*Recipes for a Shared World*



Boulder Rights of Nature

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Recipes for a Shared World

Edited by Dale Ball and Steve Jones

Boulder Rights of Nature

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Photos by Steve Jones, Holden Maxfield, Anyll Merkovitch, Owen Robertson, and Joel Such. Poems by Kristen Marshall and from traditional sources.

Cover: Red lentil and peanut curry with wild rice blend and lemon-ginger iced tea.

Preface

What we eat has a profound impact on the health of native ecosystems and native wildlife populations throughout the world. By consuming palm oil, for example, we threaten the survival of the last remaining orangutans in Borneo and Sumatra. By consuming factory-farmed products from Colorado and adjacent states, we may threaten the continued survival of monarch butterflies throughout North America.

We asked our members and supporters to submit favorite recipes that are both simple and Earth friendly. While most of these recipes are vegan, we didn't place any restrictions on submissions. We hope you'll find the dishes simple and delicious, and if you have a recipe of your own you'd like to share, please submit it to us for possible inclusion in a future version of this online cookbook.

- Steve Jones and Kitty Brigham

Boulder Rights of Nature

Contents

*Soups*

*Creamy Sweet Potato Soup*

Jenny Natapow

*1-2 tablespoons butter*

*2 onions chopped into 1-inch pieces*

*2 large sweet potatoes peeled and sliced into 1-inch pieces*

*1 cauliflower cut into 1-inch pieces*

*2 diced jalapenos (optional)*

*2 juiced limes*

In a medium soup pot melt butter and cook onions until translucent. Then add peeled and sliced sweet potatoes. When sweet potatoes start sticking to pot, add two cups water. Then add cauliflower and bring to a boil. Cook 10-15 minutes until sweet potatoes are fully cooked.

Use a hand blender to puree the soup until it is fully blended and creamy. Then add diced jalapeños and lime juice. Taste and add more water or lime juice until soup reaches desired flavor and consistency. This is a thick and flavorful soup that warms the soul during the autumn and winter months. Enjoy!

*Curried Squash Soup*

Lisa Guinther

Serves 2-4

This is a great cold weather soup that is easy to make. You can use vegetable stock or just water. If you have a blender that can handle food, like a Vita Mix, your soup will be silky smooth. A food processor will give it a creamy, "comfort-food" consistency.

*1 Butternut squash (in the 1.5 pound range)*

*1 sweet potato or yam*

*2 apples*

*½ onion chopped*

*1 teaspoon curry powder (or more)*

*Olive oil*

*4 cups of water or stock*

*Mrs. Bragg’s liquid aminos to taste*

Heat oven to 350o. Cut the butternut squash in half and scoop out the seeds (you could roast and eat them like pumpkin seeds…but that’s a different recipe). Rub olive oil on the squash and lay it side down on a baking sheet. Bake it for about 15 minutes, and check the done-ness with a fork. You may need to bake it for another 10 minutes or so, until the skin is browning and the flesh inside is soft to the fork.

Take the squash out of the oven and let sit for a few minutes until it is a bit cooler, then take a knife and peel off the skin and put the squash into a bowl; set aside.  
  
Peel and chop the sweet-potato into uniform pieces. Peel (or not), core and chop the apple. Chop the onions.

Then put about 2 tablespoons of olive oil in the bottom of a heavy-bottomed pot and put in the onions and sauté until they just start to brown. Add the curry powder and cook with the onions for about 1 minute. Add the water or stock, then add the sweet potatoes and apples. Cover and cook for about 10-15 minutes, until soft. Add the squash and cook until hot through.

Now take the hot ingredients and blend them in batches, or use the immersion blender until smooth. Add the Mrs. Bragg’s to taste. Serve in bowls with a spoonful of Toffuti “Better than sour cream,” some crushed walnuts and raisins on the top or even some nutritional yeast.

*Curried Apple Bisque with Minted Yogurt*

Dale Ball

Adapted from *The White Dog Cafe Cookbook,* this is flavorful holiday favorite worthy of Thanksgiving dinner.

*Minted Yogurt:*

*1 cup low-fat plain yogurt*

*3 teaspoons minced fresh mint leaves*

*¼ teaspoon salt (optional)*

*Bisque:*

*2 tablespoons olive oil*

*2 cups onion*

*2 tablespoons minced fresh ginger*

*1 tablespoon minced garlic*

*1 tablespoon plus 1 teaspoon curry powder*

*5 granny smith apples, peeled, cored, and diced (about 6 cups)*

*3 cups apple cider*

*2 cups water*

*1 teaspoon salt*

Prepare the minted yogurt: Combine the yogurt, mint leaves and salt. Cover and store in the refrigerator until ready to use, or for up to one week.

Prepare the bisque: Heat the oil in a large sauce-pan set over medium heat. Add the onion and cook until translucent, about 5 minutes. Add the ginger and garlic and cook until soft, 2 to 3 minutes. (Do not let the garlic brown or it will give the bisque a bitter flavor.) Stir in the curry powder and cook for about one minute, tossing and scraping the bottom of the pan so that the mixture doesn’t scorch. Add the apples, cider, water, and salt and bring to a boil. Reduce the heat to low and simmer until the apples are completely soft, about 30 minutes.

Puree the bisque in batches in a food processor, blender or food mill. Return to the saucepan and season with additional salt to taste. Serve warm.

To serve, divide the bisque among 6 warmed bowls. Top each portion with a generous dollop of the minted yogurt.

*Vegan Onion Soup*

Donna Marino

Serves 4

*3 large yellow onions (3 pounds)*

*3 tablespoons non-dairy butter*

*4 cups vegetable stock*

*1 cup water*

*2 tablespoons all-purpose flour*

*1/2 teaspoon sea salt*

*2 tablespoons dry white wine*

*1 teaspoon Dijon mustard*

*Vegan French bread, for garnish*

*Non-dairy mozzarella cheese, sliced, for garnish*

Thinly slice the onions and sauté them at medium heat in the melted butter in a large soup pot until they are limp and soft. Turn up the heat to medium-high and cook the onions about 10 more minutes, until golden brown. Lower the heat to medium, add the flour, and cook for 2 minutes.

Add the vegetable stock, water, salt, wine, mustard, and bay leaf. Bring to a boil, stirring frequently. Adjust heat to a high simmer and cook with the lid off for about 30 minutes. Taste and add more salt and pepper, if desired.

Ladle the soup into individual broiler-proof bowls, such as been bowls with handles. Lightly lay a slice of French bread on top and lay the sliced non-dairy mozzarella over the bread completely, to keep th e bread from burning. Put the bowls onto a cookie sheet and place on the top oven shelf. Turn on the broiler and watch carefully, taking out the sheet when the cheese has lightly turned to a dark golden shade here and there.



Burrowing owl. Steve Jones

*Entrées*

*Sautéed Okra with Garlic and Tomato*

Manal Jarrar, Arabesque Restaurant, Boulder

Serves 4

*1 1/2 pounds fresh okra, sliced into 1/2" rounds (leave on the tips)*

*3/4 cup of peeled garlic cloves*

*3/4 cup of tomato paste*

*1 1/2 cups long grain rice*

*1 cup Middle Eastern angel hair pasta*

*6 ounces extra virgin olive oil*

*3 1/2 cups water*

*Salt to taste*

Sauté the rice and pasta in a large frying pan in 3 ounces of olive oil on high heat, stirring frequently, until the rice just begins to brown. Pour in the water, bring to a boil, cover, and simmer for 15-20 minutes.

In another pan, heat the remaining olive oil until it begins to sizzle, then add the okra, garlic, tomato paste, and salt. Cook on high heat, stirring frequently, until all the ingredients blend together, the okra turns deep green, and the garlic begins to turn orange.

Serve with a fine red wine and fresh bread of your choice.

*Steven's Staple Potato and Beans*

Steven Rouk

Serves 2

This recipe is about as simple and classic as they go for my life – baked potatoes just the way my mom taught me, with beans for dense nutrition and salsa for a tangy deliciousness. I usually make as many as my baking sheet will hold, six to eight. Meals for days!

*2 russet potatoes*

*15 ounce can of black or pinto beans*

*2 teaspoons olive oil*

*1 teaspoon garlic powder*

*Salsa to taste*

*Salt, pepper, and basil to taste*

Pre-heat the oven to 350 degrees F. Wash the potatoes. Drain the can of beans, or save the liquid to use as aquafaba! Put a layer of aluminum foil on the baking sheet. Take a fork or knife and (carefully!) poke small holes in the outside of the potatoes.

Put the potatoes on the baking sheet, drizzle with olive oil, then dust with garlic powder and other seasonings. Cover the potatoes with aluminum foil, then bake them for an hour and a half to two hours (To test if the potatoes are done, stick a fork into the middle of the biggest one). They should be soft to poke!

Microwave the beans for two minutes in a microwave-safe bowl. Remove the potatoes from the oven, split each one down the middle with your fork and poor the beans in. Then cover the whole thing with salsa, and add veggies and seasonings as desired.

All-You-Need-to-Survive Rice & Beans

Steven Rouk

Serves 2-4

This meal will keep you alive and kicking butt when the apocalypse has claimed all the fresh fruit and veggies. Need to eat lunch and dinner for less than a dollar a day? I gotcha covered. Cook up truck-loads of this stuff and get back to being awesome.

*1 cup rice (uncooked)*

*2 cups water*

*1 can beans of your choice (black or pinto are faves)*

*1 tablespoon olive oil*

*1 teaspoon garlic powder*

*Salt to taste*

Put the rice in the pot. Put the water in the pot. Add the olive oil to the pot, and a little salt.

Turn a burner on high until the water boils, then reduce to low. You can cook the rice covered or not, just be prepared for rice-splosion if you totally cover the pot with the lid. Cook until all of the water is absorbed by the rice, or about 15-20 minutes.

Just open the can, drain them, and microwave them for about two minutes, in a microwave-safe bowl. You can't microwave metal.

Get a bowl! Add rice and beans to your bowl! Add the garlic powder and whatever other seasonings you want! Eat it! Eat it all the time!

Glenn’s Famous Enchilada Casserole

Glenn McCarthy

Serves 4-6

1/2 pound chicken flavor seitan, White Wave brand

4 ounce can chopped green chiles, undrained (we use Ortega or La Victoria, mild) – optional.

15 ounces green chile enchilada sauce (we use Hatch’s mild) 12 corn tortillas, fresh greatly preferred (buy at your local tortilleria – it makes this dish!)

2 1/2 cups cooked brown basmati rice 2 cups shredded cheese, such as Mexican-style, Monterey jack or cheddar

Preheat oven to 425 degrees. Coat a 9-by-13-inch glass baking dish with cooking spray. Combine “seitan/chiken," corn, chiles and about 8 oz enchilada sauce in a medium bowl. Add the cooked rice to this mixture and stir well.

Spread 8 oz enchilada sauce in the prepared baking dish. Top with an overlapping layer of 6 tortillas. Top with the “chiken/rice” mixture. Top that with approximately one third of the cheese, followed by the remaining 6 tortillas. Pour the remaining enchilada sauce over the tortillas. Sprinkle remaining cheese on top. Cover with foil.

Bake the enchiladas until they begin to bubble on the sides, about 35 minutes, making sure they are heated through and the cheese is melted.

*Pesto a la Veg*

Justina Walls

Serves 2-4

*1 large bunch fresh basil ( about 3 cups, loosely packed ) 2-3 large cloves of garlic 6 tablespoons raw pine nuts, or walnuts, or a combination of both ¾-1 teaspoon salt*

*6 tablespoons extra-virgin olive oil ¼ cup nutritional yeast (or to taste, I like more!)*

Place all ingredients except olive oil in a food processor or blender. Process until the nuts are finely ground. Add the oil and process again until smooth and creamy. Serve immediately or store in the refrigerator for up to 5 days.

This recipe can also be made with walnuts. Nutritional yeast is a delicious addition to this classic pesto and many people think it has a cheesy flavor. If you’re not sure you like the taste, try small amounts first. It’s a great source of vegan protein and B-12, so besides tasting good, it offers health benefits!



**Gaillardia moth. Steve Jones**

***Howard’s Favorite Quiche***

***Justina Walls,* adapted from Audress’ Mini Crustless Tofu:** [www.fatfreevegan.com](http://www.fatfreevegan.com)**. Makes one quiche.**

**We served this to Howard Lyman when he spoke at VegFest, Colorado 2011, and he called it the best quiche he’d ever had!**

*1 tablespoon olive oil*

*½ red bell pepper, diced small  
3 diced green onions, both green and white parts*

*1 tablespoon minced garlic*

*¼ pound (about 2 cups) chopped crimini mushrooms  
8 ounces asparagus, stiff part of shafts removed, remaining parts cut into ¼ - ½ inch pieces*

*1½ teaspoon minced fresh rosemary (or 1 teaspoon dried)*

*1 whole-wheat pie crust*

*12.3-ounce package of firm silken tofu, drained of water  
½ cup plain soymilk*

*4 ounces grated mozzarella (I used Daiya)  
3 tablespoons nutritional yeast (not Brewer’s yeast)  
1 tablespoon cornstarch  
1½ teaspoons tahini (preferred) or cashew butter  
½ teaspoon onion powder*

*½ teaspoon garlic powder  
¼ teaspoon turmeric  
½ teaspoon salt*

Preheat oven to 375°. Pierce the bottom of the crust a half-dozen times. Add olive oil to sauté pan over medium heat. Sauté the bell pepper and green onion until they begin to soften. Add garlic and cook for another minute. Add mushrooms and cook until they begin to exude their juices. Stir in the asparagus and rosemary. Cook until asparagus is bright green. Remove from heat.

Place the remaining ingredients into a food processor. Process until the mixture is completely smooth. Add the sautéed veggies to the mixture and stir to mix evenly.

Put quiche in oven and bake for 50 minutes or until quiche is firm or when a knife inserted into the middle of a quiche comes out clean. Remove quiche from the oven and allow to sit for about 10 minutes prior to cutting and serving. Enjoy!

*Cajun Seitan Creole*

Justina Walls

Serves 4

*1 onion chopped*

*1 clove garlic minced (I often use more)*

*1 red bell pepper, chopped*

*1 tablespoon oil*

*1/3 cup soy sauce*

*28 ounces canned tomatoes (1 large or 2 regular cans)*

*¼ teaspoon cayenne pepper (or more if you like it hot)*

*16 ounces seitan or 1 package “Chiken” style or 2 pkgs (8 ounces each) Morning Star Farm Meal Starters (Chicken flavor)*

*1 package frozen, chopped okra*

*Tabasco (optional)*

*1 cup cooked rice (We like brown basmati rice best)*

Sauté onion, garlic and green pepper in oil until onion is

translucent. Stir in soy sauce, tomatoes, and cayenne. Bring to a

boil. Add in seitan in bite size pieces, and stir in okra. Cover and

simmer for 15-20 minutes, until thoroughly heated and okra is

thawed. Simmer 10 more minutes to blend flavors.

Serve over hot rice with Tabasco for those willing/able to handle true Cajun spiciness.



*Elk in winter*. Steve Jones

*Vegan Tacos*

Ann Tagawa, adapted from a *Bon Appétit* article

Makes 6 tacos

*1 teaspoon vegetable oil*

*1/2 onion, sliced*

*2 teaspoons chopped, seeded jalapeno*

*12 outs package soy chorizo sausage (Soyrizo is one brand )*

*16 ounce can vegetarian refried beans*

*12 corn tortillas, warmed*

*Diced onion, chopped fresh cilantro, lime wedges*

Heat oil in a large nonstick skillet over medium heat. Add sliced onion and jalapeno and sauté until tender, about 10 minutes. Add soy chorizo and cook until beginning to brown in spots, stirring often, about 5 minutes. Meanwhile, cook the beans in a heavy, small saucepan over low heat until heated through, stirring occasionally.

Stack two warm tortillas for each of the 6 tacos. Spread scant 2 tablespoons beans over each stack. Top with soy chorizo mixture, dividing equally. Sprinkle with onion and cilantro, then squeeze lime juice over them.

Variation: Add a diced, pre-cooked (baked or microwaved) potato to the skillet while cooking the soy chorizo.

*Indian Stew*

Donna Marino

Makes 3 cups

*Ingredients:*

*2 1/2 cups cooked yellow lentils  
1 1/2 cups water  
1 cup tomato, chopped   
1/2 cup cauliflower, cut into 1/2-inch pieces  
1/4 cup carrots, sliced   
1/4 cup green beans, cut into 1/2-inch pieces  
1/4 teaspoon cayenne  
1 teaspoon salt  
1/4 teaspoon sugar  
2 tablespoons cilantro, chopped   
1 tablespoon canola oil  
1/2 teaspoon mustard seeds  
1/2 teaspoon cumin seeds  
1/8 teaspoon turmeric  
15 fresh kari leaves  
2 dried red chiles, destemmed and chopped  
Cilantro for garnish*

In a large saucepan over high heat, combine the lentils, water, tomato, cauliflower, carrots, and green beans. Bring to a boil. Reduce heat to medium and cook, covered, about 10 minutes. Add cayenne, salt, sugar, and cilantro. Cover and simmer for ten minutes. Transfer to a large serving dish, cover, and set aside.

In a small frying pan over medium-high heat, add canola oil. Add the mustard and cumin seeds. When the seeds sizzle and splatter, immediately add turmeric, kari leaves, and chiles. Stir for 30 seconds, remove, and pour over lentil mixture. Garnish with cilantro and serve.

*Love the Earth as a babe loves its mother's heartbeat.*

*- Chief Seattle*

*Seitan Scaloppini with Capers and Lemon*

Donna Marino

Serves 2

*2 seitan cutlets, about 8 ounces  
2 tablespoons flour  
2 tablespoons olive oil, divided  
2 cloves garlic, minced  
1 cup vegetable broth  
1 tablespoon fresh lemon juice  
1 tablespoon capers, drained  
1 tablespoon earth balance  
1 tablespoon chopped parsley  
1/4 teaspoon fresh thyme  
Salt and pepper to taste  
8 ounces spaghetti, cooked according to package*

Salt and pepper the cutlets. Dredge cutlets in flour. Heat one tablespoon olive oil in a large skillet over medium heat. Pan fry the cutlets, flipping them over as they turn golden, about 3-5 minutes per side. Transfer to plate.

Add remaining tablespoon of oil to the skillet. Add garlic and mushrooms. Stir and cook for about 2 minutes, until the mushrooms are just starting to brown, reducing heat if needed so garlic doesn’t burn. Add broth to deglaze the skillet, scraping the browned bits off the bottom. Cook until broth is reduced by about half. Stir in lemon juice, capers, margarine and thyme. Adjust seasonings and serve over spaghetti, garnishing with parsley.

*Stuffed Acorn Squash*

Steve Jones

Serves 2

*1 large acorn squash, sliced horizontally and seeded. Slice off the pointed tip and stem so the squash halves stand up on their own.*

*3 ounces olive oil*

*1/2 medium onion*

*1 large garlic clove, diced*

*1/2 cup mushrooms*

*1/2 cup piñon nuts*

*1/2 cup raisins*

*1/2 diced red bell pepper*

*Handful of cilantro, chopped*

*1/2 teaspoon cinnamon*

*1 teaspoon curry powder*

*1/2 cup steamed brown rice*

*Hot sauce to taste*

Wash the inside of the squash and remove all the seeds and stringy stuff. Place on baking dish, sprinkle with olive oil, and bake for about 20 minutes at 400° until the pulp begins to soften.

In an oiled frying pan, sauté the onions and garlic on medium heat until they turn transparent, then add in the other ingredients and sauté for a minute. Stuff the vegetable/nut/raisin/rice mixture into the squash halves and bake at 400° for another 20 minutes.

Serve with a spring salad and San Francisco sourdough bread.



*Northern Pygmy-Owl.* Joel Such

*Colcannon Puffs*

Michelle Hunsicker, from my dear friend Barbara Bear, the best baker in the world!

30 puffs serve 6

To save time, you can also form these into larger patties and pan-fry in a non-stick skillet.

*1 1/2 pounds potatoes (you can peel if you want, but I didn’t)*

*6 ounces kale*

*2 tablespoons nutritional yeast*

*2 teaspoons salt (or to taste)*

*1 teaspoon onion powder*

*1/2 teaspoon garlic powder*

*1/2 teaspoon thyme*

*1/4 teaspoon freshly ground black pepper*

*2 tablespoons soymilk*

*2 tablespoons potato starch or corn starch*

Cut the potatoes into small cubes (about 1/2-inch), put them in a large pot, and cover with water. Bring to a boil and cook until potatoes are tender.

While the potatoes are cooking, remove the center stalk from the kale and slice the leaves into strips. When the potatoes are done, lift them out with a slotted spoon and place in a large mixing bowl. Put the kale into the potato water and cook for 6 minutes or until kale is tender. Remove kale with a slotted spoon to a food processor. Add 1/4 cup of the cooking liquid and pulse to chop fine.

Preheat oven to 425 F. Mash the potatoes and add the kale and all remaining ingredients. Stir well. Using a well-rounded tablespoon, form into balls about 1 inch across. Flatten into disks. Place them on an oiled baking sheet or, preferably, a baking sheet covered with a silicone mat or parchment paper. Bake for 20 minutes. Carefully turn over and bake for 20 minutes more, until lightly browned.

*Eggplant with Garlic Sauce*

Steve Jones

Serves 2

*1 medium eggplant, peeled and sliced into irregular strips*

*1/2 red bell pepper, sliced into thin strips*

*1 medium onion, chopped*

*1/2 cup sliced bamboo shoots, water chestnuts, or jicama*

*5-6 small dried chilies (you can substitute hot sauce if you prefer)*

*2 large garlic cloves, peeled and sliced thin*

*1/2 cup vegetable stock*

*2 ounces soy sauce*

*1/2 lemon, seeded*

*2 teaspoons raw sugar (or 4 ounces apple juice)*

*1 teaspoon cornstarch (optional)*

In a well-oiled frying pan or wok, sauté the onions on medium-high heat until they turn transparent. Add in all the other dry ingredients, except sugar, and cook on high heat, tossing frequently, for 2-3 minutes or until the eggplant turns golden brown. Add in the vegetable stock, soy sauce, juice from the half lemon, and sugar, and continue cooking on high heat for 1-2 minutes until the sauce has reduced to a pleasant thickness.

You may mix in a teaspoon of cornstarch (first stir vigorously into a small amount of water) to thicken the sauce.

Serve with steamed rice and fresh cut tropical fruit, such as mangos or bananas.



*Black-tailed prairie dog mother and pup.* Steve Jones

*Early Morning or Late Evening Pancakes*

Kitty Brigham

Makes 4 generous pancakes.

This recipe is gluten-free and low acid (unless you substitute whole wheat pastry flour).  Use all organic ingredients and bulk flours if possible. It’s quick and simple – in case you are sleepy or tired!

*1/3 cup each coconut & almond (or millet flour)*

*1/3 cup gluten-free flour mix (brown rice flour, sorghum flour, potato starch, tapioca flour, xanthan gum), or whole wheat flour                                                                                                 1 tablespoon whole flax seed, freshly ground, soaked in 3 tablespoons water*

*1 teaspoon baking powder*

*1 1/2 cups soy milk (for protein) – use organic unsweetened plain Westsoy or Edensoy (no additives) or almond milk (check the ingredients list before you choose); rice milk is more acidic; or use Eldorado spring water (lo acidity)*

Mix dry ingredients first, then blend in milk and cook in a skillet on medium high heat with (cold-pressed) olive oil (low acid).

Serve with fresh fruit.

*Listen*

*Imagine life free*

*from technology*

*Listening to*

*windborne symphonies*

*And the silence of shadows*

- Kristen Marshall

*Red Lentil and Peanut Curry with Roasted Vegetables*

Steve Jones

Serves 3

This is a stew I take on camping trips. It's easy to make and is easy to heat up on a camp stove. You can order the Encona West Indian hot sauce online.

*1 medium onion, chopped*

*1 clove garlic, chopped*

*3-4 ounces olive oil*

*1 teaspoon curry powder*

*1/2 teaspoon cinnamon*

*10 fenugreek seeds*

*Pinch of ground cardamom*

*1 fist-sized bunch cilantro*

*15-20 baby carrots*

*5 medium red potatoes*

*16 ounces vegetable stock*

*2 small zucchinis, cut into 1“ cubes*

*1 red bell pepper, cut into 1” squares*

*6 ounces dried red lentils*

*2-3 heaping tablespoons unsalted, crunchy peanut butter*

*1 tablespoon balsamic vinegar*

*1 tablespoon mango-peach jam or chutney*

*1 teaspoon Encona West Indian Hot Sauce*

In a medium to large-sized pot, sauté the onions and garlic in olive oil on low heat until they begin to turn golden. Add in the curry powder, cinnamon, fenugreek seeds, cardamom, and cilantro, and stir occasionally for another 1-2 minutes. Add in the carrots, chopped potatoes and vegetable stock, bring to a boil, and simmer, covered, for 45 minutes.

Preheat oven to 450°. Toss zucchini cubes and red pepper squares in olive oil, place on a greased baking dish, and bake, tossing occasionally, for 30 minutes, or until well browned.

Add the roasted vegetables, along with the lentils, peanut butter, balsamic vinegar, and mango-peach jam to the cook pot, and simmer for another 20 minutes. Add salt and hot sauce to taste.

*Homemade Veggie Stock*

Lisa Guinther

This stock is great to freeze in different-sized containers to make soup (larger containers) or to add to stir-fries (one-cup containers). This is a clear dark brown stock that is great for any soup, adding to stir-fries, and to have on hand for rice noodles or a hot-pot.

*2 or 3 white onions, peeled of only the outermost layer (the peels add a lot of color to the stock), then cut in half*

*1 red onion, prepared the same as the white onion*

*1 leek, split in half length-wise and washed really well*

*1 pound carrots, ends trimmed*

*2-3 Roma tomatoes, cored and cut in half*

*1 whole clove garlic*

*5 or 6 shitake mushrooms*

*Fennel, the whole thing …bulb and top (optional)*

*4 or 5 stalks celery, cut in half*

*2 or 3 medium golden beets, with tops, cut in half, tops set aside*

*Olive oil*

*2 bay leaves*

*2 tablespoons of other herbs combined. I use Herbes de Provence.*

*Black pepper to taste (for a traditional Southeast Asian taste, add in some star-anise, lemongrass, or cinnamon).*

Add a little olive oil into a 9x13 pan, rub the onions, beets, tomatoes, the leek, and garlic with olive oil, and place in the pan and roast in a preheated 400° F oven for about 30 minutes, or until everything is roasted, with a dark-brown caramelizing on the bottom of the pan.

Add these veggies to a large stock pot, along with any juices in the pan. While the pan is still hot, add about 2 cups water to the pan to scrape off all the caramelized juices, and add to the pot.

Add the beet greens, the leek’s green top, celery, fennel bulb and top, mushrooms, and herbs to the stock pot.

Add filtered water to cover everything in the pot to within 3 or so inches from the top, cover, and bring to a boil. Boil for 15-20 minutes, then remove the lid and cook so that it is “just” boiling…a little more than a simmer, and let it cook for 2 hours. Strain out veggies, return stock to the pot and boil for another hour or two. Cool and divide in containers, freeze. Fresh broth will keep in the fridge for about one week.

*Gravy for Casual Budget Meals*

Linda Andes-Georges

My grandmother used to fix us “gravy-bread” to use up stale bread and stretch dollars. I learned to love it, and now have a vegan version, although it still needs tweaking. This one is based on miso rather than nuts, but I think adding 1/2 cup cashew puree would make it even better.

*2 cups vegetable broth*

*½ cup dry white wine*

*2 tablespoons red miso*

*1 tablespoon yellow miso*

*1 tablespoon nutritional yeast*

*1 tablespoon Dijon mustard*

*1 tablespoon vegan butter*

*3 tablespoons olive oil*

*¼ medium onion, chopped fine*

*1/2 pound mushrooms, chopped fine (added second, after 2 minutes)*

*2 cloves garlic, chopped very fine and added last (a minute of sauté-time)*

Warm the vegetable broth very slowly to medium hot. Use your favorite broth, but it should not be too salty! At the same time, mix miso paste (in a bullet blender or other) until smooth. You can add a couple spoonfuls of warm broth to aid the processing. Then set this mixture aside.

Sauté the veggies, onion, and garlic in vegan butter and hot oils about 5 minutes (till soft). When these veggies are cooked, add in 2 tablespoon of whole wheat flour with the extra olive oil to make a thick paste. Then begin slowly stirring in the hot broth and miso mixture until all are well blended (like making an old-fashioned white sauce).

This makes a tasty lumpy gravy, unless you wish to return all to a blender to pulse into a velvety texture. Pour over good stale or toasted whole wheat bread, or any other favorite.

*See  
  
            Miracles,  
              Held in rainbows  
  
            Reflected,  
               on dew drops.*

- Kristen Marshall

*Not Feelin’ Crabby Cakes*

Lynn Halpern

Makes 8 patties

I created this recipe for one of my first vegan potlucks, probably in1995. I was living in Maryland at the time. Revisiting the recipe years later, I tweaked it a bit to use ingredients that have become popular recently, such as flaxseed as an egg substitute and panko bread crumbs for the coating.

*1/2 pound carrot pulp or shredded carrots*

*14 ounce package of firm tofu*

*1 tablespoon old bay seasoning*

*1 teaspoon kelp powder*

*1 tablespoon baking powder*

*1 tablespoon vegan Worcestershire sauce*

*1 tablespoon ground flaxseed whisked together with 3 tablespoons water\**

*1/4 cup vegan mayo*

*2 tablespoon chopped fresh parsley or 1 tablespoon dried parsley*

*2 slices of bread, cubed*

*Unsweetened Soymilk or nondairy milk of choice (approx 1/3 cup)*

*Panko bread crumbs, regular bread crumbs or cracker crumbs*

*Oil for frying (e.g.canola, grapeseed, avocado, safflower, peanut,)*

Soak bread in soy milk. Mash tofu in large bowl. Stir in bread and remainder of ingredients. Mix well. Form into patties. Roll in bread or cracker crumbs. Heat an inch of oil in a skillet over medium heat. When oil is hot, use a spatula to gently place crab cakes in pan and fry until browned, about 4 to 5 minutes. Flip crab cakes and fry on other side until golden brown. Remove from pan and drain on a rack or paper towels. Serve on a bun with tartar sauce or coleslaw.

Tartar Sauce:

*1 cup vegan mayo*

*2 tablespoon sweet pickle relish*

*1 tablespoon shallot, chopped*

*2 tablespoons fresh parsley, chopped*

*2 tablespoons fresh, or 2 teaspoons dried tarragon, chopped*

*1 teaspoon fresh lemon juice*

*2 teaspoons Dijon mustard (optional)  
Salt and pepper, to taste. Mix all ingredients together and store in the refrigerator for up to 5 days.*

*Veggie Noodles with Parsley Pesto*

Sarah Eastin, vegan chef and lifestyle coach

Serves 4

This light and refreshing pasta is a perfect quick meal in summer and will help you use up those extra farmer’s market veggies.

*Pesto Ingredients:*

*2 cups coarsely chopped flat leaf parsley, packed*

*1 cup extra virgin olive oil*

*1 clove garlic, chopped*

*½ cup walnuts*

*¼ cup freshly squeezed lemon juice*

*1 tablespoon nutritional yeast, if desired*

*Salt and fresh ground pepper, to taste*

Put the parsley, oil, garlic, lemon juice, nutritional yeast and walnuts in a food processor and pulse until smooth. Season with salt and pepper to taste.

*Pasta and Toppings Ingredients:*

*2 zucchini*

*2 carrots*

*20 capers (or more, if desired)*

*20 cherry tomatoes or 3 regular sized tomatoes, chopped (approximately 1 cup)*

*20 Kalamata olives, chopped*

Make the carrots and zucchini into noodles using a spiralizer. Top the noodles with the pesto Add the capers, tomatoes, and olives.



*Sharp-tailed grouse*. Joel Such

*Deluxe Steel-cut Oatmeal*

Lisa Guinther

*1 cup steel-cut oats 1 cup rolled oats (not quick oats.)  
(if you have pre-cooked millet, barley, quinoa and/or brown rice, add at the end)*

*1 tablespoon cinnamon (and/or ground fennel seeds for a sweet licorice taste)*

*½ cup raisins (plumped) ½ cup dates (plumped if very dry) Cranberries, or any chopped dried fruit which is re-hydrated in hot water (optional )*

*½ cup almond flour 1 tablespoon flax-seed (ground) ½ cup of blueberries or strawberries (fresh or frozen). You can get creative with the fruit you add: like pineapple or kiwi fruit or grapes. 2 tablespoon peanut butter  
1 sliced banana 4 cups of water Finish off with a ½ to 1 cup of almond milk or coconut milk until it is thick/thin enough…this is optional.*

Bring 4 cups of water to a boil, add the steel cut oats, and cook for about 15 minutes, turning down the heat until the mixture is just bubbling. When you see that the oats are starting to soften and the water is thickening, add the rolled oats. Cook for another 10 minutes. Now add the cinnamon (and fennel if you want), and all the rest of the ingredients; turn down the heat to a very low simmer. If you have already cooked brown rice, millet, quinoa or barley, add to the pot now (about ½ cup).   
  
At this point, if mixture is too thick, add more water (as much as a cup) and give it a good stir, put on the pot lid and simmer for another 15 minutes, stirring frequently to make sure the bottom doesn't scorch. The oatmeal should be very sticky and thick. To finish it off, add about ½ cup of almond or coconut milk or just a little more water. Stir until the nut-milk is mixed in, turn off the heat and let sit with the lid on for 10 to 15 minutes.

You will find that with all the fruit in the oatmeal, it does not require any additional sweetener—just eat out of the pot, or freeze and re-heat later.

*Three Sisters Chili Stew*

Dale Ball Serves 6-8

This rich stew is a great early fall dish when squash, beans, chilis, and fresh corn are at their peak. You can also make it in the winter with canned or frozen items. If you do not want to bother with the hominy, add a few tablespoons of masa harina flour to thicken the stew and give it that distinct flavor, but really, the hominy is wonderful. Serve with big thick slabs of cornbread.

*3 tablespoons olive oil 1 large onion, finely chopped 4-6 cloves garlic, finely chopped 1 tablespoon ground cumin About 2 pounds zucchini or other summer squash, cut up in roughly 1” cubes 2 cups cooked hominy (either canned or homecooked in broth) 3 cups roasted mild to hot (depending on your tolerance), seeded and chopped green chilis, OR 1-27oz can of roasted green chilis 2 cups cooked white beans (cannellini, navy or Great Northern, but really any bean you prefer)*

*6- 8 cups broth or water (there are several good brands of vegan broths, sold as concentrate cubes and in ready-to-use cartons.) 2 cups of corn kernels, either fresh, and raw, scraped off the cob (capture all the juice too !), or frozen kernels Cilantro and minced green onion for garnish Salt and pepper to taste*

Sauté the onion in the olive oil for 10-15 minutes until the onion is soft and translucent. Add the garlic and sauté a few more minutes, then sprinkle in the cumin and let it cook and mingle for a minute. Add the squash, hominy, chilis, beans, and broth, stirring to combine well.

Bring to a boil then cover loosely and simmer for 20 minutes. Add the corn and cook for another 5 minutes, or until the corn is cooked.

*Mushroom Barley Stew*

Dale Ball Serves 6-8, freezes well!

*1 pound crimini mushrooms or a mix of various kinds, cleaned 3 tablespoons olive oil 1 large onion, diced 3 stalks celery, diced 2 carrots, diced 3-4 cloves garlic, chopped fine 1 teaspoon dried thyme 1 bay leaf 3-4 tablespoons soy sauce*

*½ to 1 teaspoon toasted sesame oil 6 cups water or broth ½ cup pearled barley Lots of freshly ground black pepper*

Cut up the cleaned mushrooms, finely chopping some and leaving others in fairly large chunks. Place the olive oil in a large skillet or wide-bottom soup pot on medium-high heat. Add the onions and cook for 10-15 minutes, or until they are nicely caramelized.

Remove from the pan and set aside. Add the mushrooms to the same pan, covering for a few minutes to sweat them out. Then cook over medium heat for another 10 minutes, or until they have shrunk quite a bit and begun to brown, stirring to keep them from sticking or burning. Add the onions, celery, and garlic, and cook for a few minutes. Then add the thyme and the pepper, cover loosely, and cook for about an hour, or until the barley is tender.



*Pale swallowtail*. Steve Jones

*Salads*

*Chopped Asian Salad*

Steve Jones

Serves 4

This salad is most pleasing if all the ingredients are coarsely chopped. But if this seems too much effort, you can use a food processor.

*Medium-sized head of Napa cabbage, finely sliced (Use bok choy if you prefer)*

*Medium-sized jicama, peeled and chopped into slivers*

*Red bell pepper, finely sliced*

*1/4 cup bamboo shoots, finely chopped*

*1/2 cup cilantro, finely chopped*

*5-8 pieces of candied ginger, minced*

*1/2 cup roasted cashews, chopped (or crushed with the bottom of a frying pan)*

*1 teaspoon sesame seeds*

*5-8 squirts Encona hot sauce (available online)*

*3 ounces olive oil*

*2 ounces balsamic vinegar*

*2 ounces soy sauce*

Mix all the salad ingredients in a large bowl, add the olive oil, balsamic vinegar, and soy sauce, toss and serve.

*Zesty Egg-less Egg Salad*

Sarah Witherell

*1 block extra firm tofu*

*3-4 tablespoons vegan mayonnaise*

*2 teaspoons dill*

*1 1/2 teaspoons Sriracha*

*1/4 cup capers*

Drain, cube and mash tofu; mix in all remaining ingredients, and add salt and pepper to taste. Takes less than 10 minutes to make and is a great sandwich, on a green salad with some balsamic or alone on some crackers.



*Large marble.* Steve Jones

***Tofeta***

**Lynn Halpern**

**This is a great alternative to animal dairy feta cheese, and nice to have on hand to toss into salads.**

*1 pound firm tofu (approximately)  
1 tablespoon white miso*

*1 tablespoon cider vinegar  
1 teaspoon salt   
1 teaspoon onion powder  
½ teaspoon garlic powder   
¼ - ½ cup extra virgin olive oil   
Herbs such as thyme, oregano, basil, or dill*

Place marinade ingredients in a bowl. Whisk together. Cube the tofu and place in a container with a tight-fitting lid. Pour marinade over tofu. Place lid on and shake to cover all the tofu. It can be marinated for several hours or a few days (in the refrigerator). Shake occasionally to cover all the tofu with the marinade.

Toss some tofeta with pieces of romaine lettuce, chopped tomatoes, chopped cucumbers, sliced red onion, Kalamata olives and a splash of balsamic vinegar for a delicious Greek salad.



*Hooded merganser, Clear Creek*. Holden Maxfield

*Epic Salad*

Steven Rouk

Serves 2-4

*1 box or package of spaghetti (1 pound dry)*

*3 cups fresh spinach, kale, or mixed greens*

*1 yellow squash, sliced*

*1 zucchini, sliced*

*1 package of mushrooms (8 ounces), sliced*

*2 fresh tomatoes, diced*

*1 avocado, sliced*

*Olive oil*

*Balsamic or apple cider vinegar*

*Soy sauce (optional)*

*Lemon juice (optional)*

*Salt, pepper, and herbs to taste*

Cook the pasta according to the instructions on the package. Add a little olive oil to the sauté pan, turn to medium heat, and add all of the veggies except the tomatoes and avocado. Add a splash of soy sauce and balsamic vinegar, a little salt and pepper, and whatever herbs you want. (Basil and thyme are two faves.)

Cover with a lid, stirring every couple of minutes to prevent the veggies from burning. Cook until the squash and zucchini are tender. Put a heap of spaghetti onto a large plate. Grab a handful of spinach (or other greens) and throw it onto that pasta. Squeeze lemon juice over all the greens. Add other herbs if you want. Cover the whole thing with sauteed veggies. Put fresh tomatoes and avocado on top of that. Eat until your face falls off.

*Some Salad Dressing Ideas*

Dale Ball

All of the following dressings are great not only on salad greens, but are also lovely on warm roasted veggies, potatoes, and pasta.

*Avocado Goddess Dressing*

1 large or two small ripe avocadoes 2 teaspoons lemon juice 1 tablespoon of a fresh herb, or a combination…basil, oregano, parsley 2-4 tablespoons olive oil or vegan mayo or tofu Salt, pepper Peel and seed the avocado, and place it in a small bowl. Add the rest of the ingredients and mash it all together. Adjust seasonings.

*Maple Dijon Dressing*

¼ cup maple syrup ( can sub agave nectar, but taste will be a little different) ¼ prepared Dijon mustard ¼ cup apple cider vinegar ½ teaspoon salt 2 tablespoons olive oil Toss all of the ingredients in a small jar, secure the lid, and shake like crazy. Makes about ¾ cup.

*Blue-ish Cheese Dressing*

1 cup raw cashews (soaked for an hour or so in very hot water) ½ to 1 cup vegan milk (depending on whether you want a dip or a dressing)

1 tablespoon nutritional yeast 1-2 teaspoons white miso 1 tablespoon each lemon juice and apple cider vinegar 1 teaspoon each Dijon mustard and salt ¼-1/2 teaspoon garlic powder ¼ teaspoon celery salt

Toss everything in a blender and blend until very smooth. Refrigerate for several hours. It will thicken as it cools. Variations: sub some or all of the cashews for tofu. Replace some of the milk with a vegan mayonnaise. Add about 1 tablespoon chopped fresh dill. Play with this recipe…make it yours !

*Desserts*

*Chocolate Avocado Pudding*

Donna Marino

*1/2 cup semisweet vegan chocolate chips   
4 very ripe avocados, peeled and pitted   
1/2 cup agave   
1/2 cup unsweetened cocoa powder   
1/3 cup almond milk   
1 tablespoon pure vanilla extract   
1/4 teaspoon fine salt   
Berries for garnish*  
  
Place the chocolate chips in a small bowl. Place over a small saucepan of barely simmering water. Stir until the chocolate is melted and smooth, about 3 minutes. Set aside to cool slightly.   
  
Place the melted chocolate, avocados, agave, cocoa powder, almond milk, vanilla and salt in a food processor. Blend until smooth and creamy, scraping the sides of the bowl as needed. Spoon into glasses and refrigerate for at least 3 hours (can be prepared 1 day in advance). Garnish with berries and serve.

*Earth is your Mother and your Grandmother, and she is sacred. Every step that is taken upon her should be as a prayer.*

- Black Elk

## *Broiled Apples and Pears with Rosemary*

## Linda Spiegler

*4 Golden Delicious apples, unpeeled, halved, cored, thinly sliced*

*4 Bosc pears, unpeeled, halved, cored, thinly sliced lengthwise*

*1/4 cup extra-virgin olive oil*

*1 tablespoon minced fresh rosemary*

*Fresh rosemary sprigs (optional, for garnish)*

Preheat broiler. Brush 2 large baking sheets with olive oil.

Gently toss apples, pears, 1/4 cup oil, and minced rosemary in large bowl. Arrange fruit in single layer on sheets. Broil until fruit is tender and edges begin to brown, watching closely to avoid burning and turning sheets for even browning, about 5 minutes.

Transfer fruit to platter. Garnish with rosemary sprigs, if desired.

Serve warm or at room temperature. (Can be prepared 4 hours

ahead. Let stand at room temperature).

C:\Users\Steve Jones\Pictures\North American Prairie\Prarie Flowers\lady-slippers edited.tif

Yellow ladies-slippers

*Key Lime Pie*

Justina Walls

Inspired by Sticky Fingers’ Sweets by Doron Petersan (Penguin Group, 2012)

*Piecrust ingredients:*

*I use a premade vegan graham cracker crust such as Keebler’s. If you want to make your own:*

*6 tablespoons melted Earth Balance, 1½ cup finely ground vegan graham cracker crumbs, ¼ cup sugar. Mix well, press into pan, bake at 350° F for 8-10 minutes.*

*Filling:*

*1½ tablespoon cornstarch*

*½ cup key lime juice (Nellie & Joe’s Key West Lime Juice in a jar is great – at our King Soopers/Krogers)*

*2 cups non-hydrogenated vegan cream cheese (use two 8 oz containers of Tofutti cream cheese*

*1 cup sugar*

*1½ teaspoon vanilla*

Preheat oven to 350° F. In a small heavy saucepan dissolve cornstarch in the lime juice over medium heat. Bring to a boil, stirring constantly. Reduce heat and simmer until mixture beings to thicken, about 2 minutes. (Note that initially it will clump in small, odd looking pieces. Just keep stirring and it will all smooth out into one cohesive gelatinous glob.) Remove from heat and set aside to cool.

In the bowl of a stand mixer, mix the cream cheese with the paddle attachment until soft and smooth, about 3 minutes. Add the sugar and cream together until smooth and fluffy, about 3 minutes more. (Taste it – if you can feel any sugar grains, scrape the sides of the bowl into the center and cream longer. It took longer than 3 minutes for me – altitude perhaps, or temperature. Best to let the cream cheese warm on the counter first. Get it smooth before continuing.)

Add the thickened lime juice mixture and the vanilla to the cream cheese mixture and cream until smooth and well mixed. Pour into pie shell, bake for 30 minutes at 350°, then refrigerate at least 2 hours.

*Pollinator Pulchritude Raw Chocolate Decadence Freezer Cake*

David Wheeler, for his friend Deborah Fryer

Serves 12

This raw, chocolatey, frozen treat is completely non-dairy, gluten-free, processed sugar-free and it’s überdelicious. The nuts, dates, chocolate, vanilla (melipona bee, hummingbirds or humans), coconut oil (European or Asian honeybees, wind and other bugs) and maple syrup in this recipe would not be available without the work of bees and other pollinators!

*Crust ingredients:*

*1 cup pecans  
7 medjool dates  
1/2 cup cocoa powder  
pinch Himalayan sea salt  
3 tablespoons vanilla  
Pulse all that together in the Cuisinart. Then pat it down in a spring form pan and stick it in the freezer while you are making the next part.*

*Filling:*

*2 cups cashews soaked in water for 15 minutes*

*1/2 cup coconut oil*

*1/2 cup maple syrup*

*1 tablespoon vanilla*

*3/4 cup cocoa powder*

Put the soaked cashews (minus the soaking water) and all the rest of the ingredients into the cuisinart. Pulse a few times to get it going, and then just let it puree as much as the Cuisinart can.  
As you can see, it’s still pretty grainy.

Transfer this mixture to a blender (or put it in a 1 quart deep bowl or measuring cup and use an immersion blender) to get it smoother. Now blend it up and pour that silky smooth mix into the crust.

Put the pan back into the freezer and chill for a couple of hours. So tasty, so easy, and so yummy! It’s not low-cal (why should it be), but it’s 100% raw, gluten free, nutritious and so delicious!

*Brownie Cupcakes*

Donna Marino

*1/2 cup (1 stick) non-dairy butter (such as Earth Balance)*

*3/4 cup natural cane or granulated sugar*

*\*2 large flax eggs (or powdered egg replacer)*

*1 teaspoon vanilla extract*

*3/4 teaspoon baking powder*

*1/4 teaspoon sea salt*

*1/2 cup dutch-process cocoa powder*

*3/4 cup unbleached all purpose flour*

*1/3 cup walnuts, pecans, or chocolate chips (optional)*

*\*To make one flax egg add 1 tablespoon flaxseed meal to 2.5 tablespoons water and stir. Let rest for 5 minutes to thicken. Add to recipes in place of 1 egg.*

Preheat oven to 350° F and spray 7-8 standard-sized muffin tins with cooking spray. Alternatively, fit each with a paper liner.

Prepare flax eggs in a small bowl and let rest for 5 minutes.

Place butter in a large mixing bowl and melt in the microwave. Then stir in the flax egg, sugar, vanilla, baking powder, salt and cocoa powder. Whisk to combine. Add the flour and fold in the optional chocolate chips or nuts.

Scoop batter evenly into 7-8 muffin tins until 3/4 full and bake on the middle rack for 22-26 minutes, or until the brownies start to pull away from the sides and they spring back slightly to the touch.

Be careful not to overcook or they will get crumbly. Remove from oven and let rest in the tin for 5 minutes before removing to cool completely on a plate or cooling rack. Store in an airtight container to keep fresh for a couple days. Freeze for long-term storage.

*Grammy’s Rather Healthy Peanut Butter Cookies*

Linda Andes-Georges

Makes about 30 small cookies

*1 3/4 cup flours (1 cup whole wheat plus 3/4 cup white)*

*1/4 cup finely ground Chia seed/hemp meal mixture*

*1 1/4 cup rolled oats, chopped and ground in food processor or blender to medium coarse*

*1/2 cup toasted sesame seeds*

*1/2 cup tangy applesauce*

*1/2 cup softened veg butter (we like Earth Balance)*

*1/4 cup agave syrup*

*1/2 cup peanut butter*

*2 teaspoons vanilla extract*

*1 1/2 teaspoon dry egg replacer in 2 tablespoons tepid water (beat well)*

Mix all the wet ingredients by pulsing in a food processor several times or by beating by hand.

In a separate bowl, mix the rolled oats and toasted sesame seeds with the flour and Chia seeds/hemp meal. Then gradually mix dry into wet ingredients. Dough should be fairly stiff, but not dry.

Spoon dough (about 1 tablespoon) onto greased cookie sheets. Crosshatch press with big wet fork to flatten. Optional: decorate with chocolate drops, making faces or shapes.

Bake about 12 minutes at 375°.

***Chocolate Chip Oatmeal Pecan Cookies (or Bars\*)***

Linda Andes-Georges

*1½ cup flour  
1 teaspoon soda  
1 teaspoon salt  
1 cup shortening (I use Earth Balance shortening sticks)  
1/8 teaspoon McCormick imitation butter flavor   
¾ cup white sugar  
¾ cup brown sugar  
1/2 cup egg replacer equivalent of 2 eggs  
1 t. hot water  
½ cup chopped pecans  
1 cup chocolate chips  
2 cups oatmeal   
1 teaspoon vanilla*  
Cream shortening briefly with imitation butter flavor. Add sugars and cream well. Beat in egg replacer, hot water and vanilla. Add salt, soda and flour, and mix well. Add chocolate chips, nuts and oatmeal, and mix well. Drop by spoonfuls onto cookie sheet and bake at 350 degrees for 10-12 minutes.

\*For cookie bars, decrease oatmeal by ¼ cup and bake at 325 degrees for 25-30 minutes.



*Merlin with horned lark*. Joel Such

*Aquafaba, the Magical Egg Replacer*

Dale Ball

“Aquafaba” is a word that was made up to describe the viscous water that results from cooking chickpeas or other legumes…aqua = water + “faba”= legume. Aquafaba’s introduction to the world started in 2015, when several people started playing with it as a hen’s egg replacement. It is safe to say that aquafaba is a game changer. It can make mayonnaise, meringues, and replace eggs in many baking applications, even as a substitute for and egg wash on browning breads and pies…all from something we used to pour down the drain ! The legume/bean most often used for aquafaba is chickpea, but really, almost any legume’s cooking liquid can work. Homemade aquafaba is best, and you end up with several cups of magic that you can freeze in little portions for later use. A 15 ounce can of chickpeas will yield anywhere from 2/3-3/4 cup

aquafaba. 3 tablespoons of aquafaba equals one egg in many recipes.

Whipped topping is super easy to make for strawberry shortcakes, or any other cake or pie. Bake the whipped topping for an hour or two and you have light, crunchy meringue cookies. It makes an amazing royal icing for cookie and cake decorations. There are many online resources to explore using aquafaba, but here are a few recipes to get you started.

*Aquafaba Mayo*

Aquafaba acts as an emulsion here, replacing hen’s eggs or egg yolks. After making the basic mayo, try adding a clove or two of minced garlic; stir in some chipotle sauce, or fresh herbs. Use flavored oils like truffle or basil. This mayo is well worth the few minutes it takes to throw together. Makes about 1 cup, and keeps for about a week. An immersion blender (hand-held stick blender) is really the best for this, and also for blending soups in their pot, and making salad dressings and sauces. It’s a tiny, but mighty appliance! By making this right in its own jar, using the immersion blender, the cleanup is minimal. When you are finished making it, just screw on a lid to the jar and there’s no blender to wash out.

*¼ cup thick, unwhipped aquafaba (Reduce a runny aquafaba by gently simmering on the stovetop in an open saucepan) 2 teaspoons apple cider vinegar 1 teaspoon lemon juice 1-2 teaspoons dry mustard pinch of sugar or agave ( optional ) ¼-½ teaspoon salt ¾-1 cup mild vegetable oil, chilled*

Toss everything except the oil into a narrow bowl or mason jar. Blend with an immersion blender for about 30 seconds to combine. Then with blender running, *very* slowly drizzle in the oil in a steady stream, scraping down with a spatula if necessary. It should emulsify in just a few minutes. Flavors will mellow after the mayo chills for a few hours.

*Aquafaba Whipped Topping, with Some Fun Variations*

A few notes: If your aquafaba is very thin, reduce it some (by maybe one third, but make sure that you have at least 2/3 cup for this recipe) by boiling in a small pot. It should be slightly viscous, similar to thinnish egg whites. Make sure all of your equipment is sparkly clean, since any residual oil or grease will keep the meringue from forming. Use a glass or metal bowl to whip the meringue, because plastic can retain oils. A stand mixer, fitted with the balloon whisk, or a hand-held electric mixer/beater are a must for this recipe…you cannot make it in a blender or food processor. Legend has it that a few people have been able to make the whip with just a whisk and their own strength. Below are a few recipes for making Meringue Cookies, Chocolate Mousse, and Aquafaba Fruit Ice Cream, all using the Basic Aquafaba Whipped Topping.

*Basic Aquafaba Whipped Topping*

*2/3-3/4 cup aquafaba ½ cup sugar ¼ teaspoon cream of tartar (or ½ tsp lemon juice) 1 teaspoon vanilla extract (or other oil-free extract flavoring)*

Place aquafaba and sugar in a small sauce pan and bring to a simmer for a few minutes to melt the sugar. Let cool to at least room temperature. It works best when chilled. Place the cooled aquafaba and sugar mixture into the bowl of a stand mixer and sprinkle in the cream of tartar. Start beating on low to incorporate the cream of tartar.

When it looks foamy, turn up the speed a bit and continue to beat for about 10 minutes. Stop and scrape down the sides when needed. It should have low, soft peaks, or be a very thick foam at this point. Add the vanilla. Turn up the speed and continue to beat until you get stiff peaks. This may take another 10 or so minutes. You cannot over-beat the meringue, so don’t worry.

You will end up with 4 to 6 cups of a dense, sweet foam. At this point you can use it as a whipped topping on cake, ice cream, or other dessert (it's really good on strawberry shortcakes!) This topping should be used right away, or within a few hours (keep chilled). It starts to deflate soon after being made.

*Meringue Cookies*

Follow the recipe for the Basic Whipped topping. You can further flavor the meringue by adding ground, dehydrated fruit such as strawberries or raspberries (sift out the seeds for best results), gently folding in about 3 tablespoons of the powder into the stiff peaks.

For the basic cookies, spoon the Basic Whipped Topping into a piping bag fitted with a round or star tip (or spoon the meringue into a gallon-sized zip baggie and snip a small corner off the bottom) and pipe any sized meringues you like onto parchment paper-lined cookie sheets. You can also just dollop spoonfuls of the meringue onto the parchment paper.

Leave a little bit of room between shapes…they puff up just a bit, and you want air movement between them, as they bake and dry. Bake the cookies in a preheated oven set between 180° and 200° Fahrenheit. Make sure your oven does not get hotter than 200°, or your meringues may just melt into a puddle.

Bake for 90 minutes to 2 hours, depending on the size of your shapes. When done, they should easily peel off the parchment paper and feel hollow inside (taste one!). Cool in turned-off oven for at least 4 hours. When completely cool, store in airtight containers. Makes many!

*Chocolate Mousse*

This is an amazing, elegant, and easy dessert! Simply make the Basic Meringue, melt 3 to 6 ounces of best-quality vegan chocolate, cooling it close to room temperature, then very gently fold it into the meringue. If the melted chocolate is too warm, it will melt and deflate your meringue, so be careful. Pour the meringue and chocolate mixture into dessert dishes or a bowl, and refrigerate for 4 hours or more. You can freeze this too…it makes a nice light ice cream.

*Aquafaba Fruit Ice Cream*

Makes 4-6 cups

*1½ cups fresh fruit chunks, such as strawberries, raspberries, mangos, or peaches.*

*1 recipe Basic Aquafaba Meringue*

Toss the fruit into a blender and blend until it is as smooth as you would like it. Some small chunks will be fine, but big chunks will probably sink and cause the whipped aquafaba to deflate. Gently fold the fruit puree into the meringue. Scoop the combined mixture into a freezer proof container, and freeze for at least 8 hours.



Ferruginous hawk. Steve Jones

*Best Rum Cake Ever*

Chris Hoffman

(An old family recipe from Mom – Louise Hoffman)

*1 or 2 quarts rum*

*1 cup butter*

*1 teaspoon sugar*

*2 large eggs*

*1 cup dried fruit*

*1 teaspoon baking soda*

*lemon juice, brown sugar, and nuts*

*baking powder*

Before you start, sample the rum to check for quality. (Good, isn’t it?) Now go ahead. Select a large mixing bowl, measuring cup, etc. Check the rum again. It must be just right. To be sure rum is of the highest quality, pour one level cup of rum into a glass & drink it as fast as you can. Repeat.

With an electric mixer, beat one cup of butter in a large fluffy bowl. Add one teaspoon of sugar & beat again. Meanwhile, make sure that the rum is of the finest quality. Try another cup. Open a second quart if necessary. Add 2 large eggs, 2 cups of fired fruit & beat till high. If fruit gets stuck in beaters, just pry it loose with a srewdriber. Sample the rum again, checking for tonscisticity.

Next, sift 3 cups pepper or salt (it really doesn’t matter which). Sample the rum again. Sift ½ pint of lemon juice. Fold in chipped butter and strined nuts. Add 1 babblespoon of brown thugar, or whatever color you can find. Wix mell. Grease oven & turn cake pan to 350 gredees. Now pour the whole mess into the coven and ake. Check the rum again and go to bed.

*Earth*

*always*

*endures*

- Mandan and Hidatsa