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1 Introduction

1.1 How We Cook

We use vegetable oil by default, with butter and olive oil for flavor and extra-virgin olive oil for salads/drizzling. I habitually cut the sugar in half when baking. We never peel vegetables unless they're coated in wax, like turnips; I'd rather roast unpeeled squash and scoop out the skins than peel them. We grow basil, oregano, sage, mint, and rosemary in window baskets.

Our kitchen is equipped with:

- a 10'' cast iron skillet
- a carbon steel wok
- a 14'' carbon steel frying pan
- a cast iron Dutch oven
- a large soup pot
- a huge stock / beer pot
- 2 medium (3qt.) and 1 small (1.5qt.) pots;
- a 1qt. saucier
- a 14'' electric griddle
- a set of Pyrex mixing bowls
- 2 aluminum half-sheet pans
- a set of Pyrex baking dishes (loaf, 8'' × 8'', 9'' × 13'')
- a muffin tin, a 10'' springform pan, a tube pan
- a stand mixer
- a food processor
- a stick blender w/ whisk attachment
- a pastry blender
- 3 large, 2 medium, 1 paring, and 1 bread knife

1.2 Tips & Techniques

1.2.1 how to roast veges

Roast veges are easy, tasty, and good for you, except perhaps in high summer. The basic technique lends itself well to improvisation, so shake off your spice drawer!

- Preheat the oven to 400°.
- Rinse and chop your vegetables: any root veg, cauliflower, asparagus, even broccoli.
- Oil a baking tray. Add the veges and drizzle with oil, salt, and pepper, or spices of your choosing. Generally I pick one flavour that complements the rest of the meal. Mix it all together (use your hands!) so veges are evenly coated.
- Bake for 20 min. Stir and poke to see if they're done. If not, put them in for 10–20 more min.

1.2.2 how to saute tofu, potatoes, and veges

Ultimately, success in sauteing comes down to knowing your stove, your pans, and your ingredients.

- Resist the urge to constantly stir—it prevents the food from browning effectively.
- If the pan looks dry or sounds quiet, or food is starting to stick, add more oil.
- Random stirring should be enough to brown food on most sides, but sometimes you will need to purposely flip pieces to avoid burning.
- Stick with medium or medium-high heat unless you're in a hurry.

1.2.3 how to maintain cast iron and carbon steel

Many beginning cooks are nervous about cast iron, but it is fairly sturdy stuff! I encourage you to use it (for sauteing, deep frying, cornbread, but not eggs at first) as much as possible, to get a good layer of seasoning going. After each use, scrub all the food off with soap and water, dry it, then put it back on the stove with a swipe of oil from a rag or paper towel. After a few minutes, the oil should form tiny puddles, reflecting the heat pattern of the burner. Turn the stove off and let the pan cool before putting it away. Eventually, you'll be frying eggs like it's Teflon.

Carbon steel is a newcomer in our kitchen but follows the same advice as cast iron to maintain the seasoning. The pans will never look pristine after you start using them, but that's a badge of honour, not a slight on your housekeeping skills. Carbon steel is very responsive to the burner (the opposite of cast iron) and suited for stir-frying, sauteeing delicate veggies and tofu, and other foods that cook quickly. Cast iron is still the tool of choice for pancakes, eggs, and other wet, heavy items that take a lot of energy to get back up to cooking temperatures.

1.2.4 tofu, tempeh, seitan

Along with legumes, these three protein sources are invaluable parts of a veg*n diet. Because they are already cooked, preparing them is about adding flavour and presentation, not food safety. East Asian cuisines have many recipes that use tofu as itself, not as a substitute; we also use tofu in place of fish or paneer in curries. Tempeh is more firm and substitutes well for pork or chicken (see [Tempeh Bourguignon](#)). [Seitan](#) is slightly more robust than tempeh and can be molded into cutlets or sausages before cooking.

All three of these can also be simply sauteed in oil and served with a sauce. Tofu is also tasty deep-fried; if you don't care about a golden crust, consider a tasty braise (see [Orange-Glazed Tofu](#)).

1.2.5 salad dressing, mustard, and mayonnaise

Did you know you can make your own salad dressing? I find store-bought dressing suspect, so we make our own. The simplest is vinaigrette, sometimes with herbs, garlic, salt, and pepper added. Use the good extra-virgin olive oil. If you've received a sampler of flavoured oils and vinegars, this is what they're for.

We also sometimes make mustard and aioli (garlic mayonnaise).

1.3 Cookbooks/Websites We Love

- Moskowitz & Romero, *Veganomicon*
- Bittman, *How To Cook Everything Vegetarian*
- Iyer, *660 Curries*
- Ottolenghi, *Plenty*
- Becker et al., *Joy of Cooking*
- Child, *The Art of French Cooking*, Vol. 1
- Katzen, *The New Moosewood Cookbook*
- Ponsonby et al., *Gaia's Kitchen*
- [Serious Eats](#)
- [Smitten Kitchen](#)

1.4 How To Read These Recipes

The title of each recipe includes a summary on how the dish is cooked. Special equipment (e.g. cast iron skillet, 9"×13" baking dish, stand mixer) are called out. If the oven is used, the temperature and baking time are listed; in all other cases, the time given is an estimate of the active cooking time (**not** the total prep time). Temperatures are given in Fahrenheit and measurements are given in Imperial. Ingredients listed in () are optional.

I encourage you to read the entire recipe through before you start! I've tried to indicate where prep can happen in parallel but you know your own process best.

While I've tried to respect the source recipes, I've taken license to paraphrase and streamline them during transcription.

2 How to Cook Vegan

Daniel was vegan for many years, and we still have friends and occasions where dairy, eggs, and honey are prohibited. We don't keep too many substitute ingredients around, so these recipes mostly use stuff you probably have in your cupboard. To convert any recipe to be vegan, identify the basic elements of the dish (fat, protein, acid, gluten, sugar, moisture) and make sure your substitutes are roughly similar.

2.1 umami ("savory")

Many vegans swear by nutritional yeast for adding depth of flavor, but it can be easy to over-do, and I don't find it makes convincing cheese sauce, YMMV. Soy sauce, miso, and mushrooms fit into many recipes seamlessly. Bragg's liquid aminos and vegan worcestershire sauce (traditionally contains anchovies) are also worth experimenting with, if you can find them.

2.2 bacon

This gets a special mention, given its hallowed place in mainstream American cooking. Bacon is basically salty, smoky, chewy bits. Replace it with liquid smoke, smoked paprika, or chipotle powder and move on.

2.3 butter

Crisco is more multi-purpose than coconut oil. Vegan pies for everyone! Vegan Earth Balance (not all flavors are!) is also great for biscuits or just spreading on bread. In baking, nut butters (peanut, almond, sunflower, cashew, tahini) and avocados can provide creamy binding power.

2.4 eggs

Once in a while you just need to bake a cake, and egg replacer is great. Don't try to make a frittata, though—stick with silken tofu for that. Extra-firm tofu is best for scrambling. Apple sauce is often recommended to provide sugar/egg/moisture in vegan baking, but I never have it around; if you use it, consider thinning it with water unless it's replacing yogurt.

2.5 buttermilk

I never have buttermilk in my fridge, so I usually thin yogurt with milk, 1:1 or 1:2 depending on the recipe. Previously I would add 1 tbsp. lemon juice or apple cider vinegar to 1 cup milk instead. The acid reacts with the baking powder/soda to leaven your baked goods. Some recipes might enjoy balsamic or wine vinegar—use your judgment! Anyway, if you use vegan milk/yogurt, you get vegan buttermilk.

2.6 milk

One summer, our food group stocked dairy and non-dairy milk, and I had a chance to compare soy, rice, and almond milk. I like soy milk for general purposes, but rice milk is best on cereal. Almond and coconut milk can be pricey but are definitely delicious, so look out for sales and/or ways to buy in bulk! I don't really recommend non-dairy yogurt, cheese, etc. but I've heard good things about Daiya vegan cheese.

2.7 thickeners

You can make a roux out of oil, flour, and non-dairy milk. Use it as the base of a sauce that you can take in any flavor direction. Cornstarch and arrowroot are standard powders added to liquid and heated; xanthan and guar gum are harder to find but more suited to specialty applications, like ice cream.

3 Breakfast

3.1 Granola

half-sheet

275°F

60–75 min.

Source: adapted from [The Kitchn](#)

serves 8

This granola is simple and flexible. We usually pick 2–3 from each category:

- *nuts: cashews, almonds, walnuts, sesame seeds*
- *dried fruits: cranberries, apricots, dates, tamarind, raisins*
- *ground spices: ginger, citrus peel, chipotle, cinnamon, allspice, nutmeg, cloves, cardamom*

3 cups rolled oats
 1 cup nuts
 1/2 cup wheat germ
 1/2 cup flax seeds
 1–2 tsp. salt
 2–3 tsp. each spice

1/3 cup olive oil
 1/3 cup honey

1 cup dried fruit

1. Mix dry ingredients (except fruit!) in a large bowl.
2. Mix the honey and olive oil into the dry ingredients.
3. Bake in an oiled pan, stirring every 30 min. until granola has browned. Let cool in pan.
4. Sprinkle dried fruit over the cool granola. Transfer to an airtight container. Enjoy with milk or yogurt.

Notes:

- If you prefer, you can use chia instead of flax seeds. Molasses is quite tasty instead of honey, but makes it hard to judge when the granola is done.
- Definitely measure the oil before the honey. Definitely don't use steel-cut or instant oats.

3.2 Frittata

cast iron pan

15–30 min.

serves 2

We are Team Frittata: so much less fussy than omelettes! Use a combination of leftovers and staples: carrots, peppers, mushrooms, greens, cauliflower, broccoli, potatoes...If you're awake enough, add some coordinating herbs and spices; if you're hungover enough, skip the onion and definitely add the cheese.

1 onion
 2–3 cups veggies
 1 tbsp. garlic
 4 eggs
 1 handful (herbs)

1/2 cup cheese

1. Sauté the onion and raw veggies, in order of toughness. Add garlic, salt, pepper, and cooked veggies and sauté 5 min. more, until heated through.
2. Beat the eggs in a bowl. Season with salt, pepper, and any herbs you're using.
3. Pour the eggs into the skillet. Turn the heat to medium if it isn't already. Cook until the edges are set and bubbles start to form in the middle.
4. Grate cheese over top, if using. Broil until frittata is puffed and brown on top, checking every 5 min.

Notes:

- Follow your nose: the eggs can burn quickly if the stove is too high or you forget them under the broiler.
- Leftover roasted potatoes, refried and covered in eggs and cheese, is great for starting off a busy day.
- Cabot Seriously Sharp Cheddar is our go-to topping cheese; goat cheese, low-moisture mozzarella, and Gruyere also have their moments.

3.3 Oatmeal

measuring cup

5 min.

serves 1

If you think oatmeal is boring, have you considered savory oatmeal?

1 cup rolled oats
 1 cup boiling water

1. Mix the oats and water in a bowl. Wait 5 min.

Gather ye garnishes while ye wait:

	Add-Ins	Spices	Flavouring
Sweet	dried or fresh fruits, nuts	cinnamon, nutmeg, ginger, allspice, cloves, citrus peel	honey, brown sugar, molasses, butter
Savory	fried eggs, scallions, kimchi, peanuts, leftovers	ginger, garlic, chipotle, basil, oregano, rosemary, thyme, salt, pepper, za'atar	olive oil, soy sauce, hot sauce, balsamic vinegar

4 Soups, Stews, & Sauces

Online Recipes

[miso-tahini dressing](#) ♦ [pressure cooker tomato sauce](#) ♦ [harissa](#)

4.1 Veggie Chili

pressure cooker

stovetop

1.5 hrs.

serves 8

This recipe is very flexible, so use a mix of beans and vegetables that suits you! As written it is fairly mild.

- | | | |
|-------------|--|--|
| 2–3 cups | dry beans: black, kidney, pinto, white, garbanzo | 1. Start beans in the pressure cooker with aromatics. While they cook, chop vegetables, bake cornbread, and/or start rice cooking. |
| 6–8 cups | water | |
| 2 tbsp. | salt | |
| 2 | bay leaves | |
| 4 | dried red peppers | |
| 1–2 tbsp. | cumin | 2. Optional: Toast whole spices in a skillet. When they smell good, grind them in the mortar. |
| 1–2 tbsp. | coriander | |
| 1–2 | dried red peppers or flakes | |
| 2 | onions, peeled & chopped | 3. Saute onions, carrots, and spices (untoasted and whole) in a skillet. When the onion is brown, add the garlic, green peppers, and spices (toasted and ground). |
| 3 | carrots | |
| 6–10 cloves | garlic, peeled & chopped | |
| 1 | green pepper | |
| 1/2 cup | wine or beer | 4. When vegetables have started to soften, add the skillet contents, water chestnuts, herbs, and canned tomatoes to the beans. Deglaze the skillet with wine, beer, or tomato juice and add the results to the beans. Stir and return to a simmer. |
| 28 oz. | diced tomatoes (any flavor) | |
| 2 tbsp. | oregano | |
| 2 tbsp. | basil | |
| 1 can | (water chestnuts) | |
| 1 cup | (TVP) | 5. Simmer the chili until the flavors and consistency are correct or your patience runs out. Add wine, water, or stock if it's too dry; add TVP or boil down if it's too wet. Adjust seasonings with more of what's missing: salt, tomato paste, hot sauce / chipotle, cocoa powder... |
| | | 6. Serve chili in bowls, with grated cheese, yogurt, cornbread, and/or rice. |

Notes:

- 1–2 cups frozen corn can go in any time. Kale or other greens should go in 5–10 minutes before serving.
- If you want to use canned beans, aim for 6 cups cooked beans total—3 large cans should do it.

4.2 Zucchini Rosemary Soup

soup pot, immersion blender

Source: Susan Friedman

serves 8

This recipe has gained zucchini over the years. Here's how we do it.

2 tbsp.	butter	1. Saute onion in butter and oil until translucent, about 5 min. Add garlic and rosemary and fry until fragrant.
1 tbsp.	oil	
1 large	onion, chopped	
2 cloves	garlic, sliced	
12 inches	rosemary	
6 cups	stock	2. Add the stock and chopped potato; bring to a boil, then simmer 10 min.
1 large	potato, cubed	
5 med.	zucchini, cubed	3. Add the zucchini and simmer another 15 min. until potato and zucchini are tender.
1 med.	zucchini, cubed	4. Puree the soup and correct the seasonings. Serve with small zucchini cubes, croutons, and/or scallions as garnish.
3	(scallions)	

Notes:

- If your zucchini are fresh and/or the soup is piping hot, you can parboil them right in the bowl. Otherwise, parboil the zucchini for garnish for 30 s. in a saucepan of salted water or in a strainer right on top of the soup.

4.3 Mushroom Barley Soup

pressure cooker

stovetop

20 min.

Source: adapted from Molly Katzen, *The New Moosewood Cookbook*

serves 6

1 cup	pearl barley	1. Pressure cook the barley for 20 min.
2 cups	water or stock	
2 tbsp.	butter	2. Saute the onions in the butter, about 5 min. Add the garlic, mushrooms, and salt and saute until browned, another 10 min.
1	onion, chopped	
2 cloves	garlic, chopped	
1/2 lb.	mushrooms, sliced	
1/2 tsp.	salt	
4 tbsp.	soy sauce	3. Add the mushrooms to the cooked barley. Deglaze the pan with the wine and soy sauce, and add them to the barley.
4 tbsp.	dry sherry	
to taste,	black pepper	4. Add 3–4 cups water or stock, to reach the desired consistency. Grind in plenty of pepper, then simmer 20 min. Correct seasonings and serve.

Notes:

- You can use dried shiitakes for part or all of the mushrooms in this recipe; rehydrate them in the pressure cooker with the barley, adding an extra 2–3 cups of water. Then slice and saute as written.
- NancyLee used to make this in the crock pot by sauteeing the vegetables the night before, then adding barley, water, and broth concentrate in the morning before going off to school.

4.4 Potato-Chickpea Curry

pressure cooker

stovetop

30 min.

Source: Daniel Bergey

serves 4

A classic, hearty dish for wintertime.

1 cup	chickpeas, dry	1. Soak chickpeas 4–6 hr. Pressure cook 30 min. (Or use canned chickpeas.)
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|---------|-------------------|---|
| 1 | onion | 2. Chop onion and cube potatoes. Sweat onion in wok until translucent. Add potatoes and fry 10–15 min., until slightly browned but still quite firm. |
| 3 | potatoes | |
| 1/2 cup | water | 3. Add water, cover, and simmer over low heat for 5 min. Add water or uncover as needed, to make sure the potatoes cook through and the pan is dry by the end of this time. |
| 1 tbsp. | cumin seeds | 4. Add cooked chickpeas and spices to the wok. Simmer 5 min. to meld flavors. potatoes should start to break down and make a thick “sauce”. |
| 1 tbsp. | coriander seeds | |
| 1 tsp. | red pepper flakes | |
| 1 tsp. | ground turmeric | |

Notes:

- It's convenient to double this recipe, or cook more than 1 cup of chickpeas at a time, and use the rest for another dish (like hummus!)
- I frequently add frozen peas at the end of this recipe, for color contrast and a pop of sweetness.

4.5 Tempeh Bourguignon

Source: [Vegetarian Times, 2006](#)

serves 4

This is a good example of how to veganize a classic meat dish.

- | | | |
|----------|--------------------|---|
| 2 cups | red wine | 1. Combine marinade ingredients in a large bowl. |
| 1 small | onion, chopped | |
| 1 large | carrot, diced | |
| 3 cloves | garlic, chopped | |
| 1 tbsp. | olive oil | |
| 1/2 tsp. | herbes de Provence | |
| 1 | bay leaf | |
| 8 oz. | tempeh (1 block) | 2. Cut tempeh into cubes and add to marinade. Cover and refrigerate 1 hour. |
| 2 tbsp. | olive oil | 3. Remove tempeh and vegetables from the marinade, reserving the liquid. Heat the oil in a Dutch oven. Cook tempeh and vegetables over medium-high heat 5–7 min. until tempeh is browned on all sides. |
| 1 tbsp. | balsamic vinegar | 4. Add vinegar and stir to coat evenly. Add tomato paste and cook 1 min. Add red wine marinade, stirring to deglaze. Reduce heat to medium low and simmer 30 min. or until carrots are tender. Stir occasionally, adding water if the pan gets too dry. |
| 2 tbsp. | tomato paste | |
| 8 oz. | sliced mushrooms | 5. Add mushrooms and water. Simmer 10 min. until mushrooms are tender. Season with salt and pepper to taste, and serve over rice. |
| 3/4 cup | water | |

5 Entrees

Online Recipes

[Pressure Cooker Risotto](#) ♦ [Vegan Pressure Cooker Risotto](#) ♦ [Crispy potatoes](#)

5.1 Peanut Noodles

Source: *The Enchanted Broccoli Forest*, by way of *Gaia's Kitchen*

serves 6–8

This is one of those recipes that has diverged so much from its published form, I just had to write down our preferred way.

1½ cup	peanut butter	1. Heat sauce ingredients over medium heat, stirring constantly, until they form a smooth mixture. Bring to a boil, then simmer gently until sauce thickens and darkens. Set aside.
1 cup	water	
4 tbsp.	cider vinegar	
6 tbsp.	soy sauce	
6 tbsp.	molasses	
1 lb.	extra firm tofu	2. Cut the tofu into cubes and fry until golden brown on at least 3 sides. Dump into a large serving bowl and mix with the peanut sauce.
2 tbsp.	ginger, chopped	3. Saute the aromatics after the tofu, then add to the bowl of fried tofu.
4 cloves	garlic, chopped	
1	onion, sliced	
1 lb.	pasta	4. Boil pasta as directed in salted water. (Steam veggies over top if desired.)
4–6 cups	veggies, trimmed	5. Stir-fry, roast, or steam the vegetables: carrots, peppers, broccoli are perennial favorites; or try cauliflower, snap peas, green beans, mushrooms, eggplant, or any leftover veggies in the fridge.
		6. Add the vegetables and noodles to the saucy tofu. Mix carefully but thoroughly. Serve, optionally garnished with scallions and/or chopped peanuts.

5.2 Potato Latkes

pressure cooker

30 min.

Source: Daniel Bergey

serves 8

A traditional dish for the Winter Solstice.

1	potato	1. Chop into large pieces and pressure cook in a steamer basket for 30 min. until very soft. Mash and set aside.
1	onion	2. Chop onion finely and set aside.
4–6	potatoes	3. Grate potatoes, 1–1½ at a time, right before frying to avoid browning. Squeeze the potatoes by the handful or twist them in a cloth to remove as much moisture as possible. Mix with 1 egg and ¼ of both the chopped onion and the mashed potato. Salt and pepper to taste. Mix well by hand.
4	eggs	4. Heat vegetable oil in the skillet. Use 2–3 tbsp. of potato for each latke. Press flat with fingers or spatula. Repeat until skillet is full.
		5. Fry on one side until brown, then flip and repeat. Serve hot, while starting the next batch.

Notes:

- To make these vegan, omit the eggs and increase the mashed potato to compensate. They will be more delicate.
- Latkes work best with russet potatoes.
- Conventional accompaniments are sour cream, applesauce, and/or sauerkraut.

5.3 Black Pepper Tofu

wok

stovetop

Source: Plenty, via [Smitten Kitchen](#)

serves 4–6

We usually cook this for Thanksgiving, when the oven is in high demand, so it's convenient to cook it entirely in the wok. See Notes for a sheet pan variation.

14 oz.	firm tofu (1 block)	1. Chop tofu into ½" cubes. Fry tofu in ⅛" oil, in 2 batches, until golden but not crisp.
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|-------------|--|---|
| 3/4-1 lb. | eggplant | 2. Chop eggplant into 1" chunks. Fry eggplant in 2-3 batches until just tender. |
| 1 med. | onion | 3. Reheat wok and add 2 tbsp. oil. Saute aromatics until shiny and soft. |
| 5 cloves | garlic, chopped | |
| 2 tbsp. | ginger, chopped | |
| 2-3 | fresh or dried chilis
(serrano, cayenne, arbol) | |
| 1 1/2 tbsp. | kecap manis* | 4. Add soy sauces, sugar, and black pepper. Stir to combine. |
| 1 1/2 tbsp. | light soy sauce or shoyu | |
| 2 tsp. | dark soy sauce | |
| 1 tbsp. | white sugar | |
| 2 tbsp. | ground black pepper | |
| 4-8 | scallions | 5. Chop scallions to 1" lengths. Warm tofu and eggplant in sauce 1 min. Stir in scallions, and serve. |

Notes:

- To make this in the oven, preheat to 425°F.
- Spread eggplant and tofu on a baking sheet with 2-4 tbsp. oil. Roast 20 min., stir, then roast 10 min. more.
- Continue with recipe as written from step 2.
- If you don't have kecap manis, use 2 1/2 tbsp. light soy sauce and 4 tsp. dark soy sauce total.

5.4 Italian Tempeh Pasta

Source: *Veganomicon*

serves 4

This magical recipe is a bit fussy, but it's worth it to get tempeh reminiscent of Italian sausage, paired with broccoli rabe and whole wheat pasta.

- | | | |
|------------|---------------------|--|
| 1/2 cup | vegetable stock | 1. Combine marinade ingredients in a measuring cup. |
| 2 tbsp. | soy sauce | |
| 2 tbsp. | tomato paste | |
| 1 clove | garlic | |
| 1 tbsp. | fennel seed | |
| 1 tsp. | red pepper flakes | |
| 1 1/2 tsp. | oregano | |
| 8 oz. | tempeh (1 block) | 2. Chop tempeh into cubes and dump into a skillet. Pour the marinade over it and stir to coat. Cook over medium heat until liquid reaches a simmer, then cover and steam for 8 min. or liquid is absorbed and tempeh is tender. Stir a few times while tempeh is steaming. |
| | | 3. Transfer half the tempeh to a large serving bowl and crumble with the back of a spoon. Add the rest of the tempeh on top and wash the skillet out. |
| 2 tbsp. | olive oil | 4. Heat oil to medium in the clean skillet. Add the tempeh cubes and crumbles and stir fry for 5 min. until they start to brown. Return to serving bowl and set aside. |
| 1/2 lb. | whole wheat rotelle | 5. Cook the pasta as directed in lightly salted water. Drain and toss with olive oil if other ingredients aren't ready yet. |
| 1/4 cup | olive oil | 6. Heat oil in the skillet and add the sliced garlic. Once it starts to sizzle, cook for about 1 min. Do not burn! |
| 5 cloves | garlic | |

- | | | |
|-----------|--------------------------------------|--|
| 1 bunch | broccoli rabe* | 7. Add the broccoli rabe, stir to coat with oil, sprinkle with salt, and cook, covered, for 2 min. Add 2 tbsp. liquid and cover again; steam for 8–10 min. until stems are tender. |
| 2–3 tbsp. | white wine, water, or stock | |
| 2 tsp. | red wine vinegar or balsamic vinegar | 8. Saute broccoli rabe uncovered until liquid has evaporated. Combine with pasta and tempeh, sprinkle with vinegar, salt and pepper to taste, and serve. |

Notes:

- Other green leafy veg can be used, but broccoli rabe is the best.

5.5 Caramel Tofu

Source: How to Cook Everything Vegetarian

serves 4

Fast, unusual, delicious - and easy, once you get the hang of caramelizing sugar. I promise, it's not hard! Just keep an eye on the sugar and when in doubt, take it off the heat.

- | | | |
|---------|------------------------------|--|
| 1/2 cup | white sugar | 1. Heat the sugar in a pot large enough to hold the tofu. Shake the pan gently as the sugar heats and liquefies. When it starts to darken, take it off the heat. |
| 1/4 cup | soy sauce* | |
| 1/4 cup | water | 2. Stand back and add the water and soy sauce to the pan. It will bubble up aggressively! Don't panic. |
| | | 3. Turn the heat back on to medium-high. Cook, stirring constantly, until caramel is dissolved. |
| 2 | scallions | 4. Chop the scallions into 1–2" lengths and add them to the sauce. Cook 5 min. until they soften. |
| 1 tsp. | black pepper, freshly ground | 5. Add the pepper and lime juice, then add the tofu. Stir gently and simmer 5 min. until tofu is slightly swollen. Correct seasoning and serve. |
| 2 tbsp. | lime juice* | |
| 14 oz. | tofu (1 block), cubed | |

Notes:

- If you want to get fancy, use this mixture instead of the soy sauce: 1 tbsp. soy sauce, 1 tbsp. water, 4 tbsp. lime juice, 1/2 tsp. brown sugar, 1 clove minced garlic. Later in the recipe, add lime juice to taste, starting with 1 tbsp.
- Once you've gotten comfortable with caramel, let it darken a bit before turning it off—but always remember it will continue cooking after you take it off the stove, so don't let it go too long!
- If you do ruin the caramel, try boiling water in the pot to clean it before you break out the scouring pad.
- Although it won't be crispy after braising, this sauce can be used with fried tofu as well.

5.6 Mapo Tofu

wok

Source: The Food of Sichuan

serves 4

- | | | |
|-------------|--------------------------|---|
| 14 oz. | tofu (1 block), cubed | 1. Steep tofu cubes in very hot, lightly salted water while you prep other ingredients. |
| 5 tbsp. | oil | |
| 2 1/2 tbsp. | Sichuan chili bean paste | 2. Heat a wok on medium. Add oil and chili bean paste and stir fry until oil has turned red. |
| 1 tbsp. | fermented black beans | 3. Add the black beans and ground chilis and stir fry for a few seconds until they are fragrant. Add the ginger and garlic and ditto. Turn down the heat if the aromatics are browning too quickly. |
| 2 tsp. | ground chilis | |
| 1 tbsp. | garlic, finely chopped | |
| 1 tbsp. | ginger, finely chopped | |

¾ cup	stock or water	4. Remove tofu from its brine, shaking off excess moisture. Add it directly to the pan, along with the liquid and pepper. Stir gently to coat the tofu cubes without breaking them.
¼ tsp.	white pepper	
1 tbsp.	potato or corn starch	5. Bring to the boil, then simmer on low for a few minutes. In the meantime, mix the starch with the water. Add it one spoonful at a time, stirring gently as the sauce thickens. Do not over-thicken—the sauce should cling gently to the tofu.
2½ tbsp.	cold water	
2	scallions	6. Cut the scallions to ¾" lengths. Roast and grind the Sichuan pepper. Add them to the wok, stir to heat through, and serve.
	Sichuan pepper	

Notes:

- Traditionally this recipe is made with ground beef or pork in addition to the tofu. Dunlop feels the meat can be skipped without loss of deliciousness, but if you are accustomed to the meat garnish, Bittman suggests fried crumbled tempeh.

5.7 Seitan	pressure cooker	20–25 min.
		serves 6

Over the years we've developed this recipe for seitan in the pressure cooker. Use any spices that match what you're cooking, and don't forget the salt! It can also be boiled or baked for a different texture.

10 oz.	vital wheat gluten	1. Mix all dry ingredients in a medium bowl.
2 oz.	chickpea flour	
1 tsp.	salt	
1 tsp.	garlic powder	
1 tsp.	ginger powder	
1 tsp.	thyme	
1 tsp.	oregano	
1¾ cup	water	2. Add most of the water, and stir to combine. The gluten should come together quickly into a damp spongy ball; add more water as needed.
		3. Place the seitan in a steamer basket over 1–2 cups water in the pressure cooker. Steam for 20–25 min.
		4. Seitan is ready to be used in recipes, or served as-is, cubed and sauteed in oil to give a tasty crust.

6 Sides & Snacks

6.1 Apple Rice Salad

Source: Donia Kirchman, via <i>Better Homes and Gardens</i>	serves 6
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This recipe won a prize in January 1998 in the Healthful Side Dishes category. Since I hate celery, we usually leave it out.

2 cups	brown & wild rice, cooked	1. In a large mixing bowl, combine salad components.
2	apples, chopped	
¼ cup	sunflower seeds	
½ cup	dried cranberries	

2 tbsp. balsamic vinegar
 1 tbsp. olive oil
 2 tsp. honey
 2 tsp. brown or Dijon mustard
 1 clove garlic, chopped
 1/4 tsp. salt

2. In a small bowl, whisk together the dressing.

3. Pour the dressing over the salad, stirring gently to coat.

Notes:

- If the salad will not be served immediately, dip the apples in lemon juice water, or chop and add them just before serving. The salad will keep well, covered and chilled.

6.2 Carrot Harissa Salad

grater

Source: Cuisine via [Smitten Kitchen](#)

serves 8

Our harissa is not very spicy, definitely adjust to your taste and your harissa.

3/4 lb. carrots, grated
 4 tbsp. olive oil
 3 cloves garlic, crushed
 1 tbsp. harissa
 2 tsp. cumin seeds
 1 tsp. caraway seeds
 1 tsp. paprika
 1/2 tsp. sugar
 3 tbsp. lemon juice
 2 tbsp. parsley, chopped
 2 tbsp. mint, chopped
 100 g. feta, crumbled or chopped

1. Coarsely grate the carrots and put them in a large mixing bowl.
2. Optionally, dry-toast the cumin and caraway. Grind them before proceeding. Sauté the spices and sugar in the olive oil until fragrant, 1–2 min.
3. Off the heat, mix the lemon juice with the spices and pour the dressing over the carrots. Stir to combine, then add the herbs and feta and stir again. Let sit for an hour, then serve.

6.3 Potato Salad

stovetop

Source: Time-Life Foods of the World: *The Cooking of Germany*

serves 4

I prefer a vinaigrette to a mayonnaise. Here is a potato salad that gets dressed while hot and then cooled for picnicking.

6 med. potatoes
 1 cup onions, sliced
 2/3 cup water or stock
 1/3 cup olive oil
 1 tbsp. white wine vinegar
 2 tsp. spicy mustard
 2 tsp. salt
 1 tsp. pepper, freshly ground
 1 tbsp. lemon juice

1. Boil the potatoes, unpeeled, in salted water until they are slightly resistant to a sharp knife. Drain in a colander, then slice 1/4" thick. Set aside in a covered bowl.
2. Combine vinaigrette ingredients in a saucepan and bring to a boil, stirring occasionally. Simmer over low heat for 5 min.
3. Remove saucepan from the heat and add the lemon juice.
4. Pour the sauce over the potato slices, which should still be hot. Stir gently to coat all the potatoes. Serve at room temperature.

6.4 Tofu Salad

Source: adapted from Molly Katzen, *The New Moosewood Cookbook*

serves 6–8

Another recipe that we routinely cook our way, not as printed. It's great for potlucks and picnics.

5 tbsp.	rice or cider vinegar	1. Combine marinade ingredients in a large serving bowl.
4 tbsp.	sesame oil	
3 tbsp.	soy sauce	
2 tbsp.	rice wine or sherry	
1 tbsp.	sugar	
3 cloves	garlic, chopped	
1 tsp.	ginger, chopped	
to taste,	crushed red pepper	
1 lb.	extra firm tofu, cubed	2. Mix tofu and vegetables into marinade, gently. Cover and chill. Stir
8–10	mushrooms, sliced	every 6–12 hrs. and again before serving.
3–4	carrots, shredded	
2 cups	red cabbage, shredded	
1	red bell pepper, sliced	
2	scallions, chopped	

Notes:

- *Optional garnishes, if this isn't fancy enough: sesame seeds, sunflower seeds, chopped peanuts, chopped cilantro*

7 Holidays

7.1 Apple Matzo Charlotte

9" × 13" baking dish

350° F

45 min.

Source: adapted from Leah Leonard, *Jewish Cookery*, Matzo Charlotte #2

serves 12

A perennial favorite at Passover.

4	matzos	1. Soak matzos in water until soft. Drain and squeeze out excess water.
6	eggs, separated	2. Mix matzos with beaten egg yolks, sugar, apples, nuts, raisins, and
1/4 cup	sugar	cinnamon.
4	apples, sliced	
1/2 cup	(almonds)	
1/2 cup	(raisins)	
1 tbsp	cinnamon	
1/4 cup	butter	3. Add butter, melted or chopped into small pieces.
6	egg whites	4. Whip egg whites until stiff. Fold gently into apple-matzo mixture.
		5. Bake in a well-greased casserole until golden brown on top.

Notes:

- *The original recipe suggests this can be served plain or "with lemon sauce," whatever that is.*
- *Chop the apples while the matzos soak in the baking dish; dry and grease the baking dish later, while the egg whites are whipping.*
- *This is presumably a Passover version of the classic English pudding, [Apple Charlotte](#).*

7.2 Bread Stuffing

food processor, 9" × 13" baking dish

350°F

30–60 min.

Source: Chutatip 'Nok' Suntaranon, [Kalaya Thai Kitchen](#)

serves 8

A good sausage stuffing recipe, veganized.

- | | | |
|------------|--------------------------------|---|
| 4 stalks | celery | 1. In a food processor, finely chop the celery, carrots, onion, and garlic. Set aside. |
| 2 med. | carrots | |
| 1 med. | onion | |
| 1–2 cloves | garlic | |
| 12 oz. | chestnuts, raw | 2. If using raw chestnuts: blanch and peel. Coarsely chop 6–7 oz. chestnuts, retaining a few whole chestnuts for garnish. |
| 6 slices | vege bacon, chopped | 3. Saute the bacon in a large skillet over high heat, in olive oil. Remove the bacon and reserve for garnish, leaving the oil in the pan. |
| 1 tbsp. | butter | 4. Return the skillet to medium heat and add butter. Saute the chopped aromatics until softened and fragrant, 3–5 minutes. Add the mushrooms and saute until they release their liquid, 5 min. Add the sausage bits and saute over high heat, smashing them into smaller chunks, until liquid has been absorbed and browning has started, 10–15 min. Stir frequently and add oil as needed. |
| 10 oz. | mushrooms, chopped | |
| 1 lb. | sweet Italian seitan, crumbled | |
| 1 lb. | hot Italian vege sausage | |
| 12 oz. | bread crumbs | 5. Remove skillet from heat and add bread crumbs, 2 cups stock, and dried cranberries. Stir and toss to combine. Season with salt and pepper, then fold in chestnuts. Transfer to a baking dish and refrigerate for up to 2 days. (Stuffing may be frozen at this point, and thawed before continuing.) |
| 2+ cups | vegetable stock | |
| 1 cup | dried cranberries | |
| 7 oz. | chestnuts, chopped | |
| 1 bunch | parsley, chopped | 6. Mix the parsley into the stuffing; reserve a handful for garnish. Add salt, pepper, and stock to taste. Bake until hot in the middle and browned on top. Stuffing may be held at 200°F until serving. |
| | | 7. Garnish with reserved chestnuts, bacon bits, fresh cranberries, sprigs of parsley, rosemary, thyme, lavender, and marigold petals. |

Notes:

- We doubled this recipe for Thanksgiving 2019 and it yielded way too much stuffing. Beware.
- We used [Upton's Naturals Italian Seitan](#) and [Beyond Sausage Hot Italian Sausage](#). Removing the sausage casings is a bit of a faff. Field Roast [Italian](#), [Mexican Chipotle](#), and/or [Apple Sage Sausage](#) would probably suit, or skip right to something already crumbled.
- Hazelnuts make a delightful replacement for some or all of the chestnuts.
- We skipped most of the garnishes and it was ok. I would try this again with better presentation and bread chunks instead of crumbs.

7.3 Cornbread Stuffing

9" × 13" baking dish

375°F

45 min.

Source: adapted from [Serious Eats](#)

serves 8

Once upon a time, my family checked a bunch of cookbooks out of the library and picked recipes we wanted to try for the holidays. I picked cornbread stuffing and have never looked back.

- | | | |
|------------|---------------------------|--|
| 1/2 recipe | cornbread | 1. Heat the oven to 425°F. Cut the cornbread into 3/4" cubes and spread onto a baking tray. Toast for 10 min. Set aside to cool. |
| 4 tbsp. | butter | 2. Brown the sausages, then remove them from the pan. Slice them into rounds or chop more finely, as desired. Return them to the pan to brown. |
| 3 | vege sausages | |

1 med. onion, chopped
 4 cloves garlic, chopped
 1 bell pepper
 8 oz. mushrooms
 2 tbsp. fresh sage, chopped

1/2 cup vegetable stock

1 cups vegetable stock
 2 eggs
 2 tbsp. parsley, chopped

3. Add vegetables and herbs to the pot and cook, stirring frequently, until vegetables are starting to brown, about 10 min.

4. Remove from heat and add stock, stirring to deglaze. Salt and pepper if you haven't already.

5. Whisk stock and eggs and parsley together. Add them to sausage mixture, stirring to prevent the egg from cooking. Add the cornbread cubes and stir gently but thoroughly.

6. Scoop the stuffing into a greased baking dish. Bake at 375°F until top is browned and interior has reached 150°F. Let cool 5 min. and serve.

Notes:

- We typically use Field Roast Apple-Sage vege sausages, but if you have a good breakfast/uncased vege sausage you like, go ahead and use it here. TVP crumbles might also do in a pinch.
- The eggs are easily skipped, if you want to make this vegan. (Of course, you have to make your cornbread vegan too.)
- Unsweetened cornbread is the right kind to use here, not the sweet cake-y stuff.

7.4 Cranberry Sauce

3qt. saucepot

stovetop

15 min.

Source: Sharon McCullough

serves 12

A simple but delicious cranberry sauce recipe.

12 oz. cranberries (1 bag)
 1 orange, peeled
 1 cup sugar

1. Place cranberries, orange peel, and sugar in a sauce pot, with water to cover.

2. Heat to a boil and simmer until cranberries start to burst, stirring occasionally.

3. Cool, remove orange peel, and serve (warm or cold).

7.5 Eggnog I

large bowl, mixer

chill after mixing

30 min.

Source: Prof. Serge Lang, Princeton University

serves 12

This epic libation was reconstructed by Phil Bergey at Thanksgiving 2018.

12 eggs, separated

1. Separate the eggs; put the yolks into a large serving bowl and the whites into a mixer bowl.

1 lb. sugar

2. Mix the sugar, milk, and cream into the egg yolks, then add the cognac.

2 qt. milk

1 qt. heavy cream

700 mL Remy Martin VSOP cognac

12 egg whites

3. Whip the egg whites and fold gently into the eggnog.

nutmeg

4. Grate nutmeg over top, stir gently, and serve.

Notes:

- Ingredients should be chilled before starting, and the finished eggnog should be kept cool; no one likes warm eggnog.

7.6 Eggnog II	stand mixer	chill after mixing	30 min.
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Source: Alton Brown	serves 4
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At Thanksgiving 2019, Phil presented this alternative eggnog, made in advance.

- | | | |
|-----------|------------------------|--|
| 4 | eggs, separated | 1. In the bowl of a stand mixer, beat together egg yolks and sugar until the yolks lighten in color and the sugar is completely dissolved. |
| 1/3 cup | sugar | |
| 1 pint | whole milk | 2. Add the milk, cream, bourbon, rum, and nutmeg. Stir to combine. |
| 1 cup | heavy cream | |
| 1 1/4 oz. | bourbon | |
| 1 1/4 oz. | dark rum | |
| 1 tsp. | nutmeg, freshly grated | |
| 4 | egg whites | 3. Beat egg whites to soft peaks. While mixing, add the sugar and beat until stiff peaks form. |
| 1 tbsp. | sugar | 4. Gently fold egg whites into the eggnog. Chill and serve. |

Notes:

- Alton Brown makes no recommendations as to the bourbon; Phil chose to make this with Smith & Cross Traditional Jamaican Rum and Bulleit 90 Proof Bourbon.

7.7 Orange-Glazed Tofu	9" × 9" baking dish	350°F	1 hr.
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Source: inspired by PPK's Orange Ginger Baked Tofu	serves 4
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Easy, tasty, hands-off, suitable for hanging out in the oven indefinitely—this was our first go-to vegetarian holiday centerpiece.

- | | | |
|----------|--------------------------|---|
| 1/2 can | orange juice concentrate | 1. Mix marinade ingredients together in a bowl. |
| 1/4 cup | molasses | |
| 1/4 cup | soy sauce | |
| 2 tbsp. | sesame or olive oil | |
| 2 tbsp. | ginger, chopped | |
| 3 cloves | garlic, chopped | |
| 1 tsp. | crushed red pepper | |
| 1 block | tofu | 2. If this is a centerpiece: keep the tofu in a single brick. Otherwise, slice or cube tofu to your preference. Place tofu in an oiled baking dish and pour marinade over top. |
| | | 3. Marinate the tofu at least 30 min., then bake until marinade has thickened to a sauce and tofu edges have browned, at least 1 hr. If you have time, baste the tofu with the sauce every 20–30 min. so the top stays moist. |

Notes:

- Tofu can be baked quicker at 400°F or even 450°F; once baked, it can be held at 200°F until the rest of the feast is ready.
- The marinade/sauce can also be made on the stovetop, optionally thickened with 1 tbsp. cornstarch.
- Tofu texture can be improved by frying or broiling the tofu before adding the sauce, or possibly even freezing. But the simple dump-and-bake version is quite respectable.
- This recipe appears to be superseded by [Sweet & Smoky Glazed Tofu Ham](#), which looks cute but mostly leads to burnt orange slices.

7.8 Spinach Matzo Pie

9" × 13" baking dish

400°F

30–35 min.

Source: Melissa Roberts, *Gourmet*, April 2008

serves 8–12

This is a contender for best vegetarian Passover entree. There's matzo right in the name, how can you beat that? But honestly, this matzo lasagna concept is presumably a whole genre, we just haven't looked past this spanakopita-inspired dish.

16 oz.	cottage cheese	1. In a large bowl or blender, puree the cottage cheese, milk, eggs, and nutmeg.
2 cups	whole milk	
3	eggs	
¼ tsp.	nutmeg, grated	
6	matzos	2. Place matzos in a 8" × 8" baking dish and pour cottage cheese mixture over to cover. Let sit 15 min. until matzo have softened.
1 med.	onion, chopped	3. Saute the onion in the olive oil until golden, 12–15 min.
3 tbsp.	olive oil	
20 oz.	spinach, thawed	4. Press the spinach in a sieve to remove as much water as possible. Add it to the fried onion and saute 5 min.
⅓ cup	dill, chopped	5. Remove spinach from heat and stir in dill, salt, and pepper.
¾ tsp.	salt	
½ tsp.	pepper	
1 cup	feta, crumbled	6. Combine the remaining cottage cheese mixture and feta with the spinach.
½ cup	feta, crumbled	7. Grease a 9" × 13" baking dish and place two softened matzos in the bottom. Spread half the spinach filling over them, then cover with two more matzos. Repeat with the rest of the spinach and top with the last two matzos. Pour any cottage cheese mixture that remains from soaking over top. Sprinkle with feta.
2 tbsp.	dill, chopped	8. Bake, uncovered, until golden and set. Cool 10 min., then sprinkle with dill and serve.

Notes:

- This dish can be assembled ahead of time, chilled and covered until ready to bake. Add 10–15 min. cooking time and follow your nose.

8 Desserts

8.1 Double Chocolate Cookies

mixer

350°F

10 min.

Source: Cook's Illustrated

makes 30

Every year I bake a few batches of cookies for the winter holidays. This is one of my go-to recipes.

2 cups	flour	1. Sift together dry ingredients in a medium bowl.
½ cup	Dutch cocoa	
2 tsp.	baking powder	
1 tsp.	salt	
16 oz.	semisweet chocolate	2. Melt the chocolate in the microwave, stirring frequently. Set aside.
4	eggs	3. Lightly beat the eggs and vanilla in a small bowl. Sprinkle with the coffee powder and set aside.
2 tsp.	vanilla	
2 tsp.	espresso powder	

10 tbsp. butter
1½ cups brown sugar
½ cup sugar

4. Beat butter until smooth and creamy. Add sugars, then eggs, then chocolate, beating well between additions. Add dry ingredients and mix on low just until combined—less than a minute.
5. Cover bowl with plastic wrap and let stand 30 min.
6. Preheat oven to 350°F and grease or line two cookie sheets. Scoop dough by heaping tablespoons 1½" apart.
7. Bake cookies until the edges are set and the centers are soft, about 10 min. Switch the cookie trays halfway through baking. Cool on trays for 10 minutes, then move onto cooling racks.

8.2 Molasses Cookies

mixer

375°F

10 min.

Source: Cook's Illustrated

makes 24

It's a bit of a production to roll the cookies in sugar, but it's worth it to get that crinkly outside. At least you didn't have to use a rolling pin.

2¼ cups flour
1½ tsp. cinnamon, ground
1½ tsp. ginger, ground
½ tsp. cloves, ground
½ tsp. allspice, ground
¼ tsp. black pepper, ground
1 tsp. baking soda
½ tsp. salt

12 tbsp. butter, softened
⅓ cup white sugar
⅓ cup brown sugar

1 egg
1 tsp. vanilla
½ cup molasses

1. In a medium bowl, stir together dry ingredients.
2. Beat the butter and sugars together until light and fluffy.
3. Add egg and vanilla, then molasses, mixing thoroughly between additions. Reduce speed to low and add dry ingredients, scraping the sides to mix well.
4. Roll dough into balls and dip in white sugar. Set them 2" apart on a greased cookie sheet.
5. Bake 1 sheet at a time until cookies are puffy and edges are set, about 10 min. Rotate the cookie tray halfway through baking. Do not over-bake! Cool on trays for 5 minutes, then move onto cooling racks.

8.3 Snickerdoodles

mixer

400°F/350°F

10 min.

Source: [Serious Eats](#)

makes 24

What can I say, I love a cookie with a chewy center and crisp edges. The coconut oil makes these subtly different and really delicious.

4 oz. butter
3 oz. virgin coconut oil
10½ oz. sugar
1¼ tsp. kosher salt
1 tsp. baking powder
1 tbsp. vanilla

1 egg

10½ oz. flour

1. Mix butter, coconut oil, sugar, salt, baking powder, and vanilla on low, then medium, until the mixture is soft, fluffy, and pale.
2. Add the egg and continue beating until smooth. Scrape the bowl as necessary.
3. Reduce speed to low and add the flour, mixing to form a stiff dough.

2 oz. sugar
 2¾ tsp. cinnamon, ground
 1½ tsp. cinnamon, grated

- Mix sugar and cinnamons in a small bowl. Roll 2 tbsp. of dough into a ball, roll in the cinnamon sugar, then flatten on a greased baking tray, leaving 1½" between cookies. Optionally, sprinkle the remaining cinnamon sugar on top for extra crinkly cookies.
- Bake at 400°F until the cookies spread, about 5 min., then reduce the temperature to 350°F. Continue baking until firm around the edges and soft in the middle, 5–6 min. longer. Cool at least 10 min. on the tray, then move onto cooling racks.

8.4 Watergate Cake

bundt pan

350°F

35–45 min.

Source: Jill, Brooklyn Community Choir

serves 12

Remember, it's not the cake, it's the cover-up!

¾ cup butter
 1⅓ cup sugar
 3 eggs
 1 tsp. vanilla
 1 box instant pistachio pudding
 1¼ cups water
 2¼ cups flour
 2 tsp. baking powder

- Cream butter, sugar, eggs, and vanilla.
- Add remaining ingredients and mix until batter is smooth.
- Pour batter into greased pan and bake. Let cool before icing.

8.5 Nanaimo Bars

food processor, 8" × 8" baking dish

350°F

15 min.

Source: adapted from [Humblebee & Me](#) and [Rock Recipes](#)

serves 25

This recipe abandons the 100% stovetop nature of the traditional Nanaimo bar, but I think it's worth it. Key features: toasted nuts & coconut, a thicker cookie layer, a custard layer without custard powder, and a chocolate topping that's sliceable right out of the fridge!

Crust

1 cup flaked unsweetened coconut
 ½ cup almonds
 ½ cup butter
 1½ cups graham cracker crumbs
 ¼ cup white sugar
 5 tbsp cocoa powder
 ¼ tsp salt
 1 egg

- Toast the coconut and almonds at 350°F, stirring every 5 minutes until they smell delicious.
- Put the butter in the food processor and pour the hot almonds and coconut directly on top. Pulse a few times to melt the butter.
- Add the remaining ingredients. Pulse a few more times to combine.
- Press the crust into the greased baking dish and bake at 350°F for 15 minutes.

Filling

4 tbsp cornstarch
 1 cup whole milk
 1 cup heavy cream
 2 tsp vanilla extract
 4 eggs
 ½ cup sugar
 pinch salt

- In a small bowl, mix half a cup of milk with the cornstarch. Heat the remaining milk and cream until steaming, not boiling. Stir in the vanilla.
- In a bowl, whisk the eggs and sugar and salt. Add the hot milk to the eggs, stirring it in one spoonful at a time until the eggs are warm.

7. Pour the tempered eggs back into the saucepot, and heat on low, stirring constantly, until the custard starts to thicken. Stir the cornstarch slurry and add it quickly, continuing to stir, especially in the corners, to produce an extremely thick custard.

8. Let the custard cool slightly, then spread it over the baked crust. Set aside to cool.

Topping

6 oz. bittersweet chocolate
 1/2 cup heavy cream

9. Heat the cream and chocolate on low, stirring constantly, until the chocolate starts to melt. Turn off the heat and keep stirring, until the ganache is smooth and glossy.

10. Spread the chocolate over the custard, smoothing it as best you can. Chill, slice, and serve.

Notes:

- If you use the baking dish to toast the nuts and coconut, you won't have to grease it! But you can if you want to, or add a layer of foil.
- Custard is tricky; feel free to turn the stove off if you feel it's going too fast. If your custard curdles, feel free to sieve it or just go with it—it'll be delicious either way.
- To make these mint instead of vanilla, use 1 tsp. mint extract and 10–15 drops green food coloring.
- Since these are very rich and prone to squishing, cut them into bite-size pieces—5 × 5 or even 6 × 6 if you can manage it.
- TODO: figure out an all-cornstarch or all-custard powder custard layer; also this makes too much, too thick custard??

8.6 Vegan Nanaimo Bars

8" × 8" baking dish

Source: [Sabotabby](#)

serves 25

Nanaimo bars are a Canadian institution, named after the town in BC where they were theoretically invented. They're three-layer, no-bake, and delicious. A non-vegan recipe is also given [elsewhere](#).

Crust

1/2 cup Crisco
 1/4 cup sugar
 5 tbsp. cocoa powder
 2 egg replacer, hydrated
 1 cup graham crumbs
 1 cup almonds or cashews,
 chopped

1. Melt Crisco on the stove, then stir in sugar and cocoa.

2. Add the egg replacer and cook until thickened.

3. Mix with graham crumbs and chopped nuts. Press into a 8" square pan and chill.

Filling

1 can coconut milk
 1 egg replacer, hydrated
 3 tbsp. cornstarch
 2 tbsp. sugar, to taste
 1 tbsp. vanilla extract

4. Mix the cornstarch and egg replacer with a few spoonfuls of coconut milk in a small bowl.

5. Heat the rest of the coconut milk, vanilla, and sugar on the stove until nearly boiling.

6. Add the cornstarch mixture and egg replacer, and heat gently until the custard thickens. Add sugar to taste.

7. Spread evenly over the graham-nut base, then put it back in the fridge to chill.

Topping

4 oz. chocolate
2 tbsp. Crisco
to taste, sugar

8. Melt the chocolate and Crisco together; add sugar if your chocolate is unsweetened.

9. Let cool slightly so it doesn't melt the custard when you pour it over top. It should form an even layer. Chill until firm.

Notes:

- To make these mint instead of vanilla, use 1 tsp. mint extract and 10–15 drops green food coloring.
- Traditionally, Nanaimo bars use custard powder, which is vegan, in the middle layer. Feel free to use that instead, either as stovetop custard or to flavor an American buttercream frosting.
- Since these are very rich and prone to squishing, cut them into bite-size pieces—5 × 5 or even 6 × 6 if you can manage it.

8.7 Vegan Millionaires

9" × 9" baking dish

350°F

20 min.

Source: [Sabotabby](#)

serves 25

Crust

$\frac{2}{3}$ cup Earth Balance, softened
 $\frac{1}{4}$ cup white sugar
 $1\frac{1}{4}$ cup all-purpose flour

1. In a medium bowl, mix together crust ingredients until crumbly. Press into a 9" square baking pan. Bake for 20 minutes, then cool.

Filling

$\frac{1}{2}$ cup maple syrup
 $\frac{1}{2}$ cup creamy unsalted raw almond butter
 $\frac{1}{3}$ cup coconut oil
2 tsp. vanilla extract
 $\frac{1}{4}$ tsp. sea salt

2. Add caramel ingredients to a small saucepan. Whisk together over medium-low heat until all ingredients are melted together (approximately 3 minutes).

3. Remove from heat and let cool to room temperature. Keep stirring, then pour over cooled crust. Cool it in the fridge until solid.

Topping

$1\frac{1}{4}$ cup chocolate chips
1 tbsp. margarine
1 tbsp. cashew milk

4. Melt the chocolate, margarine, and cashew milk. Pour over caramel. Cool it in the fridge until it's solid, then chop it up and serve.

8.8 Marilyn's Vegan Chocolate Cake

9" × 13" baking dish

350°F

25–30 min.

Source: Marilyn Bruya, via *Gaia's Kitchen*

serves 15

I've never met Marilyn, but I made this cake once and it was delicious, so here it is with Americanized quantities.

$1\frac{1}{2}$ cups white sugar
3 cups white flour
 $\frac{1}{2}$ cup cocoa
2 tsp. baking powder
1 tsp. salt

1. Mix together all dry ingredients with a spoon or whisk. No substitutions!

$\frac{2}{3}$ cup light oil
2 tbsp. cider vinegar
2 cups water

2. Add all wet ingredients and mix thoroughly.

3. Pour cake batter into ungreased baking dish(es). Bake, decorate (optional), and serve.

Notes:

- If you would like a layer cake, cut it in half and stack for a towering cake, or bake half the batter at a time and stack for a more reasonable height.
- The recipe recommends any vegetable oil, except olive oil; personally I think olive oil would be delicious but maybe unexpected on a birthday (cf. SK's olive oil cake)
- Vegan serving suggestions: chocolate ganache; almond honey cream & berries; cocoa buttercream made vegan

8.9 Molly's Coconut Cream

mixer

1 hr.

Source: Molly DeBlanc

serves 4-6

This is a technique more than a recipe. It relies on the cream at the top of a can of coconut milk, so if you usually get a cheap low-fat brand, spring for the good stuff.

1 can coconut milk

1. Freeze the coconut milk for 1 hour, long enough to get cold but not so long that it freezes solid and bursts the can. Also chill a mixing bowl and beaters in the fridge or freezer.

2. Open the can and spoon out the solid white coconut fat, leaving the clear coconut milk in the can for another recipe (coconut curry or squash soup?). Whip the coconut cream until it forms soft peaks. If it looks melty, put everything in the fridge to cool off.

sugar

3. Add sugar to taste. Serve immediately, with cake, or chill until needed.

Notes:

- If you're the sort to think ahead, you can chill everything in the fridge overnight.
- This can be tricky—keeping everything chilled is important. Don't despair, though, you can always give up and make piña coladas.
- This recipe uses coconut milk, not coconut cream, which is over-sweetened and often stabilized with guar gum. Non-stabilized coconut cream might work, though—try it and let me know!

9 Menus

Like most families, we have a motley set of traditions that collide around the various holidays. Over the years, we've developed some favorites and a decent repertoire of vegetarian entrees. Here follows some inspiration for celebration.

Sukkot

Cheeses and Crackers

[Zucchini Rosemary Soup](#)

Quinoa Tabouli ♦ [Apple Rice Salad](#)

Pumpkin, Cranberry-Walnut, Zucchini Bread (Phil) ♦ Challah

Veggie Chili ♦ Beef Stew ♦ [Brisket Chickpeas](#)

Eggplant and Chickpeas

Kale Salad (feta, grilled peppers, tomatoes, fresh peppers, carrots, peapods, olives, capers?) ♦ Kale Salad (dried cranberries, red onion, toasted pecans)

Brussels, Squash, Tempeh with [Maple-Balsamic Glaze](#)

[Zucchini Fritters](#)

Apple Cobbler (Christalee)

Ice Cream (Beki)

Thanksgiving

Nibbles

Cheese, Crackers, Dried Fruit, Crudités, Olives

Drinks

Lemon Rosemary Gin Sparkler ♦ Eve's Addiction (mulled cider) ♦ Drunk Uncle ♦ Eggnog I ♦ Eggnog II

Entrees

Turkey, brined, then deep-fried or smoked (Uel & Phil)

Seitan Loaf ♦ Seitan Roulade ♦ Orange-Glazed Tofu ♦ Honey-Baked Tofu ♦ Black Pepper Tofu & Eggplant

reqs: not too fussy, reheats/holds well, juicy/saucy, super delicious

Traditional Sides

Bread Stuffing ♦ Cornbread Stuffing

Mashed Potatoes

Turkey Gravy ♦ Mushroom Gravy (Uel)

Cranberry Sauce

Pumpkin Nut Bread (Phil) ♦ Rolls (Beki)

Vegetables

Apple Rice Salad (NancyLee)

Brussels Sprouts w/ Maple-Balsamic Glaze ♦ Brussels Sprouts w/ Honey-Sriracha Sauce

Kale w/ Pistachios ♦ Green Beans w/ Almonds (Sharon) ♦ Turnips w/ Poppy Seeds

Roasted Root Veges (+ Tempeh)

Kale-Mushroom Salad

Desserts

Maple Cookies

Pumpkin-Gingersnap Cheesecake

Pecan (Bruce) ♦ Pumpkin, Apple-Ginger, Sweet Potato Pie (Beki)

Ice Cream (Beki)

Under Consideration

Brussels with Pancetta ♦ Chocolate Gingersnap Tart ♦ Sauteed Broccoli Rabe

Christmas

Brussels Sprouts w/ Hazelnuts

Couscous/Fruit Stuffing
Cornish Hens w/ Jalapeno-Currant Glaze
Lentil & Mushroom Shepherd's Pie
[Crispy Potatoes w/ Duck Fat](#)
Rice Pilaf w/ Apricots & Cashews
Sweet Potato Gratin (pecans, cumin, breadcrumbs/butter/cheese?, sage)
Roasted Cauliflower w/ Pomegranate Seeds

Passover

Appetizers

Crudites: Carrots, Celery, Cucumber, Peppers
Pre-packaged dips (Baba Ganoush, Hummus, Roasted Peppers, etc.)
Matzo & KfP Crackers
Cheeses

Seder Plate

Parsley (cut)
Salt Water
Horseradish (match-sticked)
Romaine (cut)
Egg (roasted)
Shank Bone? (roasted)
Haroset
Matzo

Haroset

Classic (NancyLee)
Fig ♦ Tamarind ♦ Mango ♦ Date + Port (kids)
Dried mango, blood orange, toasted slivered almonds, dry wine/sherry
“seven-fruit” ♦ chocolate & strawberries ♦ piedmontese ♦ apricot-pistachio
[Sephardic Charoset](#)

Firsts

Gefilte Fish & Horseradish (jar)
Eggs and Salt Water
Matzo Ball Soup (Phil)

Entrees

Lamb (grilled?) ♦ Brisket w/ potatoes & carrots (Amy / Beki) ♦ [Lamb Stew](#)

[Spinach-Matzo Pie](#) (add mushrooms??) ♦ [Kugel-Quiche](#) (see also)

Sides

Romanian Stuffed Mushrooms (feta & chives)

[Potato Kugel](#) ♦ [Potato-Vege Kugel](#)

[Carrot Harissa Salad](#)

[Apple Charlotte](#)

[Carrot Tzimmes](#) ♦ [Grilled Asparagus](#)

Desserts

[Berry Salad](#)

[Chocolate-Caramel Matza](#) ♦ [Almond Cookies](#) ♦ [Almond Horn Cookies](#) ♦ [Ugly But Good Cookies](#)

[Ice Cream](#) ♦ [Sorbet \(Beki\)](#)

10 Our Parents' Cooking

The following recipes are more faithful to the originals than the preceding ones; for example, sugar quantities have been left as-is, rather than halved as I would. Commentary is indicated by [].

I was sent off to college with my parents' copy of Joy of Cooking, ca. 1975 (a wedding gift), including recipes clipped out of newspapers and jotted down on used UW punchcards. Here are transcriptions of the enclosed ephemera.

10.1 Ken's Granola

half-sheet pan

250° F

2 hrs.

Source: Ken Bieber

serves 8

[CB] *This recipe has different proportions to [Granola](#); perhaps you prefer it!*

3 cups rolled oats
1 cup wheat germ
1 cup sesame seeds and/or nuts
1/2 cup (shredded coconut)
1/2 cup bran
1/4 cup oil
3/4 cup honey, molasses, or corn
syrup

1. Mix all ingredients together. Spread 1/2" deep in a large baking pan.

2. Bake until golden brown, stirring occasionally. Remove and cool.
Add [1 cup] raisins, dates, and/or dried fruits. Store in [airtight] jars.

10.2 Sourdough Starter

Source: Ann Williams

2 med. potatoes, cubed
3 cups water

2 cups potato broth
2 cups flour
1 tbsp. sugar

1. Boil potatoes until tender. Remove potatoes for another use, reserving the broth.

2. Cool potato broth to lukewarm. Mix with flour and sugar to form a smooth paste. Set in a warm place until starter rises to double its original size.

10.3 Sourdough Biscuits

8" round pan

425°F

[15 min.]

Source: Ann Williams

serves 8

3 cups flour
1 tsp. salt
1 tsp. sugar
1 tsp. baking soda

1 cup [sourdough starter](#)
1 tbsp. shortening, melted

1–2 tbsp. shortening, melted

1. Sift dry ingredients into a large mixing bowl.
2. Make a well in the center of the flour and add the sourdough starter and shortening. Mix well, adding more flour (up to 1 cup) to make a stiff dough.
3. Pinch off a biscuit's worth of dough, roll it into a ball and coat in melted shortening. Crowd the biscuits in a round pan and let rise in a warm place for 20–30 min. Bake until done [golden].

10.4 Goulash

frying pan

1 hr.

Source: Ken Bieber

serves 4

[CB] *This recipe has two variants, one with pork and one with veal.*

1 med. onion, chopped
2 tbsp. butter
1 tbsp. paprika
1 tsp. salt

1 green pepper, chopped
1 tomato, chopped
1 lb. veal, cubed

2 tsp. flour
5 oz. stock (1 broth cube)

5 oz. yogurt

1. Saute onion in butter until brown. Stir in paprika and salt.
2. Add vegetables and meat and fry gently until meat changes color.
3. Remove pan from heat and stir in flour, then gradually add stock. Return to a boil and simmer gently until meat is tender, 45 min.
4. Just before serving, blend in yogurt and season as desired. Serve over macaroni.

Notes:

- To make pork goulash, substitute 2–3 cups cubed cooked pork for the veal and 2 cups sauerkraut for the vegetables. Season with 1 tbsp. caraway.

10.5 Sweet & Sour Cabbage

stovetop

10 min.

Source: Natural Foods Cookbook

serves 6

4 cups cabbage, shredded
3 onions, grated
2 lemons, juiced
4 tart apples, diced
1/2 cup seedless raisins
1/4 cup sweet cider
3 tbsp. honey
2 tbsp. oil
1 tbsp. caraway seeds
1 pinch ground allspice

1. Combine all ingredients in a large saucepan. Cover and simmer gently for 10 min.

10.6 Curried Eggs

stovetop

15 min.

Source: Ken Bieber

serves 3–6

- | | | |
|-----------|---------------------------|---|
| 4 tbsp. | butter | 1. Saute onion and garlic in butter. |
| 1/2 cup | onion, chopped | |
| 1 clove | garlic, minced | |
| 1 tbsp. | curry powder | 2. Blend in curry powder and tomato paste and cook for 1 min. |
| 1 tsp. | tomato paste | |
| 1 1/2 cup | milk | 3. Gradually add milk, stirring constantly. Cook on low for 10 min. |
| 6 | eggs, hardboiled & peeled | 4. Add salt and eggs. Serve. |
| 1 tsp. | salt | |

10.7 Toasted Seeds

half-sheet pan

250°F

30 min.

Source: Ken Bieber

- | | | |
|---------|--|---|
| 1 batch | seeds: melon, pumpkin, squash, sunflower | 1. Clean fiber from fresh seeds. Cover with salted water, bring to a boil, and simmer for 2 hrs. |
| | | 2. Drain boiled seeds, dry on paper towels, then deep-fry or roast in the oven: coat with oil, sprinkle with salt, stir occasionally. |

Notes:

CB We roast squash seeds more simply: clean & rinse seeds, lightly oil and salt, bake at 400°F in a single layer for 10–15 min. or until lightly browned.

10.8 Oven-Roasted Potatoes

9" × 13" baking dish

350°F

1.5 hrs.

Source: Madhu Bieber

serves 6

- | | | |
|----------|--------------------|---|
| 1/2 cup | butter | 1. Place butter in a shallow baking dish. Heat in the oven until butter is melted. |
| 6–8 med. | potatoes, peeled | 2. Roll potatoes in melted butter. Sprinkle with salt and pepper. Cover pan tightly with foil. Return to oven and bake 1 1/4 hrs. |
| 1/2 tsp. | salt | |
| 1 dash | pepper | |
| 1 tsp. | paprika | 3. Transfer potatoes to serving dish and pour over butter from baking dish. Sprinkle with paprika and parsley, if desired. |
| 2 tsp. | (parsley, chopped) | |

Notes:

- *If dinner is delayed, remove foil and continue baking potatoes up to 30 min. longer. They will brown attractively.*

10.9 Broiled Potatoes

broiling rack

broil

20 min.

Source: Madhu Bieber

serves 4

- | | | |
|----------|-------------------|---|
| 3 med. | potatoes | 1. Scrub potatoes but do not peel. Cut into 1/4" crosswise slices. |
| 1/3 cup | oil | 2. Dip slices in oil and place in a single layer on broiler rack. Sprinkle with salt and paprika. |
| 1/2 tsp. | salt | |
| | paprika, to taste | 3. Broil until potatoes are golden brown on one side, 7 min. Flip and continue broiling until brown. Serve hot. |

10.10 Delicious Mashed Potatoes 10 min.

Source: Madhu Bieber serves 4

- | | | |
|----------|-------------------------|---|
| 4 srvs. | instant mashed potatoes | 1. Prepare potatoes as directed on package, omitting butter. |
| 1/2 cup | sour cream | 2. Stir in sour cream, onion salt, and pepper. Heat until piping hot and serve. |
| 1/4 tsp. | onion salt | |
| 1 dash | black pepper | |

10.11 Onion Hashbrowns large skillet stovetop 30 min.

Source: Madhu Bieber serves 8

- | | | |
|---------|--------------------------|---|
| 8 cups | potatoes, cubed | 1. Lightly brown potatoes in butter in a large skillet. |
| 1/4 cup | butter | |
| 1 pkg. | onion soup mix (1.5 oz.) | 2. Add onion soup mix and water. Cover and simmer, stirring occasionally, until potatoes are tender, 10 min. Uncover and cook a few minutes more until liquid is absorbed. Serve. |
| 1 cup | water | |

10.12 Swiss Potatoes large skillet stovetop 15 min.

Source: Madhu Bieber serves 4

- | | | |
|----------|-------------------------------|---|
| 1 lb. | whole white potatoes (1 can) | 1. Drain potatoes and chop fine. Cook with onion in hot fat until crisp and browned, stirring occasionally. |
| 2 tbsp. | bacon drippings or shortening | |
| 1 small | onion, chopped | 2. Season with salt and pepper, and serve. |
| 1/2 tsp. | salt | |
| 1/8 tsp. | pepper | |

10.13 Potato-Sausage Skillet large skillet stovetop 30 min.

Source: Madhu Bieber serves 6

- | | | |
|----------|-------------------------------|--|
| 9 oz. | frozen hash browns (1/2 pkg.) | 1. Prepare potatoes as directed on package. Drain well. |
| 1/2 lb. | pork sausages | |
| 1 cup | onion, chopped | 2. Saute onion and sausage together until sausage browns. Drain off all but 1/4 cup fat. |
| 1/2 tsp. | salt | 3. Add potatoes and seasonings. Cook, stirring occasionally, until golden brown. |
| 1/4 tsp. | celery salt | |
| 1/4 tsp. | ground sage | |
| 1/8 tsp. | pepper | |

10.14 Baked Creamed Potatoes 8" × 8" baking dish 350°F 20–25 min.

Source: Madhu Bieber serves 6

- | | | |
|----------|---------------------------|--|
| 1 cup | sour cream | 1. Mix sour cream, milk, and seasonings in a bowl. |
| 1/2 cup | milk | |
| 1 tbsp. | onion powder | |
| 1 tsp. | parsley flakes | |
| 1 tsp. | salt | |
| 1/8 tsp. | pepper | |
| 5 cups | potatoes, cooked & sliced | 2. Place half the potatoes in a greased baking dish. Top with half the cream sauce. Repeat with another layer of potatoes, then sauce. |

½ cup Cheddar cheese, grated

3. Sprinkle cheese over top. Bake until bubbly and browned.

10.15 Two-Step Potatoes

8" × 8" baking dish

350°F

1 hr.

Source: Madhu Bieber

serves 6

12 med. red potatoes

1. Boil unpeeled potatoes in water until almost tender, but still firm. Cool, peel, and shred with a wide grater. You should have 4½ cups of potatoes.

1 tsp. salt

¼ tsp. pepper

½ tsp. onion or garlic salt

½ cup mild Cheddar cheese, grated

2. Grease a square baking dish and cover bottom with half the potatoes. Sprinkle with half the seasonings and top with half the cheese. Repeat with another layer of potatoes, seasonings, and cheese.

1 cup heavy cream

3. Pour cream over top. Bake until browned, about 1 hr.

10.16 Potatoes Chantilly

8" × 8" baking dish

350°F

20 min.

Source: Madhu Bieber

serves 4–6

1 pkg. instant mashed potatoes (4 servings)

1. Prepare potatoes as directed on package. Place in a greased baking dish.

1 cup heavy cream

½ cup sharp Cheddar cheese, grated

2. Whip cream; fold in cheese. Season with salt and pepper to taste. Spread over potatoes. Bake until golden and serve immediately.

10.17 Oven-Fried Potatoes

2 half-sheet pans

450°F

20–25 min.

Source: Madhu Bieber

serves 6

5 med. potatoes, scrubbed

⅔ cup oil

1. Cut potatoes into ¼" crosswise slices.

2. Pour half the oil into each baking tray. Add potatoes, turning them to evenly coat with oil. Arrange potatoes into a single layer.

3. Bake until potatoes are lightly browned. Sprinkle with salt and pepper and serve hot.

10.18 Cheese French Fries

half-sheet pan

400°F

15 min.

Source: Madhu Bieber

serves 6

18 oz. frozen French fries (2 pkgs.)

1 tsp. onion salt

¼ tsp. paprika

⅓ cup Parmesan cheese, grated

1. Place potatoes in a shallow baking tray. Sprinkle with salt and paprika. Bake as directed on package.

2. Sprinkle with cheese, shaking pan to coat evenly. Serve immediately.

10.19 Corn & Potato Chowder

2qt. saucepan

stovetop

30 min.

Source: anon. clipping

serves 6–8

1½ cups potatoes, peeled & cubed

1 cup water

¼ tsp. salt

1. Boil potatoes in salted water for 8–10 min. Drain, reserving the broth.

3 tbsp. butter
 1/2 cup onion, chopped
 1/2 cup celery, chopped
 1 1/2 tbsp. flour
 2 cups milk
 14 oz. creamed corn (1 can)
 1/4 tsp. salt
 1/4 tsp. (white) pepper
 1 tsp. (parsley, chopped)

2. Sauté onion and celery in butter until celery is cooked, 5 min.
3. Remove pan from heat and add flour, stirring vigorously. Cook on low until bubbling.
4. Stir in potato broth and milk. Bring to a boil and hold for 1 min., stirring constantly.
5. Stir in corn, potatoes, salt, and pepper. Heat through and serve, sprinkled with parsley.

10.20 Zucchini Nut Bread

8 1/2" × 4 1/2" loaf pans

350°F

1 hr.

Source: Anonymous

makes 2 loaves

3 cups flour
 1 1/2 tsp. ground cinnamon
 1 tsp. baking soda
 1 tsp. salt
 1/4 tsp. baking powder
 3 eggs
 1 1/2 cups sugar
 1 cup oil
 1 tbsp. vanilla extract
 2 cups zucchini, grated
 1/2 cup walnuts, chopped

1. Sift dry ingredients together in a medium bowl.
2. Beat eggs in a large mixing bowl. Gradually add sugar, oil, and vanilla, mixing well. Add dry ingredients and mix well.
3. Stir in zucchini and walnuts. Pour into greased loaf pans. Bake 1 hr. [or until a toothpick comes out clean]. Remove from pan and cool on racks before serving.

10.21 Zucchini Loaf

8 1/2" × 4 1/2" loaf pan

375°F

50–60 min.

Source:

makes 1 loaf

3/4 cup whole wheat or all-purpose flour
 3/4 cup rolled oats
 1/2 tsp. baking powder
 1/2 tsp. baking soda
 1/2 tsp. salt
 3/4 tsp. ground cinnamon
 2 eggs
 3/4 cup brown sugar
 1/2 cup oil
 1 1/4 cup zucchini, grated
 1/2 cup nuts, chopped
 1 tbsp. (sesame seeds)

1. Sift dry ingredients together in a medium bowl.
2. Beat eggs, sugar, and oil in a large bowl until thoroughly combined. Add dry ingredients and mix well.
3. Stir in zucchini and nuts. Pour into greased loaf pan and sprinkle with sesame seeds. Bake for 50–60 min. or until a toothpick comes out clean.

10.22 Apple Gingerbread Flan

9 1/2" springform pan

350°F

1 hr.

Source: Brenda Blais, West End Vegetarian Restaurant

serves 12

[CB] This recipe comes from a Toronto restaurant, reprinted in *Starweek* by reader request. It sounds amazing.

2 cups unbleached white flour
1 cup brown sugar
2 tsp. baking powder
1/4 tsp. baking soda
2 tsp. ground ginger
1/2 tsp. ground cinnamon
1/8 tsp. ground cloves
1/8 tsp. ground allspice
1/8 tsp. pepper
1/8 tsp. salt

2 eggs
6 tbsp. butter, melted
2 tbsp. molasses

4 large apples, peeled & sliced
1/4 tsp. ground ginger

1/2 cup brown sugar
2 eggs
1/4 cup whipping cream
4 tbsp. lemon juice
2 tbsp. lemon zest
4 tbsp. butter, melted

1. In a large/mixing bowl, sift together the dry ingredients.

2. In a smaller bowl, mix the wet ingredients. Add them to the dry mixture and stir or mix until well blended.

3. Pour the gingerbread into a well-greased cake pan. Arrange the apples in a circle on top of the batter and sprinkle the ginger over top. Bake for 30 min.

4. While the base bakes, whisk together the custard ingredients. Pour this mixture over the cake and bake for another 20–25 min.

5. Cool to room temperature before removing from the pan.

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