

Contents

almond flour pumpkin muffins	4
apple cheddar crisp salad	5
baked tofu	6
banana smoothie	7
beet feta sandwich	8
boiled daikon raddish	9
broccoli feta soup	10
brocollini feta frittata	11
cashew alfredo pasta	12
chewy mochi rice bars	13
coconut baked oatmeal	14
coconut rice	15
congee (savory rice porridge)	16
creami coconut raspberry ice cream	17
creami watermelon sorbet	18
creamy balsamic dressing	19
daily daal	20
dani's black bean burgers	21
date balls	22
dirty rice pepper bowl	23
egg drop soup	24
farmer's miso hummus	25
farro, broccolis and shiitakes	26
garlic bread	27
gogumabop (sweet potato rice bowl with soy dressing)	28

honey butter roast carrots	29
korean mung bean pancakes	30
lentil bolognese	31
maple balsamic brussels sprouts	32
mediterranean couscous salad	33
microwave acorn squash curry	34
microwave basmati rice	35
microwave blueberry oats	36
microwave mapo tofu	37
microwave mug brownie	38
microwave pasta primavera	39
microwave quinoa fruit puree	40
microwave salmon rice bowl	41
microwave steamed eggplant	42
miso braised greens	43
mochi corn cake	44
mushroom sprout polenta	45
mushroom gravy	46
mushroom mapo tofu	47
mushroom rice soufflé	48
pressure cooker mushroom risotto	49
(jeff's) naan	50
okonomiyaki (cabbage pancakes)	51
pancakes two ways	52
pasta e ceci (pasta and chickpea soup)	53
quinoa	54

red lentil coconut curry	55
rosenberg matzoh ball soup	56
sesame edamame	57
shakshuka	58
egg foo young (hong kong furong omelet)	59
smashed cucumbers	60
spinach egg salad	61
steamed basmati rice	62
stewed chinese dumplings	63
strawberry summer spinach salad	64
sushi bowl	65
sweet cucumber pickles	66
sweet potato quesadilla	67
tomago kake gohan (egg on rice)	68
tomatillo salsa	69
tomato bisque	70
turmeric immune soup	71
turnip red lentil stew	72
white bean lemon kale soup	73
zucchini pasta	74

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.

baked tofu

ingredients

- 1 block super firm tofu
- 1 Tbsp oil
- 2 Tbsp soy sauce or liquid aminos
- 1 Tbsp corn starch

instructions

1. Slice tofu into 2 or 3 slabs or cut into cubes. Optionally, press out any extra moisture with a dish towel.
2. Mix sauce from remaining ingredients then soak tofu.
3. Preheat oven to 400°F and let the tofu marinate while it's heating.
4. When oven is hot, place on a large sheet pan lined with parchment or Silpat.
5. Cook for 25-30 minutes, flipping in the middle.

notes

- This is lightly seasoned and ready for use in other recipes.
- I like to use this on rice bowls with vegetables and a peanut sauce.

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.

chewy mochi rice bars

ingredients

- 1/2 Cup mochi flour
- 1/2 Cup water or almond milk
- 2 Tbsp butter, sliced
- 2 Tbsp maple syrup
- 2 Cups puffed brown rice (aka brown rice crisps)
- (optional) 1/4 Cup unsweetened shredded coconut
- Pinch of salt

instructions

1. Mix together flour, liquid, butter, salt, and syrup in a large microwave-safe bowl (large so we can mix in the rice and coconut later).
2. Microwave covered on high (1200W) for 1 minute.
3. Stir to finish melting the butter.
4. Cook again for 2 minutes on high.
5. Mix brown rice and coconut until evenly combined.
6. Place mixture on a buttered sheet pan or plain parchment paper in the desired shape.
I like a rectangle that I can cut into 4 smaller rectangle bars (see photo on 1/4 pan).

notes

For a ride, I like to take a couple in a folded-over piece of parchment paper inside a Stasher bag.

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.

creami coconut raspberry ice cream

ingredients

- 1 can full-fat coconut milk
- 50g maple syrup
- 1 tsp vanilla
- 1 pinch salt
- About 1/2 Cup frozen raspberries

instructions

1. Blend all ingredients except raspberries to evenly mix in the sugar.
2. Pour into a container and freeze for 24 hours.
3. Process using the “Lite Ice Cream” setting.
4. If still crumbly, perform one re-spin until smooth enough to make a tunnel for toppings.
5. Open a 1-1.5 inch hole down to the bottom and fill with frozen raspberries.
6. Run the “+Mix-In” setting.

creami watermelon sorbet

ingredients

- 1 Creami container of watermelon chunks (600g)
- 1 lime; juice and zest
- 1 pinch of salt

instructions

1. Blend all ingredients together until liquid.
2. Pour into a container and freeze.
3. Let sit for 10 minutes on the counter before processing.
4. Run on Sorbet mode.

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.

dani's black bean burgers

ingredients

- 4 cans black beans, unsalted, rinsed and drained
- 1/2 large onion, small dice
- 1 red pepper, small dice
- 1 large zucchini (300g pre-shred), grated and pressed
- 4 carrots (200g pre-shred), grated and pressed
- 50g Parmesan
- 4 eggs
- 2 Tbsp soy sauce
- 6 shakes Worcestershire sauce
- Salt to taste

instructions

1. Preheat oven to 350°F (or 325°F convection).
2. Spread beans on a sheet tray and dry in the oven for 5–10 minutes while prepping the vegetables.
3. Combine all ingredients in a large bowl and mash until a blackish mixture forms with visible black bean speckles.
4. Season to taste.
5. Form into patties.
6. Bake at 375°F for 12 minutes on each side.

notes

- Makes 14 burgers.

date balls

ingredients

- 1/2 Cup peanut butter; from the fridge preferably
- 10-12 pitted dates
- 1 Cup shredded coconut; plus more for rolling
- 1 Tbsp honey (optional)

instructions

1. Blend everything in a food processor until smooth enough that there are no large chunks of date.
2. Optionally, wet hands very lightly and shape into 10-12 heaping tablespoon-sized balls.
3. Roll in shredded coconut.
4. Store in the fridge or freezer.

dirty rice pepper bowl

ingredients

- 2-3 Cups medium grain rice (Japanese cups); cooked in rice cooker
- 1 can black beans; including liquid
- Lowry's seasoning salt
- 2-3 peppers (at least one red, yellow, or orange); sliced
- 1-2 onions; sliced
- Toppings: guacamole or sliced avocado, cheese, hot sauce, or salsa

instructions

1. Start cooking onions and peppers together in a large pan, allowing them to brown before mixing. Cook 10+ minutes until softened, brown and sweet.
2. Season with salt to help release moisture.
3. Mix cooked rice into warmed black beans and season with Lowry's to taste. Use a large bowl to mix in all 3 Cups of rice if needed.
4. Serve beans and rice with peppers and desired toppings on top.

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.

farro, broccolis and shiitakes

ingredients

- 1 Cup (200g) whole or semi-pearled farro
- 1 Tbsp olive oil
- 1 medium red onion or 2 shallots, thinly sliced
- 8 oz (225g) shiitake mushrooms, stems removed and caps sliced
- 3 cloves garlic, minced
- 4 Cups (280g) small broccoli florets
- ½ Cup (120ml) vegetable broth
- 1 Tbsp soy sauce
- ¼ Cup (25g) grated vegan parmesan cheese (or regular parmesan if not vegan)
- Freshly ground black pepper, to taste

instructions

1. Cook the farro by rinsing it under cold water. Combine it with water and a pinch of salt. Use a 1:3 ratio of farro to water. Boil over high heat, reduce to a simmer, and cook until tender (about 25 minutes for semi-pearled farro or up to 40 minutes for whole farro). Drain any excess water and set aside.
2. Heat olive oil in a large skillet over medium-high heat. Add sliced onion or shallots and cook until softened, about 3–4 minutes. Add sliced shiitake mushrooms and cook until they release moisture and reduce in volume, about 5–7 minutes. Stir in the minced garlic and cook for another minute.
3. Add the broccoli florets to the skillet along with vegetable broth and soy sauce. Stir to combine, cover the skillet, and reduce heat to medium. Steam the broccoli until tender, about 5–7 minutes.
4. Remove the skillet from heat. Stir in the cooked farro and grated vegan parmesan cheese until well combined. Season with freshly ground black pepper to taste. Serve warm.

notes

- This recipe can be supplemented with 1–2 Cups of cooked French lentils for added protein.
- It keeps well in the refrigerator for up to a week in an airtight container and can be reheated in the microwave.
- Using reduced-sodium vegetable broth can enhance the dish's flavor.

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.

gogumabop (sweet potato rice bowl with soy dressing)

ingredients

- 2 rice cooker Cups short or medium-grain rice
- 2 small to medium sweet potatoes, peeled and cubed 1/2"
- 1/2 Cup green onion, thinly sliced
- 1/4 Cup soy sauce
- 2 Tbsp rice vinegar
- 1 clove garlic, minced
- 1 tsp honey
- 1 Tbsp toasted sesame seeds
- 1/2 tsp gochugaru or similar chili flake
- (optional) toasted seaweed squares
- (optional) toppings: fried egg, avocado, cherry tomatoes, kimchi

instructions

1. Rinse and fill water for rice as normal in an electric rice cooker.
2. Top with cubed sweet potato and cook.
3. While the rice is cooking, combine the rest of the ingredients in a mason jar and shake to combine/dissolve.
4. When rice is done cooking, stir to incorporate sweet potato.
5. Serve topped with a few spoonfuls of the sauce.

notes

- Serves 2–4.
- Mixing the sauce into all of the rice completely is also fine.
- To scale for 4–6, use 3 Asian cups of rice and 1.5 lbs sweet potato, then double the sauce at 100%.

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.

maple balsamic brussels sprouts

ingredients

- 1 lb brussels sprouts; bottoms trimmed and cut in half
- 2 Tbsp olive oil; maybe more
- 2 Tbsp maple syrup
- 1-2 Tbsp balsamic vinegar
- salt and pepper to taste

instructions

1. Heat a broad pan over medium heat.
2. Add olive oil, then add Brussels sprouts with salt and pepper. Stir only occasionally to allow browning to develop.
3. Once tender throughout, add maple syrup and balsamic vinegar.
4. Stir almost continuously to prevent burning and cook until sprouts are well coated and the sauce thickens slightly.
5. Turn off heat but keep in the pan for serving to keep them warm.

notes

- I like a thicker, aged balsamic vinegar for this recipe.

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 acorn squash curry

ingredients

- 1 acorn squash; washed and cubed
- 2-3 Tbsp water
- 1-2 Tbsp olive oil
- ~1 Tbsp garam masala
- ~1 Tbsp curry powder
- 2 cloves garlic; thinly sliced
- 1 tsp maple syrup; drizzled
- 1 Cup cherry tomatoes; halved (optional)
- 1/2 Cup frozen peas (optional)

instructions

1. Add squash, water, oil, and a pinch of salt to a microwaveable steaming container.
2. Cook on full power (1200W) for 5 minutes.
3. Mix, then cook on high for another 5 minutes. Optionally, add garam masala at this stage.
4. Add garlic, spices, and syrup, then cook for another 2 minutes.
5. Optionally, add cherry tomatoes with a small pinch of salt and a splash of water, then cook for 5 minutes, stirring once.
6. Optionally, add frozen peas and cook for another 3-5 minutes.
7. Adjust salt or curry powder as needed.

microwave basmati rice

ingredients

- 1/2 Cup basmati rice, well rinsed and drained in a colander
- 3/4 Cup water
- pinch of salt
- (optional) 1-3 tsp butter, ghee or coconut oil
- (optional) 1/8 tsp turmeric for yellow rice

instructions

1. Combine rice, water, and optional items in a microwave-safe bowl.
2. Cook on power 2/10 (for a 1200W microwave) for 22 minutes.
3. Let rest covered for 5 minutes, then fluff and serve.

notes

Can scale up to 2/3 Cup rice and 1 Cup water and cook on same power for 24-26 minutes.

microwave blueberry oats

ingredients

- 2.5 oz (70g) instant oats
- 7.0 oz (200g) almond milk
- Pinch salt
- 0.5 oz (10g) maple syrup
- Dozen or so frozen blueberries
- (Optional) 1/2 tsp cocoa powder

instructions

1. Combine oats, almond milk, salt, maple syrup, blueberries, and cocoa powder (if using) in a microwave-safe bowl.
2. Cover and microwave (1200W) for 2 minutes at power level 7/10.
3. Microwave for an additional 30 seconds at full power.
4. Stir and let sit briefly before serving.

microwave mapo tofu

ingredients

- 6-10 (120-200g) shiitake or crimini mushrooms; small dice
- 1 tsp Sichuan peppercorns (optional); finely ground
- 2 Tbsp ginger; finely chopped
- 4 cloves garlic; finely chopped
- 2 Tbsp avocado or other neutral oil
- 1 Tbsp fermented black beans (douchi)
- 1 Tbsp Sichuan chili bean paste (doubanjiang)
- 1 1/3 Cups (320ml) vegetable stock or water
- 1 Tbsp soy sauce
- 14 oz (400g) firm tofu; diced medium
- 4 tsp cornstarch; mixed with 1 Tbsp cold water
- 1/2 tsp sesame oil
- Scallions; thinly sliced (optional)

instructions

1. Add mushrooms, Sichuan peppercorns, oil, ginger, garlic, fermented black beans, and chili bean paste to an Anyday dish (covered, deep microwave safe cooking vessel). Stir to mix. Cover with the lid (knob lifted for venting).
2. Cook in the microwave for 3-4 minutes, or until fragrant.
3. Add vegetable stock and soy sauce and stir to mix. Carefully place tofu in the sauce. Cover and cook for 8-9 minutes, or until heated through.
4. In a small bowl, mix cornstarch with water to create a slurry. Add to the dish. Cover and cook for 3-4 minutes, or until the sauce has thickened.
5. Garnish with a drizzle of sesame oil and a sprinkle of scallions, if using.

notes

Serve with white rice and sweet cucumber pickles.

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 pasta primavera

ingredients

- 240g pasta
- 500g water
- 2 Tbsp EVOO
- 1 tsp salt
- 75g+ thinly sliced red onion
- 100g+ asparagus; cut to 1"
- 1/2 Cup frozen peas
- 1/3 Cup (90g) whole milk yogurt
- 50g grated Parmesan

instructions

1. Add pasta, water, olive oil, salt, and red onion to a large deep Anyday pot.
2. Mix and cook for 11 minutes at full power (1200W) uncovered.
3. Stir, then add asparagus and peas.
4. Cook for another 4 minutes uncovered, stirring at 2 minutes to ensure the pasta finishes cooking.
5. Remove from microwave and mix in yogurt and Parmesan.
6. Stir to combine, then let cool slightly for the sauce to set and thicken.

notes

- Serves 2 and a baby.

microwave quinoa fruit puree

ingredients

- 1/4 Cup white quinoa, rinsed
- 1/2 Cup water
- 150g peach, fresh or frozen
- 120g raspberry, fresh or frozen

instructions

1. Cook the quinoa and water on power level 5 (1200W microwave) for 11–12 minutes.
2. Add the fruit and cook on power level 5 for 3 more minutes until everything is softened.
3. Puree to desired texture with a stick blender.

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.

microwave steamed eggplant

ingredients

- 1 eggplant; stripe peeled and 1/2" cubed
- Olive oil
- Salt and pepper
- 2 garlic cloves

instructions

1. Toss eggplant cubes with salt and let sit for up to 30 minutes.
2. Pour off any released liquid and pat dry.
3. Drizzle generously with olive oil and stir to coat.
4. Place in a microwave-safe steaming vessel and cook for 3-5 minutes at 1200W.
5. Toss and check seasoning. Cook for another 3-5 minutes.
6. Add garlic, stir, and cook for 30-60 seconds longer.

notes

This goes great in pasta and red sauce to make a dish similar to Pasta a la Norma.

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 sprout polenta

ingredients

- 1 lb mushrooms, crimini are fine
- 5 cloves garlic, minced
- Extra virgin olive oil (EVOO)
- Salt and pepper
- 2 Tbsp butter
- 20 medium Brussels sprouts, thinly sliced
- 1/2 large onion (or 3/4 small), thinly sliced (preferably red or sweet yellow)

polenta

- 4 Cups water
- 1 Cup dried polenta
- 4 Tbsp butter
- 1/2–1 Cup grated Parmesan

instructions

1. Preheat oven to 375°F.
2. Trim and slice mushrooms in half. Toss in olive oil, salt, pepper, and minced garlic directly on a baking sheet (should just fit into a 1/4 baking sheet).
3. Bake for 20 minutes.
4. Bring water to a boil and add polenta. Reduce to a low simmer and cook for 15 minutes, stirring often.
5. Add 4 Tbsp butter and Parmesan, then season to taste with salt.
6. Meanwhile, cook the Brussels sprouts and onion in 2 Tbsp butter until deeply browned. Season to taste.
7. To serve, spread polenta onto a plate, tapping it to fill the bottom like risotto.
8. Top with a nest of Brussels sprouts and 5–10 mushroom halves.

mushroom gravy

ingredients

- 2 Tbsp extra-virgin olive oil
- 1 shallot; finely chopped (1/3 Cup)
- 16-24 oz cremini mushrooms; sliced
- 1 Tbsp tamari
- 2 garlic cloves; minced
- 1 1/2 Tbsp fresh thyme leaves
- 1/2 Tbsp chopped fresh rosemary
- 1/4 Cup all-purpose flour
- 3 Cups vegetable broth (Better than Bouillon preferred)

instructions

1. Heat olive oil in a large skillet over medium heat.
2. Add shallot and cook until soft, about 4 minutes.
3. Add mushrooms and cook until softened, about 8-10 minutes.
4. Stir in tamari, garlic, thyme, and rosemary.
5. Sprinkle flour over the mushrooms and stir for 1 minute.
6. Add broth and simmer until thickened, whisking often, about 20 minutes.
7. Season with salt and pepper to taste.

notes

- Adapted from: Love and Lemons

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.

mushroom rice soufflé

ingredients

- 16 oz mushrooms; thinly sliced
- 1 white or yellow onion; diced
- 4-5 oz Parmesan; grated via hand grater or powdered in a blender
- 2 green onion; thinly sliced including the white
- 9 eggs
- 3 Cups (rice cooker cup) white rice
- olive oil
- salt and (optional) pepper

instructions

1. Preheat oven to 350°F.
2. Add olive oil to a pan and cook onion and mushroom until moisture is released. Don't need to fully brown. Season with salt.
3. Meanwhile, break 9 eggs into a large mixing bowl and lightly whisk to combine.
4. Add cheese, rice, and green onion and season with salt and pepper if using.
5. Once cooked, fold in onions and mushrooms.
6. Can cook a tiny bit in a pan to test seasoning if desired.
7. Grease and split into two glass baking trays.
8. Cook for 15 minutes until the top is almost firm, then broil for 2 minutes to brown and crisp the top.
9. Let cool as long as possible, then cut and stack.

notes

- Rice can be cooked and stored in the fridge up to 3 days in advance.
- 3 rice cooker Cups is 2 US Cups.

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.

rosenberg matzoh ball soup

ingredients

- 1 Manishevitz matzoh ball mix packet
- 2 large eggs
- 1/4 cup extra virgin olive oil or neutral oil
- 4 stalks celery; thinly sliced
- 6 carrots; thinly sliced - no need to peel
- 10 cups vegetable broth; preferably from better than bouillon concentrate
- egg soup noodles
- (optional) 1 handful parsley; chopped
- (optional) 1 bulb fresh fennel; cut into small, bite-sized pieces, fronds reserved

instructions

1. Mix eggs and oil with a fork in a metal mixing bowl then add matzoh until just combined. Leave fork in the bowl, cover and put in the fridge for 25 minutes to cool.
2. While that's cooling add 8 cups of veggie broth to pot and start heating. Chop vegetables and add them to the broth. Cover and bring to a boil.
3. Start a drizzle of cold water from the tap to wet your hands and begin making golf ball sized smooth balls. As each ball is made drop it in the pot of boiling broth. Once all balls are in the pot, cover again and bring temperature to low - just enough to keep a light simmer in the pot. Do not remove the top for 30 minutes.
4. 10 minutes before the soup is finished, bring a pot of lightly salted water to boil and cook the egg noodles until very al dente.
5. When soup is cooked, turn off heat and mix in parsley. Check seasoning and adjust. Spoon into bowls and add the al dente noodles as desired. Top with fennel fronds if using.

notes

It's tradition for Dad to say this is too salty no matter how salty it is.

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.

spinach egg salad

ingredients

- 3 eggs; steamed or boiled for 9 minutes
- 1/4 - 1/2 Cup avocado oil mayonnaise
- 1-2 Tbsp Dijon mustard
- Old Bay seasoning
- 1 handful spinach; rinsed and chopped
- 3 slices lightly toasted bread

instructions

1. Mash eggs with a fork to desired consistency.
2. In a bowl, combine mashed eggs, mayonnaise, Dijon mustard, and chopped spinach.
3. Season generously with Old Bay until slightly salty, as it will also season the bread.
4. Spoon and mash onto lightly toasted bread.
5. Serve, ideally with fresh berries on the side.

notes

- Scales at 100%.
- Avoid boiling more than 6 eggs at a time due to the temperature dip.
- For best peeling, place eggs straight from the fridge into 1" of boiling water to steam and boil simultaneously. After cooking, transfer eggs directly into a bowl of ice water and let sit for at least 10 minutes.

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 cucumber pickles

ingredients

- 1/8" sliced cucumbers; enough to pack a mason jar (or tallboy mason jar)
- 1 cup hot tap water
- 1/2 cup unseasoned rice vinegar
- 5 Tbsp granulated sugar
- 2 1/4 tsp kosher salt

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.
3. Place in fridge. Good after sitting overnight. Will be fully 'ready' after 3-4 days. Will keep for a month.

notes

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

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

tomato bisque

ingredients

- olive oil
- 1 (28 oz) can whole tomatoes (Bianco DiNapoli recommended)
- 1 (15 oz) can full-fat coconut milk
- 1 onion; diced
- 3-4 garlic cloves; sliced
- salt and pepper
- maple syrup
- 1 red bell pepper; cut into chunks (optional)

instructions

1. Heat a few glugs of olive oil in a pot over medium heat.
2. Add onion and cook until browning and caramelizing, about 10 minutes. Optionally, add red bell pepper. A little salt may help the onions break down.
3. Add garlic and cook for 2-3 minutes.
4. Add tomatoes and break them into smaller pieces using a meat masher or potato masher. Simmer for a few minutes.
5. Add coconut milk and a few cracks of pepper. Bring to a simmer for 5-10 minutes.
6. Use a stick blender to blend to desired consistency.
7. Simmer for another 5-15 minutes, keeping the temperature low to prevent burning.
8. Taste for seasoning and adjust with salt and maple syrup as needed (about 1 tsp of maple syrup recommended).

notes

- Should be served with grilled cheese. A better option is grilled cheese with kimchi or sauerkraut.
- Simmering longer will develop a deeper flavor.
- Cooking times are approximate; keep the temperature low to prevent burning.
- Can be doubled at 100%.

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.