

The Siobhan and Alex Recipe Book

December 26, 2018

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Brunch

★Banana Oatmeal Muffins

12 muffins - 134 calories ea.

From Karen Munn.

1 cup rolled oats

Combine oats and buttermilk.

1½ cup flour

½ cup brown sugar

Beat the eggs, and stir in the oil.

2 tsp baking soda

1¼ cup buttermilk

Combine flour, sugar, and baking soda. Add in the wet ingredients and chocolate, if using, and mix well.

¼ cup oil

2 eggs

1 cup bananas (about 3
medium bananas)

Bake at 375°F for about 20 minutes.

1 cup semi-sweet
chocolate chips (+66 cal)

Crispy Home Fries With Red Onions

4 servings - 293 calories

From Serious Eats.

1 1/4 pounds (575g) small
new or fingerling
potatoes
Kosher salt
1 tbsp (15ml) distilled
white vinegar
1/4 cup (60ml) vegetable
oil, divided
1 small red onion, cut into
thick slices
2 tsp (about 4g) minced
fresh thyme
Freshly ground black
pepper
Small handful minced
fresh cilantro or parsley

Place potatoes in a pot and cover with 2 quarts (2L) of cold water. Add 2 tablespoons (30g) kosher salt and vinegar. Bring to a boil over high heat and boil until potatoes are tender, about 5 minutes after they reach a boil. Drain. As soon as potatoes are cool enough to handle, split into quarters and toss with 1 tablespoon (15ml) vegetable oil in a bowl.

Heat 2 tablespoons (30ml) vegetable oil in a large nonstick or cast iron skillet over medium-high heat until shimmering. Add potatoes and cook, tossing, until crisp and golden brown on all sides, about 6 minutes. Return to bowl.

Add remaining tablespoon (15ml) oil to skillet and add red onion. Cook, tossing occasionally, until softened and lightly browned, about 6 minutes. Add thyme and cook, stirring, until fragrant, about 30 seconds. Return potatoes to skillet. Toss to combine and season to taste with plenty of salt and pepper. Add cilantro or parsley and toss to combine. Serve immediately.

Notes:

To prepare potatoes ahead of time, store the par-boiled potatoes in the refrigerator for up to 3 days before continuing.

Crispy Potato Hash

4 servings - 383 calories

From Serious Eats.

1 1/2 pounds (680 g) russet or Yukon gold potatoes, cut into 3/4- to 1/2-inch dice
2 tbsp distilled white vinegar
Kosher salt
1/4 cup vegetable, canola, or olive oil, divided, plus more as needed
1/2 tsp ground cumin
1/4 tsp ground paprika
Freshly ground black pepper
6 green onions, white and light green parts sliced, greens parts reserved separately
1 bell or poblano pepper, cut into 1/2-inch dice
4 eggs
1/4 cup roughly chopped fresh parsley or cilantro leaves
1/2 small avocado diced
homemade or store-bought salsa, for serving

Place potatoes in a large saucepan and cover with 2 quarts cold water. Add vinegar and 2 tablespoons kosher salt. Bring to a boil over high heat. Reduce to a simmer and cook until barely tender, about 5 minutes after coming to a boil. Drain potatoes in a colander and let drain for 2 minutes. If finishing in the oven, preheat to 375°F.

When potatoes are drained, add 3 tablespoons oil to skillet and heat over medium-high heat until shimmering. Add drained potatoes and cook, stirring and tossing occasionally, until potatoes are deep brown and crisp on all sides, about 20 minutes total. Add cumin and paprika and cook, stirring, until fragrant, about 30 seconds. Season to taste with salt and pepper. Transfer potatoes to bowl and set aside.

Add remaining tablespoon oil to skillet and heat over high heat until shimmering. Add green onion whites and light greens and pepper and cook, stirring occasionally, until charred, about 2 minutes. Season to taste with salt and pepper then transfer to bowl with potatoes. Toss contents of bowl and either fry up 4 eggs and serve, or return to skillet and make 4 wells in potato mixture.

Carefully break 1 egg into a small bowl and slide into a fine mesh strainer over the sink. Swirl egg very gently until excess loose white drains away. Carefully add to one of the cavities in the skillet. Repeat with remaining three eggs.

Drizzly eggs with a few drops of oil, season with salt and pepper, and transfer to oven. Cook until whites are barely set but yolks are still runny, about 10 minutes. Remove from oven, garnish with remaining green onions, chopped parsley or cilantro, and avocado. Serve immediately with salsa.

Sides and Appetizers

★Ceasar Salad with Creamy Roasted Garlic Dressing

6 servings - 126 calories

From More HeartSmart Cooking by Bonnie Stern (p. 79).

Dressing

1 head roasted garlic
1 tsp Dijon mustard
1 tsp Worcestershire sauce
2 tbs red wine vinegar
2 tbs olive oil
1/3 cup low-fat yogurt
1/4 cup grated Parmesan cheese
Salt and pepper to taste

To roast garlic, trim about 1/4-in off the top of the garlic head. Remove any of the parchment-like skin that comes off easy. Place garlic in a baking dish, cut side up and drizzle lightly with olive oil. Cover with a foil and bake at 300°F for 1 1/2 hours. Remove foil and bake for 20 minutes longer. The garlic should be very tender. Remove garlic by gently squeezing it out of the skins.

Salad

3 slices crusty whole wheat bread, cut into 1-in cubes
1 large head romaine lettuce, torn up

Creamy Roasted Garlic Dressing

In a food processor or blender, blend together roasted garlic, mustard, Worcestershire sauce, vinegar, oil, yogurt, and Parmesan. Taste and season with salt and pepper. Refrigerate until ready to use.

Croutons

Spread bread crumbs on baking sheet. Bake at 375°F for 10 to 12 minutes, or until crunchy. Stir once or twice during baking time.

Salad

Just before serving, toss lettuce with desired amount of dressing and top with croutons. If you want, garnish with tomatoes.

Classic Potato Salad

6 servings - 420 calories

From The Canadian Living Cookbook by Carol Ferguson (p. 175).

4 cups diced cooked
potatoes

1 cup sliced celery

1/2 sliced green onion

1/2 cup diced green pepper

3 hard-boiled eggs,
chopped

1/2 cup sour cream

1/2 cup mayonnaise

1 tsp dry mustard

1 tsp salt

In large bowl, combine potatoes, celery, onions, green pepper, and eggs. Blend together sour cream, mayonnaise, mustard, and salt. Pour over potato mixture and toss gently. Chill for several hours to blend flavours. Taste and adjust seasoning. Serve in large bowl.

Roast Potatoes

6 servings - 324 calories

From Serious Eats.

Kosher salt
1/2 tsp (4g) baking soda
4 pounds (about 2kg)
russet or Yukon Gold
potatoes, peeled and cut
into quarters, sixths, or
eighths, depending on
size
5 tbsp (75ml) extra-virgin
olive oil
Small handful picked
rosemary leaves, finely
chopped
3 medium cloves garlic,
minced
Freshly ground black
pepper
Small handful fresh parsley
leaves, minced

Adjust oven rack to center position and preheat oven to 450°F/230°C (or 400°F/200°C if using convection). Heat 2 quarts (2L) water in a large pot over high heat until boiling. Add 2 tablespoons kosher salt (about 1 ounce; 25g), baking soda, and potatoes and stir. Return to a boil, reduce to a simmer, and cook until a knife meets little resistance when inserted into a potato chunk, about 10 minutes after returning to a boil.

Meanwhile, combine olive oil with rosemary, garlic, and a few grinds of black pepper in a small saucepan and heat over medium heat. Cook, stirring and shaking pan constantly, until garlic just begins to turn golden, about 3 minutes. Immediately strain oil through a fine-mesh strainer set in a large bowl. Set garlic/rosemary mixture aside and reserve separately.

When potatoes are cooked, drain carefully and let them rest in the pot for about 30 seconds to allow excess moisture to evaporate. Transfer to bowl with infused oil, season to taste with a little more salt and pepper, and toss to coat, shaking bowl roughly, until a thick layer of mashed potato-like paste has built up on the potato chunks.

Transfer potatoes to a large rimmed baking sheet and separate them, spreading them out evenly. Transfer to oven and roast, without moving, for 20 minutes. Using a thin, flexible metal spatula to release any stuck potatoes, shake pan and turn potatoes. Continue roasting until potatoes are deep brown and crisp all over, turning and shaking them a few times during cooking, 30 to 40 minutes longer.

Transfer potatoes to a large bowl and add garlic/rosemary mixture and minced parsley. Toss to coat and season with more salt and pepper to taste. Serve immediately.

Tarte Soleil

8 servings - 655 calories

From Smitten Kitchen.

Filling:

1/2 cup sundried tomatoes
in oil, drained
1/3 cup pitted kalamata
olives
1 tsp dried oregano or 2 tsp
chopped fresh oregano
leaves; thyme and
rosemary would work too
1 large garlic clove, peeled
1 tbsp olive oil or reserved
oil from tomatoes, plus
more to loosen if needed
Salt and freshly ground
black pepper or red
pepper flakes to taste

Assembly:

2-1 lb packages puffed
pastry (leave in fridge
overnight to thaw)
1 egg yolk beaten with 1 tsp
water (for egg wash)
1 tbsp sesame or poppy
seeds to sprinkle
(optional)

Dip:

6 ounces feta, crumbled
2 ounces cream cheese,
cold is fine
1/3 cup olive oil
2 tbsp lemon juice
Coarse or kosher salt, to
taste
Freshly ground black
pepper

Filling

Blend ingredients in a food processor until finely chopped and spreadable. Mixture will be thick. You can thin it with more olive oil if needed, but no need to make this thin like a sauce. Adjust seasonings to taste. Set aside.

Heat oven to 350 degrees.

Assembly

Roll first package puffed pastry flat on a large piece of parchment paper or reusable baking mat into a 12-inch circle; use a 12-inch round plate or bowl to mark the size for a clean cut. Repeat with second dough, setting one aside in the fridge until needed.

Place first round on a parchment- or nonstick mat-lined baking sheet. Spread with filling to all but 1-inch from edge. Dab edges with water and place second round on top. Set a small glass upside down in the middle. Being careful not to cut through parchment paper or baking mat, cut away from glass (i.e. not through center) in quarters, or at the 3-, 6-, 9- and 12 o'clock marks. Cut through each quarter again, making 8 strips, and again, making 16 strips, and one last time so that you have 32 "rays" of pastry emanating from the center. If at any point in the cutting the pastry feels annoyingly soft and hard to cut, just pop the tray in the freezer for a few minutes to firm it back up.

Remove glass. Place finger near center of each ray (where it is most likely to break off prematurely) and gently twist each strand a few times. Beat egg yolk with 1 teaspoon water; brush it over pastry and sprinkle with seeds, if desired.

Bake for 30 to 35 minutes, until golden brown all over.

Dip

Blend all filling ingredients in a blender or food processor until smooth. Adjust seasonings to taste. Place in bowl for dipping.

Serve

Remove tart from oven, let cool on baking sheet for 10 minutes then transfer to a serving platter. Tear off rays of sun, dip in whipped feta; repeat as needed.

Soups and Salads

★Tempeh Taco Salad

4 servings - 410 calories

From 101 Cookbooks.

2 tsp extra virgin coconut
or olive oil
8 ounces tempeh
1 tbsp taco seasoning

In a large skillet over medium high heat combine the oil and tempeh, and cook, until browned. Transfer to a large serving bowl, add the taco seasoning, and stir well. Allow to cool for a bit while you make the dressing.

1/3 cup ketchup
1/2 cup apple cider vinegar
2 tbsp coconut nectar,
maple syrup, or honey
1/4 tsp salt
1 1/2 tsp smoked paprika
1 teaspoon onion powder
1/3 cup organic sunflower
oil

Combine the ketchup, apple cider vinegar, sweetener, salt, smoked paprika, onion powder, and oil in a jar. Close with a lid, and shake vigorously until creamy and emulsified. Alternately, you can use a blender or hand blender.

1 14-ounce can black
beans, drained and
rinsed
15 black olives, chopped
1/2 cup sliced green onions
2 medium heads of
romaine lettuce, sliced
1 cup cilantro, chopped
1 - 2 cups tortilla chips
1 avocado, sliced

Just before serving, add the beans, and black olives to the tempeh mixture, drizzle generously with some of the dressing, and toss well. Add the green onions, lettuce, cilantro, chips, avocado, and more dressing, if you like, and gently toss again. Serve as-is, or topped with a squeeze of lime, some tomatoes, more avocado, and green onions, and herbs.

to serve, optional; cherry
tomatoes, roasted cherry
tomatoes, lime, pickled
red onions

★Roasted Carrot and Avocado Salad with Crunchy Seeds

4 servings - 268 calories

From Food52 Genius Recipes by Kristen Miglore (p 83).

2 lbs (900 g) small carrots
(3 in long and 1/2 thick) or
large carrots, peeled
quartered, and cut into 3
in segments

Kosher salt

1 orange, one half juiced,
the other left whole

1 lemon, one half juiced,
the other left whole

1/2 cup extra-virgin olive oil

1 tsp cumin seeds

2 medium cloves garlic

1 tbsp fresh thyme leaves

1 tsp red wine vinegar

1 tsp crushed red pepper
flakes

Freshly ground black
pepper

1 tbsp sugar

1 avocado, peeled and cut
in 12 wedges

2 cups mixed baby sprouts,
herbs, and microgreens

1/4 cup crème fraîche

2 tbsp roasted sunflower
seeds

2 tsp toasted sesame seeds

Preheat oven to 450°F with an oven rack in the centre.

Place the carrots in a saucepan and cover them with cold water. Season the water with a few pinches of salt, set the pan over high heat, and bring to a simmer. Reduce the heat to medium and simmer until the carrots are tender, about 10 minutes. Drain the carrots and transfer them to a rimmed baking sheet.

Combine 1 teaspoon each of the orange and the lemon juices, 2 tablespoons of olive oil, the cumin, garlic, thyme, vinegar, and red pepper flakes in a blender and blend until smooth. Season the marinade to taste with salt and pepper. Add the marinade and the unjuiced citrus halves to the carrots and toss with your hands until evenly combined. Roast until the carrots are slightly shriveled with a few brown spots, about 20 minutes, tossing occasionally with a spatula to brown them evenly. Allow the carrots to cool to room temperature.

Once they've cooled slightly, squeeze the juice from the roasted citrus halves into a small bowl. Add the remaining fresh citrus juices, remaining 6 tablespoons olive oil, and the sugar. Season the dressing to taste with salt and pepper and whisk to combine.

Divide the carrots and avocado slices among four plates and top with the greens. Add 1 tablespoon of crème fraîche to each salad. Sprinkle sunflower seeds and sesame seeds over each plate. Drizzle several tablespoons of the dressing over and around each salad (reserve any remaining dressing for later use) and serve immediately.

★Carrot Salad with Tahini and Crisped Chickpeas

4 servings - 306 calories

From Smitten Kitchen. Good to make ahead as it keeps well in the fridge for two days, however, add the chickpeas and pistachios right before serving, so they don't get soft.

Chickpeas

1 $\frac{3}{4}$ cooked chickpeas, or 1
15-ounce can, drained
and patted dry on paper
towels
1 tbsp olive oil
 $\frac{1}{2}$ tsp coarse sea salt
 $\frac{1}{4}$ tsp ground cumin

Salad

1 pound carrots, peeled
and coarsely grated
 $\frac{1}{4}$ cup coarsely chopped
parsley
 $\frac{1}{4}$ cup shelled, salted
pistachios, coarsely
chopped

Dressing

1 medium garlic clove,
minced
 $\frac{1}{4}$ cup lemon juice
3 tbsp well-stirred tahini
2 tbsp water, plus more if
needed
2 tbsp olive oil
Salt and red pepper flakes
to taste

Roast chickpeas

Heat oven to 425 degrees F. Toss chickpeas with one
tablespoon olive oil, salt and cumin until they're
all coated. Spread them on a baking sheet or pan
and roast them in the oven until they're browned
and crisp. This can take anywhere from 15 to 20
minutes, depending on the size and firmness of your
chickpeas. Toss them occasionally to make sure
they're toasting evenly. Set aside until needed.

Dressing

Whisk all ingredients together until smooth, adding
more water if needed to thin the dressing slightly.
Taste and adjust seasoning; don't worry if it tastes a
little sharp on the lemon, it will marry perfectly with
the sweet grated carrots.

Salad

Place grated carrots in large bowl and toss with pars-
ley. Mix in $\frac{2}{3}$ of the dressing, adding more if desired.
Add more salt and pepper if needed. Sprinkle with a
large handful of chickpeas and pistachios and dig in.

★Carrot Soup with Lemon, Tahini and Crisped Chickpeas

4 servings - 447 calories

From Smitten Kitchen.

Soup

2 tbsp (30 ml) olive oil
2 pounds (905 grams)
carrots, peeled, diced or
thinly sliced
1 large onion, finely
chopped
4 regular or 6 small garlic
cloves, peeled and
smashed
1/4 tsp ground coriander
1/2 tsp ground cumin
1/2 tsp table salt, plus more
if needed
Pinch of Aleppo pepper or
red pepper flakes
4 cups (945 ml) vegetable
broth

Heat two tablespoons olive oil in heavy large pot over medium heat. Add carrots, onion, garlic, coriander, cumin, salt and pepper flakes and sauté until they begin to brown, about 15 minutes.

Meanwhile, heat your oven to 425 degrees F. Toss chickpeas with one tablespoon olive oil, salt and cumin until they're all coated. Spread them on a baking sheet or pan and roast them in the oven until they're browned and crisp. This can take anywhere from 10 to 20 minutes, depending on the size and firmness of your chickpeas. Toss them occasionally to make sure they're toasting evenly.

Once vegetables have begun to brown, add broth, using it to scrape up any bits stuck to the bottom of the pot. Cover pot with lid and simmer until carrots are tender, stirring occasionally, about 30 minutes.

Crisped chickpeas

1 3/4 cups cooked
chickpeas, or 1 15-ounce
(425-gram) can, drained,
patted dry on paper
towels
1 generous tbsp (15 ml or
so) olive oil
1/2 tsp coarse salt
1/4 tsp ground cumin

Meanwhile, in a small dish, whisk together tahini, lemon juice, salt and water until smooth with a yogurt-like consistency. If more liquid is needed to thin it, you can add more lemon juice or water, a spoonful at a time, until you get your desired consistency.

Spread pita wedges on a second baking sheet and brush lightly with olive oil. Sprinkle with za'atar or a combination of sea salt and sesame seeds and toast in oven with chickpeas until brown at edges, about 5 minutes.

Lemon-tahini dollop

3 tablespoons (25 grams)

tahini paste

2 tablespoons (30 ml)

lemon juice

Pinch or two of salt

2 tablespoons (30 ml)

water

Pita wedges, garnish

A few large pitas, cut into 8

wedges

Olive oil, to brush pitas

Za'atar (a Middle Eastern

spice-herb blend) or

sesame seeds and sea

salt to sprinkle

2 tablespoons flat-leaf

parsley, coarsely

chopped

Puree soup in a blender or with an immersion blender until smooth. Ladle into bowls. Dollop each with lemon-tahini, sprinkle with crisped chickpeas and garnish with chopped parsley. Serve with pita wedges.

★Creamy Roasted Garlic Cauliflower Soup

6 servings - 58 calories

From Running on Real Food.

2 bulbs of garlic	Preheat oven to 400°F.
2 small or 1 large white onion, diced	Cut the tops of the bulbs of garlic so each clove is slightly exposed. Place each bulb on a small piece of tinfoil then drizzle 1/4 tsp of olive oil over each bulb.
2 carrots, peeled and chopped	Wrap up in the foil and roast for 35 minutes.
4 cups chopped cauliflower	
1/4 tsp thyme	
1/2 tsp rosemary	Add the onion and carrot to a soup pot with a splash of the vegetable stock and cook until starting to soften, about 5-6 minutes.
3 1/2 cups vegetable stock	
salt and pepper, to taste	

Add the cauliflower, stock and thyme. Squeeze the roasted garlic out of the bulbs and add to the pot.

Simmer until the cauliflower and carrots are completely soft and tender, approximately 20-25 minutes.

Carefully pour into a blender and mix until smooth and creamy.

Season with salt and pepper.

★Coconut Red Lentil Soup

6 servings - 306 calories

From 101 Cookbooks.

1 cup / 7 oz / 200g yellow split peas	Give the split peas and lentils a good rinse - until they no longer put off murky water. Place them in an extra-large soup pot, cover with the water, and bring to a boil. Reduce heat to a simmer and add the carrot and 1/4 of the ginger. Cover and simmer for about 30 minutes, or until the split peas are soft.
1 cup 7 oz / 200g red split lentils (masoor dal)	
7 cups / 1.6 liters water	
1 medium carrot, cut into 1/2-inch dice	
2 tbsp fresh peeled and minced ginger	In the meantime, in a small dry skillet or saucepan over low heat, toast the curry powder until it is quite fragrant. Be careful though, you don't want to burn the curry powder, just toast it. Set aside. Place the butter in a pan over medium heat, add half of the green onions, the remaining ginger, and raisins. Saute for two minutes stirring constantly, then add the tomato paste and saute for another minute or two more.
2 tbsp curry powder	
2 tbsp butter, ghee, or coconut oil	
8 green onions (scallions), thinly sliced	
3 tbsp golden raisins	
1/3 cup / 80 ml tomato paste	
1 14-ounce can coconut milk	Add the toasted curry powder to the tomato paste mixture, mix well, and then add this to the simmering soup along with the coconut milk and salt. Simmer, uncovered, for 20 minutes or so. The texture should thicken up. Simmer longer for a thicker consistency.
2 tsp fine grain sea salt	
one small handful cilantro, chopped	
cooked brown rice or farro, for serving (optional)	Serve over 1/2 cup of warm farro or brown rice (+108 cal). Sprinkle each bowl generously with cilantro and the remaining green onions.

★Silky Tofu Soup

4 servings - 245 calories

From The Flavour Principal by Lucy Waverman and Beppi Crosariol (p. 66). Pair with Grüner Veltliner.

Seasoning Mix

1 tbsp Korean chili paste
(gochujang)
1 tbsp soy sauce
1 tsp chopped garlic
1 tsp sesame oil

Combine chili paste, soy sauce, garlic, and sesame oil in a small bowl.

Heat oil in a soup pot over medium heat. Add onions and zucchini and saute for 2 minutes or until softened. Add seasoning mix, cabbage, kimchi, and stock. Bring to a boil, reduce heat, and simmer for 5 minutes or until vegetables are tender.

Soup

1 tbsp vegetable oil
1 cup finely chopped
onions
1 cup slivered zucchini
2 cups thinly sliced napa
cabbage
1/4 cup sliced kimchi
4 cups vegetable stock
1 package (300 g) silken
tofu

Warm 4 serving bowls.

Reduce heat to medium-low and add silken tofu a spoonful at a time, being careful not to break it up too much. Gently press it into the stock. Taste, adding more soy sauce or sesame oil as needed.

Spoon into bowls, scatter green onions, and break an egg into each bowl. Serve at once and swirl egg so that it cooks in the soup.

Garnish

2 green onions, sliced
4 eggs, at room
temperature

★Green Lentil Soup with Cumin and Lemon

6 servings - 224 calories

From Love Soup by Anna Thomas (p.134).

1 cup / 8 oz / 225 g French (Le Puy) green lentils	Rinse the lentils and combine them in a large soup pot with 4 cups water. Bring the water to a boil, then lower the heat and simmer the lentils gently for about 25 minutes, or until tender-firm. After the first 20 minutes, add a teaspoon of sea salt, and when the lentils are ready, remove them from the heat and skim off any foam that may have formed on top.
1 1/2 tsp. sea salt, plus more to taste	
2 tbs olive oil	
1 large yellow onion, chopped	
2 cups chopped leeks, white and light green parts	Meanwhile, heat 2 tablespoons olive oil in a large sauté pan, add the chopped onion and a pinch of sea salt, and cook slowly over medium heat until the onion is soft, 8 to 10 minutes. Add the leeks and continue cooking for another 20 minutes, stirring often, until the leeks and onion are translucent and turning golden.
1 medium sweet potato, diced	
1 large carrot, finely diced	
1 large celery stalk, finely diced	
1 bay leaf	
1 bunch green chard	Add the onion and leeks to the lentils and their broth, along with the diced sweet potato, carrot, celery, another 3 cups water, half a teaspoon of sea salt, and the bay leaf. Simmer the soup gently, covered, for about 20 minutes. Meanwhile, wash the chard, slice away the stems, and coarsely chop the green leaves. Add the chard and simmer the soup another 10 minutes, until the vegetables are all tender.
2 tbs cumin seeds	
1 cup chopped cilantro	
1/4 cup chopped fresh flat-leaf parsley	
Cayenne pepper, to taste	
2-3 cups vegetable broth	
1-2 tbsp fresh lemon juice, plus more to taste	

Lightly toast the cumin seeds in a dry skillet, just until they release their fragrance, about 4 to 5 minutes, then grind them in a mortar or spice grinder and stir them into the soup. Add the cilantro and parsley, a generous pinch of cayenne. and 2 or 3 cups of light vegetable broth, enough to give the soup the consistency you like. I like my soups to pour easily from the ladle. Heat everything together for a few more minutes, then add lemon juice to taste.

Serve the soup steaming hot in wide bowls and drizzle some olive oil over each serving.

★Black Bean Soup with Toasted Cumin Seed Crema

6 servings - 321 calories

From Smitten Kitchen. Can make ahead; keeps great in the fridge.

Soup

1 tbsp olive oil
2 medium-size red onions, chopped
1 medium-size red bell pepper, chopped
1 medium-size green bell pepper, chopped
4 garlic cloves, minced
4 tsp ground cumin
1 16-ounce package dried black beans
1 tbsp chopped chipotle chiles from a can (this gives it a solid kick, dial back if you are wary)
7 cups hot water (can use very hot tap water)
2 tbsp fresh lime juice
2 tsp coarse kosher salt
1/4 tsp ground black pepper

Crema (+138 cal)

1 tbsp whole cumin seeds
1 cup crema or crème fraîche (or swap sour cream or yogurt, for a close-enough taste)
Salt and freshly ground pepper

Black Bean Soup

Heat olive oil in large skillet (slow cooked) or large pot (stove top) over medium-high heat. Add onions and both bell peppers and sauté until beginning to brown, about eight minutes. Add garlic and cumin; stir one minute.

Slow Cooker

Transfer mixture to 6-quart slow cooker. Add beans and chipotles, then 7 cups hot water. Cover and cook on high until beans are very tender, about 3 hours (or longer if they are not ready).

Stove Top

Add beans and chipotles, then 7 cups water. Bring to a full boil, boil for 1 minute, then reduce heat to a gentle simmer, partially cover pot, and cook until beans have softened, about 2 to 3 hours. (These times can vary a lot depending on the age of the beans and kind of water.)

Once Cooked

Transfer two cups bean mixture to blender; puree until smooth. Return puree to remaining soup in slow cooker or pot. Stir in lime juice, salt, and pepper. Adjust seasonings to taste. Ladle soup into bowls. Spoon dollop of toasted cumin seed cream (below) over each bowl and serve.

Toasted Cumin Seed Crema

Place the cumin in a small sauté pan over medium heat. Toast until lightly golden brown. Place in spice grinder or mortar and pestle and grind until coarse. Stir it into the crema and season with salt and pepper, to taste.

★Split Pea Soup

4 servings - 302 calories

From 101 Cookbooks.

1 tbsp extra virgin olive oil
2 large onions, chopped
1/2 tsp fine-grain sea salt
2 cups dried split green
peas, picked over and
rinsed
5 cups water or vegetable
broth
juice of 1/2 lemon (reserve
the zest)

a few pinches of smoked
paprika
more olive oil to drizzle

Add olive oil to a big pot over med-high heat. Stir in onions and salt and cook until the onions soften, just a minute or two. Add the split peas and water. Bring to a boil, dial down the heat, and simmer for 20 minutes, or until the peas are cooked through (but still a touch al dente). Using a large cup or mug ladle half of the soup into a bowl and set aside. Using a hand blender (or regular blender) puree the soup that is still remaining in the pot. Stir the reserved (still chunky) soup back into the puree - you should have a soup that is nicely textured. If you need to thin the soup out with more water (or stock) do so a bit at a time. Stir in the lemon juice and taste. If the soup needs more salt, add more a bit at a time until the flavor of the soup really pops.

Ladle into bowls or cups, and serve each drizzled with olive oil and topped with a good pinch of smoked paprika and a touch of lemon zest.

★Rustic Leek and Potato Soup

6 servings - 226 calories

From Love Soup by Anna Thomas (p.158).

3-4 large leeks, white and light green parts	Trim the leeks and wash them well, slice them in quarters lengthwise, then slice them crosswise; you should have 3 to 3 1/2 cups. Scrub the potatoes and cut them into 1/2-inch dice.
2 lbs Yukon Gold potatoes	
1 tbsp olive oil	
1 tbsp unsalted butter	
1 1/2 tsp sea salt, plus more to taste	Heat the olive oil and butter in a skillet, add the leeks and a pinch of salt, and cook the leeks over medium heat, stirring often, until they are soft and just beginning to colour, 8 to 10 minutes.
3 cups vegetable broth	
3 tbsp chopped fresh flat-leaf parsley	
1/2 tsp chopped fresh thyme	Combine the leeks and potatoes into a large soup pot with 3 cups water, a teaspoon of sea salt, and the vegetable broth and simmer, covered, for about 15 minutes, or until the potatoes are completely tender.
Freshly ground black pepper	Add the parsley and thyme, some black pepper, and the lemon juice. Taste and correct the seasoning with more salt if needed; potatoes absorb quite a lot of salt, but wait a moment between additions, as salt needs time to dissolve.
2 tsp fresh lemon juice	
3 tbsp heavy cream	
Chopped parsley or snipped chives for garnish	Stir in the cream and serve with more fresh parsley or chopped chives sprinkled on top.

Classic Grilled Cheese with Cream of Tomato Soup

4 servings - 737 calories

From Smitten Kitchen.

Soup

2 (28-ounce) cans whole tomatoes packed in juice, drained, 3 cups juice reserved
1 1/2 tablespoons dark brown sugar
4 tbsp unsalted butter
4 large shallots, minced (about 1/2 cup)
1 tbsp tomato paste
Pinch ground allspice
2 tbsp all-purpose flour
1 3/4 cups chicken stock, homemade or canned low-sodium
1/2 cup heavy cream
2 tbsp brandy or dry sherry
Salt and cayenne pepper

Sandwiches

6 ounces cheese (preferably mild cheddar) or combination of cheese, grated on large holes of box grater (about 1 1/2 cup)
8 slices (1/2 inch-thick) from white sandwich bread
4 tbsp butter (preferably salted), melted

Cream of Tomato Soup

Adjust oven rack to upper-middle position and heat oven to 450°F. Lined rimmed baking sheet with foil. With fingers, carefully open whole tomatoes over strainer set in bowl and push out seeds, allowing juices to fall through strainer into bowl. Spread seeded tomatoes in single layer on foil. Sprinkle evenly with brown sugar. Bake until all liquid has evaporated and tomatoes begin to color, about 30 minutes. Let tomatoes cool slightly, then peel them off foil; transfer to small bowl and set aside.

Heat butter over medium heat in large saucepan until foaming. Add shallots, tomato paste and allspice. Reduce heat to low, cover, and cook, stirring occasionally, until shallots are softened, 7 to 10 minutes. Add flour and cook, stirring constantly, until thoroughly combined, about 30 seconds. Gradually add chicken stock, whisking constantly to combine; stir in reserved tomato juice and roasted tomatoes. Cover, increase heat to medium, and bring to a boil. Reduce heat to low and simmer, stirring occasionally, to blend flavors, about 10 minutes.

Pour mixture through strainer and into medium bowl; rinse out saucepan. Transfer tomatoes and solids in strainer to blender; add 1 cup strained liquid and puree until smooth. Place pureed mixture and remaining strained liquid in saucepan. Add cream and warm over low heat until hot, about 3 minutes. Off heat, stir in brandy and season with salt and cayenne. Serve immediately. (Soup can be refrigerated in an airtight container for up to 2 days. Warm over low heat until hot; do not boil.)

Grilled Cheese Sandwiches

Heat heavy 12-inch skillet over low to medium-low heat. Meanwhile, sprinkle a portion of cheese over two bread slices. Top each with a remaining bread slice, pressing down gently to set.

Brush sandwich tops completely with half of melted butter; place each sandwich, buttered-side down, in skillet. Brush remaining side of each sandwich completely with remaining butter. Cook until crisp and deep golden brown, 5 to 10 minutes per side, flipping sandwiches back to first side to reheat and crisp, about 15 seconds. Serve immediately.

★Taco Soup

4 servings - 352 calories

From 101 Cookbooks.

2 tbsp olive oil
1 large onion chopped
3 cloves garlic chopped
3 tablespoons taco
seasoning (p. 81)
1/2 cup quinoa rinsed
4 cups water
2 14- ounce cans pinto
beans rinsed OR 3 1/2
cups cooked pinto beans
1 1/2 cups corn
1 14- ounce can crushed
tomatoes
1 cup favorite red salsa

In a pot, heat the olive oil. When hot, sauté the onion and garlic until softened, 5-7 minutes. Stir in the taco seasoning. Add the quinoa, water, salt, beans, corn, tomatoes, and salsa.

Bring to a boil then reduce to a simmer. Place the lid on and simmer until quinoa is cooked, about 10 minutes. Serve.

Serve with:

toasted pepitas or
almonds, cilantro,
avocado, salted yogurt,
lime wedges

Recipes From Books

- Vitamin-boosted Black Rice Salad - La Tartine Gourmande p.103 - 4 servings
- 426 calories

Mains

★Samosa Shepherd's Pie

6 servings - 432 calories

From 101 Cookbooks.

1 1/2 pounds potatoes or
sweet potatoes
2/3 cup full-fat coconut
milk
Fine grain sea salt, to taste

1 tbsp coconut oil
1 medium onion, chopped
4 cloves garlic, minced
8 ounces mushrooms,
chopped
1 cup crushed tomatoes
2 tsp garam masala
2 cups cooked yellow or
green split peas
1 cup peas (fresh or frozen)

To serve: chopped serrano
chiles, micro greens,
scallions

Place the potatoes/sweet potatoes in a medium saucepan, cover with water, salt as you would pasta water, and bring to a boil for about ten minutes, or until tender. Drain, and return to saucepan over heat for a minute or so to dry out a bit. Add the coconut milk, and the salt, and mash together. Set aside.

In a large saucepan over medium-high heat, combine the coconut oil with the onion and garlic, and a generous pinch of salt. Sauté for a few minutes, until onions are translucent, and then turn the heat up and add the mushrooms. Cook, stirring every couple of minutes, until the mushrooms release their water, and start to brown. Add the tomatoes and spices. Stir well, then add the cooked split peas and peas. Cook for another minute or two, taste, and adjust with more garam masala or salt if needed.

Transfer the mushroom mixture to a 8-inch baking dish (or equivalent), spreading it across in a somewhat even layer. Dollop the potatoes across the top, and gently push them around until they cover the entire top of the casserole, run the tines of a fork across the top if you like a bit of texture.

Bake for 25 minutes, and finish under a broiler to add a bit of extra color and texture to the top. Serve as-is, or sprinkled with any (or all) of the suggested toppings.

Southwest Potatoes

4 servings - 538 calories

From New York Times Cooking, by Mark Bittman. Also good for brunch.

5 tbsp olive oil, or more as needed	Put 1 tablespoon of oil in a large skillet over medium heat. When hot, add jalapeño and corn, and sprinkle with salt and pepper; let sit for a moment. When corn begins to brown, shake pan to distribute for even browning. Remove corn.
2 tbsp minced fresh jalapeño, or to taste	
1 to 1 1/2 cups corn kernels, fresh or frozen	
Salt	Add remaining oil to pan. When hot, add potatoes. Cook, undisturbed, until they begin to brown around edges and release from pan, about 10 minutes. Continue, at least 15 more minutes, turning potatoes to brown all sides without stirring too often. Add oil if needed to prevent sticking, and lower heat if needed to prevent scorching. When potatoes are tender and golden, add chili powder, corn and beans.
Black pepper	
2 pounds new potatoes, peeled and cut into 1-inch chunks	
1/2 to 1 tsp chili powder, or to taste	
1 14-ounce can black beans, well drained	
3/4 to 1 cup grated Cheddar or jack cheese	Turn on broiler. Place rack about 4 inches below. Transfer potatoes to a baking dish, sprinkle with cheese and run under broiler until cheese is melted and beginning to brown, 2 to 3 minutes. Garnish with cilantro.
1/2 cup chopped fresh cilantro, for garnish	

★Bean and Potato Skillet

4 servings - 432 calories

From Canadian Living.

4½ olive oil , divided
1 onion, thinly sliced
1 large yellow-fleshed
potato , scrubbed and
diced

Generous amount of salt,
to taste

1 tbsp smoked paprika

4 cups thinly sliced
cabbage

1 tbsp white wine vinegar

1 540 ml can navy beans ,
drained and rinsed

4 eggs

½ cup Balkan-style plain
yogurt

¼ cup chopped fresh dill
lemon wedges

In large nonstick skillet, heat 4 tbsp of the oil over medium heat; cook onion, potato, all but a pinch of the salt and paprika, stirring occasionally, until vegetables begin to brown, about 7 minutes.

Stir in cabbage, vinegar and ⅓ cup water; cover and cook until cabbage is wilted and softened, about 5 minutes. Remove lid and cook until cabbage begins to brown and liquid is absorbed, about 5 minutes. Stir in beans; cook until potatoes and cabbage are tender, about 4 minutes.

Meanwhile, in separate nonstick skillet, heat remaining ½ tbsp oil over medium heat. Cook eggs, sprinkling with remaining pinch of salt, until whites are set but yolks are still runny, about 3 minutes. Combine yogurt and dill, reserving some dill for garnish.

Divide potato mixture among 4 plates; top each with yogurt mixture, 1 fried egg and dill. Serve with lemon wedges.

★Garlicky Black Beans

4 servings - 378 calories

From Deliciously Ella with Friends by Ella Woodward (p. 190).

10 garlic cloves, crushed	Place the garlic in a saucepan with the olive oil,
1 tbsp olive oil	cayenne pepper, lemon juice, salt, and pepper.
1/4 tsp cayenne pepper	Gently heat for a minute or so until it starts bubbling.
1 1/2 lemons, juiced	
Salt and pepper, to taste	Add all the other ingredients and cook over a medium
3 cans of black beans (540 ml each)	heat for about 10 minutes. You want the beans to be
6 tsp brown rice miso paste	slightly softened and broken up and fully coated in
6 tsp tomato paste	the miso and tomato paste.

Toppings (Optional)

Chopped tomato, sliced
avocado, sliced green
onion, salsa

To Serve (Optional)

1/2 cup brown rice (+108 cal)

★Stewed Lentils and Tomatoes

4 servings - 160 calories

From Smitten Kitchen.

2 tsp good olive oil
2 cups large-diced yellow onions (2 onions)
2 cups large-diced carrots (3 to 4 carrots)
1 tbsp minced garlic (3 cloves)
1 (28-ounce) can whole plum tomatoes
1 cup French green lentils (7 ounces)
2 cups vegetable broth
2 tsp mild curry powder
2 tsp chopped fresh thyme leaves
2 tsp kosher salt
1/4 tsp freshly ground black pepper
1 tbsp red wine vinegar

Heat the oil in a large saucepan. Add the onions and the carrots and cook over medium-low heat for 8 to 10 minutes, until the onions start to brown. Stir occasionally with a wooden spoon. Add the garlic and cook for one minute more.

Meanwhile, place the canned plum tomatoes, including the juice, in the bowl of a food processor fitted with a steel blade and pulse several times until the tomatoes are coarsely chopped. Rinse and pick over the lentils to make sure there are no stones in the package.

Add the tomatoes, lentils, broth, curry powder, thyme, salt and pepper to the pan. Raise the heat to bring to a boil, then lower the heat and simmer covered for about 40 minutes, until the lentils are tender. Check occasionally to be sure the liquid is still simmering. Remove from the heat and allow the lentils to sit covered for another 10 minutes. Add the vinegar, season to taste and serve hot.

★Basic Tarka Dal

6 servings - 129 calories

From Jamie Oliver.

400g red lentils
2 tsp turmeric
2 knobs unsalted butter
2 tsp cumin seeds
1 small onion, finely
chopped
2-3 cloves garlic, finely
sliced
1-2 fresh green chillies,
finely sliced (remove
seeds if you want to keep
the heat down)

1 tsp garam masala
1 tsp ground coriander
thumb-sized piece of fresh
ginger, finely grated
2-3 tomatoes, chopped
small

Place the lentils in a pan and cover with enough cold water to come to around two inches above their surface. Bring to the boil (skim off any scum that rises to the top), and reduce to a simmer. Stir in the turmeric and a generous knob of butter. Cover and leave to cook gently.

In a small frying pan, dry-fry the cumin seeds over a medium heat until toasted and fragrant (no more than a couple of minutes). Remove from the pan and set to one side.

Melt a second knob of butter in the same frying pan and gently fry the chopped garlic, onion, chillies and the grated ginger and tomatoes, if you're using them. Once the garlic is golden, mix in the toasted cumin seeds and, if using, the garam masala and ground coriander. Remove from the heat until the lentils are completely softened.

Give the lentils a good stir. They should have the consistency of porridge – thicker than soup and looser than houmous. Add more water as necessary (you will be surprised how thick they can get over just a couple of extra minutes cooking), and mix in your aromatic fried mixture.

Season to taste, then serve on its own, topped with coriander, or with a side of basmati rice and greens.

★Coconut Red Lentil Curry

6 servings - 280 calories

From Epicurious.

Marinated Tofu

300g extra firm tofu

Lemon juice

Cumin or curry powder of
choice

Cook onion in oil in a 3 1/2- to 4-quart heavy pot over moderate heat, stirring occasionally, until edges are golden, about 6 minutes. Add ginger and garlic and cook, stirring, 1 minute. Add cumin, coriander, turmeric, salt, and chile and cook, stirring, 1 minute.

Curry

1 medium onion, finely
chopped

2 tbsp vegetable oil

1 tbsp finely chopped
peeled fresh ginger

2 garlic cloves, finely
chopped

1 tsp ground cumin

1/2 teaspoon ground
coriander

1 tsp turmeric

1 tsp salt

1 (2 1/2-inch) fresh jalapeño
or serrano chile, finely
chopped, including
seeds

2 cups water

1 1/2 cups dried red lentils
(10 oz)

1 (13- to 14-oz) can
unsweetened coconut
milk

1 lb zucchini (2 medium),
cut into 1/4-inch dice

1 cup loosely packed fresh
cilantro sprigs

Stir in water, lentils, and coconut milk, then simmer, covered, stirring occasionally, 5 minutes. Stir in zucchini and marinated tofu and simmer, covered, until lentils and zucchini are tender, about 15 minutes. Season with salt and serve on rice with cilantro sprigs scattered on top.

★Easy Punjabi-Style Black Lentils

6 servings - 260 calories

From Smitten Kitchen. For a more authentic version see p. 41.

Dal

2 tbsp oil, butter (regular or ghee)

1 large onion, finely chopped

$\frac{3}{4}$ tsp cumin seeds

1.5-inch piece of ginger, finely chopped

3 garlic cloves, finely chopped

$1\frac{1}{2}$ tsp ground coriander

$\frac{1}{2}$ tsp ground turmeric

$\frac{3}{4}$ tspn garam masala

Ground chile powder (such as Kashmiri), to taste

$1\frac{1}{2}$ cup finely chopped or pureed tomatoes, fresh or from a can

$1\frac{1}{2}$ tsp fine sea salt, plus more to taste

$1\frac{1}{2}$ cup dried black lentils (urad dal)

$6\frac{3}{4}$ cups water, plus more to taste

Heat oil (or oil and butter) over medium. Once hot, add onion and cumin seeds and cook, stirring occasionally, until onion browned in spots. Add garlic and ginger, cook for 1 minute more, then the rest of the spices and tomato and cook for 3 minutes more, scraping up any stuck bits. Add water and salt, then lentils. Bring to simmer, then reduce to low and cover and cook until lentils are tender, between 35 and 45 minutes, stirring occasionally. For a looser dal, you can add more water. Adjust spices and seasonings to taste.

To finish, ladle into four bowls. Place a 1-teaspoon pat of butter in the center of each, letting it begin to melt before swirling in $1\frac{1}{2}$ teaspoons cream and finishing with cilantro.

To Finish (Optional)

6 tsp butter (salted is lovely here)

3 tbsp heavy cream

Handful chopped fresh cilantro

★Dal Makhani

6 servings - 343 calories

From Indian Healthy Recipes by Swasthi.

1½ cups black lentils (urad dal)

½ cups red kidney beans (rajma)

9 cups water

1 small Indian bay leaf (tej patta)

3 tbsp ghee, butter, or oil

3 medium onions

2¼ cups tomato puree or 6 medium tomatoes

seeded and cut finely

4½ tsp ginger garlic paste (p.82)

1-3 green chilies sliced open

¼ heaping tsp asafoetida (hing, optional)

9-12 tbsp cream

¾ tsp dried fenugreek leaves (kasuri methi, optional)

3-4½ cups water

Whole spices:

1½ cumin seeds (jeera)

6 green cardamom pods

1 cinnamon stick (about 1.5 in long)

6 whole cloves

3 small black cardamom pods

Spice mix:

¾ tsp turmeric powder

1½ Kashmiri chili powder

1½ garam masala

3 tsp coriander powder

Salt to taste

Wash urad dal and rajma together several times and soak overnight. Drain and rinse and add them to a pot. Also add bay leaf. Pour in 9 cups of water and cook until very soft (should be easy to mash with a fork), adding water when needed.

Heat a heavy bottom pot with butter or oil. Add all whole spices - cumin, cardamoms, cloves and cinnamon. All spices are optional except cumin. Allow to crackle. Then add hing, ginger garlic paste and green chilies. Saute until aromatic. Next throw in the onions and fry until they turn golden. Then transfer tomato puree, turmeric, chili powder, garam masala, coriander powder (optional) and salt. Saute well until the masala leaves the pan. Pour in the cooked dal along with their stock.

Stir well and begin to cook on a low flame stirring often. You will need to add half cup water each time the dal thickens. Stir and continue to cook on the lowest possible heat. You can use about 1 to 2 cups water and simmer for 60 to 90 mins on a very low flame or as long as 4 to 6 hours for a more authentic taste. Remember to keep stirring and add water whenever needed. Once it is thick and creamy, you can add cream and turn off. It tastes good even without the addition of cream. If having it the next day or later, you can refrigerate. Heat up when ever needed by adding little water. When it comes to a boil, add cream and stir well. Dal Makhani can be served with butter topped and garnished with coriander and ginger Juliennes. Dal makhani tastes best the next day. So you may refrigerate and have it the next day. Serve dal makhani with plain rice, naan or roti.

★Easy Chana Masala

4 servings - 246 calories

From Smitten Kitchen. For a more authentic version see 43.

1 tbsp vegetable oil	Heat oil in a large skillet. Add onion, garlic, ginger and pepper and sauté over medium heat until browned, about 5 minutes.
2 medium onions, minced	
1 clove garlic, minced	
2 tsp grated fresh ginger	
1 fresh, hot green chili pepper, minced	Turn heat down to medium-low and add the coriander, cumin, cayenne, turmeric, cumin seeds, amchoor (if using it), paprika and garam masala.
1 tbsp ground coriander	Cook onion mixture with spices for a minute or two, then add the tomatoes and any accumulated juices, scraping up any bits that have stuck to the pan.
2 tsp ground cumin	
1/2 teaspoon ground cayenne pepper	
1 tsp ground turmeric	
2 tsp cumin seeds, toasted and ground	Add the water and chickpeas. Simmer uncovered for 10 minutes, then stir in salt and lemon juice.
1 tbsp amchoor powder, or increase the lemon juice	
2 tsp paprika	
1 tsp garam masala	
2 cups tomatoes, chopped small or 1 15-ounce can of whole tomatoes with their juices, chopped small	
2/3 cup water	
4 cups cooked chickpeas or 2 (15-ounce) cans chickpeas, drained and rinsed	
1/2 teaspoon salt	
1/2 lemon (juiced), use a whole lemon if not using amchoor powder	

★Chana Masala

4 servings - 238 calories

From The Spruce Eats by Petrina Verma Sarkar.

3 large onions (sliced thin,
divided)
2 large tomatoes (chopped)
3 tbsp ginger garlic paste
paste (see 5)
2 tbsp vegetable oil
2 bay leaves
5 to 6 cloves
3 to 4 green cardamoms
5 to 6 peppercorns
1 tsp cumin powder
2 tsp coriander powder
1/2 tsp red chili powder
1/4 turmeric powder
2 tsp garam masala
2 cans of chickpeas (or
dried equivalent)
salt (to taste)
Water (enough to make a
gravy)
1-inch piece of ginger
(julienned)
2 tbsp fresh coriander
leaves (chopped fine)

Grind 2 of the sliced onions, the tomatoes, and the ginger and garlic paste together into a smooth paste in a food processor. Heat the vegetable oil in a deep, thick-bottomed pan on medium heat. Add the bay leaves, cloves, cardamom, and peppercorns and sauté until slightly darker and mildly fragrant. Add the remaining sliced onion and fry until light golden in color.

Add the onion-tomato paste you made earlier and fry till the oil begins to separate from the paste. Add the dry, powdered spices—cumin, coriander, red chili, turmeric, and garam masala powders. Sauté, stirring frequently, for 5 more minutes.

Drain the water in the can from the chickpeas and rinse them well under running water. Now add the chickpeas to the masala you fried up earlier. Stir to mix everything well. Add salt to taste and enough hot water to make the gravy—about 1 1/2 cups. Simmer and cook covered for 10 minutes.

Use a flat spoon or potato masher to mash some of the chickpeas coarsely. Stir to mix everything well. Garnish with juliennes of ginger and finely chopped fresh coriander leaves. A squeeze of lemon and a handful of very finely chopped onion tastes great as a garnish too. Serve hot and enjoy!

★Red Kidney Bean Curry

4 servings - 244 calories

From Smitten Kitchen. For a more authentic version see 45.

1/3 cup extra virgin olive oil	Heat oil in a deep sauce pan over medium heat
1/4 cup chopped fresh ginger	for one minute. Add ginger, garlic, onion, green
1 medium onion, finely chopped	chili, and let sizzle for one minute. Add the tomato
1 plum tomato, diced	sauce, salt and remaining spices and cook for an
3 cloves garlic, chopped	additional five minutes, stirring frequently. Add the
1 large green chili, chopped (optional)	kidney beans with water or canned red kidney beans
1 tsp salt	(undrained) plus one additional cup of water, and
1 tsp ground cumin	tomatoes. Bring it to a boil, then reduce to medium
1 tsp ground coriander	heat and let cook uncovered for 10 minutes. Remove
1/2 tsp cumin seeds	from heat. Garnish with cilantro.
1/2 tsp ground tumeric	
1/4 tsp cayenne	
1 cup of tomato sauce	
3 cups boiled red kidney beans or 30 ounces	
canned red kidney beans, undrained	
1/2 cup chopped fresh cilantro	Serve over rice or with naan. A dollop of plain yogurt
	on top is heavenly.

★Rajma Dal

4 servings - 342 calories

From Spruce Eats by Petrina Verma Sarkar.

2 tbsp vegetable oil	In a deep pan, heat the oil and add the cumin seeds.
1 tsp cumin seeds	When they stop sizzling, add the onion and fry until
2 medium onions	soft. Add the ginger and garlic and fry for 2 minutes.
(chopped finely)	
2 inches ginger (julienned)	Add the green chilies, tomatoes, coriander, cumin,
6 cloves garlic (minced)	turmeric, and garam masala and fry until the oil
2 green chilies (fresh,	separates from the masala.
chopped fine)	
2 large tomatoes (chopped	Add the red kidney beans, warm water, and
into 1-inch cubes)	asafoetida, as well as the salt to taste. Cook un-
2 tsp coriander (powder)	til the beans are soft, approximately 10 minutes.
1 tsp cumin (powder)	
1 tsp garam masala	Mash some of the beans roughly to thicken the sauce.
1/4 turmeric (powder)	
2 (15.5 oz.) cans red kidney	Garnish with coriander and serve hot with rice,
beans (drained, rinsed	Kachumbar salad, and the pickle of your choice.
under running water), or	
dried equivalent	
3 cups water (warm)	
Salt to taste	
1 pinch asafoetida (hing)	
Garnish:	
Coriander (chopped)	

★Cauliflower, Pea, and Chickpea Curry in a Hurry

6 servings - 386 calories

From Cupcakes and Kale.

2 tbsp vegetable or canola
oil

1 tbsp cumin seeds

1 tbsp mustard seeds

1/2 tsp asafoetida

1 tsp turmeric

1 tsp ground cumin

1 tsp sea salt

1 28oz can crushed
tomatoes

1 14oz can chickpeas

1 large head cauliflower

2 cups frozen peas

1/2 cup brown basmati rice

Before beginning, measure out your spices, drain and rinse the chickpeas, and chop the cauliflower into small florets.

Heat the oil in a large pan over medium high heat. Add the cumin seeds, mustard seeds and asafoetida and stir gently with a wooden spoon or spatula for a minute or two, until the seeds begin to pop. Add in the rest of the spices and stir.

Next, add in the tomatoes, chickpeas and chopped cauliflower. Stir well, reduce to medium heat, cover the pan and simmer for 10 minutes. Remove the lid and stir again. Continue to cook for another 5-7 minutes, or until the cauliflower is fork tender. Stir in the peas and season to taste with additional salt if needed. Serve with basmati rice.

★Aloo Gobi

6 servings - 202 calories

From Indian Healthy Recipes by Swasthi.

510 g (2 1/4 cups) cubed potato	Chop onions to cubes and blend them into a paste. Seed the tomatoes and cube them as well. Add them to a blender jar with the cashews and blend them into a creamy paste.
450 g (4 1/2 cups) cauliflower florets	
1 tbsp oil	
1 1/2 tsp cumin seeds	Steam or boil potatoes and cauliflower until half cooked. Bring 2 cups water to a boil in a cooker or steamer. Add the cubed potatoes (aloo) to a steam basket and steam them until half done. Then add cauliflower (gobi) to the same basket and steam until al dente. Set these aside. For a restaurant style, you can skip steaming and shallow fry these until half cooked and aromatic. Set these aside.
3 cups coarsely chopped onion	
1 green chili (or more to taste)	
2 1/4 cups seeded cubed tomatoes	
3 tsp ginger garlic paste	
18-24 cashews or 6-9 tbsp cream	Heat a pan with oil, add cumin and allow to splutter. Add ginger garlic paste and saute until the raw smell goes away. Add the onion paste and cook until the paste turns light golden brown and the raw smell goes away. Add tomato paste and cook until the masala turns thick and evaporates all the moisture.
2 1/4 garam masala	
2 1/4 coriander powder	
2 1/4 Kashmiri red chili powder (more or less to taste)	
Salt, to taste	
1 1/2 tsp dried fenugreek leaves (kasuri methi)	Add chili, garam masala, coriander powder, red chili powder and salt. Saute until the masala begins to leave the sides of the pan.
Cilantro (coriander leaves), for garnish	Add 2 1/2 cups of water. You can also use the steamed stock. Let the gravy begin to bubble and thicken a bit. Add the half cooked aloo gobi to the gravy. Cover and simmer until the veggies are cooked completely. Add kasuri meti. Switch off. Add coriander leaves and serve.

★Saag Paneer

6 portions - 300 calories

From 101 Cookbooks.

1 1/2 pounds fresh (baby) spinach, well washed and dried (or frozen)
2 tbsp ghee, clarified butter, or unsalted butter
8 - 12 oz paneer cheese, cut into 1/2-inch cubes (see p. 79)
2 medium onions, finely chopped
Scant 1/2 tsp fine grain sea salt
3 medium garlic cloves, finely chopped
1 tbsp grated fresh ginger
1 tbsp Saag Paneer Spice Mix (p. 80)
1/4 tsp ground turmeric
1 cup buttermilk
splash of cream or dollop of plain yogurt (optional)
fresh lemon to finish

Chop the spinach well, and set aside in a large bowl.

While you're chopping spinach, cook the paneer in one tablespoon of the butter over medium heat in a large skillet. Make sure the paneer is in a single layer and use a spatula to flip it regularly so all sides get deeply brown. This typically takes 7 minutes or so. Remove from the pan and set aside.

Heat the other tablespoon of butter in your largest soup pot. Add the onions and salt, and saute until the onions soften up, five minutes or so. Add the garlic, ginger, spice mixture, and turmeric. Cook, stirring frequently, until fragrant and nicely combined - a minute or two.

Turn the heat up to medium-high and add the spinach to the pan all at once, if possible. Cook, stirring all the while, until the spinach is collapsed and wilted, a couple of minutes. If you need to add the spinach in batches (adding more spinach as it collapses), that is fine too, just do it as quickly as possible.

Stir in the buttermilk and cream and heat gently while stirring. If the mixture seems dry, add more buttermilk a splash at a time (this rarely happens to me). Taste and add more salt if necessary and more red pepper flakes if you like. Add a generous squeeze of fresh lemon juice, stir in the paneer and serve.

★Marinated Cauliflower Steaks with Chilli Quinoa

4 servings - 386 calories

From Deliciously Ella with Friends by Ella Woodward (p. 134).

Cauliflower Steaks

2 cauliflower heads, cut
into 4 thick 'steaks'
1/2 tsp ground turmeric
2 tsp ground cumin
2 tsp paprika
1/2 tsp chile powder
50 ml olive oil
Salt and pepper
1/2 lemon, juiced

Place the cauliflower steaks in a single layer on a large baking tray. Whisk all the remaining cauliflower ingredients together in a bowl, with 25 ml of water, to make a dressing. Pour this over the cauliflower and turn to make sure each steak is evenly coated. Leave to marinate for at least 1 hour.

Preheat the oven to 180°C (350°F). Roast for about 40 minutes until tender, turning every so often.

Chilli Quinoa

200 g quinoa
20 g cilantro
1 red chile, deseeded and
finely chopped
1 avocado
3 tbsp olive oil
2 tbsp apple cider vinegar
1/2 lemon, juiced
1 tbsp toasted sesame oil
1 tbsp tamari
1/2 tsp chile powder
100 g spinach

Meanwhile, make the quinoa. Place the quinoa into a saucepan with 450 ml of water and a little salt. Place the lid on and bring it to the boil, then reduce the heat to a simmer. Cook for 12-15 minutes.

Mix the cilantro and chile. Peel and pit the avocado, mash the flesh, then mix it with the cilantro and chile, the olive oil, vinegar, lemon juice, sesame oil, and tamari. Season well and stir in the chile powder. Once the quinoa is cooked, stir in the spinach so that it wilts a little, then stir in the avocado mixture.

Place each cauliflower steak on a bed of quinoa and add a big dollop of hummus (optional).

Toppings (Optional)

Hummus

Double Broccoli Quinoa

4 servings - 499 calories

From 101 Cookbooks.

3 cups cooked quinoa
5 cups raw broccoli, cut
into small florets and
stems

3 medium garlic cloves
2/3 cup sliced or slivered
almonds, toasted
1/3 cup freshly grated
Parmesan
2 big pinches salt
2 tbsp fresh lemon juice
1/4 cup olive oil
1/4 cup heavy cream

Optional extra toppings:
slivered basil, fire oil,
sliced avocado, crumbled
feta or goat cheese

Heat the quinoa and set aside.

Now barely cook the broccoli by pouring 3/4 cup water into a large pot and bringing it to a simmer. Add a big pinch of salt and stir in the broccoli. Cover and cook for a minute, just long enough to take the raw edge off. Transfer the broccoli to a strainer and run under cold water until it stops cooking. Set aside.

To make the broccoli pesto puree two cups of the cooked broccoli, the garlic, 1/2 cup of the almonds, Parmesan, salt, and lemon juice in a food processor. Drizzle in the olive oil and cream and pulse until smooth.

Just before serving, toss the quinoa and remaining broccoli florets with about 1/2 of the broccoli pesto. Taste and adjust if needed, you might want to add more of the pest a bit at a time, or you might want a bit more salt or an added squeeze of lemon juice. Turn out onto a serving platter and top with the remaining almonds, a drizzle of the chile oil, and some sliced avocado or any of the other optional toppings.

Notes

Quinoa can be substituted for barley.

To cook quinoa: rinse one cup of quinoa in a fine-meshed strainer. In a medium saucepan heat the quinoa, two cups of water (or broth if you like), and a few big pinches of salt until boiling. Reduce heat and simmer until water is absorbed and quinoa fluffs up, about 15 minutes. Quinoa is done when you can see the curlique in each grain, and it is tender with a bit of pop to each bite. Drain any extra water and set aside.

To make the red chile oil: You'll need 1/2 cup extra-virgin olive oil and 1 1/2 teaspoons crushed red pepper flakes. If you can, make the chile oil a day or so ahead of time by heating the olive oil in a small saucepan for a couple minutes - until it is about as hot as you would need it to saute some onions, but not so hot that it smokes or smells acrid or burned. Turn off the heat and stir in the crushed red pepper flakes. Set aside and let cool, then store in refrigerator. Bring to room temp again before using.

Double Broccoli Buddha Bowl

4 servings - 468 calories

From 101 Cookbooks.

3 cups cooked quinoa
5 cups raw broccoli, cut
into small florets and
stems
1 tbsp green curry paste
2 medium garlic cloves
2/3 cup sliced or slivered
almonds, toasted
2 big pinches salt
2 tbsp fresh lemon juice
1/2 cup full-fat coconut
milk

Optional toppings:
microgreens, hot sauce,
sliced avocado

Heat the quinoa and set aside.

Cook the broccoli by pouring 3/4 cup water into a large pot and bringing it to a simmer. Add a big pinch of salt and stir in the broccoli. Cover and cook for a minute, just long enough to take the raw edge off. Transfer the broccoli to a strainer and run under cold water until it stops cooking. Set aside.

To make the broccoli pesto puree two cups of the cooked broccoli, curry paste, garlic, 1/2 cup of the almonds, salt, lemon juice, and coconut milk in a food processor. Pulse until smooth.

Just before serving, toss the quinoa and remaining broccoli florets with about 1/2 of the broccoli pesto. Taste and adjust if needed, you might want to add more of the pesto a bit at a time, or you might want a bit more salt or an added squeeze of lemon juice. Turn out onto a serving platter and top with the remaining almonds, and any other toppings you like - some slices avocado, greens or sprouts, and/or hot sauce are all good fits.

Tempeh, Lettuce, and Tomato Sandwiches

4 servings - 610 calories

From 101 Cookbooks.

8 ounces of tempeh, cut
into 1/3-inch thick strips

3 tbsp olive oil

1/4 cup soy sauce

2 tbsp balsamic vinegar

2 tbsp brown sugar (or
maple syrup)

3 tbsp adobo sauce from a
can of chipotle peppers

1 small basket of cherry
tomatoes (2 cups)

1/4 cup extra-virgin olive oil
olive oil

1 tbsp brown sugar (or
maple syrup)

Scant 1/2 tsp of salt

1 small head of romaine
lettuce, cored, then cut
into 1/4-inch ribbons

1-2 large avocados,
mashed with a pinch of
salt just before
assembling

4 or 8 extra-thin slices of
hearty whole grain bread,
well toasted

Preheat oven to 350F degrees.

Whisk together the 3 tablespoons of olive oil, shoyu, balsamic vinegar, brown sugar and adobo sauce. Pour 1/3 of the tempeh marinade into an 8x8 baking dish (or something comparable) - you want a dish that is just big enough to hold the tempeh in a single layer - this way it will be fully enveloped by the marinade. Pour the remaining marinade over the top of the tempeh, cover and keep in the refrigerator for a couple hours, overnight or until ready to use.

While the tempeh is marinating, go ahead and roast the tomatoes. Cut each tomato in half and arrange them in a large oven-proof baking dish. Mix together the olive oil, sugar, and salt and pour this over the tomatoes. Gently toss them a bit, making sure they all get coated, finishing with each tomato facing cut-side up. Place in the oven and bake for 45 minutes or so, until the tomatoes are shrunken and sweet.

When the tempeh is done marinating heat a large pan over medium-high heat and cook the tempeh slices for a few minutes on each side. You may need to do this in batches if you don't have a big enough pan. Set the tempeh slices aside until you are ready to assemble the sandwiches.

To assemble each sandwich take one slice of bread and slather a generous layer of mashed avocado. Place a small helping of the shredded lettuce on top of the avocado, a few tomatoes, then a few slices of the tempeh, and more tomatoes. Enjoy either open faced or topped with another avocado-slathered bread slice.

Smoky Tempeh and Hummus Sandwiches

4 servings - 495 calories

From Food52 Vegan by Gena Hamshaw (p. 94).

Tempeh

2 tbsp tamari
1 tbsp apple cider vinegar
1 tbsp maple syrup or
agave nectar
1 tsp olive oil
1 tsp smoked paprika
8 oz (225 g) tempeh, sliced
in 1/4-in strips

Hummus

1 1/2 to 2 cups cooked
chickpeas
1/4 cup tahini
1/4 cup freshly squeezed
lemon juice
1 clove garlic, minced
1/2 tsp salt
1/4 cup water, plus more if
needed
1/2 tsp smoked paprika
1 tbs. olive oil

8 slices crusty whole grain
bread, toasted
1 cup pea shoots

Smoky Tempeh

Put the tamari, vinegar, maple syrup, olive oil, and paprika in a small bowl or measuring cup and whisk until well blended. Put the tempeh in an 8-in square baking pan. Pour in the marinade and gently turn the tempeh until evenly coated. Cover and refrigerate for 3 to 8 hours.

If you'd like to bake the tempeh instead of frying it, preheat the oven to 350°F. Line a baking sheet with parchment paper. Spread the tempeh on the lined baking sheet and bake for 25 to 30 minutes, flipping the strips halfway through the baking time. Alternatively, heat a few teaspoons of olive oil in a large skillet over medium-high heat and fry the tempeh until golden on both sides.

Hummus

Put the chickpeas, tahina, lemon juice, garlic, and salt in a food processor and pulse a few times to combine. With the motor running, drizzle in the water in a thin stream, stopping often to scrape down the sides of the work bowl, until the hummus has a thick and creamy texture that's easy to spread, but not liquidy. Once the texture is to your liking, add the paprika and, with the motor running, drizzle in the olive oil.

Sandwiches

For each sandwich, spread 1/4 to 1/3 cup of hummus on once slice of bread. Top with 1/4 of the tempeh slices and 1/4 of the pea shoots, then put another slice of bread on top.

Roasted Butternut Squash Thanksgiving Sandwich

4 sandwiches - 620 calories

From Earthy Feast. Cranberry sauce from The Pig and Quill.

Caramelized Onions

1 medium onion, chopped
1 tbsp butter

Super Savory Roasted Butternut Squash

1 butternut squash
1 tbsp of red miso paste
1 tbsp honey
2 tbsp of tamari
1 tsp of liquid smoke
3 to 4 tbsp of olive oil
1/2 tsp garlic powder
a couple pinches of smoked ghost chili powder (or cayenne pepper)
a few sprigs of thyme, minced
1 sprig of rosemary, minced

Cranberry Sauce

4 oz fresh cranberries
2 tbsp maple syrup divided
2/3 tbsp olive oil
1/3 tsp chili powder
sea salt and black pepper

8 slices fresh sourdough bread
Dijon mustard
Mayo

Caramelized Onions

Heat butter (or oil, or mix) in a pan on medium heat. Add onions and coat with butter. Cook on medium-low heat for 30 minutes to 1 hour, stirring occasionally to prevent onions from drying but not so often as to prevent them from browning. If the onions start to burn, reduce the heat. Continue to cook until the onions are a rich brown color. Optionally, deglaze pan with some balsamic vinegar.

Butternut Squash Prep

Peel and slice the butternut squash into half moons. Preheat oven to 400°F. Combine all the seasonings and spices into a large bowl. Rub the mixture onto the squash sliced to coat well. Place them on a parchment papered baking sheet.

Cranberries Prep

Toss cranberries with olive oil, 1/2 tablespoon maple syrup, salt and pepper and arrange on a rimmed baking sheet in a single layer.

Roast both the butternut squash and the cranberries in the oven for 15-20 minutes or until the squash is tender and beginning to brown and the cranberries are burst and bubbling.

Mix roasted berries with chili powder, the rest of the maple syrup and another hefty pinch of salt.

Assemble the sandwiches on fresh sourdough bread with the squash, caramelized onions, cranberry sauce, dijon mustard, and mayo.

Quinoa Beet Veggie Burgers

8 patties - 178 calories ea.

From Minimalist Baker.

3/4 cup cooked quinoa
1/2 large red onion, finely
diced (about 3/4 cup)
1 cup finely chopped
mushrooms (shitake,
baby bella, or white
button)
pinch each salt & pepper
1 15-ounce can black
beans, well rinsed and
drained

1 cup finely grated raw beet
1 tsp cumin
1/2 tsp chili powder
1/4 tsp smoked paprika
1/2 cup raw walnuts,
crushed or ground into a
loose meal

Heat a large skillet over medium-low heat and add some nonstick spray or a bit of olive oil. Once hot add the onion and sauté, seasoning with a pinch each salt and pepper.

When the onions are soft – about 5 minutes – turn up the heat to medium and add the mushrooms. Season with another pinch of salt and pepper and cook until the mushrooms and onions are slightly browned and fragrant – about 3 minutes.

Remove from heat and add black beans and mash. You're looking for a rough mash, so you can leave a bit of texture if you want.

Transfer the mixture to a mixing bowl and add the quinoa, beets, spices and stir. For even more flavor, add a shake of worcestershire or A-1 sauce (optional).

Lastly, add the walnut meal a little at a time until the mixture is able enough to form into patties. Set in the fridge to chill while your oven preheats to 375°F (190°C) (skip this step if cooking on the stovetop or grill).

Coat a baking sheet with nonstick spray or olive oil. Form mixture into roughly 8-9 patties. Use a peanut butter jar lid lined with plastic wrap to get the perfect shape. You can also just take handfuls and mash them into loose patties. The thicker you make them, the longer they'll take to cook through, but the "juicier" and heartier they'll be! Thinner patties will cook faster.

Arrange burgers on a baking sheet and brush or spray the tops with olive oil. Bake at 375°F (190°C) for a total of 30-45 minutes, gently flipping at the halfway mark. Cook longer to dry them out even more and achieve more crisp, but it's not necessary.

Serve on small buns or atop mixed greens with desired toppings.

Notes

If you don't want to cook the whole batch at once, form into 8 or 9 patties, par-bake them at 375 degrees F (190 C) for 15-20 minutes. Then cool and stack between layers of parchment paper and cover. Freeze for up to a few weeks. To cook, place on baking sheet still frozen and bake at 375 degrees F (190 C) until desired texture/color is reached - roughly 25-35 minutes.

Red Curry Peanut Zoodles

6 servings - 531 calories

From Cupcakes and Kale (modified slightly).

1 can coconut milk
1/4 cup natural peanut butter
2-3 tbsp Thai red curry paste
2 tbsp tamari
1/2 lime, juiced
1/2 tbsp brown sugar
1 tsp toasted sesame oil
2 tsp minced fresh ginger
2 cups broccoli florets
1 cup sliced carrots
1 1/2 cups sugar snap peas
1 zucchini, spiralized
400 g udon noodles
chopped roasted peanuts, to garnish
chopped cilantro, to garnish
1 block extra firm dry-fried tofu, to garnish

In a small saucepan, combine the coconut milk, peanut butter, curry paste, tamari, lime juice and brown sugar. Simmer gently over medium-low heat for 5-10 minutes whisking periodically. Taste and adjust flavours to suit your preference. I sometimes like a bit more tamari.

Cook the udon noodles according to the package directions and set aside.

While sauce is simmering, heat the sesame oil and ginger in a large skillet over medium-high heat. Add the broccoli and carrots and sauté 2-3 minutes while stirring. Add the peas and continue to cook another minute or two. The vegetables should be bright and vibrant and still hold the better part of their crunch.

To serve, fill bowls with a combination of rice noodles and zucchini noodles. Ladle over the hot curry sauce and top with the vegetables. Serve garnished with chopped peanuts and cilantro.

★Three-Bean Chili

6 servings - 326 calories

From Smitten Kitchen.

1 tbsp olive oil
1 medium onion, chopped small
1 to 2 peppers of your choice (see Notes, below), finely chopped
3 cloves garlic, minced
2 tbsp chili powder
2 tsp ground cumin
1 tsp dried oregano
1 1/2 tsp table salt or 2 1/2 tsp kosher or coarse salt
1 12-ounce bottle beer
1 28-ounce can crushed tomatoes, fire-roasted if you can find them
1/2 cup dried kidney beans
1/2 cup dried black beans
1/2 cup dried pinto beans
3 1/2 to 4 cups water

To serve: Lime wedges, sour cream, diced white onion, cilantro, corn or flour tortillas or tortilla chips or rice

Heat oil in the bottom of a medium-sized heavy pot or Dutch oven (if finishing it on the stove) or in a large skillet (if finishing in a slow-cooker). Once warm, add onion and cook for 5 minutes, until translucent. Add any fresh peppers and cook for 3 more minutes. Add garlic, chili powder, cumin, oregano and salt and cook for 2 minutes, until browned and deeply fragrant. Add beer and scrape up any bits stuck to the pot. Boil until reduced by half.

If finishing on the stove: Add tomatoes, dried beans, any dried or rehydrated-and-pureed chilies and the smaller amount of water. Bring mixture to a full boil and boil for one minute, then reduce heat to a very low, gentle simmer, place a lid on your pot, and cook for 2 1/2 to 3 hours, until the beans are tender, stirring occasionally. Add the last 1/2 cup water if mixture seems to be getting dry.

If finishing in a slow-cooker: Scrape onion, spice and beer mixture into a slow-cooker and add tomatoes, dried beans, any dried or rehydrated-and-pureed chilies and the smaller amount of water. Cook on HIGH for 6 to 7 hours, until beans are tender. You can add the last 1/2 cup water if needed, but probably will not find it necessary.

Serve as-is or with fixings of your choice.

Notes

Peppers: The most important decision you make about your chili is, unsurprisingly, in the chilies themselves. If you're cooking for people who don't like spicy food, I recommend just using 1 bell pepper or 1 fresh poblano, which is very mild. 2 fresh jalapenos will give you slightly more heat. 2 small dried chilies, depending on which you use, will give you a bit more of a kick, as will 1 to 2 chipotle en adobo peppers from a can. To best incorporate the flavor of dried chilies into your chili, cover them with a bit of boiling water until they're soft, then puree them. If this sounds like too much work, you can cook them with the dried beans for decent heat flavor infusion.

Chili powder: If you'd like the clear flavor of your dried chilies to come through, you can skip the chili powder in part or entirely.

Using canned beans instead: 1 1/2 cups dried beans will yield approximately 3 to 3 3/4 cups of cooked ones. To use canned or already-cooked beans instead, you'll want to use 2 to 3 15-ounce cans of cooked beans and then — this is important — skip the water. Simmer all of the ingredients except the drained and rinsed beans for 20 minutes, then add the beans and simmer it 10 minutes more. If the mixture looks dry, add 1/4 cup water and simmer for another few minutes.

★Slow Cooker Black Bean Chili with Kahlua

6 servings - 256 calories

From 101 Cookbooks.

1 tbsp extra virgin olive oil
2 medium onions diced
4 cloves garlic minced
4 cloves garlic minced
2 medium carrots diced
2 chopped chipotle
peppers in adobo sauce
(1/4 cup)
1-2 tbsp chili powder
1 1/2 tsp fine grain sea salt
or to taste
1 lb of black beans soaked
4-6 hours or overnight
1 28- ounce can of whole
tomatoes in juice
3 1/2 cups water / broth
1/3 cup Kahlua or other
coffee liqueur

Heat the oil in a large skillet over medium heat. Add the onion, sauté for 2-3 minutes. Stir in the garlic, celery, and carrots, and cook, stirring occasionally, until soft, about 7 minutes. Add the chipotle, chili powder, and salt. Stir until combined and cook for another minute or so. Transfer to a 6-quart (or larger) slow cooker.

Add the beans, tomatoes, breaking them up with your hands as you add them, their liquid, the water, and Kahlua. Stir to combine, cover, and cook on the LOW setting until the beans are tender, 5- 6 hours. Stir occasionally, if convenient. Adjust seasoning, ladle into bowls, and top with any of the suggested toppings you like.

Store leftover in the refrigerator for up to a few days, or freezer for a month or two.

★Vegetarian Moussaka

6 servings - 386 calories

From The Clueless Vegetarian by Evelyn Raab (p. 144).

2 eggplants
2 tbsp olive oil
1 cup crumbled feta cheese

Custard

2 tbsp butter
2 tbsp flour
3/4 cup milk
1 tsp salt
nutmeg and pepper
2 eggs
1 cup ricotta cheese

Sauce

2 medium onions,
chopped
1 medium zucchini, diced
1/2 medium red or green
pepper, diced
2 cloves garlic, chopped
2 tbsp olive oil
1 tsp crumbled oregano
1/4 tsp cinnamon
salt and pepper
2 cups diced tomatoes,
fresh or canned
3 tbsp tomato paste

Without peeling them, slice the eggplants into 1/2-in thick slices and salt on both sides. Stand them upright (as much as possible) in a colander and allow the liquid to drain for about 30 minutes. Rinse with water, and pat dry. In batches, brush the eggplants slices with the olive oil and broil in a single layer on a baking sheet until lightly browned (about 2 minutes per side), turning them once. Set aside.

Custard

Meanwhile, in a saucepan, melt the butter over medium heat. Stir in the milk and cook until smooth and thickened. Remove from heat and stir in the salt, some nutmeg and pepper, the eggs, and ricotta. Set aside.

Sauce

In a skillet, cook the chopped, onions, zucchini, pepper, and garlic with the olive oil until softened. Stir in the oregano, cinnamon, salt and pepper, and cook for a minute or so. Add the tomatoes and tomato paste, and simmer the sauce for about 10 minutes, until slightly thickened.

To Assemble

Spread half of the tomato sauce in a deep casserole dish, and top with half of the eggplant. Sprinkle with half of the feta cheese, then spread on the rest of the tomato sauce. Layer on the rest of the eggplant, top this with all of the custard, and sprinkle on the rest of the feta cheese.

Bake at 350°F for 50 minutes to 1 hour, until the top is browned and set. Let it stand for about 15 minutes before trying to cut into square.

Penne alla Vodka

6 servings - 579 calories

From Epicurious - Lidia's Italian-American Kitchen.

Salt	Cook the penne. Meanwhile, pour the tomatoes and their liquid into the work bowl of a food processor. Using quick on/off pulses, process the tomatoes just until they are finely chopped. (Longer processing will aerate the tomatoes, turning them pink.)
One 35-ounce can Italian plum tomatoes (preferably San Marzano) with their liquid	
1 pound penne	
1/4 cup extra-virgin olive oil	Meanwhile, heat the olive oil in a large skillet over medium heat. Whack the garlic cloves with the side of a knife and add them to the hot oil. Cook, shaking the skillet, until the garlic is lightly browned, about 3 minutes. Lower the work bowl with the tomatoes close to the skillet and carefully — they will splatter — slide the tomatoes into the pan. Bring to a boil, season lightly with salt and generously with crushed red pepper, and boil 2 minutes. Pour in the vodka, lower the heat so the sauce is at a lively simmer, and simmer until the pasta is ready.
10 cloves garlic, peeled	
Crushed hot red pepper	
1/4 cup vodka	
1/2 cup heavy cream	
2 tbsp unsalted butter or olive oil for finishing the sauce, if you like	
2 to 3 tbsps chopped fresh Italian parsley	
3/4 cup freshly grated Parmigiano-Reggiano, plus more for passing if you like	Just before the pasta is done, fish the garlic cloves out of the sauce and pour in the cream. Add the 2 tablespoons butter or oil, if using, and swirl the skillet to incorporate into the sauce. If the skillet is large enough to accommodate the sauce and pasta, fish the pasta out of the boiling water with a large wire skimmer and drop it directly into the sauce in the skillet. If not, drain the pasta, return it to the pot, and pour in the sauce. Bring the sauce and pasta to a boil, stirring to coat the pasta with sauce. Check the seasoning, adding salt and red pepper if necessary. Sprinkle the parsley over the pasta and boil until the sauce is reduced enough to cling to the pasta.
	Remove the pot from the heat, sprinkle 3/4 cup of the cheese over the pasta, and toss to mix. Serve immediately, passing additional cheese if you like.

Grandfather's Pasta

4 servings - 733 calories

From La Tartine Gourmade.

2 lb tomatoes (6 medium-sized tomatoes)	Boil the tomatoes for 1 min and rinse them under cold water. Peel and seed them. Dice them.
2 tbsp olive oil	
3.5 oz red onion, sliced thinly	Heat 3 Tbsp olive oil in a sauté pan and when hot, add the crushed garlic and sliced onions. Cook for a few min without browning.
2 garlic cloves, crushed	
1 tbsp sun-dried tomato paste	Add the tomato paste and cook for 1 min until well coated, stirring constantly. Add the tomato pieces and diced dried tomatoes. Mix and season with salt and pepper, and add the sugar. Cook on medium to low heat for 2 to 3 min.
A few sun dried tomatoes in oil (about 5)	
Salt and pepper	
1 tbsp whole cane sugar	
Nice Bunch of fresh thyme	Add the thyme twigs and pour the white wine. Cook uncovered for about 20 min, on low to medium heat. Keep an eye so that you does not stick to the bottom. Remove from the heat and purée in a food processor.
1/4 cup dry white wine	
1 cup fresh whole milk ricotta	
Fresh basil	
1 Espelette pepper (optional)	Add the ricotta and continue to mix to obtain a nice grainy cream. Check the seasoning and add freshly chopped basil.
14 oz pasta, tagliatelle, linguini or spaghetti	Cook your pasta following the instructions on your package and coat them with the sauce. Add more basil and optionally, some piment d'Espelette.

Creamy Pumpkin Pasta

4 servings - 494 calories

From Cupcakes and Kale. Use non-dairy for vegan, making sure milk is unsweetened.

1 tbsp olive oil
1 tbsp butter
1/3 cup finely chopped
yellow onion
1 large clove of garlic,
minced
1 tsp sea salt
1/4 tsp dried sage
1/4 tsp dried thyme
1 cup pumpkin puree
1 1/4 cup milk
454g box of farfalle or
preferred pasta

Heat the oil and butter in a medium to large pan over medium-high heat. Add the onion and garlic and sauté for 5 minutes, stirring occasionally.

Add the salt and spices, stir, and then add the pumpkin. Stirring well to combine.

Slowly add the milk, stirring well and reduce heat to medium. Simmer for 5 minutes.

Bring a pot of water to a boil and cook pasta according to package directions. Strain and add cooked noodles to the pumpkin sauce. Season to taste with additional sea salt and fresh cracked pepper and serve.

Barry's Killer Lasagna

6 servings - 710 calories

From The No Fad Good Food 5\$ a Week Cookbook by Caroline Ackerman (p. 92).

2 tbs. oil

1 cup diced onions

1/2 cup diced carrots

1/2 diced celery

1/4 tsp garlic powder

1 1/2 tsp oregano

1/4 tsp celery seed

1 tsp thyme

1 1/2 tsp ground rosemary

1 1/2 tsp basil

1 tsp chili powder

2 cups tomato paste

1 tbsp honey

2 cups water

1 package (375 g) oven
ready lasagna, or fresh
lasagna

8 oz cheddar

8 oz mozzarella

1 1/2 lbs dry cottage cheese

Sauce

Heat oil in large skillet. Add onions and cook until translucent. Add carrots, celery, and garlic powder and cook for 5 minutes. Mix in all the other herbs spices and sauté for 1 minute, then stir in the tomato paste, honey, and 2 cups water.

Lasagna

Cover bottom of pan sparsely with sauce, then a layer lasagna, cottage cheese, cheddar, sauce, lasagna, cottage cheese, mozzarella and a little sauce.

Bake at 375°F for 50 minutes or until lasagna is bubbling. Let cool for 10 minutes and serve with a crisp salad.

Stuffed Shells

4 servings - 692 calories

From 101 Cookbooks.

Zest of one lemon

Sauce

1/3 cup / 80 ml extra virgin olive oil, plus more for the pan

1 1/2 tsp crushed red pepper flakes

Scant 3/4 tsp fine grain sea salt

4 medium cloves of garlic, finely chopped

1 28-ounce can crushed red tomatoes

1 14-ounce can crushed red tomatoes

Filling

1 15-ounce container ricotta cheese

1 egg, beaten

1/4 tsp fine grain sea salt

1 cup / ~5 oz grated mozzarella

1 bunch of chives, minced

28 jumbo dried pasta shells

Oil a 13 x 9-inch / 33 x 23-cm baking pan, or equivalent, and sprinkle the zest of 1/2 the lemon across it. Set aside. Get a big pot of water boiling, and preheat your oven to 350°F / 180°C with a rack in the middle.

To make the sauce, combine the olive oil, red pepper flakes, sea salt, and garlic in a cold saucepan. Stir while you heat the saucepan over medium-high heat. Saute just 45 seconds or so until everything is fragrant - you don't want the garlic to brown. Now stir in the tomatoes and heat to a gentle simmer, just a minute or two. Remove from heat and carefully take a taste (you don't want to burn your tongue)...If the sauce needs more salt add it now. Let cool.

To make the filling, combine the ricotta, egg, and salt in a medium bowl. Mix until combined, then stir in the mozzarella, remaining lemon zest, and 3/4 of the chives. Set aside.

Cook the shells according to package instructions in well-salted water - until al dente. If you overcook, the shells will tear as you attempt to fill them. Drain and let cool long enough to handle with your hands.

Spread 1/3 of sauce across the bottom of the prepared pan. Fill each shell with ricotta, and arrange in a single layer in the pan. Ladle the remaining sauce over the shells, cover with foil and bake for 30 minutes, uncover for the final 15 minutes or until the shells are cooked through. Sprinkle with the remaining chives and serve hot.

Imperial Macaroni Bake

6 servings - 500 calories

From The New Chatelaine Cookbook by Monda Rosenberg (p.177).

3-5 cups elbow macaroni	Preheat oven to 350°F. Lightly grease a 10-cup (2.5 L) baking dish and set aside. Cook macaroni al dente and drain.
1/4 cup butter	
1/4 cup all-purpose flour	
3 cups milk	
1 tsp Dijon mustard	Meanwhile, melt 1/4 cup butter in a heavy-bottomed saucepan set over medium-low heat. Stir in the
1/2 tsp salt	flour until blended. Cook for about 2 minutes, stirring often. Gradually whisk in the milk, Dijon, salt,
1/2 tsp white pepper	pepper, and nutmeg. Increase heat to medium. Stir
Pinch of freshly grated nutmeg	the sauce until it comes to a boil and has thickened.
1/2-lb (250 g) container MacLaren's Imperial Cold Pack Cheddar Cheese	Remove from the heat. Stir in spoonfuls of the cheese until blended. Cover, remove from the heat and set aside.

Topping (+167 cal)

1/4 cup butter, melted	Make the topping by combining remaining 1/4 cup melted butter and the bread crumbs. Set aside. Stir
1/2 cup coarse dry bread crumbs	the cooked pasta into the cheese sauce until evenly mixed. Turn into the prepared baking dish. Sprinkle with the bread crumb topping.

Bake in the centre of the oven for 30 minutes or until the sauce around the sides of the dish is bubbly and the topping is golden. Let sit for 5 minutes before serving.

★Spinach Quiche

12 servings - 358 calories

From Smitten Kitchen.

Crust:

1²/₃ cup (215 g) all-purpose flour
3/4 tsp kosher salt
12 tbsp (170 g) cold unsalted butter, diced
3 tbsp (45 g) very cold water

Filling:

Nonstick spray oil, for coating pie dish
3/4 (176 g, 6 oz, or 3/4 of an 8-oz brick) cream cheese, soft at room temperature
2/3 cup (155 ml) half-and-half or 1/3 cup each whole milk and heavy cream
6 large eggs
2 10-oz (283-g) packages frozen chopped spinach, thawed
1 cup (115 g or 4 oz) grated cheddar or Gruyere
1/2 cup (50 g) finely grated Parmesan
1 small bundle (2 to 3 oz or about 8 thin green onions) thinly sliced
1 tsp kosher salt
1/2 tsp freshly ground black pepper

Crust

In a food processor, blend flour and salt together. Add butter and pulse machine until butter is reduced to a fine meal, or couscous-sized bits. While running machine, drizzle in water; stop when dough has balled, a few seconds later.

Wrap dough in plastic or waxed paper and set in freezer to quick-chill until firm but not rock-hard, about 15 to 20 minutes. You can also chill it in the fridge for 2 hours or up to 1 week until needed.

Lightly coat a deep pie dish with oil.

To roll out crust: Flour your counter well. Remove crust from freezer or fridge, unwrap and flour the top of it. Even if it's very hard, begin rolling it very gently, in light motions, so it doesn't crack too much as you stretch it out. Keep flouring top and counter underneath dough as it is prone to sticking. Work as quickly as possible because this dough softens even more than regular pie dough as it warms.

Transfer dough to prepared pie dish. Trim overhang. To press in crust: Press dough in an even layer across bottom of dish. Freeze shaped dough until solid, about 20 minutes. Save your scraps. You can use them to patch any holes or cracks formed when baking.

Meanwhile, heat oven to 425 degrees F. Coat a large sheet of foil lightly with spray oil. Once crust is solid, prick it all over with a fork and press foil, oiled side down, tightly against dough. Fill foiled crust to the top with pie weights, dried beans or rice (that you don't plan to eat at any time) or even pennies. Bake for 20 minutes then gently, carefully remove foil and weights and bake for 5 more minutes, unfilled.

Filling

Use an electric mixer or your best whisking skills to beat cream cheese in the bottom of a large bowl until smooth and fluffy. Gradually drizzle in half-and-half, whisking the whole time so that the mixture incorporates smoothly. Whisk in eggs, two at a time, until combined. Squeeze out spinach in handfuls, removing as much extra moisture as possible. Stir in spinach, cheddar, Parmesan, scallions, salt and pepper.

Quiche

When crust has finished par-baking, leave oven on. Inspect crust for cracks or holes and use reserved dough to patch them if necessary. Pour in filling just to the top of the crust. You may have more filling than you can fit in the crust; you can bake this off in a separate oiled dish for an excellent breakfast on toast tomorrow.

Bake quiche until crust is golden brown and filling is set, about 25 minutes. Cool at least 10 minutes before serving. Quiche keeps in fridge for 4 to 5 days.

★Fried Rice with Zucchini, Tomatoes and Parmesan

4 servings - 386 calories

From Smitten Kitchen.

Olive oil
1 medium-large sweet onion, diced or 1/2 a large onion
Salt and freshly ground black pepper, plus red pepper flakes for heat if desired
3 garlic cloves, minced
1 pound zucchini or other summer squash (about 2 small/medium), diced
1 tsp finely chopped fresh thyme leaves
1/2 cup small red cherry or grape tomatoes, sliced 1/4-inch thick if large, halved if tiny
2 1/2 to 3 cups cooked, ideally day old, short-grain white or brown rice
1/2 cup grated Parmesan, divided
Handful chopped flat-leaf parsley
2 large eggs

Heat a large, heavy frying pan to medium-high heat. Once hot, add 1 tablespoon oil, then onion and cook, stirring, for 5 to 10 minutes, until quite browned at edges. Season well with salt and pepper. Add garlic and cook 1 minute more. Scrape onion and garlic into a bowl.

Add another tablespoon oil to pan. Add zucchini and spread evenly in pan. Season well with salt and pepper and cook, not stirring at all, until beginning to blister in brown spots underneath, about 3 to 5 minutes. Stir and flip zucchini, then add thyme, and cook for 3 to 5 minutes more, until there are browned spots throughout. Add tomatoes and cook for 2 to 3 minutes. Scrape zucchini and tomatoes into a bowl

Add another glug of oil to the pan and add rice, pressing it in one layer. Cook until beginning to brown and crisp underneath, about 5 to 7 minutes. Give it a stir, season it well with salt and pepper, and repeat the press-and-crisp process for a few more minutes. Return onion/garlic and zucchini/tomatoes to pan and cook together for one minute. Stir in half of Parmesan and parsley.

Push the fried rice to the side and crack eggs directly into the cleared area. Use a fork or spatula to break them up and half-scramble them (I like them a little unmixed) in the pan, then stir the chopped scramble back into the fried rice. Serve with remaining Parmesan on top.

Classic Swiss Fondue

4 servings - 771 calories

From The Good Housekeeping Illustrated Cookbook by Zoe Coulson (p. 155).

1 lb (454 g) shredded Swiss cheese	Combine the cheese and the flour, set aside.
3 tbsp flour	Rub inside of fondue pot or saucepan with halved garlic clove; discard garlic.
1 garlic clove, halved	
1 1/2 cup dry white wine	Pour wine into pot. Over low heat, slowly heat wine until hot but not boiling (small bubbles start to form).
1 tbsp kirsch, brandy, or lemon juice	Stir in the kirsch, brandy or lemon juice.
Pinch of pepper	
Pinch of grated nutmeg	
1 French baguettes, cut into chunks, for dipping	Add the cheese to the wine by handfuls, stirring constantly with a wooden spoon until cheese is melted. Stir in pepper and ground nutmeg.

Recipes From Books

- ★Scheherazade Casserole - Moosewood Cookbook p.141 - 6 servings - 236 calories
- Vegetable Pad Thai with Dry-fried Tofu - Thug Kitchen p.153 - 6 servings - 552 calories
- ★Roasted Beer and Lime Cauliflower Tacos with Cilantro Coleslaw - Thug Kitchen p. 166 - 4 servings - 429 calories
- Fillet o' Chickpea Sandwich - But My Family Would Never Eat Vegan! p.157 - 6 servings - 562 calories
- Cheddar Mac and Cheese - The Complete Canadian Living Cookbook p.234 - 4 servings - 595 calories

Components

Onion Jam

12 portions - 42 calories

From Earthy Feast.

Vinegar reduction

1 cup apple cider vinegar

Onion Jam

4 large sweet onions

$\frac{1}{3}$ cup apple cider
reduction

2 tbsp apple cider vinegar

1 tbsp olive oil

Generous pinch of salt

Apple Cider Vinegar Reduction

Place apple cider in a small saucepan on medium heat. Let steam and reduce by half. This takes about 35 minutes. Use $\frac{1}{3}$ cup of the reduction on the onions for the jam and keep the rest in the fridge for salad dressings, more onion jam, etc.

Onion Jam

Slice the onions into thin rings. Heat a bit of olive oil in a large pan. Sauté onions with a generous pinch of salt on medium/medium low heat for 35 minutes or so until they turn translucent and start to caramelize. Add the apple cider reduction and apple cider vinegar. Sauté some more until the onions turn thick and jammy and most liquid has evaporated. Let cool slightly, place in jar and keep in the fridge.

Basic Almond Cheese

12 servings - 109 calories

From Land & Flavors.

160 g or 5.5 oz unroasted,
blanched almonds,
soaked for 6 hours or
more (1¹/₄ cups of whole
blanched almonds or 1³/₄
cups of almond
flour/meal.)
2¹/₂ tablespoons (36 ml)
lemon juice
3 tbsp (45 ml) extra virgin
olive oil
1/2 clove of garlic
1¹/₄ teaspoons sea salt
2/3 cup (160 ml) water

Soak the almonds in water for 6 hours or overnight.

Drain and put the almonds into a blender with the lemon juice, olive oil, garlic, salt, and water. Blend on high until the almonds become as smooth as possible. Depending on your blender, this may take a few minutes. Pause and scrape down the sides of the blender occasionally. If it is too thick and is not blending, add more water 1 Tablespoon at a time until the mixture blends properly.

When smooth and creamy, remove the mixture from the blender into a small sieve that has been lined with fine cheesecloth. Place this sieve over a bowl to catch the draining water and refrigerate overnight. This not only removes the excess water, but also improves the flavor by allowing the flavors to marry.

After the cheese has drained well overnight, carefully invert it onto a lightly oiled baking sheet, removing all of the cheesecloth. You have two options for baking: Bake at 325°F (165°C) for 25-30 minutes for a just set, more spreadable cheese. Alternatively, bake it at 350°F (180°C) for 30-40 minutes for a more set, more crumbly, yet still creamy cheese. You can even keep baking it longer at this temperature for a browned look. It may crack slightly but the flavor will still be great and the cheese will even be sliceable. I tend to prefer the hotter, longer baking method.

After it cools down, put in an airtight container and store it in the refrigerator. It will firm up a little after chilling.

Paneer

4 portions - 230 calories

From Indian Healthy Recipes by Swasthi.

1½ liters full fat milk
1½-2 tbsp lemon juice

Bring milk to boil in a heavy bottom pot. When the milk comes to a boil, pour lemon juice or curd or vinegar. Then gently stir the milk. Immediately you can see the entire milk begins to curdle. Turn off the flame. At this stage if your milk doesn't curdle, pour some more lemon juice immediately to curdle the milk. If you continue to cook at this stage, paneer can be hard, so to prevent that you need to use a bowl full of ice cubes or ice cold water to stop it from getting cooked further.

Allow it to settle for 1 min and pour it in a thin cheese cloth lined over a colander. Rinse it under running water to remove the smell of the lemon juice.

Make a knot to the cheese cloth. Squeeze any excess water and hang it for 30 mins to remove excess whey. Place muslin cloth on a plate with holes, place a heavy object on it for the paneer to set. After 1 hour, Remove the cloth and cut it to cubes. Refrigerate the paneer and use up with 2 to 3 weeks. Or freeze up to 3 months.

Notes:

Milk may not curdle if the lemon juice is not sufficient, immediately you must add little more lemon juice/vinegar in that case. Adding too much of lemon juice will make your paneer harder, use just as needed.

Do not overcook the paneer. It can become hard. As soon as the milk begins to curdle switch off the flame.

Saag Paneer Spice Mix

4 tbsp - 25 calories per.

From 101 Cookbooks.

2 tbsp cumin seed
1 tbsp coriander seed
2 tsp mustard seed
1 tsp red pepper flakes
1/8 tsp cardamom seeds
3 whole cloves

Use a mortar and pestle or spice grinder to grind spices as finely as possible. Store in an airtight container and use as needed.

Taco Seasoning

3 tablespoons

From Allrecipes.com by Bill Echols.

4 tsp chili powder	Mix and store in an airtight container.
1/4 tsp garlic powder	
1/4 tsp onion powder	
1/4 tsp crushed red pepper flakes	
1/4 dried oregano	
1/2 paprika	
1 1/2 ground cumin	
1 tsp sea salt	
1 tsp black pepper	

Ginger Garlic Paste

1 jar

From Indian Healthy Recipes by Swasthi.

125 g peeled ginger	Chop, mix, and blend until smooth in texture and
125 g peeled garlic cloves	light in colour. Transfer to clean glass jars. Keeps in
1 tbsp oil	the fridge for 1 month or can be frozen for 6 months.
1/2 tsp turmeric (optional)	
1 tsp vinegar (optional,	
prevents paste from	
turning green)	

Baked Tofu with Miso

4 servings - 254 calories

From Spruce Eats by Jolinda Hackett.

1 container firm tofu (well pressed)	Pre-heat oven to broil or highest setting. Cover a cookie sheet with tin foil. Combine all ingredients except tofu and oil using blender or mixer. Slowly add oil and mix until smooth and creamy. Pour mixture into wide bowl or pan.
1/3 cup miso	
3 tbsp rice vinegar	
3 tbsp sugar	
2 tbsp soy milk	
1 tsp ginger	Cut tofu into 1/2 inch thick pieces and dip into miso mixture until coated with a thin layer, reserving some of the mixture.
1 tsp garlic (granulated)	
3 tbsp water	
2 tbsp soy sauce	Gently lay tofu pieces on covered cookie sheet. Broil 8 to 10 minutes until golden brown and slightly crisp. Remove from oven.
2 tbsp oil (olive, sesame or vegetable)	
Optional: a dash of cayenne pepper	Turn the pieces over and "baste" another layer of miso mixture over the pieces with a spoon. Broil 8-10 more minutes until browned and crisp. Sprinkle with sesame seeds if desired and enjoy!
Optional: sesame seeds	

Desserts

Vegan Chocolate Chip Cookies

16 cookies - 220 calories ea.

From Cupcakes and Kale.

1/2 cup (vegan) butter,
softened
3/4 cup + 2 tbsp packed
brown sugar
1/4 cup unrefined cane
sugar
4 tbsp aquafaba
1 tsp real vanilla extract
3/4 tsp baking soda
1/4 tsp fine pink Himalayan
sea salt (or equivalent)
1 3/4 cups all purpose flour
1 heaping cup semi-sweet
chocolate chunks or
chopped 65-70%
chocolate bar
Flaked sea salt, to finish
(optional)

Preheat the oven to 360°F.

In a large bowl, cream together the vegan butter and sugars until fluffy, about 4-5 minutes. This can be done by hand (look out, it's a workout!) or with an electric mixer or in a stand mixer.

Add in the aquafaba and vanilla and mix another 2 minutes.

Stir in the baking soda and salt until combined, followed by the flour until just mixed.

Using a sharp knife, roughly chop about half of the chocolate chunks. If using a chocolate bar, chop into 1/2-in chunks. Fold in the chocolate, crumbs and all by hand.

Line a baking sheet with parchment paper or a silpat. Using a small ice cream scoop, scoop about 1.5-2 tablespoons worth of cookie dough and transfer to the baking sheet, leaving about 2 inches between cookies. Sprinkle with flaked sea salt.

Bake for 11 minutes, remove to cool 5 minutes on the baking sheet, then transfer to a wire rack.

Notes

Cooled cookies can be reheated to achieve the melted chocolate goodness again by placing in a hot oven for a minute or two.

Can use aquafaba from a can of black beans, chickpea aquafaba, or great northern bean aquafaba.

Whole Lemon Bars

9 bars - 305 calories ea.

From David Lebovitz.

Crust

1 cup (140g) flour
1/4 cup (50g) sugar
1/4 tsp salt
8 tbsp (115g) melted
unsalted butter
1/2 tsp vanilla extract

Lemon Topping

1 lemon, organic or
unsprayed
1 cup (200g) sugar
3 tbsp (45ml) freshly
squeezed lemon juice
3 large eggs, room
temperature
4 tsp corn starch
1/4 tsp salt
3 tbsp (45g) melted
unsalted butter
Optional: powdered sugar,
for serving

Preheat the oven to 350°F (180°C).

Overturn an 8-inch square pan on the counter and wrap the outside snugly with foil, shiny side up. Remove the foil, turn the pan over, and fit the foil into the pan, pressing to nudge the foil into the corners. Then smooth it as best you can. Lightly butter or spray the surface of the foil with nonstick spray.

In a medium bowl, mix the flour, 1/4 cup (50g) sugar, 1/4 teaspoon salt, 8 tablespoons (115g) melted butter, and vanilla, stirring just until smooth.

Smooth the batter into the bottom of the pan, using your hands or a small offset spatula to get it as level as possible.

Bake the crust for 25 minutes, or until it's deep-golden brown.

While the crust is cooking, cut the lemon in half, remove the seeds, and cut the lemon into chunks.

Put the chunks of lemon in a food processor or blender along with the sugar and lemon juice, and let it run until the lemon is completely broken up. Add the eggs, corn starch, 1/4 teaspoon of salt, and 3 tablespoons (45g) melted butter, and blend until almost smooth. (A few tiny bits of lemon pieces are normal and encouraged).

When the crust comes out of the oven, reduce the heat of the oven to 300°F (150°C). Pour the lemon filling over the hot crust and bake for 25 minutes or just until the filling stops jiggling and is barely set.

Remove from the oven and let cool completely. Once cool, carefully lift out the bars grasping the foil. Cut the bars into squares or rectangles. Sift powdered sugar over the top just before serving, if desired.

The bars will keep in an airtight container at room temperature up to three days. You can freeze the lemon bars as well for up to one month, letting them come to room temperature before serving.

Meyer Lemon Tarts

8 tarts - 715 calories ea.

From La Tartine Gourmande.

Sweet Crust

1 3/4 cups all-purpose flour
1 egg
1 pinch of salt
1 oz almond flour
2/3 cup butter, soft
1 tbsp confectioner's sugar

Lemon Cream

5 Meyer lemons, zest and juice
4 eggs
227 g fine sugar
1 cup butter, at room temperature

Lemon Peels

Sugar
Water
2 Meyer lemons for the peels

Sweet Crust

Sift the flour on a working area. Add the salt in the middle.

Add the soft butter and make a crumble with the dough, using the tips of your fingers.

Make a hole in the middle and add the confectioner's sugar and almond flour. Then add the egg, working the dough with the tips of your fingers still. Make a ball with it and place it in plastic wrap. Put in the fridge for a minimum of 2 to 3 hours, if possible.

Roll your dough and place it in greased molds. Make little holes with a fork. Cover with pieces of parchment paper covered with weights, such as rice. Cook in the preheated oven at 350 F for about 20 minutes.

Remove the paper and continue to cook for about 5 to 6 minutes.

Remove from the oven and let cool on a cooling rack.

Meyer Lemon Cream

Place the sugar in a large bowl.

Grate finely the zest of the lemons and add them to the sugar. Mix with the tip of your fingers.

Add the eggs and lemon juice (about 6 oz or 3/4 cup) and whisk well.

Place the bowl over a pot of simmering water without touching, in order to thicken the cream. It is ready when it coats a wooden spoon.

Remove from the heat and let cool a little before adding the pieces of soft butter. Mix well by hand first until the butter is melted, then with a hand mixer to lighten the cream. It can take a few minutes.

Candied Lemon Peels

Boil the lemon sticks in water for 3 minutes, and repeat 3 times (change the water each time). Make a syrup with the same amount of water and sugar mixed together. Bring to a gentle boil and then add the lemon peels. Cook for about 10 to 15 minutes, on medium to low heat. Keep an eye on it to prevent burning as there is little liquid.

Tarts

Once the crusts are cold, fill them with lemon cream. Level it and add the candied peels on top. Let cool a little before serving.

Chocolate Blackout Cake

12 slices - 693 calories ea.

From The Complete Canadian Living Cookbook by Elizabeth Baird (p.303).

Cake

2 cups granulated sugar
2 cups water
4 oz, 125 g unsweetened
chocolate, chopped
1/3 cup butter
1 tsp vanilla
2 eggs, lightly beaten
2 cups all purpose flour
2 tsp baking powder
2 tsp baking soda
1/2 tsp salt

Icing

1 1/2 cups granulated sugar
1 1/3 cups whipping cream
6 oz, 175g unsweetened
chocolate, chopped
2/3 cup butter, softened
1 tsp vanilla

Cake

Grease two 8 inch metal cake pans.

In saucepan bring sugar and water to boil. Stir until sugar dissolves.

Place chocolate and butter in large bowl; whisk in sugar mixture until melted and smooth; stir in vanilla. Let cool slightly. Beat in eggs.

In separate bowl whisk flour, baking powder, baking soda and salt. Add all at once to chocolate mixture. Beat with electric mixer until smooth. Divide equally to cake pans. Bake at 350°F for about 35 minutes until tops spring back when lightly touched. Cool in pans on racks for 30 minutes. Remove from pans and cool completely on racks.

Icing

In saucepan heat sugar with cream until just boiling. Remove from heat. Whisk in chocolate, butter and vanilla until melted and smooth. Transfer to bowl; refrigerate for 2 hours until cold. Using electric mixer, beat for about 5 minutes until thick and glossy.

To Finish

Slice each cake horizontally. Put a layer of wax paper on cake plate. Put one layer of cake on and spread top with one heaping cup of icing. Level icing. Repeat for 3 layers, keeping one layer.

Refrigerate the last layer for 10 minutes. Crumble the layer and sprinkle on top and press onto sides.

Moist Chocolate-Beet Cake

10 slices - 404 calories

From David Lebovitz. Adapted from Tender by Nigel Slater.

8 ounces (240g) beets, unpeeled, rinsed and scrubbed free of dirt	Butter an 8 or 8 1/2 inch (20 cm) springform pan and line the bottom with parchment paper.
7 ounces (200 g) bittersweet or semisweet chocolate, chopped, 70% cacao solids	Boil the beets in salted water with the lid askew until they're very tender when you stick a knife in them about 45 minutes. Drain then rinse the beets with cold water. When cool enough to handle, slip off the peels, cut the beets into chunks, and grind them in a food processor until you get a coarse, yet cohesive, puree. (If you don't have a food processor, use a cheese grater.)
1/4 cup (60ml) hot espresso (or water)	
7 ounces (200g) butter, at room temperature, cubed	
1 cup (135g) flour	Preheat the oven to 350°F (180°C).
3 tbsp unsweetened cocoa powder (the darkest you can find, natural or Dutch-process)	In a large bowl set over a pan of barely simmering water, melt the chocolate, stirring as little as possible. Once it's nearly all melted, turn off the heat (but leave the bowl over the warm water), pour in the hot espresso and stir it once. Then add the butter. Press the butter pieces into the chocolate and allow them to soften without stirring.
1 1/4 tsp baking powder	
5 large eggs, separated, at room temperature	
Pinch of salt	
1 cup (200g) superfine sugar	Sift together the flour, cocoa powder, and baking powder in a separate bowl.
	Remove the bowl of chocolate from the heat and stir until the butter is melted. Let sit for a few minutes to cool, then stir the egg yolks together and briskly stir them into the melted chocolate mixture. Fold in the beets.
	In a stand mixer, or by hand, whip the egg whites until stiff. Gradually fold the sugar into the whipped egg whites with a spatula, then fold them into the melted chocolate mixture, being careful not to over-mix.
	Fold in the flour and cocoa powder.

Scrape the batter into the prepared cake pan and reduce the heat of the oven to 325°F (160°C), and bake the cake for 40 minutes, or until the sides are just set but the center is still is just a bit wobbly. Do not overbake.

Let cake cool completely, then remove it from the pan.

This cake tastes better the second day; spread with crème fraîche and sprinkle with poppy seeds shortly before serving. Or serve them alongside.

Chocolate Oblivion Truffle Torte

16 slices - 260 calories ea.

From 101 Cookbooks. Can be kept for 2 weeks in the fridge. Do not freeze.

454 g 70% bittersweet
chocolate (this cake
really highlights the
chocolate, so use the
good stuff)
227 g unsalted butter
6 large eggs (about 340 g
with shells)
3 tbsp superfine sugar
(adjust sugar based on
chocolate used)

All ingredients should be at room temperature.

Prepare one 8-inch springform pan at least 2 1/2 inches high, buttered and bottom lined with buttered parchment or wax paper; outside of pan wrapped with a double layer of heavy-duty foil to prevent seepage. You will also need one 10-inch cake pan or roasting pan to serve as a water bath.

Preheat the oven to 425°F.

In large metal bowl set over a pan of hot, not simmering, water (the bottom of the bowl should not touch the water) combine the chocolate and butter and let stand, stirring occasionally, until smooth and melted. (The mixture can be melted in the microwave on high power, stirring every 15 seconds. Remove when there are still a few lumps of chocolate and stir until fully melted.)

In a large bowl set over a pan of simmering water heat the eggs, stirring constantly to prevent curdling, until just warm to the touch. Remove from the heat, add the sugar, and beat, using the whisk beater, until triple in volume and soft peaks form when the beater is raised, about 5 minutes. (To insure maximum volume if using a hand mixer, beat the eggs over simmering water until they are hot to the touch, about 5 minutes. Remove from the heat and beat until cool.)

Using a large wire whisk or rubber spatula, fold 1/2 the eggs into the chocolate mixture until almost incorporated. Fold in the remaining eggs until just blended and no streaks remain. Finish by using a rubber spatula to ensure that the heavier mixture at the bottom is incorporated. Scrape into the prepared pan and smooth with the spatula. Set the pan in the larger pan and surround it with 1 inch very hot water. Bake 5 minutes. Cover loosely with a piece of buttered foil and bake 10 minutes. (The cake will look soft, but this is as it should be.)

Let the cake cool on a rack 45 minutes. Cover with plastic wrap and refrigerate until very firm, about 3 hours.

To unmold, have ready a serving plate and a flat plate at least 8 inches in diameter, covered with plastic wrap. Wipe the sides of the pan with a hot, damp towel.

Run a thin metal spatula around the sides of the cake and release the sides of the springform pan. Place the plastic-wrapped plate on top and invert. Wipe the bottom of the pan with a hot, damp towel. Remove the bottom of the pan and the parchment. Reinvert onto the serving plate.

Serve at room temperature (not chilled!). Cut into narrow wedges with a thin sharp knife that has been dipped in hot water.

Notes

For a moist airy texture, be sure to add beaten eggs to chocolate mixture and not the chocolate to the eggs. Wrapping the pan with foil keeps it watertight. Chill thoroughly before unmolding. Use the plastic-wrapped plate when unmolding to protect the surface of cake if you're not planning to use a topping.

Mocha-Cream Roll

10 servings - 322 calories

From The Good Housekeeping Illustrated Cookbook by Zoe Coulson (p. 391).

5 eggs, separated, at room temperature
1 cup icing sugar
1/8 tsp salt
1 tsp cocoa powder

Preheat oven to 400°F. Grease 15 1/2 by 10 1/2-in jelly-roll pan; line bottom of pan with waxed paper; grease and flour paper.

Mocha-Cream Filling

1 1/2 cups heavy cream
1/2 cup cocoa powder
1/4 cups icing sugar
2 tbsp coffee liqueur

In large bowl with mixer at high speed, beat egg whites until soft peaks form. Beating at high speed, gradually sprinkle icing sugar, beating thoroughly after each addition. Continue beating until the egg whites stand in stiff, glossy peaks. Set aside.

Chocolate Icing

3 oz semisweet chocolate
1 tbsp butter
1 tbsp light corn syrup
3 tbsp milk

In small bowl with same beaters and with mixer at high speed, beat egg yolks until thick and lemon-coloured. Reduce speed to low: beat in salt, 1/2 cup icing sugar and 3 tablespoons cocoa powder, occasionally scraping bowl with rubber spatula. With wire whisk or rubber spatula, gently fold yolk mixture into beaten whites just until the mixture is blended.

Glaze

1/2 cup icing sugar
2-3 tsp water

Spread batter evenly in pan and bake 15 minutes or until top springs back when lightly touched with finger. Prepare a clean cloth towel by sprinkling it with cocoa powder.

When cake is done, with small spatula, immediately loosen edges from side of pan; invert cake onto prepared towel. Gently peel waxed paper from bottom of cake. Roll towel with cake from narrow end, jelly-roll fashion. Cool completely, placing it seam side down, on wire rack.

Mocha-Cream Filling

As cake cools, in a medium bowl with mixer at medium speed, beat heavy cream, cocoa powder, icing sugar, and coffee liqueur until stiff peaks form. When cake is cool, unroll from towel. Evenly spread Mocha-Cream Filling on cake almost to edges. Starting at the same narrow end, roll up cake without the towel this time. Place the cake, seam side down, on platter.

Chocolate Icing

In double broiler, over hot (not boiling!) water, melt semisweet chocolate with butter. Remove from heat; then beat in light corn syrup and milk until smooth. Spread icing over top and down sides of roll.

Icing Sugar Glaze

In a small bowl, stir in icing sugar and water until smooth. Drizzle the glaze over top of the roll to make a decorative design. Keep the roll in the refrigerator until you are ready to serve it.

Tofu Chocolate Mousse

6 servings - 339 calories

From The Clueless Vegetarian by Evelyn Raab (p. 207). Very delicious.

1 package (19 oz./539 g) silken tofu	Dump the tofu into the container of a food processor or blender and blend until smooth, scraping down the sides once or twice.
2 cups (500 ml) chocolate chips	

Melt the chocolate chips in a small saucepan set into another saucepan filled with boiling water (or in a double broiler), stirring until smooth. Pour the melted chocolate into the blender or processor and blend until the mixture is very smooth and creamy. Spoon into individual dessert dishes and chill. Serve plain or with a dollop of whipped cream.

Molten Chocolate Cakes

4 cakes - 195 calories ea.

From HarvardX - SPU27.1x Science & Cooking: From Haute Cuisine to Soft Matter Science (part 1) - Lab 5.

48 g dark chocolate chips
43 g butter
2 large eggs
48 g sugar
24 g pastry flour
Small pinch of salt

Preheat oven to 350°F.

Melt chocolate chips and butter. Microwave method: measure out chocolate chips and butter into microwave safe bowl. Microwave on high for less than 1 min, mix the chocolate and butter until uniform. Stove method 1: place chocolate and butter in a small pot and heat on low, while stirring, until it melts. Stove method 2: fill another pot with some water and bring to a boil, then place chocolate and butter in a metal bowl over the pot. Stir chocolate as it melts.

Set chocolate aside to cool a bit.

Mix sugar and eggs together well in medium bowl, then slowly add in the cooled chocolate mixture.

Weigh out flour and salt into small bowl, then mix it into the wet ingredients.

Pour batter into 4 small ramekins and bake for 12 to 14 minutes.

Vegan Sugar Cookies

20 cookies - 185 calories ea.

From Minimalist Baker.

Cookies

1/2 cup (1 stick) vegan
butter, softened
1/2 cup organic cane sugar
+ more for topping
1/4 cup brown sugar
1/4 cup pumpkin puree
(egg substitute)
1 tsp pure vanilla extract
1 3/4 cups unbleached
all-purpose flour + more
for rolling into shapes
1/2 tbsp cornstarch or
arrowroot powder
1 tsp baking powder
1/2 tsp baking soda
1/4 tsp salt
1-2 tsp non-dairy milk

Frosting

1/2 cup (1 stick) vegan
butter, softened
2 1/2-3 cups powdered sugar
Splash non-dairy milk

Cookies

Add softened butter to a large mixing bowl and cream with a mixer.

Add sugar, brown sugar, vanilla, pumpkin puree, and beat for 1 minute.

Set your sifter over something that will catch fall out and add dry ingredients (flour, cornstarch, salt, baking soda and baking powder). Use a spoon to briefly stir, then sift over butter and sugar mixture.

Mix until until incorporated, being careful not to over mix. Then add almond milk and mix until a soft dough is formed. Switch to a wooden spoon if it gets too thick. If it appears to wet, mix in a bit more flour.

Cover and freeze dough for 15 minutes, or refrigerate for 30-45 minutes (up to overnight). Five minutes before baking, preheat your oven to 350 degrees F (176 C) and position a rack in the center of the oven.

Scoop out heaping 1 Tbsp amounts of chilled dough and roll into balls. Alternatively, roll out between two pieces of wax paper, lightly flouring the bottom layer, remove top layer, and cut out shapes. (NOTE: For shapes, to ensure they keep their form while baking, freeze them on the baking sheet for 10 minutes before baking.)

Arrange cookies on a clean baking sheet 2 inches apart to allow for spreading. If you've rolled the dough into balls, dip a glass into cane sugar and gently smash down into a disc to help them cook more evenly.

Bake on the center rack for 10-12 minutes for (8-10 for cutout shapes), or very slightly golden brown.

Remove from oven and let rest on pan for a few minutes, then transfer to a cooling rack to cool completely. Prepare frosting in the meantime.

Frosting

Wipe/rinse your mixing bowl clean and add softened butter. Beat until light and fluffy. Then add vanilla (optional) and mix once more.

Add powdered sugar 1/2 cup at a time and continue mixing until thick and creamy. Drizzle in a little non-dairy milk to thin. You want this frosting to be pretty thick so it will hold its shape once on the cookies, so only add a little milk and add more powdered sugar if it gets too thin. To add natural food coloring, finely grate a raw beet into a clean dish towel and then squeeze it over the frosting and whisk.

Once cooled, frost cookies and top with sprinkles (optional - vegan ones can be difficult to find). Store leftovers covered at room temperature for up to a few days. Freeze for longer-term storage (up to several weeks).

Recipes From Books

- Dark and White Chocolate Mousse Cake - La Tartine Gourmande p.289 - 10 slices - 429 calories ea.
- Hazelnut Chocolate Molten Cakes - La Tartine Gourmande p.305 - 6 cakes - 292 calories ea.