

Mostly Local
Packaging-Free
Gluten-Free
Vegan
Cookbook



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Freezing

Frozen Green Beans

Get a lot of green beans when they're fresh and cheap.

Wash thoroughly and remove stem ends.

In a large saucepan, bring enough water to a boil to completely cover the green beans.

When the water is at a full rolling boil, drop the prepared green beans into it and parboil for three minutes.

While they're cooking, half fill a clean sink or large bowl with ice, and cover the ice with cold water.

Remove the beans from the hot water and plunge them into the ice water. Let them cool for a few minutes, then remove them from the ice water and allow to drain in a colander until it stops dripping. Pack green beans into quart-sized freezer bags. Seal the bags and place in the freezer for later use.

(This method works for lots of different vegetables, such as chinese broccoli, snap peas, and asparagus.)

Frozen Zucchini

Get a lot of zucchini when they're small, fresh, and cheap.

Wash with a soft brush, and remove ends. Slice crossways, about ¼-inch thick.

In a large saucepan, bring enough water to a boil to completely cover the zucchini slices.

When the water is at a full rolling boil, drop the prepared slices into it and parboil for three minutes.

While they're cooking, half fill a clean sink or large bowl with ice, and cover the ice with cold water.

Remove the zucchini from the hot water and plunge them into the ice water. Let them cool for a few minutes, then remove them from the ice water and allow to drain in a colander until it stops dripping. Pack zucchini slices into quart-sized freezer bags. Seal the bags and place in the freezer for later use.

Frozen Corn

Get a lot of corn when it's fresh and cheap.

Preheat oven to 350F degrees.

Remove the silk and the tag ends off the leaves (they burn up in the oven). Do not remove the leaves.

Place the ears of corn directly on the oven racks, about 2 inches apart. With six ears on each of 2 racks, you can do a dozen ears at a time – of course, this depends on the size of your oven. Roast the corn for 30 minutes.

Remove the ears from the oven and allow to cool. Remove the leaves and any remaining silk. Strip the kernels off the cob. I have an Oxo Corn Stripper, which is nice, because it also collects the kernels and is a bit less messy, but you can easily accomplish the same thing with a sharp knife. Pack the corn kernels into quart-sized freezer bags. I like to put 2.5 to 3 ears worth in each bag – it seems like a reasonable amount of corn for 2 servings. Seal the bags and place in the freezer for later use.

Frozen Basil

Wash the basil thoroughly, and pat dry. Cut small leaves directly into the blender. Cut big leaves off, stack them, and cut them into small strips into the blender. I try to fill the blender container with basil leaves (not packed too tight). Add ¼ cup water to the blender container and blend on medium speed. Scrape the basil off the sides fairly often. If necessary, add a little more water. When the basil is fairly well chopped, scoop ½ cup of the basil water mixture into sandwich bags. Squeeze the air out, seal the bags and freeze flat.

Alternatively, steam the clean basil leaves in a microwave vegetable steamer for 1 minute. Let the leaves cool, then pack them directly into freezer bags and freeze flat.

Frozen Spinach and other Leafy Greens

Wash the leaves thoroughly and remove tough stems. Steam the leaves in a microwave steamer for one minute. When they're cool enough to handle, put them in a quart-size freezer bag and freeze for later use.

Frozen Blueberries

There are lots of U-pick blueberry places in our area. We have our favorite. Phone ahead to find out the condition of the field. Some years things ripen early, some years they ripen much later. Get there early, if you can – before the bushes get picked over.

Here's a tip: take an ice chest. When you're finished paying for your blueberries, dump them into the ice chest and fill it with enough water so that the blueberries float. They'll be mostly clean by the time you get home.

Wash and pick over the blueberries. Let them drain in a colander. Pack them into quart-size freezer bags until full. Place in freezer for later use.

If you have more than one freezer and a lot of bags of blueberries (we try to store about 50 quarts) distribute them to the different freezers while they freeze so that one freezer doesn't have to work too hard. You can organize them later.

Frozen Strawberries

Strawberries get mushy in the freezer. We use frozen strawberries in recipes where it doesn't matter, like smoothies, and margaritas.

There are lots of U-pick strawberry places in our area. Phone ahead for field conditions, and get there early in the season, and early in the day. Spread the freshly picked berries out in cardboard flats as much as possible, and drive home gently.

Wash and pick over the strawberries. Remove stems (unless you plan to dip them in melted chocolate – then the stems make convenient handles). Let the strawberries dry individually on towels. Pack quart-size freezer bags with whole strawberries. Place in freezer for later use.

Frozen Apples and Pears

There are lots of orchards in our area. The one pear tree and one apple tree in our yard provide us with enough frozen fruit for a whole year. (We do buy additional apples to eat fresh, and pick ours a little green both for tartness, and to avoid the worst of the invaders.) Wash the fruit. I peel pears, and don't peel apples – I can tell them apart in the freezer without labeling. Remove the cores (and worms, and worm holes).

Chop the fruit into bite-sized pieces into a 1 quart measure. When it's half full, sprinkle in an eighth cup of sugar. Continue chopping until the container is full. Sprinkle another eighth cup of sugar over the fruit and shake gently to distribute the sugar. Dump the fruit into a quart-size freezer bag and freeze for later use.

When you're using the frozen apples or pears in a recipe, remember that there's already a quarter cup of sugar in there.

Drying

Dry Beans

Beans are very easy and satisfying to grow yourself. The seeds are big, they come up quickly, make nice big leaves, and even improve the soil. And even if you don't have space for a garden, if you have a sunny spot, you can grow beans in a pot.

For dry beans I grow:

Black Beans – very prolific and good both green and dry

Jacob's Cattle Beans – an heirloom bean that is both tasty and fun - they're spotted

Swedish Brown Beans – an heirloom that my Grandpa grew; great flavor

Kidney Beans – great in chili-like stews

Pinto Beans – a good all around bean, and tastes right in refries

Scarlet Runner Beans – flowers are pretty and attract hummingbirds, and the beans are huge and taste great

Black-eyed Peas – difficult in our area, as they would like it a lot warmer, but a must-have for New Year's Day

The bean plants will make leaves for awhile, then start to bloom. When the flower is fertilized, a bean pod will start to grow. (Green beans are immature dry beans, but some beans have been developed to make the best green beans.) Of the beans listed above, only the black beans are very good for eating green, but they can get tough and stringy, so keep an eye on them. Let the to-be-dry beans develop on the plant. When they turn pale yellowish-tan (or purple in the case of black beans, or brown and leathery in the case of runner beans) they can be picked. Let them dry out for about a week, or until the pods are very dry. Then pop them open and collect the beans!

Don't forget to save some of the dry beans to plant next year.

Cooking dry beans is easy, but they do take time. On the other hand, they taste better than canned, don't have anything extra added, and save the energy and resources required to make the can, process the beans, print the label, ship the can to the store, and drive it home.

In general, place the desired amount of beans into a cooking pot. Fill the pot with water to about three times the depth of the beans. Bring the water to a boil over medium-high heat. Turn off the stove and let the beans soak in the hot water for about an hour. Alternatively, the beans can soak in cold water over-night. Extra soaking doesn't seem to hurt the beans at all. Beans will about double in size during soaking.

Drain the soaking water off the beans. Fill the pot with fresh water – the beans should be about an inch below the surface of the water. On medium-high heat, bring the water to almost boiling, then turn the heat down and simmer, covered, until the beans are soft – an hour or so for most beans. Do not salt the water until the beans are nearly cooked, as this makes the beans tough.

I like to cook a large pot of beans at a time, since whatever I don't use in the recipe I'm making, we'll either eat as a simple side, or they'll go into the soup of the week. Cooked beans can also be frozen for convenience.

Dried Onions

Buy a lot of onions when they're fresh and cheap. Peel and chop the onions (in batches) and spread the chopped pieces out on parchment covered cookie sheets. Dry them in a dehydrator if you have one, or heat the oven to 200 F degrees and dry them in the oven. This will take several hours. They don't have to be completely crisp to be considered dry. They're done when they're still slightly flexible - I like mine to be a bit brown, to be sure. Put them into a glass jar with a tight fitting lid. The onion bits will keep well for several months in a cool, dry, dark place.

Dried Tomatoes

Buy lots of tomatoes when they're fresh and cheap. If you don't have a dehydrator, preheat the oven to 200 F degrees. Wash and slice the tomatoes crossways, making the slices about a quarter inch thick. I like to use plum tomatoes for drying, as they're not too juicy. Place the slices in a single layer on a parchment lined cookie sheet, and dry in the oven for several hours. Keep an eye on them though. The finished dried tomatoes will be flexible and chewy, not crisp. (If they get crisp though, they're not ruined. They can be revived in soups and stews, but the flavor is a bit intense for snacking.)

Dried tomatoes are great snacks. I would like to tell you that they last several months in a jar with a tight fitting lid stored in a cool, dry, dark place, but the dried tomato monster in my house always eats within a week, so I really don't know.

There are other recipes for dried tomatoes that use oil, herbs, and salt. I like these - just tomatoes.

Dried Lemon and Lime Peels

You can grow your own lemons in this area if you keep the tree in the house for the winter. I have not acquired such a tree. When they are available from California (our closest provider), buy the largest bag of lemons and/or limes possible. Wash the lemons or limes, cut them in half crossways, and juice them.

Freeze the juice in icecube tray. Once they're frozen place the cubes into freezer bags for later use.

Preheat the oven to 200 F degrees. Peel the pulp and skin away from the peel, and discard it (or better yet, compost it). Chop the peels into small strips or pieces and place on a parchment-lined cookie tray. The pieces can be one to two layers deep on the cookie tray as long as there is enough space for air circulation. Place the cookie trays in the oven for several hours. The peels will be hard and dry, but not to brown when they're done. Put the cooled peels in a glass jar with a tight lid. The dried peels keep for several months in a cool, dark, dry place.

The zest can be revived by soaking in water, or ground dry in a coffee grinder to make a lemon or lime peel powder. Lemon peel powder is nice in a lot of baked goods. Lime peel powder can be sprinkled on tender plants as a deterrent to deer and rabbits.

Sprouting (Alfalfa Sprouts)

By the time we can't get any more fresh vegetables, some quart-size canning jars have already been emptied. Now we make sprouts.

A quart jar nicely grows 1 tablespoon of alfalfa seeds. Put the seeds in the jar. Put a square of fine-mesh tulle over the top and screw on the ring. Pour cool water into the jar, and then dump it out slowly, rocking and spreading the seeds as you do so. Leave the jar on its side, so the seeds have a large surface area to lie on. Repeat watering three to four times a day.

In about 2 days the seeds will split and little roots will appear. In about 4 days little leaves will appear. After 5-6 days the little sprouts will be ready to eat.

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Rice Bread / Buns

2 1/2 tsp yeast
1 1/2 tsp xanthan gum (or guar gum)
2 tbsp arrowroot powder
2/3 cup brown rice flour
1 1/2 cup white rice flour
1 tsp salt
2 tbsp sugar
4 tbsp olive oil
1/3 cup plain rice milk
1 1/2 cup water

Place all of the ingredients in this order into the bread machine pan. If your bread machine usually has you put the yeast in last, reverse the order. Set the bread machine to white bread and cook as usual. The bread may come out a little sticky, so you may want to bake it a little longer in the oven, or toast it before eating. Be sure to rinse the knife right away after slicing.

Alternatively, use hot water, and proof the yeast in the water with the salt and sugar. Mix the remaining dry ingredients in a large bowl. Stir the yeast mixture into the flours, add the oil and milk.

Plop 6 relatively same-sized globs evenly spaced on a parchment covered cookie sheet. Top with sesame seeds. Cover with a dishtowel. Place the pan in a warmed oven or draft free spot. Allow the dough to rise for at least an hour.

Preheat oven to 450 F degrees.

When the oven comes to temperature bake the risen buns until they sound hollow when thumped -- about 12 to 15 minutes.

Cool on a wire rack. Store unused bread or buns in the freezer.

Sorghum Buns / Pizza Crust

1 cup sorghum flour
1 cup potato starch (not potato flour!)
1/2 cup millet flour
2 tsp xanthan gum
1 1/2 teaspoons salt
1 tbsp tapioca starch
1 tbsp dried herbs of your choice
1 packet rapid dry yeast or 2 1/2 teaspoons
1 1/2 cup warm water (at 110 to 115 degrees F)
3 tbsp extra virgin olive oil
2 tbsp honey
sesame seeds (optional)

Proof the yeast in the warm water (110 to 115 degrees F) with the honey (add the yeast to the water and honey stir; allow it to get poofy).

Add the proofed yeast to the dry ingredients; add the olive oil, beat until a smooth batter forms. More like muffin batter than wheat based bread dough -- it is not as thin as cake batter, though.

Plop 6 relatively same-sized globs evenly spaced on a parchment covered cookie sheet. Top with sesame seeds. Cover with a dishtowel. Place the pan in a warmed oven or draft free spot. Allow the dough to rise for at least an hour. Sprinkle with sesame seeds.

Preheat oven to 450 F degrees.

When the oven comes to temperature bake the risen buns until they sound hollow when thumped -- about 10 to 12 minutes.

Cool on a wire rack. Store unused buns in the freezer.

For pizza crust, place a piece of parchment over the pizza pan, and with a flexible spatula, spread the batter so that it covers the whole pan. You can make it as thick as you like, but for this recipe, I usually make one large pizza and 2 buns. Allow to rise as above, and bake at 450 degrees F for about 10 to 12 minutes before adding pizza ingredients.

Bake the pizza as directed.

Cornbread

Dry

1 cup gluten-free all-purpose flour
1 cup cornmeal
1 1/4 tsp baking powder
1 tsp baking soda
1/2 tsp salt
1 tbsp sugar

Wet

1 1/2 cups water
6 oz. silken tofu, firm or extra firm
2 tbsp maple syrup
1/3 cup olive oil plus a tablespoon for the pan
1/4 cup white vinegar

Extras

1 pkg jalapeno soy or almond cheese, grated (8 oz.)
1 pint (2 cups) fresh or frozen corn kernels
1/4 to 1/2 cup chopped green onion or jalapenos

Preheat oven to 375 F degrees. Oil an 8 x 8" square baking pan.

Stir the dry ingredients together in a big bowl. Blend the wet ingredients in a blender or food processor until smooth. Mix the wet ingredients into the dry ingredients – don't worry too much about lumps. Stir in the extras – cheese, corn, onion, and/or peppers.

Pour into the baking pan and bake for 40 to 50 minutes, until the top is brown and the sides are pulling away.

This recipe is so cheesy it's hard to get an accurate toothpick test, but in my experience, cooking it a little longer makes it a lot better, and I think it would be difficult to over bake.

Veggie Cornbread

1 tbsp. olive oil
2 cups gluten-free all-purpose flour
1 cup cornmeal
1 tbsp baking powder
3 tbsp sugar
1 tsp salt
1 tsp baking soda

1/2 tsp xanthan gum
1 tsp ground cayenne pepper (optional)
1/4 cup olive oil
1 3/4 cups soy, rice, or almond milk
1/4 cup white vinegar
4 cups asparagus or frozen equivalent
2 cup frozen corn kernels
1/2 cup chopped onion

Preheat oven to 400 F degrees.

Pour the tablespoonful of olive oil into an 9x12" glass baking dish. Spread to evenly coat the bottom of the dish. Wash, chop, and steam the asparagus either in the microwave, using a microwave steamer or on the stove. If using frozen asparagus, leave out the washing, but chop if necessary, and steam. Thaw the corn slightly, to about room temperature.

In a large bowl, whisk dry ingredients together until well combined. In a large measuring cup or small bowl mix together the olive oil and milk.

Add the olive oil and milk to the dry ingredients and stir until all is moistened – it still may be slightly lumpy. Add the vegetables and continue to stir until all is uniform.

Pour the batter into the prepared baking dish, and bake at 400F degrees for about 30 minutes, or until a toothpick inserted into the middle comes out clean.

Corn Tortillas

3 parts masa harina
2 parts warm water
1 tsp spike or Mrs. Dash or plain salt

Mix the water into the masa harina until it forms a soft dough – not sticky. It will be the consistency of Play-Doh. Form the dough into balls – somewhere between the size of a golf ball and a tennis ball. The smaller the ball, the easier it is to squeeze. Cover the balls so they don't dry out. Place a sheet of wax paper or parchment on the tortilla press. Put one of the balls on the paper and cover with another sheet of paper. Press the tortilla. Heat a dry (non-stick) skillet over medium / high heat. Remove the tortilla from the paper and place in the pan. Cook about 1 minute or less on each side, until just brown. You may have to press the tortilla into the pan with a pancake turner, as they have a tendency to puff up. Press another tortilla while cooking. Keep the cooked tortillas warm until all are pressed and cooked. Serve.

We have been fortunate to find a Tortilleria not very far from our house. They make fresh corn tortillas every morning, and they're very inexpensive. The fresh, soft, moist, melt-in-your-mouth tortillas are completely different from the commercially available hard cold ones.

Searching out a Tortilleria near you is highly recommended and worth the effort!

Olive Oil Crackers

2 cups gluten-free all-purpose flour
1 cup medium grind cornmeal
2 tsp salt
1 tsp baking soda
2 tsp lemon pepper
1 cup warm water
2 tbs olive oil
coarse salt or other sprinklings for the tops

Whisk together the flours and salt. Add the water and olive oil. Mix, and knead by hand in the bowl. The dough should be just a bit tacky - not too dry, not too sticky to work with. If you need to add a bit more water (or flour) do so.

Preheat oven to 450 F degrees.

Pull off dough to form balls slightly smaller than a golf ball. Flatten the dough balls with a tortilla press (you can do 4-5 at a time). Set flattened dough on a parchment covered baking sheet – there is no need to leave any space between them, as they get slightly smaller during the baking process. Poke each cracker a few times with the tines of a fork to prevent puffing, and sprinkle with toppings.

Bake about 11 minutes, until deeply golden, and let cool before eating - you will get more crackery snap.

Rice Crackers

1/4 cup white rice flour
1/4 cup brown rice flour
1 tbsp olive oil
1/2 cup water
1/4 tsp salt

Preheat oven to 400 degrees. Blend the flours. Add the oil and mix. Add the water and stir into a thick paste. Drop by teaspoonfuls onto a cookie sheet. Sprinkle a pinch of salt on each cracker. Bake for about 15 minutes, until the edges start to brown. The middles will still look white.

Remove from the oven and let cool slightly. Serve warm.

Buckwheat Pancakes

1 cup buckwheat flour
1 cup garbanzo bean flour
1 tbsp baking powder
1 tsp salt
2-1/2 cup milk (almond, soy, or rice milk)
olive oil for frying

Whisk the dry ingredients together to combine. Add the milk and stir until you get a nice, reasonably light batter. If it's too thick add a little water. Heat the oil in a skillet over medium heat. Drop spoonfuls into the hot oil. Cook on one side until most of the bubbles through the pancake stay open. Turn and press the pancake. Cook on the other side until golden brown.

Makes about 12 to 14 six-inch pancakes.

Hot Chocolate Hot Cakes

1 cup gluten-free all-purpose flour
1 tbsp baking powder
2 tbsp baking cocoa
1 tsp salt
1 tsp ground cayenne pepper
1 cup milk (almond, soy, or rice milk)
1/4 cup water
olive oil for frying

Whisk the dry ingredients together to combine. Add the milk and water and stir until smooth. Heat the oil in a skillet over medium heat. Drop spoonfuls into the hot oil. Cook until most of the bubbles through the pancake stay open. Turn and press the pancake. Cook on the other side until done.

Makes about 12 six-inch pancakes.

Pear or Apple Pancakes

1 cup gluten-free all-purpose flour
1 tbsp baking powder
2 tbsp sugar
1 tsp salt
3 ripe pears or one large apple, peeled and chopped fine
1/2 cup pecans, chopped
1 cup soy, almond, or rice milk
olive oil

Put dry ingredients in medium bowl and stir to combine. Add fruit and nuts and stir to coat fruit pieces with flour mixture. Add milk and stir to make a nice batter. Heat oil over medium heat in a large skillet. With a large cooking spoon, add batter to pan and spread slightly to form right-sized pancakes. Cook on one side until mostly cooked through, flip, and cook other side.

Potato Pancakes

6 small to medium potatoes
1 medium onion, chopped plus 1/2 cup almond, soy, or rice milk
OR 1/2 cup dried onions, reconstituted in 1/2 cup water
1 clove garlic, minced
1/2 cup gluten-free all-purpose flour
1/4 cup garbanzo bean flour
1 tsp salt
1 tbsp baking powder
olive oil for frying

For dried onions, place them in a cup and cover with the water. Allow to re-hydrate while making other preparations.

Scrub the potatoes thoroughly and trim off eyes and brown spots – no need to peel.

Shred the potatoes and place in a large bowl. Add the garlic and onions (if you're using fresh) to the potatoes. Sprinkle with flours, and add salt and baking powder. Mix with a large spoon so that all the veggies are coated with dry ingredients. For reconstituted onions, drain excess onion water into a separate container, and add the now wet onions to the potato mixture. Add a little onion water at a time and stir until a very thick batter forms. You may have some onion water left over. Save this to add to soup stock or other vegetable cooking water. If fresh onions were used, add the milk to make the batter.

Heat the olive oil in a large skillet over medium heat. Drop large spoonfuls of the potato batter into the oil and flatten with the back of the spoon. Fry on one side until the pancakes are nearly cooked through. Turn pancakes over and brown the other side.

Serve with syrup, Applesauce (p. 63), or preserves, or eat them plain.

Potato Carrot Pancakes

6 small (fist-sized) white potatoes, scrubbed and shredded
2 carrots, scrubbed and shredded
1 medium onion, minced
1-1/2 tsp salt
1/2 cup gluten-free all-purpose flour
1 tbsp baking powder
1/2 cup soy, almond, or rice milk
olive oil for frying

Put all shredded vegetables into a large bowl. Add dry ingredients and stir to coat vegetables. Add milk and stir until all the flour is absorbed. Add additional milk or flour to achieve the desired consistency of thick batter. Heat oil in frying pans. Glob heaping tablespoons of batter into the pans and flatten with the back of the spoon. Fry over medium heat until cooked almost through. Turn over and brown the other side.

Potato Corn Cakes

2 cups shredded potatoes (more or less)
1/2 cup corn flour (masa harina)
1 tsp salt
1/2 cup almond, rice, or soy milk
oil for frying

Put potatoes into a large bowl. Add flour and salt and stir to coat. Add milk and stir until all the flour is absorbed. Add additional milk or flour to achieve the desired consistency of thick batter. Heat oil in frying pan. Glob heaping tablespoons of batter into the pans and flatten with the back of the spoon. Fry over medium heat until cooked almost through. Turn over and brown the other side.

Zucchini Potato Cakes

2 medium zucchini
3 medium potatoes
1/2 cup gluten-free all-purpose flour
2 tsp salt
olive oil for frying

Wash, trim, and shred the potatoes and zucchini. In a large bowl combine all ingredients except the oil. Heat the oil in a large skillet over medium heat. Drop large spoonfuls of the batter into the oil, and flatten with the back of the spoon. Fry on one side until the pancakes are nearly cooked through. Turn over to brown the other side.

Pie Crust

For two pie crusts, 8-9 inches:

2 cups gluten-free all-purpose flour

1/4 cup brown sugar

1 tsp salt

2/3 cup olive oil

2/3 cup cold water

For two pie crusts, 10 inches:

2-1/2 cups gluten-free all-purpose flour

1/3 cup brown sugar

1 tsp salt

1 cup olive oil

1 cup cold water

Preheat oven to 425 degrees F.

Whisk the dry ingredients together in a bowl, de-lump the brown sugar if necessary. Add the oil and water and stir with all large spoon to form a smooth thick paste.

Spread the paste in an even thickness in the pie pans.

Bake the bottom crust for 10 -12 minutes, and allow to cool slightly before filling.

For a top crust, fill the pie pan with desired ingredients, and spread the remaining paste evenly over the top. Bake as directed.

Oatmeal Scones

3 cups gluten-free all-purpose flour

1-1/2 cup brown sugar

1 tbsp baking powder

1 tsp baking soda

1/2 tsp salt

1 tsp xanthan gum

1 tbsp cinnamon

1 tbsp lemon peel powder

1 cup gluten-free rolled oats

1/2 cup mix-ins (chocolate chips, nuts, raisins, currants, huckleberries, etc.)

1/2 cup olive oil

1 tbsp white vinegar

1 to 1-1/2 cups soy, almond, or rice milk

Preheat oven to 375 F degrees.

Mix dry ingredients together in a large mixing bowl. Add wet ingredients and mix until all liquid is absorbed and you have achieved a muffin like batter.

Plop 12 spoonfuls onto a parchment lined cookie sheet.

Bake 18 to 20 minutes until golden brown.

If you like a more wedge shaped scone, spoon the batter into an oiled bundt pan and bake for about 50 minutes.

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Salads / Dips

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Apple and Hazelnut Salad

apples
toasted hazelnuts
Salad Dressing (p. 48)

Wash, core, and chop one apple for each person expected to eat the salad. Stir a handful of toasted hazelnuts for each person. Add enough salad dressing to just coat everything.

Black Bean Salad

2 cups cooked black beans (see p. 5)
1 pint fresh or frozen corn kernels
1 tbsp fresh hot peppers (cayenne or serrano)
3 medium tomatoes OR
 1 pint Quick and Plain Tomato Sauce (p.52)
1 pint Pear Salsa (p. 48)
2 green onions (optional)
2-3 cloves garlic
1/4 cup cider vinegar
1/4 cup olive oil
fresh parsley or cilantro (if available)

Simmer the corn in a little water until cooked through (about 5 minutes). In a large bowl combine black beans and corn. Wash the peppers, remove the seeds and chop finely. If you're using fresh tomatoes, coarsely chop them, and keep all the juices. Add the peppers and tomatoes to the bowl. Chop the onions, mince the garlic, and add these to the bowl. Add the salsa, vinegar, and olive oil and let all this marinate together for at least an hour or overnight. Drain off the excess marinade (but save it to make Salad Dressing). Add salt and pepper if desired. Garnish with cilantro or parsley.

Cucumber Salad

3 small cucumbers (about 4 inches long)
1/2 cup raisins
1 tbsp Salad Dressing (p. 48)
1 tbsp apple cider vinegar

If the cucumbers were picked fresh, no need to peel. If not, peel the cucumbers, then chop into cubes, and place in a medium bowl. Add the raisins, salad dressing, and vinegar. Stir to a uniform mixture. Let stand in the refrigerator for about 15 minutes.

Makes 2 servings.

Toasted Hazelnuts

Spread about one pound of shelled hazelnuts in a single layer on a large cookie sheet. Heat the oven to broil at 450 degrees F. Place the pan on the top oven rack, close to the broiler. After about 5 minutes, shake the cookie sheet to keep them from getting too done on one side. Watch them closely for the next 5 minutes. Remove them when the first ones start to look dark brown and cracked. After they've cooled for a couple of minutes, pour them onto a clean hand towel. Wrap the towel around them and rub them around to loosen the skins. To really remove the skins, rub each nut with your fingers and set aside. Take the skins and bits of crushed nuts (hopefully still in the towel) outside and leave a little pile for the birds.

Dill Pickle Potato Salad

6 medium potatoes
2 tbsp olive oil
1 medium sweet yellow onion
1 large carrot
2 tsp caraway seeds
2 tsp salt
2 large Garlic Dills (p. 65), minced
1 cup dill pickle juice, from the jar
1 tsp fresh black pepper
cayenne pepper to taste
1 cup peas, lightly steamed (fresh or frozen)

Scrub, chop to salad sized cubes, and boil potatoes until tender but not mushy.
Wash or peel the carrots and slice into thin rounds. Peel the onion and slice thinly.
Heat the oil and cook onion, carrot, caraway seeds, and salt until the carrots are tender.
Mix all ingredients in a big bowl.
Serve warm, room temp, or cold, topped with peas.

Green Bean and Sesame Salad

2 tsp salt
2 lbs young green beans
2 tbsp olive oil
1/4 cup toasted sesame seeds
2 tbsp lemon juice
2 cloves garlic, minced
1 tsp black pepper
1/4 tsp red pepper flakes

Bring a pot of water with 1 tsp salt to a rapid boil. Cook beans for 3-5 minutes until just tender. Drain the beans and plunge into an ice water bath 2-3 minutes. Drain, pat dry, and allow to cool completely.
Combine remaining ingredients in a large bowl. Add green beans and toss gently. Serve at room temperature.

Dear Waldorf Salad

8 stalks celery
4 firm ripe fresh pears
2 tsp lemon juice
1/2 cup chopped pecans or chopped toasted almonds
1/4 cup Salad Dressing (p. 48)

Wash and chop the celery into bite-sized pieces. Peel and core the pears and chop into bite-sized pieces. Add the lemon juice and nuts and stir.
Add salad dressing and stir to coat all pieces. Chill and serve.

Toasted Almonds

Spread 1 to 2 cups raw almonds on a cookie sheet, and place on the top oven rack. Broil at 450 F degrees for 5 to 7 minutes - watch them closely after 5 minutes, and they can get too toasty quite quickly. Cool.

Potato Salad

6 medium potatoes
1 tsp salt
fresh lettuce (about 4 cups when chopped)
2 green onions
2 tbsp Egg-less Mayo (p. 49)

Scrub the potatoes and cut into large but still bite sized pieces. Place the potato pieces in a medium to large saucepan. Cover them with water, and add the salt. Bring to a boil over medium heat, and cook for between 5 and 10 minutes. Test the potatoes often once the 5 minute mark is passed, by poking them with a fork. Once the fork can penetrate partway into the potato pieces, remove from heat and drain off the water. The potatoes will continue to soften from their combined heat. Once the perfect potato consistency has been reached, stop the cooking process by rinsing them in ice water until they're cool. Place the cooled potatoes in a large mixing bowl.

Wash and tear the lettuce into bite size pieces into the bowl. Wash and chop the green onions and add them as well. Stir to combine.
Add the Eggless Mayo and stir again until all pieces are coated.
Chill for about an hour before serving.

Sunny Day Salad

3 medium carrots
1 apple
4 cups lettuce leaves
1/2 cup raisins
2 tbsp Bolty Basil Dressing (p. 49)

Wash and/or peel the carrots and chop into bite-sized pieces. Wash and core the apple and chop into bite-sized pieces. Wash the lettuce, shake off most of the water, and tear the lettuce to salad-sized pieces. In a large bowl, combine the lettuce, apples, carrots, and raisins. Stir in the Bolty Basil Dressing. Makes 3-4 small salads or 2 pretty big salads.

Baba Goodnoush

2 medium eggplants
1/4 cup lemon juice
3 cloves garlic, coarsely chopped
2 tbsp olive oil
1 tsp salt
scant 1/2 cup tahini or other local nut butter

Preheat oven to 400 F degrees. Wash the eggplants, remove the ends. Prick the eggplants with a fork and place on aluminum pie pans or cookie sheet. Roast in the oven for about 45 minutes until the eggplants are soft. In a blender, combine the lemon juice, garlic, and olive oil. When the eggplants are done, allow to cool slightly, then pull the peels apart as you add them to the blender, so the soft innards are exposed. Blend until fairly smooth, adding a very small amount of water if necessary to get the blender to go. Add the tahini, and blend again until smooth.

The eggplant skins lend a delicious roasted flavor to the finished dip.

Serve with Sorghum Buns (p.9), carrot sticks, sliced tomatoes, apple wedges, or other good dipping vegetables.

Garlic and Red Pepper Spread

5 bulbs garlic
2 red bell peppers
1 tbsp olive oil
1 tsp salt

Trim the garlic tops, drizzle with a little oil and bake at 350 F degrees until soft. Dig the garlic cloves out of the skins. Meanwhile, rub the peppers with a little oil. Roast close to the broiler at 450 F degrees for about 20 minutes or until the skin is charred. Turn them about halfway through the broiling process, so all sides get equally black. Place them in a paper bag for a few minutes to steam and cool. Peel the peppers. Place the peppers, garlic, any leftover oil and salt in the blender and blend until fairly smooth..

Local Hummus

1 cup local dry beans – almost any bean will work
1/4 to 1/2 cup local nut butter – if your local nut is sesame seeds, cool
1 tbsp lemon juice or some other very sour juice (apple cider vinegar even works)
1 tsp salt
1 tbsp chopped fresh local herbs

Cook the beans as directed on p.5 until they are very soft.. Mash the nut butter, lemon juice, salt, and herbs into the beans. For creamier hummus, blend the nut butter and lemon juice before mashing it into the beans.

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Soup / Stew

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Broccoli Bisque

1 large head broccoli
1 tbsp olive oil
2-3 cloves garlic
1 tsp salt
1/2 tsp lemon pepper
1/4 tsp cayenne pepper
1/4 tsp nutmeg
2 cups soy, almond, or rice milk (vanilla flavored is nice, too)

Wash and chop the broccoli. In a large saucepan, cover the broccoli with water and bring to boiling over medium-high heat. Cook until soft, remove from heat, and set aside to cool.

Peel and coarsely chop the garlic.

When the broccoli is cool enough to handle, place it in a blender with about 1 to 1-1/2 cups of the cooking water – enough to get the blender to blend nicely. Puree the broccoli. Save the remaining cooking water for soup stock.

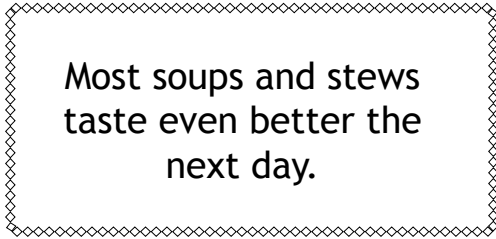
In the same saucepan, heat the olive oil over medium heat. Add the garlic and spices and heat until the garlic begins to brown. Add the rice milk and broccoli puree. If the soup is too thick, add a little more water.

Stir and heat to a gentle boil. Simmer for 10 minutes to blend the flavors.

Also good as a gravy over Lemon Pepper Rice (p. 42).

Chowderhead Chowder

2 tbsp olive oil
1-2 onions
4 cloves garlic
2 tsp salt
1 tsp black pepper
1 carrot
12 small - medium potatoes
2 - 4 cups water
1 pint frozen corn kernels
1/2 cup frozen peas (optional)
2 cups milk (soy, almond, or rice)



Most soups and stews
taste even better the
next day.

Peel and chop the onions and garlic. In a large saucepan sauté the onion, garlic and spices in the oil on medium heat until the onion is translucent. In the meantime, wash and chop the carrot. Add the water and carrot. Scrub and chop the potatoes (no need to peel them). Add the potatoes to the soup mixture and simmer until the carrots and potatoes are just soft. Add the remaining ingredients and simmer another 15 minutes. Serve hot.

Cowboy Soup

1 cup cooked kidney beans (see p.5 for cooking instructions)
1 tbsp olive oil
1 onion
2 medium carrots
1 medium potato
1 pt frozen corn kernels
1 qt Plain or Enhanced Tomato Sauce (p. 52)
1/2 recipe Chorizo (p.31)

In a large saucepan, heat the olive oil and a little water over medium heat. Peel and chop the onion and add it to the oil / water to saute for a few minutes. Wash and chop the carrots and potato. Add the carrots and potatoes and cook until just tender. Add the corn, and heat through. Add the tomato sauce, chorizo, and beans. Simmer, stirring occasionally for about 20 minutes. If the mixture is too thick, add a bit more water. Adjust salt.

Cream of the Green Summer Soup

1 tbsp olive oil
6-8 small green onions and/or 6-8 tiny cloves garlic
2-3 small to medium zucchini

Green things from the garden to make 2 cups of vegetables such as:

Kale thinnings	Celery leaves
Purslane leaves	Carrot tops
Green beans	Broccoli florets

1-2 tbsp early herbs such as oregano, thyme, basil, or savory
Salt and pepper to taste

2 cups water
2 cups milk (soy, almond, or rice)

Heat the oil in a large pot. Chop the onions and/or garlic and sauté it in the oil for about 3 minutes. Wash, trim ends, and chop the zucchini, and add it to the pot. Wash and chop remaining vegetables and cook all in the oil for a few minutes before adding the water, milk, and seasonings. Cook over medium heat until all vegetables are cooked through. Remove from heat, and allow the mixture to cool until it is safe to put it in the blender. In at least two batches, puree the mixture in the blender until smooth. This soup may be served either hot or cold, and is also good as a sauce.

Lentils, Peas and Carrots Soup

1 onion
1 tbsp olive oil
1 cup dried lentils
3 cups water or stock
6 medium carrots
1 tbsp dried mint
1 tsp lemon peel powder
1 tsp freshly ground black pepper
2 tsp salt
30 pea shoots (or thereabouts)
1/4 cup honey
3-4 cups water or stock
1 tsp cayenne pepper

I can get bunches of pea shoots at the Farmer's Market in the early spring (from the Asian flower vendors). If you can't find them, substitute any mildly flavored greens - 2 cups raw.

In a large saucepan or soup pot, heat the olive oil over low heat. Wash and chop the onion, and add to the oil. Sauté for about 5 minutes. Add the lentils, and water and turn the heat to medium. While the lentils are getting started, wash (and/or peel) and chop the carrots. Add the carrots, mint, lemon peel powder, pepper, and salt to the lentils. Simmer for about 20 minutes until the carrots and lentils are just soft.

Wash and chop the pea shoots, and add them to the lentil mixture. Dissolve the honey in the additional water or stock so that it doesn't stick to the measuring cup. Add the additional water, honey, and cayenne to the simmering soup. Simmer for another 10 minutes or so, until the pea shoots are soft enough to eat.

Serve hot.

Mexi Veggie Soup

1 tbsp olive oil
1 medium onion
3 large carrots
6 fist-sized yellow potatoes
4 cups fresh or frozen green beans
1 tsp ground cumin
1 tsp ground coriander
1 tsp ground cayenne pepper
2 tsp salt (or more to taste)
1/2 cup Refried Beans (p.40)
6-8 cups water or stock

In a large saucepan, heat the olive oil over medium-low heat. Peel and chop the onion and add to the oil. Sauté for a few minutes while preparing the carrots. Wash the carrots (peel them if necessary) and chop into bite-sized pieces. Add them to the onion and oil. Scrub the potatoes and remove any bad spots. Chop into bite-sized pieces. Add them to the pot, and stir. If using fresh green beans, wash them and remove the ends and strings. Chop the green beans into bite-sized pieces and add them to the veggie mixture. Stir.

Turn the heat up to medium-high. Add the spices and sauté for about 5 minutes, stirring occasionally.

Add the Refried Beans and 4 cups of the water or stock. Stir, and bring to a boil.

Add additional water or stock to desired consistency – less if you're in the mood for a stew, more if you want more of a soup. Bring to a boil again, then reduce heat and simmer for about half an hour, until the vegetables are tender.

Not Clam Chowder

1 medium onion
1 cup celery leaves and tender stalks
2 tbsp olive oil
fresh or frozen mushrooms
2 tsp salt
6-8 fist-sized white or yellow potatoes
3 cups water
2 teaspoons dried thyme (or fresh equivalent)
2 cups soy, almond, or rice milk

Peel and chop the onion. Wash and chop the celery. Sauté the onion and celery in the olive oil until the onions are translucent. If the mushrooms are fresh, wash and chop them and add the mushrooms and salt. Cook on medium heat for a few minutes. Add the potatoes, water, and thyme. Once the potatoes are soft and coming apart around the edges, add the soymilk. Simmer over low heat for about an hour. You can speed the cooking time by using higher heat, but then the flavors won't blend and the soup will be better the next day.

Pear and Zucchini Soup

1 tbsp. olive oil
1 onion
1 carrot
1 potato
4-5 medium zucchini
1 pear
2 cups water or soup stock – enough to cover the veggies
salt and pepper to taste
1 tsp thyme

Peel and chop the onion. In a large saucepan, sauté the onion in the oil until soft. Wash and chop the carrot and potato. Add them to the saucepan with the water. Wash the zucchini, remove the ends, chop and add to the mixture in the saucepan. Peel and core the pear, chop and add to the soup. Add the spices and simmer until all vegetables are soft. Puree mixture until smooth. Garnish with mint.

Thai Influenced Basil Soup

1 generous cup fresh basil leaves	plus any or all veggies:
2 cups soy or almond milk	corn kernels from 2 ears roasted sweet corn
1-1/2 cups water	1-2 small eggplants cut into spoon-sized pieces
1 tsp salt	a handful of green beans, trimmed, washed, and chopped
1/2 tsp ground cayenne pepper	
1tbsp honey	

In a large saucepan, combine water, milk, honey, and spices. Heat on medium until just simmering. Add the vegetables. Simmer until vegetables are cooked. Add the basil. Simmer a few more minutes. Serve hot.

Barbecue Bean Stew

2 cups cooked kidney beans (see cooking directions for beans on p.5)
2 cups cooked cattle beans
1 tbsp olive oil
1 onion, chopped (optional)
4 cups zucchini slices, or 1 qt frozen
1 pt frozen corn kernels
1 qt Quick and Plain Tomato Sauce (p.52)
1/2 pt Golden Pear Barbecue Sauce (p. 63)
1 cup water
1/2 tsp cayenne pepper
1 tsp salt

In a large saucepan, heat the olive oil over medium heat. Add onion, if using, and sauté until soft. Add the zucchini, corn, tomato sauce, barbecue sauce, water (rinse the jars into the pan), and spices. Heat until just simmering. Add the cooked beans. Simmer for another half hour or until flavors are blended.

Orange and Black Bean and Peanut Stew

1-1/4 cups cooked black beans (see cooking directions on p.5)
1 tbsp Chipotle Olive Oil (p. 65)
3-4 cloves garlic, peeled and chopped
1/2 cup chopped onion
1 large carrot
3 cups winter squash such as delicata, pumpkin, butternut or sweet potatoes
2 tbsp brown sugar
1 tsp ground ginger
1 tsp cumin
1 tsp cinnamon
1/2 tsp ground cayenne pepper
1 tsp salt
1 qt Quick and Plain Tomato Sauce (p.52)
3-4 cups water or stock
1/2 to 3/4 cup ground peanuts – plain peanut butter with no additives

In a large saucepan, heat the olive oil over medium heat until fragrant. Add the onion and garlic and sauté for a few minutes. Add the carrot, squash, sugar, and spices, and heat for a few more minutes, stirring occasionally, until the vegetables begin to soften.

Add the tomato sauce and water or stock and simmer until the vegetables are cooked through. Add the cooked beans and peanuts. Stir until the peanut butter is melted and incorporated. Adjust seasoning if necessary. Simmer for an hour or so to allow the flavors to blend.

Lentil, Grain, and Veggie Stew

- 1 cup lentils
- 1 cup buckwheat (or quinoa)
- 4 cups water or stock
- 2 large carrots
- 1 medium onion
- 2-4 cups greens such as spinach, kale, turnip greens, chard, etc.
- 1 tsp salt

Wash the lentils. In a large saucepan, combine the lentils, grain, water, and salt. Begin heating (medium heat) while you prepare the carrots. Wash and scrub, or if necessary, peel the carrots and cut into bite-sized pieces. Add the carrots to the now simmering water. Peel and chop the onion. Add to the saucepan. Allow the stew to come to a full boil, then lower heat to simmer, cover and cook for about half an hour. Wash the greens thoroughly and chop into ribbons. When the lentils and grain are fully cooked, adjust salt to taste, and add the greens. Cook another 5 minutes, until the greens are tender. Serve hot.

Secondary Stew*

- 1 large onion, peeled and chopped
- 2 cloves garlic, peeled and chopped
- generous supply of mushrooms, sliced
- 1-2 tbsp olive oil
- 8-10 small purple potatoes scrubbed and cut in fourths
- 2 stalks of broccoli washed and cut up
- 2 large carrots cut up
- 1 tsp salt
- 2 tsp pepper
- 1 tsp thyme

*Secondary in this case refers to the colors of the vegetables, purple, green and orange, and not to the quality of the flavor.

In a large saucepan, sauté the onion, garlic, and mushrooms until the onions are translucent. Scrub the potatoes, and wash and/or peel the carrots and cut them into chunks. Add potatoes and carrots and about 1 inch of water. Cover and cook for about 10 minutes, until the vegetables are just starting to get tender. Add broccoli and spices. Steam for about 10 minutes, or until the broccoli is bright green. Add water or stock to achieve a good stew consistency. Simmer for another 5 minutes or so.

Tomato and Bean Stew

- 2 cups cooked Swedish brown beans (see cooking directions on p.5)
- 1 tbsp olive oil
- 3-5 cloves garlic, finely chopped
- 3 small zucchini or frozen equivalent
- 1 qt Quick and Plain, Enhanced, or Enraged Tomato Sauce (p. 52)
- 1 tsp salt
- 2 tsp Italian herbs (mix oregano, basil, thyme, etc.)

In a medium saucepan, heat garlic in the olive oil until just beginning to brown. Add the zucchini, tomato sauce, salt, and herbs, and heat through. Add the beans and simmer uncovered for 10 minutes or so to allow the flavors to blend, and the stew to thicken.

Main Dish

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“Meat and Cheese”

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Almond Cheese

1 cup almonds

Juice of 1/2 small to medium lemon or lime (or one frozen juice cube)

1 clove garlic

1 tsp salt

1/4 cup olive oil

1/2 to 3/4 cup water

cheese-cloth

To blanch the almonds, place them in a medium saucepan and cover with hot water. Bring the water to a boil over medium-high heat. Drain and rinse in cold water twice (so you don't burn your fingers for the next part). Remove the almond skins by squirting the almond out either end. Change the water once more, and soak the almonds in plenty of water for approximately 24 hours. The almonds will about double in size.

Drain and rinse the almonds.

In a blender, combine almonds, garlic, salt, lemon juice, olive oil, and water.

Blend until very creamy – two minutes on, then let the blender rest for a few minutes, repeat this at least twice to eliminate the inherent chewiness of the almonds.

Spread 3-4 layers of cheesecloth into strainer. Be sure the cheesecloth is at least a foot square. Pour the almond mixture into the middle. Pull all the sides and corners of the cheese cloth up around the ball, and secure at the top with a rubber band. The “whey” will begin to ooze out of the cheesecloth. Place the strainer over a bowl to catch the liquid, and place the cheese bag into the strainer. Put the cheese, strainer, and bowl into the refrigerator for 12- 24 hours (or even 48 hours if you don't get to it the next day).

Carefully remove cheesecloth from cheese ball, and flatten it slightly onto a cookie sheet or pie pan that has been lined with parchment.

Bake at 250F for about an hour, until the top is firm and cracked. The center will still be creamy.

Variations:

Pepper Cheese: Add 1/2 to 1 tsp crushed, dried cayenne peppers during the blending process.

Strawberry Cheese: Stir half a batch of Strawberry Sauce into the completed cheese, or just place the cheese in a bowl and cover it with Strawberry Sauce, allowing the mixing to occur as the cheese is used.

Basic Burgers

3-4 cloves garlic
2 tbsp dried onion
1 cup raw almonds
1 medium carrot
3/4 cup all purpose gluten free flour
1 tsp salt
1 tsp chili powder
1/2 cup corn kernels (fresh or frozen)
3/4 cup almond, soy, or rice milk
olive oil

In a food processor, chop the garlic, onion, and almonds. Process the almonds to a fine meal (a few small chunks are okay). Wash and / or peel the carrot, and chop it in the food processor as well. Place the chopped garlic, onion, almonds, and carrot in a medium mixing bowl. Add the flour and spices. If the corn is frozen, defrost it in the microwave for a minute before adding it to the almond mixture. Stir to combine. Add the milk and stir until all ingredients are moistened. The batter should be very thick. Add a little additional milk if it's too thick, a little additional flour if it's too thin.

Heat olive oil in a large frying pan over medium heat. Divide the batter into sixths. Scoop the sixths into the hot pan one at a time (you may have to do batches, depending on the size of the pan). Let the burger firm up a little on one side, then turn it over and press to form a patty about a half inch tall. Fry on that side until almost cooked through. Turn patties over to cook on the other side until done.

Cheddar Cheese Sauce

3 large carrots, or equivalent
5-7 cloves garlic
1 tbsp olive oil
1/2 cup pine nuts or raw cashews
1 tbsp dijon mustard
1 tsp salt

Peel and coarsely chop the carrots. Place them in a saucepan and cover with water. Heat to boiling, then simmer for about 15 minutes until the carrots are soft. Drain, but reserve the liquid.

To a blender or food processor, add the garlic, oil, pine nuts, mustard, and salt. Add the cooked carrots and a little of the reserved liquid. Blend until smooth, adding more liquid as needed to get the blender to blend. Keep the remaining carrot water to add to soups.

This sauce is great on bright green vegetables, such as steamed broccoli, or green beans. It is also good with gluten-free pasta, or rice, or over gluten-free toast.

Chorizo

1 cup TVP (textured vegetable protein)	1 tsp tarragon
2 tsp Spike	1 tsp black pepper
1 tsp cumin	1 tsp salt
1 tsp coriander	1/2 tsp cayenne pepper
1 tsp sage	1/2 to 3/4 cup hot water
1 tsp basil	1 box silken tofu (12.5 oz)
1 tsp Italian herbs	1 tbsp olive oil

Put the TVP and spices together in a bowl. Stir to combine. Add hot water and let sit for a few minutes while the TVP absorbs the water. Mash the tofu into the TVP mixture. Heat the oil in a large skillet or other pan. Add the mixture and fry until mostly brown and crumbly.

To make Sausage Patties:

Add 3/4 cup gluten free all purpose flour to the TVP mixture, and form into small patties before frying.

Haggis

1/2 cup buckweat
1/4 cup green lentils
1/4 cup red or brown lentils
1/4 cup olive oil
1 cup gluten free rolled oats
4 tsp nutritional yeast
1 medium onion or 1/2 cup dried onion plus 1/2 cup water
1 tbsp mixed herbs (thyme, sage, basil, oregano, etc.)
1 tbsp ground black pepper
1/2 cup chopped mushrooms (optional)
1/2 cup TVP (textured vegetable protein) plus 1/2 cup water
2 cups boiling water
1/4 cup wheat-free tamari sauce
1 shot whisky (optional)

If using dried onion, put the onion in a cup or small bowl and cover with water to reconstitute.

Put the TVP in a small bowl and cover with water to reconstitute. It's okay to do both in the same bowl.

In a small saucepan, cover the buckweat with about 2 cups water, and bring to a boil. Reduce heat and simmer for about 30 minutes. In a separate saucepan, cover the lentils with about 2 cups water, and bring to a boil. Reduce heat and simmer for about 30 minutes. Drain both well.

Preheat oven to 350 degrees F.

Heat the olive oil in a large saucepan over medium heat. If using fresh onion, saute until translucent and brown. Add the herbs and pepper. Add the buckweat, oats, and nutritional yeast, and saute for a few minutes. Add the reconstituted onion (if not using fresh), TVP, and mushrooms and cook for a few more minutes. Add the lentils, water / tamari mixture, and whisky.

Cook over medium heat until most of the liquid has been absorbed or cooked out.

Transfer to a casserole dish, cover, and place in the 350 degree oven for about 30 minutes.

Traditionally served with neeps and tatties.

Zucchini Burgers

2 cloves garlic
1 cup shredded zucchini
1/2 cup raw almonds
1 cup masa harina (corn flour)
1 tsp salt
1 tsp chili powder
1 tsp cumin
1 cup water
olive oil

Wash the zucchini with a soft brush, remove the ends, and shred. In a food processor, chop the garlic and almonds. Process the almonds to a fine meal (a few small chunks are okay). Place the chopped garlic, almonds, and shredded zucchini in a medium mixing bowl. Add the flour and spices. Stir to combine. Add the water and stir until all ingredients are moistened. The batter should be very thick. Add a little additional water if it's too thick, a little additional flour if it's too thin.

Heat olive oil in a large frying pan over medium heat. Scoop burger sized lumps of batter into the hot pan. Let the burger firm up a little on one side, then turn it over and press to form a patty about a half inch tall. Fry on that side until almost cooked through. Turn patties over to cook on the other side until done.

Apple Lasagne

1 tbsp olive oil
6 cups chopped green apples

The Filling:

2 pkg extra firm silken tofu (25 oz.)
1 tsp nutmeg
1 tsp salt
2 tsp dried crushed basil

The Sauce:

2 cups combination of duck sauce, Plum Jam (p. 62), fig puree, or other not-too-sweet jam

Almond Cheese (about half a batch) (p. 29)

To make the filling, mash the tofu with a fork until crumbly, add the spices and stir to combine.

Preheat oven to 350 F degrees.

Coat a 9x13" baking dish with the olive oil. Spread a little of the sauce over the oil in the bottom of the dish. Spread half the apples over the sauce. Spread half the filling over the apples. Repeat the layers of sauce, apples, and filling, then spread the rest of the sauce over the top. Bake for 45 minutes until the apples are tender. Remove the pan from the oven and crumble the Almond Cheese over the top. Return to the oven for about 10 minutes so the cheese gets hot, but not too dry.

Figgy Casserole

2-1/2 cups frozen Fried Figs
1/4 cup cider vinegar
1/4 cup brown sugar
1 tbsp wheat-free tamari sauce
1 apple
1/2 cup raisins
2 cups cooked rice

Preheat oven to 350 F degrees.

Thaw the figs in the microwave. In a large mixing bowl, combine the figs, vinegar, brown sugar, and tamari. Wash and core the apple, and chop it into bite-sized pieces. Stir the apples, raisins and rice into the fig mixture. Bake for about 30 minutes.
Serve hot.

This dish can also be made with fresh figs.

Wash and chop 4 cups fresh figs, and fry them in 1 tablespoon of olive oil, then proceed as above.

Fried Figs

Sauté 10 cups of fresh figs in 1/4 cup olive oil. Cook until the figs are soft. Put about 2-1/2 cups in each of four quart-size freezer bags, and freeze for later use.

Frittata

1 tbsp olive oil
1 tsp freshly ground black pepper
2 cups chopped fresh tomatoes and/or par-boiled zucchini (any combination)
2 tsp salt
1 tsp basil
1 tsp oregano
2 pkg silken tofu (25 oz.)
1 tbsp arrowroot powder
1/2 tsp turmeric
1/8 to 1/4 cup water
paprika

Preheat oven to 375 F degrees.

Pour the olive oil into a large casserole dish, and coat the bottom. Sprinkle the black pepper on the olive oil. Add the vegetables to the casserole dish. Sprinkle 1 teaspoon of the salt, the basil, and oregano evenly over the veggies.

In a blender, blend the tofu, arrowroot powder, turmeric, and another teaspoon of salt until smooth. Add a little water if needed to get the blender to go.

Pour the tofu mixture over the vegetable mixture. Sprinkle the top with paprika, and bake for about 30 minutes, or until the top is golden and a little cracked.

Good any time of day.

Maple Nut Frittata

1 tbsp olive oil
1 cup cooked brown rice
1 cup chopped pecans or almonds
1/3 cup maple syrup
2 pkg silken tofu (25 oz.)
1 tbsp arrowroot powder
1/2 tsp salt
1/8 to 1/4 cup water
nutmeg

Preheat oven to 375 F degrees.

Pour the olive oil into a large casserole dish, to coat the bottom. Make a layer of rice on top of the oil. Sprinkle the nuts evenly over the rice. Drizzle the maple syrup over the nuts so all are fairly evenly coated.

In a blender, blend the tofu, arrowroot powder, and salt until smooth. Add a little water if needed to get the blender to go.

Pour the tofu mixture over the vegetable mixture. Sprinkle the top with nutmeg, and bake for about 30 minutes, or until the top is golden and a little cracked.

Good any time of day.

Potato and Cole Casserole

4 medium potatoes thinly sliced, peeling optional
1-2 tbsp olive oil
1-1/2 cups sliced onions
1 tsp caraway seeds
1 lb mushrooms, sliced (optional)
4 cups chopped broccoli, bok choy, napa cabbage, or similar crucifer
2 tsp salt
4 medium cloves garlic, minced
freshly ground black pepper to taste
1 tbsp minced fresh dill or 1 tsp dried
3/4 cups soy, almond, or rice milk (even vanilla flavored works well)
1-1/2 cups grated almond, soy, or rice mozzarella cheese
paprika

Preheat oven to 350 F degrees and lightly oil a 9x13 casserole.

Boil potatoes until just tender. Drain and set aside.

In a large saucepan, heat the oil, add onion and caraway and sauté until the onion begins to soften. Add mushrooms, broccoli (or broccoli substitute) and salt and cook until the broccoli is bright green and barely tender.

Remove from heat and gently stir in the potatoes, garlic, black pepper and dill.

Dump the mixture into the casserole dish. Add milk and cover with cheese.

Bake uncovered for 30 minutes. Serve hot or warm.

Potato Pizza

1 recipe Sorghum Buns / Pizza Dough (p. 9)
1/4 cup Peanut Sauce (p. 47)
2-3 cloves garlic
2 medium-small red or yellow potatoes
1 medium-small onion
Almond Pepper Cheese (optional) (p.29)
Italian herbs

Preheat oven to 425 F degrees.

After the pizza dough has risen for 1 to 2 hours, use a spatula to spread it onto a parchment lined pizza pan. Bake for about 10 minutes until it is slightly golden brown. Allow to cool for at least 5 minutes.

Spread the peanut sauce evenly over the dough (you may need to heat it slightly to get it to spread).

Peel and coarsely chop the garlic. Sprinkle it over the peanut sauce so that all the garlic pieces are equidistant.

Scrub the potatoes and remove any questionable spots. Slice the potatoes into thin rounds. Place a single layer of potato slices over the peanut sauce and garlic, covering the entire pizza (except the edges, of course). Peel and chop the onion. Sprinkle the onion evenly over the potatoes. If you're using cheese, sprinkle about 1/2 cup evenly over the onions. Sift some Italian Herbs over the top.

Bake at 425F degrees for 20 minutes.

Yum!

Spicy Potato Casserole

1 tbsp olive oil (or Chipotle Olive Oil (p. 65))
6 fist-sized yellow potatoes
3 large carrots
1 onion
1 qt Quick and Plain Tomato Sauce (p. 52)
1 tsp cinnamon
1 tsp allspice
1 tsp cumin
1/2 tsp cayenne pepper
1 tsp salt

Scrub the potatoes thoroughly, remove blemished areas, and slice them thin. Wash or peel the carrots (depending on their condition), and shred. Peel and slice the onion.

Add the spices to the quart jar of tomato sauce, and stir with a long spoon or a chopstick until well combined.

Pour the oil into the bottom of a 2-quart casserole. Spoon a thin layer of tomato sauce (a little less than a fourth of the sauce) over the oil. Dividing the vegetables into thirds – place a layer of potatoes onto the tomato sauce, then a layer of carrots, then a third of the onions. Spoon about a fourth of the tomato sauce over the vegetables. Repeat the layering two more times, spooning the remaining sauce (a little more than a fourth) over the top of the last layer of veggies.

Bake at 350 for at least an hour, until the potatoes and carrots are soft.

Garlic Flower Noodle Bowls

1/2 cup dry pinto beans
1 dried cayenne pepper
2 cloves garlic
1 bay leaf
1 tsp salt
soba noodles (100% buckwheat) about 8 oz.

2 carrots
15 garlic flowers
3-5 large fresh mustard greens
1 tbsp olive oil
2 tbsp Peanut Sauce (p.47)

Rinse and pick over the pinto beans if you suspect any dirt.

In a small saucepan, cover the pinto beans with about an inch of water. Heat to a full rolling boil, then turn off the heat and allow to soak for at least an hour or as long as overnight.

Drain the water from the beans. Replace with new water, and add the cayenne pepper, garlic cloves, and bay leaf. Simmer for about an hour or so until beans are soft. Add the salt and continue to simmer while you prepare the remaining ingredients.

Cook the soba noodles according to the directions on the package. Drain, rinse, and set aside.

Wash the carrots, peel them if you must, shred them, and set aside.

Chop the garlic flower buds and stalks into inch-long pieces, and sauté in olive oil over low heat. In the meantime, wash and cut the mustard greens into narrow strips. Add them to the garlic flowers and continue to saute until the mustard is bright green and the garlic is tender. Both the garlic flowers and mustard are spicy hot when raw, but they take on a very mellow flavor when cooked.

Put a goodly serving of noodles in the bottom of each bowl. Add a scoop of the pinto beans (use a slotted spoon so you don't add much 'soup'), and make a little nest in the middle. Blob a tablespoon of Peanut Sauce into the nest in the beans. Cover the peanut sauce with the hot garlic flower and mustard green mixture. Top with shredded carrots.

Minty Pea Bowls

2 cups fresh or frozen sugar snap or snow peas
1/4 cup Mint Sauce (p. 47)
2 cups hot cooked brown rice
2 tbsp Peanut Sauce (p. 47)

If using fresh peas, wash them and remove the ends and strings. Steam the peas in a microwave or stovetop steamer until bright green and still crisp.

While the peas are steaming, place one cup of hot cooked rice into each of two bowls. Stir a tablespoon of Peanut Sauce into the rice, so that all the rice is nicely coated.

Stir the mint sauce into the steamed peas, and spoon them over the pea-nutty rice mixture. Serve hot.

Garlic Flowers

Budding garlic makes a lovely vegetable. Allow the flower stalks to get rather long before picking, as that's the edible part. Rinse, and cut off the tough ends beyond the flower bud. These are still very flavorful, so keep them in the refrigerator for later use in soup stock, etc.

Thai Influenced Noodle or Rice Bowls

soba noodles (100% buckwheat) or rice noodles or brown rice for four (cooked)
baby greens (optional)
4 carrots
2 apples
1/2 cup Pear Salsa (p. 48)
1 tsp crushed red pepper
4 tbsp Peanut Sauce (p.47)

Peel and/or shred the carrots. Wash the apples and either shred them or chop them fairly finely. Mix the salsa with the apple shreds. This will flavor them as well as keep them from turning brown. Place a serving of noodles or rice in the bottom of each of four bowls. If desired (or handy) add a layer of greens to each bowl. Add carrots on top of the greens. Add apple mixture on top of the carrots. Sprinkle about 1/4 tsp crushed red pepper on top of the apple mixture, and top the whole thing with about a tablespoon of peanut sauce per person. Serve hot on a cold day, or cold (like a salad) on a hot day.

Alfalfa Chalupas

fresh Corn Tortillas (p.11)
Refried Beans (p. 40)
Pear Salsa (p. 48)
1 large avocado (optional)
Alfalfa Sprouts (p. 6)
Almond Cheese - Pepper Cheese (p. 29)

In this area we get avocados from California June through September. Then they start coming from Chile, so are no longer remotely local.

If you have an avocado, mash it and mix it with the pear salsa to make guacamole. Place warm tortillas on each plate. Spread some beans on each tortilla. Spread a little pear salsa or guacamole on top of the beans. Put alfalfa sprouts on top of the salsa layer. Crumble some Pepper Almond Cheese over the alfalfa sprouts, and heat in the microwave for about a minute until all is nice and warm.

Colcannon

6 medium potatoes – thin skinned, such as red, yellow, or white
1 tsp salt
4 cups assorted greens such as chard, kale, spinach, collard, or mustard
1/2 cup assorted savories such as onion, garlic, parsley, or red celery
1 tbsp olive oil
salt
black pepper

Wash the potatoes and, in a large saucepan, either steam them whole or chop into approximately 1 inch cubes and boil them in water with a teaspoon of salt. While they are cooking, thoroughly wash and chop the greens into strips. Wash and chop the savories.

When the potatoes are cooked through, drain them and set aside.

In the large saucepan, sauté the greens and savories in olive oil until tender. Salt and pepper generously.

Mash the potatoes and return them to the saucepan with the greens. Stir them together until thoroughly mixed. You shouldn't need to add water or "milk" because the greens are so nice and moist.

Greek Pilaf

2 green onions
2-4 cloves garlic
1/2 cup assorted greens
32 tender grape leaves
25 mint leaves
25 lemon balm leaves
1 tbsp olive oil
1 tsp salt
1 tbsp fresh lemon juice (or one frozen cube)
3-4 cups hot cooked rice
1/2 cup pine nuts

In our area, mint and lemon balm are essentially weeds, and are fairly easy to come by. For free!

Wash the onions, remove root end, and any yellowing leaves, and chop. Peel and mince the garlic. Wash and cut up all the green stuff before starting – it goes pretty fast. Heat the olive oil and salt over medium-high heat in a large saucepan. Add the onion and garlic and cook for about two minutes. Add the lemon juice. Add the greens, grape leaves, mint and lemon balm and stir until it is all cooked down. Sprinkle in some water if it starts getting too dry. Lower heat. Add rice and stir until all is uniform. Set aside.

In a small skillet over medium heat, toast the pine nuts. Shake the pan often to stir and turn the pine nuts, almost constantly as you near the end of the toasting. Pine nuts should get brown, but not black. The hot pan will continue to cook the pine nuts, even if they're not over the burner, so remove them from the pan reasonably quickly once they're done.

Serve the rice mixture in bowls and sprinkle pine nuts over top.

Open Face Tomato Sandwiches

Sorghum Buns (p. 9)
Baba Goodnough (p. 20)

Almond Cheese (p. 29)
sliced fresh tomatoes
salt to taste

Split and toast the buns in a toaster oven or under the broiler until lightly browned. Spread each half with Baba Goodnough. Arrange sliced tomatoes on top. Salt if desired. Sprinkle a little cheese over each half and place in the toaster oven or broiler again for about 2-3 minutes until everything is warm and toasty.

Serve open-faced (better have a fork handy).

Pesto No-Pasta

1 onion, chopped (optional)
1 qt frozen green beans
1 qt frozen zucchini
1/2 cup Basil Pesto (p.46)

In a large saucepan, sauté the onion until translucent. If no fresh onion is available, reconstitute some dried onions in very shallow water for about 10 minutes before sauteing. Add the green beans (leave these whole, as they become the long, green 'noodles'), and zucchini (if the zucchini rounds are large, you may want to coarsely chop them) and cook until all the vegetables are quite soft. Stir the Pesto into the whole mixture, and simmer for a couple of minutes to be sure the pesto gets hot.

Dish into bowls and serve with Honey Mustard (p.46).

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Beans with Pears

4 cups dry beans, any kind, cooked (see directions on p.5)

2 cups chopped fresh or frozen pears

1/4 cup local honey

1/4 cup dijon style mustard

2 tsp ground mustard

2 tsp salt

Add the remaining ingredients to the beans and stir. Heat to simmering. Simmer for about 15 minutes, until all the flavors are combined.

Serve hot or cold. Better the next day. Nice with rice.

Refried Beans

2 cups cooked pinto beans

1 tbsp apple cider vinegar

2 tbsp olive oil or Chipotle olive oil

1 tsp ground cumin

1/2 tsp ground cayenne pepper

Cook the beans (directions on p.5) until they are very soft and start to fall apart.

Mash the beans. Stir in vinegar, oil, and spices until fairly smooth and well mixed.

Spicy Black-Eyes

2 cups cooked black-eyed peas

1-1/2 cups cooked rice

1/2 tsp cumin

1/2 tsp coriander

1/2 tsp ginger

1/2 tsp turmeric

1/2 tsp ground cayenne pepper

1 tsp dried thyme

1 tsp coarsely ground black pepper

2 tsp salt (or to taste)

There is a wide range of recipes using black-eyed peas and rice called Hoppin' John. Most include bacon or ham, some are barely spiced, some include lots of hot pepper (which is what I think is necessary to make John hop). Feel free to call this recipe Hoppin' John if the time is right.

Cook the black-eyed peas until tender (directions p.5).

Add the rice and spices, and stir to blend.

Good with Peanut Sauce (p. 47) or Pear Salsa (p. 48).

Corny Rice

1 tbsp olive oil
1/4 cup chopped celery leaves and small stems
2 tbsp chopped fresh chives
2 tsp salt
1 tsp black pepper
2 cups roasted corn kernels
2 tbsp vegan margarine
3 cups short grain brown rice (cooked)

Heat the oil in a large saucepan. Add the celery, chives, salt, and pepper and heat for a few minutes to release the flavors into the oil. Add the corn and margarine. Heat, stirring occasionally, until the corn begins to sizzle and brown. Add the rice and heat through.

Greens in Rice

2 cup basamati brown rice
4 cups greens (bok choy, kale, napa cabbage, spinach, turnip, or mustard greens all work well)
2 tbsp olive oil
2 tsp salt
4 cups hot water

Wash the greens thoroughly. Chop out and discard parts that will be tough, such as kale ribs. Chop the greens into one-inch strips. If the leaves are large, roll them up, jellyroll fashion for easier chopping. Heat a large saucepan over medium-high heat until hot; add the oil and salt, swirl, and heat for 30 seconds. Add the greens and stir rapidly to coat the pieces with oil until the green leaves brighten. Add the rice. Swirl and heat for another 30 seconds. Add the water; when the water boils, let it bubble vigorously for 3 minutes and stir occasionally. Turn heat to medium and let it bubble another 2 minutes, stirring a few times. Turn heat to low, cover tightly, and let the rice “smother” for about 40-50 minutes.

Green Tomato Rice

1 tbsp olive oil
6-8 green onions
4 medium green tomatoes
1 jalapeno or other medium-hot pepper
1 clove garlic
2 cups veggie broth
1 cup long-grain brown rice
1/2 tsp dried thyme
1 tsp salt
freshly ground black pepper, to taste

Wash and chop green onions, tomatoes, and pepper. Peel and mince the garlic. Sauté green onions in the oil until bright green. Add green tomatoes and sauté for about a minute longer. Add the garlic and pepper and sauté for another minute. Add the broth, rice, thyme, salt, and black pepper. Bring to a boil. Stir, reduce heat to low, cover, and simmer for 40 to 50 minutes, or until rice is tender and liquid is absorbed.

Lemon Pepper Rice

1 tbsp olive oil
1/2 cup lemon balm coarsely chopped
1 tsp salt
1 tbsp coarse black pepper
2 cups short grain brown rice
4 cups water

Heat the olive oil in a large saucepan. Add the lemon balm, salt, and pepper, and heat until the lemon balm is wilted. Add the rice, and allow to sizzle for a minute before adding hot water. Bring to a boil, and allow to boil uncovered for about 5 minutes, gradually reducing the heat. Put the lid on the saucepan and allow to simmer for 40 to 50 minutes, or until all the water is absorbed into the rice.

Red Chard Rice

2 cups cooked brown rice
1/4 cup pine nuts
1/4 cup raisins
1 tbsp fresh parsley
2 cloves garlic
1 tsp salt
1 tbsp lemon juice (or 1 cube frozen)
2 tbsp olive oil
4 to 6 cups red chard or other greens

Wash and chop the greens. Salt and steam in about an inch of water until cooked down and dark green. Meanwhile, wash and finely chop the parsley, and peel and mince the garlic. Combine the rice and other ingredients. Add to the greens and heat through.

Spinach Spanish Rice

1 tbsp olive oil	2 cups corn kernels, fresh or frozen
2 tsp salt	1 cup Quick and Plain Tomato Sauce (p. 52)
2 cups chopped spinach (or other greens)	5 fresh plum tomatoes (or another cup of tomato sauce)
1-1/2 cups brown basmati rice	1 tsp ground cumin
3 cups hot to boiling water	1 tsp black pepper
2 large carrots, peeled and chopped	1/2 tsp ground cayenne pepper

Wash and chop the spinach. Heat the olive oil in a large saucepan on medium-high. Add the salt while the oil is heating. Add the spinach to the olive oil, stir, and cook a minute or two until the spinach is bright green. Add the rice, stir and allow to sizzle for about a minute. Add the water, and boil uncovered for 5 minutes. Lower the heat gradually through the 5 minutes of boiling, then cover and simmer. Allow the rice to smother for 45 minutes to an hour, until all liquid is absorbed and the rice is tender.

Add the remaining ingredients to the cooked rice. Raise heat to medium or slightly higher and cook until the carrots are soft and the fresh tomatoes are cooked through. Add salt to taste. Allow to simmer for at least 10 minutes, until all the flavors are combined.

Asparagus Stir Fry

1 tbsp olive oil
1 tsp salt
3 cloves garlic, finely chopped
2 cups fresh or frozen asparagus
1/2 cup fried or 1 cup fresh mushrooms
3 medium tomatoes or 2 cups chunky tomato sauce

Heat the olive oil over medium-high heat. Add the garlic and salt and cook until the garlic is just starting to brown. Carefully wash and chop the asparagus and add it to the garlic. Heat for a few minutes until the asparagus is bright green. Add the mushrooms and cook for a few more minutes. Add the tomatoes and heat through. Good with brown rice and Peanut Sauce (p. 47).

Roasted Asparagus with Lemon Sauce

2 lb fresh asparagus
1 tbsp olive oil
1 tsp coarse salt
Lemon Sauce (p. 47)

Preheat oven to 375 F degrees.

Coat the bottom of a large (9x12) glass baking dish with olive oil.

Wash the asparagus, and break off the bottom ends. Lay the asparagus in the baking dish, and sprinkle with coarse salt. Roast the asparagus for about 20-30 minutes, until it is cooked through, but before it starts to dry out (turn it once or twice during cooking).

Lay asparagus stalks across a bed of rice, and spoon Lemon Sauce over all, to taste.

Roasted Carrots

10 medium carrots
1 tbsp olive oil
1-2 tsp coarse salt

Preheat the oven to 350 F degrees.

Pour the olive oil into a casserole dish with a cover, and spread it out to cover the bottom. Wash the carrots (peel if necessary), and chop into large pieces. (Usually for a medium carrot, I cut it in half crosswise, then cut the bottom half in half lengthwise, giving me three pieces that are fairly uniform in girth.)

Put the carrots in on top of the oil and spread them out as much as possible.

Sprinkle the salt over the carrots.

Cover and bake for about an hour, until the carrots are soft.

Roasting carrots brings out their natural sweetness. These make a great side dish on their own, or add them to Minty Pea Bowls (p.36) for extra flavor and color.

Herb Roasted Potatoes

1-1/2 pounds small red, white or Yukon gold potatoes
1/4 cup olive oil or less
3 cloves garlic, minced
1 tbsp dried rosemary or sprigs of fresh rosemary
bay leaves
1 tsp salt
1/2 tsp pepper

Preheat oven to 400 F degrees.

Scrub the potatoes and remove any questionable spots. Cut slices in each about 1/4 inch thick and about 3/4 of the way through. Place in an appropriately sized baking dish (approx. 9 x 9 inches). Drizzle with olive oil. Sprinkle with garlic, salt, pepper, and dried rosemary. If using fresh rosemary, place a small sprig in a sliced opening of each potato. Place one small or 1/2 of a large bay leaf in another sliced opening of each potato.

Bake for about 50 minutes or until potatoes are tender.

Apple Casserole

2 tbsp olive oil
2 to 4 medium green apples
1 onion
1 tsp salt

Toasted Almonds

Spread about 2 cups of almonds out on a cookie sheet. Place on an oven rack closest to the broiler and set the broiler to 450 F degrees. Broil for 5-7 minutes - keep an eye on them, they can start to burn quite quickly. Allow to cool before chopping or snacking.

Preheat oven to 350 F degrees.

Coat the bottom of a large casserole dish with one tablespoon of the olive oil. Wash, core, and chop the apples directly into the casserole dish. Peel and chop the onion, and add it to the apples. Add the salt and stir to combine. Drizzle the other tablespoon of olive oil over the top. Bake uncovered for about 30 minutes or until apples are soft.

Nice with rice and toasted almonds.

Dear Pecan Stuffing

4 Sorghum Buns, cubed (p. 9)	1/4 cup olive oil
2 tbsp olive oil	1 cup chopped pecans
1 large onion	1/2 tsp nutmeg
1 cup chopped celery	1 tsp salt
3 large firm ripe pears	black pepper to taste
1/2 - 3/4 cups boiling water	

Heat oven to 350 degrees to speed-dry the bread. Spread bread crumbs on baking sheets. Place baking sheets in the oven until bread is dry, stirring occasionally. Peel and chop the onion. Peel, core, and chop the pears. Place oil, onion, and pear in a large frying pan. Cook over medium heat until tender but not brown, about 4 minutes. Set aside. Place dried bread in a very large bowl. Add hot water and remaining oil to bread crumbs, and toss just until moistened. Stir in pear mixture, pecans, nutmeg, salt, and pepper. Add water as needed until mixture reaches desired moistness.

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Asian Plum Sauce

1 clove garlic, minced	1 tbsp olive oil
1 small onion, minced	12 plums, pitted and chopped
1 tsp ground ginger	1 tbsp fresh or one cube frozen lemon juice
1/2 tsp crushed red pepper	1 tbsp cornstarch
1/4 cup brown sugar	1/4 cup cold water
2 tbsp wheat-free tamari sauce	

Heat the garlic, onion, ginger, red pepper, brown sugar, tamari, olive oil, plums, and lemon juice in a small saucepan. Bring to a boil, then reduce heat and simmer about 30 minutes, until the plums are very soft and disintegrating. Dissolve the cornstarch in the cold water. Stirring constantly, add the cornstarch mixture to the plum mixture. Continue stirring until the mixture bubbles and thickens. Remove from heat and continue to stir until the bubbling stops. Store in a clean jar in the refrigerator. Makes about 2 cups.

Basil Pesto

1/2 cup frozen basil
1/2 cup pine nuts or raw cashews
1 tbsp olive oil
1/2 tsp salt
1/4 cup water

To freeze Basil, wash basil leaves, and steam them in a microwave steamer for one minute. Allow to cool, place in freezer bags, and freeze for later use.

Place the frozen basil in a blender. Allow to thaw for an hour or so. Add pine nuts or cashews, olive oil, and salt, and blend until smooth, scraping the blender down occasionally between blending bursts. You may have to add a little water to convince the blender to blend. Great on cooked vegetables.

Hazelnut Mint Pesto

2 cups fresh mint leaves, tightly packed	2 tbsp olive oil
1/2 cup parsley leaves, tightly packed	2 tbsp lemon juice
1/2 cup raw hazelnuts	1 tsp salt
2 cloves garlic	1/4 cup water

Place all ingredients in a blender or food processor, and process until smooth, scraping the blender down occasionally between blending bursts. You may have to add a little water to convince the blender to blend.

Honey Mustard

16 oz dijon mustard
1/3 cup olive oil
3/4 cup local honey

In a medium saucepan, heat prepared mustard, oil, and honey over medium heat. Stir constantly until all ingredients are well-blended. The oil will be the last to disappear into the honey and mustard mixture. Remove from heat, cool, and spoon or pour into jars or crocks. Seal and store in the refrigerator.

Lemon Sauce

juice from one lemon or one frozen lemon juice cube
1/4 cup olive oil
1 tsp thyme
1 tsp lemon pepper
1 tsp salt
1 tsp poppy seeds (optional)

If using frozen lemon juice, thaw in a small cup in the microwave. Add lemon juice and all remaining ingredients to the blender and blend until smooth.

Mint Sauce

1/2 cup finely chopped fresh mint leaves
1 cup white vinegar
2 tablespoons white sugar

Rinse young, healthy mint leaves, stripped from the stems, and chop into fine pieces. Process the leaves in the blender, with a little of the vinegar.

Bring vinegar to a simmer in a small saucepan, add sugar and chopped leaves. Simmer for about 20 minutes to infuse. Add more sugar or add a little water to taste, depending on how strong or how sweet you want the sauce.

Pour the sauce into a clean jar. Let cool, then refrigerate.

During storage, the mint settles to the bottom of the jar, so shake or stir before serving.

Peanut Sauce

1/2 cup apple cider vinegar (white vinegar will do in a pinch)
1/4 cup wheat-free tamari sauce
2 cups ground peanuts (in other words, peanut butter made of peanuts only)
1/2 cup honey
1 tsp ground cayenne pepper
1 tsp salt

Pour the vinegar and tamari into a measuring cup and set aside to warm slightly while you're working with the peanut butter and honey.

In a medium-sized microwave safe bowl, soften the peanut butter in the microwave for about 1 minute. Stir. Add the honey to the peanut butter and microwave for another minute. Stir the honey and peanut butter together. It should be creamy, and almost liquid. It may need another minute or so in the microwave. Add the vinegar and tamari, cayenne, and salt to the hot honey and peanut butter mixture. Stir until all ingredients are smoothly blended. If the peanut butter tries to solidify, microwave it for another 30 seconds or so. Transfer to a clean glass container. Peanut Sauce will keep in the refrigerator for several weeks (except it will probably get eaten sooner).

Dear Salsa

2 firm pears finely chopped
juice from 1 large lime or one frozen lime juice cube
4 medium hot peppers, such as jalepenos
2 hot peppers, such as cayenne, or serranos
1 clove garlic finely chopped
1/4 tsp ground cumin
1/4 tsp ground coriander
1/2 tsp salt

Wash the peppers and remove the stem ends. Cut in half lengthwise to remove the seeds. Chop the pears, peppers, and garlic in a food processor. Combine all ingredients in a medium sized bowl. Allow to marinate about an hour.

Freezes well, and is also a good candidate for canning.

Mixed Squeezin's

If you eat pickles, like Garlic Dills, save the vinegar with the pickling ingredients – garlic, hot peppers, dill seed and weed. Sweet pickle juice works also. Dilled green bean juice is good, include the peppers, and a couple of the beans. If your salsa is too juicy, drain off the excess juice and save it. Save other things like this as well. Imagine what might be nice in a salad dressing. A little pear juice is nice, for example, or an overripe pear or mushy apple. Be sure the Mixed Squeezin's are about three quarters vinegar or acidic juice (like lemon or lime). The different mixtures of squeezin's changes the salad dressing enough that it keeps being interesting. This is much cheaper than bottled dressing and it re-uses the pickle juice that would normally be thrown away.

Basic Salad Dressing

3 cups Mixed Squeezin's
1 cup olive oil
1/2 cup dijon mustard

Place all ingredients in the blender. If there are large whole cloves of garlic in your squeezin's, you may want to chop them up a bit before blending. Blend until reasonably smooth and pourable. Keep refrigerated. Makes about 1 quart.

Dear Vinaigrette

4 cups very ripe pears, peeled and chopped
1 cup apple cider vinegar
3 tbsp honey
2 tsp salt
2 tsp coarsely ground black pepper
2 tsp vanilla extract
1/2 tsp ground red pepper

Combine pears, vinegar, and remaining ingredients in a blender; process until smooth.
Keeps well in the refrigerator.

Egg-less Mayo

12 oz firm silken tofu
2 tbsp olive oil
1 tbsp apple cider vinegar
1 tsp cumin
1 tsp paprika
juice from one lemon or one frozen cube lemon juice
1 tbsp maple syrup
1 tsp salt

Combine all ingredients in a blender, and blend until smooth.
Store in an airtight container in the refrigerator.

Bolty Basil Dressing

1/3 cup olive oil
1 cup apple cider vinegar
1/3 cup honey
2 tbsp. dijon mustard
1 tsp. salt
3/4 cup bolted basil tops with or without flowers

Thoroughly wash the basil tops and pat dry.
In a blender combine all ingredients and puree until smooth. Be sure all the honey gets mixed in.
This is a tangy but fairly sweet salad dressing.

Hummus Gravy

3 tbsp corn starch	1/4 tsp ground cumin
2 cups cold water	1/4 tsp paprika
1 tbsp olive oil	1 tsp dried thyme
1 cup chopped green onions	1 tsp dried oregano
2 tsp black mustard seeds	1/2 tsp ground coriander
4 cloves garlic, minced	1/4 cup wheat-free tamari sauce
2 cups plain Local Hummus (p. 20)	1/4 cup nutritional yeast

Dissolve the cornstarch in the cold water and set aside.
In a large saucepan, heat the olive oil, and add onions and mustard seeds. Cook for about 10 minutes until the onions are browned and the mustard seeds are toasted. Add garlic and cook for another couple of minutes. Add hummus, tamari, and spices, and stir. Lower the heat and add the flour water mixture. Stir constantly until it becomes a thick paste. Add the nutritional yeast. Add additional water if necessary to make a nice saucy gravy. Serve warm.

Mushroom Gravy

1 lb fresh mushrooms or frozen equivalent
2 tbsp corn starch
1/4 cup wheat-free tamari sauce
1/4 cup red wine
water
salt and pepper to taste

In a large pot cook the mushrooms until they release their juices. Measure the cornstarch, tamari, and red wine into a 2 cup container and fill with cool water. Stir until smooth. Pour the mixture over the mushrooms, stirring continuously until it thickens. Add salt and pepper. Add additional water to achieve the desired consistency.

Spicy Cherry Sauce

1 tbsp olive oil
1 sweet onion, diced
4 tbsp minced fresh ginger
4 cups fresh or frozen pitted cherries – sweet or sour
2 tbsp minced fresh garlic
2 tbsp tequilla (optional)
2 tbsp hot sauce
1 tbsp apple cider vinegar
4 tbsp wheat-free tamari sauce
1 tsp salt
1 tbsp ground black pepper

Sauté onion, garlic, ginger, and cherries until the onion is caramelized. Add all additional ingredients and simmer for about 15 minutes.

Adds a lot of spice to the rice!

Stewed Rhubarb

4 cups chopped fresh or frozen rhubarb
3/4 cup sugar
1/2 cup water

Wash and chop the fresh rhubarb, or slightly thaw the frozen rhubarb. In a medium saucepan, heat the water and sugar. Add the rhubarb and simmer for about 10 minutes until the rhubarb is tender and sort of falls apart. Cool, then refrigerate, and serve cold.

Stewed Bluebarb

As above, but use:
3 cups chopped fresh or frozen rhubarb
1 cup fresh or frozen blueberries

Yummy as a sauce over Aggression Cookies (p. 54) or pancakes, but equally yummy right out of the bowl.

Apple Pie Sauce / Filling

4 cups chopped green apples, fresh or frozen
1/4 cup warm water
1/2 cup sugar
1 tbsp lemon juice (or 1 cube frozen) (optional)
1 tsp cinnamon
1/2 tsp nutmeg
2 tbsp corn starch
1/4 cup cold water

In a large saucepan, heat the apples and warm water over medium-high heat. Add the sugar, lemon juice, and spices, and simmer until the apples are tender. In a separate container (a coffee cup works well) dissolve the cornstarch in the cold water. Bring the apples to a boil, and stirring constantly, add the cornstarch water mixture. Continue stirring until the mixture comes back to a boil, then remove from heat, but continue stirring until all the juice thickens.

Blueberry, Strawberry, or Raspberry Sauce

4 cups fresh or frozen blueberries, strawberries, raspberries, or really, any combination of juicy berries (even blackberries, although these can be a bit seedy)
1 cup white sugar
1/2 cup cool water
3 tbsp corn starch

In a medium saucepan, begin heating the berries over medium-high heat. Add the sugar, and stir occasionally. Dissolve the cornstarch in the water and set aside. Heat the berry mixture to almost boiling, stirring and crushing many of the berries. Stirring constantly, add the cornstarch mixture to the berry mixture. Continue to heat and stir. As the mixture heats to boiling, it will become more clear and shiny. As it starts to thicken and boil, remove it from the heat, still stirring for about a minute until all is hot and thick. The mixture will continue to thicken as it cools.

This sauce can be used as pie or tart filling, and is great on pancakes, cake, cookies, muffins, or even fresh fruit.

Zucchini Season Sauce

4 medium zucchini
5 cloves garlic, peeled
2 fresh hot peppers such as jalapeno or serrano
1 tbsp olive oil
1 tsp salt

Wash the zucchini with a soft brush and remove ends. In a food processor, grate the zucchini, and mince the garlic and hot peppers. In a large saucepan, heat the olive oil and salt. Add the garlic and pepper and heat through to release the flavors into the oil. Add the shredded zucchini. Cook covered for about 10 minutes until the zucchini is soft. Stir occasionally. Serve over cooked vegetables, rice, or other cooked grain. Also good as a side dish with toasted almonds on top.

Quick and Plain Tomato Sauce

1 tbsp olive oil
many ripe to very ripe tomatoes

1 tsp salt
1 tbps fresh or one cube frozen lemon juice
1 tbsp honey (optional)

In a large saucepan, heat the olive oil over medium heat. Quickly wash several tomatoes. Chop each tomato in half and remove the hard core at the top if there is one. Coarsely chop the tomato halves and add them to the saucepan. Repeat this process for as many tomatoes as are going into the sauce. Estimate the number of quarts of tomato sauce you will end up with and add 1 teaspoon of salt and 1 tablespoon of lemon juice for each. Taste the sauce for sweetness, and adjust with honey if desired. Simmer for an hour or so until everything turns into sauce. Continue to simmer, up to several hours, to thicken, or use as is.

I neither peel nor seed the tomatoes for this recipe.

It's great to have lots of tomato sauce available throughout the winter. Prepare and process quart-size ring jars according to manufacturer's instructions.

Enhanced Tomato Sauce

1 medium onion, chopped
4-5 cloves garlic or more
1/4 cup dried oregano
2 tsp salt, or to taste
1 tbsp olive oil
1 large bell pepper, or other sweet pepper (optional)
12 ripe to very ripe tomatoes (or 2 quarts Quick and Plain Tomato Sauce)
1/2 cup fresh basil leaves
fresh spinach leaves (optional)

Saute the onions, garlic, oregano, and salt in olive oil until the onions are translucent. Wash and coarsely chop the tomatoes and bell pepper (remove the seeds from the pepper). Add tomatoes and bell pepper to onion mixture. Simmer. When tomatoes are soft, remove peels (or leave them in, they're quite tasty). Simmer over low heat for one to several hours until there are no distinguishable vegetables. Add fresh basil and spinach and continue to simmer for another 20 minutes, until greens are totally soft.

Enraged Tomato Sauce

1 medium onion, chopped
4-5 cloves garlic or more
2 tsp salt, or to taste
1 tbsp olive oil
1 tsp ground cayenne pepper
12 ripe to very ripe tomatoes (or 2 quarts Quick and Plain Tomato Sauce)
honey to taste

Saute the onions, garlic, salt, and cayenne in olive oil until the onions are translucent. Wash and coarsely chop the tomatoes and add them to onion mixture, and add enough water or stock to cover. Simmer over low heat for one to several hours. Add honey to taste. The sauce should be hot and sweet. Can also be eaten as a soup.

Desserts

Cookies / Cakes / Pies and Tarts / Crisps

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Aggression Cookies

1 cup all-purpose gluten-free flour
1 cup brown sugar
2 cups gluten-free rolled oats
1 tsp baking soda

7/8 cup olive oil
1/8 cup almond, soy, or rice milk
granulated sugar for mashing

Preheat oven to 350 F degrees.

Throw everything into a big bowl and mash, knead and squeeze until nearly all stress is relieved.

Form into small balls and place on a parchment lined cookie sheet. Mash flat with a moistened, sugared palm. Bake 10-12 minutes, or until golden brown. Or mash the whole recipe into the cookie sheet and make pan cookies. Bake 15-18 minutes so the middle gets done. Score while still warm, break apart when cool enough to handle.

For relief of excessive stress triple the recipe, divide the larger amount of dough into multiple bowls and add various ingredients like raisins, chocolate chips, or nuts.

Almond Thumbprint Cookies

2 cups all-purpose gluten-free flour
1 cup almonds or hazelnuts (ground into 1-1/2 cups meal)
2 tsp baking powder
1/2 tsp salt

1/4 cup olive oil
1/4 cup fruit juice
1/2 cup maple syrup
1 tsp almond extract
1/2 tsp vanilla extract
jam – any flavor

Preheat oven to 350 F degrees.

Combine flour, almond meal, baking powder, and salt. In a separate bowl combine oil, juice, syrup, and extracts. Add wet ingredients to dry and mix well, kneading a little. Form dough balls and flatten slightly. Place on a parchment-lined cookie sheet. Indent each cookie with a teaspoon or thumb and fill indentations with 1/2 teaspoon of jam (or however much will fit in the indentation).

Bake 15 minutes or until edges are golden.

Chocolate Chip Cookies

1-1/4 cups all-purpose gluten-free flour
1/2 tsp baking soda
1/2 tsp salt
1/4 cup granulated sugar
1/2 cup brown sugar

1/2 cup olive oil
1 tbsp arrowroot powder
1/4 cup water
1/2 cup chopped pecans (optional)
3/4 cups chocolate chips

Preheat the oven to 375 F degrees.

Put the first five (dry) ingredients into a medium mixing bowl. Whisk to blend, at the same time breaking up any lumps of brown sugar. Put the arrowroot powder (alternatively you can use cream of tartar) into a measuring cup. Fill the cup with water to the 1/4 cup line. Add the oil to the dry ingredients and stir it in forming a homogeneous, crumbly mass. Add the arrowroot in water, and stir well to form a stiff a dough. Add the nuts and chocolate chips and stir to combine.

Drop dough by teaspoonfuls onto a parchment-lined cookie sheet. (When you dig up each cookie you may have to squeeze it a little to keep it together.) Bake for 12-15 minutes. (If you don't use parchment, the cooking time is slightly less.)

Chocolate Clusters

- 1 cup chocolate chips
- 2 cups mix-ins*
- 1/8 cup vegan margarine, peanut butter, or almond butter
- 2 tbsp granulated sugar

In a small microwave safe bowl, heat the chocolate chips and 'butter' in the microwave for 20-30 seconds at a time, stirring between bursts. When the chocolate is nicely melted. Stir in the sugar. If the chocolate starts looking too stiff, give it another 10-15 seconds in the microwave. Stir in the mix-ins. Drop by teaspoonfuls onto a cookie sheet covered with parchment or waxed paper. Chill in the refrigerator for about an hour before serving, and store any remaining clusters in the refrigerator as well.

*Mix-ins:

The chocolate will cover 2 cups of mix-ins, but if you want a higher proportion of chocolate, you may want to cut it back to 1 cup.

You can get creative with the mix-ins. Here are some suggestions:

- chopped pecans
- chopped walnuts
- chopped roasted and salted peanuts
- chopped or whole toasted almonds
- crushed peppermint candy
- toasted gluten-free oats
- raisins or other dried fruit (like dried cherries or cranberries)
- granola
- gluten-free chow mein noodles (to make spiders**)

Use just one, or any combination of mix-ins.

The recipe can be altered according to who you're making it for, especially if you have friends with allergies. For a soy allergy, be sure there is no soy in the margarine. For nut allergies, of course avoid the offending nuts. For a gluten-free version, avoid using granola.

** To make Black Widow Spiders, use 2 cups of gluten-free chow mein noodles and add a teaspoon of ground cayenne pepper. These spiders bite!

Jam Bars

- 1-1/2 cups all-purpose gluten-free flour
- 1 tsp baking powder
- 1 cup brown sugar
- 1-1/2 cups gluten-free rolled oats
- 3/4 cups olive oil (plus 1 tbsp. for the pan)
- 1 cup jam

Preheat oven to 350 F degrees. Coat the bottom of a 9 x 13 baking dish with 1 tablespoon of olive oil.

In a large mixing bowl, combine the flour, baking powder, sugar, and oats. Stir in the oil - the resulting mixture should be crumbly. Pat two-thirds of the dry mixture into the bottom of the pan.

Spread the jam over the bottom layer, then sprinkle the remaining dry mixture over the jam.

Bake for 35 minutes. Cut when cool.

Dear Squares

one batch of Pie Crust for two 10 inch pies (p. 15)

1/2 cup gluten-free rolled oats

6 pears, pared and chopped (about 4 cups) (or use frozen pears with sugar already added)

1/2 cup sugar

1 tsp grated orange (or lemon) peel

Preheat oven to 425 F degrees.

Prepare the Pie Crust. Spread a little over half the Pie Crust into the bottom and about halfway up the sides of a 9 x13 baking dish. Spread the remaining Pie Crust onto a parchment-lined cookie sheet in a rough approximation of a 9 x 13 rectangle. Bake the Pie Crusts (either together, or one at a time, depending on your oven) for 10 to 12 minutes. Cool the Pie Crusts for about 10 minutes on wire racks.

Reduce oven temperature to 375 F degrees.

Sprinkle the bottom crust with oats. In a large mixing bowl, combine the sugar, orange (or lemon) peel, and pears. If using frozen pears, put them into the mixing bowl first, and thaw in the microwave for about 3 minutes, one minute at a time, and stirring between. Spread the pear mixture onto bottom crust. Place the top crust on top (it doesn't matter if it gets broken).

Bake for 45-55 minutes.

Apple Almond Spice Cake

1 tbsp olive oil

4 cups fresh or frozen green apples

1-3/4 cups sugar (reduce sugar if using sweetened frozen apples)

1 tsp powdered dried lemon peel

1/ cup olive oil

1/ cup jelly (apple, grape, blackberry – whatever you have on hand)

1/ tsp vanilla extract

1/ tsp almond extract

2 cups all-purpose gluten free flour

2 tsp baking soda

1 tsp cinnamon

1/ tsp nutmeg

1/ tsp salt

1 cup raw almonds

Preheat oven to 350 F degrees.

Coat the bottom of a 9x13 inch glass baking dish with 1 tablespoon of olive oil.

In a large mixing bowl, combine the apples, sugar, lemon peel, remaining olive oil, jelly, and extracts. If using frozen apples, put the apples into the bowl first and thaw in the microwave for about three minutes, one minute at a time and stirring between. In another large bowl, combine the flour, soda, spices and salt. Grind the almonds to meal in the food processor. Add the almonds to the flour mixture and stir. Add the dry ingredients to the apple mixture and stir well to combine.

Pour the rather chunky and stiff cake batter into the baking dish, spreading with a spatula if necessary. Bake for 50-60 minutes, or until a toothpick inserted into the center comes out clean. Cool on a wire rack before cutting.

Hot Chocolate Cake

1 tbsp olive oil
3 cups all-purpose gluten-free flour
2 cups granulated sugar
1/2 cup cocoa (unsweetened, baking)
2 tsp baking soda
1 tsp salt
1 tsp ground cayenne pepper
3/4 cup olive oil
2 tbsp vinegar
2 tsp vanilla
2 cups cold water

Gluten-free cakes tend to dry out after a day or two. If it is not likely to get eaten in the allotted time, freeze half for later.

Preheat oven to 350 F degrees.

Coat the bottom of a 9 x 13 baking dish with 1 tablespoon of olive oil.

Combine all of the dry ingredients in a large mixing bowl. Combine the remaining oil, water, vinegar, vanilla, and water in a large measuring cup or small bowl. Add the wet ingredients to the dry ingredients. Stir until fairly smooth. Bake for 30-40 minutes, or until a toothpick inserted into the center comes out clean.

Delicious with Plum Jam (p. 62) as a topping.

Chocolate Zucchini Cake

1 tbsp olive oil
1-1/2 cups all-purpose gluten-free flour
1 cup sugar
1/4 cup cocoa (unsweetened, baking)
1 tsp baking soda
1 tsp salt
3/4 cup olive oil
1 tbsp vinegar
1 tsp vanilla extract
1 cup cold water
2 cups shredded zucchini
1/2 cup chocolate chips

Preheat oven to 350 F degrees.

Coat the bottom of a 9 x 13 baking dish with 1 tablespoon of olive oil.

Wash the zucchini with a soft brush, and remove ends. Shred and set aside.

Combine all of the dry ingredients in a large mixing bowl. Combine the remaining oil, water, vinegar, vanilla, and water in a large measuring cup or small bowl. Add the wet ingredients to the dry ingredients. Fold in the zucchini. Stir the batter until fairly smooth. Pour the batter into the baking dish, sprinkle the chocolate chips over the top, and pop into the oven immediately. This will keep the chocolate chips from all sinking to the bottom before the cake is able to support them.

Bake for 30-40 minutes, or until a toothpick inserted into the center comes out clean.

The zucchini keeps this cake moist longer than most gluten-free cakes.

Pumpkin Pie

24 oz. silken tofu, firm or extra firm
3 cups cooked pumpkin or other winter squash
2/3 cups honey
1 tsp vanilla
2 tsp ground cinnamon
1 tsp ground ginger
1/2 tsp ground nutmeg
1/4 tsp ground cloves
Pie Crust for two 10-inch single crust pies (p.15)

The hardest thing about baking a pumpkin is chopping it in half. Cut one side at a time and it will be easier. Remove the seeds, but save them for delicious snacks later.
Preheat oven to 375 F degrees. Coat the bottom of a large baking dish with olive oil. Place each half face down on the oil in the baking dish. Bake for an hour or more, until the pumpkin flesh feels very soft all over when a fork is stuck into it. The skin will be brown and should be easy to peel from the flesh.

Preheat oven to 350 F. Blend tofu, pumpkin, and other wet ingredients and spices in blender until very smooth. Pour into pie shells. Bake for 1 hour or until top looks dry. Filling will be soft, but will firm as it cools.

Preheat oven to 250 F degrees. Squeeze the pumpkin or squash seeds out of the strings - it's okay if a little stuff sticks to them. Spread them in a single layer on a cookie sheet. Dissolve 3 teaspoons Spike, other seasoning mix, or even just plain salt, in 2 cups of hot water. Put the cookie pan on the center rack of the oven, and pour the water mixture carefully over the seeds, so that all the seeds get moistened, but you don't cause a tidal wave.
Bake for an hour or two, turning the seeds occasionally, until all of the liquid has baked away. The seasoning will cling to the baked seeds for a tasty snack.

Butter Tarts

Pie Crust for a single 9 inch pie (p.15). Spread the pie crust batter evenly into tart or muffin pans. Bake at 425 F degrees for 12-15 minutes.

Filling

1/2 cup vegan margarine
1-1/2 cups brown sugar
2 tbsp arrowroot powder
2 tbsp cornstarch
3/4 cup rice milk
2 tsp vanilla
1/2 cup raisins
1/2 cup chopped pecans

Heat margarine and sugar over medium heat. Bring to bubbling, stirring regularly. Reduce heat to medium-low to keep it from burning.

Dissolve arrowroot powder and cornstarch in rice milk. Stirring constantly, slowly add to sugar mixture. Heat and stir until all the sugar is dissolved. Mix in vanilla, raisins, and pecans.

Spoon the filling into the tart shells. Chill to set.

Strawberry Tarts

Pie Crust for a single 9 inch pie (p.15). Spread the pie crust batter evenly into tart or muffin pans. Bake at 425 F degrees for 12-15 minutes.

chocolate chips

Almond Cheese (p. 29) (optional)

Strawberry Sauce (p. 57)

Immediately upon removing the tart shells from the oven, sprinkle about 5-7 chocolate chips into each shell. The heat from the shells will soften the chocolate. Spoon about a teaspoon of Almond Cheese (plain and not too garlicky) over the chocolate chips.

Fill each tart shell with Strawberry Sauce. Chill to set.

Decadent!

Cranberry and Pear Tart

Pie Crust for a single 9 inch pie (p. 15), baked as directed.

1/2 cup cranberry sauce

2 cups frozen pears, thawed

1/4 cup raisins

1 tsp coriander

1/2 tsp allspice

1/4 tsp ground cayenne pepper

1 tbsp cornstarch

1/4 cup cold water

1/2 cup pecans, coarsely chopped

2 tbsp brown sugar

Preheat oven to 375 F degrees.

Heat the cranberry sauce, pears, raisins, coriander, allspice, and cayenne pepper in a saucepan over medium heat, stirring occasionally. Dissolve the cornstarch in the cold water. When the cranberry mixture is hot and bubbling, add the cornstarch mixture a little at a time, stirring constantly. Continue stirring until the mixture starts to bubble and thicken. Remove from heat, but continue to stir until the sauce is glossy, translucent, and thick. Spoon the cranberry mixture into the pie shell.

In a small bowl, combine the pecans and brown sugar. Sprinkle over the cranberry mixture.

Place the pie pan on the oven rack closest to the broiler. Broil at 450 F degrees for about three minutes, but watch it carefully, throughout, as it can go from brown to black astonishingly quickly.

Allow to cool before serving.

If you have leftover Pie Crust, spread it out in a flat circle (or flat circles, depending on how much you have) on a parchment lined cookie sheet. Bake at 425 F degrees for 10-12 minutes. These make a convenient 'top crust' for pies, or use as a base for fruit sauce, jam, or brown sugar and cinnamon. Or place in freezer bags and freeze for later use.

Apple Crisp with the Blues

4 cups fresh or frozen tart apples, cored and chopped
1/4 cup sugar (optional)
2 cups fresh or frozen blueberries or huckleberries
1/2 cup gluten-free rolled oats
3/4 cup brown sugar
1/2 cup all-purpose gluten-free flour
1 tsp cinnamon
1/2 tsp nutmeg
1/4 cup olive oil

Preheat oven to 375 F degrees.

If the apples are frozen, they probably already have sugar added, so omit the 1/4 cup of sugar.

In a medium to large oven-safe bowl, stir together the apples, optional sugar, and blueberries or huckleberries. If you're using frozen apples and berries, heat in the microwave (one minute at a time and then stir for about 3 minutes) until things start to move around freely. If the full two cups of berries are unavailable, either make up the difference with apples, or just use what you have. Pat down the top of the apple / berry mixture so that it's quite tightly packed in the bowl.

In a separate bowl, combine the oats, brown sugar, flour, and spices. Whisk the dry ingredients together, then add the oil. Mix until all dry ingredients are moistened and all begins to cling together slightly but is still very crumbly. (If it's too crumbly, you may need to add a little extra oil.)

Spoon the crumb mixture over the apple mixture so that the whole top is covered. It is not necessary to pat down the crumb mixture, you can leave it crumbly.

Bake about 30 minutes (if using fresh apples) to about 45 minutes (if ingredients were fairly frozen to start) until the top is golden brown and crisp.

Serve hot or cold.

Pear Crisp

1 tbsp olive oil
6 cups sliced fresh or frozen pears
1/4 cup sugar
1 tbsp lemon juice
1/2 tsp lemon zest
1 cup gluten-free rolled oats
1/2 cup brown sugar
2 tbsp flour
1/2 tsp cinnamon
1/2 tsp ginger
4 tbsp olive oil

Preheat oven to 400 F degrees.

Coat the bottom of an 8 x 8 inch baking pan with 1 tablespoon of olive oil.

If the pears were frozen, they probably already have sugar added, so you may want to omit the sugar. Thaw them in the microwave (one minute at a time and then stir for about 3 minutes).

Combine pears with white sugar, lemon juice, and lemon zest, and spread them into the baking dish. Combine oatmeal, brown sugar, flour, cinnamon, and ginger. Add oil and mix until crumbly. Sprinkle crumb mixture over pears. Bake 25 to 30 minutes, until topping is crisped. Serve warm.

Preserves

Jam & Jelly / Sauce / Chutney / Relish / Pickles / Peppers

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General Canning Guidelines

You should get a modern book on canning such as “Putting Food By” and use the extensive instructions available.

In general though, to sterilize glass canning jars, they must be completely immersed in boiling water for at least 10 minutes.

High acid foods are less susceptible to spoilage than low acid foods.

If a seal fails, or you suspect spoilage based on color or smell, destroy the product so that no one can accidentally eat it.

Jalapeno Jelly

2-1/2 cups diced red bell peppers
1 cup diced green bell peppers
1/2 cup diced jalapeno peppers
1 cup apple cider vinegar
1 (1.75 oz) pkg powdered fruit pectin
5 cups granulated sugar

In a large saucepan, heat first 5 ingredients. Stirring constantly, bring mixture to a boil. Quickly stir in sugar and return to a full rolling boil. Boil one minute stirring constantly. Remove from heat. Skim foam if necessary. Pack and seal in hot sterilized jars.

Pear and Pepper Jam

12 cups pears, chopped
8 cayenne peppers, red / ripe, seeded, and cut into short strips
4-5 cups sugar

In a large saucepan, heat the pears and sugar until you have a syrupy mixture. Allow the mixture to come just to a boil and cook, stirring constantly for about 10 minutes. Add the peppers and cook, stirring, for another 2 minutes.

Pack and seal in hot sterilized jars
Makes about 6 pints.

Plum Jam

70 Italian prune plums
3 cups sugar

Wash the plums. Cut them in half to remove the pits. Cut each half in quarters.

In a medium-sized saucepan, heat the plums and sugar over medium heat. The plums will juice out, and the sugar will melt into the liquid. Cook, stirring, for about 10 minutes, until the plums are about disintegrated.

Pack and seal in hot sterilized jars.
Makes about 5 pints.

Apple Sauce

16 cups chopped apples
1 cup sugar
1 tbsp cinnamon
1 cup water

In a large saucepan, heat the water. Add the apples as you chop them (if the skins are undamaged, leave them unpeeled). Add sugar and cinnamon. Cook until mushy.
Pack and seal in hot sterilized jars.

Golden Pear Barbecue Sauce

4 cups pears, peeled and chopped
3/4 cup apple cider vinegar
1/2 cup brown sugar
3 cloves garlic, minced
1/2 tsp ground cayenne pepper
1 tbsp dijon mustard

Combine all ingredients in a blender. Blend until smooth.
Heat the mixture in a saucepan over medium heat until heated through. Simmer for about 10 minutes.
Pack and seal in hot sterilized jars.

Apple Chutney

4 cups chopped green apples
1 cup chopped sweet mixed fruit such as ripe pears, plums, dried prunes, dried apricots, raisins, cherries, etc.
2 cloves garlic
1-1/2 cups sugar
1-1/2 tsp salt
2 tsp ground ginger
1 tsp cinnamon
1 tsp ground cayenne pepper
1 tsp ground coriander
1/2 tsp ground cloves
1/2 tsp ground black pepper
1 tbsp grated lemon peel
1 cup white vinegar

Wash and chop the apples and other fruit and combine in a large saucepan. Peel and finely mince the garlic. Add the garlic, sugar, salt, spices, lemon zest, and vinegar. Mix well. Heat to boiling, then reduce heat and simmer for about half an hour, stirring fairly often. The apples should be soft and falling apart. Store in the refrigerator or pack and seal in glass canning jars.

Dear Relish

6 fresh nearly ripe pears, peeled, cored and chopped
1 cup sugar
1 cup white vinegar
2 tsp salt
3/4 tsp cayenne pepper
2 large onions, diced
1 sweet red pepper, diced

Combine sugar, vinegar, salt, and cayenne pepper. Bring to boil in a large saucepan. Add pears, onions, and peppers. Bring to a boil again, then reduce heat and simmer 25 to 30 minutes, stirring from time to time, until mixture is thick.

Pack and seal in hot sterilized jars.

Sweet Pickle Relish

4 4-inch cucumbers, chopped fine	3-1/2 cups sugar
2 medium onions, chopped fine	1 tbsp celery seed
1 sweet green pepper, chopped fine	1 tbsp mustard seed
1 sweet red pepper, chopped fine	2 cups cider vinegar
1/4 cup salt	

Combine cucumbers, onions, green, and red peppers in a large bowl; sprinkle with salt and cover with cold water. Let stand 2 hours. Rinse with cold water in a collander, and drain thoroughly. Combine sugar, spices, and vinegar in a large saucepan. Bring to a boil. Add drained vegetables, and simmer 10 minutes.

Pack and seal in hot sterilized jars.

Zucchini Relish

10 cups zucchini	3 cups sugar
3 cups onion	1 tbsp cornstarch
4 red bell peppers	1 tsp turmeric
5 tbsp salt	3 cups white vinegar
	1 tsp dry mustard
	1 tsp black pepper
	1 tsp celery seed

Wash the zucchini with a soft brush and remove ends. Finely chop zucchini, onion, and red bell peppers in a food processor. Combine the veggies and salt in a large bowl. Let stand in the refrigerator overnight.

Rinse the vegetables in cold water in a large strainer, and drain well.

Heat the vegetable mixture in a large saucepan. Add the sugar. Dissolve the cornstarch in about a quarter cup of the vinegar and set aside. Add the turmeric, mustard, pepper and celery seed. Stir in the cornstarch mixture. Mix well, bring to a boil, then reduce heat and simmer for another 30 minutes.

Pack and seal in hot sterilized jars.

Makes about 5 pints.

Sweet Pickles

- 1 cup apple cider vinegar
- 1/8 cup salt
- 1 cup white sugar
- 1/4 teaspoon ground turmeric
- 1/2 teaspoon mustard seed
- 2 pounds cucumbers (or more)
- 2 sweet onions (optional)

In a small saucepan at medium-high heat, combine cider vinegar, salt, sugar, tumeric and mustard seed. Bring to a boil and let cook for 5 more minutes.

Meanwhile, slice cucumbers and onion. Loosely pack the vegetables in a 1-quart canning jar. Pour hot liquid over the vegetables in the container. Allow to cool, then refrigerate for 24 hours and enjoy! Keep refrigerated.

Garlic Dill Pickles

- 1 cup white vinegar
- 1/4 cup pickling salt
- 2 cups water
- 1/4 cup sugar
- 3 tsp dill seed
- 15 black peppercorns
- 6 cloves garlic
- 3 sprigs fresh dill
- 7-10 small pickling cucumbers

Slice any leftover cucumbers and place in a small bowl. Cover with leftover vinegar mixture and allow to marinate in the refrigerator for at least an hour. These make a refreshing snack.

Simmer vinegar, salt, water, and sugar in medium non-aluminum saucepan.

Wash the cucumbers, and remove ends. Cut six cucumbers in half lengthwise, then cut each half in thirds, also lengthwise. Working quickly, so that the jars don't get too cool, in each of three sterilized pint jars place 1 teaspoon dill seeds, 5 peppercorns, and 2 cloves garlic. Stand the cut cucumber pieces in the jars, packing them in very tightly. You may need to cut additional cucumbers to get the jars completely packed. Put one dill sprig in the top of each jar with the stem end down. Pour the hot vinegar mixture into the jars, leaving 1/2 inch of headroom. Process following manufacturer's instructions.

Store in cool, dark place for at least 6 weeks before using.

Peppers in Oil

To preserve sweet or hot peppers, roast them under the broiler for 5 to 10 minutes until the skins are charred. Place them in a paper bag for about 15 minutes to steam, then remove the skins and seeds. Add a little olive oil to a glass container with a locking lid. Press the roasted pepper pieces into the container. Pour a little olive oil over each layer and press out all the air bubbles as layers are added. Repeat until the container is full or you're out of peppers. Keep the container in the refrigerator. The preserved peppers add a great roasted pepper flavor to many dishes.

Chipotle Olive Oil

The peppers also flavor the oil. Once you've used a portion of the peppers, the flavored oil is available as well. Hot peppers make a delightful hot oil.

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