

Recipes

Cooking Demonstration May 22, 2013

Notes:

T = Tablespoon; t = teaspoon; C = Cup

Almond Milk

Makes 4 C of milk.

Prep time: 5 minutes. Total Time: 8 hours.

1. Take 1 C raw almonds. Cover in water.
2. Soak overnight (at least 8 hours).
3. Drain. Put in blender. At 4 C water.
4. Blend for 2 minutes on high.
5. Strain using cheesecloth or strainer.
6. Drink, use in recipes.

Note: Since it has no casein, will not make pudding.

Oat Flour

Makes 1 C oat flour.

Prep time: 5 minutes. Total time: 5 minutes.

1. Put 1 C rolled oats into blender.
2. Blend until soft and flour-like.

Note: when baking, generally needs a bit more liquid. Also, after mixing, let batter rest before baking.

Instant Applesauce

Everyday Happy Herbivore, Lindsay S. Nixon, p 296, © 2011

Note: I'm always running out of applesauce in the middle of baking so I've learned to cheat the system and make my own instantly.

Makes 1 C applesauce.

Prep time: 5 minutes. Total time: 5 minutes.

1. Put 1 apple, cored and sliced into blender.
2. Add 2 T water. Let motor run until applesauce is formed, adding 1-2 T more water if needed
3. Optional: add cinnamon or pumpkin pie spice for a terrific twist
4. Store in airtight container.

Balsamic-Dijon vinaigrette

Everyday Happy Herbivore, Lindsay S. Nixon, p 126, © 2011

Prep time: 5 minutes. Total time: 5 minutes.

| Small = 2 T | Large = 3 C | Ingredients |
|-------------|-------------|-------------------------|
| 2 t | 13 T | Dijon mustard |
| 1 t | 7 T | Balsamic vinegar |
| 1 t | 7 T | Red wine vinegar |
| 1 T | 1 C + 4 T | Water |
| | 1 T | Agave nectar (to taste) |

1. Whisk Dijon with vinegars and water.
2. If it's too tart, add drops of agave nectar to taste.

Moon Dust

Salt free spice, adapted from *The Flying Biscuit Café Cookbook*, by April Moon, P 40 © 2002

Use on potatoes, veggies, fish, eggs. I make it without salt or with substantially reduced salt. Note that most Cajun spice mix already has salt.

| Small = ¾ C | Large = 7.5 C | Ingredients |
|-------------|---------------|---|
| 1/3 C | 3+1/3 C | Kosher salt |
| 1 ½ t | 5 T | Lemon Pepper |
| 2 ¼ t | 7.5 T | Dried Thyme |
| 2 ¼ t | 7.5 T | Onion powder |
| ¾ t | 2.5 T | Chili powder |
| ½ t | 5 t | Cayenne pepper |
| ¾ t | 2.5 T | Dried Oregano |
| ¾ t | 2.5 T | Dried Basil |
| 2 T | 10 T | Dried Rosemary |
| ¾ t | 2.5 T | Curry powder |
| 1 T | 10 T | Cajun spice mix (such as Prudhomme's Cajun Magic) |

1. Place all ingredients in food processor or blender and puree to combine and grind spices. Store at room temperature for several months.

Sides

Kale Popcorn

1. Preheat oven to 375°F
2. Spread kale out on baking sheet
3. Generously spray with cooking spray
4. Sprinkle with Moon Dust (or any spice mix)
5. Cook for 10-15 min, until crispy.
6. Eat.

Strawberry and Spinach Salad

Everyday Happy Herbivore, Lindsay S. Nixon, p 126, © 2011

Serves 1.

Prep time: 5 minutes. Total time: 5 minutes.

- 2 C baby spinach
- 1 C sliced strawberries
- 2-3 hearts of palm, sliced
- ¼ C canned white beans or chickpeas
- 1 T chopped pecans or walnuts (optional)

1. Plate spinach; top with remaining ingredients
2. Drizzle Balsamic-Dijon Vinaigrette generously over the top and serve

Chocolate Zucchini Muffins

The Happy Herbivore, Lindsay S. Nixon, p 45, © 2011

Serves 12.

Prep time: 15 minutes. Total time: 35 minutes.

- 1 ¼ C whole-wheat pastry flour
- ¼ C unsweetened cocoa
- 1 ¼ t baking powder
- ¾ t baking soda
- ½ t fine salt
- 1 t ground cinnamon
- 1 banana, ripe, mashed
- ½ C unsweetened applesauce
- ½-1 C raw sugar
- ¼ C non-dairy milk
- 1 t vanilla extract
- 1 C shredded zucchini (about ½ zucchini)
- ¼ C (vegan) chocolate chips (optional)

1. Preheat oven to 350
2. Grease or spray muffin tin or paper liners, if using

3. In large bowl, cream mashed banana, applesauce, sugar, then add non-dairy milk, vanilla, zucchini, and chips, stirring to combine
4. In medium bowl, whisk flour, cocoa, baking powder, baking soda, salt, cinnamon
5. Add the dry to the wet in 3 to 4 batches, stirring until just combined.
6. Spoon into muffin cups ¾ full.
7. Bake for 18-25 minutes, until a toothpick inserted in the center comes out clean.
8. Transfer to a wire-cooling rack.

Note: Use the reduced amount of sugar for a less sweet muffin and all the sugar for a more dessert-like treat.

Cajun Home Fries

Everyday Happy Herbivore, Lindsay S. Nixon, p 30, © 2012

Serves 4.

Prep time: 5 minutes. Total time: 25 minutes.

- 2 medium russet potatoes, diced
- 2 t garlic powder, granulated
- 2 t onion powder, granulated
- 1 t onion flakes
- ¼ t paprika
- Taste cayenne powder, to taste
- Taste Salt, to taste
- Taste Pepper, to taste

1. Preheat oven to 400. Grease cookie sheet.
2. Place diced potatoes in mixing bowl
3. Spray with cooking spray and sprinkle spices over top. Be generous with garlic and onion, sparse with cayenne and paprika. Add salt and pepper.
4. Mix to evenly coat. Re-spray and repeat.
5. Transfer to cookie sheet, making sure no overlap.
6. Bake for 15-25 minutes, or until fully cooked and crisp.

Variations: Add Vidalia onion, raw garlic. Use Moon Dust in place of spices (keep onion flakes). Try using sweet potatoes, apples with pumpkin pie spice.

Entrées

Hawaiian chickpea Teriyaki

The Happy Herbivore, Lindsay S. Nixon, p 127, © 2011

Serves 2.

Prep time: 10 minutes. Total time: 20 minutes.

Note: This is my vegan spin on Hawaiian barbecue. In Hawaii, meats are commonly marinated in teriyaki sauce before grilling and, lucky for us, the salty and spicy teriyaki also goes perfectly with the nutty flavor of chickpeas. Plus the fresh sweetness of the pineapple salsa adds another dimension you just can't beat.

15 oz chickpeas, drained and rinsed
¼ C teriyaki sauce
1 T Szechuan sauce or hot sauce (optional)
1 T raw sugar (optional)
2 C cooked brown rice (or cooked greens)
Some pineapple/mango salsa

1. Combine chickpeas, teriyaki sauce, Szechuan sauce, and sugar in large frying pan.
2. Allow to marinate for at least 5 minutes.
3. Cook over medium heat, stirring regularly, until most of the liquid has absorbed, about 10 minutes.
4. Spoon over cooked rice and top with salsa.
5. For a lighter dish, you can substitute cooked greens, such as steamed kale, for the rice.

Pineapple Mango Salsa

Mix equal parts chopped pineapple and mango with minced red onion, fresh cilantro, and lime juice to taste.

Cheater pad thai

Happy Herbivore Abroad, Lindsay S. Nixon, p 178, © 2012

Serves 2.

Prep time: 10 minutes. Total time: 20 minutes.

Note: recipe requests smooth peanut butter. We use crunchy.

¼ lb thick rice noodles or ½ pkg pad thai noodles
2 T low-sodium soy sauce or fish sauce
1 T peanut butter, smooth
1 T sweet red chili sauce
¼ t granulated garlic powder
¼ t ground ginger
¼ t hot sauce
3 oz bean sprouts (optional)
1 green onion, chopped (optional)
Chopped raw peanuts (optional garnish)

Lime wedge (optional garnish)

1. Prepare noodles according to package directions.
2. In a small bowl, whisk 2 T warm water + all required ingredients (not optional ones). It may appear too runny at first, but it's not.
3. Taste, adding more hot sauce if desired.
4. Using tongs, toss prepared noodles with sauce until all are evenly coated.
5. Plate and top with optional ingredients.

Rice with Lentils

From *The Versatile Rice Cooker*

Note: I always double this recipe. I take any leftovers and freeze for later; it freezes quite well. I also skip the oil and salt. The fresh tomatoes really brings it to life.

½ C lentils, picked over and washed
3 tbs full-flavored olive-oil
3 C vegetable broth
2 T dehydrated onion
½ t dried garlic
2 T dried parsley
1 C medium-grain rice
½ t salt
1 t ground cumin
¼ t red pepper flakes
¼ C diced sun-dried tomatoes
1 medium fresh tomato, chopped for garnish

1. Spray rice cooker with nonstick cooking spray. Add lentils, olive oil and broth.
2. Cover and cook 15 minutes.
3. Add remaining ingredients except fresh tomato pieces and continue to cook until rice cooker shuts off.
4. Carefully remove cover, quickly stir and recover.
5. Allow to steam for 10 minutes before serving.
6. Spoon into a serving bowl and top with chopped fresh tomato. Serve immediately.

Serve with fresh fruit or green salad, crisp cheese bread, and a red zinfandel wine.

Pasta and Kale with Walnut sauce

Forks over Knives, Gene Stone, T. Colin Campbell, Caldwell B Esselstyn, © 2011

Serves 2.

Prep time: 10 minutes. Total time: 25 minutes.

Pasta, of choice
1 lb Kale (1 bunch, approx 4 C)
1-2 T Tamari sauce (or soy sauce)
½ C Walnuts
1 Garlic clove

1. Cook pasta, according to directions.
2. Meanwhile, in food processor, blend walnuts, garlic, tamari. Add water slowly until you get a nice dressing-like consistency.
3. When pasta has about 5 minutes left, put kale on top of pasta. When it is bright green, drain kale and pasta together.
4. Toss kale & pasta with sauce, serve.

Quick Marinara Sauce

The Happy Herbivore, Lindsay S. Nixon, p 259, © 2011
Make 3 C.

Prep time: 7 minutes. Total time: 20 minutes.

28 oz crushed tomatoes, with basil, can
2 T Italian seasoning
1/2t garlic powder
1 t onion powder
¼ t red pepper flakes, or to taste (optional)
1 t agave nectar (optional)

1. Combine tomatoes and seasonings in saucepan over medium heat.
2. Bring to near boil, reduce heat to medium, continuing to cook for 3 minutes and stirring occasionally
3. Taste, if too acidic add agave and more red pepper.
4. Continue to simmer over low heat for 10-20 minutes until herbs lose their raw taste and the sauce is thoroughly warmed.

Seth adds a splash or two of red wine to give it a darker, more complex flavor.

Carrot Dill Soup

From a former brother-in-law.

olive oil

1 white onion, chopped
4-5 large carrots, chopped
2 celery stalks, chopped
veggie stock or carrot juice
juice from 1 lemon
Coriander, oregano, salt, black pepper

1. Saute onion in olive oil till golden, the more carmelized the better.
2. Add carrots, celery, 4-6 C water, bullion. Simmer 30-40 minutes.
3. Add spices to taste, + juice
4. Puree
5. Serve with a dollop of yogurt + chopped fresh dill

Notes: Instead of lemon juice, you can use any sort of acid: orange juice, cider vinegar, or other. Seth skips the olive oil and sautés in vegetable broth. Seth adds a couple of potatoes in step 2 to make the soup thicker and more chowder like, also some nondairy milk when pureeing.

Desserts

Raw Ice Cream

From happyherbivoire.com

Prep time: 5 minutes. Total time: 5 minutes.

Servings: 2

- 2 whole bananas, frozen
- ¼ C plant-based milk
- ¼ t vanilla extract
- ¼ t cinnamon

1. Place all ingredients together in a food processor and allow the motor to run until it's smooth and creamy. Stop and break up large clumps with a spatula as needed.

Fudge Dip

Everyday Happy Herbivore, Lindsay S. Nixon, p 260, © 2011

Makes 2 cups.

Prep time: 5 minutes. Total time: 5 minutes.

Notes: This dip is so rich you won't believe it's made from beans. Serve with apple and pear slices or smear it into a tortilla, top with banana slices and roll up. Yum!

- 15 oz can white beans
- ¼ C (4 T) unsweetened cocoa
- 2 T agave nectar
- Nondairy milk

1. Blend beans with cocoa and nectar in strong blender or food processor until well combined, adding splash of milk as necessary to achieve a creamed consistency.
2. Taste, then add 1 T of cocoa at a time until you're satisfied with the richness. I like it at 6 T but my dark-chocolate-loving testers went up to 8 T (1/2 C total). You may also need to add another 1 T of agave nectar for your tastes.
3. The end result should be the consistency of icing, the kind you buy at the store in a tub.

Variations: Peanut butter fudge dip: for an even richer dip, add 1 T peanut butter at a time

Chocomole

My Beef with Meat, Rip Esselstyn, p 262, © 2013
Anne Stevenson brought down the house when she brought this thick, creamy, chocolately, fall-of-the-Roman-Empire, decadent dessert to my forty-sixth birthday party. We all did cartwheels it was so good.

Makes 1 cup.

Prep time: 5 minutes. Total time: 5 minutes.

- 1 avocado, ripe, pitted and peeled
- 1/3 C pure maple syrup
- ¼ C unsweetened cocoa powder
- 1 t vanilla extract
- ¼ t ground cinnamon (optional)
- ¼ t sea salt (optional)
- ¼ C water, or more, as needed

1. Process all ingredients in a food processor or high-speed blender. Add the water, as needed, to achieve a smooth mixture.
2. Pour into glasses and chill, or serve immediately.

Variations: If you don't like cinnamon, do not add it. Or, instead add a drop of mint extract. Or a pinch of cayenne for some heat!

Seth adds a drop or two of almond extract and skips the cinnamon, then serves this over bananas and topped with raspberries, as a parfait.