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An Introduction to the People's Potato

by zev tiefenbach

The People's Potato was initiated by a worker-run collective in January 1999. The collective was motivated by a desire to address issues of student-poverty as well as confronting the monopoly on food distribution that Sodexo-Marriott had at Concordia University.

The People's Potato found their first home in the kitchen of a local church. The daily vegan meals were cooked in the church and the enormous pots of steaming food were carried several blocks by volunteers to the university where it was served in the basement of the student bar.

Since then, much has changed but our core values remain intact. Derived largely from the ethics of Food Not Bombs, the People's Potato strives to recuperate as much food waste as possible. We also use food as a tool for political mobilization.

We have standing arrangements with local grocery stores and bakeries who 'supply' us with free produce and day-old bread. These donations, which would otherwise end up in the dumpster are recycled into delicious, nutritious meals.

The People's Potato has grown in size and strength based on our ability to mobilize a large base of popular support. After just a couple of weeks of serving, hundreds of people who grew accustomed to our delicious food and would follow our servings. This method of political mobilization was instrumental in our successfully retaking kitchen space in the university, previously held by a corporate food service provider- Sodexo-Marriott. For us, this was an essential victory. Additionally, we have used our ability to produce and distribute large quantities of food at various local and national social justice events ranging from May Day demos to the Summit of the Americas in Quebec City. Activists should remember it's much easier withstanding a day of tear gas or several cold nights in front of jail- doing solidarity work- if you're eating some good nourishing food.

Another central goal of our organizational vision is our desire to remain an autonomous worker-run collective. We strive to operate in such a way that every worker is empowered to shape the work place and the direction of the organization. We meet weekly to make decisions on a consensus model. At our meetings we make decision on items ranging from the drafting of a policy on our vehicle to how we should involve ourselves in political struggles. We also try to create balanced jobs, so that everyone has a fair share of interesting, creative and mundane work.

Finally, and perhaps most importantly, we believe in good food. We have always strived to serve the tastiest, healthiest food possible. Now that we have a secure operating budget, we spend some of our money making sure that we have a ready supply of fresh herbs and spices. We are always on the look-out for new (and old) recipes and people from diverse communities who will give us new perspectives on food preparations. Not only can cooking be fun, it is a process of life-long learning.

nutrition

by janice tiefenbach

Guide to a healthy diet

The first rule to eating well is to get in touch with as many whole foods as possible. One main cause of unhealthiness in the so-called 'developed' world is the high degree of food processing. Did it ever strike you as strange that there is more stuff in boxes, cans and plastic bags in grocery stores than real food? By real food, I mean, an apple, a pear, a potato, an onion, an actual head of garlic as opposed to a jar of perfectly minced garlic floating in some suspicious liquid. As soon as a food is removed from its naturally existing state, it suddenly requires a whole lot of unnecessary additions and modifications: processing, preserving, packaging, transporting, marketing etc. The food's nutritional value is diminished.

Familiarise yourself with 'real' food. As an experiment, try cooking with only 'natural' foods. I put natural in quotations because there are precious few things left these days that haven't been touched by 'artificial' hands; that big round tomato jumping at you off the grocery shelf may well have been genetically modified, containing spliced D.N.A. from any number of plants or animals. Most fruits and vegetables, unless labelled organic, are grown with chemical pesticides and fertilisers. In Canada there is a legal limit to how much pesticide can be sprayed on crops. However, this limit is not always observed. Additionally, produce imported from abroad may contain up to 10x the levels of pesticides legal in Canada. Pesticides often penetrate the skin or peel of the crops, making them impossible to remove just by washing or peeling.

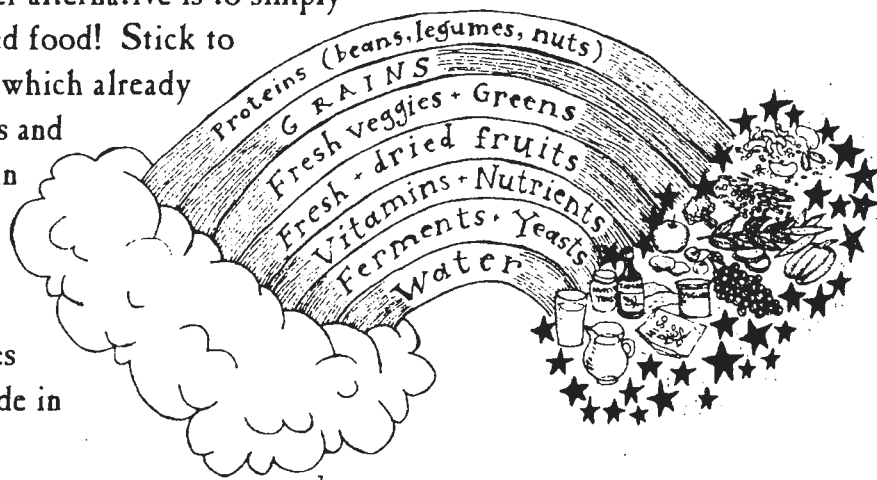
Genetically modified organisms (GMOs) are present in many processed grains (especially wheat and maize) and oils (especially canola and corn). Unless specifically labelled, expect that at least 60% of all grains that you consume contain GMOs, especially cereals and wheat products. Most soy products are also problematic unless specifically labelled organic. Soy lecithin is a processed soy product that turns up in a lot of foods. Read labels if you're concerned and rethink eating processed foods.

Not everyone can afford to buy fresh organic produce. Organic produce sold at health food stores is generally very expensive, and not the least bit conducive to a student's tight budget. Fortunately, there are ways to improve your diet without buying strictly

organic. Buying locally grown fruits and vegetables sold at small independent stores and farmers markets is better than buying whatever is featured at large chain stores. This enables you to support local farmers and small vendors in your community. By doing this, you are demonstrating that you do not condone the waste of energy and resources required to transport out of season fruits and vegetables from other countries. Organic grains and legumes are often only slightly more expensive than their non-organic varieties. Buying these products in bulk from health food stores keeps it economical to shop organically.

Another way to actively reduce waste in your community is to engage in the radical and highly rewarding past-time known as dumpster diving! Just sneak around to the backs of local stores and check out what they throw away. Hint: the fancier the store, the higher quality the waste. Stores that sell to wealthy consumers maintain very high standards. Every apple on their shelf is bound to be perfect. The smallest dent or bruise renders it unfit for sale, and it therefore ends up in the dumpster. Also, try approaching sales persons in grocery stores and inquire about what happens to their second-hand produce, and if you can have it. Most of the time, they are more than glad to have someone take the stuff off their hands.

The next step to ensuring healthy vegan living is to identify the nutrients essential to a well balanced diet and what foods contain them. Many people suffer from a lack of various nutrients as a result of eating too much processed food. As compensation, they turn to packaged vitamins and supplements in order to make up what they lack. A healthier and cheaper alternative is to simply cut out the processed food! Stick to eating whole foods which already contain the vitamins and nutrients you need in their natural state. The following is a breakdown of the main food categories vegans should include in their diets:



Grains

Grains are the staple of a vegan diet, and should be an essential feature of any diet. Contrary to common food myths, grains are not just starchy carbs suitable for cattle or sick people. Grains are wonderfully diverse and nutritious complex carbohydrates. There is a sliding scale of nutritional value and different properties attributable to each grain.

Some of the more common grains such as white rice, white wheat and processed oats are highly refined by the time they reach the supermarket, leaving them with less of their natural nutrients, fiber and protein. Some 'lesser known' grains, such as quinoa, millet, amaranth, buckwheat, and barley, are more densely packed with nutrients such as protein and calcium. They are available in raw forms at health food, grocery and bulk food stores. Try working these more 'unusual' grains into your diet.

Amaranth

Amaranth was used by the ancient Aztecs in Central Mexico. The plant is easy to grow even in dry soil and drought conditions. Amaranth's protein and calcium content is comparable to chicken or turkey meat and is higher than most dairy products. Amaranth is typically easier to digest than other grains. It is expensive, but you will find that a little goes a long way. Try adding a little amaranth to multi-grain porridge, soups, casseroles and salads to enhance the nutritional value of your meal. Amaranth can be dry roasted before cooking. Cook for 20-30 minutes with a cover on a low heat. Add a little salt and use between 1.5: 1 – 2: 1 parts water: grain depending on how chewy you like it to be.

Barley

Barley is commonly sold as 'pearl barley' which is nutritious, but not as rich as whole or pot barley. Whole barley can be used as a cure for diarrhoea, fevers, the reduction of tumours and swelling. Barley is high in protein and calcium. In powder form barley can be used to make soothing drinks and teas which are good coffee substitutes. Barley is not too expensive and can be a good way to add protein to almost any meal. Because of its warming properties, barley is especially good to get you through the winter! Try adding it to veggie pies and in your morning porridge. Cook pearl barley for 20-30 min in a covered pot on a low boil. Pot barley needs one hour or more to cook.

Cook 2:1 parts water to grain. Barley will expand exponentially to the amount of water available, making it ideal for soups and stews.

Buckwheat

Buckwheat is often sold toasted as kasha. It can also be found raw and used in soups, with veggies, or with other grains in casseroles and porridge. Buckwheat flour is low in gluten and easily substitutes for wheat. It is highly nutritious, rich in protein, rutin (an antidote against radiation) and has alkalizing properties. Buckwheat reduces blood pressure, increases blood flow, and strengthens blood vessels. It also increases body temperature and stimulates the appetite, making it an ideal grain to eat during cold months. Buckwheat should be boiled for at least 15-20 min in a covered pot. Use 2:1 parts water to grain.

Corn

Corn is an ancient grain native to the Americas. It is a natural diuretic, promotes healthy teeth and gums, and can help to overcome sexual weakness! Corn contains protein, iron and manganese. Corn is better when eaten fresh off the cob rather than out of a can. It can be boiled, barbecued or added to stir fry or other dishes. Try and buy it only with the husk intact, which should be removed immediately prior to cooking to preserve natural sweetness. Corn flour is also nutritious, and can be a good substitute to wheat in breads, cakes, pancakes and porridge. It can also be made into tortillas. Corn meal is a good base for veggie pies, cornbread or polenta. Corn is extremely low in niacin, but the Indigenous technique of cooking it with calcium lime enhances the body's ability to absorb corn's nutrients. There are thousands of varieties of corn, but in the industrial agriculture of North America, only one or two strains are produced. Most corn from the United States and Canada is genetically modified, and grown with a lot of chemicals. Buy corn you know is local and if possible, labelled as organic.

Millet

Millet has many special benefits. Like corn, millet is a natural diuretic. It sweetens your breath, (by inhibiting bacterial growth in you mouth) contains lots of protein, has anti-fungal properties, and helps prevent miscarriage (high in silicon; the building block of life). Millet is a great grain to eat in the morning as it soothes the stomach and balances overly acidic conditions. Cook millet with a few grains of sea salt for

20-30 min on a low boil in a covered pot. Millet can be toasted with a little oil prior to cooking to increase alkaline content. Use 2: 1 parts water to grain.

Oats

Oats have many regenerative functions. Internally, they help the nervous and reproductive systems, lower cholesterol, strengthen muscles, enhance immunity and warm the body. Externally, oats can be used to sooth itchy, sensitive or blemished skin. Try using them in your bath, in soap or cream. Oats are a great staple for porridge. Try baking them in cookies, muffins, cakes, breads and crumble pies. Be careful about eating too many raw or undercooked oats; they are very absorbent and will expand dramatically into a big gluey blob in your stomach. Most oats have been steam rolled or processed making their cooking times range from 1-7 min. Whole oats need 10-15 min to cook. Don't use more than 1: 1 parts water to grain.

Quinoa

Quinoa has been knighted one of the people's potato's SUPERSTAR foods! Quinoa originates from South America and has grown in the Andes for thousands of years, as it thrives in cold mountain climates. Quinoa has the highest protein content of any grain and contains more calcium than milk! It also contains loads of iron, phosphorous, B vitamins, and vitamin E. You can use quinoa in breakfast foods, with veggies, in casseroles, soups, stews, and just by itself. Quinoa is even kosher for passover! Be sure to rinse quinoa well before cooking to remove flaky bitter husk. Cook on gentle boil in a covered pot for 20-30 min. Use 2: 1 water to grain.

Rice

There are many varieties of rice available in North America. Brown rice refers to rice with the outer husk still intact, making it nutritionally denser. Whole grain rice contains B vitamins and is helpful in relieving nervous energy and depression. White rice has the outer skin peeled off. This removes bran and fibre inherent to the grain. White rice is often parboiled before peeling, a process which drives some of the vitamins and minerals from the outer skin into the grain. Even parboiled rice, however, cannot substitute for the nutritional wholeness of brown rice. Different varieties of rice include; short and long grain, basmati, japanese, italian risotto, sweet or sticky rice, red Thai rice, and different forms of wild rice. Although rice contains some gluten, it

it is rich in protein and a great companion to vegetable dishes, casseroles, soups and stews.

Cook for 20-30 min with 2: 1 parts water to rice with a little salt on a low boil in a covered pot. If you're using wild rice, soak and rinse thoroughly and boil 45min- 1 hour.

Spelt

Spelt is an ancient relative of wheat, commonly found in health food stores in flour form. It can be used as a replacement for wheat flour in any recipe (sometimes a little extra liquid is required). As far as taste is concerned, once spelt has been incorporated into a recipe you can hardly notice the difference except that it might taste even better (nuttier) than wheat! Although Spelt contains some gluten, it can often be used as a replacement for people with wheat allergies.

Kamut

Kamut is also related to wheat and contains gluten, but it is less allergic than standard wheat. Many people with sensitivities to wheat find they have no problems eating kamut. It can be eaten puffed as cereal, in pastas and noodles. When baking it is a good replacement for wheat flour. Kamut is high in protein and unsaturated fats, making it a nutritious as well as tasty wheat alternative.

A Word on Flours

There are many flours that can be found in health food stores that are made out of the above listed grains aside from spelt and kamut. They are more nutritious than wheat flour and easier to digest. They can often be used as wheat replacements on their own or in combinations. See what is available and inexpensive in your local health food or bulk food stores. Experiment with the possibilities. Buying in bulk is usually more economical, especially if you want samples of many varieties of non-wheat flours.

Tips to remember when cooking grains:

1. All grains should be cooked on a low boil in a covered pot, and chewed thoroughly! (check out the grain chart at the end of this section for quick reference)
2. Dry roasting grains before cooking makes them more alkaline and easier to digest.

Quick Check Grain Guide

GRAIN	Water : Grain	Cook Time	Special Qualities
Amaranth	1.5 :1 – 2 :1	20-30 min	very high in protein + calcium, easy to digest, very tasty!
Barley	2: 1	20-30 min	warming, coffee substitute, high in protein and calcium
Buckwheat	2: 1	15-20 min	reduces blood pressure, wards against radiation, warming, stimulates the appetite
Corn	N/A	10-15 min	natural diuretic, contains protein, iron and manganese
Millet	2: 1	20-30 min	helps to prevent miscarriage, contains anti-fungal properties, sweetens breath.
Oats	1: 1	1-7(rolled) 10-15 (whole)	good for nervous and immune system and itchy skin
Quinoa	2 :1	15-30 min	highest protein of any grain, more calcium than milk! has vitamins B, E & iron. kosher for passover!
Rice (brown)	2: 1	20-30 min	tasty, versatile, contains vitamin B anti-depressant, rich in protein.
Wild rice	4: 1	45 min+	diuretic, good for kidney and bladder

Proteins : Beans, Legumes, Nuts

Legumes (beans, peas and lentils) are high in protein, fat and carbohydrates. They contain B vitamins, iron, potassium, calcium, and when sprouted, can be a great source of vitamin C. Many people avoid eating beans because of the infamous levels of gas produced from eating beans. This gas is due to a lack of important enzymes in the stomach required to properly digest legumes. Eating a small amount of beans on a regular basis encourages the formation of these helpful enzymes in the tummy. So remember: eat a few lovely beans a day and keep those nasty farts away!

Varieties of legumes are endless, and essential in a vegan diet. Some common nutritious beans include; aduki, black beans (black turtle beans) black-eyed peas, fava beans,

garbanzo beans (chick peas), great northern and navy beans, kidney beans, lentils, lima beans, mung beans, soy beans, and string beans. Familiarise yourself with these beans and begin to experiment. Add them to your favourite recipes, mash them, make them into spreads, stew them, add them to soups and sprout them!

When it comes to buying beans and peas, try to buy them dried and in bulk rather than in cans or frozen. Although it is more convenient to cook with canned beans, it is less toxic to use dried ones. Canned beans often contain preservatives and chemicals, and are sometimes uniformly dyed to look the same. Dried legumes are far cheaper, more nutritious (the canning and freezing process usually removes a lot of the beans natural goodness) and are less wasteful.

To prepare dried beans for cooking, soak them from one hour to overnight. Place beans in a cool dark place in a large container submerged in water and covered. Lighter legumes require less soaking than heavier beans like kidneys, limas, or chick peas.

Quick Check Bean Guide

BEAN	Cook Time	Soak Time	Special Properties
Aduki	45- 60 min	30 - 60 min	detoxifies body, aids milk production easy to digest
Black	1 - 2 hrs	30min- overnight,	native to Mexico, cleanses kidneys, aids reproductive functions, difficult to digest
Garbanzo	3 - 5 hrs	overnight	good source iron, unsaturated fats, aids pancreas, stomach, heart, difficult to digest
Kidney	1.5 - 2 hrs	1 hr - overnight	large family (includes pinto, green wax, pink, mung, lima, great northern bean), diuretic, treats edema & swelling, difficult to digest
Lima	1-2 hrs.	1 hr - overnight	alkalising (neutralises effects of refined foods), beautifies skin, sweet flavour, difficult to digest
Lentils	30 min	30 - 60 min	hundreds of varieties grown on the Indian Subcontinent, diuretic, benefits heart, circulation lation, kidneys, very easy to digest

Split Pea	30 min	N/A	mild, sweet flavour, purifies spleen-pancreas & stomach, harmonises digestive system, very easy to digest
Soybeans	4 - 5 hrs	overnight	detoxifies body, extremely nourishing, especially for children & lactating mothers, high in protein, calcium & essential fatty acids, extremely difficult to digest unless fermented into tofu, soy milk, miso etc.

Nuts & Seeds

Nuts and seeds are another way to get protein and many important vitamins fast. But watch out! Nuts and seeds are rich, yet temperamental foods. They go rancid quickly, are high in fats, and many people are allergic to them. The following nuts and seeds contain important nutrients and are a great way to embellish a dish or diversify your diet; almonds, sesame seeds (black and white), coconut, flax seeds, peanuts, pine nuts, pistachio, pumpkin and squash seeds, sunflower seeds, brazil nuts and walnuts.

Protein Paranoia

Beans, legumes and nuts are rich in protein, but they are not your only choice. Switching from an animal-based to a vegan or vegetarian diet involves many changes. A big part is changing the way we think about protein. Although protein is very important, it should not be the main focus of a diet. Combining whole grains with beans, legumes or nuts complement each other, making complete proteins (superior to the levels and quality of meat and dairy protein). Protein obsession in the United States and Canada leads to over-consumption of meat, dairy and eggs, as well as far too much fat. This limits the variety of nutrients and vitamins your body can absorb.

We do not recommend you measure exact amounts of nutrients. By eating a well balanced diet you should be able to sense what your body needs and adjust your intake accordingly. The following chart depicts protein levels of various foods. As you can see, meat and dairy are not your only choices!

PROTEIN AND VITAMIN B12 SOURCES

The following chart is taken from "Healing With Whole Foods" by Paul Pitchford
protein in grammes per 100-gramme (3.5 ounce) edible portion.

<u>Fruit</u>		<u>Nuts & Seeds</u>		<u>Algae</u>	
all fruit	.2-2	filberts	13	agar agar/kanten	2
<u>Vegetables</u>		almonds	19	hijiki*	6
carrots	1	sesame seeds	19	kombu*	7
cabbage	1	sunflower seeds	24	wakame*	13
cauliflower	3	<u>Legumes(dried)</u>		kelp*	16
broccoli	4	aduki beans	22	alaria*	18
kale	4	dry peas	24	dulse*	22
parsley*	4	lentils	25	nori*	35
brussel sprouts	5	soybeans	35	<u>Micro Algae</u>	
<u>Grains</u>		<u>Ferments</u>		chlorella*	55
rice	7	rejuvalec*	0	wild bluegreen*	60
barley	8	non-pasteurised		spirulina*	68
corn	9	pickles*	1-4	<u>Yeast</u>	
rye	9	amasake	3	nutritional yeast*	50
millet	10	soy sauce (shoyu/tamari)	6	* indicates foods with vitamin B12 (although B12 content depends on manufacturing processes)	
buckwheat	12	tofu	8		
oats	13	sourdough bread	10		
hard red wheat	14	nut or seed yogurt*	9-15		
spelt	15	miso*	15		
amaranth	16	tempeh*	20		
quinoa	18				
<u>Animal products</u>					
<u>Dairy</u>		bass*	18	<u>Meat and Eggs</u>	
cheese*	25-31	herring*	17	red meats*	17-21
milk whole*	3	abalone*	18	beef heart*	20
yogurt*	3	anchovy*	19	beef kidney*	20
cottage cheese*	14	mackarel*	19	beef kidney*	20
		sardine*	24	beef liver*	20
<u>Fish</u>		tuna /bonita*	24	chicken liver*	21
clam*	14	oyster*	9	fowl*	16-24
cod*	18	herring*	17	eggs*	3

Fresh Vegetables and Greens

All fresh vegetables contain chlorophyll, a basic element of life. Fresh vegetables give your body many important vitamins including A, B, C, and E. They also contain protein, magnesium, fibre, potassium, calcium and alkaline properties.

Integrating fresh vegetables and greens into your daily routine will add diversity and enjoyment to your food. Treat each vegetable with the unique attention it deserves. Notice the distinct character of flavour, texture and colour and how it combines with different foods. You can also experiment with eating vegetables raw or cooked. Try to include a variety of vegetable types; red, green, orange, yellow and purple. Eat what is in season, and what is grown within your bioregion.

Fresh and Dried Fruits

Fresh and dried fruits are a great way to get the sugar that many people seem to crave. The naturally existing sugar in fruit is safe and healthy to enjoy. Because the sugar is a natural part of fruit, your body absorbs it slowly and safely as opposed to refined sugars which are absorbed quickly and dangerously into the bloodstream; shocking the system and causing over-acidity and instability.

There are many good reasons to eat fresh fruit. All fruits have a variety of beneficial nutrients that help to balance the acidic reaction sugar produces in the body. Be wary of eating too much dried fruit, as it is much more highly concentrated in sugar. Try boiling dried fruit slightly before eating it in order to make it less concentrated and more digestible. Most fruits contain valuable acids which kill bacteria and improve immunity. The high water content and cooling thermal nature common to all fruits helps flush the body of toxins and purify it. Fruit is high in vitamins and nutrients like potassium, vitamin C, and fiber.

Fruit is best enjoyed on its own between meals, or at the beginning of a meal. As most fruits contain a lot of acid and are digested quickly, eating them during or after a heavy meal can interfere with proper digestion.

To Peel or Not to Peel..

There is growing concern around the issue of peeling your fruits and vegetables. Peeling them in many cases removes a lot of naturally existing fiber and valuable

vitamins and nutrients. Most of the potassium in potatoes, for example, resides just under the skin. Therefore you shouldn't peel them.

The flip side of the coin concerns herbicides, pesticides and fertilisers used to grow food. It is unclear whether removing the skin of produce prevents us from ingesting chemicals. The outer skins of many fruits and vegetables have been layered in wax in order to give them a more attractive appearance and to preserve the fruit's longevity. This is true of mangoes, oranges, apples, pears, cucumbers and tomatoes. In some cases washing or peeling the fruit can remove the wax, yet the threat of pesticides still lurks. Apples, which are sprayed with pesticides in order to keep insects away, absorb the pesticides through their skin. The majority of the chemical residue is concentrated at the core. In this case, simply peeling fruit will not completely remove chemicals.

Another major problem is that it is very difficult to know which vegetables and fruits have been sprayed with what. Governments tend to be very lenient in establishing limits of chemical use in produce production. In North America there is no mandatory labelling of fruits and vegetables as to chemical and GMO content. Until more information is available, it is up to you to decide where you stand on the peeling issue.

Ferments and Yeasts

Ferments and yeasts provide the body with good bacteria like vitamin B12 that aid digestion and immunity. Eating fermented foods is like eating slightly predigested food. It is easy for your body to breakdown and extract nutrients.

Examples of fermented foods include miso (rice, barley, soy, vegetable), soy sauce or tamari, yogurt and seed yogurts, sourdough, sauerkraut, cheese, tempeh, wine, and naturally brewed vinegars such as apple cider or red wine. Yeast products include sourdough bread, and nutritional yeast.

Water

We have often heard it said that we should drink 8 glasses of water a day. Not enough water can lead to lethargy, laziness, headaches, crankiness, dry skin and a malfunctioning digestive system. While water is fundamental in maintaining a healthy constitution, it is equally important not to over do it. If you are vegan or vegetarian, you need need

need less water than your carnivore comrades, because many of the foods you eat already have a very high water content.

Too much water dilutes the stomach's natural enzymes and makes it difficult to properly digest food and extract nutrients. Try not to drink too much water with a meal. Also, it is not a good idea to drink water which is very hot or very cold as this shocks the system. Obey your thirst as your personal guide to water consumption.

Vitamins and Nutrients

The following section outlines the main vitamins and nutrients that your body needs. Although it is sometimes necessary to fortify your diet with supplements, you should be getting most nutrients from the food you eat. It is far more efficient, healthy, holistic and economical to absorb nutrients from natural sources than from sterilised, seal-tight supplement containers.

Vitamin A- aka the Carotene Provitamin

All green plants contain carotene, a pigment of chlorophyll. When eaten, chlorophyll activates enzymes that convert carotene to Vitamin A. You need Vitamin A to process protein properly. You can find Vitamin A in blue-green micro-algae like spirulina and in many green (parsley, kale, turnip, beet and mustard greens) and yellow vegetables (sweet potatoes, winter squash, and carrots).

B Vitamins

B vitamins help the body convert food into energy. They are beneficial to the nervous system and help diminish depression. B vitamins are found in yeasts, whole grains, seeds, nuts, bananas and green vegetables. Many vegan products like soy milk, tofu and nutritional yeast are available fortified with B vitamins. Keep in mind that very little B vitamins are needed on a daily basis, and eating a variety of whole foods and soy-based products will ensure that you are getting all that you need.

Vitamin B1 (thiamin)

Vitamin B1 has many beneficial effects including lowering cholesterol, reducing growths and cysts, and aiding digestion. Found in Nori seaweed (used to make sushi).

Vitamin B2 (riboflavin)

Vitamin B2 is good for normalising blood sugar levels, building strong teeth and bones, soothing nerves and detoxifying the body. It is also necessary for turning fats, carbohydrates and protein into energy. Found in hijiki seaweed, whole grains, almonds, leafy greens and mushrooms.

Vitamin B12 (cyanocobalmin)

B12 is essential in the production of red blood cells, building immunity and fighting degenerative diseases. B12 is integral to bodily growth, making it an essential vitamin for pregnant women.

Specific factors contributing to depletion of B12 in the body are; birth control pills, synthetic hormones, antibiotics, junk food, (processed crap, sugary or fatty foods) intoxicants (alcohol, coffee, cigarettes and others), liver diseases, chronic disorders and stress. If you have a high stress lifestyle like most students do, you should be getting more than the normal recommended amount of B12. Women generally require more B12 than men.

Signs of B12 deficiency include paleness, numbness in the fingers and toes, heart palpitations, anorexia, weakness, listlessness, depression, indigestion, shortness of breath and pernicious anaemia (result of interrupted production of red blood cells). In severe stages, B12 deficiency can cause brain damage and death. Thus all vegans must insure they have some sources of B12 in their diets.

Fortunately, Vitamin B12 can be found in many sources, not just meat, dairy and eggs as meat eater myths propose. Many vegetarian products found in health food stores such as soy milk, tofu and nutritional yeast are fortified with B12. Be sure to read labels.

It is always wise to get B12 where it exists naturally so your body can absorb it the best. B12 is naturally present in fermented foods; tempeh, miso, soy sauce, unpasteurized pickles, amasake, seed yogurts, and sourdough. However, due to high sanitation regulations in North America, B12 is often killed during production processes. Buying foods produced on a smaller scale according to traditional methods will raise your chances of finding B12. Plant sources of B12 include fresh parsley and many varieties

of seaweed (hijiki, kombu, wakame, kelp, alaria, dulse and nori). Micro-algae (chlorella, wild blue-green algae and spirulina) are excellent sources of B12.

Vitamin C

Vitamin C can be found in almost all fresh fruits and vegetables, especially; bell peppers, cabbage, broccoli, sprouts, parsley, tomatoes, citrus fruits and rosehips. When sold commercially, it is usually combined with bio-flavonoids. Isolated Vitamin C will deteriorate the uterine lining promoting miscarriages in large doses. Vitamin C increases iron absorption and boosts immunity against sickness and infection. Depriving your body of vitamin C is like depriving yourself of sunlight. It is a life force!

Vitamin D

Vitamin D, 'the sunshine vitamin' is necessary to help the body digest fat. When exposed to direct sunlight your body produces vitamin D. Chlorophyll rich foods (leafy greens, vitamin C), act similarly to vitamin D by helping the body regulate and absorb calcium. People living in northern climates like Canada should be sure they are getting enough vitamin D as exposure to sunlight is limited, especially in the winter. Vitamin D is also available in fortified dairy alternatives like soy or rice milk.

Vitamin E

Vitamin E is found in all grains. Sprouted wheat, leafy green vegetables, nuts and seeds (particularly almonds and hazelnuts) have an especially high vitamin E content. Vitamin E is an important anti-oxidising element, protecting your body against free radicals which are known to produce diseases. Most vitamin E supplements contain fish oil, so if you are a strict vegan, be careful.

Vitamin F

Vitamin F builds the intestinal tract and feeds the villi (fibres in the stomach) that the gluten in wheat and oats tend to break down. A great way to get vitamin F is to eat flaxseeds! You can make a tea out of flax seeds by placing them in hot (not boiling) water for a few minutes.

Vitamin K

Vitamin K is a fat soluble vitamin which can be found in alfalfa sprouts, leafy green

vegetables and omega-3 oils. It is necessary for proper blood clotting. Half of the required vitamin K is produced by the body's healthy and naturally existing bacteria.

Calcium

Calcium is needed for building strong and healthy bones, teeth and fingernails.

Vitamins A and C aid calcium absorption, so be sure to eat foods that contain these nutrients as well as calcium. Calcium should be eaten in a base of unsaturated fats and enzymes which help the body to absorb it. Regular moderate exercise helps to prevent calcium loss and resulting bone deterioration. Women, especially postmenopausal and underweight women are in danger of osteoporosis and need to consume a lot of calcium to maintain bone mass. The following foods contain significant amounts of calcium; amaranth, almonds, avocados, barley, beans, beet greens, blackstrap molasses, broccoli, brown rice, buckwheat, cabbage, cauliflower, carrots, coconut, yellow cornmeal, corn, dandelion greens, figs, green kale, lentils, millet, oats, onions, parsnips, quinoa, rye, seaweed (kelp, dulse), sesame seeds, soy milk (especially fortified), and whole wheat.

Magnesium

Those who have difficulty absorbing calcium should be sure they are getting enough magnesium. Foods such as dried seaweeds, beans (soy and soy derivatives, mung, aduki, lima), and whole grains are beneficial.

Potassium

The main function of potassium is to balance sodium in the system. Potassium is found in many greens, grains, and vegetables like potatoes. It is also present in sprouted seeds and fruits such as bananas.

Silicon

Silicon is the building block of life. It is essential for the formation and renewal of blood vessels, tendons, and cartilage. If you are an active person, be sure you're getting enough silicon. Foods rich in silicon include whole oats, barley, unrefined seeds, nuts and grains. Vegetables such as alfalfa, beets, carrots, celery, cucumber, lettuce and parsnips all contain silicon.

Fiber

Fiber encourages healthy bacteria to form in the colon and intestines which is necessary for your body to properly digest and absorb nutrients. You can only get fiber from plant-based foods, such as whole grains, fruits and vegetables. Fiber is the indigestible portion of foods; the hull and bran of grains, the peel, pulp and cell walls of fruits and vegetables. Fiber holds food together, giving them strength and shape. There are two basic kinds of fiber; soluble and insoluble.

Soluble Fiber

Soluble fiber dissolves in water, creating a gel-like coating around food particles. Fats become attached to soluble fiber and are excreted from the body rather than being absorbed. Soluble fiber cleans the digestive track, maintains regularity, lowers cholesterol and protects the body against heart disease. You can get soluble fiber from beans, whole grains, and fruits like apples and cherries.

Insoluble Fiber

Insoluble fiber passes through the digestive system intact and is not absorbed by the body. Its overall function is extremely beneficial; it regulates food passing through the intestines, adds mass to stool, protects against carcinogens, and eases elimination. Insoluble fiber absorbs extra water from the stomach making later stages in the digestive process easier and more efficient. Thus insoluble fiber makes the gastrointestinal tract cleaner and more resistant to disease. Be sure to drink extra water when absorbing foods high in insoluble fiber such as seeds, whole grains, wheat, wheat bran and the outer layers of fruit and vegetables.

Acid and Alkaline

Balancing acid and alkaline in the body is a hot topic for alternative medical and nutritional researchers. The main consensus is that maintaining a more alkaline state in the body is beneficial against developing disease and illness. Acid forming foods include meat, sugar, many grains, and sour fruits. Try to balance these foods with alkaline foods (beans, vegetables and seeds) to keep your body tilted towards the alkaline side of the pH scale.

Don't Believe Nutrition 'Experts': A word of caution

We are constantly being bombarded with new updates and recent findings about what we should and should not be eating. It seems as though each update on nutrition is simply stating the opposite of the one before it, creating a viscous cycle of misinformation. Try not to let these studies influence you too much.

In many cases, advice you hear from the media has been subsidised by a grant from a company that will enjoy financial gain as a result. For example, the western myth that you need to drink cow's milk in order to get calcium and protein has been funded by the dairy industry. The myth that you can only get B12 from meat, is promoted by the meat industry. Listen to your own body as a guide. Once you clear all the bad foods and toxins out of your system, your own cravings will indicate what your body needs.

A well balanced vegan diet will ensure you are getting plenty of the above listed vitamins and nutrients. In many cases, only minute portions are necessary. Pre-packaged supplements and replacements are difficult to absorb and can throw your body out of whack. It makes more sense to stick to whole foods as your source of nutrients.

If you have a specific medical condition, you should seek the advice of a doctor- naturopathic or mainstream. Although a vegan or vegetarian diet works for most people, you should pay attention to the specific needs of your body. Make your diet work for you.

The Hazards of Unhealthy Living

There are many obstacles in the way of being healthy. Bad habits are ingrained in us from very early on. It can be hard to break these routines, but learning why they're bad for us and seeking the alternatives is a helpful start.

Eggs, Dairy and Meat: Why Not?

Avoiding products from animals has become a major concern for health conscious westerners over the past twenty years. Why is this? There are two basic reasons; health concerns and ethical considerations.

Although most animal products are rich in many nutrients the body requires, they

are also high in fat, toxins and are mucous forming. Many people in North America have diets that are heavily based on meat and dairy products. As a result, there are more cases of heart disease, clogged arteries, high cholesterol and obesity in North America than anywhere else in the world. The massive industry that supports these meaty habits uses dangerous hormones, chemicals and preservatives whose long term effects have not been tested. Herein lies the crossover between health reasons and ethical reasons. Not only are these practices unsafe, but the treatment of animals in the industry is deplorable.

Meat

The commercial production of chickens, pigs, beef and other animals is unfit for human consumption, horrible to the animal, and terrible for the environment. Animals are confined in stalls without exercise or freedom. They are fed drug-laden, genetically modified food and pumped full of hormones. Enormous resources are required to support this industry; millions of acres of food and water are needed to feed animals raised for meat. Massive amounts of waste are produced by the meat industry, for the benefit of first world over-consumers.

These factors have been a major catalyst motivating people towards vegetarian and vegan lifestyles. Find out what you're eating and be aware of the effects food has on the world around you.

Dairy

The same horrors that exist in the meat industry are present in the dairy industry. Dairy cows are confined, drugged, have their calves stolen from them and are brutally treated. When cows stop producing milk, as a result of malnutrition or depression, they are routinely slaughtered.

Dairy Hormones

What are these hormones you keep hearing about? One dangerous hormone used in dairy cows is called rBGH (Recombinant Bovine Growth Hormone), produced by the Monsanto Corporation. It is the genetically engineered equivalent of a hormone naturally produced by cows. It was approved by the FDA (the United States Food and Drug Administration) in 1993 and has been on the market to dairy farmers since

1994. It is sold under the name Posilac or BGH, rBGH, BST, or rBST. When injected, rBGH increases milk production in cows by 10-30%. rBGH injected cows are more susceptible to developing infections and diseases. They are more likely to give birth to deformed young. Milk from injected cows contains less important vitamins and nutrients, including protein. It often contains pus, a higher concentration of saturated fats, bad bacteria and antibiotics. Despite the fact that these problems have been documented the FDA, has not revoked their approval of rBGH. Under pressure from Monsanto and the dairy industry, North American governments have not required labelling of dairy products from hormonally injected cows.

Presently, the use of rBGH is not permitted in Canada's dairy industry. However, Canadian dairy cows are fed bio-accumulating pesticide, antibiotics, and tranquillisers. Also, products such as ice cream and cheese may contain rBGH if the dairy was imported to Canada. Don't be fooled into believing you are safe! Many dairy products like cheese contain rennet, a preservative made from the lining of a cow's stomach and thus are not vegetarian. In general, vegetarians who keep clear of meat but still wish to eat dairy products should be wary of where their milk comes from and how it is produced.

Sugar

Sugar is an acid forming food. In most food, the sugar that rears its ugly head is almost always derived from sugar cane or beets. It is refined through a complicated process involving a bone char filter, dyeing, and stripping the sugar of the minerals that help the body to neutralise it. The problem with eating too much refined sugar is that it is absorbed very quickly into the bloodstream, shocking the stomach and pancreas. In response, your body over-produces acid to combat the sugar which eats-up nutrients and minerals. Therefore, your body loses calcium, B12, and other important nutrients causing many deficiencies. Everything is thrown out of balance, including your blood-sugar level, and you are left with an even more intense craving for sugar!

A safe and healthy way to enjoy sugar is by eating it in moderation, and getting it from natural sources. Fruit, sucanat (unrefined cane juice), maple syrup, honey, juice, sorghum, barbados molasses, rice syrup, barley malt, fruit syrups, date sugar, amasake, and sweet vegetables (carrots, yams, corn, beets) are all natural ways to enjoy the sweet stuff in life. Another method to overcoming those sugar cravings is to chew your

food thoroughly. By doing this, you are breaking down carbohydrates into sugar! Chewing healthy, whole and unprocessed food makes it taste sweeter and aids digestion. The more you chew fatty, sugary or highly processed foods, the worse they taste. Chewing your food will actually make you desire bad food less, and good food more!

Processed Crap

The greatest enemy to healthy living is processed food. The emphasis on the convenience of quick-cook meals sold in boxes results represents a complete detachment from food production, resources, and self-sufficiency. We don't know what we're eating, where it comes from, or what it's gonna do once it gets inside of us. The mania has to stop! There is no nutrition in highly processed foods, and there is no reward for the soul in eating them.

Coffee, Alcohol and Other Drugs: The real reason not to do them

Now, you've heard that these items are not the best to ingest for many reasons. Nutritionally, the main reason to avoid coffee, drugs and alcohol is because they act as inhibitors to the absorption of vitamins and nutrients. And as a vegetarian and especially a vegan, you can't afford to lose this important part of your diet. So if you party hard once in a while, make sure you give your body a little boost of vitamins like B12, C and Calcium.

Overeating

Overeating does not just occur among meat eaters. Vegetarians who overeat may not gain weight, but may end up with any number of negative results such as weakness, digestive upset and premature aging.

Since overeating often has to do with satisfying a craving, we overeat one thing, and deny ourselves something else which is bound to create an imbalance. When favourite foods are enjoyed in moderation, your system will be more balanced, you will feel healthier and stronger. This way your body will happily avoid many ailments.

Remember to chew your food! When you're not scarfing food down in a hurry, you will have a chance to enjoy food to its maximum nutritional potential. This way you will find your own natural capacity instead of overstuffing yourself.

Variety

It is good not to let yourself eat too much of one food. In order for vegetarians and especially vegans to get all the nutrients they need, a variety of foods necessary. However, excessive variety can be a factor in overeating and causing imbalance. In order for your system to be stable, it needs to rely on certain staples.

As each food has its own properties and unique flavour which your body recognises, your appetite craves a certain amount of each flavour until it is satisfied. That is why when you find yourself in an all you can eat situation, you often leave feeling over-stuffed and generally unsatisfied.

A simple way to achieve satisfaction out of a meal is to enjoy a simple variety of whole, fresh and unprocessed foods. Eating foods closer to their natural state ensures that you absorb more of the food's nutrients. Try eating raw vegetables like carrots, tomatoes, celery, lettuce and fresh sprouts. Also try lightly steaming or sauteeing vegetables. If you are cooking vegetables, adjust cooking times according to ingredients. For example, if you are making a soup, lighter vegetables may not need as much time to cook, so try adding them closer to the end.

Mind, Body and Soul

Being healthy isn't just about your body, it's also about your mind and soul. Eating in a way that is ethically wholesome is fundamentally important. Taking time to cook with whole foods, chewing your meals properly and letting them digest means less time running around and less stress. This is good for your body, mind and soul. Taking care of yourself is one of the greatest things you can do. No one else can do it for you, so get to it!

I hope all this information is helpful and applicable. Use it as a guide, but find what feels right for you. Enjoy all the recipes in this book as your means to exploring the wonders of healthy nutritious vegan cuisine!

sincerely, janice tiefenbach.

Food is Political

by zev tiefenbach

Food is political. Everything that is eaten, grown, processed or served exists within a greater socio-political context.

When we hear about starvation, genetically modified foods, mad cow disease and windows being smashed at MacDonald's, we are hearing about events that reflect a broader social and economic context.

This cookbook presents recipes and information that can help you live a healthier and more rewarding lifestyle. However, implicit in these pages is a political message. Though it maybe subtle, its impact should not be underestimated.

In order to understand the political context of food consider the following observations, trends and analyses:

Almost every cafeteria in North America is run by a corporate food service provider. What does this means? It means that in hundreds of thousands of hospitals, elementary schools, universities, old age homes and prisons across the continent, the same packages are being torn open to produce the same greasy fatty nutritionally devoid food. This food is over-packaged and over-priced. More than likely, if you are eating institutional food it will have been produced by one of several companies, such as Sodexo, Aramark, or Versa, that are making a financial killing on their 'food service' contracts.

Then of course, there is the perverse fixation on fast-food in our society. Companies such as MacDonald's, Pizza Hut and Wendy's make billions of dollars a year serving what? Premature heart attacks and bad heartburn? The reality is that only a small fraction of these companies expenditures are spent on food. The rest of their money is spent on packaging and convincing the public that really, MacDonald's is somehow morally wholesome. Nevermind the excessive grazing of cattle in Latin America that results in the destruction of rainforests. Nevermind substandard employment conditions and the persistent union-busting of the MacDonald's hierarchy. Nevermind the factory environment of food production and the frozen vacuum sealed bags of assorted meat products. MacDonald's is a friend to us all and you can be sure that the minimum wage worker will smile big and bright when they serve your food (because otherwise they're sure to lose their McJob).

Let's not forget about the production side of food where mono-cropping and the use of pesticides have become stoic partners in modern agriculture. Anyone can visualise field after field of corn growing, acres and acres of dense rows. Or, if you've driven through the prairies, an endless sea of wheat. On the east coast the rolling hills are covered in potato fields. This method of mono-cropping ain't good for the soil and requires massive amounts of toxic pesticides and chemical fertilisers. Bad for the soil, bad for the consumer. Why are these farming practices so prevalent? Well, for starters most farms have been taken over by large-scale farms (in the Maritimes almost all of the potato fields are owned by McCain's or Irving) and in order to farm thousands of fields at once with huge tractors and equipment, mono-cropping is the way to go. But beyond this is the fact that the chemical companies have patented and own much of the seed that farmers need to use, and these strands of seed have been designed to require fertilisers and pesticides that these very companies sell. The big winners of mono-cropping: DuPont Chemicals, Monsanto and other large corporations. The losers: everyone else.

The problems of mono-cropping are much more severe outside of Canada. The 'Green Revolution' initiated by the U.S. Agricultural Department in the 50's and 60's and supported by the World Bank and the IMF had a detrimental impact on much of the southern world's agriculture. The south was in the midst of a huge 'debt problem' (which in of itself could be considered one of the northern world's greatest feats of exploitation). The IMF has insisted that southern countries convert their domestic agricultural production (food to be produced for the people of that country) into export production in order to gain revenue to pay back debts. The World Bank pitched in to supply loans for seeds, machinery and pesticides (all to be purchased from northern multi-national corporations). The results of the 'Green Revolution' were multiple: small scale farmers were forced off their land and replaced by large-scale farmers (often American based multi-nationals - think Del Monte, American Fruit Company, Chiquitta). These small-scale farmers were left destitute and landless. Peasants lost the autonomy of small-scale subsistence farming and became dependant upon working landlord's fields for a pittance. The working environments were terrible; exposure to toxic chemicals, slave-like wages, separation from family. Meanwhile, because domestic food production had decreased the population became reliant on expensive imported food, particularly wheat. Over the past 50 years, soil quality in many countries has

deteriorated, populations have become dependent on northern chemicals and imported food. The social structure of many societies has been undermined. All for whose benefit? If you guessed American multi-nationals, you'd be bang-on!

But that is not the end of the story. Unfortunately, all of us in the North are privileged from this arrangement. Much of the food we buy is imported from the south under unfair terms of trade. So much of our comparative wealth in northern countries is a result of a long history of colonial exploitation.

The food system that we are a part of has grown to be so much larger than any of us. We find ourselves complicit to events and systems that are based entirely on profit and greed. Around us environmental destruction is rampant, the proliferation of unhealthy food is rampant and the exploitation of people is rampant. In North America, we are taught to view food not as the sweat and blood of migrant workers or campesinos forced from their land, but as something that a big green friendly giant brings us. We must inform ourselves about the reality of our food production and we must become active participants in our food system; whether through protest, education or simple day-to-day acts.

This cookbook is about change. The more you become involved and self-sufficient with your food, by cooking for yourself and being aware of where your food is grown, eating locally and seasonally, the more you will become a part of the solution and less a part of the problem.



how to stock a vegan kitchen

by clare-estelle daitch

Okay, so you want to try our recipes. You want to eat healthily, and cheaply. But you've never heard of half of these ingredients. Where do you get them, and aren't they expensive? The following sections will review the basic pantry (grains, beans, herbs, spices, oil) you will need to stock a vegan kitchen and cook our recipes.

The Kitchen Labyrinth:

Welcome to your future vegan kitchen! Here you will encounter basic ingredients you might need to eat a healthy, plant-based diet. Think of it as your labyrinth; a laboratory full of grains, beans, and condiments. Get lost in the maze, take time to explore, and your cauldron shall be simmering with beautiful and creative combinations and experiments!

A) Stocking the Vegan Pantry:

First of all, you will need a wide variety of grains, beans, and legumes to choose from. Think of these as the staples of your kitchen. While you might be tempted to cut costs by buying just a few ingredients, variety here is essential. You don't want to bore yourself eating the same vegan mush all the time, and the more types of grains and beans you include in your diet, the more micronutrients and nourishment you will be absorbing. Furthermore, beans and grains don't cost much, especially if you buy them in bulk from a health food, bulk food, Middle Eastern or Far Eastern food store. Save empty jars and containers to store them all in. Be sure to compare prices of organic versus non-organic for these ingredients. Many varieties organic beans and grains are only slightly more expensive, and worth the extra pennies. You may want to refer back to the grain, and bean and vitamin and nutrient guides to help you decide what you will incorporate onto your shelves, but as a healthy minimum, I would recommend that you have on hand the following:

Grains: Brown rice, oats, couscous and amaranth or quinoa are basics for the recipes in this book. If you want branch out, try millet, kasha (roasted buckwheat) and barley.

Flours: Spelt flour (or unbleached wheat flour, depending on your tolerance), and buckwheat flour are essential. If you are experimenting, try rice flour, kamut flour, rye flour and potato flour as substitutes for wheat. Corn flour is delicious in corn breads.

Pasta: Pasta is entirely optional, but as it is a student favourite, and often a comfort food, I would recommend you shop for healthier varieties if you choose to buy pasta. Try rice noodles, soba noodles (made from buckwheat), or at the very least, whole

wheat pasta. Health food stores and Far Eastern stores are usually best for these items.

Beans: Black beans, chick peas, red or green lentils (or both) will get you started. Other options are endless: red or white kidney beans, fava beans, aduki beans, lima beans, soy beans, split peas, dried whole peas, navy beans, etc. Start with what is comfortable for you, and then branch out and experiment!

Note on buying beans: When shopping for beans, you generally have the option of buying them dry or canned. Dry beans are more nutritious, and cheaper, but canned beans are rapid. While the choice is yours, I recommend that you incorporate dry beans at least sometimes. Soaking them overnight, and cooking them in a pressure cooker will speed up the process significantly. Some beans are ideal to buy dry; red lentils, for example, cook in no time at all, while other beans, like chick peas and soy beans, take much longer. Buy these varieties canned if time is an inhibiting factor.

Nuts and Seeds: Have on hand some of the following (which are all tasty to eat and good to cook with): almonds, cashews, peanuts, sunflower seeds, poppy seeds, and sesame seeds. If price is an issue, stick to peanuts and the seeds, which are cheaper.

Soy Products: As well as soy beans themselves (which are slow to cook and hard to digest) there are many protein-packed soy products to choose from. Essentials are tofu (varieties include firm, soft and silken), and soy milk (which can be substituted for milk in most recipes). Other weird and wacky choices are TVP (textured vegetable protein, akin to ground beef) and tempeh (a fermented soy product, slightly resembling a sausage). While these are not essentials, they may be fun to play with on occasion. Be forewarned however, that there are plenty of soy-based products out there, like fake meats and fake cheeses, that are highly packaged and processed. They can be understood as vegan fast food, and are not recommended. Soy products may be purchased at a health food store, a non-corporate grocery store, or a Far Eastern food store. Compare prices and shop around.

B) Condiments:

Without flavouring, your food would be rather bland. What follows is a basic list of

oils, herbs, spices and condiments to give your food zest and flavour!

Oils: To begin with, you will need olive oil and a vegetable oil. Olive oil is best for most things: dips, dressings, roasting, and sauteeing. While olive oil is the healthiest variety cheaply available, it burns at 350 degrees Fahrenheit, and its flavour is too strong to bake with it. You will need another vegetable oil for baking and frying. Instead of a generic vegetable oil you may choose to purchase healthier oils like sunflower and safflower, which have a higher proportion of monounsaturated (better for you) fats. These varieties tend to get very expensive, so if you are looking to strike a balance between health and budget, I recommend canola (rape seed) oil. Additionally, many of our recipes call for sesame seed oil, which has a rich, nutty, aromatic flavour. This oil is expensive, but it is used in small quantities, mostly as a flavouring in dips and marinates. A small bottle will go a long way! It can be purchased at a Far Eastern food store (cheaper) or a health food store (healthier brands, more costly).

Herbs: A basic herb supply includes familiar dried basil and oregano, as well as thyme, rosemary, dill, and mint. When available, fresh basil, parsley, dill and coriander do wonders for food. Herbs can be bought in bulk and stored in jars to be economical.

Spices: The variety of spices to choose from are seemingly endless, and come from all corners of the globe! To start off with, I recommend the following: chilli, cumin, turmeric, (the three can be mixed to make your own curry), and black pepper. Cinnamon, allspice, nutmeg, and cloves are great for baking, teas, and fruity dishes. Once again, spices can be cheaply purchased in bulk. Once you command the basics of spice and herb manipulation, expand and diversify for added flavour. Consult your local bulk food or spice shop for listings!

Vinegar: Vinegars are great for salad dressings, dips and when used in small quantities, adding flavour to stir fries and stews. Some of our favourites are apple cider vinegar (used for salad dressings), red wine vinegar (used for hearty stews, dips and dressings), balsamic vinegar (dressings) and rice vinegar (used in East Asian cooking). Pick and choose, explore. Just be sure you don't buy crap generic white vinegar (which shouldn't be considered a food substance at all).

Other Flavourings: Some condiments for adding taste and texture to food include: dijon mustard, tamari sauce (like soy sauce, but naturally brewed without wheat, having a richer flavour), miso, (a fermented soy, rice, or barley product), tahini butter (made from sesame seeds), and unprocessed peanut butter. These can be purchased at a health food store, or Far Eastern food store (tamari, miso) or Middle Eastern store (tahini), depending on item.

Baking Condiments: Essential for vegan baking are vanilla extract, cocoa or carob powder, flax seeds (egg replacer), arrowroot powder (which fluffs up dense recipes) and aluminium-free baking powder. Health food or bulk food stores are the way to go.

Sweeteners: Okay, you've heard the warning. Too much sugar is bad for you, especially white sugar, which should be outlawed. But you like things a little sweet sometimes. Try maple syrup, apple butter, sucanut (evaporated cane juice), tubinado, or if you aren't completely vegan, honey. These will sweeten up your baking and your life, and not completely kill the harmonious equilibrium of your body.

C) Buying Produce:

When buying produce you need to balance concerns of cost with health and ethical considerations. Fruits and vegetables are great nourishers, but the ways in which they are planted, grown and transported are all too often tied into a corporate capitalist food chain. While this is true of all food products, it is especially evident in the transport and sale of perishables. These products often come from warmer climates, where they are grown in exploitative conditions, and controlled by several global food entities. Why, for example are bananas cheaper than apples in most North American grocery stores?

Try this experiment for yourself; go into a major grocery store and look at the produce section. How much of the produce was grown in Quebec, in Canada, in North America? Sadly, you will find that the majority of the produce comes from abroad, especially in winter. Now what do you know about the seeds that were used; were they genetically modified or hybrids? Do you know how the plants were grown; how much pesticide and herbicide was poured onto them, how environmentally sound were the

growing practices? Do you know who grew them, on whose land and how much were they were paid to grow and harvest your fruits and vegetables? What do you know about the companies that import and transport these products? Why does most of our produce come from so far away? How can we be connected to the food we eat, when we know nothing of the lives of the growers or places where they come from?

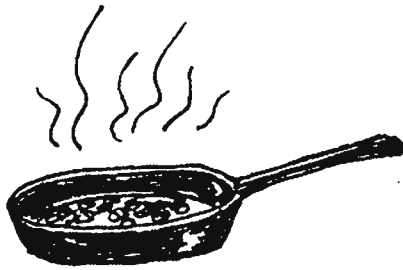
Keeping all this in mind, there is one basic question to ask yourself every time you enter a grocery store: *where does my food come from?*

While most of us can not afford organic fruits and vegetables, look for ways to get cheap local produce with the least amount of chemical and technological intervention possible. One of the best things you can do in this regard is to grow your own vegetables. All you need is a backyard, a rooftop, a balcony or a community garden. Start with a few simple things (like herbs) and learn as you go. Other suggestion are to join a food coop. For example, Le Frigo Vert at Concordia orders affordable organic produce. Look for networks, like CSA (community supported agriculture) that link organic farmers directly with conscientious consumers who buy from them. Many cities have or are forming these kinds of linkages.

When buying produce, you will need to have a basic stock of onions, garlic, and maybe ginger in your fridge. Familiar items like potatoes and carrots make great staples for most dishes. From there work with whatever is fresh and in season!

At home in the Labyrinth:

So there you have it, a complete vegan kitchen ready to go. Have fun in your laboratory, filled with jars of grains, beans, and spices. Make yourself at home, and allow plenty of time for experimental and creative play. Start with these recipes as your guide and expand.



Different Ways to Cook

by naledi jackson

For all you people who are relatively new in the kitchen, here is a list of definitions for various cooking methods and a guide to the abbreviations used in this cookbook. If you know all of this already, just skip it!

- Boiling:** This is a fairly simple affair. All you need to do is fill a pot with cold water 1/2 to 3/4 of the way. Turn up the heat and let it boil covered or uncovered. Many people add salt to speed up the boiling process. Adding a little salt also helps to bring out the flavour of whatever you're cooking.
- Steaming:** Not too many people do this, but it is useful to cook rice or veggies. Cook the food over a pot of boiling water, in a strainer or colander (a metal bowl with holes). Cover the pot, and the steam builds up, cooking your food. It is especially good for steaming broccoli so it becomes more edible without losing too many nutrients.
- Stewing:** This is probably the most frequently used cooking method at the People's Potato. Slowly cook food with a fair amount of liquid/broth in a covered pan or casserole dish over a prolonged period of time. You can use a stove top or an oven for this but stove top is the easiest to keep an eye on it.
- Simmering:** Good for saucy dishes. Just cook your food barely below boiling point. Little bubbles should start to form, but nothing turbulent should happen. Cover or uncover and simmer for recommended period of time.
- Stir Fry:** Good for mixed vegetables and noodles; indispensable in Oriental cuisine. Make sure your vegetables are a relatively uniform size before you stir fry them, so that they cook evenly. Always make sure that the oil is extremely hot! Fry food in minimum oil over medium to high heat, stirring continuously and quickly. Add a bit of water (a tiny bit) if things start overheating.
- The best oils to use for stir frying :**
Vegetable oils such as; sunflower oil, canola oil, corn oil and ground nut oil. All of these can withstand high heat before they start to burn.
- Deep Fry:** This is kind of gross and pretty unhealthy, but if you are going to do it

anyway, we might as well tell you how. Get a hold of a very deep pan and add a substantial amount of oil (any of the above will do). Make sure the oil is hot by dropping in a piece of food. If it starts to fizz and fry, it is ready. Add whatever you are frying and make sure it is completely submerged in oil (be careful!) The smaller the pieces, the faster they will fry. Once cooked, strain and drain off excess oil. (you can put aside the excess oil and use it again for more deep frying). Remove excess oil by placing fried food between a dish towel or paper towel and patting it dry.

Sautee: This is one of the preliminary stages of cooking. Usually, you put whatever needs sauteeing in an open pot or pan with oil, and stir continuously to avoid burning. The process is rapid, since the food has been thinly sliced, diced or minced. Heat should remain high. This process is used to cook things like onions and garlic, which often need to be cooked separately before the other ingredients are added.

Grilling: Mostly used for soft and tender foods, such as mushrooms, zucchini, eggplant, plantains, peppers and tofu. The food that is about to be grilled should either be marinated before hand, or lightly coated with oil or dressing. This adds flavour to the food, and prevents it from drying out. All grilling entails is cooking food quickly under or over a direct heat source. At home, the easiest way to do this is to stick the dish in the oven at 350-425 degrees F. Barbecuing is practically the same process.

Roasting: Used most when cooking meat, but is equally useful in cooking vegetables. It's rather silly to roast vegetables on a spit, so we just chop vegetables into large chunks, coat them with oil and let them cook in the oven on high. It is a lengthy process, but well worth the end result. Best things to roast: potatoes, sweet potatoes, yams, red peppers, squash and pumpkin.

Toasting: Used for browning nuts, seeds and grains to bring out their full flavour. Also draws out minerals, nutrients and alkalising properties. Place the item you wish to toast (seeds, nuts or grains) in a large pan over med-high heat with a little salt. Do not use any oil or liquid! Shake the item back and forth, making sure it doesn't burn. When the seeds or grain begin to brown slightly, and exhude a rich aroma, they are ready!

The following abbreviations are used throughout this cookbook:

T = tablespoon

t = teaspoon

C = cup

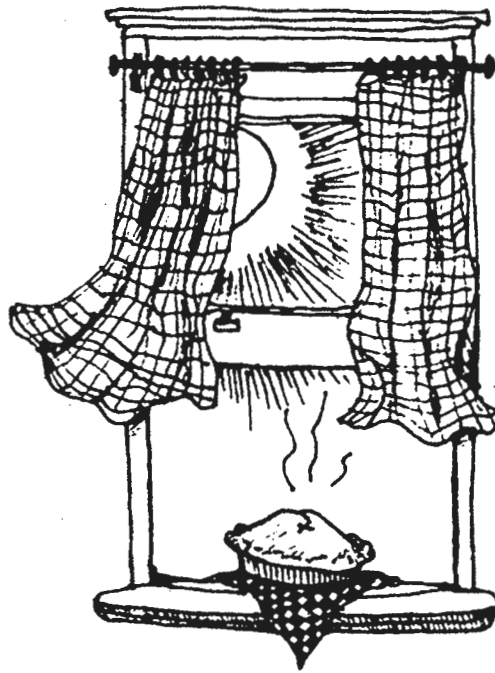
L = litre

mL = mililitre

F = degrees Farenheit

min = minute

hr = hour



breakfast

Breakfast is often referred to as the most important meal of the day. While this can be debated till the cows come home, it is definitely important. Breakfast is like a kickstart to get your metabolism pumping, your digestive fluids chugging and your blood flowing. Starting your day without a solid breakfast is like starting a car with no fuel. So remember to be creative in the morning and be kind to your body.

Soyogurt

- 1-2 cups soy milk
- 1-2 T ready made soy yogurt
- 1 large jar with a lid
- 1 spoon

- 1) In a pot bring soy milk to a boil.
- 2) At the same time sterilise a jar, its lid and a spoon by placing them all in a pot of boiling water. When you remove the jar, handle it with clean tongs and clean gloves; any bacteria from your hands will cause the yogurt to go bad.
- 3) Once the soy milk has reached a boil, remove it from the heat and pour it into the sterilised jar and allow it to cool.
- 4) When the soy milk has cooled to lukewarm, stir in the pre-made yogurt with the sterilised spoon. A quick test to find out if it is cool enough, is to splash a bit on your wrist. If it is a comfortable temperature, it is ready.
- 5) Seal the jar and put it in a warm place for at least six hours. A warm place constitutes an oven that has been recently turned off, or near a radiator in the winter time.
- 6) Soyogurt can be eaten warm or cold, and should have a solid consistency.

Yogurt is full of beneficial bacteria which keeps your digestive system working at peak efficiency. Unfortunately, this good bacteria is killed when fruit or sugar is added to it, therefore, if you are sick, stick to plain yogurt. Yogurt can also ease a spastic stomach, aid vaginal and yeast infections, as well as restore the necessary bacteria that are killed when you take antibiotics.

Tofu Scramble

- 1 onion, diced
- 3-4 cloves of garlic, minced
- 1 block of firm tofu, crumbled
- 1 jalapeno pepper, minced
- 1-2 cups of vegetables, chopped finely (green/red peppers, tomatoes, avocado, leeks, mushrooms, celery and anything else you may have in the fridge)
- 2 T curry powder
- 2 T olive oil
- a pinch of salt and pepper

- 1) Sauté onions in olive oil in a wok or frying pan, then add garlic and jalapeno pepper. Cook until the onions are translucent.
- 2) Add the tofu and cook it until it gets a little crispy.
- 3) Then add all the spices (you might need to add a splash of water to mix the curry all around).
- 4) Add all the vegetables and cook for five minutes.
- 5) Serve hot on its own or with other yummy breakfast foods like roasted potatoes.

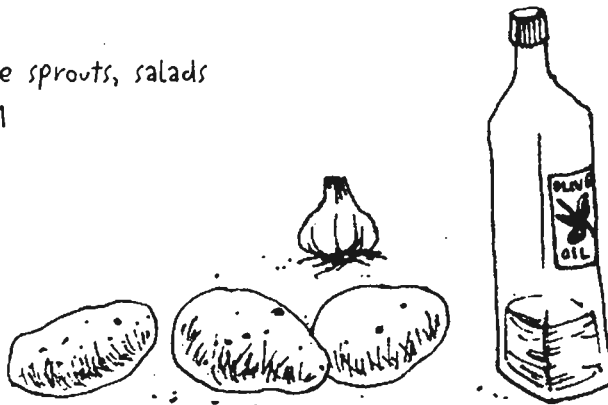
Roasted Potatoes

- 1/4 cup of olive oil or a 1/4 cup of spiced oil*
- a pinch each of chilli flakes, thyme, rosemary, cumin, salt and pepper
(if you are using spiced oil recipe, omit these spices)
- 1 red onion, diced
- 3-5 cloves of garlic, minced
- 5-8 potatoes

- 1) Preheat oven to 400°F.
- 2) Wash and cube potatoes leaving the skin on.

- 3) Place cubed potatoes on a baking sheet and pour oil, garlic and spices over them. Toss ingredients together, making sure everything gets coated in oil.
- 4) Place in oven and bake for 40 minutes to an hour until potatoes are crispy and golden.
- 5) Serve hot for breakfast, lunch or dinner.

* spiced oil recipe located in the sprouts, salads and dressings section on page 61



Savoury Fried Plantain

Plantains are found in markets or stores, and look like hardcore bananas. They are from the banana family, yet they have their own distinctive taste. When they are green and unripe they taste starchy like potatoes. When ripe, their peels become spotted with dark brown marks and they taste sweet. They are delicious when fried, ripe or unripe.

- 2 plantains
- 4 T sesame oil
- 1/2-1 t chilli flakes
- 1-2 cloves of garlic, minced
- 2 t ginger, minced
- a pinch of salt

- 1) Peel and slice plantain and place in a dish.
- 2) Add oil, chilli, garlic, ginger, and salt, toss around.
- 3) Let marinade for at least a few minutes.
- 4) Fry in a pan on both sides until golden brown.

Daniel's Funky Smoothy

- 1-2 cups soy milk
- 1 banana
- 10 almonds
- 5 dates, pitted
- 1 t cinnamon
- any other fruit you may have and want to throw in

- 1) In a food processor or blender, mix all the ingredients together and whiz up.
- 2) Drink up and enjoy.



Sassy Strawberry Smoothy

- 1 cup soyogurt
- 1/2 cup soy, rice or almond milk
- 1 cup of frozen strawberries
- 1/4 cup of unsalted sunflower seeds

- 1) In a food processor or blender mix all the ingredients together and whiz up.
- 2) Drink up and enjoy.

Hearty Morning Porridge

- 3 cups water
- pinch of sea salt
- 1 cup of grains (a mixture of quinoa, millet, buckwheat, amaranth, barley & flax seeds)
- 1/2 cup oats (steel cut or minute oats)
- 1T cup sunflower seeds, poppy seeds
- 1T cup raisins
- 1 pinch nutritional yeast
- natural sweeteners to taste
- dash or two of soy milk for topping



- 1) Bring water and sea salt to a boil.
- 2) Add the cup of mixed grains mentioned above, as well as the cinnamon.
- 3) Cook for 20 minutes.
- 4) Add the oats, seeds and raisins. From here it only takes a few minutes to cook.
- 5) Top with sweet and nutritious goodies and enjoy.

*Flax seeds are added with the grains and not with the other seeds because they are not easy for your body digest. If they are not cooked or ground they will become goopy and stick to the lining of your intestines.

*This recipe make enough for 3-4 servings. Adjust proportions as needed.

Apple Compote

- 6-8 apples
- juice from 1 orange
- juice from 1/4- 1/2 a lemon
- 4 T honey or maple syrup
- 1 t. of cinnamon, 1/2 t of nutmeg & whole cloves

- water as needed

- 1) Chop up apples (you can leave the skin on).
- 2) Place all the ingredients in a medium sauce pan and cook over medium heat while stirring periodically for about 20-30 minutes, until apples become cooked and mushy.
- 3) Serve on pancakes, toast, porridge etc.
- 4) Store tightly sealed in a jar in the fridge. It should keep for a couple of weeks.

Buckwheat Apple Pancakes

- 1 cup buckwheat flour
- 1 cup spelt, kamut, or wheat flour
- 2-4 T sucanat
- a handful of poppy seeds (optional)
- 1.5 cups vanilla soy milk
- 1 apple, grated
- 2 T vegetable oil
- 1/2 t salt
- 1 t vanilla if you so desire
- extra liquid as needed (soy milk or water)

- 1) In a large mixing bowl mix all dry ingredients (flour, sucanat, salt, poppy seeds).
- 2) Slowly stir in the soy milk, apple and oil. If it does not have a runny enough consistency, or you would like to make crepes add more soy milk.
- 3) Fry the pancakes in a bit of oil in a shallow frying pan. Flip them when bubbles form on the uncooked part and then burst.
- 4) Serve with apple compote, fresh fruit, soyogurt or anything else that suits your fancy.



sprouts, salads & dressings

Eating salads and sprouts is a quick and easy way to eat up some of the vitamins and nutrients you need to survive a hard day. Eating fresh vegetables is a healthy alternative to cooking them, because none of the nutrients are lost due to the cooking process.

Anything goes when you are making a salad. The possibilities are endless, so throw in whatever you have! Try eating darker greens rather than iceberg lettuce. They are much higher in vitamins and calcium. Try spinach, chard, beet greens, kale, romain, arugula, roquette, bok choy and other varieties of Asian greens. See which greens are available and in season at your local market, or better yet- try growing your own!

Sprouts

Sprouting is all about growing with your food. You can start with a jar and some seeds and a few days later you've nurtured your jar garden into a jungle of happy sprouts! Sprouts are super nutritious, packed with vitamins A, B-complex, C, D, E, and K. They also contain important minerals like calcium, magnesium, phosphorus, potassium, silicon and sodium. If you have digestive problems, sprouts contain amino acids that start a pre-digestion process before they even hit your mouth. People with allergies to many grains and seeds may find they are able to digest them once they have been sprouted.

Sprouting is remarkable because it can be done in almost any climate at any time of year. The only other requirement are the seeds themselves and fresh water, so there is no waste! Try to use seeds which are meant for sprouting, or new seeds. Seeds and grains sold in supermarkets for normal consumption may be years old and thus their viability is low. Good things to sprout include, alfalfa, mung, aduki beans, lentils, corn, green peas, soy, wheat, chick peas, radish, mustard, broccoli, and sunflower seeds.

The chart and diagrams will help you start your own sprout garden. You could even try building a little shelf on the window sill and get a rotation going so you have fresh sprouts ready to eat every day!

Instructions:

1) Place seeds in jars and cover the tops with a fine mesh (either wire or plastic) or a piece of cheesecloth. Secure with a rubber band. Add water and soak for required time. When soaking time is complete, rinse and drain the seeds and store them in a warm dark place (around 65°F).



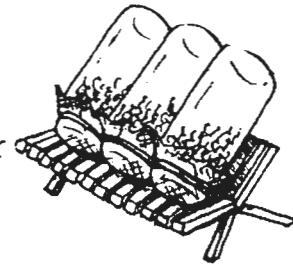
2) Rinse your seeds twice a day, (mornings and evenings are best). Some seeds, such as soy, may require more rinsing to avoid rotting. For best drainage action, keep your jars tilted down on a dish rack.



3) Some seeds will separate from their hulls while sprouting and should be separated. To do this, place them in a bowl with warm water and agitate to separate the hulls completely. Allow loose hulls to sink, then gently remove from water with your hands and return them to the jar.



4) After seeds have germinated, placing them under a source of direct sunlight, like your window sill, speeds up the growing process.



Quick Check Sprout Chart (taken from "Healing with Whole Foods" by Paul Pitchford)

Use a ratio of 1:3 seeds: water. Soaking should take place in a mason jar. Amounts below yield 1qt. of ready to eat sprouts.

<u>Seeds</u>	<u>Soaking time</u>	<u>Days to sprout</u>	<u>amount</u>
Alfalfa	6 hours	5-6 days	2T
Radish or Mustard	6 hours	5-6 days	1/4 cup
Lentil or Fenugreek	8 hours	3 days	1/2 cup
Mung beans	8 hours	3-5 days	1/2 cup
Wheat Rye or Oats	12 hours	3 days	1 cup
Aduki, Garbanzo, Soy or other grains and legumes	12 hours	3-5 days	1 cup
Sunflower seeds	12 hours	2 days	2 cups

Once your seeds have fully sprouted they can be added to a salad, put in a sandwich or whizzed up in a food processor and added to a smoothie. Most sprouts should keep for about a week in the fridge in a plastic bag or sealed container.

Super Sprout Salad

This salad is highly nutritious and contains many requirements for a complete meal, such as protein, minerals, vitamins, and enzymes.

- 1 cup mung sprouts
- 1 cup alfalfa sprouts
- 1 cup zucchini, grated
- 1 cup mixed greens (beet greens, spinach, romaine lettuce, roquette, or any other dark greens)
- 1/2 an avocado, sliced or diced
- 1/2 a cucumber, sliced
- 1 small tomato, sliced
- 1/2 a red pepper, sliced
- 1/4 cup sunflower seeds
- 2 T dulse or kelp
- juice from half a lemon
- 2 T balsamic vinegar
- 2-4 T olive oil
- salt and pepper to taste.

- 1) Mix all the sprouts and vegetables in a large bowl.
- 2) In a small bowl, stir together the lemon, vinegar, oil, salt and pepper.
- 3) Pour dressing on sprouts and veggies and enjoy this sproutalicious salad.



Carrot Beet Salad

- 5 carrots, grated
- 3 beets, grated
- 1 can of chick peas or 1 1/2 cups cooked chick peas
- A handful of raisins
- 2-3 T sunflower seeds (you can substitute any seed or nut)
- 2-3 T sesame seeds
- 1/8 cup oil (olive or sesame)
- juice from half a lemon
- 2 T of balsamic, red wine or apple cider vinegar
- 1 t cinnamon & 1/2 t each nutmeg and allspice
- salt & pepper to taste

- 1) Start by grating the carrots and beets by hand or with a food processor.
- 2) Put it all together in a large bowl, and then add the chick peas, seeds and raisins.
- 3) In a separate bowl mix the oil, vinegar and spices together. Pour dressing over the carrot-beet mixture.
- 4) Stir it up and serve.



Seedy Spinach Salad

- A bunch of fresh spinach
- 1/2 cup of seeds and nuts (sunflower seeds, sesame seeds, poppy seeds, walnuts, almonds, cashews, pine nuts, hemp seeds, peanuts and anything else you may have).
- 1/2 cup dried fruit (raisins, dates, apricots, cranberries etc.)

- 1) In a dry frying pan toast the seeds and nuts until golden brown. Start by adding the larger nuts to the pan and work your way down to the smallest.
- 2) Let them cool a bit, and then add them to a bowl of spinach and dried fruit.
- 3) Top with your favourite salad dressing (see dressings in this section).

Fresh No Lettuce Salad

- 1-3 cloves of garlic
- 1/2 onion
- 1 can chick peas (garbanzo beans) or 1 1/2 cups cooked
- 2 tomatoes (3 if they are small ones)
- 1/3 - 1/2 cucumber (don't peel unless it is really bitter)
- fresh or dried dill and/ or basil (1-2 T dry) (1/8 C fresh)
- 1-2 T oil (for nice flavour, use olive or sesame or a mixture!)
- 1.5 T of something sour; you can use lemon juice, or vinegar; its nice to use balsamic, red wine, or apple cider, but not white!
- a bit of salt and pepper

- 1) Chop up onions, cucumbers and tomatoes into bite-sized bits. Throw it all together in a bowl.
- 2) Mince garlic and fresh dill (if you're using it) and add to mixture
- 3) Add one can of chick peas or 1 1/2 cups of cooked dried chick peas
- 4) Add remaining ingredients (salt, pepper, and vinegar and oil). stir up and enjoy!

Be creative and experiment! They're are endless variations to be made on this salad; You can add other beans, different veggies, different spices, even some seeds and cooked grains. This recipe will probably be good as a meal in itself for 2 people and if you add grains, (millet, amaranth, quinoa, couscous), then it can stretch even farther! If you do add grain, you may want to add more of some of the other flavourings, especially oil, herbs, salt, and vinegar.



Potato-ee Dill Salad

- 5 cups water (or enough to cover potatoes completely)
- 6 medium potatoes
- 1/8-1/4 C fresh dill or 1-2 T dry dill
- 2 T cumin
- 1 t chilli flakes
- 2-4 T olive oil
- 1-2 T lemon juice to taste
- 1 medium red or white onion or one bunch of green onion chopped
- celery or red pepper chopped (optional)

- 1) Wash the potatoes and cut them into bite size chunks.
- 2) Bring water to a boil and add potatoes. Cook for about 20 minutes until tender.
- 3) Drain and allow potatoes to cool.
- 4) Add remaining ingredients, stir it up and serve.

*If you want a creamy potato salad, add the tofu dill dressing. (See recipe on page 60)

Tabouli

- 1 cup bulgar wheat
- 2 cups water
- 1 cup tomatoes (diced)
- 1 cup of cucumber (diced)
- 1 cup parsley (finely chopped)
- 2-4 cloves of garlic, minced
- lemon juice, salt, pepper to taste
- 1-2 T olive oil
- 1-2 t balsamic vinegar

- 1) Cook bulgar wheat by adding 2 cups of boiling water to one cup of bulgar. Allow it to stand for about 10-15 minutes.

Allow it to stand for about 10-15 minutes.

- 2) Once cooled, add other vegetables.
- 3) Drizzle dressing on top (lemon juice, oil, balsamic vinegar, salt pepper).
- 4) Stir it up and chow down!

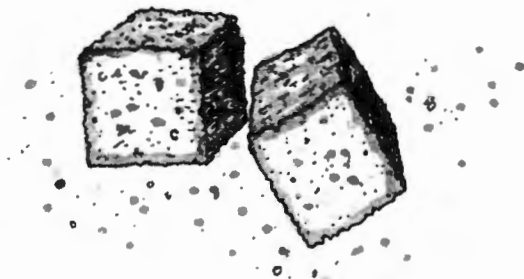
CROUTONS

CROUTONS are a great way to make use of stale bread. They add crunchy texture and flavour to salads and soups, and are also tasty snacks.

- 1-2 loaves stale bread (fresh can be used too, but what a waste!)
- 1t salt
- 3T spiced oil (found on page 61)
- 1t nutritional yeast (optional)

- 1) Chop or cut up stale bread into small bite size pieces. place the bits in a medium sized bowl and sprinkle with salt and spiced oil.
- 2) The bread should look slightly wet with oil. If you are using extra bread, use more oil.
- 3) Place on a cookie sheet and bake in a preheated oven at 375 degrees F for about 8-10 minutes.
- 4) Remember to keep your eye on them in case they start to burn.
- 5) Remove from oven and allow to cool uncovered. Sprinkle with nutritional yeast and salt to taste.

*To make extra spicy croutons, try adding one chopped up jalapeno pepper, or a bit of chilli flakes.



Tantalising Tahini Salad Dressing

- 1/2 cup of tahini
- 1/8 cup sesame oil or olive oil
- 1/8 cup of balsamic vinegar
- 1/8 cup water
- juice from half-whole lemon
- 2 t nutritional yeast
- 2 cloves garlic, chopped very finely
- 1 T cumin



1) Place all ingredients in a jar and shake.

Tomato Herb Dressing

so hearty and scrum-didly-umshus!

- 4 cloves garlic
- 4 tomatoes
- fresh or dried herbs: 2 t dried herbs or 1/4 cup fresh
(use an assortment of basil, oregano, thyme, and rosemary)
- 1/2 t salt
- 1/2 t pepper
- 1/4 cup olive oil
- 1 T balsamic vinegar
- juice from 1/2 a lemon
- 1 T sucanat/maple syrup

Food processor directions:

- 1) Throw coarsely chopped tomatoes in food processor along with herbs, garlic, salt and pepper.
- 2) Whip, whip!
- 3) Add oil, vinegar, and everything else.
- 4) Taste. Add more of whatever is missing.

Old fashion method:

- 1) Chop up your tomatoes really small.
- 2) Mince garlic and any fresh herbs.
- 3) Mix together in a bowl or jar and add remaining ingredients.
- 4) Shake or stir until uniform.
- 5) Taste and add more of whatever is missing.

Mango Dressing

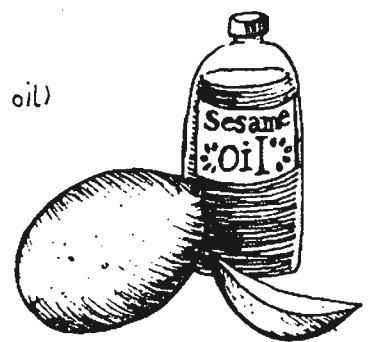
- 2-4 over ripe mangoes
- 1/4 cup sesame oil
- 2-4 cloves garlic
- 1t dried mint, or 2T fresh mint
- hot sauce or chilli (optional, add a little bit at a time)
- lemon juice from 1 lemon
- 1 can coconut milk (optional; if you use it, you can omit the oil)

Food Processor directions:

- 1) Blend all ingredients together in food processor
- *Remember to taste as you go!

Old fashioned Method:

- 1) Chop up ginger, garlic and mango until very small.
- 2) In a jar or bowl, combine with remaining ingredients and shake or stir until uniform.



Citrus Dressing

- 1 cup of citrus fruit (use mostly orange and grapefruit)
- 2T oil (olive)
- 1/2t salt
- 1t fresh chopped ginger
- 1T soy sauce or tamari
- 1t sucanat or maple syrup

Food Processor directions:

- 1) Peel and chop fruit.
- 2) Place in food processor with remaining ingredients. Whip and serve.

Old fashion method:

- 1) Squeeze the juice out of the fruit into a bowl or jar.
- 2) Add remaining ingredients. Mix or shake until uniform.

* For a change, you can try adding sesame, sunflower or poppy seeds after the dressing has been blended.

Mango Chutney

- 4-6 ripe to over-ripe mangoes
- 1 red onion
- 1-2T sesame oil
- 1/2t salt
- 1/2t or more cayenne pepper
- 1/2t or more chilli flakes
- (any other hot stuff: either fresh hot peppers chopped up or prepared hot sauce)
- 3-4 cloves garlic
- 1-2t fresh minced ginger
- 1/2t mustard seeds

- 1-2T cider vinegar and/ or lemon juice
 - assortment of spices: nutmeg, allspice, cloves etc. 1 T total
 - something sweet: sucanat, maple syrup or honey. 1-2 T or according to taste.
 - 1/4 cup finely chopped fresh coriander or parsley (optional)
- 1) Sauté red onions in sesame oil with garlic, ginger, salt and pepper. Caramelize on low heat for about 10 minutes.
 - 2) Add pureed or finely chopped mango and other ingredients (except sweetener) and cook for 45 minutes on low heat.
 - 3) Add sweetener at the end to taste. You can garnish with some freshly chopped coriander or parsley if you want.
 - 4) Keeps well refrigerated in a seal tight jar or container for a couple of weeks.

Tofu Dill Dressing

- 2 cloves of garlic
 - one package of silken tofu (yogurt may be substituted)
 - 1t dried dill or 3T fresh chopped
 - 1/2t salt
 - 1/4t pepper
 - 1T tahini
 - lemon juice from one lemon
 - 1-2T olive or sesame oil
 - 1t balsamic vinegar
- 1) Whip up tofu in food processor or blender
 - 2) Add other ingredients.
 - 3) Whip, whip, whip, yum!

Apple Mash

- 6-8 soft apples (cored and chopped into chunks)
 - 2 T orange juice
 - 2 T sesame seed oil
 - powdered cinnamon to taste (about 1/2t)
 - 1/4 t allspice
 - 1/4 t powdered clove
 - 1/4 t powdered nutmeg
 - 1/2 t something sweet (unrefined sugar, maple syrup or honey)
- 1) Place all ingredients in some kind of whizzing device (i.e, food processor or blender).
 - 2) Whiz it up until the apple is pureed.
 - 3) Serve on your favourite salad.

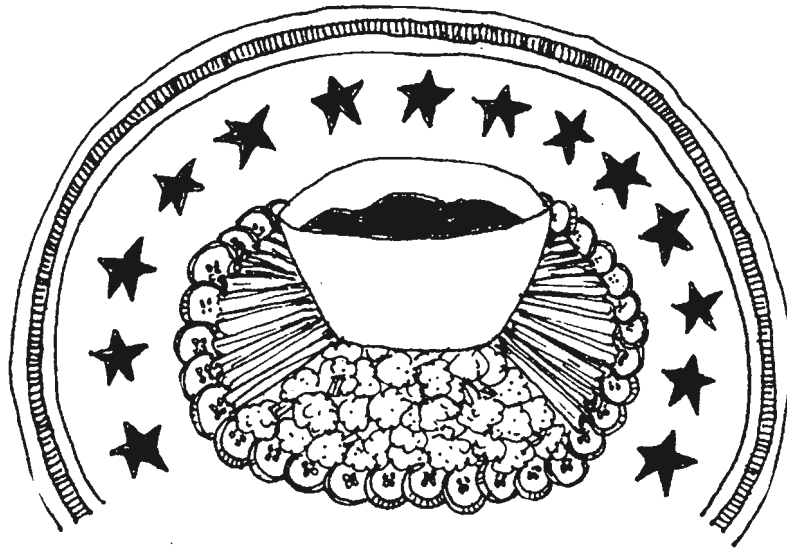
Spiced Oil

- 2 cups each of olive and vegetable oil
- 6 to 12 cloves of minced garlic
- a mixture of the following spices (about 1/4 cup total):
- 1/2 T each of cumin, rosemary, basil, chili flakes, oregano
- salt and pepper to taste



- 1) Shake ingredients together and store in a seal-tight container for roasting, baking, marinating or dressings.

The quantities given for this recipe are just suggestions. You can add or subtract spices according to your preferences. Spiced oil is very diverse; it is a wonderful complement for roasting vegetables, it can be spread on bread or pita to be baked lightly, it can be used in a vinaigrette, or you can just simply cook with it to saute vegetables.



sauces & dips

It doesn't take much to zip up a meal. Sometimes a really good sauce or dip on the side can be enough to take an ordinary dish into the category of extraordinary. Dips are also great for those of us with little time to eat. Humous and carrots make an excellent snack for a needed protein kick when you're on the go.

B.B.Q Sauce

- 1 can of tomato paste
- 3 T dijon mustard
- 1/8 cup of apple cider vinegar
- 1/4 cup olive oil
- 4 cloves garlic, finely chopped
- 2 T ginger, diced
- pinch chilli flakes
- orange juice or water as needed
- salt and pepper to taste

- 1) In a food processor or bowl, mix together all the ingredients except the oil.
- 2) After, slowly add the oil while the blade is in motion or while whisking it in by hand. This process allows the oil to become thick and almost creamy.
- 3) BBQ sauce is now ready to go, and it will keep in the fridge for a little while too.

Miso Mushroom Gravy

- 1 onion (diced)
- 6-10 mushrooms (sliced)
- 4-6 cloves garlic (minced)
- 2 T sesame seed or olive oil
- 1-2 t each of basil, dill
- pinch of pepper
- 1 cup of water or stock
- 4 T arrowroot powder, corn starch or flour
- 2 T tamari soy sauce
- 1/4 cup miso



- 1) In a medium saucepan, saute the onions, garlic and mushrooms in a bit of oil with herbs.

- 2) Once cooked, add water and bring to the boil.
- 3) In a little cool water, whisk arrowroot powder until it is completely dissolved and add it to main mixture to thicken the gravy.
- 4) Turn heat off, and in a separate bowl take a small amount of liquid from the mixture and dissolve the miso.
- 5) Add the miso at the very end. Never boil it as it kills all of the beneficial bacteria.
- 6) As the gravy cools it will become thicker. Makes a hearty compliment to potatoes, grains, vegetables, and grilled tofu.

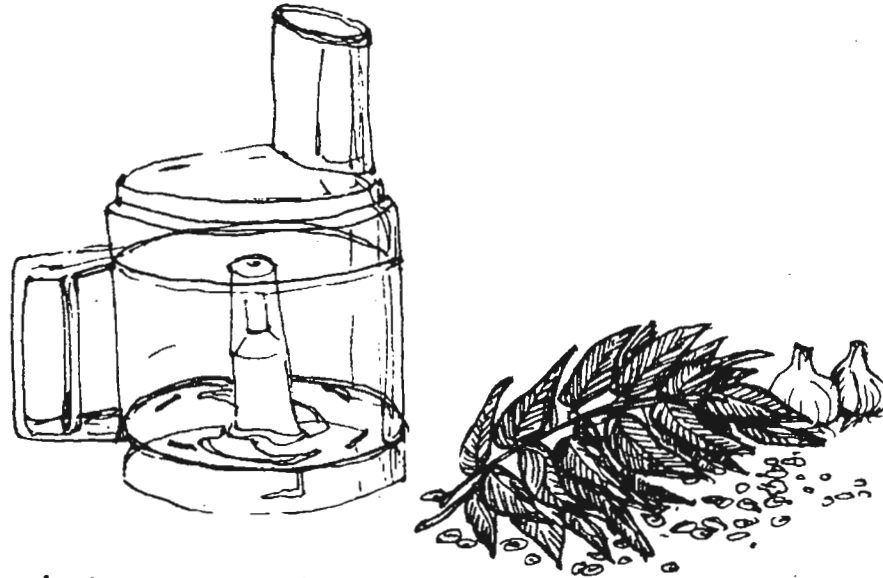
Sunflower Seed Pesto

You can make this recipe as a spread for toast, or for cooking in sauces, soups, pies, stir-fries or salad dressings. Try thinning it out by adding more oil, or thickening it into a smoother spread with a package of silken tofu whipped up in a food processor.

- 1 cup sunflower seeds
- 2-4 cloves garlic
- one bunch fresh basil
- 1t each salt and pepper
- approx. 1/4 cup olive oil (sesame oil can be added to embellish flavour)
- 1 T balsamic vinegar
- half a lemon

- 1) Grind sunflower seeds & garlic in food processor.
- 2) Slowly begin adding oil until you get a paste.
- 3) Dump in basil, salt, pepper & balsamic vinegar.
- 4) Squeeze in the juice from 1/2 a lemon.
- 5) Continue adding oil a bit at a time while mixing in the food processor.

If you do not have a food processor, or blender, grind seeds with a coffee grinder or a mortar and pestle and chop other ingredients finely before stirring in.



Mike Mckann's Tartinade passe-partout

- block of firm tofu
- one nice ripe lime, juiced
- 1/2 t salt
- 1/4 cup ground cashews or sesame seeds
- aprox. 1/4 cup nutritional yeast (to taste)
- 1 T fresh minced basil
- 1/2 T dried oregano
- 1/2 t black pepper
- 1/4 cup kalamata olives, pitted
- 1-2 t maple syrup if you like it sweeter

- 1) Mash all this these ingredients together in a bowl with your hands. Make sure it's well mixed.

This dip is kind of like mediterranean vegan ricotta cheese. Makes a great spread for pizza or bagels, or you could add it to grain or fresh vegetables and eat it as a salad.

Honey Mustard Sauce

- 1/2 cup honey or 1/4 cup of maple syrup
- 1/4-1/2 cup dijon mustard (depending on strength)
- 4 T nutritional yeast
- 4 T olive oil (optional)
- 2-4 cloves garlic, minced
- salt and pepper to taste

* Mix it all together. You can use it as a marinade, a sauce for roasted veggies and grains, or as a salad dressing. Anything goes.

Tahini Dill Sauce

- 3/4 cup tahini
- 2-4 cloves garlic, minced
- 4 T nutritional yeast
- Juice of half a lemon
- 1 T cumin
- 1/2 bunch of fresh dill or 1 T dry dill
- salt and pepper to taste
- a small amount of water to make it creamy

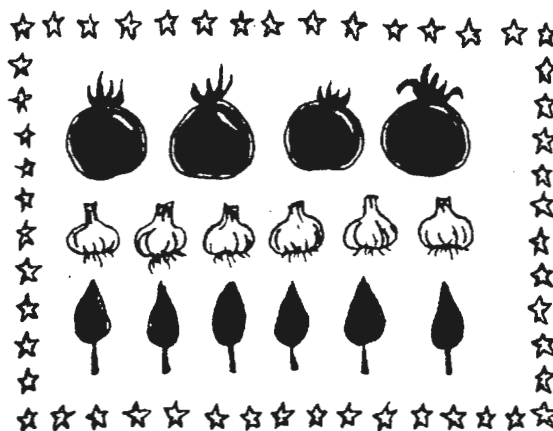
1) Mix it all up together and enjoy!

*It can be used as a spread on bread, a dip, a salad dressing, or even as a marinade.

Tomato Sauce

Tomato Sauce can be savoury, garlicky, spicy, smooth, chunky, creamy or thin. Experiment with the flavours and textures you like best.

- 12 or more ripe tomatoes (or one large can of whole or chopped tomatoes)
- 1 head of garlic (that is our recommendation, but you could reduce garlic to half)
- 1-2 T olive oil
- 1 onion
- 1 t salt (add more to taste)
- 1 t fresh ground pepper
- 1 T oregano (dried)
- 1 T basil (dried) or 3 T fresh
- 2 t sucanat (to taste)
- 1 small can of tomato paste
- any other spices you like!



- 1) For a true-to-tradition tomato sauce, you will want to remove the skin by "blanching" them. This is a lot less scary than it sounds. Simply bring a pot of water to a boil and then place the tomatoes in it gently for about one minute. (You can do a few of the tomatoes at a time if there are a lot) Carefully remove them from the hot water and place them in a bowl full of cold water. Gently rub the skin with your fingers until you can peel them off. Now your tomatoes are blanched and you can proceed with your "traditional" tomato sauce. If you are less picky, don't bother blanching.
 - 2) Coarsely chop tomatoes and set aside.
 - 3) In a medium sauce pan, fry onions, and garlic in oil for about 5 minutes.
 - 4) Add tomatoes, tomato paste and salt, and reduce heat. Add herbs, and pepper and allow to simmer and reduce for at least 20 minutes.
 - 5) Stir and taste after 20 minutes. If the sauce is too acidic, add the sucanat.
 - 6) Continue to simmer until the desired consistency is reached.
- *the best tomatoes to use for tomato sauce are plum or roma tomatoes.

Roasted Red Pepper Saucy Sauce

Roasted red peppers are a gift from the vegetable gods!

To roast red peppers, all you have to do is put a few whole red peppers on a baking sheet in the oven at 375°F, for about 15 minutes on both sides, or until the red pepper skins have turned black and crispy. Let them cool. Once cool enough, take off the black skin and remove the seeds on the inside. Handle them gently, red peppers are known to be sensitive.

- 3 roasted red peppers (prepared as above)
- 3-4 cloves garlic (if you are roasting garlic with the red peppers, use more)
- 1/4 cup sunflower seeds (optional)
- 4 T olive oil
- 1 t rosemary
- salt and pepper to taste

- 1) In a food processor, whiz up the garlic and oil.
- 2) Slowly add the sunflower seeds until they are pureed.
- 3) Add the red peppers and any juice that has come out of them as well as rosemary, salt and pepper.
- 4) Whiz it all up, and you have a deep red sauce that is perfect for pasta, as a dip or even on mashed potatoes. The colour is absolutely wonderful and will brighten up any plate.

Strawberry Sauce

- a bunch of fresh or frozen strawberries (10 or more)
- orange juice (1-2 T)
- 1/2 t cinnamon
- 1T sweetener (sucanat, honey, maple syrup, and amaretto)

- 1) Place strawberries in a small pot on high heat.
- 2) Add orange juice and cinnamon and stir occasionally until soft.
- 3) When strawberries are tender, mash with the back of a fork or a potato masher until pureed and saucy looking.
- 4) Taste, and add sweetener. Some strawberries are sweeter than others, and therefore require less additional sweetener. Use 1 T as a guide, but adjust according to taste.
- 5) If the sauce is too liquidy, use cornstarch or arrowroot powder to thicken it.

*To thicken a sauce using cornstarch or arrowroot, place a couple of tablespoons of water into a cup or small bowl, add a few spoonfuls of powder, and stir thoroughly until there are no lumps. Add to sauce and stir on low heat allowing a couple of minutes to pass. If the sauce does not reach desired thickness, continuing to add powder in the same fashion.



Humous

- 1 can of chick peas or 1 1/2 cups soaked and cooked dried chick peas.
- 2-3 cloves of garlic
- 1/4 cup of olive oil
- 1/4 cup of tahini
- 1/2 a lemon
- 1-2 T cumin
- salt and pepper
- chilli flakes (optional)

- 1) If you are using dried chick peas, start preparing them beforehand by soaking them overnight, then cook them over medium heat for 1-3 hours until the chick peas are tender all the way through.
- 2) In a food processor or blender, whiz up the garlic and tahini.
- 3) Add the chick peas and slowly add the oil while whizzing it up.
- 4) Add the spices and the lemon juice. Whiz!
- 5) Baboom! You've got humous!

*If you want super special humus, add a roasted red pepper and some roasted garlic.

Tantalising Tahini Spinach Dip

- 1 bunch fresh spinach (stems and all).
- 1/4 cup of tahini
- 1/8 cup of olive oil
- 3-4 cloves garlic
- half a lemon
- 1-2 T cumin
- 1/4 cup of fresh dill or 2 T dry dill

- 1) In a food processor or blender, puree garlic with the tahini.
- 2) Add spinach, lemon juice and oil and spices. Whiz together and serve.

*You can put it in a hollowed loaf of pumpernickel bread and use the bread as dipping chunks. If you don't have a food processor or blender, just chop everything up finely and mix together.

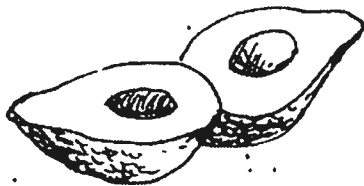
Guacamole

Yum Yum Yum! You can eat it as a dip, on a sandwich or even by itself!

- 1 ripe avocado (you can tell it's ripe by pressing gently but firmly with all five fingers. If it feels slightly soft under your touch, it's ripe.)
- 1-2 cloves garlic
- juice from half a lime or lemon
- pinch of salt
- pinch of pepper

- 1) Mince up garlic
- 2) Cut open avocado and remove the pit. Scoop out all the "meat" of the avocado and place in a bowl.
- 3) Add the garlic and squirt the lime or lemon juice over it.
- 4) With a fork, smooch up the avocado until it's nice and smooth.
- 5) Mix in the salt and pepper. Stir, and enjoy!

*For variation, try different kinds of pepper, and try adding new things like tomatoes, and fresh herbs (coriander or parsley).



Baba-Ganoosh

- 1 eggplant
- 3 T oil (half olive oil, half sesame)
- 2-4 cloves fresh garlic, or one whole head if roasted
- 1 t salt or more to taste
- 1/4 t pepper
- lemon juice from half a lemon
- 1/4 cup tahini
- 1/2 package silken tofu (optional)
- 1 t dill
- 1/2 t paprika or a pinch of cayenne if desired



- 1) Cut the eggplant down the middle, lengthwise.
 - 2) With a sharp knife, make diagonal cuts on the fleshy inside part of both halves.
 - 3) Using the back of a spoon, spread oil over the surface, then sprinkle with salt.
 - 4) Bake at 375F for 35-45 minutes.
 - 5) For boosted flavour, also roast some garlic. To do this, slice off the bottom of the head of garlic (do this carefully with a sharp knife. Coat exposed portion of garlic with oil so it can soak up as it roasts. Place garlic bottom down on the tray beside eggplant and roast at 375F for 35-45 minutes.
 - 6) When the eggplant (and garlic) is roasted (should be very soft), remove from oven and allow to cool slightly.
 - 7) When its not too hot to the touch, scoop out all the fleshy stuff with a spoon and place in a bowl.
 - 8) Scoop out the roasted garlic or just squish it out by squeezing on the top of the garlic.
 - 9) Mash and mix up the eggplant, garlic, salt, cumin and pepper and oil added slowly and carefully.
 - 10) When it looks sort of uniform, add 1/4 cup of tahini and continue mixing.
 - 11) Add as much lemon, cumin or salt as you desired to balance the flavour.
- *If you use tofu to make dip extra creamy, mix all the ingredients in a food processor.

Spicy Bean Dip

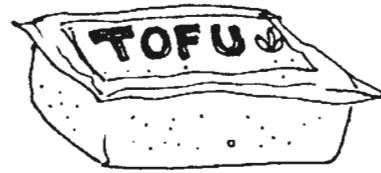
- 1 onions chopped
- 2-4 cloves of garlic
- 3 or 4 tomatoes
- 1 can black beans
- 1/2 cup of other beans of your choice (cooked)
- 2 T olive oil
- 1 t salt
- 1 t pepper
- jalapeno / chilli flakes (to taste)
- 1 T cumin
- 1/2 cup fresh coriander, basil, oregano and/ or parsley chopped
(if using dried herbs use about 2 T total of mixed dry herb)
- lemon juice from one lemon or to taste

- 1) In a medium pot, saute onions and garlic in olive oil for about 5 min. Sprinkle with salt, black pepper, and hot pepper. Add tomatoes and continue sauteing for another 3 or 4 minutes.
- 2) Strain and rinse cooked beans and place in mixing bowl. Add onion and tomato mixture and blend together gently.
- 3) Add remaining ingredients according to taste.
- 4) Serve with pita chips, in a green or grain salad or on its own.
- 5) If you want a smooth dip, you can blend the whole mixture together in the food processor.

Tofu Dip

A thicker more spreadable version of vegan mayonnaise, you can take this dip in any number of directions.

- 1 package silken or regular tofu
- 1 T oil (sesame or olive)
- 1/2 t salt
- 1/4 t pepper
- 1 t balsamic vinegar
- 1 T dijon mustard
- lemon juice from half a lemon
- 1 T maple syrup



- 1) Whip up the tofu in a food processor.
- 2) Add other ingredients and continue to process until smoothly blended.
- 3) If you do not have a food processor, mash ingredients with fork or potato masher.

* for a change, try adding fresh dill or basil, sesame or sunflower seeds or even nuts.

Dancin' Black Bean Salsa

- 1 can of black beans, or 1 1/2 cups soaked and cooked dried black beans
- 1 chopped red or white onion
- 2-4 cloves minced garlic
- 4-5 medium tomatoes
- 1/2 a green pepper (diced)
- 1 red, yellow or orange pepper (diced)
- corn from one cob (optional)
- 2 T olive oil
- 1-2 jalapeno peppers, or 1 t chilli flakes (more if you like it hot!)
- A sprig of fresh coriander, or 1 T dry coriander.
- lemon or lime juice

- 1) In a pot or a big pan, fry up onions, garlic and hot peppers in olive oil on low heat, until onions are sort of transparent.
- 2) Add the green, red and yellow peppers as well as tomatoes and corn.
- 3) Simmer down for about 5 minutes.
- 4) Add black beans, stir and cook for 5 minutes.
- 5) Remove from heat and let cool.
- 6) Garnish with fresh coriander.
- 7) Serve with corn chips, pita chips or fresh veggies. You can also use it as sauce for a meal with cooked vegetables and rice.

8) An alternative method, if you want a cold salsa, is to mix all raw vegetables and beans together and season with the olive oil, hot peppers, coriander and lime!



Crazy Marinade

Marinating is an easy and fun way to add flavour to many dishes. Anything and everything can be a potential candidate for your list of ingredients. Just try to maintain a balance between opposing/complementary flavours (spicy, sweet, salty, sour, savoury, bitter, etc.) In the beginning, work with very small amounts to experiment. See how it tastes before you try marinating anything. Then, if it tastes bad, you can always start over and you haven't wasted too many ingredients or ruined your food. You can marinate vegetables (corn on the cob, broccoli, peppers, potatoes, tomatoes, plantains etc), fruit, veggie burgers or tofu. Be creative and have fun.

Here is one collection of crazy ingredients that can be mixed all together to create a marinade, or used in smaller combinations.

- dijon mustard (1t)
- sesame oil (3T)
- tamari (1.5T)
- jalapeno pepper / chilli flakes (1t or more)
- garlic (3-5 cloves)
- ginger (1-2t)
- miso (1-2t)
- lemon juice (half lemon or more)

1) Mix all ingredients together in a bowl.

Try mixing and matching and invent your own combinations. Other good marinating tools to keep on hand are vinegars (apple cider, red wine, rice) juice (apple, orange, cranberry, mango) peanut butter, salt, pepper, and spices (especially ones in whole or seed form like cumin and mustard). Happy marinating!

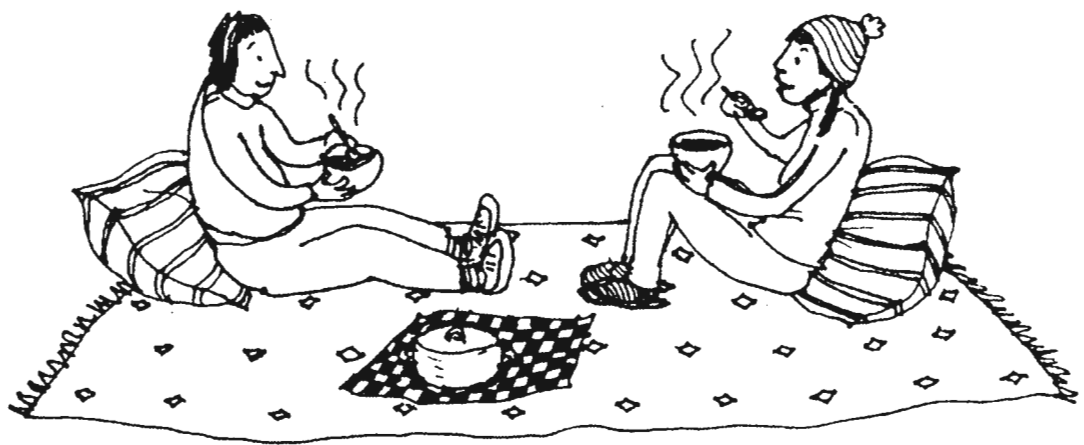
Madammus

Madammus is a tasty dip enjoyed with crusy bread or pita. Alternately, it can go happily on top of rice or veggies to make a meal in itself.

- 1 can fava beans
- 1 onion, chopped fine
- 2-4 T olive oil
- 2 cloves minced garlic
- 2 t black pepper
- 1 T ground cumin
- lemon juice
- salt

- 1) In a heavy pot or pan, fry the onions, garlic and spices in a generous portion of olive oil.
- 2) Add the fava beans and cook at medium heat until softened.
- 3) Add salt and cumin to taste.
- 4) Use a potato masher to make a paste.
- 5) Squirt in some lemon juice at the end and serve immediately.
- 6) Garnish with chopped tomatoes, lettuce and parsley.





soups

Eating hot soup can warm up your belly and your toes, soothe your heart and soul. No other food can transport love so efficiently.

Stock

Vegetable stock is a good way to get the most out of your vegetables and add flavour to everything you make.

- 1) Collect bits of unused vegetables from several days of cooking. Vegetable bits include ends of onions, garlic, carrots, beet peels, yam peels, broccoli stalks, fresh herb stems- basically anything from vegetables that you can cook. Do not add vegetables that are to be eaten fresh, like lettuce, cucumber or fruit.
- 2) As you are collecting your vegetable bits, be sure to seal them in an air tight container in the fridge. After about 4 days worth of vegetable saving, add it all to a pot of water and bring to a boil with your favourite spices; ie: bay leaves, peppercorns, allspice, basil, thyme, rosemary, etc.
- 3) Cook it for an hour over medium to low heat, then strain it.
- 4) You can either use it right away as a soup or stew base, or you can keep it in the fridge for a couple of days. You can also freeze it for the next time you make a soup or stew.

Miso Soup

mmmm.... healthy and soothing. Calms your nerves and warms you right though!

- 3 or more cloves of garlic minced
- 1-2t of minced ginger
- one small onion
- 1-2 T sesame oil



- 2T tamari or soy sauce
 - 1/2 pack of tofu; firm or soft (optional)
 - 1 medium sized carrot, finely sliced
 - 6 fresh mushrooms, chopped or 1/4 cup dried mushrooms or a combination
 - 1/2 a red pepper
 - any other veggies you feel like tossing in
 - 4-5 cups water or stock
 - 3 T miso paste (red, white, or brown; they each have their own taste)
 - about 1/4 cup dried seaweed (use any combination of dulse, kimchi or arame etc.)
 - 1.5 T red wine or rice vinegar or more (to taste)
- 1) Mince garlic, ginger and onion. Place these three together in a pot with sesame oil. Saute on med-high heat for 4 minutes.
 - 2) In a separate bowl soak your seaweed for about ten minutes (until it is tender) then add the liquid to your stock or water.
 - 3) chop up carrots, mushrooms, and peppers, and add them to the pot. Saute until they are nearly cooked (approx. 10 minutes)
 - 4) Add tamari and if you are using firm tofu, add it now. soft tofu should be added at the end, just before serving. Allow to saute a few more minutes.
 - 5) Add the water or stock to the pot and allow it to come to a boil. Reduce heat to simmer.
 - 6) Once water is hot, you can add the dried mushrooms and seaweed. Allow them to become tender. (usually about 10 minutes)
 - 7) In a small bowl or cup, dissolve the miso in a little bit of warm water.
 - 8) When the mushrooms and or seaweed is tender, remove from heat and allow a moment to settle. Now add the miso and stir gently.
 - 9) Add the vinegar a little bit at a time and taste to make sure it's not too strong.
 - 10) Serve right away

*you can add noodles to this soup for extra pleasure... just boil them separately and add when serving. Remember that boiling miso kills all the beneficial bacteria, so if you're going to reheat this soup, heat it slowly over a low heat, and make sure it doesn't reach a boil.

Mint Barley Soup

A hearty meal of a soup, perfect for those brutal winter days and nights...

- 2 T oil (olive, or vegetable)
- 5 cloves of minced garlic
- 2-3 potatoes chopped into cubes
- 1 medium to large onion diced
- about 8 mushrooms chopped up
- 1/2 cup barley (pearl)
- 1/4 cup of kasha
- 1 t mint (dried) or 1/4c fresh diced mint
- 6 cups stock/water
- 2 medium sized carrots
- 1 T cumin (powdered)
- 1 t salt
- 1/4 pepper
- 1 T nutritional yeast
- lemon juice from one lemon
- any other veggies you wanna throw in

- 1) Sauté onions and garlic in oil in a large pot for 3 minutes. Add carrots, potatoes, mushrooms, salt, pepper and spices.
- 2) Sauté for 10 more minutes, stirring constantly. Add water or stock and bring to a boil.
- 3) Add kasha and pearl barley and simmer for 30 minutes covered, on a medium or low heat.
- 4) Add lemon and nutritional yeast to taste, and more of any other ingredients if you feel it is necessary.

*this soup will keep for a while in the fridge and even longer in the freezer, and it always tastes better the next day. So if you're gonna make it, you might as well make a lot and freeze some for later.

Alessandra's Papaya Coconut Soup

so savoury, so special!

- 1 small ripe papaya
- 4 cloves of garlic minced
- 1- 1 1/2 T minced ginger
- 1 red onion, chopped
- 1 or more jalapeno pepper, minced
- 1-2 T sesame seed oil
- about 8 mushrooms, thinly sliced
- one or more jalapeno pepper minced
- 4 cups water or stock
- 1-2 tomatoes
- 1 can coconut milk
- 1 t salt
- lemon juice from 1/2 to 1 lemon

- 1) In a medium sized pot, saute onion, garlic, jalapeno, mushrooms and ginger together with oil and salt for about 8 minutes.
- 2) Add tomatoes and continue to saute for another 5 minutes.
- 3) Add coconut milk, and water / stock. Bring to a boil.
- 4) Finely slice papaya, and add it towards the end.
- 5) Add salt or lemon to taste. Serve hot.



Cream of Mushroom Soup

- 4 cloves of garlic, minced
 - one medium to large onion diced
 - at least a dozen mushrooms sliced
 - 2 T olive oil
 - 1 T cumin (powder)
 - 2 cups soy milk (reg or unsweetened)
 - 1 t salt
 - 1/2 t pepper
 - 2 T nutritional yeast
 - 1 t dried basil
 - 1 t dried thyme
 - 1 t dried oregano
 - juice from one lemon
 - 2 cups stock or water and one vegetable stock cube
- 1) Sauté onions, garlic and mushrooms in a medium to large pot in oil for about 7 minutes. Include salt, pepper and spices.
 - 2) Add stock (or water) and bring to a boil.
 - 3) Add soy milk, nutritional yeast and lemon juice to taste, heat and serve. (Avoid boiling once soy milk is added as it might curdle.)

*For variation, add some chopped spinach at the end, right before serving.



Minestrone

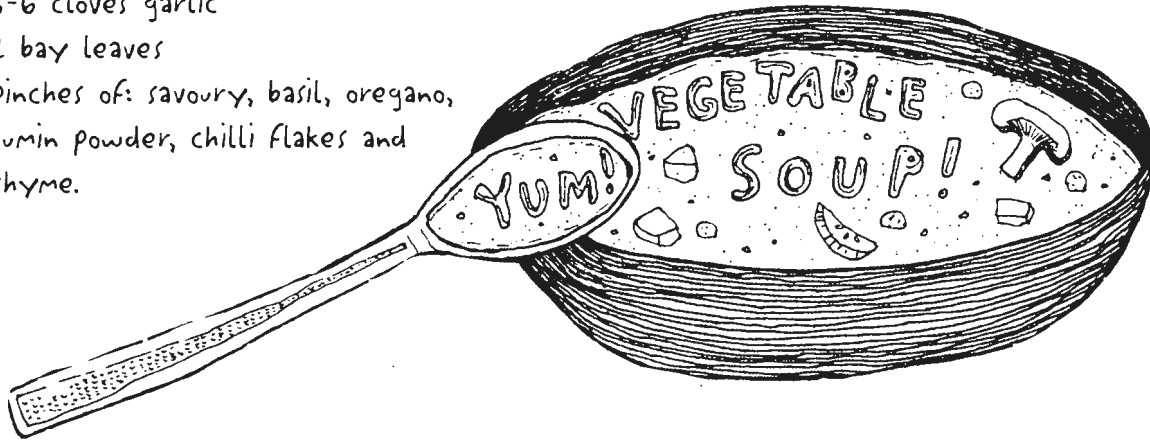
(the extra hearty version!)

- 5-8 cloves of minced garlic (the more the better!)
- 2 cups of chopped tomatoes, or one large can. (fresh is better, but use what you got)
- total of 1.5 cups of dried beans (chick peas, red beans, black beans, white beans, whatever you got. If you're using canned beans, don't use more than 2 cups)
- 1/2 t of pepper
- 1/2 t of salt (less if you're using canned beans with salt already in them)
- one large onion
- 2 potatoes
- 1 or 2 carrots
- 1 cup chopped spinach
- 1/2 green or red pepper chopped up
- 6 cups water/stock
- 1/3 cup T.V.P. (optional)
- 1 T nutritional yeast
- 1-2 T olive oil
- 1 T balsamic vinegar
- extra clove of garlic (to be added at the end!)
- 1/4 t chilli flakes or 1-2 hot peppers!
- basil: either 1 T dried or about 1/4 cup fresh chopped
- 1 t of dried oregano, or half 2T fresh chopped.

- 1) Pre-cook the dried beans. Chop up your veggies and garlic.
- 2) Saute onions, garlic, potatoes, carrots and tomatoes in oil for about 10 min.
- 3) Add stock or water and bring to a boil.
- 4) Add TVP, beans, balsamic vinegar, and peppers.
- 5) Simmer until all is cooked and add salt, final clove of minced garlic and nutritional yeast to taste.

Hearty Vegetable Soup

- 1 dash of olive or vegetable oil
- 1 onion (chopped)
- 3-6 cloves garlic
- 2 bay leaves
- pinches of: savoury, basil, oregano, cumin powder, chilli flakes and thyme.



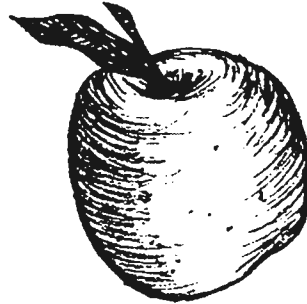
- All the vegetables you can handle (zucchini, potatoes, carrots, celery, cabbage, etc.)
- 4-5 cups of stock or water (you can use canned, fresh or dehydrated stock cubes)
- 4-6 tomatoes finely chopped or 1 large can of tomatoes (any kind)
- 1/2 cup pot barley

- 1) In a big pot, saute the onions, garlic and herbs in oil.
- 2) Add the stock and barley and bring to a boil. Once boiling reduce to a covered simmer for at least 30 minutes.
- 3) Start by chopping the veggies that take longer to cook, like potatoes, cabbage and carrots. Add the other vegetables gradually as you get them chopped. Add the tomatoes last.
- 4) Simmer for another half an hour and then eat up!

*If you want to make it fun, add alphabet pasta or star shaped pasta to it. Kids love that, and they can spell words out as they eat.

Spicy Apple Soup

- 2 T olive oil
- 1 medium onion (chopped)
- 4-6 cloves of garlic (minced)
- 3 T ginger (grated)
- 3 T curry powder
- 1 T cumin
- 1-2 T chilli flakes, or a hot pepper (minced)
- 2 apples (chopped or grated)
- 3 sweet potatoes (chopped/diced or grated)
- 1/2 red lentils (optional)
- 5 cups water or stock



- 1) In a large pot, heat oil and saute onions, garlic and spices until onions are transparent.
- 2) Add apples, sweet potatoes and lentils. Stir around and coat with flavour.
- 3) Add water or stock and cook for about 45 minutes or until lentils are well cooked.
- 4) Serve hot with fresh bread as an entree or appetizer.

Dahl Soup

A recipe for the biggest pot you got... dahl is a cheap, healthy and sustaining meal. Make a big amount at once and it will keep for a while in your fridge or even longer in the freezer. It is a wonderful soup to be able to heat up in a couple minutes when you have no time to cook.

- 1 T minced ginger
- 5 or more cloves of minced garlic
- 1- 3T olive oil (enough so everything can saute without burning)
- 2 cups lentils (red, green or yellow split-peas can be used or combined) use a ratio of anywhere from 1:4 parts lentil to water to 1:2 parts lentil to water, depending how thick you like your soup to be.
- 1-2 tomatoes coarsely chopped (or 1 tin crushed tomatoes)
- 1 large onion
- 1/2 t of salt
- 1/2 t of dried pepper or chilli flakes or one fresh jalapeno minced
- at least 4 cups water/stock (increase at an equal ratio with lentils)
- 1 T curry powder
- 1 t turmeric
- 1 T cumin
- 1 bunch fresh chopped coriander. (optional)
- 1 T lemon juice

- 1) In a container, soak lentils for up to one hour (can be as little as 15 min) drain and rinse.
- 2) Chop up ginger, garlic, onion, mushrooms and any fresh spices if you're using them
- 3) In a frying pan, lightly heat the oil and then begin adding ingredients from previous step. stir 'em so they don't burn! Add the spices and salt, and keep sauteeing on a low or medium heat. The reason you saute this stuff separately is so that they soak up flavour and keep the taste in the soup.

- 4) In your biggest pot, bring water/ stock to a boil. Fill about 3/4 of your pot with liquid. Add a pinch of salt to help speed up boiling. When the water is boiling, add lentils.
- 5) Let lentils boil on low heat with a lid on for 15 min. Check occasionally to skim off the foam from the lentils. After fifteen min, add tomatoes. When lentils have "exploded" and start to merge with water to form a thick consistency, the dahl is close to being ready.
- 6) Add sauteed veggies. Stir and taste. Add lemon juice, and more garlic, ginger, salt, and spices if you feel like it.
- 7) Turn off heat and allow to sit covered for a few more minutes while you clean up and get out your dishes.
- 8) Garnish with finely chopped coriander and diced fresh tomatoes (optional)
- 9) Enjoy! (remember... this soup will always taste better the next day!)



Julie Girls Carrot Ginger Soupy Soup Soup

- 1-3 T of olive or sesame oil
- 1 large onion (diced)
- 6 cloves of garlic (minced)
- 5 T ginger (grated)
- 1 hot pepper (minced)
- 4-6 carrots, chopped.
- 2 sweet potatoes (chopped)
- 2 potatoes (chopped)
- 2 celery stalks (chopped)
- 1/2 cup red lentils
- 5-6 cups of water or stock
- 1 t turmeric
- 1-2 t cayenne or chilli flakes
- a few special dashes of magic

- 1) Sauté onions, garlic, ginger and spices in oil until the onions are translucent.
- 2) Add carrots, sweet potatoes, potatoes, dash of magic, celery and lentils.
- 3) Add water or stock and cook until veggies are tender and the lentils seem to have dissolved.
- 4) With a hand held mixer or potato masher puree the soup in the pot. It's a good idea to remove the pot from the element before you do this.
- 5) Serve and enjoy your magical meal.

Pea Soup

- 1-3 T oil (olive or vegetable)
- 2 onions, diced
- 6-8 cloves garlic
- 4 carrots, finely sliced
- 2 stalks celery finely sliced
- 1 cup split green or yellow peas (pre-soaked is best)
- 6 cups water or stock
- A big bunch of fresh thyme (or about 3T dried)
- 2 T cumin
- salt and pepper to taste

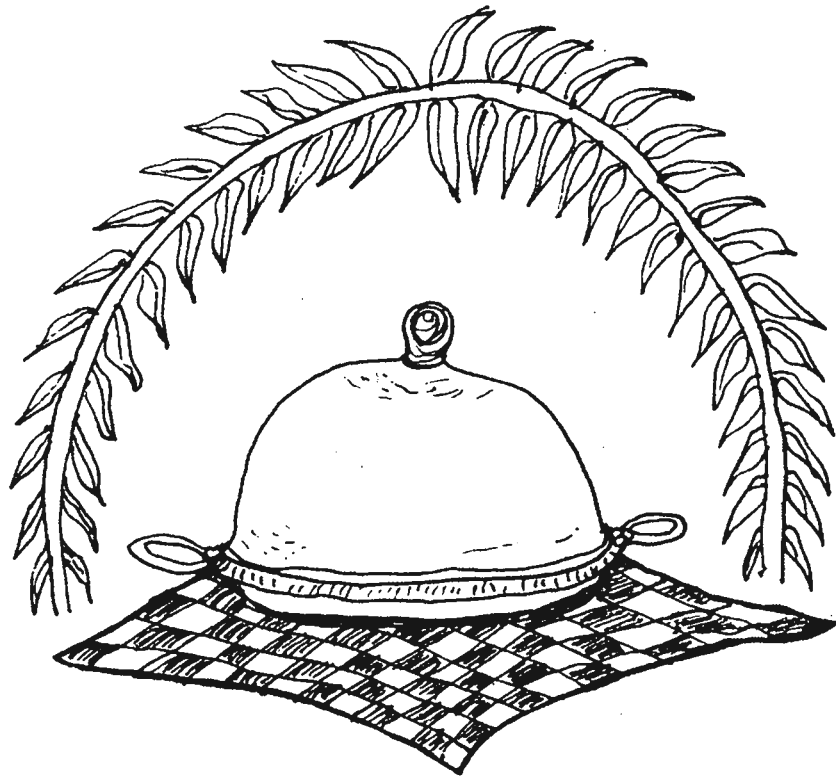
- 1) In a large pot, saute the onions, garlic and spices in oil. Stir.
- 2) Add the stock and split peas. If you're using pre-soaked peas, allow one hour to cook. If you haven't pre-soaked, allow up to two.
- 3) Chop carrots and celery, add to concoction once peas are tender.
- 4) Cook until peas become a mushy puree and the vegetables are tender. As the peas cook, starch will form at the top of the pot. Skim it off with a spoon.

Borscht

- at least 6 cloves of garlic
- 2 T fresh minced ginger
- 1-2 onions
- 3 T olive oil
- 1 T cumin seeds
- 1-2 t mustard seeds
- 1 t each of salt and pepper (or to taste)
- 4-6 fresh beets (grated or cubed)
- 2 carrots (grated or chopped)
- 2-3 cups of chopped cabbage
- 3 T red wine vinegar (or to taste)
- lemon juice from 1/2 to 1 whole lemon
- 1 bunch fresh dill (diced) or 3T dried
- 5-6 cups of water or stock

- 1) Mince garlic and ginger and chop onions. Add them to a pot with oil, salt and spices. Saute together for about 10-15 minutes on medium high heat, until onions are translucent.
- 2) Add chopped carrots, beets and cabbage. Pour stock or water over vegetables and bring to a boil.
- 3) Reduce heat and allow to simmer covered for about 30 minutes.
- 4) Add vinegar and lemon juice to taste and continue to simmer until the vegetables are all tender. Serve with croutons! (recipe on page 56)

*There are a few different ways to chop your vegetables for borscht. If you have a food processor you can use it to shred all your vegetables. Otherwise, try different styles like cutting carrots on an angle, cabbage into strips and beets into big chunks. Have fun!



entrees

The main attraction, full of satisfaction

Maka's Veggie Pies

This recipe is a great way to use up leftovers. The quantities are just suggestions so use what you have and I am sure it will taste great.

- 4-5 cups cooked grains (millet, rice, quinoa, amaranth, barley, buckwheat)
- 4 cups of vegetables (celery, potatoes, yams, carrots, broccoli, cauliflower, peppers, whatever else you have...yesterday's stew...)
- 1 can of chick peas or 1 1/2 cups cooked chick peas
- 6-8 fresh tomatoes or 1 can of crushed tomatoes
- 1-2 onions, diced
- 1 head of garlic, minced
- 2-3 t cumin powder
- 3 t dried basil
- 3 t dried oregano
- 1-2 T olive oil

Topping

as an alternative to this crust, you can simply use mashed potatoes.

- 1 cups flour (spelt, whole wheat)
- 1/4 cup oil (vegetable, olive, sunflower)
- 1/2 cup seeds and nuts (walnuts, poppy seeds, sesame seeds, almonds, sunflower seeds)
- 1 t paprika
- 1 t cayenne
- 3/4 cup extra liquid as needed (water, soy milk)

Preheat oven 350°F

- 1) In a large pot, cook the grains. Most are cooked with a 2:1 water: grain ratio.
- 2) Boil or roast carrots, potatoes, and yams. You can do it in the same pot but the carrots take a bit longer so

- 3) Sauté onions and garlic with the spices in a bit of oil in a large saucepan.
- 4) Add all the other vegetables, chick peas, tomatoes, cooked potatoes, carrots and yams to the onion and spice mix, and stir it up for approximately 10 min.
- 5) Mix together all the topping ingredients in a bowl. This should be somewhat liquidy so it is easy to spread, so add more liquid if need be.
- 6) In a couple of baking pans layer the grain about 1/2 thick.
- 7) Then layer the vegetable mixture, about an inch thick.
- 8) Now layer the topping, about a 1/4 of an inch thick.
- 9) Place the pies in the oven and bake for 20 minutes or until the topping is golden and the vegetables seem cooked.

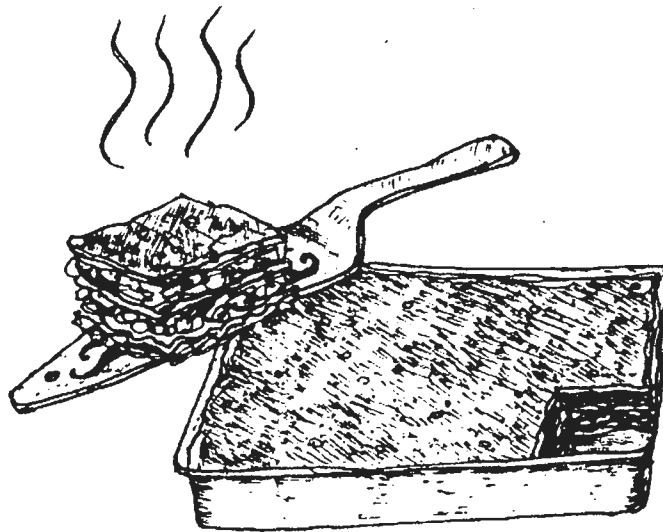
*this recipe serves 6-8 people.

Vegan Lasagna

- 1 onion, chopped
- 6 cloves of garlic, minced
- 1 zucchini
- 10 plum tomatoes (you can use a can of tomatoes or sauce)
- 1 small can of tomato paste
- oregano, basil, chilli flakes, salt, pepper to taste
- a bunch of fresh spinach
- 10 mushrooms, sliced
- 1 packet cubed tofu (optional)
- about 12 lasagna noodles
- 1/2 cup nutritional yeast
- 1/2 cup mixture of sunflower seeds, sesame seeds, sliced almonds

Preheat oven 350°F

- 1) In a large pot, saute onions, garlic and spices in a dash of olive oil. Saute for about 10 minutes. Add zucchini cut into rounds or half moons, sliced mushrooms and the washed and chopped spinach. Then add the tomatoes and tomato paste and cook it down over medium heat until everything else is ready to go. (If you are using tofu add it to the sauce at the end before layering).
- 2) Cook the noodles in a big pot of water. Once cooked, drain them and rinse lightly with cool water.
- 3) It's layering time! In a lasagna dish put down enough sauce to lightly cover the bottom. Layer noodles, sauce, spinach, mushrooms, sauce, noodles etc, until the pan is full and you have nothing left.
- 4) Sprinkle the top with nutritional yeast and seeds and almonds.
- 5) Place in the oven for 20 to 30 minutes and serve it soon after. Enjoy!



Vegan Tortiere or Shepherd's pie

This is based on a traditional Quebecois meal made with potatoes, corn and ground beef. Our version is tasty and meatless but just as hearty.

- 6 potatoes
- 3 yams
- 4 cobs of corn
- 1 red pepper, finely diced
- 1 onion, diced
- 4-6 cloves of garlic
- 1-2 cans or 1-2 cups of pre-cooked beans of your choice
- Spices (cumin, cayenne, thyme, rosemary, salt, pepper)
- a few dashes of olive oil
- paprika

Preheat oven 350°F

- 1) Start by cutting potatoes and yams into small chunks with their skins on. Boil them until you can poke a fork through them easily.
- 2) While that is cooking, in the bottom of a large baking pan mix together the can of beans, the onion, the garlic, a dash of oil. Add all the spices except the paprika.
- 3) Cut the corn off of the cobs and layer it on top of the beans.
- 4) Then sprinkle the red pepper on top of the corn.
- 5) When the potatoes and yams are cooked, add a dash of oil and mash it up (you can get rid of a lot of frustrations doing this)
- 6) Layer the mashed potatoes on top of the rest of the stuff, sprinkle with paprika, and place in the oven for 20 minutes (or until the top has started to brown).

Quinoa and Mushroom Spinach Stir-fry

This savoury dish serves 2-3 people and takes about half an hour to prepare.

Grain:

- 1 1/2 cups dried quinoa
- 1 1/2 cups water or stock
- 3T of raisins or dried currants
- pinch of salt

Stir-fry:

- 6 mushrooms chopped
- 2 cups spinach chopped
- 1 onion chopped
- 1/2 T peanut butter (optional)
- 1-2 T miso (dissolved in warm water)
- sesame oil
- 1-2 hot pepper (jalapeno or dried chilli flakes)
- 3 cloves minced garlic
- 1/4 t salt
- 1/2 t turmeric
- 1 T cumin
- 1 cup soy milk (veg)
- chick peas or cubed tofu chunks



- 1) In a small pot bring stock or water (with a pinch of salt) to a boil. Add quinoa, lower heat and cover.
- 2) In a large pan, add oil, onion, garlic and hot pepper and saute on med-high for 4 min.
- 3) Add mushrooms, spices and tofu (if you're using it instead of chick peas) to the pan (and a bit more oil if necessary). continue to saute for 5 min. Add salt (just a bit!)
- 4) Add soy milk, lemon juice (and chick peas)

- 5) In a small cup or bowl, dissolve miso and peanut butter in a little bit of warm water. When smooth, add to vegetables and stir in keeping only a very low heat.
- 6) When quinoa is cooked, stir in currants / raisins with the grain. When almost ready to serve place coarsely chopped spinach on top of the mixture in frying pan and cover, turning off the heat. Allow the spinach to steam in the heat from the pan. Serve this dish hot with lime as a garnish.

*other grains like millet and amaranth can be mixed in or substituted in this dish.

Peanut Sauce Stir-fry

stir-fry:

- A dash of sesame oil
- 1 onion, chopped
- 4-6 cloves minced garlic
- 1-2 T minced ginger
- 1 block of firm tofu, cubed
- 2 carrots thinly sliced on a diagonal
- 1 red and green pepper, sliced
- 1 handful of snowpeas
- 5-8 mushrooms, sliced
- 1/2 head of broccoli, chunked
- 1 cup chopped cabbage (optional)

sauce:

- 2 T sesame oil
- 5 T peanut butter
- 3 T tamari or soy sauce
- hot sauce or hot pepper to taste

- 1/4 cup liquid, soy milk, coconut milk or water
- 1 lime juiced (optional)
- bunch of coriander diced (optional)

- 1) In a wok or a frying pan, heat oil and saute onion, garlic and ginger.
- 2) Add tofu and carrots and cook for a little bit. Try to brown the tofu.
- 3) Add the rest of the vegetables, then increase heat and cook for a few more minutes.
- 4) Move the vegetables over to one side of the pan and mix together peanut butter, tamari, liquid and lime juice. Stir it all in together and serve right away. If you don't, the liquid will evaporate and the peanut butter will become chunky.
- 5) Garnish with coriander.

*Serve with noodles, rice or any other grain you might like.



snacks

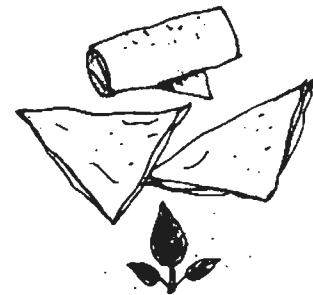
Don't feel guilty about snacking. If you are a vegan or a vegetarian, you can get away with more snacking than people who eat meat. Because a healthy vegan or vegetarian diet usually ensures a faster metabolism, you can eat smaller meals more often throughout the day. Just make sure that the snacks you choose are healthy energy boosters!

Filo Pastries

If you want to impress people and don't really want to bake, filo pastries are quick, cheap and delicious.

You will need 1 package of filo pastry dough, which can be found at any grocery store, oil, and some sort of stuffing. The stuffing can be anything from grains with stewed, fresh or roasted veggies, to spiced fruit to chocolate chips! Experiment with different ingredients and have fun. As a general guideline, it's usually a good idea to combine soft, juicy or meltable things with dry things like grains, seeds or nuts so your pastries will not be soggy and they will have an interesting texture. Here are a few different ideas for filo fillings:

- Amaranth with pesto and red peppers
- Millet with mushrooms and onion
- Spiced ginger-apple with sunflower seeds
- Spinach sesame quinoa
- Strawberry and chocolate chips
- Spiced rice
- Make your own!

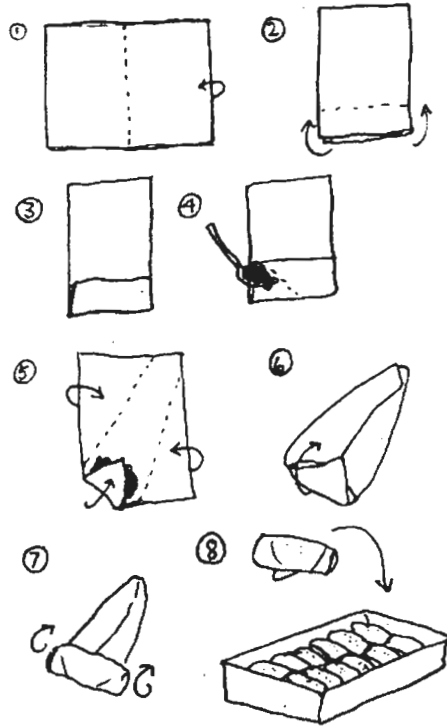


For all the rolls, the same method of preparation applies.

- 1) In a warm (but not hot) spot, allow filo pastry to defrost (filo is sold frozen, and if it isn't you don't want to buy it.) Do not open until you are ready to start rolling.
- 2) Prepare filling. If you are using cooked ingredients, try to let them cool before you make the rolls. Using hot filling causes the very delicate filo pastry to tear or get mushy.
- 3) Carefully open the filo pack and unfold until it lies flat on a clean, dry table. Follow pattern #1 or #2 or use one of your own invention. Spoon stuffing and roll up pastries. Place on a clean ungreased cookie tray.
- 4) Brush very lightly with oil. You can use spiced oil or sesame oil depending on what stuffing you're using. (dessert filo is better with plain oil.)

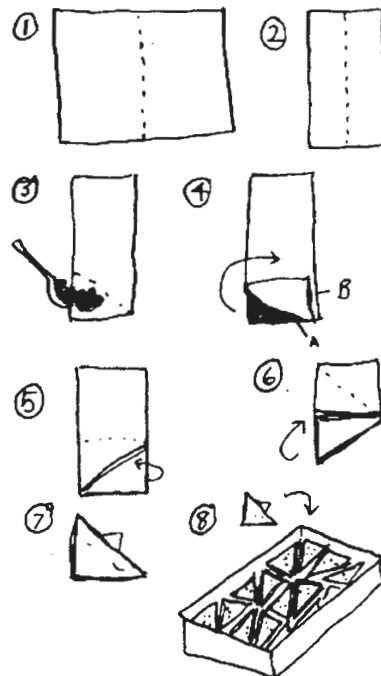
- 5.) Bake at 400 F until golden brown. (10-15 min.)
- 6.) Allow to cool for about 3-5 min before removing from tray. Serve right away!

Method #1 (Rolls)



- ① Lay Filo sheet out carefully onto a clean, dry surface.
- ② Fold in half horizontally.
- ③ Make a 2" fold at the bottom of the sheet
- ④ Spoon filling onto the bottom left corner of the sheet leaving a bit of space so as to fold in the corner.
- ⑤ Fold the corner over the Filling
- ⑥ Fold both sides in so the Filo tapers towards of end opposite to the Filling
- ⑦ Roll towards the tapered end
- ⑧ Place on baking tray. Carefully brush tops with oil and sprinkle cinnamon or spices for garnish.

Method #2 (triangles)



- ① Lay Filo sheet out carefully onto a clean, dry surface.
- ② separate the Filo into two halves. This can be done by placing hands near the centre and gently pulling in opposite directions. A knife can also be used.
- ③ Fold the half sheet in half again so you have a long vertical strip
- ④ Spoon Filling onto bottom left corner leaving enough room to Fold up the corner.
- ⑤ Fold up the corner to form a triangle. (the bottom edge ④ should line up with the right side ③)
- ⑥ Continue Folding into triangles in the same fashion.
- ⑦ soon you should Finish with a triangle shape.
- ⑧ place on baking tray. Gently brush top with oil + sprinkle with cinnamon or spices for garnish.

Filo Stuffings

here are some tasty filo stuffings to get you started:

Strawberry Chocolate Filo Stuffing

- 1 box of fresh strawberries (stems removed) or 1 package of strawberries
 - 1/2 cup chocolate chips
- 1) Wash strawberries and cut off tops. Slice them into small pieces.
 - 2) Toss with chocolate chips in a bowl. Use 2 T of oil for method #1 roll and 1 T for method #2 triangles.
 - 3) Sprinkle baked filo with cinnamon or cocoa powder

Spinach Sesame Quinoa Filo Stuffing

- 1 cup of quinoa (rinse and drain)
 - 2 cups of water or stock
 - 1 bag of spinach or one bunch
 - 3 T sesame seeds
 - 1/2 onion diced
 - 3 or 4 cloves of garlic minced
 - 1/2 t salt
 - 1/2 t pepper
 - 3 T sesame oil
 - 1 t cumin
 - 1 t dried dill
 - a dash of tamari
- 1) In a small pot, bring water or stock to a boil. Add quinoa and reduce heat and cover. Cook for 20 min.
 - 2) In a frying pan, saute onion, garlic and spices for 5 min in oil.
 - 3) Wash and drain spinach and make sure it is cut into very small pieces.

Add to onion mixture and sprinkle with sesame seeds. Cook for one minute and remove from heat.

- 4) When quinoa is cooked, add onions and spinach and transfer to a bowl in order to cool.
- 5) Roll into Filos using method #1 or #2.



Bruscetta

Fresh, hearty and delicious.

- 4 large fresh tomatoes
- one small or med. red onion
- 3 cloves garlic minced
- 1/2 t salt (to taste)
- 1/2 t pepper (to taste)
- 1 t of dried basil or 1/2 bunch fresh basil minced.
- 1 t total of rosemary, oregano, thyme
- 1/2 t olive oil
- 1 t balsamic vinegar/red wine vinegar
- 1 t nutritional yeast.



- 1) Chop up tomatoes and onion, and mince garlic.
- 2) Throw 'em in a bowl and add other ingredients. Toss and sing!
- 3) Enjoy!

*Adding nutritional yeast adds a slightly cheesy flavour, as well as kicking this savoury snack up into the nutritious protein and B12 enhanced category. Serve on pita chips, or toast with a little garlic and oil. You could also throw some in a bowl with some croutons and just eat it with a spoon!

Pita Chips

Pita chips are low in fat, and they encourage healthy dipping! Toasting bread makes it easier for your system to digest.

- 1 bag of stale pita (you can use fresh if you really want)
- 3 T spiced oil
- 1 t salt
- sprinkle of nutritional yeast (optional)

- 1) Basically, pita chips are the exact same process to make as croutons.
- 2) Just cut your pita chips into triangular slices and follow the same directions as the crouton recipe on page 56.
- 3) Watch pita chips to be sure they don't get more than a toasty brown... the next stage is BURNT TO A TASTELESS CRISP!

* yummy with bruschetta, humous, guacamole, and other dip or spread.

Other ideal snacks for vegans and vegetarians include fresh fruit, fresh vegetables, nuts, seeds, dried fruit and yogurt. It's a good idea to keep this stuff in a with you in a little bag to give you an emergency energy boost whenever you need it.



teas and hot drinks

Just the thing to get you through those long winter nights of term papers and exams.

Chai

Spicy, tasty Indian tea. Using whole dried ingredients are recommended over powdered ones.

- 1 T ginger coarsely chopped (more if you really like the taste of ginger)
- one stick or more of cinnamon, or 1t powdered
- 1 t whole cloves
- 1 bay leaf
- 1/2 t whole cardamom pods
- 1-2 whole nutmegs
- 1/2 t whole peppers
- 1/2 T black tea leaves (optional)
- 1-3 T sweetener (sucanat, maple syrup, honey, amaretto)
- 2 cups soy or rice milk
- 2 cups water

- 1) Chop up ginger.
- 2) Place water and soy milk in a pot and begin to heat.
- 3) Add all the spices and bring to a boil.
- 4) Reduce heat and simmer for about 20 minutes.
- 5) Add sweetener and cool slightly.
- 6) Enjoy in your favourite mug with your favourite friend.

Sick tea

Relieves sore throat and unsettled stomach 9 times out of 10.

- chopped ginger (anywhere from 1/2t to as much as you can handle)
- 1 handful fresh mint leaves (fresh) or 1 T dried mint
- 1-2T honey or maple syrup
- lemon juice from 1/2 a lemon

- 1) boil all ingredients for 5-10 min and enjoy right away. for extra effectiveness, try adding some garlic and a bit of cayenne pepper.

Hot Soy or Rice Milk

Ha-cha! you can take this easy and soothing drink in different directions depending on your mood.

- 1 cup soy or rice milk
- 1 pot
- 1/2 t cinnamon
- 1 t or more of maple syrup/ honey/ sucanat

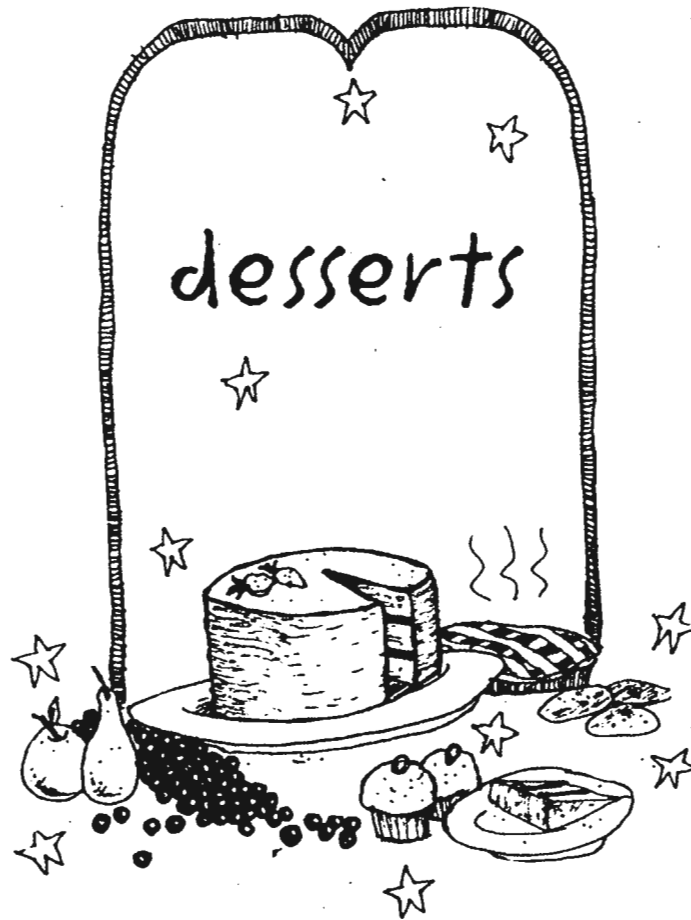
Heat and serve. If you want, you can add cocoa, chai, coffee substitute or whatever else you think would taste good. (Amaretto, Kaluhah, etc!) If you are using a thicker brand of soy milk, you can add a bit of water to thin it out.

Lemon Thyme tea

A specialty in the middle east... a tasty way to end a meal

- 2T thyme (fresh is best)
- juice from 1 lemon
- 1-2 T honey or sweetener
- a bit of mint or anis seed (optional)
- 2-3 cups water

- 1) Boil for 10 minutes and enjoy hot.



The sweeter things in life are meant to be enjoyed in moderation... Our collection of delicious desserts are perfect for turning mundane moments into special occasions!

Crispy Apple Crumble

- 4-5 apples, chopped in small chunks (use bruised or rotting apples for baking)
- 3/4 cup sweetener (liquid or solid- sucanat, sugar, maple syrup or honey)
- 1/2 cup oats
- 1/2 cup flour (whole wheat, spelt, buckwheat)
- 3/4 cup shortening (margarine, vegetable shortening)
- 2 T cinnamon
- 1 t clove powder

- 1) Preheat oven to 350F.
- 2) In a bowl mix together the oats, flour, shortening and 1/2 cup of sweetener.
- 3) In another bowl mix together the apple, the rest of the sweetener and the spices.
- 4) In a baking pan layer half of the oat mixture, the entire apple mixture and then the rest of the oat mixture.
- 5) Place it in the oven and cook for 20 minutes or until the apples are tender.

Chocolate Tahini Icing

- 1 cup of tahini
- 1/2 cup of maple syrup or honey
- 2 T cocoa powder

- 1) Mix all the ingredients up in a bowl. If it is not liquidy enough to spread, add a few teaspoons of water or soymilk, that should do the trick.
- 2) Spread it on your favourite cake and enjoy the sweet sensations in your taste buds.

Strawberry-Coconut Freeze

melts in your mouth.....mmmmm.....

- 8-12 semi-frozen strawberries
- lemon juice (from half a lemon)
- 4 T sucanat
- 1/2 cup soy milk (reg or vanilla)
- 1/4 cup creamed coconut
- 1 package of silken tofu



- 1) Melt the creamed coconut in a small pan (remove and use immediately)
- 2) Place the tofu into the food processor or mash with a potato masher and then whip until smooth, set aside.
- 3) Place semi frozen or slightly defrosted strawberries in food processor with melted coconut and blend until smooth. Add in tofu and combine until uniform. Add soy milk, lemon juice and sucanat and keep on whippin!
- 4) Freeze in a plastic container.
- 5) Once frozen, thaw slightly and re-process with a tiny bit more soy milk. Freeze again. Enjoy!

Fruit!

Its easy to have good intentions about eating fruit, but sometimes we need added incentive to actually do the deed. Maybe, if you make your fruit a little bit more exciting you will be more inspired to incorporate it into your daily routine. Also, making fruit into a treat replaces the psychological need to eat fatty or sugary desserts as you are training yourself to satisfy your sweet tooth in a healthy way. Try cutting your fruit in new ways and arranging it nicely on a plate for yourself and a friend. You can also zest it up by pouring some coconut milk, or tropical fruit juice over top. Fresh fruit is delicious with soyogurt and granola in the morning. If you're in the mood to be decadent, try drizzling some maple syrup over your fruit. (Maple syrup is especially tasty with grapefruit!)

Fruit Salad Supreme



- an assortment of fresh fruit (sketchy/bruised fruits welcome here!)
- lemon juice from half a lemon (use the whole if you have a lot of fruit)
- 1t apple cider vinegar/balsamic vinegar
- 1/2t cinnamon
- 1t or more natural sweetener (optional) try sucanat, maple syrup or honey
- 1t dried mint or one bunch fresh mint

*if you don't want to use any sweetener, omit the vinegar, just use a bit of lemon juice to enhance flavour

- 1) Chop up all the fruit cutting away any damaged or moldy parts. Place in a medium sized bowl.
- 2) Add cinnamon, mint, lemon juice, vinegar and sweetener to taste.
- 3) Toss everything together and enjoy on its own or with yogurt.

The following recipes are taken from "The Art Of Vegan Baking" by Jen Raso, former baking queen of the peoples potato....

3 Simple Egg replacers:

- 1/4 cup of silken tofu made smooth either by whizzing in food processor or blender
- 1/2 banana beaten up or processed
- 4T flaxseeds in 1/3 cup of water: simmer in a saucepan on med-high heat until it looks bubbly and foamy. Remove from heat and allow to cool for 20 min. Snotty mucousy texture means it's ready!

Divinely maple cake

this cake is especially tasty served half an hour after being in the oven with a hot cup of earl grey tea....

- 1/3 cup oil
- 1/2 cup dry sweetener (turbinado, demerara, sucanut)
- 1/2 cup maple syrup
- 1 egg equivalent (see list of egg replacers on prev. page)
- 3/4 cup soy milk
- 1/2 t maple extract
- 2 cups flour (spelt, whole, wheat, kamut etc.)
- 1/2 t baking powder
- 1/2 t baking soda
- 1/4 t salt
- 1/3 cup wheat germ or bran
- 3/4 cup nuts/seeds (try walnuts, pecans or sunflower seeds)
- a little extra syrup for topping...

preheat oven to 350 F

- 1) In a large bowl, cream oil with sugar. Add the rest of the wet ingredients, beating well after each addition.
- 2) In a separate bowl, stir together dry ingredients. fold into wet mixture, until just mixed. fold in nuts.
- 3) Bake in a loaf pan in an oven preheated to 350F for 50-60 minutes, or until golden and centre is cooked (test with fork or toothpick).
- 4) Cool for 15 min. remove from pan and cool completely. for added sweetness, top warm cake with drizzled maple syrup...mmmmm!

Chocolate Zucchini Cake

(a dream come true!)

First, jen's advice on chocolate: "I love chocolate. there is nothing like it. you can get vegan chocolate at health food stores or fine candy stores, or just check the backs of chocolate chip packages for milk ingredients. Cheap chocolate is full of milk solids, but the REAL THING is worth the extra \$\$, OH YES, and although i've tried carob in many forms, it just doesn't do the trick. Splurge a little and go for the real deal, cause you won't regret it!"

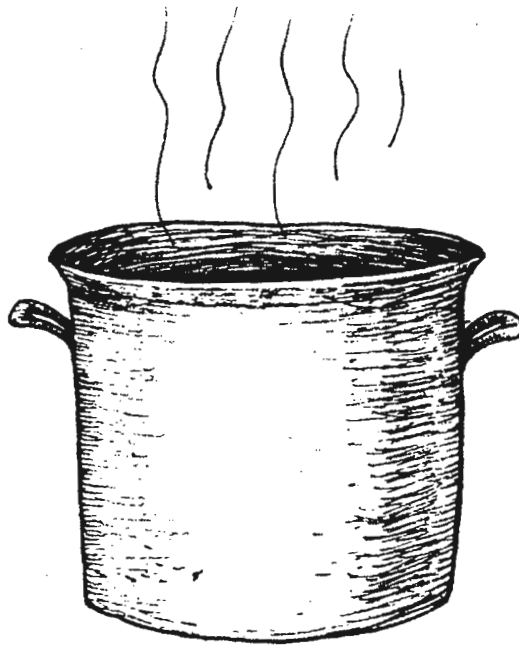
- 2 1/2 cups flour
 - 1/2 cup cocoa powder
 - 2 1/2 t baking soda
 - 1 t salt
 - 1 t cinnamon
 - 3/4 cup margarine
 - 2 cups dry sweetener
 - equiv. of 3 eggs (see the beginning of this section for egg replacers)
 - 2 cups grated & drained zucchini
 - 2 t vanilla
 - 2 cup "milk" (use either soy milk or rice milk)
 - 1 cup nuts/seeds
- 1) Combine dry ingredients and set aside. Cream together margarine and sugar until smooth.
 - 2) Add "eggs" and beat well. Add zucchini and vanilla to wet stuff, blend well.
 - 3) Add dry stuff and "milk" alternately to the wet mixture, stir in nuts/seeds.
 - 4) Pour into 9"x13" pan, and bake at 350°F for 50-60 minutes. Remove and allow to cool..... yum yum!

Chewy Gingersnaps

- 3/4 cup oil
- 1 cup sugar (dry stuff)
- 1/2 cup molasses
- equivalent of one egg
- 2 cups flour
- 2 t baking soda
- 1 t ground cloves
- 1 t ginger powder or 1 T freshly grated ginger
- 1 t cinnamon
- 1/2 t salt
- some turbinado sugar (maybe 1/2 cup)

yield approx. 3 dozen cookies

- 1) Cream first four ingredients. Stir together dry ingredients in a separate bowl. Combine the wet and dry together and allow to chill for 30-45 min.
- 2) Roll dough into 1" balls then roll balls in turbinado sugar (so they sparkle!) and place on cookie sheet.
- 3) Bake in preheated oven at 375 F for 10 minutes. Let cool 2-3 minutes before removing from pan.



meals for 300

just make sure you got big pots...

When you are cooking meals for a huge number of hungry people you have to experiment and use your creativity. Anything goes in the kitchen and many people will be very grateful for any kind of food you have to offer. To cook huge pots of food you will need some staple ingredients like a variety of local vegetables in large quantities, grains and legumes, spices and oil. That should cover the basics for a well balanced meal, but check out the nutrition section for more information.

Here are a few necessary bits of information before you start to cook for the masses with the recipes in this section. These recipes are based on the pots used at the People's Potato, which are about 60L in size, so, be prepared for this amount of volume. You can always use many small pots instead of one really big one. Some of these recipes are repeated from other sections in this book. Therefore you can compare the volumes and convert other recipes in this book, or any other book to a larger quantity meal. Of course, once you get the hang of things, the real fun comes from experimenting and creating your own crowd sustaining dishes. Good Luck!



Sabatoge Stock

If your kitchen is operating on a daily basis, it is easy and extremely beneficial to make your own stock. Stock contains all the nutrients from unwanted vegetable parts, and adds tonnes of flavour to your food. All you need to do is:

1) Collect the ends of onions, garlic, carrots, celery, zucchini, tomatoes, the stems from broccoli, the peels from squash. . . Almost all vegetables will do, except lettuce, cucumber, fruit, and anything moldy or gone bad.

2) Keep the ends in a sealed container in the fridge. The next time you cook, add all of the vegetable scraps to a big pot of water with a few handfuls of spices. Some recommendations are: salt, pepper, cumin, thyme, rosemary, chilli flakes, cloves, bay leaves, etc. The best thing to do is use a variety and base it on the kind of flavour you want your food to take on.

3) The water, veggies, and spices should be brought to a boil, and then simmered for at least a half an hour, but no more than 2 hours. Then turn it off to let cool before you strain it. Here is how we strain our stock at the People's Potato. The 64 litre soup pot is placed on the floor with one person holding a huge strainer (their arms are covered to protect themselves from hot splashes). We also have three people holding the pot with the hot stock in it, one person on each handle and one tipping from behind. Make sure that the people pouring the stock are wearing thick oven mitts.



4) While your stock is cooking, start to prepare everything for your meal. When you are ready, pour your stock into your soup, grain, or main dish. Remember that if your stock is still hot it will speed up the cooking time of your food.

5) Now that you've added a pot of delicious stock, your food will have a fuller flavour, and you will be effectively using all the food that comes into your kitchen.

Insurgent Spiced Oil

- about 10 litres of olive and vegetable oil (half and half)
- 12 heads of garlic (minced)
- about 5 cups in total of a mixture of spices
- cumin
- rosemary
- basil
- thyme
- chilli flakes
- oregano
- salt
- pepper
- anything else that you like.

*Spiced oil can be any combination of spices you enjoy. Spiced oil is very diverse, and is a wonderful compliment to any large scale kitchen. It can be used in a variety of recipes, such as roasted vegetables, pita chips, salad dressings, or you can just use it when you are cooking.



Guerilla Grain Guide:

Cooking grains in such huge quantities can be very difficult and a lot of trial and error is necessary to reach perfection. You do not need as much liquid for a huge quantity as you do for a small quantity because the amount of steam that is created by the liquid is enough to thoroughly cook the grains evenly. A good rule of thumb is to use 3 inches more water or stock than grain. In other words, pour a bunch of dried grain into a pot, then pour boiling water or stock over top of it until there is about a three inch difference between the surface of the grain and the surface of the liquid. You should not stir the grains because small channels form from the bottom of the pot to the top of the grains, which send out an even amount of steam to all the grains.

Rice and Barley

Fill the bottom of a very large pot with rice about a half a foot deep. To get the right amount of liquid, fill the pot with hot water/stock to about 2 inches above the level of the rice (you can use a wooden spoon to judge the level of water). Bring the water to a boil, reduce the heat for simmering, and cover for a little under an hour. Remove from heat when you can not see anymore liquid and keep it covered until you are ready to serve.

Millet, Amaranth, Quinoa, Kasha and Other Grains

These grains can be toasted before they are cooked. To do that, shake the grains around in the bottom of a dry pot over medium heat until you can begin to smell a wonderful nutty aroma. For cooking, most grain will cook well using the rice method explained above. However, Millet may need a little bit more liquid, and Kasha may need a little less. Also if you are working with several smaller pots, you could also make a variety of grains to mix after being cooked.

If your grains are not cooked perfectly it is not the end of the world, So far this method has worked well for us.

Bread

Bread is a great compliment to any meal and bakeries often make more bread than they can sell. You can get your hands on this by taking it from their dumpsters or asking them to put it aside for you. If you explain your situation you have a better chance and if you are a non-profit organization serving people free food your chances are even better. Aim for a bakery with a variety of really good breads, like multi-grain, nut breads, olive bread, baguettes, and whole wheat.

Salads to feed a Vegan Army

You can make salads out of so many different things. The basic green salad is simple. You just need a lot of greens and vegetables to make it colourful and appetizing. Try adding some grapes for extra flavour.

Looking for other salad ideas?

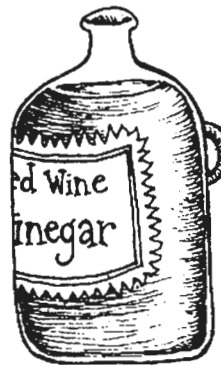
- Try :
- tomato, cucumber, red onion, and any bean with vinegarette
 - coleslaw (cabbage, beets, kohlarabi, raisins, with a vinegrette dressing)
 - beet, carrot and onion (apples also taste good with this one)
 - potato salad with onions and dill
 - celery, carrot, tomato, with left over grain and beans

Class War Coleslaw

- 10 heads of cabbage, thinly sliced
- 10 lbs. of carrots, grated
- 10 red onions, thinly sliced
- 5 heads of garlic, minced
- a few cups of raisins or grapes

Dressing

- 1 1/2 cup red wine vinegar
- 2 cups olive oil
- 1/3 cup balsamic vinegar
- salt and pepper to taste



Tahini Dill Dressing

- 4 cups of tahini
- 2 cups of olive oil
- 2 cups of lemon juice
- 2 cups of liquid (water or soy milk)
- 2 bunches of fresh dill, finely chopped or a 1/2 cup of dry dill
- 2 handfuls of crushed garlic
- 1/2 a handful each of cumin, salt, and pepper
- something hot to taste

- 1) Mix it all together some how, you can do several rounds in a food processor or blender, mix it all together in a bucket with a hand mixer or depending on the thickness of your tahini you may be able to mix it by hand.
- 2) Serve it over a green salad and enjoy! (you can also spread it on bread)

Crowd Sustaining Soups:

Autonomous Spiced Apple Soup

- oil (enough to cover the bottom of your pot a 1/4 to 1/2 inch deep)
- 10 lbs. of onions (chopped)
- 10 heads of garlic (minced)
- a handful of salt
- a large chunk of ginger (grated)
- a big handful of curry powder
- a small handful of cumin
- a small handful of chilli flakes, or 5-10 hot peppers (minced)
- 20 lbs. of apples (chopped or grated)
- 20 lbs. of sweet potatoes/yams (chopped/diced)
- 10-15 cups of red lentils (optional to add thickness)

- 3/4 of a large pot of stock

* You can add other vegetables or beans as well, whatever you want to get rid of.

- 1) In a super large pot, heat oil and saute onions, garlic and spices until onions are transparent.
- 2) Add apples, sweet potatoes and lentils. Stir around until everything is evenly mixed.
- 3) Add liquid, and cook for about 1 hour or until lentils are well cooked. If you are using other kinds of beans, they need to be precooked.
- 4) Serve hot with fresh bread as an entrée. Your crowd will love the tasty experience of eating autonomous apple soup.

Radical Carrot Ginger Soup

- oil, you can use vegetable, olive or sesame or a mixture (enough to cover the bottom of your pot a 1/4 to 1/2 inch deep)
- 10 lbs. of onions (diced)
- 10 heads of garlic (minced)
- a really big chunk of ginger or lots of small ones (grated)
- 1/3 cup or a small handful of turmeric
- 1/3 cup or a small handful of cayenne or chilli flakes or 10 hot pepper (minced)
- (don't rub your eyes with your hands after!)
- 20 lbs. of carrots (chopped).
- 10 lbs. of sweet potatoes (chopped)
- 20 lbs. of potatoes (chopped)
- 5 heads of celery (chopped)
- 10 —15 cups of red lentils
- 1/2 to 3/4 of a big pot of stock

- 1) Saute onions, garlic, ginger and spices in oil until the onions are translucent.

- 2) Add carrots, sweet potatoes, potatoes, a dash of magic, celery and lentils.
- 3) Add water or stock and cook until veggies are tender.
- 4) If you want a creamy soup, mix the soup with a hand held mixer or mash it with a big potato masher.
- 5) Serve and enjoy your magical meal.

State Smashing Stews:

Making a stew for a crowd is one of the easiest meals to make when you are feeding so many. Any combination of vegetables and legumes is good, as what makes it special is the spices.

Stew suggestions:

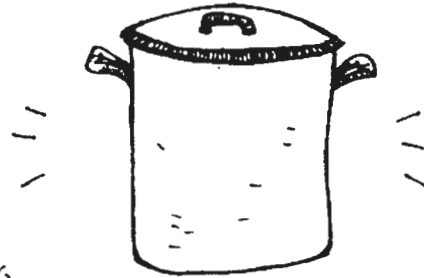
- Be very generous with flavour and experiment with different spice combinations. Don't be afraid to try new things.
- Try roasting hearty vegetables like potatoes, carrots, squash (see roasted veggies recipe) or you can also boil hearty vegetables in a small amount of liquid. Squash is really good stewed, it becomes very creamy and soft.
- Use a variety of legumes when you are cooking, such as chick peas, lentils, lima beans, kidney beans, mung beans, and aduki beans. Always pre-soak your beans, preferably overnight. The first thing you do when you come in to cook should be putting your beans on the stove so they have plenty of time to soften up by the time you need to use them.
- Some good stew combinations are:
 - tomato, zucchini, potato, barley & chick pea
 - curry, lentil, cauliflower & peppers

- spicy squash, black bean, roasted coriander seeds, carrots, nutmeg & cloves
- turnip, yam, molasses & red bean

Here are a few recipes to get you started:

Charming Chili

- oil
- 10 lbs. of onion, diced
- 15 heads of garlic, minced
- chilli flakes, fresh hot peppers or cayenne to taste
- a handful or 1/4 cup of each (cumin, salt, pepper, oregano, basil)
- 15 lbs. of veggies (green and red peppers, grated carrots, cauliflower, celery, zucchini, eggplant, plus anything else you need to use up)
- 15 lbs. of tomatoes (canned, chopped or a combination of both)
- 10 lbs. of assorted beans (precooked)
- 1 cup lemon juice
- 1 cup of sweetener



- 1) In a very large pot heat oil and saute onions, garlic and spices for about fifteen minutes.
- 2) Then add the veggies and stir them around coating with flavour.
- 3) Add the tomatoes and cooked beans, and lemon. Stir it up and let it simmer down for about an hour until it is cooked all the way through.
- 4) Adding the sugar a little ways into the cooking, takes the acidic edge from the tomatoes away.
- 5) Serve this with bread and a grain, such as brown rice.

Honey Mustard Sauce

- 4 cups dijon mustard
- 4 cups honey (or maple syrup)
- 3-4 cups liquid (soy milk, water or orange juice)

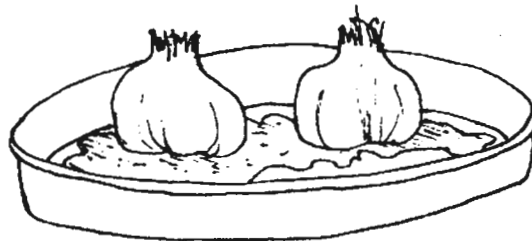
- 1) Mix it all together in a big bowl.
- 2) Pour it over roasted vegetables, mix it all around, and serve it on your choice of grain.

Rambunctious Roasted Garlic

This is quick, easy and delicious treat to add wicked taste to almost anything.

- 1) Cut the top off of a head of garlic.
- 2) Pour a little bit of oil into it.
- 3) Bake for 15-25 minutes at 375 degrees F.

* When it is ready, remove the garlic peels. The roasted garlic has a beautiful nutty flavour, and does not have as pungent a taste as fresh garlic.



Proletariat Veggie Pies

When you are cooking in large quantities there are bound be leftovers. A good way to get rid of leftovers is to make veggie pies. Grains can act as the bottom layer, stew as the filler and then all that you need is some topping.

- 20 to 40 lbs. of cooked grains (rice, millet, amaranth, quinoa, bulgar wheat)
- 30 to 50 lbs. of spiced and cooked vegetables (e.g. curry or tomato/basil)

topping:

- 1 L of oil
- 4 cups of flour (spelt, buckwheat, whole wheat)
- 4 cups of seeds (sunflower, sesame, hemp, poppy)
- a bunch of spices (paprika, cayenne, cumin, salt, basil etc.)
- 1-2 L of soy milk or water
- 1 cup nutritional yeast

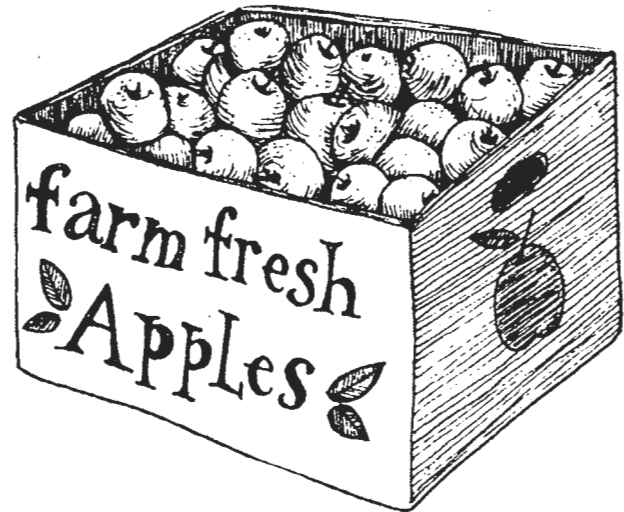
Preheat oven to 350°F

- 1) In 10 to 20 baking pans, depending on size and number of people to be served, layer cooked grains about 3/4 of an inch thick.
- 2) Layer vegetable medley about 1 or 1 1/2 inches thick. If you don't have enough leftovers for this layer, extend it by adding light vegetables such as zucchini, spinach, green beans and/or several cans of tomatoes or diced fresh tomatoes. Don't forget to give a flavour boost.
- 3) In a separate container mix the oil, flour, seeds, spices, nutritional yeast, and liquid together. This should have the consistency of pancake batter so add more liquid if necessary.
- 4) Spread it over the layer of vegetables until they are completely covered, about a quarter of an inch thick.
- 5) Place the pies in the oven and cook them until they have heated all the way through and the top layer has browned, about 20-40 minutes.

* Another potential topping is mashed vegetables, like potatoes, yams, turnips, etc.

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Fruity Freedom Salad

- all the fruit you have to fill a big pot (melons, apples, oranges, bananas, grapes, pineapples etc.)
- lots of lemon juice
- 1 cup or 2 of sweetener
- 3 cups of poppy seeds

- 1) Chop up a variety of fruit into bite size pieces, this is an excellent way to get rid of fruit that has started to go bad.
- 2) As you are doing this add lemon juice periodically to prevent browning.
- 3) When you have all the fruit you can handle cut up, sprinkle the sweetener and poppy seeds into the mixture and toss it all around.

Dissident Desserts for the Masses:

Obviously, having freshly baked vegan desserts is a bit of a luxury. But if you can swing it, these recipes are well worth it. At the People's Potato, we generally use a blend of buckwheat and spelt flour, and a combination of molasses, dehydrated cane juice and maple syrup as sweetener. Honey works well too, but many vegans choose not to eat it.

Egg Replacer

Vegan baking is easy. Where a recipe calls for eggs, you can substitute flax "goop". Flax goop is easy to make and very inexpensive. Just take a bunch of seeds and boil them in some water in a pot (use a ratio of 1 part flax seeds : 3 parts water) for about 20 minutes. At this point, the water should become goopy and strange. Prepare goop ahead of time and keep it in the fridge till you need it. Remember, 1 cup of flax goop equals about 4 eggs.

Chocolate

You can decide how you feel about using chocolate. We don't think it's that big a deal. In the Potato kitchen, we use real cocoa and dairy free chocolate chips. It seems to taste better than carob powder but it contains caffeine.

Nuts and Seeds

Be aware of allergies when you are baking or cooking for large groups of people. Nuts, particularly peanuts are common allergens as well as sunflower and hemp seeds. If you do use them, make sure you label your food or tell people what is in it.

Some General Baking Tips

- In general with any recipe, dry ingredients should be mixed well together, and wet ingredients plus sugar should be mixed together before wet and dry are combined.
- If you want to multiply a recipe to make enough for fifty or a hundred people, multiply all ingredients by 10 or 20 except for baking powder and salt, which should be multiplied by 8 or 16.
- It can be difficult to mix large amounts of batter, especially if you don't have an industrial mixing machine. Fear not! Try using two smaller containers to mix batter or use two long spoons and leaning the bowl against your body, work both spoons in small circular motions as if you yourself were a blender. (A great way to build sexy muscles!)
- If you're using big pans, check the batter after recommended baking time by carefully poking centre with a fork or a knife. If it is goopy, put the tray back in the oven for a few more minutes. When the cake is done, the knife should come out clean and dry.

Fight the Power Bars!

- 10 cups sugar
- 10 cups oil
- 20 "eggs" (see egg replacer)
- 18 t salt
- 20 bananas
- 40 cups flour
- 20 cups sesame seeds
- 20 cups raisins
- 20 cups chocolate chips
- 1 cup cinnamon

- 1) Preheat oven to 350 F. Sift dry ingredients together (except sugar). Blend oil, sugar and eggs in a separate bowl and mix well.
- 2) Mash bananas. Add them to wet ingredients. Combine wet and dry ingredients together until well mixed.
- 3) Pour batter into greased and floured baking trays about 1" deep. Bake for 30 minutes.

Brigade Brownies

- 30 cups tofu
 - 20 cups water
 - 20 cups syrup
 - 20 cups cocoa
 - 2 3/4 cups oil
 - 1 1/8 cup vanilla
- *Blend these ingredients

- 50 cups flour
- 40 cups sugar



- 10 t baking powder

- 10 t cinnamon

- 10 t salt

*Stir these ingredients

- 20-40 cups nuts/seeds

*To be folded in

- 1) Preheat oven to 350 F Blend together tofu with other wet ingredients including cocoa. Mix dry ingredients together in a separate container.
- 2) Combine wet and dry ingredients. Fold in nuts/seeds.
- 3) Pour batter into greased and floured baking trays. Bake for about 40 minutes.

Chaotic Chocolate Chip Banana Bread

- 20 cups flour

- 10 cups sugar

- 4 T baking powder

- 9 t salt

- 4 t baking soda

- 10 cups mashed banana

- 5 cups solid oil/ 3.5 cups liquid

- 20 "eggs"

- 8 cups chocolate chips

- 5 cups seeds (generally sunflower or sesame)

- 1) Preheat oven to 350F. Mix sugar and oil. Mix dry and wet ingredients together separately then add them together and stir in chocolate chips and seeds.
- 2) Place batter in baking trays which have been greased and floured. Bake for 60-70 minutes.

Bibliography

These Sources have been guides and inspirations for us at the Potato. If you are searching for more recipes, be sure to look them up.

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www.vegansoc.org

www.vegsource.com/klaper/optimum.htm

www.viva.org.uk/viva!Guides/nutshell-2.htm

Security Resources for Concordia, Montreal, and Beyond

The following is list of contact numbers for groups active with alternative food services, community gardens and related social justice issues.

Around Concordia:

QPIRG (Quebec Public Interest Research Group)

Concordia	2130 Mackay Street	848-7585
McGill		398-7432

Mother Hubbards Cupboard

Yummy Thursday dinners for \$1

2090 Mackay Street

Le Frigo Vert

Concordia's not-for-profit natural foods co-op

2130 Mackay Street

848-7856

Food Not Lawns

A QPIRG food politics working group

foodnotlawns.org

In Montreal:

Biomass

sells organic seconds for \$5 a bag every saterday

4430 St. Dominique

848-7866

Food Not Bombs Montreal

Recycles capitalist food waste for demos, activist events & spontaneous servings

982-3437

Victory Garden Network (Eco-Initiatives)

Volunteer-run collective gardens in NDG

484-0223

NDG Food Depot

Emergency food service

2121 Oxford St.

483-4680

Chez Mes Amis

5949 Sherbrooke W.

Low cost community restaurant in NDG

La Co-op Maison Verte

489-8000

NDG co-op/ cafe with environmental products, workshops and services

écoquartier Laurier/Delormier

527-4257

Volunteer run collective gardens in Plateau

Elle Corazon

corner Bernard & D'esplanade

Blood Sisters collective, community art space
alternative menstrual products & health info.**équiterre**

522-2000

Administers CSA (community supported agriculture)
Sells local organic food baskets directly from farmers**Santropol Roulant**

284-9335

Meals on Wheels brought to the less mobile by volunteers

Jean Talon MarketA huge selection of fresh produce, honey,
juice and bread, sold by Quebec farmers.In Little Italy
at Jean Talon & Casgrain**Épicerie Segal**

St. Laurent

Cheap & crazy grocery store in Plateau area.

In Quebec:**Union Paysanne**

unionpaysanne.com

Quebec alternative union to industrial farming

Regroupement des Cuisines Collectives du Québec rccq@cam.org 529-3448
Training, info. and networking services
to start a collective kitchen

Regroupement des Magasins Partages de Montréal 383-2460

Table de Concertation sur la Faim et le Développement Social du Montréal Métropolitain 526-6361
Works on food security issues. Many publications on food services.

Directory of Food Resources for Low Income People of Greater Montréal crgm@info-reference.qc.ca 527-1375



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