

# Soy Sauce Noodles with Cabbage

Thank you, Hetty McKinnon, once again, for your inspiration. This is certainly one of those recipes that just writing it out prompts the desire to make it. So while you are reading, I will be serving myself.

## Ingredients

- 12 ounces dried or fresh thin noodles ( I subbed in Jovial GF Spaghetti which worked well)
- Neutral oil
- 1 small green cabbage, cored and thinly sliced
- 1 bunch of scallions, white and green parts separated and cut into 2-inch segments
- Salt and Ground Pepper
- Toasted white sesame seeds

## Sauce

- 2 tablespoons soy sauce
- 2 tablespoons dark soy sauce (or tamari)
- 1 tablespoon toasted sesame oil
- A splash of maple syrup

## Directions

1. Prepare the noodles according to the package directions. Rinse with cold water, drain, and set aside.
2. Mix the soy sauce, dark soy sauce, and sesame oil along with 3 tablespoons of water and a splash of maple syrup. Set aside.
3. Heat a large well-seasoned cast iron or nonstick skillet over medium-high. Add 2 tablespoons of oil. Cook the white part of the scallion until softened, add the

cabbage, and season with  $\frac{1}{2}$  teaspoon of salt. Cook until cabbage is reduced and softened.

4. Add the noodles to the pan, and pour in the soy sauce mix. Toss to let noodles absorb the sauce for several minutes, add the green parts of the scallions, and season with salt and pepper as desired.
5. Divide into bowls and top with toasted sesame seeds and an optional fried egg if desired.

Enjoy!

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## Heidelberren Streuselkuchen

There was a chapter of my life when a freshly baked cake came out of my oven several times a week. We lived those days in Germany, I taught high school and often the first thing I did after arriving home was to gather ingredients and bake. At the time, our house was full, and a cake could disappear in one setting with the help of two teenage daughters, a husband, and a toddler.

Then came the gluten-free chapters of my life, and cake baking lost its ease. My collection of cake plates was repurposed. Unpacking those plates in our New Hampshire home inspired me to give it another go. Thank goodness times have changed, and there are now so many creative young minds focused on removing the hurdles from gluten-free baking. Richa Hingle, of Vegan Richa is one of those heroes who creates accessible vegan and gluten-free recipes. It was her Blueberry muffin recipe that inspired the recipe below. There's nothing like an adaptable Streuselkuchen to take you through the seasons. I can imagine this one with everything from berries to apples.

Preheat oven to 400F.

# Ingredients

In a small bowl, blend with a whisk the following wet ingredients:

- 1 cup (236.59 ml) of cashew or almond milk
- 3 tbsp almond or coconut yogurt
- 1 tsp apple cider vinegar or other vinegar
- 1/3 cup (66.67 g) maple or coconut sugar (a little more or less to preference)
- 1/4 cup safflower oil
- A pinch or so of vanilla powder, a packet of vanilla sugar or 1 tsp of vanilla extract
- a few drops of almond extract

In a separate larger bowl, combine with a whisk the following dry ingredients:

- 3/4 cup of light buckwheat or sorghum flour
- 1  $\frac{1}{4}$  cup of almond flour
- $\frac{1}{3}$  cup of potato starch
- 1 tbsp Flaxseed meal ( finely ground flax seeds)
- 2 tsp baking powder
- 1/4 tsp baking soda
- 1/2 tsp salt
- Grated zest of a lime, lemon, or orange

In a small bowl, integrate the following to make the streusel topping

- 1/4 cup (55 g) coconut sugar or brown sugar
- $\frac{1}{4}$  cup of buckwheat or sorghum flour
- 2 tbsp vegan butter softened

# Directions

1. Blend the wet into the dry just enough to moisten the ingredients well.
2. Gently toss in 2 cups of fresh berries or other chopped

- fruit.
3. Pour batter into prepared baking form, preferably with a removable bottom
  4. Sprinkle streusel topping across the top of the batter.
  5. Bake at 400 deg F (204 C) for 16 mins, reduce temp to 375 (190 C), and bake for another 7 to 8 mins.
  6. Cool for 15 mins. before removing the rim of the pan. Allow another hour of cooling, if possible, before cutting to serve.
  7. This tender cake is best fresh or stored in the fridge for a day or two if it lasts that long.

Enjoy!

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# Leek and Pea Pilaf

## Ingredients

- 2 young tender leeks, washed and chopped fine, omitting the tougher green ends
- 8 ounces of frozen or fresh-shelled peas
- 2 TBL olive oil
- 1 TBL vegan butter
- 8 threads of good quality saffron allowed to “bloom” for 10 minutes in a few tablespoons of boiling water (this saffron by Kiva) is exceptional.
- 3-4 cups of veggie stock (prepared by dissolving two bouillon cubes in boiling water)
- 2 cups long grain Basmati rice, rinsed well until water runs clear and drained
- Salt and pepper to taste
- A handful of finely chopped fresh herbs to blend in at the end (parsley, thyme, oregano, marjoram)

## Directions

1. Heat oils in a large, heavy skillet with a fitted lid.
2. Add leek and saute over medium heat.
3. When soft and translucent add rice, mixing to coat each grain well with oil. Sprinkle peas on top of the rice.
4. With the heat on medium, add enough broth to cover the rice with  $\frac{1}{2}$  inch of liquid. Add in the bloomed saffron at this time as well. Cover, and when the liquid simmers, and steam hits the top of the lid, turn off the heat. Remove the lid quickly, covering the pan with a cloth tea towel and replacing the lid to fit snugly. Allow the pan to sit undisturbed for 15-20 minutes, and the rice will continue cooking. Remove the lid, toss in the herbs, using a fork to integrate them.
5. This family favorite recipe can accompany any selection of seasonal roasted vegetables, and the leftovers make a wonderful lunch the following day.

Enjoy!

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## Frozen Mint Slices

So yummy. This dessert will certainly have you sneaking back into the freezer for just one more bite.

We can thank Oh She Glows for this marvelous recipe and Tanya Renner for turning me on to it.

## Ingredients

### THE FILLING:

- 3/4 cup (225 g) raw cashew butter\*

- 1/2 cup (125 mL) pure maple syrup, room temperature
- 1/2 cup (125 mL) virgin coconut oil, melted
- 6 tablespoons (90 mL) almond or coconut milk, room temperature
- 1 to 1 1/2 teaspoons (5 to 7.5 mL) pure peppermint extract, or to taste\*\*
- 1 cup (30 g) packed baby spinach\*\*\*
- Pinch fine sea salt

#### THE CHOCOLATE GANACHE:

- 1/2 cup (90 g) non-dairy chocolate chips
- 2 tablespoons (30 mL) full-fat coconut cream\*\*\*\*
- Dash fine sea salt
- 1 1/2 tablespoons raw cacao nibs or crushed candy cane, plus more for serving

#### DIRECTIONS

1. Line a small (approximately 4×8-inch) loaf pan or 6-inch cake pan with plastic wrap so the slab will easily lift out after freezing.
2. Place the filling ingredients (cashew butter, maple syrup, melted oil, almond milk, 1 teaspoon of peppermint extract, spinach, and salt) into a high-speed blender. Blend on high until smooth. Make sure no chunks of spinach leaves remain. Taste and add more peppermint extract if desired.
3. Pour the filling into the prepared pan. Place the pan flat in the freezer and freeze for 4 to 5 hours until the filling is solid. There's no need to cover it unless you plan on keeping it in the freezer longer than 8 hours.
4. Once the filling is solid, prepare the ganache topping. In a medium pot, combine the chocolate chips, coconut cream, and salt. Melt the chips over the lowest heat

- setting, stirring frequently, until smooth.
5. Remove the filling from the freezer and, gripping the plastic wrap as a handle, lift it out of the pan. Flip the filling onto a large plate and peel off the plastic wrap.
  6. Pour the ganache over the top of the solid filling, starting in the center, and allow it to cascade down the sides a bit.
  7. Immediately scatter the crushed candy cane or cacao nibs all over the ganache. Return it to the freezer, uncovered, and freeze for about 10 minutes, until the ganache is firm.
  8. Slice and garnish as desired. Return leftovers to the freezer right away as the dessert does soften as it sits.
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## Spicy Samosa Wraps

A quick and easy weeknight meal prep ahead packed lunch.

### Ingredients

#### Samosa Potatoes:

- 1 tsp oil
- 1/4 tsp cumin seeds
- 1/4 tsp coriander seeds
- 1/2 serrano pepper, chopped or other hot or mild green chili pepper (optional)
- 1 tsp ground turmeric
- 1/2 to 1 tsp ground cumin, preferably roasted
- 1 tsp ground coriander
- 1/3 tsp cayenne
- 1/2 tsp garlic powder

- 1/2 to 3/4 tsp salt
- 3 medium potatoes, boiled and mashed coarsely
- 1/4 cup peas
- 2 tsp minced ginger
- 1/2 tsp chaat masala or 1/2 tsp amchur ( dry mango powder)
- 2 tbsp mango chutney (or chop a handful of cilantro and mint finely and mix in)
- 1/2 tsp or more lemon juice

## Spiced Cauliflower:

- 1 TBL oil
- 1 head of Cauliflower cut into bite-sized florets
- 1/2 tsp each of ground cumin, coriander, and garlic powder
- 1/4 tsp ground cinnamon, cayenne, and ginger powder
- 1/3 tsp salt , less or more depending on if the chickpeas are already salted

## Instructions

1. Samosa Mixture: Heat oil in a skillet over medium heat. Add cumin and coriander seeds and cook until they change to a deeper color. Add the Serrano pepper and cook for a minute.
2. Add all the spices and mix in. Add the mashed potatoes, salt, and mix in. Break any larger pieces. Cover and cook for 2 mins.
3. Add peas, ginger, chaat masala, and amchur(mango powder), and mix in. Add more lemon juice if omitting these spices. Taste and adjust salt and flavor. Cover and cook for 2 mins, then let sit for another 2 mins for the flavors to develop.
4. Cauliflower- Toss with oil and spices, place on a baking sheet, and roast at 450 for 15-20 mins until tender. Taste and adjust salt and seasoning..
5. Add the potato mixture, cauliflower, and chutney to each



wrap and fold accordingly.

Server with Siracha, yogurt, and chopped fresh cilantro.

Enjoy!

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# Polenta Soup

## Ingredients

- 3 tablespoons extra-virgin olive oil, plus more to serve
- 2 large shallots peeled and minced
- 1-2 tablespoon herbs de Provence
- 1-2 teaspoon Aleppo pepper or pinch of red chili flakes.
- 4 quarts veggie broth
- Kosher salt and ground black pepper to taste
- 1 cup coarse stone ground yellow cornmeal
- 1 can rinsed and drained white beans
- 1 bunch lacinato kale, stemmed, leaves torn into rough 1-inch pieces
- 1 bunch of fresh spinach, stems removed, washed and chopped
- 4 ounces Vegan Parmesan cheese, finely grated

## Directions

1. In a large pot, heat the oil until shimmery. Add the shallots, pepper and herbs.
2. Cook, stirring, until the shallots are tender.
3. Add broth, when simmering, whisk in the polenta.
4. Reduce to low and cook, uncovered and stirring occasionally and scraping the bottom of the pot to prevent sticking, for 15 minutes.

5. Stir in the kale, cooking until both the kale and polenta are tender, about 5 minutes. Add spinach, beans and Vegan Parm.
  6. Season to taste with salt and pepper. Serve with drizzled with oil and sprinkled with more cheese.
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## Roasted Spiced Cauliflower & Chickpeas

Here's my take on another Melissa Clark recipe that will warm your heart and fill your tummy.

There are a few steps to get these veggies to the oven, but then it's pleasantly hands-off until dinner. I discovered that there is just enough baking time to get a short walk in before the winter sun has set.

### Ingredients to Roast

- Kosher salt, as needed
- 1 lemon, thinly sliced and seeded
- 1 large head of cauliflower, cut into bite-size pieces
- 1½ cups of halved cherry tomatoes
- 1-2, seeded and thinly sliced jalapeños
- Extra-virgin olive oil, as needed
- 1 teaspoon cumin seeds
- 2 TBL tomato paste
- A splash of hot sauce of your choice
- 1 teaspoon ground turmeric
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- 1 can of rinsed, drained, and blotted dry chickpeas

- 6 small to medium red potatoes quartered

## Sauce

- 1 cup plain whole-milk yogurt (or substitute soy, nut or coconut milk yogurt)
- 1 cup of freshly chopped herbs- your choice
- 1 finely minced shallot or a few scallions
- 1 cup of plant-based yogurt
- Juice from 1 small lemon
- Salt to taste

## Directions

1. Position racks in the top and bottom thirds of the oven and heat to 425 degrees.
2. Prepare two baking sheets with parchment paper.
3. Bring a small pot of heavily salted water to a boil. Add lemon slices and simmer until softened, about 5 minutes. Drain, pat dry with a clean kitchen towel, and cut slices into quarters.
4. While the oven preheats, prepare yogurt sauce, and salt to taste, and set aside.
5. On the first baking sheet, toss cauliflower, tomatoes, and jalapeños with salt and oil according to your preference. Add lemon slices and place on the bottom rack of the oven.
6. Prepare a mixture of spices, tomato paste, hot sauce, and a few splashes of olive oil. Toss in a bowl with quartered potatoes and chickpeas. Sprinkle with sauce and add to the second baking sheet.
7. The combined baking time will be 35-45 mins depending on the size of the cauliflower and potatoes.
8. When fork tender, remove from oven and gently combine on a single serving platter.
9. Serve with yogurt sauce and extra hot sauce if desired.

Enjoy!

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# White Bean, Kale and Tomato Soup

Just home from shopping at the local co-op, I needed a comforting soup that would come together quickly. This tomato-based beauty worked like a charm. The ingredients are all pantry staples, and a package of frozen spinach could easily sub in for the kale.

## Ingredients

- Olive oil
- 2 large shallots peeled and finely chopped
- 1 large carrot, chopped
- 1 large Yukon gold potato, diced
- Pinch of red pepper flakes
- Splash of Maple Syrup
- 2 TBL of tomato paste
- 1 Tsp Oregano
- Bay leaf
- Finely chopped fresh parsley
- Fresh thyme sprigs (remove before serving) 1 Tsp dried thyme
- 2 veggie bouillon cubes
- 2 28-ounce cans of crushed tomatoes, refilling the cans with water
- 1 bunch of Kale, stemmed and chiffonade or package of frozen chopped spinach
- 2 cans of white beans, drained and rinsed

- Salt and ground pepper to taste
- Plant-based Parmesan (optional)

## Directions

Heat a large dutch oven of medium heat, adding oil. When warmed, add shallots and carrots, watching closely not to burn. As they soften, add diced potato and a pinch of red pepper flakes. Add just enough water to cover and cook until the potato is tender.

Use an immersion or high-speed blender to blend until smooth along with the tomato paste and one can of tomatoes. Return mixture to dutch oven, add herbs, remaining crushed tomatoes and water, white bean, vegetable bouillon cubes, and salt and pepper to taste.

Cover, reduce heat to low, and allow to simmer for at least 20 minutes. In the meantime, prepare kale or thaw and drain spinach.

Remove the lid, and add beans, kale, and more water if needed. Cover again and allow to simmer on low until kale is tender.

Adjust seasoning and serve topped with vegan parmesan if desired.

Enjoy!

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## On Demand Sourdough Flatbread

This final week of meal prep before our cross-country move was made all the easier with a large batch of this Sourdough Flatbread in the fridge. If you've missed my sharing Aran

Goyoaga's sourdough starter, here it is again. Start it on a Friday morning, and by Wednesday, you will be making bread.

Several things make this flatbread recipe a favorite, but topping the list is that it can hang out in the fridge all week, and the dough only improves. You can change up the flour based on what's on hand, and you can top it with literally anything, well, nearly. I love topping ours with a handful of sauteed onions and peppers, drained Kalamata olives, or, as pictured above, herbed cherry tomatoes. Of course, you can also take it up a notch and create this lovely leek and potato pizza.

**Sponge**— prepare in the morning

- $\frac{1}{2}$  cup (150g) cold sourdough starter straight from the fridge
- $\frac{1}{2}$  cup (70g) superfine brown rice flour
- $\frac{1}{3}$  cup ( 75 g) filtered water

Blend and sit aside to proof 3-6 hours in a warm kitchen area. It is ready when raised and bubbly.

**Dough**- mix in the afternoon

- 1  $\frac{1}{4}$  cups (280g) filtered room temp water
- 1 TBL (10g) Psyllium husk powder
- 1 TBL (7g) Ground Flaxseed
- 1 Cup (140g) Sorghum, Light buckwheat, or Brown Rice Flour or a combination. If using dark buckwheat ( as shown in the photo) use it in a 1 to 3 ratio with another flour.
- 1 cup (120 g) Tapioca Starch
- 1 TBL Olive Oil
- 1  $\frac{1}{2}$  tea of Salt
- Seeds or Herbs for sprinkling

This dough goes together quite well in a large bowl using a wooden spoon, but you can also use a stand mixer.

Pour filtered water into a large bowl and whisk in the psyllium husk and flaxseed, allowing to stand to thicken for 5 minutes. Blend in the sourdough sponge.

Measure all dry ingredients together in one bowl and whisk to blend. Pour into wet ingredients and combine until well integrated.

You may now place all of the dough into a covered bowl, cold rising in the fridge, and remove portions to bake as desired or allow it to rise for 2 hours on the counter and bake immediately.

Always bake at 450 degrees for 20-25 minutes. You may choose to bake directly on a pizza stone, on a baking sheet, or in a pre-heated cast iron skillet which produces a nice crisp crust.

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## Mushroom and Walnut Bolognese

Adapted from Alexa Weibel's Vegan Bolognese

Trust me on this, double this recipe because you will surely want more later in the week ahead.

### Ingredients

- 1 cup (100 grams) shelled gently chopped toasted walnuts
- Kosher salt and black pepper
- 1.5 lbs fresh mushrooms (use a combination of shiitake and baby bella)
- olive oil, plus more for serving
- 1teaspoon fennel seeds
- 1 TBL dried porcini powder (optional!)

- 1 TBL teaspoons soy sauce
- 1 TBL teaspoons thick, syrupy balsamic vinegar
- 1 medium yellow onion, finely chopped (about 1 $\frac{1}{3}$  cups)
- 2 medium carrots, peeled and finely chopped (about 1 cup)
- Pinch or two of red pepper flakes
- 3 TBL tomato paste
- 2 TBL White Miso Paste
- $\frac{1}{2}$ - 1 cup prepared vegetable broth
- 1(28-ounce) can crushed tomatoes
- GF Spaghetti cooked until al dente
- fresh basil for serving (optional)

## Directions

In a large heavy pot warm oil over medium heat. Add fennel seeds and mushrooms, cooking until golden and tender. Remove and place in a bowl returning the pot to the heat add a splash of oil, onions, carrots cooking also until tender. Add tomato paste stirring well and allowing it to darken a few minutes. Then combine the walnuts, miso paste, soy sauce, balsamic vinegar, broth, tomatoes, red pepper flakes, oregano, and salt and pepper. Adjust to taste. Turn heat to low, cover and allow to simmer 40 minutes. Add more broth as needed.

Prepare pasta according to directions.

Serve along with sauce.

Enjoy!

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# Gluten Free Sourdough Bread

There was something incredibly comforting about baking this in the midst of packing and listing our home for sale. In a week that felt like a tangle of loose ends, this loaf was solid and real. My wish is that this is the recipe that convinces you to keep a jar of sourdough starter in your fridge. No one ever regrets the time spent bringing one to life.

Below is my adaption of Aran Goyoaga's Seeded Buckwheat Loaf from Cannelle et Vanille Bakes Simple.

This can be baked in a oiled loaf pan or in dutch oven as in the image above.

## Sponge

- 200g (  $\frac{2}{3}$  cup) cold sourdough starter direct from the fridge
- 90 g (  $\frac{2}{3}$  cup) buckwheat flour
- 115 g (  $\frac{1}{2}$  cup) filtered room temp water

Blend until smooth, adding more water if needed to bring to the consistency of thick but pourable cream. Allow mixture to sit 4-6 hours until it is bubbly and has puffed on its surface.

## Dough

- 500g (  $2 \frac{1}{4}$  cup) filtered water
- 30g psyllium husk powder
- 245 g (  $1 \frac{3}{4}$  cups) light buckwheat flour
- 60 g (  $\frac{1}{2}$  cup) tapioca starch
- 2 teaspoons sea salt
- 1 TBL unsweetened cocoa powder
- 1 TBL Honey

- 345 g ( 2  $\frac{3}{4}$  cups) Mixed Seeds ( I use a mix of Sesame, Flax, Chia, Sunflower, and Pumpkin)

## Directions

1. Whisk together water and psyllium husks in a medium bowl and allow to stand 5 mins and thicken
2. Combine flour, starch, salt, and cocoa powder in the bowl of a stand mixer
3. Add thickened water, honey sponge, and seeds to bowl and blend well until all dry ingredients are incorporated. The dough should come together like a very thick, sticky cake batter.
4. Pour into prepared pan or into a round proofing basket dusted with buckwheat flour
5. Cover and cold rise overnight in the fridge
6. In the morning, preheat oven to 450 degrees ( allow the dutch oven to preheat as well if using).
7. In dutch oven, bake covered for 45 minutes at 450, remove lid, reduce heat to 400 and bake for another 30 minutes. In loaf pan bake uncovered for 45 minutes at 450 degrees, remove from pan, reduce heat to 400 degrees and place loaf on rack for the remaining 30 minutes.
8. Cool on rack for 2 hours before cutting.

This loaf freezes well, whole or sliced.

Enjoy!

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# Minestrone Soup

Direct from Lauren's kitchen to yours.

## Ingredients

Olive Oil

- 1 large late summer squash or zucchini- chopped in bite-sized pieces and oven roasted or sautéed in a pan until just tender but holding their shape well
- 1 onion peeled and chopped
- 1 large or four small sweet peppers seeded and chopped
- 2 heaping TBL of dried herbs – you choose but consider oregano, thyme, rosemary
- A pinch of red pepper flakes
- 2 heaping TBL of tomato paste
- 1 can chopped tomatoes
- 1 TBL of maple syrup
- 1 can white beans drained
- ½ small cabbage cored and chopped
- 1 bunch of Your choice of greens- spinach, chard or kale
- Veggie bouillon cube or two
- Salt and pepper to taste
- GF Elbow macaroni – cooked according to directions in a separate pan
- Plant-based parmasean- grated

## Directions

In a large heavy dutch oven, heat a splash or two of olive oil on medium heat. Add onion and sweet pepper, turning down the heat to let them gently soften without coloring. After 10 minutes, turn the heat back up and add tomato paste, allowing it to darken and thicken. Add herbs, the can of chopped

tomatoes, maple syrup, drained beans, chopped cabbage, veggie broth cubes, and water to cover. Bring to a boil, cover and turn heat to low. Simmering for 30-45 minutes, the longer the better, adding water as needed.

When nearly ready to serve, add greens, adjust seasonings, and simmer until greens are cooked. Serve over a spoonful of elbow macaroni and top with grated vegan cheese.

Enjoy!