

Contents

1	Introduction	2	Bread Stuffing	14
1.1	How We Cook	2	Cranberry Sauce	15
1.2	Tips & Techniques	3	Eggnog I	15
1.3	Cookbooks/Websites We Love	4	Eggnog II	16
1.4	How To Read These Recipes	4	Orange-Glazed Tofu	16
2	How to Cook Vegan	4	Spinach Matzo Pie	17
2.1	umami ("savory")	5	8 Desserts	17
2.2	bacon	5	Double Chocolate Cookies	17
2.3	butter	5	Molasses Cookies	18
2.4	eggs	5	Snickerdoodles	18
2.5	buttermilk	5	Watergate Cake	19
2.6	milk	5	Nanaimo Bars	19
2.7	thickeners	5	Vegan Nanaimo Bars	20
3	Breakfast	6	Vegan Millionaires	21
	Granola	6	Marilyn's Vegan Chocolate Cake	22
	Frittata	6	9 Menus	22
	Oatmeal	7	Sukkot	22
4	Soups, Stews, & Sauces	7	Thanksgiving	23
	Seitan	7	Christmas	24
	Veggie Chili	8	Passover	24
	Zucchini Rosemary Soup	8	10 Our Parents' Cooking	25
	Mushroom Barley Soup	9	Ken's Granola	25
	Potato-Chickpea Curry	9	Sourdough Starter	25
	Tempeh Bourguignon	10	Sourdough Biscuits	26
5	Entrees	10	Goulash	26
	Tofu Salad	10	Sweet and Sour Cabbage	26
	Peanut Noodles	11	Curried Eggs	27
	Potato Latkes	11	Toasted Seeds	27
	Black Pepper Tofu	12	Oven-Roasted Potatoes	27
	Italian Tempeh Pasta	12	Broiled Potatoes	27
6	Sides & Snacks	13	Delicious Mashed Potatoes	28
	Apple Rice Salad	13	Onion Hashbrowns	28
	Carrot Harissa Salad	13	Swiss Potatoes	28
7	Holidays	14	Potato-Sausage Skillet	28
	Apple Matzo Charlotte	14	Baked Creamed Potatoes	28
			Two-Step Potatoes	29
			Potatoes Chantilly	29

Oven-Fried Potatoes	29	Zucchini Nut Bread	30
Cheese French Fries	29	Zucchini Loaf	30
Corn and Potato Chowder	29	Apple Gingerbread Flan	30

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

(maybe move to Vegan section) 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

(maybe move to Sauces section) 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*
- Julia Child, Vol. 1
- Brown, *Tassajara*
- Reinhart, *Crust & Crumb*
- Katzen, *The New Moosewood Cookbook*
- 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 add 1 tbsp. lemon 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! Update: I've mostly switched to yogurt thinned with milk. 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.

2.7.1 Molly's coconut whipped cream

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. It's tough to get right—don't despair, just mix it back into the coconut milk and make pina coladas.

canned coconut milk (NOT coconut cream)

Freeze the cans for an 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.

Open the can and spoon out the solid white coconut fat, leaving the clear coconut milk in the can for another recipe. Whip the coconut cream until it forms soft peaks, adding sugar near the end. If it looks melty, put everything in the fridge to cool off.

Serve immediately, with cake.

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
½ cup wheat germ
½ cup flax seeds
1–2 tsp. salt
2–3 tsp. each spice

1. Mix dry ingredients (except fruit!) in a large bowl.

⅓ cup olive oil
⅓ cup honey

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.

1 cup dried fruit

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. Saute the onion and raw veggies, in order of toughness. Add garlic, salt, pepper, and cooked veggies and saute 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 fritatta is puffed and brown on top, checking every 5 min.
- 1/2 cup cheese

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 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
2 oz. chickpea flour
1 tsp. salt
1 tsp. garlic powder
1 tsp. ginger powder
1 tsp. thyme
1 tsp. oregano

- 1 3/4 cup water

1. Mix all dry ingredients in a medium bowl.
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.

4.2 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 | |
| ½ cup | wine or beer | 4. When vegetables have started to soften, add the skillet contents, water chestnuts, herbs, and canned tomatos 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 tomatos (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.

4.3 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
3 (scallions)

4. Puree the soup and correct the seasonings. Serve with small zucchini cubes, croutons, and/or scallions as garnish.

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.

4.4 Mushroom Barley Soup

pressure cooker

stovetop

20 min.

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

serves 6

1 cup pearl barley
2 cups water or stock

1. Pressure cook the barley for 20 min.

2 tbsp. butter
1 onion, chopped
2 cloves garlic, chopped
1/2 lb. mushrooms, sliced
1/2 tsp. salt

2. Saute the onions in the butter, about 5 min. Add the garlic, mushrooms, and salt and saute until browned, another 10 min.

4 tbsp. soy sauce
4 tbsp. dry sherry

3. Add the mushrooms to the cooked barley. Deglaze the pan with the wine and soy sauce, and add them to the barley.

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.

4.5 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.)

1 onion
3 potatoes

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.

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
1 tbsp. coriander seeds
1 tsp. red pepper flakes
1 tsp. ground turmeric

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".

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.

4.6 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 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 tbsp. olive oil

1 tbsp. balsamic vinegar
2 tbsp. tomato paste

8 oz. sliced mushrooms
3/4 cup water

1. Combine marinade ingredients in a large bowl.

2. Cut tempeh into cubes and add to marinade. Cover and refrigerate 1 hour.

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.

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.

5. Add mushrooms and water. Simmer 10 min. until mushrooms are tender. Season with salt and pepper to taste, and serve over rice.

5 Entrees

Online Recipes

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

5.1 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
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
8–10 mushrooms, sliced
3–4 carrots, shredded
2 cups red cabbage, shredded
1 red bell pepper, sliced
2 scallions, chopped

1. Combine marinade ingredients in a large serving bowl.

2. Mix tofu and vegetables into marinade, gently. Cover and chill. Stir every 6–12 hrs. and again before serving.

Notes:

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

5.2 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.

5.3 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.*

5.4 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 1/2" cubes. Fry tofu in 1/8" oil, in 2 batches, until golden but not crisp.
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.

5.5 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 | 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. |
| 1 bunch | broccoli rabe* | 8. Saute broccoli rabe uncovered until liquid has evaporated. Combine with pasta and tempeh, sprinkle with vinegar, salt and pepper to taste, and serve. |
| 2–3 tbsp. | white wine, water, or stock | |
| 2 tsp. | red wine vinegar or balsamic vinegar | |

6 Sides & Snacks

6.1 Apple Rice Salad

Source: Donia Kirchman, via *Better Homes and Gardens*

serves 6

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 | |
| 1/4 cup | sunflower seeds | |
| 1/2 cup | dried cranberries | |
| 2 tbsp. | balsamic vinegar | 2. In a small bowl, whisk together the dressing. |
| 1 tbsp. | olive oil | |
| 2 tsp. | honey | |
| 2 tsp. | brown or Dijon mustard | |
| 1 clove | garlic, chopped | |
| 1/4 tsp. | salt | 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 | 1. Coarsely grate the carrots and put them in a large mixing bowl. |
|---------|-----------------|--|

4 tbsp.	olive oil	2. Optionally, dry-toast the cumin and caraway. Grind them before proceeding. Saute the spices and sugar in the olive oil until fragrant, 1–2 min.
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	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.
2 tbsp.	parsley, chopped	
2 tbsp.	mint, chopped	
100 g.	feta, crumbled or chopped	

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 cinnamon.
1/4 cup	sugar	
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 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. Place cranberries, orange peel, and sugar in a sauce pot, with water to cover.
1	orange, peeled	
1 cup	sugar	2. Heat to a boil and simmer until cranberries start to burst, stirring occasionally.
		3. Cool, remove orange peel, and serve (warm or cold).

7.4 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.*

7.5 Eggnog II	stand mixer	chill after mixing	30 min.
Source: Alton Brown			serves 4

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.*

7.6 Orange-Glazed Tofu	9" × 9" baking dish	350°F	1 hr.
Source: inspired by PPK's Orange Ginger Baked Tofu			serves 4

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.

7.7 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
 1/2 cup Dutch cocoa
 2 tsp. baking powder
 1 tsp. salt
 16 oz. semisweet chocolate
 4 eggs
 2 tsp. vanilla
 2 tsp. espresso powder
 10 tbs. butter
 1 1/2 cups brown sugar
 1/2 cup sugar

1. Sift together dry ingredients in a medium bowl.
2. Melt the chocolate in the microwave, stirring frequently. Set aside.
3. Lightly beat the eggs and vanilla in a small bowl. Sprinkle with the coffee powder and set aside.
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 1 1/2" 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.

2 1/4 cups flour
 1 1/2 tsp. cinnamon, ground
 1 1/2 tsp. ginger, ground
 1/2 tsp. cloves, ground
 1/2 tsp. allspice, ground
 1/4 tsp. black pepper, ground
 1 tsp. baking soda
 1/2 tsp. salt
 12 tbs. butter, softened
 1/3 cup white sugar
 1/3 cup brown sugar
 1 egg
 1 tsp. vanilla
 1/2 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
 2 oz. sugar
 2¾ tsp. cinnamon, ground
 1½ tsp. cinnamon, grated

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.
4. 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 cinammon sugar on top for extra crinkly cookies.
5. 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

1. Cream butter, sugar, eggs, and vanilla.
2. Add remaining ingredients and mix until batter is smooth.
3. 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

1. Toast the coconut and almonds at 350°F, stirring every 5 minutes until they smell delicious.
2. 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.
3. Add the remaining ingredients. Pulse a few more times to combine.

Filling

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

4. Press the crust into the greased baking dish and bake at 350°F for 15 minutes.

5. 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.

6. 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.

- | | | |
|---------|---------------|---|
| 1½ cups | white sugar | 1. Mix together all dry ingredients with a spoon or whisk. No substitutions! |
| 3 cups | white flour | |
| ½ cup | cocoa | |
| 2 tsp. | baking powder | |
| 1 tsp. | salt | |
| ⅔ cup | light oil | 2. Add all wet ingredients and mix thoroughly. |
| 2 tbsp. | cider vinegar | |
| 2 cups | water | |
| | | 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*

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 ♦ Cornbread Stuffing

Mods: Field Roast sage sausage, green peppers, mushrooms, no celery

Mashed Potatoes

Turkey ♦ 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-Vegetable 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

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

2 cups potato broth
2 cups flour
1 tbsp. sugar

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.

Index

A

- Apple Gingerbread Flan (10.22) 30
- Apple Matzo Charlotte (7.1) 14
- Apple Rice Salad (6.1) 13

B

- Baked Creamed Potatoes (10.14) 28
- Black Pepper Tofu (5.4) 12
- Bread Stuffing (7.2) 14
- Broiled Potatoes (10.9) 27

C

- Carrot Harissa Salad (6.2) 13
- Cheese French Fries (10.18) 29
- Corn and Potato Chowder (10.19) 29
- Cranberry Sauce (7.3) 15
- Curried Eggs (10.6) 27

D

- Delicious Mashed Potatoes (10.10) 28
- Double Chocolate Cookies (8.1) 17

E

- Eggnog I (7.4) 15
- Eggnog II (7.5) 16

F

- Frittata (3.2) 6

G

- Goulash (10.4) 26
- Granola (3.1) 6

I

- Italian Tempeh Pasta (5.5) 12

K

- Ken's Granola (10.1) 25

M

- Marilyn's Vegan Chocolate Cake (8.8) 22
- Molasses Cookies (8.2) 18
- Mushroom Barley Soup (4.4) 9

N

- Nanaimo Bars (8.5) 19

O

- Oatmeal (3.3) 7
- Onion Hashbrowns (10.11) 28
- Orange-Glazed Tofu (7.6) 16
- Oven-Fried Potatoes (10.17) 29
- Oven-Roasted Potatoes (10.8) 27

P

- Peanut Noodles (5.2) 11
- Potato Latkes (5.3) 11
- Potato-Chickpea Curry (4.5) 9
- Potato-Sausage Skillet (10.13) 28
- Potatoes Chantilly (10.16) 29

S

- Seitan (4.1) 7
- Snickerdoodles (8.3) 18
- Sourdough Biscuits (10.3) 26
- Sourdough Starter (10.2) 25
- Spinach Matzo Pie (7.7) 17
- Sweet and Sour Cabbage (10.5) 26
- Swiss Potatoes (10.12) 28

T

- Tempeh Bourguignon (4.6) 10
- Toasted Seeds (10.7) 27
- Tofu Salad (5.1) 10
- Two-Step Potatoes (10.15) 29

V

- Vegan Millionaires (8.7) 21
- Vegan Nanaimo Bars (8.6) 20
- Veggie Chili (4.2) 8

W

- Watergate Cake (8.4) 19

Z

- Zucchini Loaf (10.21) 30
- Zucchini Nut Bread (10.20) 30
- Zucchini Rosemary Soup (4.3) 8