

Bark and Grass #2

Revolution Supper

These recipes are extracted from a 'zine developed in the Chicago area in the late 1980s for Positive Press. The zine is actually just a couple of dozen sheets of typing paper folded over and stapled with cut and paste old-style 50s graphics manipulated into humorous poses.

The recipes use ingredients readily available back then and are aimed for beginner chefs and those interested in trying easy vegan recipes.

The only reference to an author is 'Kim'.

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Breakfast

Fruit Crisp

The fruit part

- 6 ripe peaches
- 6 plums
- 1 lb tart cherries
- ½ cup maple syrup
- 1 tsp cinnamon
- ½ tsp ground ginger
- salt
- ¼ cup arrowroot

The crisp part

- 1 ½ cups whole wheat breadcrumbs
- ¼ cup softened margarine
- ½ tsp cinnamon
- 1/3 cup maple syrup
- ½ cup almonds chopped up

Preheat oven to 350F. Grease a 13x9 pan. Pit the fruit and slice them. Throw it all in a bowl with the rest of the 'fruit' ingredients and spread it all on the bottom of the pan. In another bowl, combine the 'crisp' ingredients and spread it onto the fruit. Bake for 35-40 minutes or until the crust is browned.

Breakfast Apple Torte

- 4 medium apples
- 1 tbsp cashew butter
- 1 tbsp arrowroot mixed with 4 tbsp water
- 1/3 cup vanilla soymilk
- 1/2 cup whole-wheat pastry flour
- 1 tsp vanilla
- maple syrup and cinnamon

preheat oven to 375F. Peel core and slice apples thinly. Mix arrowroot, soymilk and vanilla. Stir in flour. Heat the cashew butter until it gets all melty and put it in the bottom of the baking dish. Arrange the apples on top of the cashew butter in a swirly pattern and pour the batter on top of that. Swirl on maple syrup and cinnamon. Lower heat to 350F and then bake the whole thing for 15 minutes (HxL Sarah)

Pancakes

Pancakes were Moon's big treat and we ate them at any time other than breakfast. These are good with chocolate chips or blueberries, too.

Mix together:

- 1-1/4 cups flour
- 2 tbsp sweetener
- 2 tbsp baking powder
- 1/2 tsp salt Mix together: 2 tbsp oil (or less)
- 1 1/2 cups water or 1/2 cup soymilk with 3/4 cup water

Make a hole in the centre of the dry ingredients and pour the wet mixture into it. Mix with a wooden spoon until blended. Lumps are good because it makes the pancakes light. If it's not very pour able, add more liquid. Also add chocolate chips or blueberries or vanilla extract here.

Heat a griddle over a medium flame and add some margarine. Pour the batter on thinly and wait for the top to bubble before you flip it. These are really good with syrup and margarine (Moona, from The New Farm).

Buckwheat Pancakes

- 1 cup buckwheat flour
- ½ tsp salt
- ¾ cup soy or rice milk
- 1 tsp arrowroot
- 1 tbsp vegetable oil
- ½ tsp vanilla

Blend water, oil and vanilla. Stir in the other ingredients until the lumps disappear. Cook on pre-heated, oiled griddle until bubbles form and the edges begin to dry. Turn only once and cook until the bottom is lightly browned.

Justin's French Toast

We stole this recipe out of Justin's own cookbook, Solace Kitchenzine. He doesn't mind, though.

- 10 slices of bread, the staler the better
- ½ cup soy milk
- 3 tbsp flour
- 2 tsp sweetener
- ½ tsp cinnamon
- ¼ cup water
- margarine

mix everything in a bowl, making sure there are no lumps. Coat sides of a slice 'o bread with the goo and slap it onto a griddle or frying pan with a sme melted margarine. Keep the flame on medium. After like a minute, move the bread over so it doesn't stick to the pan. Flip it over and grill both sides until they are all toasty. Do the same thing with the rest of the bread and eat it with margarine and syrup. Thanks Justin.

Hash Browns

I am so into potatoes

- 2 potatoes
- oil
- maybe a little tamari

- spike or salt and pepper

Wash, dry and grate the potatoes. Put some oil in a cold frying pan and throw in a half inch layer of potatoes. Press them down so they kinda stick together. Throw on a little tamari and spike/salt+pepper. Turn on the flame to like a medium, a little less if they're getting burnt. Oh, cover the pan, too. Cook until you think the bottom is browned, add a little more oil and try to flip them. Brown the other side and eat.

Cinnamon Rolls

This recipe came to us from Michelle and Karen at Angelfish 'zine, but we think they stole it from Soy Not Oi.

Bread part:

- 1 tbsp yeast
- ½ cup warm water
- 1 tsp maple syrup
- ¾ cup warm water
- 1 tbsp maple syrup
- 3 cups flour
- 1 tbsp margarine Cinnamon part: 1 stick margarine
- lots of cinnamon
- lots of brown sugar Do this:

Mix the first 3 things and let sit 10 minutes to foam up. Then mix the rest, add the yeast stuff and knead it for 5-7 minutes on a floured countertop. Throw it into an oiled bowl and let it sit for 35-45 minutes until it doubles. Punch it down and let it rise again.

Cut the dough into halves. Roll one half out to ¼ inch thickness. Brush on melted margarine and sprinkle on lots of sugar and cinnamon. Carefully roll it up and slice into ½ inch slices. Place onto an un-greased baking pan and repeat with the other half. let the rolls rise for 35-45 minutes and then bake them for 10-15 minutes at 375F.

Banana Muffins

Sift:

- 2 cups flour
- 1 ½ tsp baking powder
- ½ tsp soda Cream together: 1/3 cup margarine

- ¾ cup sucranat (sweetener)

Beat into the sugar mix

- 2 mashed bananas Mix:3 tbsp water
- 1 tsp vanilla

preheat oven to 350F. add liquid to the banana stuff, then stir in sifted flour. Fold in ½ cup raisins or ½ cup chopped nuts if you want to. Spoon into greased muffin tins and cook like 25 minutes or until a toothpick comes out clean. (Mel)

Soups and Stews

Cream of Broccoli

- 4 tbsp oil
- 1 medium yellow onion diced
- 1 bay leaf
- 2 garlic cloves
- 3 cups broccoli chopped plus 1 cup broccoli florets
- 2 cups yellow squash
- 1 tsp sea salt
- 2+1/2 cups water or veg stock
- 2 cups soy or rice milk
- ½ tsp basil, thyme+marjoram
- dash black pepper
- chives, maybe

in a big pot, sauté onions+garlic in oil until translucent. Add the chopped broccoli, squash, bay leaf, salt and stock. Cover and cook over medium heat for 15 minutes or until broccoli is tender. Using a blender, puree mixture until smooth and creamy. Retain to pot, whisk in fake milk and spices and simmer for 10 minutes. Meanwhile steam the broccoli florets for like 3 minutes, then throw them in. stir a couple more minutes, then serve, maybe put some chives on top.

Vegetable Chowder

- 1 tbsp oil

- 1 small onion diced
- 1 large celery stalk, diced thin
- 1 large carrot sliced
- 1 clove garlic diced
- 2 cups water
- 1 medium russet potato peeled+diced
- 2 ripe tomatoes
- ½ cup fresh or frozen corn
- 2 tbsp tamari
- 1 tsp basil
- 1 large bay leaf
- ½ tsp salt
- pinch o black pepper
- 2 cups soymilk

in a large pot, sauté onions in oil til translucent. Add celery, garlic and carrots then sauté for a little while longer. Add water, potatoes, corn and spices. Bring to a boil and then reduce to a simmer. Cover and cook 14 minutes. Add tomatoes and simmer for 15 minutes more. Add soymilk heat through and adjust spices.

Bean Soup

- 1 ½ cups of dried beans-any kind, just mix ‘em up.
- ¼ tsp ginger
- 1 large onion chopped
- ¼ tsp lemon pepper
- 1 tbsp BBQ sauce
- ½ tsp crushed red pepper
- 2 cloves of garlic chopped
- 1 can tomatoes. Um, organic? Thanks.

- Some chilli powder
- 2 tbsp catsup if you have some
- 2 stalks celery

Wash those beans thoroughly. Place them in a large pot and cover with 6 cups cold water, then cover and let to sit overnight to soak. Tomorrow, add the ginger. Bring to a boil and cook until the beans are tender. Add everything else, then let it simmer for 3 hours. Stir and add water as needed. (Mike's Mom again)

Lentil Spinach Stew

- 1 cup lentils cleaned and drained
- 1 celery stalk
- 1 tsp salt
- 1 tbsp olive oil
- 2-3 cloves of minced garlic
- 1 bay leaf
- 5-7 cups water
- 1 onion
- 3 tbsp chopped parsley
- 3 medium tomatoes, peeled and chopped
- reserved juice
- 1 lb spinach

In a large soup pot, place lentils, bay leaf, ½ tsp salt, celery, water and tomato juice. Bring to the boil. Lower heat and skim off foam. While lentils are cooking, sauté onions with ½ tsp salt, lower the heat and add the garlic and parsley. Cook until the onions are soft. Add tomatoes and cook for 5 minutes. Add to the lentils and cook until tender. If you are using fresh spinach, cut into ½ strips to make 4 cups. Stir into lentils. When wilted, thin soup and add the seasonings. Remember to remove the bay leaf before you serve it though because those things are poisonous. Simmer for five minutes.

Lentil and TVP Stew

The TVP seems to only come the minced form in USA (circa late '80s – ed) but if you can get the chunks then this recipe tastes far better. The chunks are more meaty and absorb the flavour of the stew much better.

- 4 oz textured vegetable protein
- 2 large onions
- 1 litre of the sieved / strained tomatoes stuff that comes in cartons and is %100 tomatoes
- 4 carrots
- 1 tbsp oregano
- 1 tbsp basil (pesto is better, so use that if you can)
- 8 oz green lentils
- 2 oz macaroni (un-enriched)
- 3 pints vegetable stock

put the TVP, tomato liquid, the chopped carrots and the vegetable stock into a large saucepan and cook for half an hour with the lid on – it spits red everywhere if you don't use a lid so make sure you do...add the herbs and salt and pepper (lots of them) now too. Then pour in the chopped onion after the half an hour is up. The lentils go in now as well. Then leave it to cook the lid off and lower heat for another twenty minutes. The macaroni goes in now and cooks for another fifteen minutes. This is nice with crusty bread, but seeing as good bread is impossible to get and or very expensive in American, I offer my commiserations. Its great with brown rice too, and then a little goes a long way. It IS rich, though, so don't even think you can eat it all by yourself. It is very warming, very filling and some kids like to eat it cold, too...as a sort of lentil and pasta and tomato salad type thing. Double purpose dinner = great (vique simba)

Chickpea Ragout

- 4 medium tomatoes
- 2 tbsp oil
- 1 cup quartered mushrooms
- 1 minced onion
- 1 minced garlic clove
- 1 diced zucchini
- ½ tsp crushed thyme leaves
- ½ tsp crushed oregano leaves
- 2 cups cooked brown rice
- salt and pepper to taste

Core tomatoes and set aside. Heat oil in a large pan and sauté mushrooms, onion and garlic for about five minutes. Stir chickpeas, zucchini, thyme, oregano, salt and pepper. Add tomatoes; bring to a boil; reduce heat and simmer, uncovered until vegetables are tender, about ten minutes. Serve over brown rice. Makes enough for four people (mike markarian's mum)

Stew for Two

- 8 tiny new potatoes
- 3 large carrots
- 2-3 tbsp margarine
- 1 small onion
- 1 stalk celery, chopped
- 4 broccoli stalks, without florets, peeled and cut into ½ inch pieces
- 2 small zucchini diced
- 1 cup frozen lima beans (optional)
- ½ cup frozen peas (optional)
- ¼ tsp celery seeds
- ¼ tsp dried sage
- ¼ tsp dried marjoram
- ½ tsp salt
- 1 vegetable stock cube
- 1-2 cups water

Place potatoes and carrots, whole, in a vegetable steamer, covered, over boiling water for fifteen minutes. Cut carrots into ½-inch slices. Peel potatoes and cut into 1 inch cubes. Set aside. Melt margarine in a large heavy saucepan. Add potatoes, carrots, onion, celery, broccoli, salt, bouillon, cover and simmer for 10 minutes, stirring occasionally. This is good stew. And guess what? It serves two!

Cream of Mushroom Soup

1+ ½ lbs fresh mushrooms

1 onion chopped

5 garlic cloves

1 cup diced celery, leaves too

½ cup veg broth

10oz silken tofu

1 cup soymilk

1/8 cup tamari

1/8 cup water

clean and chop mushrooms. Put veggies in broth and cook for 15 minutes, leaving to simmer on low. Puree with tofu, soymilk and spices. Return to the pot and heat through before serving.

Cream of Potato Soup

2 tbsp oil

1 large onion, diced

2 cups water

3 medium russet potatoes, sliced thin

1 tsp dried parsley

½ tsp dried cilantro (optional)

½ tsp dried dill

¼ tsp sea salt

¼ tsp black pepper

1 cup soymilk

in a small saucepan, sauté onions until see-through. In a big pot, bring water to a boil and add potatoes, onions, herbs, salt & pepper. Reduce to a low boil and cook 20 minutes or until the potatoes are soft. Whip the soup in a blender until smooth. Return to pot on low heat. add soymilk and adjust spices to taste. Heat through and serve.

Corn Chowder

¾ cup chopped onion

oil

3 potatoes, peeled and diced

2 cans of corn

½ to ¾ cup soymilk

salt and pepper

sauté onions in some oil until brown, then add potatoes and stir around. Add enough water to cover and cook potatoes until tender. Add corn and soymilk. Cook until warm and season with salt and pepper.

Light Minestrone Soup

½ medium cabbage, coarsely chopped

1 medium onion, coarsely chopped

¼ cup chopped parsley

1 clove garlic

1 tsp oregano

pepper

some oil

5 cups water

2 veggie stock cubes

1 16oz can tomatoes (organic!)

¼ lb spaghetti or other pasta

1 medium zucchini, sliced up

1 can of beans, rinsed (you decide between kidney, garbanzo, chi-chi, barlotti and the rest)

sauté the cabbage, onion, parsley, garlic, oregano, pepper in some oil for like 15 minutes, stirring. Add water, stock cubes and tomatoes. Bring to a boil. Stir in the pasta, zucchini and beans. Cook for like 10 more minutes stirring whenever, or until pasta is done.

Chickpea Soup

2 cups dried chickpeas, soaked overnight, or 2 cans o' peas

2 onions, chopped

3 carrots, chopped

3 potatoes, cut into small pieces

some salt

1 tsp turmeric

1 tsp coriander

a little cayenne (don't be a wuss, put some more in ferchrissake!)

black pepper

maybe the juice of half a lemon or so

put chickpeas, onions and 8-10 cups water in a large pot and bring to a boil. Lower to simmer for one-hour. Add potatoes and carrots, some more water and spices (but not the black pepper). Bring to a boil, cover and simmer for like 2 hours. Then add black pepper and lemon juice.

Sarah's Stew

1 lb tofu, cut into large cubes

1/3 cup soy sauce

pepper

1 cup chopped white onion

1 tbsp oil

1 clove garlic, chopped

1 cup carrots cut into thin rounds

1 cup tomato wedges

1 cup potatoes cut into cubes

1 cup veggie broth/stock

salt and pepper

½ cup green peas

½ cup boiled yams

1 bay leaf

Dip cubed tofu in soy sauce and sprinkle with pepper. Set on a lightly oiled baking dish for thirty minutes in the oven at 350F. turn halfway through to make sure all the sides get browned, then set aside.

In a deep skillet, brown the onions in oil. Lower heat and stir in carrots, tomatoes, potatoes, yams and seasoning. Add broth. Cover and simmer for 45 minutes, stirring occasionally. Add the peas and simmer until tender, then stir in tofu chunks.

Vegetable Bouillabaisse

4 medium tomatoes

2 tbsp olive oil

2 yellow bell peppers, diced

1 red onion, diced

1 garlic clove, minced

1 tsp fennel seeds, crushed

½ tsp dry thyme leaves, crushed

1 medium zucchini, sliced

1 cup vegetable broth

¼ cup white wine (optional for you sXe kids...)

2 pieces orange peel (1 inch slice)

19oz can white kidney/navy beans, drained and rinsed

Core tomatoes; cut in halves, then cut in wedges, making about 4 cups. Set aside. Heat olive oil in a large skillet until hot. Add peppers, onions, garlic, fennel seeds and thyme; cook and stir for 5 minutes. Add zucchini; cook and stir for 5 minutes longer. Add broth, wine and orange peel. Bring to the boil. Reduce heat, cover and simmer for 5 minutes. Stir in beans and reserved tomatoes, simmer for another 5 minutes. Salt and pepper to taste. Serve with bread or rice or something. Makes about four servings. (from mike markian's mum)

Black Bean Chili

1 tbsp oil

2 cups chopped onion

½ cup chopped celery

½ cup chopped carrots

½ cup seeded and chopped red or green bell pepper

4 cups cooked or canned black beans

2 cups stock or water

2 tbsp minced garlic

2 tsp cumin

½ tsp dried oregano

¼ cup chopped fresh cilantro (coriander)

2 tbsp sweetener

chilli powder to taste (lots!)

1 cup chopped plum tomatoes

2 tbsp tomato paste

Sauté onions in oil over a medium high heat for 10 minutes. Add celery, carrots and peppers and sauté 5 minutes more, stirring a lot. Add everything else and bring to the boil, then lower the heat and simmer, covered, for at least an hour. This is really good covered with extra cilantro and chopped green onions and a little nutritional yeast. Oh, and I adapted this from a recipe in Vegetarian Times.

Veggies

Edison St Pizza

- 1 yeast packet
- 1 tbsp oil
- about 3 cups of flour
- ¾ cups warm water

in a bowl, mix water, yeast and oil. Stir it all up, then add flour. After mixing, more water may be needed. It should form into a ball, but don't make it too watery. Cover and let rise for 45 minutes.

Toppings:

- Tomato sauce
- ½ lb firm tofu smashed up
- three (or more!) cloves of garlic
- one can of no sugar added chunky pineapple
- maybe some co-op broccoli, nutritional yeast cheese, onions, spinach or whatever your favourite veggie is...

Place the dough on the cookie sheet that has been oiled. Using a fork, stretch dough to look like a pizza pie. "this is about the best way for a punk pizza, unless you think you're a corporate pizza guy and make a Frisbee pizza" says Don. Throw on some toppings and cook in a pre-heated oven set at maybe 400F for about 20-25 minutes and eat hot, "but even with out the cheese you can burn the roof of your mouth

and get that skin hanging off“ he warns. (Don Irwin)

Garbanzo Bean Burgers

- 2 cups garbanzos, mashed
- 1 stalk celery, finely chopped
- 1 carrot, finely chopped
- ¼ small onion minced
- ¼ cup whole wheat flour
- salt+pepper
- 2 tsp oil

mix ingredients (except oil) in a bowl. Form patties. Fry in oiled pan over medium-hi heat until burgers are golden brown on each side. (chy lin)

Curried Vegetables

Erick claims curry is an essential part of the vegan diet and should be consumed at least twice a week

- Cauliflower, as much as you want, cut into florets
- Potatoes, more than you want, cut into chunks
- Peas, if you want
- Any other veggies laying around
- Cardamom, turmeric, cloves, cumin, mustard seeds, cayenne, cinnamon, ground coriander seeds or ground does not matter, use amounts to taste

Before you start, boil the potato chunks, the sauté the onions and spices in a little bit of oil. Throw the mustard seeds in first because they pop like popcorn. Stir in the cauliflower first, making sure its coated in spice. When the c-flower is tender, throw in the potatoes and mush them up sorta so you've got a pasty thing going. Add a little water occasionally so nothing burns. Then throw in the peas and other veggies (I bet cashews and currants would be rad too-pk) and then stir it up again to spread out the spices. Cook everything until tender. Then add a little lemon juice and you have a huge pot of good veggies (Erick recinos)

Armenian Yams

- 2 sweet potatoes
- ½ lb hummus
- 1 cup maple syrup

Slice the sweet potatoes in half the long way. Cover with hummus and maple syrup and bake at 450F for 1 hour.

Stuffed Mushrooms

- 10 stuffing mushrooms
- 1/3 lb yellow squash, shredded
- 1 small onion chopped
- 1/2 a carrot shredded
- a pinch of garlic powder
- salt+pepper
- oil

Take the stems off the mushrooms so it leaves a cavity. Chop the stems up and add to a pan with the oil, onions, carrot and squash. Sauté for 10 minutes, until the squash is soft. Stuff the caps with the mixture and heat it in the pan, bottom down (duh) for 10 more minutes.

Lemon Broccoli

- 2 medium-large heads of broccoli
- 1 cup water or veg stock
- 3 tbsp margarine
- juice from 1 lemon
- 1 1/2 tbsp tamari
- 1 1/2 tsp grated lemon rind
- salt to taste
- sesame seeds (un hulled) for extra calcium

Remove the tough ends of the broccoli stems and cut into six large spears. Bring water/stock to a boil, then add broccoli. Reduce heat to simmer and steam through 3-7 minutes depending on the thickness of the stem. Meanwhile, melt the margarine in a small pan over med-low. Stir in the lemon juice and tamari. Remove from heat and add the rind. When broccoli is done, drain thoroughly and return to pan. Toss with lemon sauce and throw on some sesame seeds.

Nutritional Yeast Cheese

Mike gets props for this stuff.

½ cup nutritional yeast flakes

½ cup flour

1 tsp salt

½ tsp garlic powder

2 cups water

¼ cup margarine

1 tsp wet mustard

Mix dry ingredients in a saucepan. Whisk in water. Cook over medium heat, whisking, until it thickens and bubbles. Cook 30 seconds more, then remove from heat, whip in margarine and mustard. It thickens as it cools, or add water to thin it. (new farm).

Ethiopian Tomato Salad

½ a jalapeno pepper, chopped

½ cup chopped red onion

juice of half a lemon

¼ tsp black pepper

3 tomatoes, chopped

Mix of the ingredients together. Add salt to taste, serve chilled (tricia arrington)

Refried Beans

Jon Hiltz=Token Boy

Two ways to mash beans: in a food processor, but save some (1/3 if you ask me) so there's still some whole ones. Chop some onions (a good sized one for every can or two of pinto beans) and sauté in some oil (extra virgin olive for us snobs) which is hot enough to make them sizzle but not hot enough to make them smoke. Along with the onions, put in decent amounts of cumin, coriander and chili powder, perhaps some salt as well. Once it's all browned, add your beans, along with some salsa (only Enrico's organic will do) and some pepper, mustard powder and SPIKE if you keep it around. Now concern yourself with stirring the whole thing up pretty regulary to keep it from burning, until it gets to a consistency you like-the thicker the better, as far as I'm concerned. Gradually reducing the heat speeds up the process a little bit and also cuts down the chances of burning your mouth once you put it all together. Just before you finish, be sure to crush some fresh garlic and throw it in (remember, garlic is your friend). To consume in the ever popular burrito form, heat up tortillas (I use either whole wheat chapattis or sprouted tortillas exclusively. If you have to ask, you either haven't had them or you're just strange). Rice and/or veggies are also good to add, but I usually stick to beans and salsa. Plus they're

great right out of the refrigerator, so do yourself a favor and make lots. (verbatim, from jon hiltz)

Spicy Sweet Potatoes

2 medium sweet potatoes

2 tsp finely chopped ginger

2 finely chopped jalapenos

3 tbsp peanut butter

some tamari

Cut the sweet potatoes into 1 inch cubes, then parboil them for 10 minutes in 1 inch of water. Take the potatoes out, and add the other ingredients to the water. Stir it up, and then cook it all at low heat. When it's warm, add the sweet potatoes and mix it all together. (Rachel, who quit the bread shop)

Mushroom Walnut Pate

2 lb white mushrooms

5 oz walnuts, chopped

½ lb soft tofu, blended

1 onion, finely chopped

2 cloves garlic, minced

¼ oz black pepper, ground

2 tbsp oil

1 bunch parsley, chopped

Saute mushrooms, onion and garlic mixture in the oil. In a blender, puree the mushroom mixture til sorta smooth. Combine the puree with black pepper, parsley and nuts, then fold in the tofu. Chill in refrigerator before serving (mike's mom)

No Oil Potato Chips

Some red potatoes, well scrubbed

Salt and Spike! and pepper

Our friend Pam

Preheat oven to 300F. Spray a cookie sheet with Pam. Slice the potatoes really, really thin and put them on a thin layer across the cookie sheet. Sprinkle them with the spices. Bake until they're crisp, like 10-15 minutes. (moon)

Sweet Potato Fries

2 medium sweet potatoes

1 ½ tbsp oil

curry style:

1 tsp curry powder, ¼ tsp tumeric, ¼ tsp cumin, ¼ tsp ginger powder, ½ tsp salt

Cajun style:

1 tsp dry mustard, 1 tsp paprika, ½ tsp thyme, ½ tsp salt, ½ tsp Tabasco sauce

Preheat oven to 400F. scrub the potatoes and cut ¼ to ½ inch thick sticks. In a cup, mix all spices (curry or Cajun) and the oil together. Put the potatoes in a bowl, and throw the oil stuff on them. Toss to coat, then arrange the sticks on a baking sheet. Bake at 400F for 35-40 minutes.

Pastas

Tomato Basil Pasta

- ½ cup olive oil
- 2 cloves garlic minced
- 4 sliced green onions
- 3 large tomatoes peeled and chopped
- 2 tbsp chopped fresh basil
- salt+pepper
- angel hair pasta

heat oil and add garlic and green onions. Sauté for a minute, then add tomatoes, basil, some salt+pepper. Cook for two more minutes, stirring. Toss tomato stuff with pasta and eat.

Pasta Agli y Olio

Just get some water boiling, ok? At the very least, chop up some broccoli to steam when the pasta's done but you can do more if you want. I'll get into that later. Anyhow have some garlic peeled and ready to crush too. All this can easily be done in the time it will teak for your pasta to cook (and make sure you don't overcook it or I'll be really upset (Blind Faith, Jon?) As for steaming yr vegetables, if you have on of those neat built in colander pots, you can briefly steam tem w/ the same water after you take the pasta, but if not, you'll need to work something else out. After you drain the pasta put it in a bowl and add some olive oil and mix it up so the pasta won't stick together. Crush your garlic on top of the pasta (if you don't have a garlic press, get one now). For a guideline, say 8-10 garlic cloves (big ones) per pound of uncooked pasta would be a good start out. In addition, add some salt, some fresh ground pepper,

basil, oregano, red pepper or chilli powder and most importantly, spike and nutritional yeast. Throw in the vegetables and the more olive oil and mix it all up some more, then eat. Best enjoyed with orange juice, particularly if there's lots of garlic.

Super deluxe version

This requires more preparation time, so if you're going to do this part, you need to get it started before you to the pasta thing. Sauté together onions, zucchini, sun dried tomatoes, mushrooms, tofu, tempeh and some garlic-keeping plenty aside to add raw later on of course. When I do this, I simmer it covered along with some oil, vegetable stock, tamari, wine vinegar, plus some more of the seasonings from the other version. You can turn it off and let it sit for a while if you need time to let the pasta cook. Make sure to save the broccoli steam it at the end so its nice and crunchy, and don't forget the garlic (jon hiltz)

Revolution Grrrlc Style Now with Sun Dried Tomatoes

- A box of pasta, preferably angel hair
- A bag (cheap) or marinated jar (not cheap) of sun dried tomatoes
- 6-8 cloves of grrrlc
- a bit of olive oil

put enough olive oil in the pan to coat the bottom, then sizzle the grrrlc. Then add tomatoes (if they're marinated add straight from the jar-if not, you have to soak them for 5 minutes in water). Sauté over medium heat for about 10 minutes. Meanwhile you are cooking the pasta. When they are both done, mix them together (Megan Farrell)

Chickpea Spaghetti

- Yeah, spaghetti (whole wheat gets thumb's up)
- 2 cans of chickpeas, drained
- 15oz can of tomato sauce
- 9oz can of tomato paste
- 1/3 cup flour
- onion powder, oregano, basil and garlic

In a bowl, mash a can of the chickpeas and mix in the flour and garlic and onion powder. Form into balls (these are going to yr "meatball" type stuff) and fry in oil until brown. Next put the rest of the gradients in a pan and heat it all up. Serve them both over spaghetti (regina from Syracuse)

Inti Pasta

Yeah, I know this recipe isn't the real Inti Pasta, but I told that kid to send me his recipe and he never did. That's ok though because this what I remember from that dinner party we had at Daisy's and this

tastes great too.

- 1 medium eggplant
- 2 tomatoes
- 1 can tomato paste
- olive oil
- 1 large onion chopped
- 2 cloves garlic minced
- salt+pepper, basil, oregano and red pepper

Cut eggplant into chunks. Sauté the garlic and onions in oil until its translucent, and then add the eggplant and cover. Stir it every so often, and keep cooking until the eggplant cooks down. Add some salt to help you. It's done when it's all the way soft and not bitter. Now add the tomatoes (chopped) and one tsp tomato paste. Add a little sweeteners if its bitter. Add more salt while you're at it. This makes a pasty mess that's more eggplant-y and less tomtoey. Add the rest of the spices, and cook a little longer. Toss with rotini and add some olive oil over it and of course nutritional yeast.

If you use the whole box of rotini, this feeds me and Moon and that week's houseguest. However, I don't think Moon's eaten this in a while. Also Inti fed like 10 people at Daisy's. I can't figure out how (inti carboni, sort of)

Baked Ziti

1 lb extra firm tofu

1 lb soft tofu

1 lb ziti or other fun pasta

tomato/spaghetti sauce

salt+pepper, oregano, garlic, basil, a small onion, chopped

cook the pasta per its directions. In a food processor or blender, blend the tofu onion and spices to taste. Mix the tofu stuff with the pasta and cover with lots of sauce. Bake at 375F for 35-45 minutes in a casserole pan. Pour on more sauce as it cooks so it doesn't get too dry and eat. (laura solitare)

Mediterranean Pasta

1 or two sweet red peppers, sliced thinly

12 or more Kalamata olives, not just any black olives, ok?

4 green onions sliced

2 cloves of garlic, minced

pinch of salt

olive oil

fettuccini, linguine or angel hair

Over a medium flame, sauté the garlic in the oil for a minute. Add the green onions and sauté 2 more minutes. Smells good, huh? Add the olives and peppers and sauté a few more minutes, stirring, sort of. Make sure the heat isn't too high. Add the salt and cook 4 more minutes, then take it off heat and serve it over the pasta.

Pernice Penne

1 lb De Cecco penne

1 lb tomatoes, chopped

5 artichoke hearts, cut up

1 small onion, finely chopped

fresh spinach, cooked

2 cloves of garlic, minced

handful of parsley, chopped

olive oil

fresh ground black pepper

Saute the onion, garlic and parsley in $\frac{1}{4}$ cup of oil. Add artichoke hearts and tomatoes. Cook 10 minutes over low-medium heat, stirring occasionally. Add fresh spinach and stir. Throw in pepper to taste. Finish cooking over moderate heat. cook penne for 10 minutes, drain and add the sauce. (Susy Farrell)

Zucchini Lasagna

1 lb cauliflower

1 lb zucchini cut into strips

$\frac{1}{2}$ lb tofu

10 oz frozen spinach

1 clove garlic

oregano

6 oz spaghetti sauce

2 tbsp nutritional yeast

cut the cauliflower into little teeny pieces, steam and drain. Cook and drain spinach. Mash and drain tofu. Place zucchini strips on a non-stick pan or cookie sheet and bake at 375F for 10 minutes, flip and cook 10 more minutes, then set aside. Mix tofu spinach, garlic and herbs. Set aside. Spoon on a layer of the tofu mixture, then a layer of cauliflower. Add the rest of the zucchini and spread the tomato sauce on it. Sprinkle with nutritional yeast. Bake covered at 375F for 25 minutes, then uncovered for 15 minutes more. Try this substituting eggplant for the zucchini sometime. (tricia arrington)

Spinach Manicotti

One recipe nutritional yeast cheese

1 lb firm tofu

1 package frozen chopped spinach (defrosted)

lots of tomato/spaghetti sauce

manicotti noodle (you don't have to cook them)

make the cheese. Crumble the tofu in and mix with the cheese add the spinach an whatever spices you need. Place a thin layer of tomato sauce on the bottom of a 9x12 casserole pan and stuff manicotti with the cheese mixture. Place them on top of the tomato layer. Cover with remaining sauce. Cover with foil and bake at 350F for 30-40 minutes. (sally clinton)

Pesto Sauce, x2

It's sort of hard to find a pesto that doesn't have parmesan in it. Knorr makes one that's OK but hard to find. And hey! What are you doing eating out of a box anyway?

4-5 cloves garlic

2 tbsp dried basil

¼ to ½ cup olive oil

mince the garlic superfine or use a press, and throw it in a small bowl. Add the rest and mix together. Rub the basil on the side of the bowl to bring the flavour out. Toss with pasta or use in soups, etc.

Fresh Stylee (for dates)

½ cup pine nuts

3 cloves garlic

1 or 2 bunches of fresh basil

½ cup olive oil

Chop the nuts and basil superfine and mince the garlic. Crush these three together in a cup and add the oil until you get a thick paste. Yeah.

Monster Pasta Sauce

A carton of sieved tomatoes (pomi)

1 zucchini

1 eggplant

2 carrots

1 onion

2 cups mushrooms

salt and pepper

peanut butter

oil

sauté the veggies in oil until tender. Add the tomatoes. Either leave it in the saucepan for 15 minutes or throw it in a casserole dish to bake for like an hour or hour and a half. The longer it can be cooked, the better it gets. At the last moment, add a dessert spoon full of nut-butter but only a little so you don't O.T.T. It gives an incredible flavour. Serve over pasta (or rice). (viq simba)

Rice Noodles with Ginger and Snow Peas

8oz rice noodles or bean threads

½ to 3 tbsp oil

1 tbsp peeled, slivered ginger

3 cloves garlic, minced

3 stalks of green onion, sliced

½ cup shredded carrots

20 snow peas

pinch o salt

½ tsp sesame oil

some chilli oil

Prepare the noodles per directions. Heat the oil, sauté the ginger and garlic together until they start to get red. Add the green onions, carrots and snow peas. Cook stirring two minutes. Stir in the salt. Add the noodles and toss. Remove from the heat and stir in sesame and chilli oils, if you want. Really good with fried tofu, too.

Sesame Noodles

Chop up 2-5 scallions and several cloves of garlic. Sauté in sesame oil with some grated ginger and set aside. Mix up about ¼ cup tahini or peanut butter, 2 tbsp tamari and red wine vinegar and stir it up. Add water or green tea (if you have some) to thin it to a nice consistency. Adjust amounts of stuff as needed. Dump in the scallions and stuff. Steam up some broccoli and fry some tofu and when your noodles are done (udon, soba or regular pasta), mix the sauce with the pasta and throw on the broccoli and tofu. Good hot or cold. (kinda rebecca parker, kinda +kim)

Main Meals

Lentil Dahl

- As many lentils as you want to cook (preferably red)
- Oil (preferably canola)
- Shitake mushrooms (dried is OK)
- Sun dried tomatoes
- Water
- Cardamom (ground or seeds)
- Turmeric
- Cloves
- Cumin
- Mustard seeds
- Cayenne pepper (be careful – it's hot – only a pinch)
- Cinnamon
- Ginger
- Coriander
- Orange juice – just a little
- Garlic –lots of it – diced

- Onion – cut into chunks
- Salt and pepper

There seems to be a lot of ingredients but it's actually a really easy dish to make. Sauté the onion and the garlic in a big saucepan that will hold all your lentils and then some. Add the spices when the onion turns clear and sauté them for awhile. Add spices and salt and pepper according to your taste. Some people don't like stuff as spicy as I make it so go according to your own taste buds. You can throw in the lentils now and stir them until they're covered in oil and spices. Gradually start adding water and stirring. You should have the tomatoes and mushrooms (pre-soaked if dried) ready so add them and keep stirring. The dahl should be bubbling a little and starting to thicken. You can add a little orange juice now while it's simmering for a tangy taste. Stir a while longer, it usually doesn't take more than twenty minutes and then eat whilst piping hot! (erick recinos)

PK's Beans-n-Rice

I have to make this when Moon's not around because the girl cannot eat beans. It's psychological or something. Anyway, whenever you make rice, always make extra to keep because you can always use it for stuff and it takes a really long time to go bad.

- Some cooked rice
- Some beans, wither soaked overnight or the canned stylee
- Some red sweet pepper, if it's on sale or maybe green pepper
- Green onions
- Tomatoes
- Basil or other kind of spices but probably not cumin or tarragon because they are awful and since Moon won't be joining us, probably some Tabasco at the end

Sauté the onions and peppers in oil until they are kind of soft, then add the beans, some of the water from those beans, the tomatoes and the spices. Stir it all up, then add the rice a bit at a time to get a good ratio of beans to rice. Cook it for a while until it's all hot and then eat lots of it.

Donora Rice and Sauce

- 2 cups white rice
- 4 cups water
- cup spaghetti
- 4 oat bran pitas

Boil water in medium sauce bowl. Add rice and cook at a medium heat until the water is gone. Add the tomato sauce to heat it up. Serve with the pita bread. Enjoy (don Irwin)

Basic Cous Cous

Put in a pan 2+1/2 cups of water and be too busy to notice when it boils. If half of it has boiled away then don't worry – throw in your one-cup of cous cous anyway. If all the water disappears really quickly, don't worry because you can always just throw a cup of hot water from the tap in, give it a quick stir and hope for the best. If left for five minutes it magically turns all light and fluffy and tastes good, even if you screw it up totally. Then you can throw in some finely chopped green onions, carrots, and spike and take it to the show for the kids. And even if you can't cook at all, this really can't be messed up. The kids will love it and eat it even if you're too busy talking to your best friends to notice dull stuff like water boiling. (vique simba)

Maris Curried Cous Cous Salad

As the executor of this recipe, you have the power to create your own taste, especially since I don't have a set recipe to write.

Prepare

- One box of couscous (like 2 cups). Leave it along for a bit In a large frying pan/saucepan sauté with oil: 1-2 onions chopped relatively oil
- 3-5 cloves garlic
- 1 green pepper cubed

as these ingredients are cooking and getting soft, start seasoning:

- salt+pepper soy sauce or Braggs Liquid Aminos
- most curry powder (Frontier makes a rad on, look for Erick's suggestions in this section)
- whatever else you want-I forgot the rest now add the rest of the ingredients
- sliced mushrooms
- corn
- cooked chickpeas
- sunflower seeds

when everything is cooked. Combine the cous cous and veggies. Adjust seasoning. Stir in some diced fresh tomatoes. Eat and remark, "Yum, wasn't that easy?"(Daisy's friend Mari!)

Falafels

- 2 cups dried whole chickpeas
- 6 cloves of garlic
- 1/2 cup chopped parsley

- salt
- oil

soak the chick peas for eight to ten hours, then grind them up in a blender or something. Allow them to drain and “dry” before grinding them up. Mash the garlic onto the chickpeas, then add the parsley and some salt. Mix it all up. If you try to make it into a little ball and it doesn’t stay, then add a little water. Heat a wok with some oil in it and then make the falafel into little tight balls. Throw them (well not really) into the hot oil so they are floating and let them fry until they are brownish. Drain them, stuff them into some pita bread with lots of salad and smother the whole thing in tahini sauce.

Tahini Sauce

- 1 cup sesame tahini
- ½ cup water
- ½ cup lemon juice
- 1 tsp salt

mix thoroughly and use over everything (second favourite food ever). (ryan)

Hummus

- 2 cups cooked chickpeas
- 2 tbsp salt
- 1 clove garlic
- ¼ cup lemon juice
- ¼ cup chopped onion
- maybe some sesame seeds

Mix it up all in a blender until smooth. This is great on bread, in pita with salad, as a dip for crudités or chips and million other things. Make sure you buy lemons and not oranges, though, OK? In joke (mel)

Coconut Rice

½ cup onions – chopped

2 tbsp margarine

3 cloves garlic

a dash of cinnamon

a bay leaf

¼ tsp turmeric

salt

1 cup rice

2 cups water

1/3 cup coconut

some raisins

Sauté the onions in the margarine with the herbs and spices. When they get soft and translucent add the rice, water and coconut. Bring to a boil and turn down to a simmer and cover. Cook for about twenty-five minutes or until rice is done, and keep peeking to a minimum. When it's done stir in some raisins and eat. (rebecca parker)

Fresh Tomato Risotto

4 medium tomatoes

2 tbsp oil

1 + ½ cups rice

1 small onion

1 garlic clove

2 cups vegetable broth

1lb spinach

salt and pepper

Core tomatoes; coarsely chop, making about 4 cups. Set aside. Heat oil in a saucepan until hot. Add rice, onion and garlic; cook and stir until the onion is softened. Add vegetable stock; bring to a boil. Reduce heat and simmer, uncovered, until the rice is tender. Stir in the spinach, salt and pepper and reserved tomatoes; cook and stir gently just until the tomatoes are heated through. Makes four servings (from mike markarians mum)

Juliettes Wild Rice Salad Espanol

2 cups wild rice

dried apricots – diced

walnuts – chopped

orange zest from one orange

scallions – chopped

1 cup of orange juice

olive oil and apple cider vinegar

cover the rice with water and orange juice. Cook until done, but still a little firm. Toss in some dried apricots, walnuts and scallions. Make a vinaigrette dressing with the oil and vinegar. Pour over the rice and chill.

Lentil-Mushroom Bake

Stolen from the Soy not Oi! Cookbook, OK?

8oz red lentils

1 large onion, chopped

2 cloves garlic minced

mushrooms, chopped or slivered

margarine

thyme, coriander, oregano, basil, pepper

1 tbsp tomato paste

1 cube vegetable stock

½ cup bread crumbs

heat the oven to 375F. Grease a bread pan with the margarine. Put the lentils and stock cube in a pan, add some water and boil it all. Skim off the froth. Cover and simmer for twenty minutes. Drain the water. Melt some margarine and sauté the onions, garlic and mushrooms until soft. Add the lentils, then add the spices to taste and the tomato paste. Add half of the bread crumbs and mix it all up. Put it in the bread pan and sprinkle the rest of the bread crumbs on top. Bake for thirty minutes and eat it hot or cold. I tried this once and it was sooo good. Moon doesn't eat lentils either, but I bet she'd at least try this.

Soybean Casserole

1 lb soybeans

1 large onion

½ green pepper

1 or 2 cloves of garlic

½ cup vegetable stock

2 tbsp olive oil

oregano

salt and pepper

thyme

a can of corn

a can of tomatoes

nutritional yeast flakes

boil the beans for two or three hours. Fry the chopped onion and the green pepper and garlic in oil. When it's soft, add the stock and the spices. in a large oiled, casserole dish layer the ingredients like so: onions, beans, corn, tomatoes and nutritional yeast, and add lots of tomatoes and nutritional yeast on the top. Bake uncovered at 350F for one hour. (mel's mum)

Vegetable Hot Pot

1 14oz can chopped tomatoes

1 cup chopped walnuts

1 tbsp oregano

salt and pepper

4 large potatoes, peeled, cut into ¼ inch slices, parboiled (once boiling, allow to simmer furiously for eight minutes and then drain immediately)

2 green peppers sliced

2 onions, sliced

2 tbsp olive oil

mix tomatoes, walnuts and oregano. Season with salt and pepper. In a baking dish, put in a layer of potatoes, then peppers, then onions, then some of the tomato mixture. End up with potatoes again. Drizzle with olive oil and bake for an hour and a half at 350F, taking the foil off for the last half an hour. (mel)

Spicy Red Lentils

2 tbsp oil

1 cup red lentils

1 onion – chopped really well

pinch of cumin

pinch of chilli powder

2 + ½ cups water

sauté lentils, onion and spices in oil for two minutes. Add water and cook over a medium heat for fifteen minutes in a covered pot. Brown lentils take a little longer to cook. Stir when you feel like it, and serve hot.

Lentils and Rice

½ cup basmati rice

½ cup lentils (red are the prettiest)

1 + 1/3 cup broth or water

some veggies chopped up

spices, oil, salt

heat up 2 tbsp oil and sauté veggies in it until they are kinda soft. Add rice and lentils and sauté for two minutes. Add spices, water and a pinch of salt and stir once to mix it up. Don't stir it any more or you'll break the lentils. Cover and bring to a gentle boil, then lower the heat to simmer. Let it cook for twenty minutes without looking at it or anything. When the water is absorbed take it off the heat for five minutes, then stir it up and eat.

Hell No Beans and Rice

4 pounds pinto beans

1 onion

2 pounds brown rice

Let the beans soak in water for five to twelve hours depending on how anxious you are. Rinse and put them in a large pot. Cook for about two hours until they become soft. Be careful not to boil the beans too hard or the skin will come off leaving a gross mess. Fifteen minutes before they are done, add the onion cut up and some garlic, salt and pepper to taste. This will feed a lot of people for a few meals. Mix with some cooked brown rice and it will be very nice (don irwin)

Tofu + Tempeh

Faque Ribs

- 1 block tempeh, defrosted, ok?
- Bbq sauce. Uh, only Annies, please

- Some tamari
- Some minced garlic
- Some ginger, peeled and chopped

Cut the tempeh into strips that are like $\frac{1}{4}$ to $\frac{1}{2}$ inches thick, and place them in a shallow pan or something with the garlic and ginger, and enough tamari to get them soaking. Marinate it like this for as long as you can, at least an hour. After that hour, slather (what a great word) with the Annie's and bake them at 350F for like 20-30 minutes. Add more bbq as you need and make sure everything is covered with the sauce. If it gets bubbly, it's done. I used to make these w/out marinating them first because I didn't know any better. They were still ok. Anyway, jon's bbg tofu is better than this so eat it often. Make some potatoes too.

Hand-me-down BBQ Tofu

For 2 lbs of tofu:

Freeze tofu, defrost, drain and squeeze dry. Cut into chunks, slabs, strips whatever.

- 1 cup peanut butter, the natural kind
- at least $\frac{1}{4}$ cup oil
- 1 tsp paprika
- 2 tsp salt
- 2 tsp garlic powder
- $\frac{1}{4}$ tsp pepper

get this all mixed together

get the tofu covered in this and let it sit as long as you can stand it., like an hour, but you don't have to. Put some more oil in a baking dish and then dump it all in. spread it out as evenly and thinly as possible. Put it in a 350F oven for $\frac{1}{2}$ an hour and then flip it over and bake for another $\frac{1}{2}$ an hour. If it looks crispy, go to the barbecue part. If not, cook some more til it's crispy.

When it's ready, get a bottle of Annie's barbecue sauce. Don't even try to make your own because it won't taste as good and probably won't be much cheaper either. so, dump the whole bottle on and spoon it around so everything's covered and then bake for another 10-15 minutes until it's goopy. Take it out and don't forget to turn the oven off. (from jon, who got it from todd, who got it from someone else...)

Breaded Tofu Patties

- 1 lb firm tofu
- $\frac{1}{2}$ cup nutritional yeast

- ½ cup bread crumbs
- ¼ tsp basil, sage, and oregano
- chopped fresh parsley
- 3 tbsp tamari
- some oil

cut tofu into ¼ inch slices. Mix tamari and oil. Mix the dry stuff in a separate bowl. Dip the slices in tamari, then the dry stuff. Place on a cookie sheet and bake at 450F for 15 minutes. Serve it over rice w/kale for xtra calcium (x marsha x)

Tofu Rancheros

- 2 corn tortillas
- 2 tsp tamari
- 2 tsp water
- 4oz firm tofu
- ½ cup chopped onion
- ½ cup salsa or enchilada sauce
- ¼ cup nutritional yeast
- avocados, sprouts, olives, tomatoes, etc.

Toast the tortillas until they are crisp. Sauté the tofu (crumbled up) and onions together in the tamari sauce and water for a few minutes and then add the nutritional yeast. Maybe add a little more water so it's not too dry. Set it aside. Place tortilla in a skillet, cover half with the tofu/onion mixture and pour salsa on top. Cover and cook on low for a few minutes. Now put it on a plate with avocados and such, then make the other one. (hls-kg)

Faque Tuna

- 1 block tempeh
- 1 jar soy mayonnaise
- some pickle relish
- onion
- celery

- celery salt
- spike
- whole wheat bread

Steam tempeh for 15 minutes, because you can't eat raw tempeh. Let it cool, then grate it. Throw it into a bowl with like 2 tbsp soy mayo, some relish, chopped onion, celery, you get the idea. Add the spices, maybe some pepper. Mix it all up and throw it in the fridge because it has to be eaten cold. Eat it on a sandwich later with the whole wheat bread, tomatoes, lettuce, etc.

Tofu Pot Pie

1 half baked 9-inch pie crust:

2 cups flour

½ cup margarine

1 tsp salt

½ cup water

Pie Filling:

¼ cup flour

1 tbsp nutritional yeast flakes

1 tbsp salt

¾ tbsp garlic powder

3 cups firm tofu, bite size pieces

2 tbsp oil

1 cup finely chopped onion

1 cup sliced carrots

other vegetables as desired

Golden Gravy:

¼ cup flour

½ cup nutritional yeast flakes

1/3 cup oil or margarine

1 + ½ cups water

2 or 3 tbsp soy sauce or tamari

salt and pepper

Pie Crust: mix flour, margarine and salt together, adding water as needed. Separate dough into two balls. Roll one ball into a 9-inch pie shell. Bake for ten to fifteen minutes at 400F for a half baked pie shell. Roll the other ball into a top crust.

Filling: combine flour, yeast flakes, salt, garlic powder and tofu in a paper bag and shake. Sauté tofu mixture in oil until lightly browned. Add onion, carrots and any other vegetables of your desire, such as beans, peas or corn. The recipe calls for celery, but as this is the most disgusting vegetable in the whole world you aren't allowed to use it.

Golden Gravy: Toast the flour and the nutritional yeast flakes in a pan until they give off a nutty aroma. Add oil and stir until bubbly. Add water and cook until the mixture begins to thicken, stirring constantly. Add soy sauce and salt and pepper. Makes approximately two cups.

Back to the instructions: Pour Golden Gravy over the mixture and stir. Pour the new mixture into the half baked pie shell, top with the pie crust and bake at 375F for thirty minutes.

Alternatively, you can make double the amount of the pastry and buy some of those little foil dishes and make individual pier. Now, you have to re-use these dishes otherwise that is very unenvironmentally sound indeed. Now if you have lots of little pies, you can freeze them and are able to have little pies as quick ready meals instead of having to eat a big pie day after day for a week. Good plan?

Yum! Fried Tofu!

1 lb firm but not xtra firm tofu, stuck in the freezer, then thawed for texture

tamari, ginger and garlic

flour, nutritional yeast and probably spike

Slice the tofu into thin pieces and marinate them in a mixture of tamari, ginger and garlic. This doesn't have to take long. Dredge slices in the flour mixture and fry it in a pan with a bit of oil. Good for breakfast, or to take on the bus so everyone looks at you funny. (marge)

Curried Tofu Salad

4 tsp dried minced onion

½ cup soy mayo

2+1/2 tbsp curry powder

½ tsp paprika

1 lb firm tofu cut into chunx

2 cups chopped veggies, carrots, celery, peas, you know

1 tsp lemon juice

salt+pepper

Mix everything up in a bowl and cover it. Throw it in your fridge and eat it tomorrow or later today. (hxl sarah)

Tofu Marinade and Daikon

1 lb firm tofu, sliced

¼ cup water with 2 tbsp lemon juice

¼ cup tamari

½ tbsp minced ginger root

1 tsp rice malt

1 cup shredded daikon

¼ cup yellow squash, shredded

1 cup shredded lettuce

3 tbsp roasted sesame seeds

2 tbsp flour

Blend water, lemon juice, ginger, rice malt and tamari and pour it over tofu slices set in a shallow dish. Cover and refrigerate overnight. Mix together seeds and flour. Dip tofu into seed mixture and sauté until brown. Then mix it with vegetables. (hls)

Treats

Blueberry Cobbler

- 1 pint blueberries
- 1/3 cup water
- 1 ½ cups sucanat
- 1 tsp grated lemon rind
- 1 cup whole wheat flour
- ½ tsp salt

- 1 tsp baking powder
- 1/3 cups margarine

preheat the oven to 350F. combine the berries, water, $\frac{3}{4}$ cup of the sucanat and rind in a heat proof casserole dish. Bring to a boil on the stove and simmer for 2 minutes. Meanwhile, combine the remaining sucanat with the flour, salt and baking powder. Cut in the margarine until the mixture is crumpy crumbly. Sprinkle the crumbs over the fruit and bake about 25 minutes or until the top is browned, and serve it warm (HxL Sarah)

Banana Bread

(you thought I was kidding last time)

- 4 small bananas
- 1 cup sugar substitute
- 1 egg equivalent
- 1 $\frac{1}{2}$ cups plus 2 tbsp flour
- 1/3 cup melted margarine
- $\frac{3}{4}$ tsp baking soda

Preheat oven to 325F. Mash banana and blend in the other ingredients. Pour into a lightly greased pan and cook for 1 hour. It's done when a toothpick comes out clean. Sorry, no thanks list (Marge)

Chocolate Cake

- 3 cups flour
- 2 tsp baking soda
- $\frac{1}{2}$ tsp salt
- $\frac{3}{4}$ cup cocoa
- $\frac{3}{4}$ cups margarine
- 2 cups sucanat
- $\frac{1}{4}$ cup water
- 2 cups soy milk
- 2 tsp vanilla

sift together flour, soda, salt+cocoa. Cream margarine and sucanat. Add water gradually and beat well. Add the flour mixture alternatively with the milk, and do it gradually. Add the vanilla and beat well. It

should be a smooth but runny mixture. Pour the batter into 2 oiled 9x13 pans and bake for 40 minutes at 350F or until a knife comes out clean. Meanwhile, make the frosting.

- 1 cup cold water
- 5 tbsp flour
- 1 cup sucanat
- 1 tsp vanilla
- 3 tbsp cocoa
- pinch o salt
- 3 tbsp margarine

Combine flour and water in a saucepan using a whisk. Cook over a medium heat while whisking until it's thick and smooth. Cool completely by setting it in a pan of cool water. Cream everything else and whip it into the cold flour mixture until well blended and fluffy, then spread in between and on the cake layers. Extra Special Cake: spread with chocolate mouse and bananas or strawberries to the layers, throw coconut or sliced almond on the top, etc. Rad! (vique)

Fudge Brownies

Mix 1/3 cup flour with 1 cup water in a saucepan. Cook until thick, then cool completely.

Melt 1/2 cup margarine. Add 2/3 cup cocoa and stir until smooth. Cool.

Beat 2 cups sucanat, 1/2 tsp salt and 1 tsp vanilla into the cooled flour mixture, then add the cocoa mixture.

Mix 1 1/2 cups flour and 1 1/2 tsp baking powder and add to everything else. Add chopped walnuts or pecans if you want to. Bake in an oiled 9x13 pan at 350F for 20-25 minutes (veg.ed.network from new farm)

Chocolate Chip Cookies

- 1 cup whole wheat flour
- 1 cup unbleached white flour
- 3/4 cup chocolate chips
- 1/2 cup oil or melted margarine
- 1/2 cup chopped walnuts or pecans
- 3/4 cup maple syrup
- 1 tsp vanilla

- ½ cup rice milk
- 1 tbsp baking powder

Preheat oven to 350F. Mix all ingredients into a large bowl. After eating large amounts of cookie dough, drop the rest by spoonful into a lightly oiled cookie sheet. Bake 10-20 minutes until edges begin to brown (rice dream recipe book)

Chocolate Mousse

- 8oz silken tofu
- sweetener (I use maple syrup)
- some chocolate chips
- some vanilla

Mush the tofu in a blender until it gets all creamy and smooth. This may take some doing. If you're having a hard time, add a teeny bit of soymilk. Melt the chocolate over a double boiler. Start with maybe a quarter pound, you can always add some more. Add the chocolate, some sweetener and the vanilla to the tofu and blend it some more. Add extras of whatever you think it needs. Transfer it to a bowl and let it sit in the fridge for at least an hour, to thicken it.

Apple Raisin Spice Muffins

1 cup unbleached white flour

2 cups whole wheat pastry flour

1 tsp baking powder

½ tsp baking soda

1 tsp cinnamon

¼ tsp nutmeg

½ tsp allspice

1 cup water

1/3 cup maple syrup

2 apples cored and chopped

½ cup raisins

Preheat oven to 400F. mix everything in a big bowl and pour it into lightly oiled muffin tins. Bake for 20 minutes, then let them cool completely before you take them out, otherwise they'll fall apart.

Blueberry Muffins

$\frac{3}{4}$ cup whole wheat pastry flour

$\frac{3}{4}$ cup unbleached white flour

$\frac{1}{2}$ cup cornmeal

1 tbsp baking powder

$\frac{1}{4}$ tsp baking powder

EnerG egg replacer for 1 egg

1 cup rice or soy milk

$\frac{1}{3}$ cup maple syrup

1 cup fresh or frozen blueberries

preheat oven to 375F. mix all the dry ingredients and in another bowl, mix all the wet ones. Stir the wet into the dry, just enough to mix, don't over-mix. Oil a muffin tin and spoon in the batter, filling the cups $\frac{2}{3}$ full and bake for 20-25 minutes.

Cranberry Crunch

1 lb fresh cranberries

rice syrup to taste

1 cup rolled oats

$\frac{1}{2}$ cup whole wheat flour

1 cup sucanat or sugar

$\frac{1}{2}$ cup margarine

vanilla rice dream

Preheat oven to 350F. Place berries in saucepan and cook until they pop, then two minutes longer. Don't let them get mushy! Sweeten to taste with rice syrup and cool slightly. Put the oats, flour and sucanat/sugar in a bowl. Cut in the margarine until it's crumbly. Place half the mixture in the bottom of an oiled 8 inch square baking pan. Cover with the cranberry mixture and top with the remaining oats. Bake 45 minutes and serve hot with vanilla rice dream.

Fried Bananas

2 bananas, a little on the green side, cut into pieces

2 tbsp margarine

sucanat / sugar

cinnamon + nutmeg

Melt the margarine in the frying pan over a medium high heat. add the bananas and fry them around really fast. Coat the bananas by flipping them around in the pan. Try to do this without utensils because they break up the bananas, and make sure you're all fast or the bananas will get mushy. After a minute or so, add the sugar and ,aybe a little more margarine to make it saucy and then add cinnamon and nutmeg. Stir it up and serve it fully hot.

Cranberry Bread

2 cups flour

$\frac{3}{4}$ cup sugar/sucanat

1+ $\frac{1}{2}$ tsp baking powder

$\frac{1}{2}$ tsp baking soda

1 tsp salt

$\frac{3}{4}$ cup orange juice

egg replacer for 1 egg or half a banana

2 tbsp oil

1+ $\frac{1}{2}$ cups cranberries

$\frac{1}{2}$ cup chopped walnuts

Sift flour, sugar/sucanat, baking powder and baking soda, plus salt into a bowl. Make a hole in the center and pour in the orange juice, faque egg and oil. Mix, then fold in cranberries and walnuts. Pour into a 9x5 loaf pan and bake at 350F for 45-50 minutes. Cool+eat. (Rebecca/bulldozer)

Justin's Carrot Cake, Kim's Frosting

Justin's mom used to make this for him. If you can't find non-dairy cream cheese, this is good without frosting too.

$\frac{3}{4}$ cup sweetener

1 cup raisins

1 tsp nutmeg

2 cups whole wheat pastry flour

1+1/2 cups water

salt

1 cup grated carrot

1 tsp cinnamon

3 tbsp margarine

2 tsp baking soda

3/4 cup chopped walnuts

Preheat oven to 325F. Grease a 13x9 baking pan. Combine everything but flour, salt, baking powder and nuts. Bring to a boil in a saucepan and then let it simmer for 5 minutes. Pour this into a bowl and let it cool to room temperature.

Next, mix in the flour, baking soda and nuts. Put it all in a pan and bake for 40 minutes, or until a toothpick comes out clean. Let it cool on a rack and meanwhile, make the frosting:

1 package non-dairy cream cheese (ie Tofutti)

maple syrup

soymilk

vanilla

Whip the cream cheese with a mixer until it gets soft. Add a little soymilk to thin it, then add a little vanilla and some syrup. Keep mixing until it gets frosty looking. Then you may add more syrup to sweeten, but not more soymilk, ok? Frost the cake when it has completely cooled, and then put it in plastic or an air-tight container or something. Otherwise it gets brown and waxy and looks sick but still tastes great. This will make on big cake. (Justin+kim)

Chocolate Cous Cous Cake

First, soak 3/4 cup cous cous in 3/4 cup boiling water. After 5 minutes, fluff with a fork. Now make the chocolate part:

Bring to a boil 1 cup of water with 1+1/2 tsp agar agar flakes. Add:

2 cups soymilk

3/4 cup cocoa powder (or 1/4 cup cocoa powder and 1/2 cup chocolate chips)

3/4 cup maple syrup

1 tsp vanilla extract

pinch o' salt

Once heated through, add:

2 tbsp kuzu that has dissolved in $\frac{1}{4}$ cup water (no kuzu? Increase the agar by $\frac{1}{2}$ tsp and replace the kuzu with arrowroot).

Stir with a whisk until the mixture thickens 5-10 minutes and pour half of the chocolate mixture into a mold. Evenly sprinkle the cous cous into the chocolate in the mold, and pour the rest of the chocolate over it so the cous cous is covered and let it chill/form for 2 hours. If it works for you, you should be able to pop out a beautiful cake (mari again).

Applesauce Cake

$\frac{1}{2}$ cup oil

1 cup sucanat/sugar

2 cups unbleached flour

2 cups applesauce

1+ $\frac{1}{2}$ tsp baking powder

1 tsp baking sodas

1 tsp cinnamon

$\frac{1}{2}$ tsp nutmeg

$\frac{1}{2}$ tsp vanilla

$\frac{1}{2}$ cup raisins (optional)

Mix oil and sugar/sucanat well, add the applesauce, and mix in the dry ingredients. Beat until smooth. Pour into an oiled 9x13 pan and bake at 350F or until that toothpick trick thing works. (veg.ed.network from new farm)

Carob Oat Cookies

$\frac{1}{3}$ cup carob powder

$\frac{1}{4}$ cup margarine

$\frac{1}{4}$ cup water

1 tbsp soyamilk

$\frac{1}{2}$ cup peanut butter

2+ $\frac{1}{2}$ cup oats

mix carob, margarine, H2O + soymilk in a saucepan and bring to a boil. Lower to simmer for two minutes, and remove from heat. add the peanut butter and oats. Spread the stuff on a cookie sheet and put in the freezer for like 15 minutes. Yum. (Alyssa chunx)

Mrs House's Cookies

This is Moon's mom's contribution. She makes these for Moon when she goes on trips, and they're really good. Mrs House was their neighbor.

½ lb margarine

¾ cup sucanat/sugar

½ tsp apple cider vinegar

chopped walnuts

½ tsp baking soda

1 tsp vanilla

1+2/3 cups flour

Beat margarine and sugar together for about 5 minutes and then add the rest of the ingredients. Bake at 350F for 12-15 minutes.

Raspberry Chocolate Pudding

1 small thing of vitasoy chocolate

½ lb silken tofu, smooshed up

¾ cup raspberries

2 medium bananas, one whole, one sliced up to make it pretty later

1 tbsp maple syrup

2 tsp cocoa powder

¼ tsp cinnamon

Put vitasoy, tofu, most of the raspberries, the banana, the maple syrup, cocoa powder an cinnamon in a blender until it's smooth. Then refrigerate it for an hour, and after, garnish it with the other banana and the rest of the raspberries. (stolen from the vitasoy cookbook).

Blueberry Almond Mousse

1 little thing of original vitasoy (8.4 oz)

1 quart unsweetened apple juice

2 bars agar agar cut into 1 inch pieces

1 tsp vanilla extract

1 tbsp lemon juice

4 tbsp almond butter

¼ cup toasted slivered almonds

1 cup blueberries

2 tbsp maple syrup

Combine agar agar and apple juice in a large saucepan and bring to a boil, then let simmer for 10 minutes, until the agar is dissolved. Pour mixture into a large bowl. Refrigerate for one hour.

Next, take it out of the fridge and throw it in a blender, and puree it while gradually adding the vanilla extract, lemon juice, almond butter and vitasoy. Blend it all together until smooth and then refrigerate it for another hour. Meanwhile, mix the blueberries with the maple syrup, crushing it a little bit, and when the hour's up, throw the blueberries on top of the mousse with the slivered almonds. This is way involved, so save it for a date or something I guess. (vitasoy cookbook)