about 5 minutes.

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.

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 totally liquefied. Pour this liquefied portion back into the pot. Season the soup with salt and pepper.

Add the kale to the pot and bring the soup to a boil. Cook until the kale is slightly wilted and bright green. Stir in the chopped parsley then check seasoning. Serve with a fresh baked or toasted rustic bread.



## **zucchini pasta**

### **ingredients**

- 16 oz dried pasta; rigatoni or similar (probably not spaghetti, etc)
- 1 yellow onion; small dice
- 2 zucchini; small dice
- 4 cloves garlic; crushed and thinly sliced (or minced)
- 2 Tbsp extra virgin olive oil
- 1 jar (~25 oz) tomato basil sauce
- 2 Tbsp butter
- 1 oz parmesan; grated
- red pepper flakes
- black pepper
- salt to taste
- (optional) parsley; minced for garnish

### **instructions**

Bring salted water to a boil and add pasta once it's rolling.

While it's coming up, heat a large pan over medium heat and add olive oil then onion. Cook for a couple of minutes, tossing, then add zucchini. Add a small pinch of salt and cook for 5-10 minutes until getting some light browning on the zucchini. Add the garlic and red pepper flakes and toss.

Cook for 1 more minute then add jar of sauce. Add a small scoop of starchy pasta water to rinse the jar back into the pan. Simmer for 5 minutes for the flavors to combine and thicken then add the butter and stir until combined. Once pasta is just before al dente, add it to the pan and finish cooking in the sauce. Once pasta is al dente, take off heat and mix in cheese. Garnish with parsley if using.

### **notes**

In the summer we often add fresh corn and basil.