

THE McCarthy CO-OP FAMILY COOKBOOK



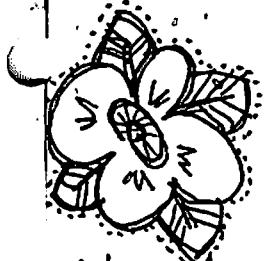
Co-op: Who we are, What we do

We are a house of students who prepare, cook, and eat food collectively. Our co-op is a Vegetarian/vegan friendly Co-op that embraces environmental and social justice issues, prepares organically grown foods, and purchases in a socially responsible manner. The members of the co-op seek to extend the principles of cooperatives to both the preparation of meals and our living environment.

About this book:

This cookbook is a collection of our favorite recipes that we have made for our weekly family meals. They are all vegetarian and made with healthful* and, when possible, local ingredients. We have tested and loved all of these recipes and hope you enjoy them with your family and friends as much as we have.

* co-op coined term - not just healthy, but overall, full of health



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Made with love
by the 2008-09
McCarthy Co-op —

XO XO.

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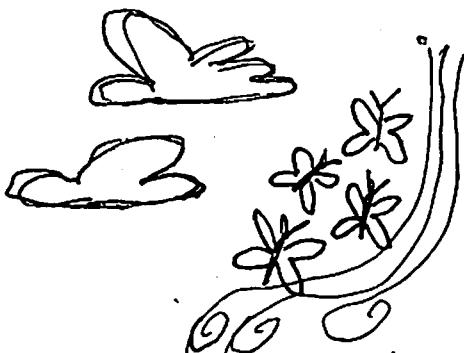
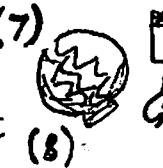


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ALL RECIPES CAN AND
SHOULD
BE SERVED WITH...

BEER BREAD

(see page fourteen)

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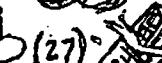
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All deserts are only
to be served after first
eating beer bread. ❤
CO-OP

EASY HOME MADE - GRANOLA

This makes a granola that is not too hard and crunchy, not too sweet, and not too clumpy. One time when I made it I burned it, so just be sure to turn it over as directed. This is a vegan recipe.

- adjust
ingredients
and quantities
to your taste
- { 1 c sunflower seeds
 - 1/2 c sesame seeds
 - 1/4 c almonds
 - 3 c rolled oats
 - 1/4 c flour
 - 1/2 c brown sugar or apple juice concentrate. Mix this with 1/2 c water.
 - 5 Tablespoons vegetable oil
 - 1/2 teaspoon salt
 - 1 Tablespoon vanilla
 - 4 Tablespoons maple syrup (natural is preferable).
 - 1 tsp cinnamon
 - 1/2 c dried fruit: raisins, cranberries, cherries, whatever you like.

- Preheat oven to 350° F.
- Heat seeds and nuts over low heat with NO OIL. Stir them a few minutes until the smell delicious, but don't let them burn.
- Combine all ingredients except fruit. Mix until there are no dry patches
- * Spread onto 2 cookie sheets and bake for 20 minutes, or until browned and firm. Turn it at about 4 minute intervals with a spatula during baking.
- Remove from oven and let granola cool on pan. Let sit for 5 minutes.
- Put granola into a bowl and mix in fruit
Makes about 6 cups

* Put parchment paper on sheets first if you have it. Helps with cleaning and portioning.

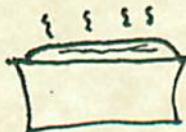
Start here!

- 1½ c. ap. flour
- ½ c. w.w. flour
- 1½ t. baking soda
- ½ t. salt

* Banana Bread *

Here is my very own
Banana Bread recipe! Jeff
yields 1 loaf

then do this



- 4 bananas
(very overripe)
- ½ c. br. sugar
- ½ c. white sugar
- 1 stick butter
- cinnamon, allspice
nutmeg, etc.

* combine in
large bowl
* mash & chunky
set aside

* mash 2 w/ sugar
until smooth
in med bowl

* brown butter
w/spices on
low heat until
bubbly, but not burnt.

- * add butter to the banana/sugar mixture along with:
 - ¼ c. applesauce
 - 2 eggs
 - 1 t. vanilla
- * mix until smooth
- * add wet mixture into dry, fold to incorporate
- * gently fold in chunky bananas along with:
 - ½ c. + pecans (chopped)
- * bake 1+ hour (or until set) in loaf pan at 350°
- * cool + enjoy!

(2)

VEGAN ORANGE GLAZED SCONES: VEGAN WITH A VENGEANCE

THE BEST VEGAN SCONES... EVER!

[MAKES 1 DOZEN SCONES]

ISA MOSKOWITZ

TURN PAGE FOR GLAZE RECIPE

1/2 cup soy cream (or rice / soy milk)
3/4 cup rice or soy milk
1 tablespoon apple cider vinegar
3 cups all-purpose flour
1/3 cup sugar
2 tablespoons baking powder
1/4 teaspoon salt
1/3 cup vegetable oil
3 tablespoons finely grated orange zest

- 7.) Divide dough in two.
- 7.) Knead each portion a few times, then form 6-inch discs, cut it into six slices, pizza-style.
- 8.) Place each slice on a prepared cookie sheet.
- 9.) Bake 12 to 15 minutes until slightly brown & firm on top.
- 10.) transfer to cooling rack

- 1.) Preheat oven to 400°F. Lightly grease a cookie sheet.
- 2.) Combine wet ingredients + set aside, (don't add oil, though)
- 3.) Separately in a mixing bowl, sift together dry ingredients.
- 4.) Add oil, wet mixture and orange zest to mixing bowl until just combined
- 5.) Note: the dough should be clumpy, dusting of flour - is okay.
Marie means flour. She's tired

ORANGE Glaze

ENOUGH FOR A DOZEN SCONES

- ① So... when the scones from the previous page are cooled or slightly warm transfer them to parchment paper.
- ② Then make the following:
- ③ Pour 2 tablespoons of orange glaze over scones; try to let the tops set before eating.

- 1 cup confectioners' sugar
- 2 tablespoons nonhydrogenated margarine, melt
- 2 tablespoons fresh orange juice
- 1 teaspoon finely grated orange zest

→ Sift confectioners' sugar into a mixing bowl; add all the other ingredients mix it all up → till smooth.

FROM: VEGAN WITH A VENGEANCE
BY MARIE

MAPLE Salad Dressing

Note: Salad is a term used loosely. for Tim it means Toast, or Tofu, or really anything! (With its the Shit. Seriously. Wins awards.)

this dressing is both sweet and salty, aka good on pretty much every sort of salad

1 T

balsamic vinegar

1 T

cider vinegar

2 T

maple syrup

2 T

soy sauce

1 t.

minced shallot

1 t.

minced garlic

1 t.

Dijon mustard

1 c.

extra-Virgin Olive Oil

Directions:

in a bowl, whisk all ingredients → the olive oil; then add oil in a thin steady stream, whisking until the dressing is emulsified

(5)

emulsion: a suspension of small globules of one liquid w/ which the 1st won't mix... FYI

my sister Leah won a maple syrup cooking contest w/ this recipe.

TEASER CAESAR

from The Hip Chick's Guide to Macrobiotics

This is my all-time favorite salad dressing. It tastes just like Caesar but it's completely vegan! Serves 6-8.

CROUTONS

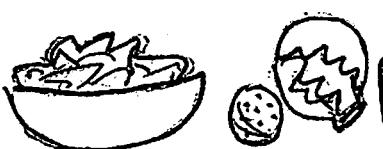
- 3-4 slices of bread, cubed (about 1½ cups)
- Olive oil
- ½ tsp. dried rosemary
- ½ tsp. dried marjoram
- ½ tsp. garlic powder
- ¼ tsp. sea salt

Preheat oven to 325°F. Lightly coat bread slices with olive oil. Mix remaining ingredients in a small bowl. Add bread; toss to coat. Spread in a single layer on baking sheet. Bake 10-15 minutes.

(6)

DRESSING

- 2 tbs blanched or roasted almonds
 - 3 cloves garlic, minced
 - 3 tbs Dijon mustard
 - 1 tbs nutritional yeast flakes
 - 2 tbs soy sauce
 - 1 tbs tahini
 - 3 tbs fresh lemon juice
 - ¼ c. water
 - 2 tbs olive oil
 - 1 large head romaine lettuce, torn
- Combine all ingredients except lettuce in food processor or blender until well blended. Toss with lettuce and croutons.



Radicchio with Figs & Ginger Vinaigrette

from the
Produce Bible

(serves 4)

Guten
Appetit

My new favorite leafy vegetable just happens to be radicchio. Its bitter flavor is shown off strikingly against the tangy ginger and sweet figs — certainly a novel taste, but one I really love. Radicchio is freshest late fall & winter and it's a great way to spruce up a mid-winter meal.

WHAT YOU NEED:

- 2tsp. ginger syrup
- 1 head radicchio
- 1 baby curly endive
- 3 oranges or mandarines
- 1/2 small red onion, sliced into thin rings
- 8 small figs, cut into quarters
- 3Tbsp. olive oil
- 1tsp. red wine vinegar
- 2Tbsp. Cf
- 2 Tbsp. finely chopped glace ginger
- 1 pinch cinnamon

WHAT TO DO:

Wash the radicchio and curly endive thoroughly and drain well. Tear any large leaves into bite-size pieces and toss in a salad bowl.

Peel & segment oranges, discarding all the bitter white pith. Add to the salad leaves, along with the onion and eight of the fig quarters, reserving the remaining fig quarters.

Whisk the oil, vinegar, cinnamon, & ginger syrup in a small bowl. Season with salt & pepper, then toss with salad. Arrange figs in pairs over the salad & serve.

(7)

Serves 4

Romaine Ribbons with Roasted Garlic (salad)

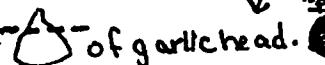
Marie and I made this during a major garlic-craving weekend. Roasted garlic might be my favorite flavor - even though it takes awhile (although I hear you can do it in the microwave, but I've never been successful). And, on top of that, the bleu cheese is a perfect compliment. At Friday Feast, people were coming back for 3rd! (Hesper

Dressing: 1 large head garlic (roasted)

2 Tbsp. rice vinegar
2 Tbsp. apple cider vinegar
2-3 tsp. dijon mustard
 $\frac{1}{4}$ tsp. coarse salt
 $\frac{1}{4}$ tsp. pepper
5+ Tbsp. olive oil

start early!

↑
to place

Directions: • Chop off  of garlic head.

Drizzle some olive oil over open end. Wrap in tinfoil, and roast in oven for 1.5 hours.

• Combine roasted garlic, vinegars, honey, mustard, salt + pepper in food processor. Add olive oil (+ extra olive from garlic) and blend.

(8)

Salad: 1 head romaine lettuce

[optional] → 4 Tbsp. crumbled bleu cheese
4 Tbsp. walnuts or pecans,
toasted + chopped
↓
350°. 10 min.

Directions: • cut lettuce crosswise into $\frac{1}{2}$ inch ribbons

• Drizzle w/ dressing, bl. cheese, and nuts

Spinach and Radicchio Salad with Mustard Vinaigrette

to serve 4

1 large bunch fresh spinach, stems removed, cut into bite-size pieces

1 small head radicchio, cut into bite-size pieces

Vinaigrette: 3 scallions, finely minced

1 tablespoon Dijon mustard

3 tablespoons Olive oil

3 tablespoons red wine vinegar

$\frac{1}{3}$ cup apple juice

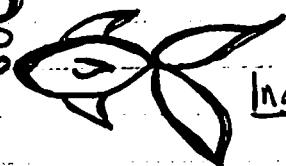
- Combine rinsed spinach and radicchio in salad bowl; set aside.

In a small mixing bowl, combine scallions, mustard, oil, vinegar, and apple juice. Whisk with a fork until frothy and emulsified.

Add and toss salad - enjoy!

WAKAME SEAWEED SALAD (10)

FROM THE INTERNET i.e. EPICURIOUS



Ingredients:

MAKES 4 SERVINGS

To make:

- Soak seaweed in warm water to cover, 5 minutes.
 - Drain, then squeeze out excess water.
 - If wakame is uncut, cut 1 tablespoon sesame seeds, toasted into $\frac{1}{2}$ -inch-wide strips.
 - Stir together vinegar, soy sauce, sesame oil, sugar, ginger, and garlic in a bowl till sugar is dissolved. Cut apple into $\frac{1}{4}$ -inch dice and add to dressing with everything else, tossing well to combine. Lastly, sprinkle salad with sesame seeds.
- 3/4 ounce dried wakame sea weed
3 table spoons rice vinegar + soy sauce, too
2 table spoons Asian sesame oil
1 teaspoon finely grated peeled fresh ginger
1 teaspoon sugar
 $\frac{1}{2}$ teaspoon minced garlic
1 small tart apple ($\frac{1}{4}$ lbs) such as granny smith
2 scallions, thinly sliced
2 tablespoons chopped fresh cilantro



Sweet Potato Fries ♥

à la the Post Punk Kitchen.



Chef
APPETIT

Who doesn't love fries, or sweet potatoes? Plus these fries aren't deep-fried, so they're doubly delish! ☺

One of my first vegan recipes and a total winner on every occasion. (serves 4)

WHAT YOU NEED:

- 2 large unpeeled sweet potatoes (c. 2 lbs), cleaned & cut into $\frac{1}{4}$ " in. strips lengthwise.
- 1 Tbsp. olive oil
- 1 tsp. of ground cumin
- 1 tsp. of ground coriander
- $\frac{1}{4}$ tsp. black pepper

Enjoy!

(II)

WHAT TO DO:

Preheat oven to 425°F.
Lightly grease a large rimmed baking sheet.
Combine oil and spices in a large bowl. Add the potatoes & toss well to coat. Arrange in a single layer on the baking sheet. Bake for 15 minutes, flip potatoes, bake 10-15 min if

* My Favorite Vegetables *

Cauliflower and Brussels Sprouts are two of my favorite vegetables. Here are my favorite ways to prepare them. ♥ Jeff



Brussels Sprouts.

- * B.S.
- * Salt + Pepper
- * Garlic
- * Lemon
- * Butter, Earth Balance, or Oil

- Chop garlic, Trim Sprouts, cut in half and remove loose leaves.
- Sweat the garlic in the butter on low heat until fragrant.
- Add B.S. outside down in one layer. Season.
- Cover pan immediately (S+P)
- Cook covered on low heat for 5-7 minutes until the bottoms are golden brown and the sprouts are cooked, but not mushy.
- Uncover, squeeze a little lemon, toss with one more pat of butter, taste and adjust seasoning. Serve immediately!

Cauliflower.

- * Cauliflower
- * Salt + Pepper
- * Olive Oil

- Cut cauliflower into small florets.
- Coat with olive oil and season with S+P.
- Place in 400° oven for about 20 mins, or until they have a nice golden brown color.
- Serve as is or in pastas, curries, soups, you name it!

Sauted Sugar Snaps and Radishes; Fennel

2 tsv Oil, Olive

1 tsv Fennel Seeds

1 tsv grated ginger

serves
about
4

1 lb. sugar Snap Peas, strings removed

8 white radishes

8 red radishes

Salt n Pepper

2 tsv Slivered Cilantro, garnish

Warm Olive Oil in large sauté Pan over Med
Add fennel seeds and ginger. Heat

Fry until seeds darken

Add peas, radishes and sprinkle w/ water

Cook until colors intensify 1-3 Minutes

Season with Salt and Pepper
and garnish with Cilantro

- Better Homes and Gardens Vegetarian

(13)

Corn Bread

1/2 cup sifted all-purpose flour

1/2 cups yellow Corn Meal

1 tsp Creole Seasoning

2 tsv Sugar

3 tsv baking Powder

3 eggs, lightly beaten

1 cup Milk

1/4 cup Heavy Whipping Cream

1/2 cup Melted Butter

Set Oven to 400°F

Combine dry ingredients in Bowl

add eggs & Milk

Beat till moist

Then thoroughly incorporate

Cream and butter

Pour into a buttered pan

and bake until set and Golden Brown, 15-20 min.

-The Top 100 New Orleans Recipes of all time

~~One of the most delicious breads I have ever eaten is 10% beer bread.~~

1 Note: For this recipe you will need to use self-rising flour. → Self-rising Flour

To make $\frac{1}{2}$ cup

2 | CUP all-purpose flour

Beer Bread from: Jacob

3 cups self-rising flour

3 tablespoons sugar

One 12-ounce can of beer (the darker the better)

2 tablespoons butter, melted

Combine the flour, sugar and beer in a bowl.

Scrape it into a well-greased loaf pan or ^{1 qt.} soufflé dish.

Bake at 375°F for about 50 minutes.

Pour the melted butter over the top and bake 10 minutes longer.

Cool on a rack. 5 Enjoy your delicious beer bread.

+
1 1/2 teaspoons of baking powder

+
1/2 teaspoon salt

(14)

herbs brown sugar + 1 TBS cinnamon +

half tsp nutmeg 1/2 cu chopped nuts

Try ADDIN

You Will Need:

2 lbs. asparagus

1/2 tsp. salt

1/8 tsp. pepper

2 Tbsp. butter
or Earth Balance

2 tsp. soy sauce

1 tsp. balsamic vinegar

olive oil

- Preheat oven at 400°

- prep baking tray: coat with oil and some salt + pepper

- place asparagus on tray and bake 12 minutes, or until tender
(I prefer them a bit shrively for this recipe. If possible, ^{use} thin asparagus.)

PAY ATTENTION

→ - melt butter in a small skillet on medium heat

for 3 minutes, ~~or~~ (lightly browned). Shake pan occasionally

- take off heat. stir in soy sauce + vinegar

← **SPLATTERS!**

- drizzle over asparagus. serve immediately.

Dad's No Fail Asparagus



Seriously. I've never met anyone who didn't gush over this recipe. I would suggest making this last in a meal - it's quick and best when just made. HESPER

WASABI MASHED POTATOES!

SERVES: 4-6

"SO EASY, SO GOOD"

[NOTE: USE YUKON GOLD POTATOES IF YOU CAN.]

- ① Place potatoes in pot & cover with cold water.
 - ② Cover & bring to a boil, then add some salt.
 - ③ Recover and let boil for 20 minutes or until potatoes are tender.
 - ④ Drain potatoes, then put them back in the pot.
 - ⑤ Add margarine + mash.
 - ⑥ Add ^{wasabi} soymilk + mash more until potatoes are fluffy-ish.
- 2 pounds potatoes, cut into 1-inch chunks
3 tablespoons nonhydrogenated margarine
 $\frac{1}{2}$ cup unsweetened soymilk
1 teaspoon salt (or to taste)
Several dashes fresh black pepper
1 tablespoon of wasabi powder (dissolve in soy milk)
- ⑦ Add Salt, black pepper and more soymilk or margarine if you think the potatoes need it.

(16) SOURCE: VEGAN WITH A VENGEANCE

21+

Beer Broccoli

21+

Not for
children / freshmen
or the
weak at heart

I MADE THIS UP W/
JEFF FOR A BEER
THEMED MGNV WE MADE.
IT STOLE THE SHOW. ☺ Molly



inventive
(London)

* Eat responsibly
* Don't invite Maril
Shell pt. yadown-

• Broccoli

• Beer (Blue Moon)
• Garlic (Don't stamp seriously)
• Olive Oil

* Must be served
w/ Beer + other
beer foods

* Saute the garlic in the oil.

* Add Broccoli, season w/ salt?

* Pour in a little beer, cover. (Maybe $\frac{1}{3}$ - $\frac{1}{2}$ bottle)

* Steam the Broccoli in beer water until
tender-crisp. DO NOT OVERCOOK. THAT'S NASTY

* Drink the rest of the beer. (and disrespectful to the brocoli!)

I hate
everything!

Macil
K.
(17)

I'm Molly
I'm wonderful
;)

Ingredients

Filling:

- 2 Tablespoons butter
- 1 Tablespoon vegetable oil
- 4 large Spanish onions (sliced)
- 1 clove garlic (crushed)
- 2 eggs
- 2 egg yolks
- 4 Tablespoons wholegrain mustard
- 2/3 cup heavy whipping cream
- salt and pepper

Pastry:

- 1 ½ cups flour
- 7 tablespoons butter
- 2 tablespoons sugar
- 1 egg
- dash of milk

D I R E C T I O N S

Pastry:

- Place the flour, butter, sugar, and egg into a food processor and pulse until just coming together as dough.
- Bring the dough together into a ball, wrap in cling wrap and place in the fridge for at least an hour
- Unwrap and roll out pastry onto a floured surface to fit an 8" tart or quiche pan. Press the pastry into the pan and chill for another 30 minutes.
- Preheat oven to 400 F.
- Place the pastry in the oven and let bake for 10-15 minutes or until golden brown. Remove from the oven and leave to cool.
- Reduce oven to 355 F.

Filling:

- Heat oil and butter together in a sauce pan over low heat.
- Add onions and garlic and season with salt and pepper. Cook the onions gently for 30-40 minutes until they are soft golden.
- Whisk together the eggs, egg yolks, mustard, and cream in a bowl.
- Add the cooked onions to the egg mixture, then spoon the mixture into the cooked pastry.
- Bake the tart for 20-25 minutes or until the filling is set and golden brown.
- Serve and ENJOY!

(18)

CARAMELIZED ONION

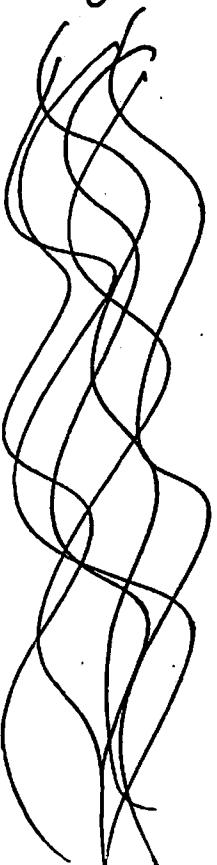
MUSTARD TART

This dish became an automatic favorite of mine the first time I made it! It's the perfect blend of sweet and savory baked into a Pastry tart.

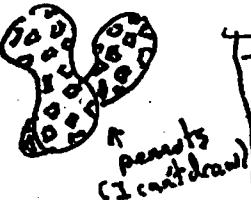
SERVES 4

PREP TIME = 1-2 HOURS

COOKING TIME = 30 MIN. - 1 HOUR



noodlez
↓
(sp?)



* Cold Peanut Noodles *

This is one of the easiest and most delicious recipes you may ever make.

Jeff

From Quick Vegetarian Pleasures

- 1 lb. spaghetti (buckwheat soba noodles are great for glu-tards.)
 - 2 T. sesame oil (and delicious for everyone else)
 - $\frac{1}{2}$ c. nutty peanut butter
 - $\frac{1}{3}$ c. soy sauce (chunky)
 - 3 T. mtrin
 - 1 T. water
 - $1\frac{1}{2}$ T. rice vinegar
 - 1 T. veg. oil
 - 1 T. brown sugar
 - 3 cloves garlic, minced
 - 1 t. minced fresh ginger
 - $\frac{1}{2}$ c. red pepper flakes
- Cook noodles.
Drain, toss with oil, and set aside to cool.
- 1 English seedless cucumber
• 1t scallions
- slice + dice
- Mix together.
- Toss all the parts together.
Gorge yourself!
- * Serves 4

Darn good Red Beans + Rice

2 T. olive oil

Serves 4

4 shakes red pepper flakes

1 chopped onion

2 cans red beans!

1/4 cup bean juice (reserved from cans)

1/4 cup dry cooking sherry.

2 T. brown sugar

1 T. Worcestershire sauce

7 dashes Tabasco (don't skimp)

Make some rice.

Heat oil. Add onion and red pepper flakes; sauté until translucent.

Drain beans in colander, saving juice. Rinse beans.

Put all ingredients together over low to medium heat until heated through.



Chana Masala

presented by the Funchie Stars
in Vienna Series.



This recipe is super simple & fun to make. Cheap & tasty, it can feed a starving student for a good week at a time — trust me, I've done it. (serves around 4-6)

WHAT YOU NEED:

- 2 8-oz. cans of chickpeas
- 1 8-oz. can of diced tomatoes
- 1 onion, diced
- 3 cloves garlic, minced
- olive oil for sautéing
- 3 Tbsp. curry powder
- 2 Tbsp. garam masala
- Salt & pepper

WHAT TO DO:

Heat the oil in a large pan or wok. Add the onion and garlic & sauté for a few minutes. Add curry powder & garam masala and mix to a paste.

Drain chickpeas and pour into pan. Add tomatoes (including juice) and mix thoroughly. Bring curry to a gentle boil, then reduce heat and let simmer until ready to serve. Add salt, pepper, plus more curry powder and garam masala to taste throughout simmering process.

• Makes a delicious meal when served up with some basmati rice or naan!



Guten Appetit! ☺

(21)



West African Peanut Soup

Even I've never fucked this one up.

IHRTLUHP: Peter R. J.

Ingredients:

$\frac{3}{4}$ c. ($\frac{1}{4}$ lb.) onions, chopped

3 tsp. vegetable oil

Pinch of cayenne

1 tsp. Fresh ginger root, grated

$\frac{1}{3}$ c. (2oz.) carrots, chopped

($\frac{7}{8}$ c. (6-7oz.) sweet potatoes, chopped

Pinch of salt

$1\frac{2}{3}$ vegetable stock

$\frac{2}{3}$ c. tomato juice

$\frac{1}{3}$ c. peanut butter

1 tsp. sugar (optional)

Garnish:

Scallions or chives

(22)



1. Sauté the onions in oil until the onions are translucent.
2. Stir in the cayenne, ginger, and carrots and sauté for a few minutes more.
3. Add the sweet potatoes, salt, and stock. Bring to a boil, reduce to a simmer, cover, and cook until the vegetables are tender.
4. Purée the soup with the tomato juice and peanut butter in a blender until smooth. Add sugar (if needed).
5. Reheat gently.
6. Serve with a generous garnish.



Whole Wheat Pizza Crust



- 1 tsp. white sugar
- 1 1/2 c. warm water
- 1 Tbl. active dry yeast
- 1 Tbl. olive oil
- 1 tsp. salt
- 2 c. whole wheat flour
- 1 1/2 c. all-purpose flour

{ • makes one thick crust pizza, or two thin.
• This is my favorite pizza crust recipe.
It is delicious!
—Julia Blair

1. In a large bowl, dissolve sugar in warm water. Sprinkle yeast over the top, and let stand 10 minutes, until foamy.
2. Stir olive oil and salt into the yeast mixture, then mix in the whole wheat flour and one cup of all-purpose flour until dough starts to come together. Tip dough out onto a surface floured with the remaining all-purpose flour, and knead until all of the flour is absorbed, and the ball of dough becomes smooth, about 10 minutes. Place dough in an oiled bowl, and then turn to coat the surface. Cover loosely with a towel, and let stand in a warm place until doubled in size, about one hour.
3. When dough is doubled, tip dough out onto a lightly floured surface, and divide into pieces for two thin crust, or leave whole, for thick crust. Form into tight ball. Let rise 45 minutes, or until dull.
4. Preheat oven to 425°. Roll a ball of dough with a rolling pin until it won't stretch further. Then, drape over your fist, gently pull edges outward, while rotating the crust. When the circle has reached the desired size place on a well oiled pizza pan. Top with all of your sweet toppings!
5. Bake for 16 to 20 minutes (depending on thickness) in oven, until crust is crisp and golden at the edges, and cheese is melted on top.

Delicious Onion Pizza

- 2 (ish) onions
- Some butter / earth balance for carmelizing onions.
- 1-2 containers chèvre
- 2 c. toasted walnuts
- 1 pizza crust (see recipe for whole wheat pizza crust in this book!)

5. Put walnuts on top of pizza.
6. Bake until crust is done.

This is my favorite pizza. It's ~~great~~ great
Julia



1. Carmelize onions
2. put on pizza.
3. Sprinkle crumbled goat cheese on top. (not covering, just embellishing).
4. Toast the walnuts. (It is very delicious if you candy the walnuts, but I don't know how to do that. Be creative!)

VEGAN CHOCOLATE MOUSSE

from LOVE, Eric and Sanal



This mousse is SO DELICIOUS, and most people can't even tell it's vegan. It works with or without the pistachio nuts. Makes 4-6 servings.

For the mousse

- 24 oz. Silken firm tofu, well drained
- 1/2 cup maple sugar (or maple syrup or white sugar)
- 1 pinch sea salt
- 1/2 cup soy milk (unsweetened)
- 9 oz. vegan chocolate chips
- 1 tbs. vanilla extract
- 1/2 cup ground pistachios (optional)

(25)

To make the mousse

1. In a blender or food processor, combine tofu, sugar, and salt, and process until very creamy, about 5 min.
2. In a sauce pan over medium heat, combine soy milk & choc. chips. Stir continuously until chocolate has melted. Transfer to food processor until
3. Add vanilla and process a few more min.
4. Add 1/4 c. of pistachios and process until well combined
5. Transfer mixture to a container and chill for a few hours until chilled.
6. Serve in individual bowls. Garnish with remaining pistachios.

Hes J

PUMPKIN

CHEESECAKE

I tried this recipe for the first time last Thanksgiving. Someone had brought home some leftovers, I tried it, and I was sold. I then made it for my parents, and they were sold. This is one delicious cheesecake.

Ingredients

4 8oz. packages creamcheese.
1 small can (1½ c.) pumpkin
 $\frac{1}{3}$ c. sugar
10 Tablespoons heavy whipping cream
1 teaspoon allspice
1 teaspoon cinnamon
4 eggs



(26)

optional [Refrigerate overnight]

- After baking, let cool. ←
Mix 5T. Whipping Cream
into remaining cream cheese
mixture. Spread on top.

- Preheat oven to 350°
- Blend creamcheese and sugar and 5 T. whipping cream until light and consistent
- Remove $\frac{2}{3}$ - 1 c. of mixture and refrigerate it in a sealed container.
- Add pumpkin and spices blend until consistent (but not too much)
- Add 1 egg at a time - blend until just mixed. Don't overmix
- Bake @ 350° (45 min. - 1 hour, 15 min)

(27)

Chocolate Zucchini Bread

(disguises zucchini, tastes just like cake!)

- 3 eggs (or vgn egg substitute) • 6 T. cocoa
- 1 1/4 c. sugar • 2 c. zucchini, grated (use small zucchini)
- 1 c. canola oil • 1 t. baking soda
- 1 t. vanilla • 1/2 t. salt
- 2 T. butter, melted (or earth balance) • 1/2 t. cinnamon
- 2/3 c. chocolate chips or more @ enhances chocolate flavor

preheat oven to 350°. In a mixing bowl combine eggs, sugar, oil, and vanilla. Mix until blended. Add butter & cocoa. Blend well. Mix in dry ingredients, stir until blended. Stir in zucchini; then chips & some walnuts if you want. Spoon the batter into two greased & floured 9x5 loaf pans. Bake 40-70 min until toothpick [↑] comes clean +

* you can use any sort of pan. Just ^{use} _{water}

SPICED TEA

"MASALA CHAI"

Although originally an Indian drink in our house this tea is loved by Germans and Lithuanians alike. SERVES 4.

1 2-inch piece of cinnamon
3 green cardamom pods
2 cloves

3 Heaped teaspoons orange pekoe tea
or → 4 tea bags.

1/4 cup skim/soy/rice milk

2 tablespoon sugar, or to taste

① Boil 3 cups of water in a small saucepan.

② Add spices, sugar + tea.

③ Stir then remove from heat.

④ Cover and let stand for 10 minutes.

⑤ Add milk → return to heat.

⑥ Bring just to a boil, stirring.

⑦ Strain into tea cups.

⑧ Serve hot, with extra sugar ♥,
if desired.

CHAI



TEA!

XOXO Marie K

Christina G.

Tamara

Jill W.
Sarah

Arielle

Maddie
Heideman

Ryan
Riley

Annelie Amy
xo.

Derek
Happelink

Caitlin, evi, Davis
Kai Kajiwara

Jeff

Jean T.
Oki

SPRING 2009