



The
Foodhouse
Cookbook

FIRST EDITION



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Introduction

The idea of a Foodhouse cookbook has always been on our back-burner, that one ambitious idea brought up at our house meetings that always got shoved to the end of the to-do list in the hectic mess that is college life. To me, the idea has always had a compelling aspect that seemed to speak to what our little communal house at 1128 East Street represents in the context of Grinnell College's campus community. Since officially becoming one of the project houses about ten years ago, we've prided ourselves on providing students and faculty a place to come and enjoy a home-cooked meal, and the sharing of our favorite affordable and easily adaptable recipes seemed like a natural extension of this ethos. It wasn't until the idea came up again at one of our Sunday night house dinners this past semester that I thought to myself "why not?" and began the tiresome but rewarding process of gathering our house members' most beloved recipes.

While composing this collection of recipes, I found myself constantly reminded of the incredibly intimate relationship we share with food. Each person brings something of their own to the food and the community, which I find to be one of the most compelling and exciting aspects of living and cooking together in a shared space. Ania and Naomi are all about bread, Michael is master of chickpeas, Jeremy makes a killer peanut sauce, and as you might notice from the excessive number of chocolate recipes, we all seem to love a good chocolate dessert.

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Yet, as reflected in each recipe's introduction written by the contributing house member, there is often something more meaningful that our love for a dish is founded upon. Whether it's a childhood connection, a fond memory of whipping up the dish in the minutes before dinner during the midst of exam week chaos, or a flavor that reminds one of home, there tends to be something deeper about what a certain recipe represents to an individual that compelled them to contribute it to this book. The making and sharing of delicious food is less about the food itself, and more about its profound role in the formation of new relationships and experiences.

The idea that the sharing of home-cooked meals is an expression of love is what Foodhouse was founded upon. Each night, we take the time to pause, set aside the day's distractions, whip up some good food, and dive into a meal together. In addition to inspiring you to try your hand at a new recipe, I hope this book inspires you to bring people to the table to enjoy a great meal. In the words of César Chavez and the signature closing of our weekly menu email: "If you really want to make a friend, go to someone's house and eat with them... the people who give you their food give you their heart."

Waverly Eichhorst

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A photograph showing four loaves of bread on wire cooling racks. Three loaves are in the background, and one is in the foreground, partially obscured by a large, semi-transparent watermark containing the word "STAPLES".

STAPLES

White Bread

My love affair with bread started my first year living in Foodhouse. I was determined to make some good (really good) homemade bread. My first attempts were pretty blah—many quick-rise, doughy boules made from recipes found on amateur food blogs. From this experience, I urge you: if you want to learn about bread, either do it from an expert or find a good book. Foodhouse alumna, Sheva Greenwood, in combination with Ken Forkish's book, *Flour, Salt, Water, Yeast*, started me off right and taught me a good portion of what I know today. I have since ventured on to other books and learned a fair bit experimenting on my own. This is one of Ken Forkish's tried and true recipes.

—Naomi

Making & Baking Schedule:

- 6 p.m. - Mix the biga
- 8 a.m. - Mix the final dough
- 11 a.m. - Shape the loaves and turn on the oven
- 12 p.m. - Bake the loaves

Biga (pre-fermentation):

- 800 g all-purpose flour
- 544 g water, at 80°F
- 1/8-1/4 tsp instant dried yeast



Final Dough:

- All of biga
- 200 g all-purpose flour
- 206 g water, at 104°F
- 22 g fine sea salt
- 1/8-1/4 tsp instant dried yeast

Measure 800 g of flour and about 1/8 -1/4 tsp of yeast into a 6-quart tub or bowl. Pour in 544 g of water at about 80°F. Mix by hand, alternating using your pincer fingers to squeeze the dough together and folding the dough over itself until all the ingredients are incorporated. Cover and leave out overnight at room temperature 12 to 14 hours. When ready, it should be slightly domed, about triple in volume, and have a strong, ripe smell of alcohol.

Measure 200 g of flour into a tub or bowl. Add the 22 g of salt and 1/8-1/4 tsp of yeast and mix by hand. Pour in the 206 g of 104°F water and mix by hand using the pincer and folding method until just incorporated. Add all of the biga, using your hand to ease it out

of the container. Mix by hand, wetting your working hand before mixing the dough so the dough doesn't stick to you. Using the pincer method alternating with folding the dough to fully integrate the ingredients.

This dough needs two or three folds which are best applied during the first hour and a half of fermentation. The total fermentation time is 2 1/2 to 3 hours.

After it has fermented, flour your hand and a work surface. Gently ease the dough out of the tub and onto your work surface. Use a bit of flour to dust the area in the middle where you'll cut the dough, then cut it into 2 equal sized pieces with a knife or metal bench scraper.



Dust two proofing baskets (or your substitution) with flour. Shape each piece of dough by folding it, flipping it upside down, then cupping your hand around the back of the dough ball. Pull the entire dough ball 6 to 8 inches towards you on a dry, unfloured surface, leading with your pinky fingers and apply enough pressure so the dough ball grips your work surface and doesn't just slide across it. This will tighten up the ball and add tension to it. Give the loaf a quarter turn and repeat this tighten step. Repeat again until you've gone all the way around the dough ball two or three times. Repeat with the second loaf of dough. Place the loaves seam-side down in the proofing basket.

Lightly flour the tops of the loaves. Set them side by side (in the bowls) and cover with a kitchen towel. Preheat the oven to 475°F and place a Dutch oven on the middle rack with the lid on. The proofing time for this bread is about 1 hour.. If you only have one Dutch oven, place one of the loaves, covered, in the fridge 20 minutes before the first loaf goes into the oven.

Be very careful with the extremely hot Dutch oven in this next step. Invert the proofed loaf onto a lightly floured counter-top, keeping in mind that the top of the loaf will be the side that was facing down while it was rising—the seam side. Remove the preheated Dutch oven from the oven, remove the lid, and carefully place the loaf in the Dutch oven seam side up. Cover and bake for 30 minutes, then remove the lid and continue to bake for a further 20 to 30 minutes, until at least medium dark brown around all the loaf. Check after 15 minutes of baking uncovered in case your oven runs hot.

Remove the Dutch oven and carefully tilt it to turn the loaf out. Place on a wire rack to let it cool, about 20 minutes. Put the Dutch oven back in the oven for 5 minutes to preheat it, then bake the second loaf in the same way.

Biscuits and Vegan Biscuits

These biscuits are perfect with soup or topped with Anne's amazing vegan mushroom gravy. I use the same recipe for the non-vegan and vegan version, swapping out cow milk for almond milk or soy milk and butter with non-dairy vegan butter or margarine. I usually double this recipe for serving a full Foodhouse without guests (12 people) or triple the non-vegan version and single batch the vegan version for a night with guests (18 people).

—Charlotte

2 cups all purpose flour
2 tbsp baking powder
1 tsp salt
 $\frac{1}{2}$ cup (1 stick) cold, unsalted butter or
vegan butter replacement
1 cup cow milk or non-dairy milk



Preheat your oven to 425°F.

Mix together the flour, baking powder, and salt in a bowl until well combined—I use a whisk or a wooden spoon. Then, for the non-vegan version, unwrap your stick of butter and slice it into small chunks into the bowl of flour mixture. Once you have sliced the whole stick up completely, use your hands to work the butter into the flour, until the whole mixture is a crumb-like, pebble-y texture of the flour mixture held together with the butter. For the vegan version, do the same, but with some vegan butters you just scoop out of the container into your measuring vessel and then into your bowl, as opposed to cutting it in.

Next, for both versions, add your 1 cup of milk and stir in with a spoon, until just mixed together. The dough should

be holding together well but not terribly gooey or sticky; add a little more flour or milk as needed to get the right texture. Then you can turn your mixture out on the counter and pat it down until it is about an inch thick. Sprinkle flour on it as needed to stop it from sticking to your hands.

Next, grab a drinking glass or mason jar, the ones I use are usually about 3 inches or so in diameter, and coat the edge in flour. Cut out your biscuit shapes and place them on baking trays, re-squishing together and flattening out the leftover dough bits until it is all used up. Bake in the oven for about 10-15 minutes (I usually just check them semi-frequently rather than timing them, though). They are done when they are golden brown on the bottom—you can flip one or two over to check.

Flatbreads

This makes a lot of fricking flatbread.

—Bella

Dough:

24 oz (just over 4 cups) flour, plus additional for shaping the dough
(stone ground, unbleached organic is best, but also expensive)

2 generous tsp fine sea salt
1 tsp instant yeast
20.6 oz (about 2 2/3 cups) water

Pesto Topping:

Lots and lots of fresh basil (sweet)
Olive oil
Lots of black pepper
Lemon juice
Other greens like kale, spinach or radish greens
Optional Parmesan cheese
Nuts (optional but really good) pine nuts, or walnuts

Make the dough: Place the flour, salt, and yeast in a large mixing bowl and whisk well to combine. Make a well in the flour and pour the water into the well. Stir with a wooden spoon until the ingredients come together to form a wet dough, about 1 minute. When the dough has come together, begin kneading it by hand, using pulling and pushing motions to lift the dough up from the bowl and snap it back down. Continue kneading the dough in this fashion until it is smooth and elastic, 2 to 3 minutes. Scrape down the bowl and cover it with plastic wrap. Refrigerate overnight.

Proof the dough: Remove the dough from the refrigerator and let the bowl stand at room temperature until the dough loses its sluggish appearance and

becomes lively and bubbly, 4 to 5 hours. Use a plastic scraper to scrape down the sides of the bowl and fold the dough over upon itself with a few light strokes. Cover the bowl and let the dough rest at room temperature for 30 minutes. Repeat the folding strokes and let rest for 15 minutes. Repeat folding once more and let rest for 15 minutes.

Adjust an oven rack to the middle position, heat the oven to as high as it can go—550°F is a good standard. Place a pizza stone or cast iron pan on the rack and heat the oven. If you only have regular baking trays, no worries. Keep them out of the oven and put the flatbreads directly onto the sheets when you're ready to bake them.

Flatten out baseball-softball sized chunks of dough into whatever shape you like in a flatbread, long and skinny or cute rounds or the lovely amorphous shapes in between. Take a scoop of the pesto and slap it onto the dough rounds and spread it around with a spoon, it can go on thick, do not fear. Bake it for about 7 minutes then check it; it may need more time. It should get a little puffy but still be soft. You could also leave it in for a touch longer if you're searching for that crunch. You'll have to do multiple round of baking because one oven is not large enough to accommodate all this goodness at once. So either reduce the size of the recipe or once your flatbreads are done, cover with tinfoil or a towel to keep them warm until served.

Vegan Scones

I never made vegan baked goods before Foodhouse because my mom grew up on a dairy farm and she taught me to care a lot about butter. However, I have risen to the occasion multiple times this year (in fact, both baked goods recipes I have in this cookbook are vegan). I made these for Foodhouse tea time and was really surprised by how good they were. They turned out flaky and fluffy and generally delicious.

The sweet potato variation came about because we forgot to buy pumpkin and had sweet potatoes lying around, but it was really good and I would do it again. Coconut oil really makes a big difference for these scones: it's made me believe in it as the best vegan alternative to butter. A note about using sweet potato: it works well if you just bake a sweet potato in the microwave and then mash it with a fork until it is a pretty uniform texture.

—Anne

For the scones:

2 cups all-purpose flour
1 tbsp baking powder
3 tbsp sugar
1 tsp ground cinnamon
½ tsp ground ginger
½ tsp ground nutmeg
¼ tsp salt
¼ cup coconut oil (not melted)
About ¾ cup raisins, vegan chocolate chips,
dried ginger, walnuts, or something else
⅓ cup unsweetened pumpkin puree or
mashed sweet potato
⅔ cup unsweetened nondairy milk

For the tops of scones:

1 tbsp unsweetened nondairy milk
½ tbsp maple syrup
1 tbsp brown or turbinado sugar

Preheat oven to 400°F and line a baking sheet with parchment paper.

In a medium bowl, whisk together flour, baking powder, sugar, spices, and salt. Cut in coconut oil like you would cut in butter using a pastry cutter, a knife, a fork, or your hands, until there are no clumps of coconut oil left and the mixture looks sandy.

Combine milk and pumpkin or sweet potato in a small bowl or in a liquid measuring cup. Mix the milk-pumpkin mixture into the dry ingredients until dough is formed. Don't over-mix! It's okay if there are still some slightly floury/clumpy bits.

Transfer the dough to a clean and lightly floured surface. Pat or roll lightly until it forms a large rectangle that's about ¾ inch thick. Distribute about half of the raisins, chocolate chips, or whatever you're using evenly over half of the surface and then fold the dough over. Pat down again and distribute the rest of the ingredient and fold over. Cut the scones into the desired size and place at least 1 inch apart on prepared baking tray.

Mix 1 tbsp milk, maple syrup, and turbinado sugar in a small bowl. Brush or drizzle tops of scones with mixture. Bake until done—this depends on the size of your scones, but should be 10-20 minutes.



LITTLE DISHES

Roasted Beans



Chickpeas are bomb. Eat more of them. You can mush 'em, you can roast 'em, you can eat 'em out of a can. So many ways to enjoy your favorite bean. If you're feeling adventurous, be like Mira and roast another kind (i.e. lima beans, aka butter beans, aka Madagascar bean, aka sieva bean).

—Martin

Beans of any assortment (cooked or fresh from a can)

Olive oil

Spices to match whatever flavor profile you desire, make your own combination! (We love cumin, paprika, coriander, salt n' pepper, and fresh herb)

Hummus

Peeling chickpeas pre-hummus making is a subject of wide debate. After many grueling trials that have included painstaking hours of chickpea skinning, we have collectively decided that peeling them is not worth it. The effort is not worth the minor benefit, so don't bother. Hummus is also a great staple recipe to experiment with, so consider this recipe more of a template to experiment with and make your own.

—Waverly

4 cups chickpeas	
¾ cup tahini	Herbs/spices
¾ cup olive oil	optional
Salt to taste	Ice water

Dump all ingredients into a food processor. Blend and check consistency, adding more water until you reach your desired texture.



Ginger Curry Sweet Potatoes

I love making sweet potatoes and am committed to letting the world know. A classmate asked in Chinese class, inquiring what food is my favorite to make, "Ni zui xihuan zuo de fan shi shenme?" I was tempted to answer, "Wo zui xihuan zuo suan la tang," hot and sour soup, a dish I have never made but I sure know how to say. But I persisted. "Tian, tian...." Sweet, sweet... I made an oval with my hands. Frantically, I tried to find ways to explain myself. The professor said I could draw on the board, so I drew a container of McDonald's fries with an arrow pointed left at what they used to be, a dimpled blob. "Tian de..." I pointed at my masterpiece and everyone understood. Sweet potatoes satisfy my cravings for a comforting starchy food, yet also leave me feeling energized and not overly-full. Ginger and curry pair well in bringing out the savory elements of sweet potatoes, adding depth in flavor that ensures these won't get boring.

—Mira

Preheat oven to 400°F.

Cut sweet potatoes into bite-sized pieces, about 1-2 inch vaguely cube shapes.

Put potatoes in a large bowl. In a separate bowl, microwave 2-3 tbsp of coconut oil until liquid. Pour coconut oil on the sweet potatoes, using a spoon or hands to ensure they are all coated.

Shake curry powder onto sweet potatoes.

ABOUT 4 SERVINGS

2 large sweet potatoes
1 inch fresh ginger root
Curry powder
Coconut oil

Cut ginger root into dime-sized chunks and place in a garlic press, then squeeze out ginger juice and pulp into bowl.

Mix bowl to get spices on all sweet potatoes, pour in a single layer into a sheet pan.

Bake for 30-35 minutes, checking halfway through. Potatoes will be done when you can stick a fork in and it goes through entire potato easily.

Enjoy!

Cumin Soysauce-y Lentils

Jeremy "Jstor" Epstein wanted to add sesame oil to my lentil sludge. At first I thought it a bad decision, but I was proven wrong. Next he tried to add soy sauce but I thought that was really dumb. Once again, I was wrong and it tasted good. At this point Jstor became overconfident and tried to throw in a wack ingredient. This time I successfully stopped him and dinner was saved.

—Martin

ABOUT 4 SERVINGS

1 onion
5 stalks celery
Olive oil
Salt
3 tbsp cumin
1 ½ cups red lentils
6 cups water
3 tbsp soy sauce
Sesame oil (optional)

Chop onions and celery, fry in a pot with olive oil and cumin.

Rinse and sort lentils (they are dirty). Add to pot with water and bring to a boil. Simmer for 45 minutes. May need to adjust water amount for desired consistency. Should form a nice glop.

Once lentils are cooked stir in soy sauce and sesame oil if you desire. Serve hot.

Vegan Gravy

I never ate biscuits and gravy before I was a vegetarian and it's pretty much impossible to find vegetarian biscuits and gravy out in the world (probably because meat gravy is really good). However, this gravy is delicious in a different way than traditional meat gravy. It tastes buttery and brown and has a really wonderful texture that is nothing like rubbery mushrooms.

—Anne

MAKE 3 ½ CUPS

½ cup extra virgin olive oil
½ small onion (or more, up to you), finely chopped
4 oz baby Portobello mushrooms, finely chopped

½ cup all-purpose flour
4 to 5 cups vegetable stock
1 tsp soy sauce
Salt to taste
Black pepper to taste
Cayenne pepper to taste (optional)

Heat oil in a large skillet over medium-high heat. Add mushrooms and onions and cook, stirring, until well-browned, about 8 to 10 minutes. Make sure they really do get brown, otherwise the gravy will be kind of bland.

Sprinkle in flour and cook, stirring, until golden brown, about 3 to 5 minutes. Again, make sure they are actually golden brown.

Mix in vegetable stock a little at a time. At first it will look really pasty and clumpy, but keep

mixing in stock until a smooth sauce forms. Stir in soy sauce, black pepper, and cayenne; taste and add more salt if necessary. Keep in mind that store-bought vegetable stock often already has salt added, so it might not be necessary to add more.

At this point, gravy should simmer for about two minutes to thicken, but can be kept on low-heat for about half an hour before serving, if necessary. Serve with biscuits, on mashed potatoes, etc.



Roasted Brussel Sprouts: 2 Ways

Brussel sprouts have been a relatively recent discovery of mine due to the fact that they were never around in my household growing up. My parents, like the majority of people I know, were under the impression that brussel sprouts lacked any potential after only having tasted poorly prepared brussel sprout dishes. It was only after I started bringing home brussel sprouts and experimenting with roasting them that they started coming around. At first, it was the classic “well I usually don’t like them but I like them this way,” but before long they were full-on brussel sprout lovers. Although I also love the classic salt and pepper preparation, these two methods are quite substantial on their own and demonstrate how, with some creativity, brussel sprouts can be elevated to a whole new level.

—Waverly

SERVES 4

2 cups pounds brussel sprouts
1/4 cup olive oil
3/4 tsp sea salt
1/4 tsp (or 10 grinds) black pepper

Maple and Hazelnut:
2 tbsp maple syrup
1/2 cup toasted hazelnuts, coarsely chopped

Preheat the oven to 375°F. To prepare the brussel sprouts, remove any yellow or brown outer leaves, cut off the stems and cut in half. In a large bowl, toss the brussel sprouts, olive oil, salt, and pepper together. Once all of the brussel sprouts are coated in oil, spread them into a 9-by-13-inch

Almond Pesto:
1 cup almonds
1/4 to 1/2 cup olive oil
3 cloves of garlic, peeled
1/2 cup fresh basil
1 tsp of lemon juice
1 tbsp of maple syrup
Salt to taste
A splash of water
A handful of chopped roasted almonds

(or larger) baking dish or sheet tray to roast. You may want to line your sheet tray with foil or parchment paper for easy cleanup because the caramelizing process leaves a sticky residue. After 15 minutes, stir the brussel sprouts with a spatula or large spoon to even out the browning.

Maple Hazelnut:

After 30 minutes, stir in the maple syrup.

Continue to roast the brussel sprouts for about 15 more minutes, or until they are fork tender. Toss the roasted brussel sprouts with the hazelnuts.

Almond Pesto:

Once your Brussel sprouts are cooked (likely around the 30 minute mark) remove them from the oven and mix in the pesto. Sprinkle with a handful of roasted almonds.

Cowboy Caviar

Sometimes you need a side-dish that’s as simple as literally opening up some cans. Somehow, this dish manages to taste really fresh while being nutritionally dense and super affordable.

—James

SERVES 4-6

Dressing:
1/2 cup olive oil
1/4 cup white wine vinegar
1 tsp chili powder
1 tsp salt

Everything else:

1 pound Roma tomatoes, seeded and diced
1 (15 oz) can black-eyed peas,

drained and rinsed

1 (15 oz) can black beans, drained and rinsed

1 (11 oz) can super sweet corn, drained

1 red onion, diced

1/2 cup diced green bell pepper

1/2 cup diced red bell pepper

1 cup chopped cilantro (from 1 bunch)

1 ripe avocado

Combine the olive oil with the dry ingredients in a large salad bowl.

Chop up the fresh peppers and finely dice the red onion.

Literally open up all of the cans, throw them in with the chopped vegetables and mix with the olive oil and spices.

Chop avocado and cilantro, combine either as garnish or incorporate—go crazy!

Roasted Cabbage with Caraway

Like many of my favorite foods, this one was shared with me by a friend. Lucia Tonachel, who lived in Foodhouse during my second year, converted me to a proud roasted cabbage lover. It's the kind of thing I eat off the baking sheet because it's that good. Most of the leaves get tender, translucent, and sweet, but a few edges get crispy and toasted. I admit, I love the bitter flavor of (slightly) burned things, but depending on your preference, you may want to pull the cabbage out of the oven sooner or roast it at a lower temperature.

—Ania

1 head cabbage, red or green, or half of each for extra visual stimulation
½ tsp caraway seeds*
Lots of olive oil
Salt and pepper to taste

*Note on caraway seeds: If you wish, you can grind the whole seeds up a bit (get creative with a wooden spoon and cutting board if you don't have a mortar and pestle) or you can leave them more whole. I usually kind of grind them in my palm. I don't know if this really does anything, but its a habit I probably won't break anytime soon.

Preheat oven to 425°F and get two baking sheets ready by drizzling them liberally with olive oil. Slice the cabbage! I start by cutting it in half through where the stem once was. Then, depending on my mood that day, I'll cut long threads, thick wedges, or rectangular chunks. Toss with olive oil and sprinkle with salt, pepper, and caraway seeds. Roast for about 15 minutes, stirring it around, and roast for 15 minutes more, or to your liking.

If I had to eat one thing for the rest of my days, it would be daal with caramelized onions, roasted vegetables (most days, broccoli) and rice. The dish is simple, but fully flavorful and filling. Plus, it is easily varied from season to season using different vegetables. This is my makes-me-feel-at-home dish. There are myriad ways to make daal. What I have here is just the way I have been doing it recently. I suggest you play around with ingredients and measurements and find what you like best.

—Naomi

Serves 4

Oil, ghee, or butter
1 tsp whole cumin, coriander, and mustard seeds
Red pepper flakes to taste
1 ½ tsp turmeric
1 tsp minced fresh ginger

½ medium onion (intact), peeled
Salt to taste
1 plump garlic clove, minced
1 cup red lentils
3 tbsp chopped cilantro

In a large saucepan, place the whole cumin, mustard seeds, and coriander seeds over medium heat and move them around, toasting them for about a minute.

Add oil, ghee, or butter, turmeric, and red pepper flakes. Sauté onion until softened. Add minced ginger and garlic; stir, and reduce heat to low.

Add lentils and stir, covering them in the spices. Add tomatoes and 4 cups water. Raise

heat to bring to a boil, then reduce heat until mixture is at a fast simmer. Cook uncovered until lentils are soft, stirring occasionally, about 25 minutes.

Season to taste with salt, and continue to simmer until mixture has thickened, about 10 minutes. If daal is too soupy, increase heat and cook for a little longer.

To serve, place daal in a serving bowl and sprinkle with chopped cilantro. Serve hot.

Spinach, Date, Red Onion, and Sumac Salad

I have yet to make this dish for anyone who did not immediately fall in love with it. The tartness of the pickled onions is cut with the spice of the fried pita and the sweetness of the dates in a way that makes this salad unforgettable. After making it for Foodhouse one night, I learned from Bella that sumac, the tangy spice that makes this salad shine, is actually native to Iowa and can be found locally at CERA! Consider using this recipe as an excuse to go on an excursion to seek out some sumac plants of your own.

—Waverly



SERVES 4-6

1 tbsp wine vinegar
½ medium red onion, thinly sliced
½ cup dates, preferably Medjool, pitted and quartered lengthwise (fresher the better!)
Salt to taste
2 tbsp unsalted butter
2 tbsp olive oil, divided

2 small pitas, roughly torn into 1 ½ inch pieces
½ cup whole unsalted almonds, coarsely chopped
2 tsp sumac
½ tsp chili flakes
5 to 6 oz baby spinach leaves
2 tbsp fresh lemon juice

Put vinegar, onion and dates in a small bowl. Add a pinch of salt and mix well with your hands. Leave to marinate for 20 minutes, then drain any residual vinegar and discard.

Meanwhile, heat butter and 1 tbsp olive oil in a medium frying pan over medium heat. Add pita and cook for 4 to 6 minutes, stirring all the time, until pita is golden. Add almonds and continue cooking until pita is crunchy and browned and almonds are toasted and

fragrant, about 2 minutes more. Remove from heat and mix in sumac, chili flakes and ¼ tsp salt. Set aside to cool.

When ready to serve, toss spinach leaves with pita mix in a large mixing bowl. Add dates and red onion, remaining 1 tbsp olive oil, the lemon juice and another pinch of salt. Taste for seasoning and serve immediately.

Pureed Celeriac

Another eastern European favorite! In the fall of 2018, local farmer and Grinnell alum Jordan Scheibel planted a lot of celeriac, so he must like it too. I was delighted when I saw his stand at the farmers' market and switched my recipe for that week to this recipe. Celeriac has a very distinct flavor, so I use cauliflower, which make its flavor a little more subtle.

—Ania

SERVES 4

1 small head of cauliflower
2 celeriac (aka celery root)
2 tbsp butter
 $\frac{1}{4}$ cup cream
Dash of nutmeg
Salt and pepper

Peel and dice the celery root. I know it's a pain, but it's worth it. Cut up the cauliflower into florets and place both in a saucepan. Add a couple inches of water and a few dashes of salt and steam with the lid on for 15-20 minutes, or until tender. Make sure to add water if it gets low!

Drain the vegetables, add butter to the pan, and sauté the veggies for a few minutes until they are slightly brown.

Use a food processor or immersion blender to puree the vegetables with the cream. Add nutmeg, salt, and pepper to taste.

Butternut Squash with Red Onion, Za'atar, and Tahini dressing

After looking through the recipes we had compiled for this book, I realized we didn't have a good tahini recipe. Around the house, I'm notorious for finding ways to incorporate tahini (which is just a paste of blended-up sesame seeds) into every meal, so I decided it was on me to make the addition. I often make tahini sauces like this one and drench it on whatever I'm eating to add a tangy, satisfying edge. This combination of flavors is one of my favorites, and also happens to feature za'atar, a Middle Eastern spice mix well-worth seeking out.

—Waverly

1 large butternut squash cut into $\frac{3}{4}$ by $2\frac{1}{2}$ -inch/2 cm by 6 cm wedges
2 red onions, cut into $1\frac{1}{4}$ -inch/3 cm wedges
3 $\frac{1}{2}$ tbsp olive oil
3 $\frac{1}{2}$ tbsp light tahini paste
1 $\frac{1}{2}$ tbsp lemon juice
2 tbsp water

1 small clove garlic, crushed
3 $\frac{1}{2}$ tbsp pine nuts
1 tbsp za'atar
1 tbsp coarsely chopped flat-leaf parsley
Sea salt and freshly ground black pepper

Preheat the oven to 475°F. Put the squash and onion in a large mixing bowl, add 3 tbsp of the oil, 1 tsp salt, and some black pepper, and toss well. Spread on a baking sheet with the skin facing down and roast in the oven for 30 to 40 minutes, until the vegetables have taken on some color and are cooked through. Keep an eye on the onions, as they might cook faster than the squash and need to be removed earlier. Remove from the oven and leave to cool.

To make the sauce, place the tahini in a small bowl along with the lemon juice, water, garlic, and $\frac{1}{4}$ tsp salt. Whisk until the sauce is the consistency of honey, adding more water or tahini if necessary.

Pour the remaining 1 $\frac{1}{2}$ tsp oil into a small frying pan and place over medium-low heat. Add the pine nuts along with $\frac{1}{2}$ tsp salt and cook for 2 minutes, stirring often, until the nuts are golden brown. Remove from the heat and transfer the nuts and oil to a small bowl to stop the cooking.

To serve, spread the vegetables out on a large serving platter and drizzle over the tahini. Sprinkle the pine nuts and their oil on top, followed by the za'atar and parsley.

Kale Salad

In high school I would make this salad for dinner with my family at least once a week, but I would use a salty hard cheese and nuts instead of roasted chickpeas. I came up with this vegan and nut-free version for Foodhouse to meet everybody's dietary needs. It goes really well with biscuits and gravy. It's very important that you massage the kale—without this step the flavors don't really blend and it's a lot less fun to eat.

—Anne

SERVES 4

1 bunch of kale
1 $\frac{3}{4}$ cups cooked chickpeas or 1 15 oz can
 $\frac{1}{2}$ tsp ground cumin
 $\frac{1}{2}$ tsp paprika
1 lemon or 2-3 tsp lemon juice
Olive oil

Wash kale and allow to dry.

Preheat oven to 425°F

Toss chickpeas 1 tsp olive oil, $\frac{1}{2}$ tsp salt, cumin, and paprika on a baking sheet until they are all coated.

Roast chickpeas in the oven until they are crispy, between 10 and 30 minutes. Check on them every once and a while and move them around to make sure they are browning evenly. Allow to cool.

While the chickpeas are roasting, make salad dressing. Put about twice as much olive oil as lemon juice in a jar or a small bowl with garlic, a little bit of salt, and

3 garlic cloves, minced or crushed
Salt & pepper

plenty of black pepper. Whisk until combined.

Tear up kale into manageable pieces (think about what size of leaf you would like to put in your mouth) and put into a large bowl.

Pour dressing onto kale and use your hands to massage into the kale (squeeze the dressing into the kale). You'll know you've gotten to a good point when the kale looks darker green and takes up much less space in the bowl.

Serve kale with roasted chickpeas sprinkled on top.

Arugula, Lentil, and Broccoli/Brussel Sprout Salad

I decided this recipe deserved a place in this book after serving it to a friend who described it as the best salad she's ever had. I'm a big believer in salads hearty enough to stand their own in a meal, and I find adding protein or complex grains accomplishes this well. This combination, made substantial by the addition of lentils and roasted veggies, is a delicious and easy recipe that makes a great lunch or light dinner.

—Waverly

SERVES 4

For the salad:

1 $\frac{1}{2}$ lbs broccoli
 $\frac{3}{4}$ lb brussel sprouts (or more broccoli)
Olive oil
 $\frac{1}{2}$ cup black beluga lentils (or green/Puy lentils), picked through and rinsed
Several handfuls arugula
 $\frac{1}{2}$ cup freshly shredded Parmesan cheese (optional)

For the vinaigrette:

2 tbsp olive oil
 $\frac{1}{2}$ lemon, juiced
1 tsp honey
 $\frac{1}{2}$ tsp Dijon mustard
Pinch red pepper flakes
Sea salt and ground pepper

Preheat oven to 425°F and line your largest rimmed baking sheet with parchment paper. Cut the broccoli florets into bite-sized pieces. Trim the ends off the sprouts; cut the small sprouts in two through the stem and the large sprouts into quarters. Toss the florets and sprouts in olive oil so they are lightly coated, and sprinkle with salt and pepper. Spread the florets and sprouts in a single layer on the baking sheet (be sure not to overcrowd). Bake for 20 to 30 minutes, tossing halfway through, until the vegetables are crisp-tender and well caramelized on the edges.

In the meantime, bring $\frac{3}{4}$ cup water to a boil in a medium saucepan. Add the lentils, reduce heat, cover and simmer for 15 to 20 minutes, until the lentils are tender but still retain their shape.

Whisk together the vinaigrette ingredients while the roasted vegetables and lentils cool a bit. In a large serving bowl, combine the roasted vegetables, cooked lentils and arugula. Drizzle with vinaigrette, sprinkle in the optional Parmesan and toss well. Taste and add more salt, pepper and/or lemon juice if needed. Best served immediately.



BIG DISHES

Pesto Chickpea Bulgur

Grains with pesto are a yummy trick I learned from Ottolenghi's "Pesto Couscous" recipe in *Plenty*. In Foodhouse people often forget to use the parsley or cilantro they requested, so when cooking at the end of the week you need to be able to use 2 or 3 unplanned bunches of parsley. You can customize the flavors of the pesto however you like, and it greatly enhances a sometimes boring grain like bulgur or couscous. Naomi tossed in the roasted chickpeas which added much needed crunch and spice to the bulgur mixture.

—Martin

SERVES 2-4

Chickpeas:

1 can chickpeas (or $\frac{1}{2}$ cup dried chickpeas soaked, cooked)

4 tbsp olive oil

Paprika

Cumin

Cayenne

Salt to taste

Pesto:

2 bunches parsley

Handful basil

A bit of mint

$\frac{1}{2}$ lemon's zest

$\frac{1}{2}$ lemon's juice

6 tbsp olive oil

Salt to taste

Bulgur:

1 cup bulgur

1 $\frac{3}{4}$ cups water (or vegetable stock)

Vegetable bouillon (optional)

In a bowl, mix spices for chickpeas with the olive oil. Mix chickpeas in oil dressing to fully coat all of them. Dump chickpeas onto baking tray and cook in oven for 15 minutes.

Once water is boiling, turn off heat, add bulgur, cover pot, and let sit for 10 minutes.

Mix the pesto and cooked chickpeas into the bulgur.



Preheat oven to 425°F and start heating the bulgur water, stir in bouillon once its hot.

Chop off the leafy end of the parsley bunches and add to food processor. Add the remaining leaves for pesto, lemon juice and rind, olive oil, and salt. Blend until smooth. Adjust olive oil amount as necessary for desired consistency.

Millet Polenta with BBQ Lentils

I remember first making this dish with Ania for Foodhouse dinner one afternoon when the weather was still warm enough to comfortably eat outside on our picnic table adjacent to the college garden. While searching for recipes, we were skimming through a bunch of food blogs, and when I read out loud a recipe with BBQ flavors, her face lit up. She turned out to have had good intuition; the entirety of Foodhouse loved the combination of the barbecue flavored lentils with creamy polenta, which is a surprising combination of hearty flavors that can be particularly hard to come by with plant-based cuisine.

—Waverly

SERVES 2-3

Vegan BBQ sauce:

1 tsp olive oil
1 small shallot, peeled + grated on a box grater
1 clove of garlic, minced
 $\frac{1}{2}$ tsp smoked paprika
 $\frac{1}{2}$ tsp mustard powder
1 tsp chili powder
1 $\frac{1}{2}$ cups jarred tomato sauce
 $\frac{1}{4}$ cup maple syrup
2 tbsp apple cider vinegar
1 tbsp tamari
Salt + pepper to taste

Everything else:

1 $\frac{1}{4}$ cups cooked French or black lentils
2 tsp olive oil
1 small cooking onion, small dice
Salt + pepper
3 cups vegetable stock
1 cup raw millet, ground into flour/meal
Handful of flat leaf parsley, rough chopped
Couple stalks of celery, small diced with inner leaves if possible

Optional (but recommended):

Butter in polenta (regular or vegan)
Roast veggies! (we all loved it with roast brussel sprouts and broccoli on top the lentils!)

First, make the barbecue sauce. Heat the olive oil in a medium saucepan over medium heat. Add the grated shallot and minced garlic to the pan and sauté, stirring frequently, until soft. About 3 minutes. Add the smoked paprika, mustard powder, and chili powder to the pot and stir for 20 seconds or so. Add the tomato sauce, maple syrup, apple cider vinegar, and tamari to the pot and stir. Bring the barbecue sauce to a boil and simmer until sauce is slightly thickened, about 10 minutes. Reserve 1 cup of sauce for this dish and store the rest to use for extra topping, or for future use.

Combine the cooked lentils and 1 cup of barbecue sauce in a small saucepan and keep very warm. Add a big pinch of salt and pepper, if you like.

Make the polenta. In a medium saucepan/small soup pot, heat the 2 tsp of olive oil over medium heat. Add the diced onion and sauté, stirring frequently, until translucent and soft, about 5-7 minutes. Add the vegetable stock to the pot along with a heavy pinch of salt. Bring the stock to a boil and then slowly sprinkle in the ground millet flour while whisking. Keep whisking the ground millet and stock until you have a thick, cooked, polenta-like mixture. If you like a creamier polenta, add a pad or so of butter. Remove it from the heat and divide the polenta among bowls. Top the polenta with the warm BBQ lentils.

In a small bowl, quickly toss the parsley leaves and celery together with some olive oil, salt and pepper. Divide the little salad, add optional roast vegetables, and serve.

Okra and Potatoes with Spices (Bhendichi Bhaji)

Some of my earliest memories date back to my childhood in Texas, when my pa would occasionally test his cooking skills against various Southern favorites. Although the slimy green traces left by the okra scared my younger self away from this special vegetable, in time I grew to love it. You can take the boy out of Texas, but you can't—well, you get the idea. After we left Texas and became Yankees, I had to content myself to the Indian version.

—Jeremy

SERVES 6

3 tbsp oil
2 tsp mustard seeds
2 medium potatoes, peeled and diced in $\frac{1}{2}$ " pieces
1 $\frac{1}{2}$ lbs okra, sliced $\frac{1}{2}$ " thick
 $\frac{1}{4}$ tsp asafetida

1 tsp turmeric
3 tsp ground coriander
1 tsp cumin
2 tsp hot chili powder
 $\frac{1}{2}$ tsp salt
 $\frac{1}{4}$ cup chopped cilantro

Heat oil in 12-inch pan, add mustard seeds when hot (they should pop).

When seeds stop popping add potatoes. Stir and sauté 5-7 minutes.

Add sliced okra. Stir and sauté for about 10 minutes.

Add spices and reduce heat. Continue for about 10 minutes, or until okra and potatoes are cooked.

Garnish with chopped cilantro.

This chili was prepared on a cold winter's night when I was craving something hearty and healthy. Fully vegetarian, the spices in the chili give a real depth to the flavor and it goes wonderfully with cheddar cheese or sour cream. I'm a firm believer that dishes should be served fresh, but this chili takes the cake as the best leftover dish I have ever had! As good as this chili is when it's made, the flavor only improves the next day.

—Sam

SERVES 4-6

2 tbsp olive oil
1 large red onion- chopped
2 medium carrots- chopped
2 ribs celery- chopped
 $\frac{1}{2}$ tsp salt
5 garlic cloves- minced
2 $\frac{1}{2}$ tbsp chili powder
3 tsp ground cumin
2 tsp smoked paprika
1 $\frac{1}{2}$ tsp dried oregano

1 large can (28 oz) diced tomatoes with juices
2 (15 oz) cans black beans- rinsed & drained
1 (15 oz) can pinto beans- rinsed & drained
2 cups vegetable broth
2 bay leaves
1 tbsp chopped cilantro
1 tsp red wine vinegar
1 tsp lime juice

Garnishes:
Sour cream, grated cheddar cheese, tortilla chips, etc.

In a large soup pot over medium heat, warm the olive oil until shimmering. Add the chopped onion, bell pepper, carrot, celery and $\frac{1}{4}$ tsp salt. Stir to combine and then cook, stirring occasionally, until the vegetables are tender and the onion is translucent, about 7 to 10 minutes.

Add the garlic, chili powder, cumin, smoked paprika, and oregano. Cook until fragrant while stirring constantly, about 1 minute.

Add the diced tomatoes and their juices, the drained black beans and pinto beans,

vegetable broth, and bayleaf. Stir to combine and let the mixture come to a simmer. Continue cooking, stirring occasionally and reducing heat as necessary to maintain a gentle simmer for 30 minutes.

Immersion blend until desired consistency is reached. Add the chopped cilantro, stir to blend, and then mix in the vinegar and lime juice, to taste. Add salt to taste, too—I added $\frac{1}{4}$ tsp more. Serve with garnishes of your choice.

Sam's Chili

Indian Ratatouille

London-based chef Yotam Ottolenghi is my hero. His recipes continue to introduce me to new techniques and challenge me to think of new food and flavor combinations. I would suggest that anyone interested in vegetarian cooking flip through his books—particularly, *Plenty More*—and play around with his recipes. I adapted this from one of his recipes—I was missing a few ingredients, and so I improvised with what I had. This works well as a hearty side to a curry or grain dish.

—Naomi

SERVES 4-6

¼ cups sunflower oil, for frying
2 medium red onions, diced
2 lbs potatoes, peeled and cut into about a ½ inch dice
3 large red peppers, cut into about a ½ inch dice
¼ tsp ground turmeric
5 cardamom pods

1 tsp whole mustard seeds
2 lbs green beans
2 tomatoes, peeled* and chopped
3 green chilies, deseeded and finely chopped
1 to 3 tbsp tamarind paste (depending on acidity)
2 tsp sugar
Salt

Heat the oven to 400°F. Heat the oil in a large sauté pan, add the onion and potato and fry on medium-high heat for 10 minutes. Lift out with a slotted spoon and set aside.

Add the pepper and spices, and fry on high heat for three minutes, stirring. Add the beans, tomatoes, and chilies, and fry for five minutes on high heat. Return the cooked vegetables to the pan, add the sugar, tamarind and 200ml water, and simmer for five minutes. Season with salt to taste.

Spread the mix on a baking tray and bake for 12 minutes. Serve sprinkled with cilantro.

*Peeling tomatoes is super easy! Bring a large pot of water to a boil. Working in batches, drop several tomatoes into the boiling water. Watch for their skins to start to wrinkle and split, 45 to 60 seconds, then scoop them out with a slotted spoon and transfer them to an ice water bath. Once cooled, transfer the tomatoes to a cutting board. Use your fingers or a paring knife to peel back the tomato skins.

“Ratatouille” Ratatouille

One of my favorite memories of childhood cooking was when my dad proposed we make ratatouille that way Remy (the rat) does in Ratatouille. Remy absolutely stuns food critic Anton Ego by reinventing the classic French peasant dish into a delicately layered ensemble of late summer veggies, herbs, and olive oil. My favorite way to eat it is served over a pile of couscous so the flavorful veggie and herb infused oil doesn’t get lost on your plate.

—Ania

SERVES 4-6

Base:

Olive oil
2 yellow onions
4 red/orange/yellow bell peppers
1 can diced tomatoes
5 cloves garlic
2 tbsp fresh thyme
Salt and pepper

Other vegetables:

2 eggplants
6 zucchini
5 tomatoes
5 clove garlic
2 tbsp fresh thyme

instrument *eye roll*). Sprinkle salt on the eggplant to make it more tender.

Dice onions into small pieces and sauté on low in a pan with 2 tbsp olive oil. Then dice the bell peppers and add to the pan. Add salt and pepper to taste. Cook for up to 1 hour on low. The veggies will get amazingly sweet and have more depth in flavor by doing this.

When the veggies are sautéed quite a bit, add five cloves of diced or crushed garlic to sauté for a few minutes, add two tbsp thyme, and add the can of tomato sauce. Simmer for 20-30 minutes more on low or medium heat.

While the pepper-onion mixture is cooking, slice the other vegetables (eggplant, zucchini, tomato) into as thin of slices as you can or use a mandoline (special kitchen tool, not the

When the pepper-onion mixture is very cooked down into sort of a paste, spread a thin layer of it in a baking dish, casserole pan, cake pan, or anything sort of deep that can go in the oven (with a lid is preferable). Layer the eggplant, tomato, and zucchini slices to cover all of the pepper onion mixture.

Drizzle more olive oil, sprinkle remaining thyme and remaining crushed garlic over the veggies. Cover the pan or cut a piece of parchment paper that fits inside the baking dish. Bake at 325°F for 1 ½ hours or longer, depending on when the veggies are tender. This recipe is very good served over a pile of couscous.



Peanut Butter Stir Fry

Flexible, affordable, and packing more protein than comparable dishes not slathered in peanut butter, Peanut Butter Stir Fry is another go-to for those nights when you need to whip up a mess of grub in a jiffy. Shouts out to Epicurious for the sauce.

—Jeremy

SERVES 4

2 cups rice
1 head broccoli
1 head bok choy
Carrots to taste

Sauce:

1 1 inch piece ginger,
peeled

1 small garlic clove
 $\frac{1}{2}$ cup creamy peanut butter
(like Once Again or Jif)
2 tbsp reduced-sodium soy
sauce
1 tbsp fresh lime juice
1 tsp (packed) light brown
sugar
 $\frac{1}{4}$ - $\frac{1}{2}$ tsp crushed red pepper
flakes

Start boiling your rice ($\frac{1}{2}$ cup per person dry).

Now start sautéing your onions. We like to add red pepper flakes and whatever other spices we've got lying around at this point. Keep an eye on the onions and add in your other vegetables once the onions are turning clear. (You can really use any vegetables you want—part of the fun!) We like to use broccoli, carrots, and bok choy. Cut the carrots in broad, thin, pieces for best results.

With the vegetables going, turn to the sauce. Blend/mince ginger and garlic until finely chopped. Add peanut butter, soy sauce, lime juice, brown sugar, red pepper flakes, and $\frac{1}{3}$ cup water and blend, adding more water by tablespoonfuls if needed to thin until smooth.

To serve, layer vegetables over bed of rice in a bowl and slather with sauce.

Penne alla Hawkeye

A classy recipe like vodka sauce is just begging to be dressed down. Rather than the traditional grape-based vodka grappa, stop by Hyvee, grab a handle of vodka, pop out that fun-stopper and put a Midwestern twist on this Bologna classic!

—James

INGREDIENTS FOR A CROWD

4 lbs pasta such as penne or ziti
Salt to taste, if desired
3 sticks of butter
1 tsp hot, dried red pepper
flakes
3 cups, Hawkeye vodka
3 cups canned, Italian plum tomatoes
or locally-sourced organic
3 cups heavy cream
3 cups freshly grated Parmesan cheese

Bring a large pot of water to a boil. Add the pasta and salt to taste. Cook to al dente.

Melt one stick of butter in a casserole or saucepan large enough to hold the pasta when it is cooked and drained; or don't stress and just sauce your noodles afterward.

Prepare your tomatoes/open up those cans.

Add the pepper flakes and vodka, and bring to a boil. Let simmer two minutes. It's going to feel like a lot of booze, don't worry.

Add the tomatoes and cream, and bring to the boil. Let simmer 5 minutes. Add salt to taste. Add the rest of the butter. Bathe in the simplicity of the sauce.

When the pasta is cooked, drain it. Add it to the hot sauce. With the heat on low, add the cheese and mix thoroughly. Serve immediately with a healthy helping of Parmesan.

Roasted Butternut Squash Soup

I was inspired to share this recipe after receiving compliments from both my picky eater sister, Paula, and my very good friend, Rachel. This recipe is very simple, but truly more than the sum of its parts. The soup presents a delicious, creamy texture and deep, subtle flavors. It's a wonderful dish to share with friends around a dinner table while you enjoy the warmth of the soup and each other's company.

—Sam

SERVES 4-6

2 medium butternut squash (about 2 pounds each), halved vertically & salted
2 tbsp olive oil + more for drizzling

1 large shallot
1 tsp salt
5 garlic cloves- minced
1 ½ tsp maple syrup
¼ tsp ground nutmeg
3 cups vegetable broth
Freshly ground black pepper

Preheat the oven to 400°F and line a rimmed baking sheet with parchment paper.

Place the butternut squash on the pan and drizzle each half with just enough olive oil to lightly coat the squash on the inside (about 1 tsp each). Rub the oil over the inside of the squash and sprinkle it with salt and pepper.

Turn the squash face down and roast until a fork easily passes through, about 35-40 minutes. Set the squash aside until it's cool enough to handle, about 10 minutes. Then use a large spoon to scoop the butternut squash flesh into a bowl and discard the tough skin.

In a soup pot, warm 1 tbsp olive oil over medium heat until shimmering. Add the chopped shallot and 1 tsp salt. Cook, stirring often, until the shallot has softened and is starting to turn golden on the edges, about 3 to 4 minutes. Add the garlic and cook until fragrant, about 1 minute, stirring frequently.

Add reserved squash to the pot, then add broth, maple syrup, nutmeg, and a few twists of freshly ground black pepper. Bring the mixture to a simmer and cook, stirring occasionally, for 15 to 20 minutes to mend the flavors. Use an immersion blender to blend the soup completely, then add 1 tbsp olive oil and blend again. Taste and blend in more salt and pepper, if necessary.

SERVES 4-5

Lentils:

2 cups (480 ml) water (I used 1 cup water, 1 cup vegetable broth)
1 cup (192 g) green lentils, well rinsed

Optional:

Pinch smoked or regular paprika
Hamburger buns

To a small saucepan, add liquid (I used 1 cup water, 1 cup vegetable broth for added flavor) and rinsed lentils and heat over medium-high heat.

Bring to a low boil, then reduce heat to a simmer and cook uncovered for about 18 minutes, or until tender. The water should have a constant simmer (not boil). Drain off any excess liquid and set aside.

In the meantime, heat a large skillet over medium heat. Once hot, add oil, onion, garlic, and bell pepper. Season with a pinch each salt and pepper and stir to combine.

Sauté for 4-5 minutes, stirring frequently, or until the peppers and onions are tender and slightly browned.

Next add tomato sauce, sugar, chili powder, cumin, and paprika (optional). Stir to combine.

Vegan Sloppy Jills

Introducing Sloppy Joe's vegan cousin, Sloppy Jill. She is the saucy, spicy, messy-but-keeping-it-together gal of your dreams.

—Mira

Sloppy Jills:

2 tbsp (30 ml) olive or grape seed oil
½ white or yellow onion (55 g), minced (plus more for serving)
2 cloves garlic, minced (1 Tbsp or 6 g)
½ green bell pepper, diced (60 g)
Sea salt and black pepper to taste
1 15 oz (425 g) can tomato sauce
1-2 tbsp (12-24 g) sugar, plus more to taste
1-2 tsp chili powder, plus more to taste
1 tsp ground cumin, plus more to taste

Once the lentils are cooked, add them to the skillet as well, and stir to combine.

Continue cooking the mixture over medium-low heat until completely warmed through and thick, stirring occasionally—about 5-10 minutes.

Taste and adjust flavor as needed, adding more chili powder and/or cumin for smokiness, salt for saltiness, coconut sugar for sweetness, or Worcestershire for depth of flavor.

Serve the mixture on toasted buns with sliced onion. Best when fresh, though leftover Sloppy Jill mixture will keep in the refrigerator up to 3 days. Reheat in the microwave, or on the stove-top, adding water if the mixture has dried out.

Roasted Asparagus Risotto

This dish is a Foodhouse favorite—in no small part because you get creamy, comfort food that's also lean vegan cuisine (just hold off on the Parmesan and let people add it individually)! To cut down on cost, replace vegetable stock with bouillon and do without the wine. Inspired by a version published by the inimitable Martha Stewart and modified to satisfy the refined palettes of 1128 East.

—Jeremy



SERVES 4

6 cups vegetable stock,
preferably homemade
 $\frac{1}{4}$ cup extra virgin olive oil
1 small yellow onion, finely
chopped
1 cup Arborio rice
 $\frac{1}{2}$ cup dry white wine

1 bunch asparagus,
trimmed, stalks cut into
2-inch lengths
1 cup thawed frozen peas
1 tsp grated lemon zest,
plus more for garnish
2 tbsp fresh lemon juice

$\frac{1}{2}$ cup grated Parmesan
plus more for serving
Coarse salt and ground
pepper
Oregano, basil, tarragon
to taste

Bring stock to a simmer in a medium saucepan.

Heat 2 tbsp oil over medium heat in another saucepan. Cook onion, stirring frequently, until soft, 6 to 7 minutes. Add a generous amount of dried basil and oregano and a more moderate amount of tarragon. Add rice and cook, stirring, until edges are translucent, 2 to 3 minutes. Add wine, stirring, just until evaporated.

Chop asparagus into 2 inch pieces and roast on baking sheet with generous amount of minced garlic and fresh squeezed lemon juice.

Add $\frac{1}{2}$ cup hot stock, stirring, until almost absorbed. Continue adding $\frac{1}{2}$ cup stock in this manner until liquid is creamy and rice is al dente, about 20 minutes total (you may not need to add all the stock). Add asparagus with the last addition of stock, and the peas about 1 minute before risotto is done.

Remove from heat; stir in lemon zest and juice, cheese, and remaining 2 tbsp oil. Season with salt and pepper. Serve immediately with additional cheese and lemon zest.



Sweet Potato & Chickpea Patties with Apple Coconut Salsa

First off, I will admit that this recipe definitely cannot be classified as “easy” or “simple.” I’m not sure why, but I decided that it would be a good time to try out this recipe for the first time when making dinner in a small cooking group for about 40 people. My cooking group and I started making the patty mix the night before, and when we got to the step of literally milking the sweet potato mush, we opted to ditch the cloth wrapped sweet potato baby in a colander and let it drain for the night. That said, after picking up the recipe again the day of the dinner, the patties and sweet and tangy salsa turned out absolutely incredible with noticeably complex flavors that made all the extra work worth it. I would highly recommend this recipe for anyone looking to experiment with a more complicated recipe; this one is a great example of how a little extra effort and a thoughtful combination of spices can make all the difference.

Retrospectively speaking, I wouldn’t recommend skipping the milking step; I think it is essential in getting out some of the moisture so that the patties are able to hold together well.

—Waverly

SERVES 6

For the patties:

1 kg (2.2 lbs) large sweet potatoes (about 3 in total)	1 ½ tsp ground cumin ¾ tsp dried chili flakes 4 cm piece fresh ginger, finely grated
2 tins cooked chickpeas, drained, rinsed and patted dry	1 tbsp black mustard seeds Finely grated zest of 1 lime
Salt	2 tsp maple syrup
2 garlic cloves, peeled and crushed	⅓ cup chickpea flour
8 green onions, finely chopped	½ cup olive oil
1 tbsp medium curry powder	

For the salsa:

1 ¼ cups coconut cream
1 large garlic clove, peeled and crushed
⅓ cup lime juice
3 cm piece fresh ginger, finely grated
1 small granny smith apple (100g), coarsely grated
¼ cup cilantro leaves, roughly chopped

Heat the oven to 425°F. Put the sweet potatoes on a medium oven tray and bake for 40–50 minutes, until soft all the way through. Set aside and, once cool enough to handle, scoop out the flesh and put it in a colander lined with a clean J-cloth or muslin. Discard the skins. Set aside for an hour, every now and then milking out as much of the liquid as possible.

Mix all the salsa ingredients in a small bowl with a quarter-tsp of salt.

Put three-quarters of the chickpeas in a large bowl and roughly mash. Add the remaining whole chickpeas, the sweet potato, a tsp and a quarter of salt, and all the remaining ingredients bar the oil. Mix to combine, then divide into 24 portions. The mix is soft, so don’t shape into patties just yet.

Heat two tbsp of oil in a large, nonstick frying pan on a medium flame. Add however many portions of the sweet potato mix fit appropriately on the pan, pressing each one down into a 7cm-round patty once they’re in the pan, and fry for three to four minutes, flipping them halfway through, until golden brown on both sides. Transfer to a plate and repeat with the remaining patty mix, adding a tbsp of oil to the pan with each batch. Serve warm with salsa spooned on top or alongside.

Golden Crispy French Fries

This French fries recipe is one I have been perfecting since my high school days. French fries are special in the sense that their recipe may be as simple or complex as the preparer is willing to make it. I feel this recipe is a suitable mix of both, while bringing you some absolutely delicious potato treats. This dish is best prepared with friends to share with, as nothing brings people together (or tears them apart) like sharing French fries!

—Sam

SERVES 2

2 russet potatoes, cut into even strips

1 quart vegetable oil for frying

Salt to taste

Paper towels or clean rags

Soak potatoes in a large bowl of water for about 30 minutes to 1 hour changing the water half way through. Pat dry thoroughly with paper towels.

Heat oil in a deep-fryer or large saucepan to 275°F. Gently add the potatoes in the hot oil for about 5 minutes, gently stirring and flipping the potatoes occasionally. Remove potatoes from oil with a slotted spoon to drain on paper towel and chill completely.

After potatoes are completely chilled, heat oil in a deep-fryer or large saucepan to 350°F. Fry the potatoes again until golden brown, 7 to 9 minutes. Blot with a paper towel and immediately sprinkle with salt to serve.



Eggplant Parm



To me, a good parm cannot be truly appreciated until you've made one yourself. Eggplant Parm is a simple dish that can be endlessly customized. I've added some secrets I have learned over many attempts, but the instructions are purposefully left simple and even a little vague to encourage the cook to add their own special flare. This is a delicious dish and fun recipe, so don't be afraid to experiment!

—Sam

SERVES 10

3 eggplants thinly sliced
2 eggs, beaten
4 cups breadcrumbs
6 cups Marinara sauce
16 ounces shredded mozzarella

$\frac{1}{2}$ cup grated Parmesan
 $\frac{1}{2}$ tsp dried basil
 $\frac{1}{2}$ tbsp Italian seasoning

Preheat oven to 350°F.

Crack eggs into a wide bowl and scramble them with a fork. In another wide bowl combine breadcrumbs, Parmesan, dried basil, and Italian seasoning, mix well.

Dip eggplant slices in egg, then in bread crumbs firmly patting them onto the eggplant.

Lay the eggplants in a sheet pan and bake for 15 minutes, flipping halfway through.

In a baking dish, spread the marinara sauce to cover the bottom. Place a layer of eggplant slices in the sauce. Sprinkle with mozzarella.

Bake in preheated oven for 35 minutes, or until golden brown.



Warm Buckwheat Salad with Arugula, Roasted Sweet Potatoes, Crispy Chickpeas, and Mustard Shallot Dressing

In my opinion, buckwheat a terribly underrated grain in the U.S. My close friend, Marysia, who is from Poland, cooked buckwheat for me during my second year at Foodhouse, and I immediately wanted to start cooking it for every meal. With a little butter, honey, and sprinkle of almonds, (and maybe a dash of cream) it makes a delightful breakfast. It's easy to reheat for lunch with a fried egg on top. The flavor is nutty, the texture is hardy, and you can combine it with so many other flavors! I'm a huge fan of warm salads, and this is one of my favorite ways to eat buckwheat.

Note: If possible, buy toasted buckwheat. It is called "kasha" and can be found in Eastern European stores or online if your local grocery store doesn't have it. When the grain is toasted, it holds its shape better instead of becoming a mushy porridge.

—Ania

SERVES 4-6

2 cups buckwheat
1 tbsp butter
4 sweet potatoes
5 cups arugula, or more
or less to your liking
Lots of olive oil

2 shallots
1 stalk celery
1-2 tbsp mustard of your
choice (I like the really grainy
kind for this recipe)
Salt and pepper, to taste
1 can chickpeas, crisped in
oven

Preheat the oven to 425°F so it is ready for the sweet potatoes once you chop them.

Begin by toasting the buckwheat in butter for a few minutes in a saucepan. Add 3 cups of preferably already hot water to the pan (if it's cold water, it will spatter like crazy—and it's bad for the pan). Cover and simmer this while you prepare the other ingredients.

Dice the sweet potatoes to about $\frac{1}{2}$ inch chunks, toss with lots of olive oil and salt and pepper, and roast in the oven for about 30 minutes, or until they are soft and crispy.

In a small frying pan, warm up about 4 tbsp of olive oil and add to it diced shallots and finely sliced celery. Keep the burner

on relatively low so the flavors infuse the oil, but the oil doesn't burn the vegetables. Right before you are ready to combine each of the elements of the salad, stir the mustard into the oil. The texture might look funny, but it's a-okay.

When it seems like most of the water has been absorbed by the buckwheat, test it and add more water if necessary. Keep checking the sweet potatoes for crispiness. Once the sweet potatoes and buckwheat are ready, combine them, add the arugula, and pour the hot mustard dressing over it all to wilt the greens. Mix and serve.



Garlic Soup

I think everybody was a little bit worried when I said I was cooking garlic soup for house dinner. Actually, most of the guests who RSVPed for that night didn't show up. I promise that this soup is really yummy even if you are only mildly fond of garlic. It's kind of like a vegetarian chicken noodle soup and is really good on a cold day. Serve it with some crusty bread (maybe Ania and Naomi's recipe!) and you'll really be winning the garlic soup game.

—Anne

SERVES 4

A lot of garlic, minced (I use an entire bulb, but you can decide for yourself)
Salt to taste
1 bay leaf
 $\frac{1}{4}$ tsp dried thyme
 $\frac{1}{2}$ cup of a small and cute pasta
1 cup frozen peas

Bring 6 $\frac{1}{2}$ cups of water to a boil (unless using vegetable broth, in which case bring 4 cups vegetable broth plus 2 $\frac{1}{2}$ cups water to a boil). Add garlic, salt, bay leaf, and thyme and simmer for 15 minutes. If you're using no vegetable broth 2 tsp of salt is good to start.

Taste and adjust for salt.

Add pasta to pot and simmer until al dente, about 5-10 minutes.

Add peas and simmer for 5 minutes.

1 tbsp extra virgin olive oil
2 large eggs, beaten
Ground pepper to taste
2 tbsp chopped parsley
Parmesan cheese (optional)
4 cups vegetable broth (optional)

Beat together eggs and olive oil in a small bowl. Carefully put 2 ladlefuls of hot soup into the egg mixture and stir together.

Turn off heat under soup and slowly stir in tempered egg mixture. The egg should begin to appear as white flecks throughout the soup.

Add pepper and parsley.

Ladle soup into bowls, sprinkle cheese over top if using.

Pasta with Beet Greens and Mushrooms in Cream and White Wine Vinegar

I discovered this recipe while spending a semester in Copenhagen. Because I couldn't read Danish, I accidentally made it with pickling vinegar the first time. My host family and I were quite surprised when it tasted good, so I started to refine it. I've found it works best with beet greens and their stems, but any leafy green will work well. For me, this is the perfect weekday meal. It takes 20 to 30 minutes and usually leaves ample leftovers for tomorrow's lunch.

—Michael

Boil water for pasta.

Pour about a tbsp of olive oil into a frying pan, on medium heat. As it heats, cut the greens into rather large pieces. Once the pan is hot, add the chopped greens. The pan should be hot enough so that they lightly sizzle, but don't get burnt. Stir them around frequently until they start to wilt. At that point, add the mushrooms and stir frequently until they start to cook down as well. Add a reasonable amount of salt and a sprinkle of thyme.

Add the pasta to the boiling water. You're about ten minutes off.

The greens and the mushrooms should be quite a bit smaller than when you added them. Add about a tsp of white wine vinegar to the pan. It will sizzle intensely. Stir constantly until intense sizzling subsides. Then, add more vinegar until the greens and mushrooms are wet, but not soggy or swimming in liquid. Add the minced garlic. Turn heat to low-medium. Continue

SERVES 4-6
Beet greens of 2-4 beets (or any green, arugula or kale work well)
1 box sliced mushrooms
Heavy whipping cream
Parmesan
Olive oil
White wine vinegar
Butter
2 cloves garlic, minced
Thyme or oregano (optional)
1 or 2 boxes farfalle (or penne or rigatoni)

to stir frequently as before. Turn heat to low when produce seems sufficiently cooked. The mushrooms will be small but not dark brown, the greens will be wilted but not burnt or crispy.

Once pasta is ready, drain it and immediately add it to the frying pan. If you used two boxes, add as much as you'd like (I like to use about a box and a quarter, depending on how much produce there is). Then add about equal parts butter and heavy whipping cream, along with a handful of Parmesan. Stir to combine. Add salt to taste. The pasta should be a little less creamy than carbonara and much less so than alfredo. Add about equal parts of all ingredients until it reaches appropriate consistency. Serve immediately. The leftovers will also reheat pretty well.



SWEETS

Hot Chocolate

We started out the spring semester this year with an extreme excess of cocoa powder. For a while Ania, Naomi, or I would make hot chocolate after dinner pretty much every night. We started out doing it all individually and then began making bigger batches so we could all have some. We all prefer it very sludgy with just a tiny bit of sugar, but have our own variations: Ania and Naomi often add butter to theirs, and Naomi sometimes uses honey as a sweetener. I don't ever measure any of the ingredients when I make this, and you might prefer your hot chocolate with a different level of sweetness or chocolateyness, so I decided to just list what I usually use. If you're concerned about messing up ratios, I would start with 2 tbsp of cocoa powder, 1 tsp of brown sugar, and a pinch of salt. Adjust from there to your liking and see how it goes!

—Anne

SERVES 1 but you can add more milk and your friends can have hot chocolate too!

Cocoa powder
Brown sugar
Salt
Chocolate chips (optional)
Vanilla (optional)
1 cup milk (preferably whole milk but you can use other varieties including non-dairy milk)
Heavy whipping cream (optional)

Mix desired amount of cocoa powder, brown sugar, and salt with about a tbsp of water to form a paste in a small saucepan. Add chocolate chips, heat over very low heat until melted, adding a small amount of milk if the mixture gets too dry. Add the rest of the milk and heat slowly until warm. If you have whipped cream you should put some on top.



Brigadeiro

Growing up in a Brazilian household, Brigadeiro time and time again made an appearance as a deliciously sweet dessert that is hard to get enough of. Albeit there is no American equivalent, the closest I can come to describing it is as a soft, malleable truffle ball. This recipe brings me back to the simpler and carefree moments of my youth. Every time I taste a Brigadeiro, I'm reminded of the simple yet important parts of life. I hope whoever prepares this recipe finds as much enjoyment in this Alves family tradition as I do.

—Sam

MAKES 12 BRIGADEIRO

- 1 14 oz can sweet condensed milk
- 5 tbsp cocoa powder*, sifted
- 2 tbsp butter + more for rolling balls
- Pinch of salt
- Chocolate sprinkles

*For a more authentic taste, the Brazilian chocolate milk powder Toddy can be substituted for cocoa powder.

In a saucepan over medium-low heat, mix the sweet condensed milk, the cocoa powder, the salt and the butter.

Constantly mix the solution for 30 minutes or until it thickens to the point that the mixture takes a while to move after being stirred.

Remove from heat and cool to room temperature.

In a plate or bowl, spread your sprinkles.

Once the brigadeiro is cool, grease your hands with butter and roll the brigadeiros into $\frac{1}{2}$ tbsp balls.

Roll the brigadeiro balls into the sprinkles and place them in paper/foil candy cups.

Cool the brigadeiro in the fridge for at least 1 hour.

Flourless Chocolate Oblivion

I have come to love flourless chocolate oblivious working at the restaurant, Relish. This is the dessert that I crave when serving it to customers and hope for at the end of the night. It is a richly dense and buttery, melt-in-your-mouth chocolate torte—a veritable crowd pleaser. If that isn't enough, when you make it you get to whip eggs over a simmering pan of water, which continues to be one of my most favorite pastimes.

—Naomi

- 1 lb (454 grams) bittersweet chocolate (fine quality that you love eating, no higher than 62%)
- $\frac{1}{2}$ lb (2 sticks) unsalted butter, room temperature
- 6 large eggs, room temperature if possible

Equipment: One 8-inch spring form pan at least $2\frac{1}{2}$ inches high, buttered, and bottom lined with buttered parchment; outside of pan wrapped with a double layer of heavy-duty foil. One 10-inch cake pan or roasting pan to serve as a water bath

Heat the oven to 425°F.

In a large heat-proof bowl set over a pan of simmering water (do not allow the bottom of the bowl to touch the water), place the chocolate and butter and allow it to stand, stirring occasionally, until smooth and melted. (You can also use a microwave on higher power, stirring every 20 seconds.)

In a large bowl set over a pan of simmering water, heat the eggs, stirring constantly with a wire whisk, until just it's warm to the touch. Immediately remove the bowl and beat the eggs about 5 minutes, or until cool and foamy.

Use a large wire whisk or rubber spatula to fold half the eggs into the chocolate mixture until almost evenly incorporated. Fold in the remaining eggs until almost no streaks remain. Use a rubber spatula to finish folding, scraping up the mixture from the bottom to ensure that all the heavier chocolate mixture gets incorporated.

Scrape the mixture into the prepared pan and set it in the larger pan. Place it in the oven and surround it with 1 inch of hot water. Bake for 5 minutes. Cover it loosely with a sheet of buttered foil and bake another 10 minutes (it will wobble when moved). Remove the cake pan from the water bath and allow it to cool for about 45 minutes. Refrigerate it until very firm, at least 3 hours.

Run a thin metal spatula around the sides of the torte and release the sides of the spring-form pan. Place the plastic-wrapped plate on top and invert the torte onto it. Heat the bottom of the pan and remove it. Peel off the parchment and reinvert the torte onto the serving plate.

It is most moussey and delicious at room temperature. Cut the torte using a thin-bladed knife dipped in hot water between each slice. Accompany with raspberry sauce and fresh raspberries and whipped cream if desired.



Pomegranate Orange Cake

I first made this cake for a Christmas Eve gathering along with a couple other more rich desserts, and there was something pleasing and inviting about its simplicity. The combination of pomegranate and orange feels fresh and summery, and I could imagine this cake being well-suited for a number of different occasions. It's very easy to make, provided you are able to get your hands on pomegranate molasses, which is a delicious type of syrup made from reduced pomegranate juice (think similar to a balsamic reduction).

—Waverly

For the cake:

- 50g (1 ½oz) wholemeal breadcrumbs
- 100g (3 ½oz) ground almonds
- 175g (6oz) soft light brown sugar
- 2 tsp baking powder
- Finely grated zest of 1 ½ oranges
- 215ml (7 ½ oz) olive oil, more for the tin
- 4 eggs, lightly beaten
- Seeds from ½ pomegranate

For the syrup:

- Juice of 1 orange
- 100 ml (3 ½fl oz) pomegranate juice (pure juice, not ‘pomegranate juice drink’)
- 1 tbsp pomegranate molasses
- 2 tbsp runny honey

In a bowl, mix together the breadcrumbs, almonds, sugar, and baking powder. Add the orange zest, olive oil, and eggs and stir well until everything is combined.

Pour the batter into an oiled 8 inch spring-form cake tin. Put it into a cold oven and set the heat to 375°F. Bake for 45–50 minutes, or until the cake is browned and a skewer inserted into the middle comes out clean.

Meanwhile, make the syrup by gently heating all the ingredients together. Stir a little until the honey has dissolved, then

increase the heat and simmer for five minutes. You should end up with about 100 ml (3 ½ fl oz) of syrup.

When the cake is cooked, pierce holes all over the surface and slowly pour the syrup all over it, allowing it to sink in. Leave the cake to cool completely in the tin. It will sink a little in the middle but don't worry, this makes a lovely dip for the pomegranate seeds to lie in. Scatter the pomegranate seeds on top just before serving.

Buckwheat Chocolate Cake

Like most of the things I make, when I did this recipe the first time I didn't use any measuring utensils or precise amounts. Everything was by the eyeball and intuition or spur of the moment, but I know that's not how everyone approaches cooking or baking. I was at first trying to make the most intense and dark cake that I could, and then halfway through I just wanted quick chocolate bread. Gluten, dairy, and I don't always get on, so this recipe is free of them both, for those who also avoid them. Feel free to change anything you want—whatever feels good and will make this your own chocolate cake.

—Bella

Cake:

½ cup Coconut oil	1 tsp baking soda
¼ cup rice bran or liquid oil	1 tsp baking powder
3 tbsp maple syrup	2 cups buckwheat flour
¼ cup honey	1 cup applesauce or
1 ½ tbsp balsamic vinegar	canned pumpkin (till
½-¾ cup cocoa	desired consistency)
2 eggs	Add almond milk (any
2-3 tbsp instant espresso/	alt milk) till desired
coffee powder	consistency
1 tsp salt	

Optional Glaze:

¼ cup whiskey
¼ cup maple syrup
1 tbsp lemon juice

Preheat oven to 375°F.

In a blender/Kitchen Aid, cream the coconut oil, honey, maple syrup, and balsamic vinegar. Then add eggs, instant espresso and rest of dry ingredients. It will be grainy and sticky now; begin to add the applesauce (or canned pumpkin) till it's almost liquidy, then do a bit of the milk alternative. You don't want it to be too runny—enough to spread with a spatula but not quite enough that you could just pour it into the pan.

A Bundt pan is absolutely ideal, but it can go in any size, really. Bake for 20 minutes, then check it, put it back in for about another 10-15 minutes. When it's ready, a toothpick should come out clean when inserted.

To do the glaze, add all of the ingredients into a sauce pan and heat at low heat until fully combined. Once the cake is cooled, either brush or drip it on top. There will be extra glaze to drizzle on individual cut pieces of cake as you serve it, too.



Vegan Lemon Olive Oil Cake

The first time I had this cake was a year ago when Charlotte made it for my birthday last spring. This is the most flexible cake recipe I know, and it has served us well many times.
—Anne

SERVES 8 with these ratios, but can be really easily doubled to fit a larger pan

For the cake:

1 cup unsweetened almond milk
1 tbsp lemon zest
1 tbsp lemon juice
 $\frac{3}{4}$ cup brown sugar
 $\frac{1}{3}$ cup olive oil
1 cup whole wheat flour
1 cup white flour
1 tsp baking soda
 $\frac{1}{2}$ tsp salt

Preheat oven to 350°F.

Grease whatever baking dish you are using with a little bit of olive oil. We've baked this cake in a cast iron skillet, a glass baking dish, and cupcake tins. The original recipe suggests using a 9-inch loaf pan.

Whisk together almond milk, lemon juice, and lemon zest and set aside for at least five minutes.

Whisk together sugar and olive oil in a large bowl until creamy. Whisk in buttermilk mixture.

In a medium bowl, combine dry ingredients. Fold dry ingredients into buttermilk mixture until just incorporated. Pour batter into prepared pan and smooth out top.

For the glaze (optional but really takes the cake to a new level):
 $\frac{3}{4}$ cup powdered sugar
1-2 tbsp lemon juice

Bake until a toothpick inserted in the center comes out clean—times will vary depending on what vessel you chose. For a 9-inch loaf pan, it should be about 45 minutes.

Remove from oven and let cool for at least 10 minutes in the pan. Run a knife around the edges of your baking dish and transfer onto a cooling rack to cool completely.

In the meantime, make glaze (if you are) by whisking together the powdered sugar and lemon juice.

Transfer cake to serving dish and drizzle glaze over the top.

Vegan Chocolate Mousse

This is an amazing recipe and is ridiculously rich. It is easy to make small and medium quantities of, but I would not recommend making too much all at once. The story goes that this basic recipe was originally made by a German chemist in the early 1900s when there were wartime food shortages. He supposedly also coined this type of re-crystallization technique which is applied in other areas of non-culinary chemistry yet today.

—Bella

SERVES 8-12

530g of hard chocolate (dark chocolate is preferred but can use baking or milk chocolate)
2 cups of liquid (can be water, almond or coconut milk, etc.)

Alternative: add some honey, agave or maple syrup to sweeten, about $\frac{1}{4}$ or $\frac{1}{3}$ cup (take away that much liquid from the rest of the recipe if you do add)

Slowly heat up your chosen liquid in a double boiler (which is a pot of boiling water with a mixing bowl on top so that the bottom of the mixing bowl is in contact with the water). This will evenly heat things but keep them from burning.

Chop up the hard chocolate into small-ish pieces and add to warm liquid. Keep heating it slowly at low-medium heat while stirring until it is consistently smooth and shiny on the surface. Get the bowl of ice water—with lot of ice, like, mostly ice—ready. This is like another double boiler system but with ice. The ice bowl goes under the bowl of melted chocolatey goodness and then you get ready to whisk like hell. By doing this, you are forcing the re-solidification of the chocolate—as it quickly cools—to form lots of air bubbles while the molecules are re-crystallizing.

Equipment: Kitchen Aid blender with whisk attachment or a hand whisk (but only if you haven't done your arm workout for the day yet and feel like your arms need to die)
Bowl of ice water that is larger than the blender mixing bowl and can fit underneath

Flourless Chocolate Cake

As soon as you put the warm chocolate bowl on top of ice immediately start whisking it either mechanically or by hand. With a Kitchen Aid, it takes about 6 minutes, and by hand can take between 7-10 minutes. You'll have to whisk until the mouse consistency begins to form. When it's ready, it will be thicker, holding together by itself ,and a bit spongey, it will keep its whisked peaks but not be too firm. Just be extremely careful not to over-whisk! That will cause all of the lovely little air bubbles you just made to pop and you'll end up with weird liquid-y chocolate sauce, and you would much prefer it to be mousse.

Once you have successfully reached the thicker consistency, spoon it into your serving containers, glass jars, ramekins, mugs or tea cups all are cute filled with mousse. Then pop them all in the fridge for at least an hour and serve either plain or with your choice of toppings like berries, nuts or a sprinkle of cacao powder.

This is an incredibly easy and fairly fancy/impressive seeming dessert that also serves a lot of people because it is so rich and chocolatey, so it is a win-win overall. I have made this on Valentine's Day at Foodhouse, as well as for various events we've had where we have hosted guest speakers or professors at Foodhouse. It is one of my all time favorites.

—Charlotte

4 oz chocolate, preferably semisweet or bittersweet. Chocolate chips are fine (we are college students, so we don't typically buy fancier baking chocolate)
1 stick ($\frac{1}{2}$ cup) unsalted butter

$\frac{3}{4}$ cup sugar
3 eggs
 $\frac{1}{2}$ cup unsweetened cocoa powder

Preheat oven to 375°F. Also prepare your baking pan—an 8 or 9 inch round cake pan is ideal, but a pie dish or 9 inch square baking pan works as well. Grease the pan with butter or your grease of choice, and cut out parchment paper that can line the bottom of the pan (I usually do this by tracing the pan on parchment paper with a pencil, and then cutting it out with scissors).

Start by setting up a double boiler—if you have one, great, but if not, no worries, I usually put a couple inches of water in a small pot and put it on the stove and put a glass Pyrex bowl on top of that pot. Put the chocolate and stick of butter in the bowl, and turn the stove on medium-low heat. Let the chocolate and butter melt, stirring it occasionally.

Once it is completely melted, take the glass bowl (carefully! with potholders!) off the pot of water. Let it cool for a second, just so it is not terribly hot and the eggs won't cook as you add them. Then whisk the sugar into the chocolate mixture. Then add the eggs one by one, whisking each of them in—the mixture will get thicker and almost gelatinous. Finally, whisk in the cocoa powder. Pour the batter into your prepared pan, and bake for about 20-25 minutes (again, I usually just check on it semi-frequently rather than timing it too exactly). It is done when a toothpick or knife does not come out wet but maybe is slightly crumb-y, and when the top looks crackle-y and slightly risen up. Let it cool, and then flip the cake out of the pan onto a plate. I usually dust it with powdered sugar sifted through a strainer or sieve, and serve it with freshly whipped and lightly sweetened whipped cream and raspberries.

Meringue Roulade with Rose Petals, Pistachios, and Fresh Raspberries

This dessert is delightfully lavish. It was one of the four cakes I made for my 22nd birthday. It is not the quickest nor the easiest, but the results are well worth your time and any meringue-induced stress. My biggest advice is to trust the flavors over the appearance. It might look like a chaotic pile. But, then again, if chaos comes in the form of rose cream, meringue, and fresh raspberries, sign me up. Once again, we have Yotam Ottolenghi to thank for this gem.

—Naomi



SERVES 6-8

Meringue:

4 large egg whites
1 ¼ cups/250 g superfine sugar
1 tsp vanilla extract
1 tsp white wine vinegar
1 tsp cornstarch

Cream:

3 ½ oz/100 g mascarpone
1 tbsp confectioners' sugar
1 ½ tbsp rose water
1 ¾ cups/400 ml heavy cream
1 ¼ cups/150 g fresh raspberries
2 tbsp dried rose petals
1 tsp slivered pistachios (or regular, if unavailable, crushed)
Confectioner's sugar, for dusting

Preheat the oven to 325°F/160°C.

Line the base and sides of a 13 by 9-inch jelly roll pan with parchment paper. Allow the paper to rise about 1 cm above the sides of the pan. To make the meringue, in a large bowl, beat the egg whites with an electric mixer until they begin to firm up. Add the superfine sugar to the whites in spoonfuls or tip into the bowl in a slow stream. Continue beating until a firm, glossy meringue forms. Using a large metal spoon, gently fold in the vanilla, vinegar, and cornstarch. Spread the mixture inside the prepared pan and level with an offset spatula.

To make the meringue, in a large bowl, beat the egg whites with an electric mixer until they begin to firm up. Add the superfine sugar to the whites in spoonfuls or tip into the bowl in a slow stream. Continue beating until a firm, glossy meringue forms. Using a large metal spoon, gently fold in the vanilla, vinegar, and cornstarch. Spread the mixture inside the prepared pan and level with an offset spatula.

Bake for 30 minutes, until a crust forms and the meringue is cooked through (it will still feel soft to the touch). Remove from the oven and allow to cool in the pan.

Unmold the cooled meringue onto a fresh piece of parchment paper. Carefully peel off the lining paper.

Meanwhile, make the cream. Place the mascarpone, confectioners' sugar, and rose water in a large bowl and whisk by hand until smooth. Add the cream and whisk for about 4 minutes, until the cream just holds its shape. (You can do this in an electric mixer but keep a close eye on it, as it's easy to over-mix.)

Spread most of the mascarpone cream over the original underside of the meringue, reserving a few tbsp. Leave a small border around the edge of the meringue. Scatter most of the raspberries and 1 ½ tbsp of rose petals evenly over the cream.

Using the paper to assist you and starting from a long edge, roll up the meringue into a perfect log shape. Carefully transfer the log onto a serving dish. Use the remaining cream to create a rough wavy strip along the top of the log (see photo). Chill for at least 30 minutes.

When ready to serve, dust the log with confectioners' sugar, dot with the remaining raspberries, and scatter the remaining rose petals and pistachios evenly over the top.

Tomate du Saltambique

On a warm, sunny, and surprisingly homework-free Sunday evening I decided to attempt a very time-intensive and experimental dessert: Tomate du Saltambique. This dish was originally served by famous French chef Alain Passard while visiting the White House, where it tantalized the taste buds of many government officials. Since then no official recipe has been released, but Chef Passard still occasionally prepares it at his three-star restaurant L'Arpège. This recipe is inspired by one I found on a long abandoned blog by someone who tasted this recipe for themselves. The dish has an aromatic tart and sweetness to it that, when prepared with patience and love, is sure to make for a memorable dessert.

—Sam

SERVES 4

1 tbsp butter
1 honey-crisp apple, peeled,
cored, & minced
1 Bartlett pear, peeled, cored,
& minced
 $\frac{1}{4}$ cup pineapple, minced
 $\frac{1}{4}$ cup pecans, finely chopped
 $\frac{1}{4}$ cup walnuts, finely chopped
Zest of a lemon

Zest of an orange
1 tbsp ginger, grated
2 star anise pods
 $\frac{1}{2}$ tsp cinnamon
 $\frac{1}{2}$ tsp cloves
1 cup + 1 tsp
granulated sugar
 $1 \frac{3}{4}$ cups heavy cream

$\frac{1}{4}$ cup butter
4 small tomatoes,
cored and seeded
with tops reserved
4 slices orange peel
Pinch of sea salt

Melt butter over medium heat in a sauté pan. Combine apple, pear, pineapple, pecans, walnuts, lemon zest, orange zest, ginger, star anise, cinnamon, cloves, and 1 tbsp of sugar in a large bowl—mix well to combine. Add to butter and sauté for 5 minutes.

In a saucepan, heat butter and heavy cream until steaming. In a large pot, heat 1 cup sugar over medium heat until completely melted and amber in color.

Baste tomatoes with caramel every few minutes for $1 \frac{1}{2}$ - 2 hours, until very tender but not falling apart. Serve in a pool of caramel, top with julienned candied orange peel and sea salt, along with ice cream if desired.

Whisking constantly, slowly add cream mixture, mixing vigorously until completely incorporated.

Place tomatoes in a small sauté pan, leaning against each other to stay upright. Fill with fruit and nut mixture, top with tomato tops, and fill pan with creme de caramel until it comes halfway up the sides of the tomatoes. Add orange peels to caramel, and heat over lowest-possible heat, so caramel just steams and occasionally bubbles.



*Thank you & we hope you
enjoyed our cookbook!*

<3 [foodhouse]

Sam Alves-Szachor
Mira Berkson
Ania Chamberlin
Martin Chamberlin
James De Mott
Waverly Eichhorst
Jeremy Epstein
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