

# Sourdough Buckwheat Bread

If you ever make it to the Ariège region, my favorite corner of France, you absolutely must reserve some time to enjoy the Thursday market at La Bastide-de-Sérou. While there are larger, busier and more extravagant markets to be found, I love La Bastide's because it is not any of those things. It has a welcoming sweetness and authenticity that makes you feel as though you belong not only there at the market, but to the community itself. And while there are several items I covet from this particular market, the locally made sourdough buckwheat bread is almost worth the flight across the Atlantic. And apparently, I am not the only one who feels that way. I quickly discovered that there won't be a crumb left waiting if you don't arrive by 10 a.m.

And so it was my deep desire for this lovely bread, and the fact that my flight to France is still several weeks away, that prompted my experimenting in the kitchen. But nothing could begin until I located a good source for organic buckwheat groats, which turned out to be easier than I expected. I was delighted to come across this recipe from Breadtopia for inspiration. Just to be clear, this recipe is not for the spontaneous baker. You will need to plan a day and a half ahead of when you'd like to enjoy your bread. I found the wait to be completely worth it, and I am sure you will too.

## Ingredients

- 4 cups raw organic buckwheat groats
- Filtered water to cover the groats
- 1 cup additional filtered water for the dough
- 2 tsp salt
- 3/4 cup pumpkin seeds
- 1/4 cup of sunflower seeds
- 4 Tbsp flax seeds or a mixture of flax, sesame and chia

- Mixture of seeds for the top of the loaf
- Loaf pan
- Parchment paper

## Directions

### Step One (6 hours long)

- Soak the buckwheat groats in water for 5-6 hours.

### Step Two (24 hours long)

- Drain the groats in a colander without rinsing.
- Pour half of the soaked groats into a high-speed blender or food processor. Process groats until a smooth dough forms like a thick pancake batter, only adding water if needed for blending. Pour into a large glass bowl and repeat process with remaining groats. Cover with a towel and place in a warm spot (about 70 degrees). The dough will increase in size by approximately 25%, form a rounded top, and you will begin to smell the fermentation.

### Step three (1 hour long)

- At this time, gently fold in the seeds and salt, being careful not to deflate the dough more than necessary. Pour the batter into the parchment paper-lined loaf pan, sprinkling seeds on top if desired.
- Cover again with a towel and let the seeded batter rise for another hour in the same warm location.

### Step four (95 minutes)

- Preheat the oven to 350 F for 15 minutes.
- Bake loaf for approximately 60 minutes, gently remove from pan and continue baking another 20 minutes on a baking stone or directly on the rack.
- You can check the loaf for an inside temp of 200 F if you are unsure if it is fully baked.

## Step five (30 minutes)

- Remove from the oven and place on a cooling rack for at least 30 minutes before slicing.
- If the loaf will not be consumed within 48 hours consider slicing the entire loaf and freezing packets of a few slices, or store the entire loaf in your fridge.
- Toasting this bread brings out the best flavors.

Enjoy!

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# Saffron Fennel

Whether you are a fennel fan or not, this recipe is a must for veggie lovers. Enjoy this dish warm, right out of the oven, or at room temperature.

## Ingredients

- 2 large or 4 small fennel bulbs
- 1.5 cube of vegetable bouillon dissolved in 3/4 C boiling water
- 3 large pinches saffron strands
- 1 Tbsp extra virgin olive oil
- Large handful parsley
- Rosemary sprig, leaves stripped
- Sea salt
- 4 oz. pistachios
- 1 tsp orange zest

## Directions

1. Preheat the oven to 425 F.
2. Place vegetable bouillon cubes in a glass bowl with

boiling water. Once dissolved, add saffron threads to “bloom.” Allow to sit for at least 10 minutes.

3. Trim off the darker green stems of the fennel bulbs and reserve any fronds. Slice the bulb from top to base, cutting crossways through the row of stems, into slices 1 cm thick. You should have about eight slices. Lay the slices in one layer, covering the bottom of the baking dish.
4. Add olive oil to bouillon and saffron mix and pour over the fennel. Cover the dish with foil and bake for 20 minutes.
5. While baking, prepare the nut and herb crumb mixture. Chop the parsley, rosemary, orange zest and pistachios with a pinch of salt in a food processor until very finely chopped.
6. After fennel has baked for 20 minutes, take the dish from the oven and carefully remove the foil. Baste the fennel with the cooking liquid. Return the dish to the oven without the foil and reduce the liquid for about 10 minutes more, until it is almost gone.
7. Remove the dish again and spoon the nut and herb mixture on top of each slice of fennel. Return to the top rack of the oven and cook for another 5 to 10 minutes, until the crumb is lightly browned and the liquid is completely reduced.
8. Serve warm, garnished with any reserved fronds alongside mashed potatoes, rice pilaf or quinoa.

Enjoy!

*Adapted from SuperVeg by Celia Brooks*

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# Sweet Potatoes with Coconut and Macadamia Nuts

We have all observed a steady evolution of holiday side dishes over the past decades, and sweet potatoes are no exception to the rule. For good reason, most of these evolutions have cut out the refined sugars and dairy products, increasing the use of whole, fresh vegetables. Especially if your holiday memories are of sweet potato pie, spoon bread and baked canned “yams” with marshmallows (like mine are), the recipes were certainly well deserving of a healthy makeover.

Today I’ll be sharing a yummy replacement for sweet potato casseroles, but first, let’s take a look at what you might encounter in the produce section while shopping this season.

No longer just a seasonal vegetable that makes its appearance each fall, sweet potatoes have become a staple in many plant-based kitchens, including mine. If you are shopping at a Whole Foods, farmers market or local co-op you will surely come across a nice variety of options. Like all root vegetables, I suggest you go for organic, but when it comes to color the choice it is up to you!

Here is Saveur magazine’s shopping guide to 16 shades of sweet potato. As quite the fan of this humble veg, I have tried nearly all of the 16 and certainly have my favorites. Top of my shopping list would be Hannah’s, Garnets, Okinawa and Stokes Purple, but trust me all are worth a try and delicious!

Heidi Swanson has never failed me with her 101 Cookbook blog when it comes to top notch recipes, and this simple, seven-ingredient version of whipped, baked sweet potatoes is a crowd-pleaser for sure.

# Ingredients

- 2 1/2 pounds sweet potatoes (of course I tried many varieties, and the purple is both eye-catching and yummy)
- 1/3 cup coconut milk
- 1 tablespoon fresh ginger, grated
- 1 tablespoon maple syrup
- 1/2 teaspoon fine-grain sea salt
- 1/3 cup raw, unsweetened grated coconut
- 2 tablespoons olive oil or melted butter
- 1/3 cup toasted macadamia nuts, chopped

# Directions

1. Preheat oven to 400 F. Coat 6 ramekins or a single medium-sized casserole dish with oil.
2. Scrub each potato, rub with a bit of salt and place directly in the oven for 60-90 minutes, until baked through. Remove from the oven, let cool for a few minutes, and cut each sweet potato in half. Scrape the flesh into a medium mixing bowl. You should have about three cups of sweet potatoes. Mash the sweet potatoes with coconut milk. If your sweet potatoes are on the fibrous side, puree them. Stir in ginger, maple syrup and salt. Let sit for a few minutes, stir again and taste, adjusting seasoning as desired.
3. Spoon the sweet potato mixture into dishes, sprinkle with coconut, drizzle with olive oil and bake uncovered until warm and golden, about 25 – 35 minutes. Remove and sprinkle with toasted macadamia nuts.

Enjoy!

*Adapted from 101 Cookbooks*

*Originally published Nov. 15, 2016*

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# Roasted Delicata Squash Salad

The months of November and December are a perfect time for sharing with others the goodness of plant-based eating. Trust me, your gorgeous veggies will always be the first to go, hands down, at every holiday gathering, whether it is at your aunt's house or the office. So don't be shy! Show your stuff this season, and who knows who you might influence in a positive way. I mean, if I can get my brothers to eat kale salad, anything is possible right?

This is a superb starter recipe for those inclined to skip all veggies apart from potatoes, partly because it includes potatoes and also because it happens to be delicious. It's a great introduction to the mild and sweet delicata squash. If you have not fallen in love with it yet, this will surely win you over.

## Ingredients

- 1/2 pound small fingerling potatoes, washed and dried
- 3/4 pound delicata squash
- 1/4 cup extra virgin olive oil
- 1/4 cup white miso
- 1 tablespoon harissa paste or 1/2 tablespoon powder
- 3 tablespoons freshly squeezed lemon juice
- 1 1/2 ounce kale, de-stemmed and finely chopped
- 4 radishes, very thinly sliced
- 1 1/2 ounces almonds, toasted pepitas or other toasted nuts

## Directions

1. Preheat the oven to 400 F. Cut the delicata squash in

half lengthwise, and use a spoon to clear out all seeds. Cut into 1/2-inch wide half-moons. You can leave the peel on these squash.

2. In a small bowl whisk together olive oil, miso, harissa. Place the potatoes and squash in a large bowl with 1/3 cup of the miso-harissa oil. Use your hands to toss well, then turn everything onto a baking sheet. Bake until everything is cooked through and browned, about 25-30 minutes. Toss once or twice along the way.
3. Meanwhile, whisk lemon juice into the remaining miso-harissa oil.
4. Place the warm roasted vegetables in a bowl and toss with the kale mixture, radishes, and almonds.

Enjoy!

*Adapted from 101 Cookbooks*

*Photo by Harald Bischoff*

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# Vegan Daḷ Makhani

## Ingredients

- 1 cup dry whole urad dal (black lentils), debris removed and soaked in plenty of water overnight or for at least six hours
- 4 cups water
- 15 oz can kidney beans (1 1/2 cups), drained and rinsed
- 3 tbsp coconut oil or vegan butter
- 1 tsp cumin seed
- 1 small bay leaf
- 4-6 cloves garlic, minced



- 1 tsp minced ginger
- 1-2 chiles, minced with seeds removed if desired
- 1 small onion, finely chopped (1 cup)
- 1 cup tomato puree or strained tomatoes
- 1 1/2 cups water (including water reserved from cooking urad dal)
- 1-1 1/2 tsp salt, to taste
- 1/2 tsp garam masala
- 1/2 tsp ground coriander
- 1/2 tsp cayenne, optional, more or less to taste
- 1/4 tsp turmeric
- 1 tbsp kasoori methi, crushed (optional)
- 1/4-1/3 cup coconut cream or coconut milk

## Directions

1. Add the soaked urad dal to 4 cups of water. Bring it to a boil, then lower the heat to simmer. Cook covered for 30-40 minutes or until dal is very tender. Turn off heat and strain the lentils, reserving any leftover cooking water.
2. In a large pot, heat the coconut oil or vegan butter over medium. Add the cumin and bay leaf and fry until they crackle and turn a shade darker. Add the garlic, ginger and chiles and cook about 30 seconds to 1 minute. Add the onion and fry until golden and soft, 4-6 minutes.
3. Add the tomato puree (watch for splattering), the reserved dal cooking water plus fresh water to equal 1 1/2 cups of water, 1 teaspoon of salt, garam masala, coriander, cayenne if using, and turmeric. Crush the kasoori methi between your hands into the pot. Simmer for 3-5 minutes.
4. Add the urad dal and the kidney beans. Cover and simmer over low heat for 30 minutes, stirring occasionally so the lentils don't stick and burn on the bottom of the pan. Taste and adjust salt if desired, add more salt if

- the dish tastes flat.
5. Stir in the coconut cream and simmer for 5 minutes.
  6. Garnish finished dish with a swirl of coconut milk and minced cilantro. Serve with basmati rice.

Enjoy!

*Adapted from The Curious Chickpea*

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## Best Ever Black Bean Soup

This week I am happy to share a recipe from an Austin friend and outstanding vegan chef, Anna Fry. Anna passed along this recipe ages ago when our then-preteens enjoyed this soup for lunch at her home during a school holiday. It still a top request at the Hubele home when soup season rolls around.

What's great about this soup is, you are sure to have most if not all of the ingredients on hand, and prep time is minimal.

### Ingredients

- 2-3 T olive oil
- 1 T fresh ginger grated
- 1-2 garlic cloves, peeled and minced
- 1 small onion, peeled and diced
- 2-3 fresh tomatoes diced
- 2 cans rinsed and drained black beans, or fresh cooked
- 1 can full-fat coconut milk
- 1-2 cups vegetable broth
- 1 tsp cumin
- 1 tsp smoked paprika
- Dash cayenne pepper
- Juice from one orange and one lime

- Salt and pepper to taste
- Serve with fresh cilantro and lime wedges

## Directions

In a heavy soup pan over low heat, warm olive oil, adding onion, garlic and ginger. Saute over low heat until items are soft and onions become translucent. Add tomatoes and spices, cooking for a few more minutes. Add beans, coconut milk and one cup vegetable broth. Simmer for 10 minutes to blend flavors, adding more broth if desired and citrus juices. Season to taste. You can choose to serve soup as is or divide in half, blending one portion of the soup with an immersion blender and combining with remaining unblended soup.

Enjoy!

*Photo by J Doll*

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# Black Bean and Butternut Squash Stew

Is it simmering stew season yet? Just to be clear, that means a veggie-full stew, and this one totally fits the bill. Not only is it packed with fall harvest vegetables, the spice combination is divine.

I brought this along to a house concert potluck, and I had to think twice if I really wanted to share. ☐ It was a such a hit, and so easy to prepare I made it again the same weekend! Serve it alongside rice or quinoa and a green salad and dinner is complete. And don't forget the toppings! They really make it special.

## Ingredients

- 4 tablespoons olive oil
- 2 medium butternut squash peeled, seeded and diced in bite-size chunks
- 1 medium onion, peeled and diced
- 2 red or yellow bell peppers, cored, seeded and diced
- 1 heaping tablespoon smoked paprika
- 2 teaspoons cumin
- Dash or two of cayenne pepper
- 1 teaspoon cinnamon
- 2 cans (15 oz) black beans, drained and rinsed, **or** 3 cups home-cooked black beans
- 1 can (15 oz) diced tomatoes
- 2 cups water with 2 veggie broth cubes or vegetable broth
- Himalayan salt, to taste

## Directions

1. If you are cooking your own black beans, as I did, get those started in the pressure cooker after soaking them overnight.
2. In a heavy dutch oven, saute onions and pepper, adding spices. When onions are translucent, add chopped butternut squash, tomatoes and broth.
3. Simmer until veggies are nearly tender. Add beans and bring back to a simmer for 15- 20 minutes, just enough for the flavors to blend but not too much so the squash loses its shape.
4. Salt to taste and adjust seasonings if desired.
5. Serve over rice or quinoa, and have these yummy toppings handy:
  - diced avocado
  - cilantro
  - diced onions

- lime wedges
- my all-time favorite vegan sour cream by Simple Veganista

Enjoy!

*Adapted from Simple Veginista*

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## Cleansing Kitchari

If you haven't tried Kitchari, now is the time. The traditional Ayurvedic cleansing meal is perfect for fall. If the ingredients listed aren't readily available or you aren't up to tracking down the spices, you can simply order this kit from Banyan Botanicals and get started. Be sure to plan for a large batch as this simple comfort food can be quite addicting. I like my Kitchari straight up with a simple addition of chopped organic spinach, but feel free to get creative.

Here's a bit on Fall Ayurvedic cleanses, should this recipe spike your interest.

### Ingredients

- 1 cup basmati rice
- ½ cup yellow mung dal
- 1 teaspoon black mustard seeds
- 1 teaspoon cumin seed
- 1 small pinch of asafoetida (hing) powder
- 1 teaspoon turmeric powder
- 1 teaspoon coriander powder
- 4 thin slices of fresh ginger root
- 2 tablespoons coconut oil or ghee

- 6 cups water
- 1–2 cups chopped frozen or fresh spinach (or other seasonal vegetables)

## Directions

1. Wash rice and mung dal, strain, cover again with fresh water and soak overnight.
2. When ready to cook your Kitchari, drain dal and rice, setting aside for the moment.
3. In a medium saucepan warm coconut oil and all spices. Sauté for one to two minutes until aromatic. Add rice and mung dal and sauté for another couple of minutes. Cover with 6 cups of water, add ginger root and bring to a boil.
4. Once the Kitchari has come to a boil, reduce the heat, cover and simmer until dal and rice are both tender (30–45 minutes). Stir in spinach, add water if needed to reach the consistency of a stew. Additional precooked vegetables can also be added at this time. Salt to taste.
5. Garnish with fresh cilantro and lime (optional).

Enjoy!

*Makes 4 servings*

*Adapted from Banyan Botanicals*

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## Spicy Chickpea Soup

I first made this recipe during a cold, wet March in Austin. The good news is, I happen to love soup and have an endless array of recipes to help us wait out these Austin-style cold

fronts.

My daughter Kate shared this recipe when she gifted me a jar of homemade harissa paste. While she hasn't yet shared the harissa paste recipe (hmmmm), I have continued to make the soup with this ready-made blend from Vermont's Teeny Tiny Spice company, and it is delicious.

Chickpeas are a wonderful plant-based protein to be served in the evening when your body can spare the extra energy it takes to digest and is preparing for long stretch of sleep. Chickpeas are neutral when it comes to pH, so start your meal with a high alkaline serving of mixed greens or kale salad to balance things out.

## Ingredients

- 2 tablespoons olive oil
- 2 small onions, cut into 3/8 inch (1 cm) dice
- 4 cloves garlic, crushed
- 2 large carrots, peeled and cut into 3/8 inch (1 cm) dice
- 4 celery stalks, cut into 3/8 inch (1 cm) dice
- 2 T harissa paste or 1 T harissa spice blend
- 1 t freshly ground cumin
- 1 t freshly ground coriander
- 1 1/2 t whole caraway seeds
- 2 1/2 C (500 g) drained cooked chickpeas (canned are fine, but rinse well)
- 4-5 C (1 liter) water
- 3/4 C (100 g) coarse bulgur wheat (or rice, millet or quinoa all substitute well)
- 3 t fine grain salt, or to taste
- Black pepper, to taste
- Cilantro, chopped
- One lemon
- Dukka seasoning, optional

## Directions

1. Heat olive oil in a saucepan. Add onions and sauté 5 minutes, stirring from time to time, until translucent. Add the garlic, carrots and celery and continue cooking another 8 minutes. Add the harissa, cumin, coriander and caraway seeds and cook for a further 2 minutes, stirring well. Gently mix the chickpeas into the vegetable mixture (you don't want them to break down) along with most of the salt and plenty of black pepper. Add most of the water and bring to a boil. Turn down the heat and simmer gently 10 minutes.
2. Meanwhile, rinse the bulgur, put in a small saucepan, and cover generously with cold water. Bring to a boil and immediately remove from the heat. Drain, refresh under cold water, drain again and set aside.
3. Before serving, add the cooked bulgur to the soup and bring to a gentle simmer. Divide the soup among bowls and serve at once. Top with chopped cilantro and a squeeze of lemon and/or dukka, an Egyptian nut and spice mix.

Enjoy!

*Adapted from Heidi Swanson's 101 Cookbooks*

*Originally published March 2, 2015*

*Photo by Xufanc*

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# Mushroom Spinach Soup with



# Cinnamon, Coriander and Cumin

Here's my take on a yummy mushroom soup that appeared in a New York Times fall soup feature. I love the challenge of taking on conventional recipes and creating a vegan/gluten-free version – and this one is no exception. Although I rarely pass up a mushroom recipe, this one has a combination of cinnamon, coriander and cumin that totally caught my attention.

## Ingredients

- 6 tablespoons coconut oil
- 1  $\frac{1}{4}$  pounds mixed mushrooms (such as cremini, oyster, chanterelles and shiitake), chopped
- $\frac{1}{2}$  pound shallots, finely diced
- 1 tablespoon tomato paste
- 2 teaspoons chopped fresh thyme leaves
- 1  $\frac{1}{2}$  teaspoons ground cumin
- 1 teaspoon ground coriander
- $\frac{3}{4}$  teaspoon ground cinnamon
- Pinch ground allspice
- 1 veggie broth cube
- Sea salt to taste
- 1 teaspoon black pepper
- 5 ounces baby spinach fresh or  $\frac{1}{2}$  bag of frozen spinach
- 2 tablespoons fresh lime juice
- Plant-based yogurt or sour cream

## Directions

Heat 3 tablespoons butter or oil in a large pot over medium-high heat. Add half the mushrooms and half the shallots; cook, stirring occasionally until most of the liquid has evaporated and the mushrooms are well browned, 10 to 12 minutes. Transfer mushrooms to a bowl and repeat with remaining butter, mushrooms and shallots.

Return all mushrooms to the pot and stir in tomato paste, thyme, cumin, coriander, cinnamon and allspice; cook until fragrant, about one minute.

Stir in 5 cups water, veggie broth cube, black pepper and salt to taste. Bring mixture to a simmer over medium heat and cook gently for 20 minutes.

Using an immersion blender or food processor, coarsely purée soup. Mix in lime juice and spinach. Thin with water as needed and adjust seasoning if necessary. Serve with dollops of yogurt or sour cream.

Enjoy!

*Adapted from Melissa Clark's recipe*

*First published October 2018*

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## Watermelon Gazpacho

You are going to love this recipe for its ease and flavor. This gazpacho is so good I could eat it for three meals a day... seriously. So what are you waiting for? Grab these ingredients, power up your blender and in minutes, your meal is ready!

- 4 large heirloom tomatoes, chopped and cored
- 6 cups cubed seedless watermelon
- 1 cucumber, peeled, seeded and cut into large chunks
- 1 red pepper, seeded and cut into large chunks
- 1 large garlic clove or shallot
- 3 tablespoon coconut vinegar
- Juice from one freshly squeezed lime
- 1/2 teaspoon red pepper flakes (more or less to taste)

- 1/2 teaspoon sea salt
- 1/4 teaspoon freshly ground black pepper
- 2 slices of stale or toasted bread, torn in chunks
- A handful of mint and/or basil leaves
- Microgreens or freshly torn basil, for garnish

Blend all ingredients, except greens for garnish, on high speed until desired consistency. You can leave the soup a bit chunky if you prefer some texture or blend until quite smooth. Check seasonings and serve right away, garnished with greens, or allow to chill and meld flavors overnight.

Enjoy!

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## Roasted Eggplant with Spiced Chickpeas

If you eat seasonally and live in Texas, late summer means eggplant, zucchini and peppers. And the best way to use this limited range of veggies is to get creative – something I don't mind doing. This week, with a nudge from Julie Moskin, we enjoyed this gorgeous, Middle Eastern-inspired dish.

### Ingredients

- 3-4 narrow eggplants, sliced into  $\frac{1}{2}$ -inch thick wheels (be sure to choose eggplants with shiny skin and that feel heavy for their size)
- Sunflower oil and olive oil
- 1 onion, minced
- 1 28-ounce can diced tomatoes
- 2 teaspoons allspice
- 2 teaspoons cinnamon

- 3 tablespoons pomegranate molasses
- Splash of maple syrup
- Salt and black pepper
- 2 15-ounce cans chickpeas, drained and rinsed (about 1 cup)
- $\frac{1}{2}$  cup pine nuts, toasted for garnish
- Fresh mint leaves, for garnish
- Plant-based yogurt for serving (optional)

## Directions

1. In a large cast-iron or heavy skillet, heat enough sunflower oil to cover the bottom of the pan, over medium heat. Fill the bottom of the skillet with eggplant, cooking 5-7 minutes until golden and softened, then flipping to produce the same effect on the other side. Remove with tongs or fork to a platter kept warm in the oven. Continue until all eggplant is cooked.
2. Wipe out the cast iron skillet and heat enough olive oil to cover the bottom of the pan, over medium heat. Add onion and cook, stirring, until soft and translucent, about 10 minutes. Add tomatoes, spices and molasses, and bring to a simmer. Add maple syrup, salt and pepper to taste (adjust seasonings until you have created a hint of both spice and sweetness). Simmer until slightly thickened, about 15 minutes. Add chickpeas and cook until thick, 5 to 10 minutes more.
3. To serve, place slices of eggplant on a plate and spoon tomato-chickpea mixture on top. Garnish with mint and toasted pine nuts, and serve with yogurt if desired. Repeat for each serving.

Enjoy!

*Adapted from Julie Moskin's recipe in the New York Times*