













COOKING IS A FUN, EXPRESSIVE + DYNAMIC ART- NOT ALL RULES, MEASUREMENTS + DEFINITE SUCCESSES OR FAILURES (THAT'S BAKING)!

WITH A GRASP OF A FEW BASIC CONCEPTS, SOME SENSE OF THE FLAVOURS YOU LIKE + THE TYPE OF DISH YOU WANT TO MAKE, YOU CAN PRETTY MUCH JUST START COOKING!

EVERY RECIPE IN THIS BOOK STARTED OUT THAT WAY, HAVING A GENERAL IDEA OF WHAT MAKES A CERTAIN DISH + WORKING TOWARD THAT IDEA.

YOU DON'T NEED TO KNOW EVERY STEP OR HAVE EVERY INGREDIENT TO MAKE SOMETHING FRESH, HEALTHY + TASTY- YOU JUST NEED TO START OUT!

QUITE OFTEN THIS INVOLVES CHOPPING GARLIC + ONIONS, + STARTING A POT OR PAN WITH OIL (MORE ON THAT SOON!) OR SETTING AN OVEN AT 350° (MORE ON THAT SOON, TOO!).

THE RECIPES IN THIS BOOK START WITH SIMPLE, STAPLE FOODS + GRADUALLY GET MORE COMPLEX, SO THAT BY THE END, YOU'LL BE ABLE TO MAKE WHOLE MEALS + HOST A DINNER PARTY FOR YOUR FRIENDS!

+ REMEMBER: IF YOU DON'T GET SOME PEOPLE TOGETHER + COOK FOR THEM, MAYBE NO ONE WILL!

LEAD BY EXAMPLE, TURN ON THE STOVE, POUR YOURSELF A DRINK, + FOSTER CULTURE + COMMUNITY IN YOUR HOME BY EATING SOME GREAT FOOD, CHATTING WITH YOUR ASSOCIATES + MAYBE TILE OF SOME LIBATIONS!

**REMEMBER THE LESSON OF GREAT FAMILY MATRIARCHS:** 

## **GATHER+EAT!**



## START-ING UP

- **14 NOTES**
- **15 COOKING LINGO**
- **16 OUR TOP 24 SUPER FOODS!**
- 18 FRESH! LOCAL! SEASONAL!: ALL SEASON + SPRING
- 20 SEASONAL: SUMMER, FALL + WINTER
- 22 STAPLE INGREDIENTS: ROOM TEMP + FRIDGE
- 24 STAPLES: FROZEN + CANNED
- 26 STAPLES: DRY + HERBS + SPICES
- 28 CONDIMENTS, ETC
- **30 USEFUL TOOLS**
- **32 KITCHEN GADGETS**
- 34 SYSTEMS OF ORDER: POT + PAN RACK + FRIDGE
- **36 SYSTEMS: PREP STATION**
- 38 SYSTEMS: 1 STATION, 2

**STORAGE** 



## **BREKKY**

- **40 CARBS:PROTEINS:FATS**
- **42 JUICE**
- **44 SMOOTHIES\***
- 46 GRANOLA + FRUIT SALAD\*
- **48 HOT CEREAL\***
- 50 EGGS
- **52 BREAKFAST BOWLS**
- **54 BREAKFAST SANDWICHES**
- 56 BREAKFAST TACOS\*\*
- **57 TORTILLAS**
- 58 FRIED RICE\*

VEGAN- NO ANIMAL PRODUCTS
VEGETARIAN- DAIRY +
HONEY, BUT NO EGGS, FISH OR MEATS

**EGGS, FISH+MEATS** 

## **SALADS**

- **60 SALAD DRESSING**
- **62 THE WORLD OF SALAD!**
- **64 GERMAN-STYLE POTATO SALAD\***
- 66 MANGO + BLACK BEAN SALAD
- **68 QUINOA SALAD**
- 69 QUINOA
- 70 RADISH + CUCUMBER SALAD
- **72 TABBOULEH**
- 73 BULGUR
- 74 BEET SALAD\*
- **76 CHICKPEA SALAD\***
- 78 COLESLAW\*
- **80 GREEK SALAD\***
- **82 INSALATA CAPRESE**
- **84 PASTA SALAD\***
- 85 NOODLES \*
- **86 LIBRAN SPINACH SALAD\***
- **88 THAI NOODLE SALAD\***

## **SAUCES**

- 90 SALSA
- **92 PORTUGUESE SALSA**
- 93 AVOCADO, ALMOND + STRAWBERRY SALSA
- 93 GUACA-MIKEY
- 94 HUMMUS
- **95 PESTO\***
- **95 CILANTRO PESTO**
- 96 MISO GRAVY
- **97 APPLESAUCE**
- **97 WALNUT BUTTER**
- 98 TZATZIKI
- 99 HOT YOGURT
- 99 CHEESE SAUCE

## SIDES

- **100 ROASTED VEG**
- 102 MARINATED PEPPERS, ONIONS + ZUCCHINI
- **103 MÉLANGE AVEC...**
- **104 POTATOES \***
- **106 SCALLOPED POTATOES**
- **108 CORN BREAD**

## SOUPS

- **110 BROTH**
- **112 MISO**
- 114 MISO STEW
- **116 BORSCHT\*\***
- 118 MINESTRONE\*
- 119 CHEESE TOAST
- **120 MUSHROOM SOUP**
- 121 CROUTONS
- **122 TORTILLA SOUP\*\***
- **124 MISO-LIME SOUP\***
- **126 KIMCHI SOUP\***
- **128 SOPA DE CAMARON\***

## STOVE

- **130 FRYING VS STEAMING**
- **131 SELECTING AN OIL FOR FRYING**
- **132 RICE**
- **134 BLACK BEAN TACOS\***
- 135 RICE + BEAN BURRITOS\*
- **135 JERSON'S BASMATI**
- **136 CURRY WITH ROASTED CAULI\***
- **138 FAJITAS\*\***
- 140 FRENCHIE\*
- **142 SIMPLE PASTA\***
- **144 SPAGHETTI BOLOGNESE\*\***
- 146 TOFU + VEG STIR-FRY\*
- **148 POACHED SALMON OR TROUT**
- 150 MOROCCAN FISH STEW\*\*
- 152 BREADED SALMON ETC!
- **157 FISH TACOS**
- **158 FULLY LEGIT SALAD**

## **OVEN**

- **160 OVEN INTRO**
- **162 DRAGON BOWLS\***
- 164 SHEPHERD'S PIE\*\*
- **166 PASTA WITH ROASTED VEG\***
- **167 EGGPLANT**
- **168 LASAGNA**
- 170 MAC + CHEESE
- **172 PIZZA\***
- **174 QUICHE**
- **176 BAKED MACKEREL, SARDINE OR SAURY**
- **178 APPLE CHICKEN**

## **BBQ**

- **180 MARINADE**
- 182 SKEWERS + SHISH KABOBS\*
- **184 BURGERS\***
- 186 SOUVLAKI\*\*
- **188 BBQ'D SALMON, HALIBUT OR TROUT**

## **DINNERS**

- 190 HOST A HEAVENLY BANQUET!
- **192 7 DINNERS**

## **NOTES**

THE TEXT FOR MOST RECIPES IS PRESENTED IN 2 COLOURS SO THAT YOU CAN CAREFULLY PROCEED ON THE FIRST GO-ROUND, THEN JUST GLANCE AT THE KEYWORDS TO REMIND YOURSELF HOW A DISH GOES AFTER A FEW TRIES!

QUANTITIES GIVEN ARE RARELY SPECIFIC IN FAVOUR OF THE COOK LEARNING TO BALANCE THE FLAVOURS TO YOUR TASTE EACH TIME A DISH IS PREPARED!

YOU DON'T HAVE USE EVERY INGREDIENT ON THE LIST FOR YOUR DISH TO WORK OUT! EXPERIMENT WITH SUBSTITUTIONS IF YOU'RE OUT OF SOMETHING OR LEAVE OUT INGREDIENTS YOU DON'T LIKE!

OPTIONS ARE GIVEN TO TAKE YOUR DISH IN SOME DIFFERENT DIRECTIONS.

VEGETARIAN RECIPES ARE TITLED IN GREEN; DISHES CALLING FOR EGGS, IN WHITE; + FISH, CHICKEN OR MEATS, IN PINK.

\* INDICATES THAT A DISH COULD BE MADE VEGETARIAN, WITH EGGS, OR WITH MEATS BY OMISSION OR INCLUSION.



### COOKING LINGO USED IN THIS BOOK

#### **CUTTING**

BREAK INTO FLORETS \* FLORETS ARE THE FLOWERING STEMS OF BROCCOLI OR CAULIFLOWER. THEY LOOK LIKE LITTLE TREES.

BUTTERFLY > SLICE ALMOST ENTIRELY IN HALF + OPEN LIKE A BOOK.

CHOP + CUT INTO BIG PIECES.

CUBE + CUT INTO BITE-SIZED CUBES.

DICE + CUT INTO SMALL CUBES.

GRATE \* SHRED INTO STRIPS WITH A GRATER.

JULIENNE • CUT INTO NARROW, SHORT STICKS.

MASH + CRUSH INTO A SMOOTH PASTE WITH A MASHER.

PURÉE . WHIZ INTO A LIQUID WITH A FOOD PROCESSOR OR BLENDER.

SLICE + CUT INTO THIN SLICES.

TRIM + CUT OFF THE END

WHIZ PROCESS IN A FOOD PROCESSOR OR BLENDER.

ZEST • GRATE VERY FINELY WITH A ZESTER.

## STARTING

#### COOKING

AL DENTE • 'TO THE TOOTH', COOKED BUT FIRM.

BAKE . COOK WITH DRY HEAT, AS IN THE OVEN OR THE SUN.

**BLANCH • BRIEFLY IMMERSE IN BOILING WATER.** 

BOIL . HEAT A LIQUID UNTIL IT BUBBLES.

BROIL \* COOK WITH DIRECT, INTENSE HEAT, AS IN THE OVEN ON THE TOP RACK WITH THE TOP ELEMENT FIRING.

COVER + PUT A LID ON.

**POACH \* COOK IN WATER OR OTHER LIQUID.** 

**ROAST + SLOW COOK IN THE OVEN.** 

SAUTÉ • FRY IN BUTTER, GHEE OR OIL ON MEDIUM HEAT.

SIMMER • HEAT AT JUST BELOW THE BOILING POINT.

STEAM • COOK IN A BASKET WITH STEAM FROM BOILING WATER BELOW.

TOAST → HEAT UNTIL LIGHTLY BROWNED.



APPLE CIDER VINEGAR

4 ERFO

BEETS

ANCHOVIES
MACKEREL
SALMON
SARDINE
SAURY

GREENS+ CRUCIFEROUS

VEG
BOK CHOY
BROCCOLI
BRUSSELS SPROUTS
CABBAGE
CAULIFLOWER
KALE
SPINACH
SWISS CHARD

**AVOCADOS** 

## BERRIES

ACAI BERRIES
BLACKBERRIES
BLUEBERRIES
CRANBERRIES
GOJI BERRIES
STRAWBERRIES

#### **FRUIT**

APPLES
BANANAS
GRAPEFRUITS
LEMONS
LIMES
ORANGES
RED PEPPERS
TOMATOES
WATERMELON

#### GREEN TEA +INFUSIONS

HIBISCUS ROOIBOS ROSE HIP WHITE TEA YERBA MATÉ

# HERBS BASIL OREGANO PARSLEY ROSEMARY SAGE

#### NUTS+ SEEDS

ALMONDS
BRAZIL NUTS
CASHEWS
CHIA SEEDS
FLAX SEEDS
HEMP SEEDS
PUMPKIN SEEDS
QUINOA
SESAME SEEDS
WALNUTS

#### SEAWEED

HIJIKI KELP KOMBU NORI WAKAME

**WATER** 



**OLIVE OIL** 

#### **SPICES**

ANISE
CAYENNE
CINNAMON
CLOVES
PAPRIKA
SAFFRON
TURMERIC

## WHOLE GRAINS BROWN RICE

BROWN RICE BUCKWHEAT KAMUT OATS SPELT



**RED WINE** 



SWEET POTATOES +YAMS

YOGURT +KEFIR



## ALL SEA-SON

BAY LEAVES
BEEF

BUFFALO CHICKEN CLAMS

**CRAB** 

DAIRY

DUCK

EGGS GOAT

KALE

LAMB

**MUSHROOMS** 

MUSSELS
PACIFIC COD

PACIFIC OYSTERS

**PORK** 

**RABBIT** 

ROSEMARY

SABLEFISH

SAGE SAVORY

SCALLOPS THYME

TURKEY

# LOCAL+SEASONAL FRUITS#VEG,GRAINS,SEAFOOD+MEATS IN VANCOUVER+SOUTHWEST BC

## SPRING

**VERNAL ('SPRING') EQUINOX ('EQUAL-NIGHT'):** 

ALMOST EQUAL LENGTH DAY + NIGHT, MARCH 20TH ANNUALLY

**ASPARAGUS** 

**BASIL** 

**BEETS** 

**BROCCOLI** 

**CARROTS** 

CAULIFLOWER

**CELERY** 

CHERVIL

CHIVES

**CILANTRO** 

DILL

**EPAZOTE** 

**FENNEL** 

**GOOSEBERRIES** 

**GREEN ONIONS** 

HONEY

**LAVENDER** 

**LEMON VERBENA** 

**LETTUCE** 

**LINGCOD** 

MINT

**MUSTARD GREENS** 

**NEW POTATOES** 

OREGANO

OSTRICH

**PACIFIC HALIBUT** 

**PARSLEY** 

**PEAS** 

RADISHES

**RHUBARB** 

**SALAD GREENS** 

**SALMON: CHINOOK** 

KING

SOCKEYE

**SPRING** 

**SASKATOON** 

**BERRIES** 

SORREL

**SPINACH** 

**SPOT PRAWNS** 

**STRAWBERRIES** 

**SUMMER SQUASH** 

**SWISS CHARD** 

**TARRAGON** 

**WHITE TURNIPS** 

**ZUCCHINI** 

**GETLOCALBC.ORG** 

## SUMBANCE OF SUMBANCE OF

SUMMER SOLSTICE ('SUN-STANDING'): THE LONGEST DAY 21JUN13, 21JUN14, 21JUN15, 20JUN16, 21JUN17, 21JUN18...

**ALBACORE TUNA** 

APPLES APRICOTS

**ARTICHOKES** 

BASIL BEANS

**BEETS** 

**BLACKBERRIES** 

**BLUEBERRIES** 

BROCCOLI BRUSSELS

SPROUTS CABBAGE

CARROTS

**CAULIFLOWER** 

CELERY CHERRIES CHERVIL

CHIVES

CILANTRO CORN

CRAB APPLES
CRANBERRIES

**CUCUMBERS CURRANTS** 

DILL

EPAZOTE FENNEL

GARLIC

**GOOSEBERRIES** 

**GRAINS GRAPES** 

**GREEN ONIONS** 

HONEY

**LAVENDER** 

**LEEKS** 

LEMONGRASS

**LEMON VERBENA** 

**LETTUCE LINGCOD** 

**MARJORAM** 

MELON MINT

**MUSTARD GREENS** 

**NECTARINES** 

NUTS ONIONS OREGANO

OSTRICH

PACIFIC HALIBUT
PACIFIC SARDINES

PARSLEY
PARSNIPS
PEACHES
PEARS
PEPPERS

**PLUMS** 

POTATOES PRUNES PUMPKIN

RADISHES

**RASPBERRIES** 

**RHUBARB** 

**RUTABAGAS** 

**SALAD GREENS** 

**SALMON: CHINOOK** 

COHO

**PINK** 

SOCKEYE SPRING

SASKATOON

**BERRIES SHALLOTS** 

SORREL

**SPINACH** 

**SPOT PRAWNS** 

**SQUASH** 

STRAWBERRIES SWISS CHARD

TARRAGON TOMATOES

**TURNIPS** 

**ZUCCHINI** 

## THE COMFORTS OF

**AUTUMNAL EQUINOX: ALMOST EQUAL LENGTH DAY + NIGHT** 22SEP13, 23SEP14, 23SEP15, 22SEP16, 22SEP17, 23SEP18...

ALBACORE TUNA

**APPLES** 

ARTICHOKES

BASIL

**BEETS** 

**BROCCOLI** 

BRUSSELS SPROUTS

CABBAGE

CARROTS

CAULIFLOWER

CELERY CHERVIL

CILANTRO

CORN

CRAB APPLES

**CRANBERRIES** DILL

**EPAZOTE** 

FENNEL

**GARLIC GRAINS** 

KIWI

**LEEKS** 

**LEMON VERBENA** 

LETTUCE LINGCOD

MARJORAM

MINT

MUSTARD GREENS

NUTS ONIONS

OREGANO

OSTRICH

PACIFIC HALIBUT

**PACIFIC SARDINES** 

**PARSLEY PARSNIPS**  **PEARS** 

**PEPPERS** 

**PHEASANT** 

**POTATOES** 

**PUMPKIN** 

QUINCE

**RADISH** 

RUTABAGA

SALAD GREENS

**SALMON: CHUM** 

SORREL

**SPINACH** SQUASH

SWISS CHARD

**TARRAGON TOMATOES** 

**TURNIPS** 

**ZUCCHINI** 

## RESILIENCE OF

WINTER SOLSTICE: THE LONGEST NIGHT

21DEC13, 21DEC14, 22DEC15, 21DEC16, 21DEC17, 21DEC18...

CABBAGE CARROTS CHERVIL

CILANTRO LEEKS FENNEL KIWI

ONIONS PARSLEY **PARSNIPS PHEASANT** SORREL



**EVERYDAY ESSENTIALS THAT LIKE TO CHILL IN THE** CREAM **PUFFED TOFU** EGGS ALMOND MILK SPINACH CARROTS BROCCOLI BEETS FOR TOMORROW, THEN YOU'VE GOT DOUBLE THE VARIETY OF VEG IN YOUR PALETTE FOR YOUR NEXT COMPOSITION! HALF A RED PEPPER + HALF A HEAD OF BROCCOLI WILL GET YOU HALF-WAY INTO: A SALAD, STIR-FRY, QUICHE, OMELETTE, CURRY, PASTA DISH, RICE BOWL, MORNING JUICE, MAYBE SOME KINDA GRILLED VEG SANDWICH, OR UNTOLD ITEMS EVEN MORE APPEALING! MAXIMIZE THE DIVERSITY! BUY A RED TOMATO + A GREEN ONE + USE HALF OF EACH ONE DAY + THE OTHER HALF THE NEXT! FOR WHO KNOWS WHAT'S COOKIN' TOMORROW, FRIENDS! **PEPPERS** GREEN **CUCUMBERS** ONIONS **CELERY CHEDDAR** 

**BUTTER** 

FETA

**CAULIFLOWER** 



















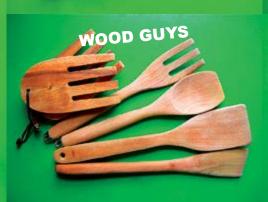




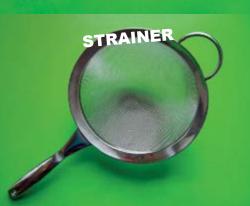






















START YOUR COLLECTION OF POTS + PANS WITH A GOOD QUALITY FRYING PAN, SOUP POT + STEAMER SET UP!

WOK

**CASSEROLE DISHES** 

**LASAGNA DISHES** 

COOKING CAN BE A MESSY + CHAOTIC PROCESS, BUT A FEW SYSTEMS OF ORDER

GO A LONG WAY TO KEEP THE SWEARING TO A MINIMUM IN THE KITCHEN!

BASKET

PASTA POT + STRAINER

SMALI POT

**CAST IRON** LARGE FRYING PAN POT

> DÈEP FRYIN PAN

SOUP POT

NON-STICK **FRYING** PAN

CUTTING

BOARD

**MEDIUM** POT











# THE IMPORTANCE OF PROTEIN INTHE MORNING!

# 50:20:30 **CARBS:PROTEINS:FATS**

**CEREALS GRAINS POTATOES** RICE

**BEANS, CHEESE, AVOCADOS** EGGS, FISH, CHEESE
MEATS, NUTS, NUTS
SEEDS, TOFU, OLIVE OIL YOGURT

**SEEDS** 

**PROTEIN GIVES YOU** THE STABLE BLOOD **SUGAR YOU NEED TO** START YOUR DAY! TRY TO INCLUDE A **SOLID 20% PROTEIN** IN YOUR BREAKFAST **RITUAL!** 









WHILE ONLY A STARTER, NOT A COMPLETE BREAKFAST, FRESHLY MADE JUICE IS PROFOUNDLY RESTORATIVE + CAN HELP YOU IMMENSELY WHEN YOU'RE HUNGOVER OR DIDN'T GET ENOUGH SLEEP!

BUT JUICE IS NOT JUST FOR EXTREME SITUATIONS; FRESH JUICE EVERYDAY WILL ADD YEARS TO YOUR LIFE!

OLD GUYS IN GOLD TRACKSUITS + GOLD CHAINS DRINK JUICE!

**HERE ARE SOME STANDBYS:** 

#### THE GREEN GUY

APPLE, CUCUMBER, KALE + LIME.

#### THE ORANGE GUY

CARROT, ORANGE, GINGER + LEMON.

# THE RED GUY

APPLE, BEET, CARROT, GINGER + LEMON.





A SMOOTHIE IS A GREAT WAY TO GET SOME FRUITS + PROTEIN EARLY IN THE MORNING BEFORE YOU'RE READY FOR SOLIDS!

TRY TO INCLUDE AT LEAST 1 FROZEN ELEMENT LIKE BANANA, BERRIES OR GRAPES SO THE SMOOTHIE WILL COME OUT COLD.
A LUKEWARM SMOOTHIE IS NOT THAT FUN!

TO MAINTAIN LONG-LASTING ENERGY, ADD PROTEINS LIKE YOGURT, MILK, NUT BUTTER OR PROTEIN POWDER; HEALTHY FATS LIKE AVOCADO, OLIVE OIL, NUTS OR SEEDS; + CARBS LIKE OATS + BANANA.

## THE BASIC

FROZEN BANANA, YOGURT, ORANGE + MILK OR SUBSTITUTE.

## THE USUAL

FROZEN BANANA, GRAPES + CRANBERRIES; YOGURT; ORANGE + APPLE; DRY HOT CEREAL MIX; + MILK OR SUBSTITUTE.

#### **THE LONG-HAULER**

FROZEN BANANA, GRAPES + CRANBERRIES; YOGURT; ORANGE + APPLE; AVOCADO + WALNUTS; + MILK OR SUBSTITUTE.

# THE MELANIE

FROZEN WATERMELON + GRAPES; YOGURT; ORANGE + LEMON; + MILK OR SUBSTITUTE.





YOU CAN BUY GOOD QUALITY GRANOLA OR MAKE YOUR OWN!

### GRANOLA

START A SMALL POT ON MEDIUM HEAT + MELT 1/2 A CUP OF BUTTER WITH 1/2 A CUP OF MAPLE SYRUP OR HONEY.

POUR OVER A BOWL OF 5 CUPS OF MIXED GRAINS; 2+1/2 CUPS OF NUTS + SEEDS; 2 CUPS OF DRIED BERRIES + FRUIT; + 2 CUPS OF SHREDDED, UNSWEETENED COCONUT. ADD FINELY DICED GINGER, THE JUICE + ZEST OF AN ORANGE + A GOOD DASH OF SPICES. STIR UNTIL MIX IS THOROUGHLY COATED.

LAY OUT 1/2 THE MIX ON A BAKING SHEET COVERED WITH A SHEET OF PARCHMENT PAPER.

BAKE IN THE OVEN AT 325° UNTIL LIGHTLY BROWNED, ABOUT 20 MINUTES. ALLOW TO COOL WHILE BAKING THE OTHER 1/2.

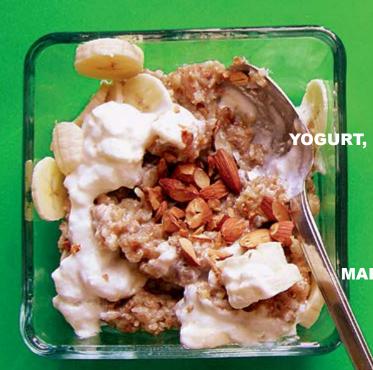
#### FRUIT SALAD

CUT FRUITS + BERRIES TO DESIRED SIZE + REMOVE SEEDS OR PITS.
COMBINE IN A BOWL + TOSS IN A SPLASH OF LEMON OR LIME JUICE.

SERVE WITH YOGURT + MAPLE SYRUP OR HONEY.

WATER
STEEL-CUT OATS
ROLLED OATS
7, 9 OR 12 GRAIN MIX
MILLET

**OPTIONS ALMONDS WALNUTS CHIA SEEDS FLAX SEEDS SUNFLOWER SEEDS** DATES **DRIED APRICOTS DRIED CRANBERRIES DRIED PRUNES RAISINS** YOGURT, MILK OR SUBSTITUTE **BLACKBERRIES BLUEBERRIES CHERRIES APPLE BANANA PEAR** MAPLE SYRUP OR HONEY **GROUND CINNAMON** 



# HOT CEREAL

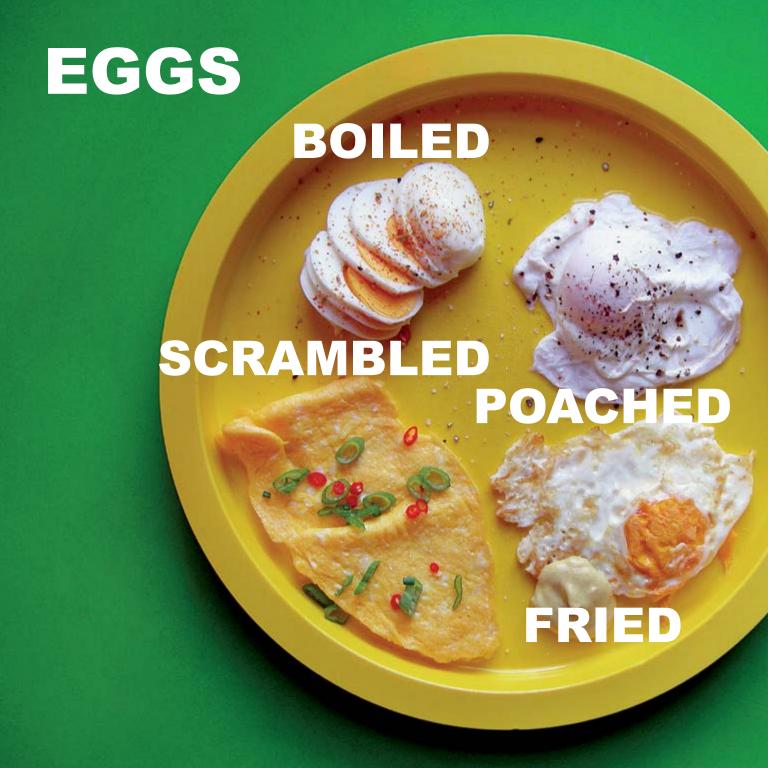


COVER A BLEND OF STEEL-CUT + ROLLED OATS, MULTI-GRAIN MIXES, MILLET, NUTS, SEEDS + DRIED FRUIT, IN A SMALL POT WITH WATER TO ABOUT 1/2 AN INCH ABOVE THE MIX.

BOIL, COVER, REDUCE HEAT TO LOW + SIMMER TO DESIRED CONSISTENCY.

IF YOU'RE INCLUDING A LOT OF HEARTY GRAINS LIKE STEEL-CUT OATS, YOU MIGHT WANT TO LET THEM BOIL A LITTLE LONGER TO MAKE SURE THEY SOFTEN.

SERVE WITH YOGURT, MILK OR SUBSTITUTE; BERRIES OR SLICED FRUIT; MAPLE SYRUP OR HONEY; + CINNAMON.



## **BOILED**

BRING A SMALL POT OF WATER + MEDIUM-SIZED EGGS TO A BOIL. TURN OFF HEAT + COVER FOR 4 MINUTES FOR SOFT-BOILED, 5 FOR MEDIUM + 6 MINUTES FOR HARD. RINSE UNDER COLD WATER TO STOP COOKING.

### **POACHED**

CRACK EGGS INTO A BOWL + GENTLY POUR INTO A PAN OF BOILING WATER WITH A SPLASH OF WHITE VINEGAR (KEEPS THE EGGS FROM SPREADING OUT TOO MUCH). REDUCE HEAT TO LOW + COOK TO DESIRED CONSISTENCY. REMOVE WITH SLOTTED SPOON.

## **FRIED**

HEAT A PAN ON MEDIUM-HIGH HEAT, THEN ADD BUTTER, GHEE OR A NEUTRAL (HIGH-TEMP) OIL LIKE AVOCADO OR CANOLA. CRACK EGGS IN. COVER + COOK FOR SUNNY-SIDE UP; COOK + FLIP FOR OVER-EASY; OR BREAK THE YOKE + FLIP FOR FANS OF A WELL-DONE EGG.

#### **SCRAMBLED**

HEAT A PAN ON MEDIUM-HIGH HEAT, THEN ADD BUTTER, GHEE OR A NEUTRAL (HIGH-TEMP) OIL LIKE AVOCADO OR CANOLA. WHISK EGGS IN A BOWL. ADD SALT, LOUISIANA-STYLE HOT SAUCE, OPT CHEESE + HERBS LIKE BASIL OR ROSEMARY. POUR INTO THE PAN, FLIP + COOK UNTIL SOLID.



ARDINE OR SAURY

RED PEPPER
CELERY
PUFFED TOFU
GREEN ONIONS
CARROT
NORI
WATER
SALT
RICE
BUTTER, GHEE OR OIL
EGGS
SESAME SEEDS
CHIU CHOW CHILI OIL
GARLIC + GINGER SAUCE
BRAGG'S OR SOY SAUCE

OPTIONS
TOMATO
CUCUMBER
CASHEWS
SALMON, MACKERE
KIDNEY BEANS





SLICE 1/2 A RED PEPPER, A STALK OF CELERY, 1-2 CUBES OF PUFFED TOFU, 2-3 GREEN ONIONS + OPT TOMATO OR 1/2 A CUCUMBER. JULIENNE A CARROT.

**CUT 1/2 A SHEET OF NORI INTO MATCHSTICKS**WITH A PAIR OF KITCHEN SCISSORS.

**BOIL** + SIMMER RICE → PAGE 133.

FRY OR POACH EGGS → PAGE 51.

OPT TOAST COARSELY CHOPPED CASHEWS IN THE OVEN AT 325° FOR ABOUT 8 MINUTES.

LAYER TOFU + VEG IN A BOWL OVER RICE.
TOP WITH EGGS + OPT SALMON (\* PAGE 148-9,
152 OR 188-9); MACKEREL, SARDINE OR SAURY
(\* PAGE 176-7); OR A FEW COLD KIDNEY BEANS.

SERVE WITH SESAME SEEDS, GREEN ONIONS, NORI, CHIU CHOW CHILI OIL, GARLIC + GINGER SAUCE, BRAGG'S OR SOY SAUCE + OPT CASHEWS.





TEAR A HANDFUL OF SALAD GREENS.
SLICE 1/2 A TOMATO + A SMALL BLOCK OF CHEESE.

FRY OR SCRAMBLE EGGS → PAGE 51.

OPT FRY 2-3 STRIPS OF BACON ON MEDIUM HEAT.

TOAST 2 PIECES OF BREAD, OR A SLICED BAGEL OR ENGLISH MUFFIN.
SPREAD MUSTARD ON 1 SIDE, BUTTER OR OPT MAYONNAISE ON THE OTHER.

LAYER GREENS, EGG, CHEESE, BANANA
PEPPERS, TOMATO, + OPT BACON, DELI HAM,
OR SAUERKRAUT, BETWEEN TOAST.

**SERVE WITH SALT + PEPPER.** 





SALSA → PAGE 90.

**OPT BLACK BEANS • PAGE 134.** 

**OPT** GUACA-MIKEY \* PAGE <u>93</u>.

TEAR A HANDFUL OF SALAD GREENS.
SLICE 2-3 GREEN ONIONS + OPT AVOCADO.
CRUMBLE FETA OR GRATE CHEDDAR.

FRY OR SCRAMBLE EGGS → PAGE 51.

WARM TORTILLAS WRAPPED IN TINFOIL IN THE OVEN AT 350°, OR MAKE YOUR OWN!

#### **TORTILLAS**

MIX 2 CUPS OF CORN FLOUR + A DASH OF SALT IN A BOWL, + SLOWLY ADD 1+1/3 CUPS OF WARM WATER. MIX WITH YOUR HANDS UNTIL DOUGH FORMS. FORM INTO BALLS ABOUT AN INCH AROUND + PRESS INTO TORTILLAS WITH A PRESS IN A PLASTIC BAG (SO YOU CAN PEEL THEM OFF!) OR ROLL FLAT WITH A ROLLING PIN ON A FLOURED SURFACE.

HEAT A PAN ON MEDIUM + SPRINKLE WITH FLOUR. COOK TORTILLAS ON BOTH SIDES + STACK WRAPPED IN A DISH TOWEL IN A BOWL TO KEEP WARM.

SERVE EACH ITEM IN IT'S OWN BOWL SO PEOPLE CAN BUILD THEIR OWN BREAKFAST TACO!





SLICE 2-3 GREEN ONIONS + A HANDFUL OF CHERRY TOMATOES.

DICE 2-3 CLOVES OF GARLIC, A THUMB-SIZED PIECE OF GINGER + A THAI CHILI.

OPT CHOP A CARROT, A STALK OF CELERY, A HANDFUL OF MUSHROOMS OR 2-3 STRIPS OF BACON; OR CUBE 1/3 OF A BRICK OF TOFU OR A THICK SLICE OF HAM.

WHISK 2 EGGS IN A BOWL.

BOIL A KETTLE OF WATER.
HYDRATE WAKAME + THAW FROZEN PEAS IN
BOWLS.
DRAIN BEFORE ADDING!

**BOIL + SIMMER RICE → PAGE 133.** 

SAUTÉ ONIONS, GARLIC, GINGER, CHILI, + OPT CARROT, CELERY, MUSHROOMS, BACON, TOFU OR HAM IN A GOOD SPLASH OF OIL IN A WOK OR DEEP PAN ON MEDIUM-HIGH HEAT. WHEN ONIONS SOFTEN, PUSH THE MIX TO ONE SIDE OF THE PAN, ADD EGGS + SCRAMBLE. WHEN EGGS ARE COOKED, ADD TOMATOES, PEAS, WAKAME + OPT CORN. ADD RICE + A SPLASH OF BRAGG'S OR SOY SAUCE + COMBINE. COVER + COOK UNTIL SUFFICIENTLY HOT.

SERVE WITH SESAME SEEDS + BRAGG'S OR SOY SAUCE.





# AVOCADOS



# BEANS+PEAS

BLACK BEANS CHICKPEAS GREEN BEANS **LENTILS** 





MEAL BY INCLUDING CARBS:PROTEINS:FATS 50:20:30!

**BLACKBERRIES BLUEBERRIES** DRIED CRANBERRIES STRAWBERRIES

BROCCOL +CAULI









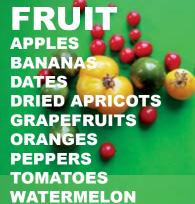


**EGGS** 



**OWERS** 

DANDELION **NASTURTIUM** SQUASH ZUCCHINI



#### MEATS+FISH BACON CHICKEN HAM SALMON SARDINE

# ONIONS CHIVES GREEN ONIONS RED ONIONS SHALLOTS



# GREENS ARUGULA ENDIVE KALE LETTUCE MESCLUN MIX SPINACH



# PICKLES ARTICHOKE HEARTS ASPARAGUS BANANA PEPPERS BEETS DILL PICKLES OLIVES TURNIPS









WHOLE CONTROLL OF THE PROPERTY OF THE PROPERTY



POTATOES
DILL PICKLES
RED ONION OR CHIVES
WATER
SALT
OLIVE OIL
PEPPER
CHERRY TOMATOES
DILL

OPTIONS
ARTICHOKE HEARTS
BANANA PEPPERS
PICKLED TURNIP
ASPARAGUS
SALAD GREENS
EGGS
BACON

DRESSING
OLIVE OIL
WHITE WINE VINEGAR
RICE VINEGAR
WHOLE-GRAIN OR DIJON MUSTARD
MUSTARD SEEDS
PEPPER
TURMERIC
SALT



**OLIVE OIL+WHITE WINE VIN DRESSING → PAGE 60**.

**CHOP 3-4 POTATOES.** 

COARSELY DICE 2-3 DILL PICKLES + OPT ARTICHOKE HEARTS, BANANA PEPPERS OR PICKLED TURNIP.

DICE 1/2 A SMALL RED ONION OR A HANDFUL OF CHIVES.

OPT SNAP THE DRY ENDS OFF 4-5 ASPARAGUS OR TEAR A HANDFUL OF SALAD GREENS.

**BOIL POTATOES WITH A DASH OF SALT TO DESIRED SOFTNESS- NOT TOO SOFT OR THEY'LL FALL APART LATER.** 

**DRAIN + TOSS IN DRESSING FOR AN HOUR.** 

**ROAST A HANDFUL OF CHERRY TOMATOES** PAGE <u>100</u>.

OPT BEQ \* PAGE 183 OR ROAST \* PAGE 100 ASPARAGUS.

OPT BOIL EGGS \* PAGE 51.
ALLOW TO COOL + SLICE WITH AN EGG SLICER.

OPT FRY 2-3 STRIPS OF BACON IN A PAN ON MEDIUM HEAT.

COMBINE COLD ELEMENTS IN A BOWL + TOSS IN THE REMAINING DRESSING.

SERVE WITH CHOPPED DILL + OPT ASPARAGUS, BOILED EGG OR BACON.





CUBE 2 MANGOS.
SLICE 2 PEPPERS, 2 GREEN ONIONS + 3-4
STEMS OF CILANTRO (STEMS TOO).
FINELY DICE 1/2 A SMALL RED ONION, 1-2
CLOVES OF GARLIC + A THAI CHILI.
DRAIN + RINSE A CAN OF BLACK BEANS.

COMBINE IN A BOWL + TOSS IN A FEW GOOD SPLASHES OF OLIVE OIL+LIME JUICE + A DASH OF SALT.

#### **SERVE**





**OLIVE OIL+RICE VIN DRESSING** ▶ **PAGE** <u>60</u>.

SLICE 1/2 A CUCUMBER, 1-2 PEPPERS, 2 STALKS OF CELERY + AN APPLE.

THINLY SLICE 2-3 GREEN ONIONS + 3-4 DRIED APRICOTS.

**DRAIN + RINSE A CAN OF CHICKPEAS.** 

#### **QUINOA**

THOROUGHLY RINSE YOUR QUINOA.
BRING TO A BOIL IN A COVERED POT WITH A
GOOD DASH OF SALT.

USE A RATIO OF 1:1.5 QUINOA:WATER.
REDUCE HEAT TO LOW + SIMMER FOR 15-20
MINUTES.

REMOVE FROM HEAT, DRAIN IF NECESSARY + FLUFF WITH A SLOTTED SPOON.

**KEEP COVERED FOR AN EXTRA 10-15 MINUTES BEFORE SERVING.** 

ALLOW TO COOL BEFORE USING IN A SALAD! QUINOA CAN BE FLAVOURED BY USING BROTH INSTEAD OF WATER, OR BY SAUTÉING GARLIC + ONIONS OR HERBS + SPICES, + THEN ADDING THE QUINOA, WATER + SALT!

COMBINE QUINOA, FRUIT + VEG IN A BOWL + TOSS IN DRESSING.

SERVE WITH SESAME SEEDS + OPT MINT OR NASTURTIUM FLOWERS.





**OLIVE OIL+RICE VIN DRESSING** ▶ **PAGE** <u>60</u>.

THINLY SLICE A CUCUMBER, A BUNCH OF RADISHES + A HANDFUL OF CHIVES OR 1-2 GREEN ONIONS.

YOU CAN USE A FOOD PROCESSOR WITH THE SLICING BLADE IF YOU HAVE ONE. QUARTER THE VEG BEFORE SLICING IF YOU WANT TO MAKE IT MORE LIKE A SALSA! FINELY DICE A THAI CHILI.

TOAST SESAME SEEDS IN THE OVEN AT 325° FOR ABOUT 5 MINUTES.

**COMBINE VEG IN A BOWL + TOSS IN DRESSING.** 

**SERVE WITH SESAME SEEDS.** 





CHOP A CUCUMBER + A BUNCH OF CHERRY OR 1-2 MEDIUM-SIZED TOMATOES.

SLICE LOTS(!) OF PARSLEY, 2-3 GREEN ONIONS + OPT HANDFULS OF CILANTRO, MINT OR DRIED APRICOTS.

**OPT** DRAIN + RINSE A CAN OF CHICKPEAS.

### **BULGUR**

BOIL A KETTLE OF WATER + POUR OVER A CUP OF BULGUR WHEAT IN A BOWL TO AN INCH ABOVE THE GRAINS.

COVER + LET SIT FOR 10-15 MINUTES. DRAIN WELL.

**WRAP THE GRAINS IN A DISH TOWEL +** 

**SQUEEZE OUT EXCESS WATER.** 

RETURN TO BOWL, ADD A FEW GOOD SPLASHES
OF OLIVE OIL+LEMON JUICE + A GOOD DASH
OF SALT.

FLUFF OCCASIONALLY WITH A SLOTTED SPOON. ALLOW TO COOL.

COMBINE GRAINS, FRUIT + VEG IN A BOWL + TOSS.

SERVE WITH OPT CRUMBLED FETA.





**OLIVE OIL+APPLE CIDER VIN DRESSING \* PAGE** 60.

TRIM 3-4 BEETS.

LEAVE UNPEELED + WHOLE FOR ROASTING, OR PEEL + CHOP FOR STEAMING.

**TEAR A HANDFUL OF SPINACH.** 

SLICE AN ORANGE, A RED PEPPER + 2-3 STALKS OF CELERY (LEAVES TOO).

DICE 1/2 A SMALL RED ONION.

OPT SEED A POMEGRANATE IN A BOWL OF WATER.

**ROAST** → PAGE <u>100</u>, OR <u>STEAM</u> BEETS.

TOAST COARSELY CHOPPED NUTS IN THE OVEN AT 325° FOR ABOUT 8 MINUTES.

**COMBINE** FRUIT + VEG IN A BOWL + TOSS IN DRESSING.

**SERVE WITH NUTS + CRUMBLED FETA.** 





**OLIVE OIL+APPLE CIDER VIN DRESSING PAGE** 60.

SLICE AN APPLE, 2 STALKS OF CELERY, 1/2 A CUCUMBER, A RED PEPPER, A CARROT + 1-2 GREEN ONIONS.

FINELY DICE A THAI CHILI.

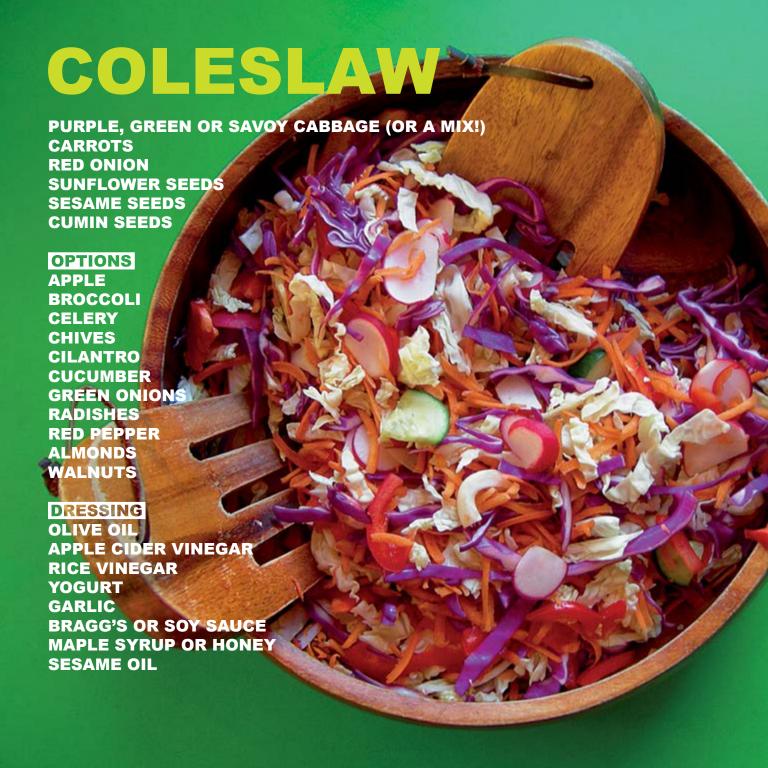
OPT CHOP A HANDFUL OF KALE, BASIL OR CILANTRO.

**DRAIN + RINSE A CAN OF CHICKPEAS.** 

TOAST COARSELY CHOPPED ALMONDS IN THE OVEN AT 325° FOR ABOUT 8 MINUTES.

**COMBINE** FRUIT + VEG IN A BOWL + TOSS IN DRESSING.

SERVE WITH ALMONDS, CRUMBLED FETA + OPT BLUEBERRIES.





**OIL, VINEGAR+YOGURT DRESSING ▶ PAGE** <u>60</u>.

THINLY SLICE 1/2 A HEAD OF CABBAGE.
JULIENNE OR GRATE 2 CARROTS.
DICE 1/2 A SMALL RED ONION.
CUT OPT FRUIT + VEG TO DESIRED SIZE.

TOAST SUNFLOWER SEEDS + OPT COARSELY CHOPPED NUTS IN THE OVEN AT 325° FOR ABOUT 8 MINUTES.

**COMBINE VEG IN A BOWL + TOSS IN DRESSING.** 

SERVE WITH SEEDS + OPT NUTS.





CHOP 2 PEPPERS, A CUCUMBER + A BUNCH OF CHERRY OR 1-2 MEDIUM-SIZED TOMATOES.
SLICE A HANDFUL OF OLIVES IN HALF +
REMOVE STONES (ALWAYS BUY OLIVES WITH THE STONE IN- IT KEEPS THEM FRESHER!).
THINLY SLICE 1/2 A SMALL RED ONION.

COMBINE FRUIT + VEG IN A BOWL + TOSS IN GOOD SPLASHES OF OLIVE OIL+LEMON JUICE + GOOD DASHES OF OREGANO + SALT.

**SERVE WITH CRUMBLED FETA.** 



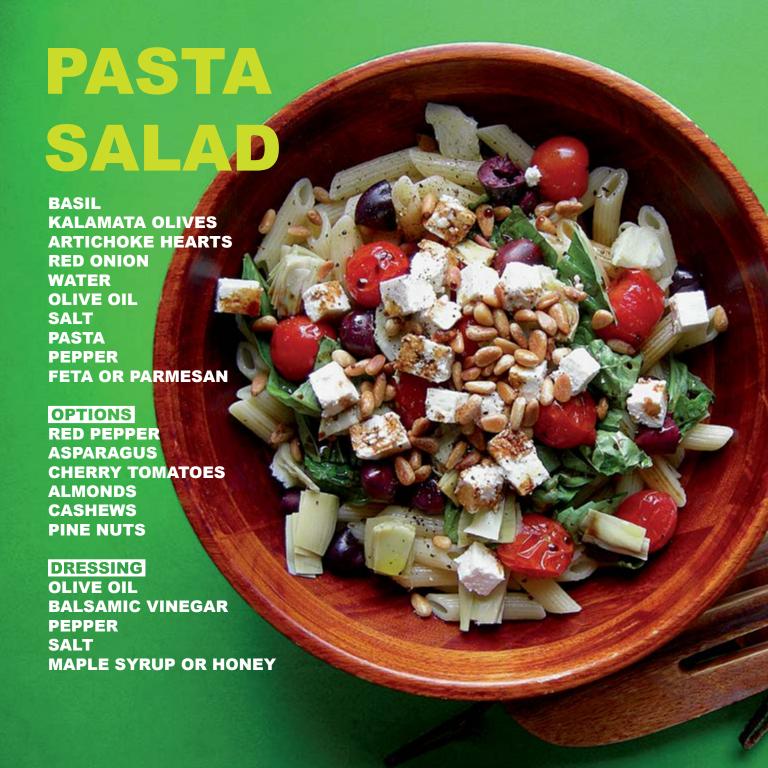


YOU CAN PREPARE THIS SALAD EITHER OF 2 WAYS:

YOU CAN USE WHOLE CHERRY TOMATOES + CHERRY-SIZED BOCCONCINI OR MOZZARELLA + TOSS THEM IN A BOWL WITH BASIL IN SPLASHES OF OLIVE OIL+BALSAMIC VIN + DASHES OF SALT + PEPPER.

#### OR

YOU CAN SLICE MEDIUM-SIZED TOMATOES +
SIMILARLY-SIZED BOCCONCINI OR MOZZARELLA
+ LAY THEM OUT ON A PLATE WITH BASIL +
SPLASH WITH OLIVE OIL+BALSAMIC VIN +
DASH WITH SALT + PEPPER.





**OLIVE OIL+BALSAMIC VIN DRESSING \* PAGE 60.** 

TEAR A HANDFUL OF BASIL.
SLICE 6-7 OLIVES IN HALF + REMOVE STONES.
SLICE 2-3 ARTICHOKE HEARTS + OPT RED PEP.
DICE 1/2 A SMALL RED ONION.

**OPT** SNAP THE DRY ENDS OFF 4-5 ASPARAGUS.

OPT ROAST RED PEPPER, ASPARAGUS OR CHERRY TOMATOES + PAGE 100.

OPT TOAST NUTS IN THE OVEN AT 325° FOR ABOUT 8 MINUTES.

### **NOODLES**

BRING A DEEP POT OF WATER TO A BOIL WITH A SPLASH OF OLIVE OIL + A DASH OF SALT. ADD NOODLES AND COOK AL DENTE (AT LEAST A MINUTE OR 2 LESS THAN THE PACKAGE RECOMMENDS).

LEAVE EXTRA-FIRM IF YOU'RE MAKING SAUCE OR SOUP- THE NOODLES WILL CONTINUE TO COOK IN THE SAUCE PAN OR SOUP BOWL! DRAIN + KEEP THE NOODLE-WATER FOR SAUCE; DRAIN + RINSE UNDER COLD WATER FOR SALAD.

OPT TOSS IN A SPLASH OF OLIVE OIL + DASHES OF SALT + PEPPER.

COMBINE PASTA + VEG IN A BOWL + TOSS IN DRESSING.

**SERVE WITH CHEESE + OPT NUTS.** 

NOT SEEN WATER

OPTIONS
APPLE
PEAR
GRAPES
BLACKBERRIES
BLUEBERRIES
CHERRIES
DRIED CRANBERRIES
BACON
FETA

DRESSING

OLIVE OIL
APPLE CIDER VINEGAR
BALSAMIC VINEGAR
WHOLE-GRAIN OR DIJON MUSTARD
YOGURT
GINGER
BRAGG'S OR SOY SAUCE
MAPLE SYRUP OR HONEY

LIBRAN
SPINACH
SALAD





**OIL, VINEGAR+YOGURT DRESSING** ▶ **PAGE** <u>60</u>.

TEAR A HANDFUL OF SPINACH.
SLICE AN ORANGE, A RED PEPPER, AN
AVOCADO, 6-7 MUSHROOMS + A HANDFUL OF
STRAWBERRIES.

DICE 1/2 A SMALL RED ONION.
SEED A POMEGRANATE IN A BOWL OF WATER.
OPT USE APPLE, PEAR, GRAPES, ETC, IN PLACE OF FRUITS LISTED ABOVE.

**BOIL EGGS • PAGE 51.**ALLOW TO COOL + SLICE WITH AN EGG SLICER.

TOAST COARSELY CHOPPED ALMONDS IN THE OVEN AT 325° FOR ABOUT 8 MINUTES.

OPT FRY 2-3 STRIPS OF BACON IN A PAN ON MEDIUM HEAT.

**COMBINE** FRUIT + VEG IN A BOWL + TOSS IN DRESSING.

SERVE WITH BOILED EGG, ALMONDS, HEMP SEEDS + OPT BACON OR CRUMBLED FETA.





**OLIVE OIL+RICE VIN DRESSING** ▶ **PAGE** <u>60</u>.

TRIM A HANDFUL OF SNOW PEAS.
TEAR A HANDFUL OF BASIL OR 2-3 STEMS OF
CILANTRO (STEMS TOO).
SLICE 2 STALKS OF CELERY, A PEPPER, 1/3 OF A
BRICK OF TOFU + 2-3 GREEN ONIONS.
JULIENNE A CARROT.

BLANCH SNOW PEAS FOR 10 SECONDS, THEN RINSE UNDER COLD WATER.

**BOIL EGGS • PAGE 51.**ALLOW TO COOL + SLICE WITH AN EGG SLICER.

**BOIL NOODLES → PAGE 85.** 

TOAST COARSELY CHOPPED CASHEWS IN THE OVEN AT 325° FOR ABOUT 8 MINUTES.

COMBINE NOODLES, VEG + TOFU IN A BOWL + TOSS IN DRESSING.

SERVE WITH BOILED EGG, BEAN SPROUTS, CASHEWS + SESAME SEEDS.



YOU CAN PREPARE
THIS SALSA EITHER
SMOOTH OR CHUNKY,
BOTH WAYS BEGIN
BY FINELY DICING A
SMALL RED ONION, 1-2
CLOVES OF GARLIC,
A JALAPEÑO OR THAI
CHILI, + 3-4 STEMS
OF CILANTRO (STEMS
TOO).

YOU CAN PURÉE THIS
MIX UNTIL SMOOTH IN
A FOOD PROCESSOR
WITH A CAN OF
TOMATOES (LIQUID
TOO), A GOOD SPLASH
OF LEMON OR LIME
JUICE + A DASH OF
SALT.

#### OR

YOU CAN MAKE A
CHUNKY SALSA OR
SIDE SALAD BY CUBING
4-5 FRESH TOMATOES
+ OPT FRUIT, + THEN
COMBINING IN A BOWL
WITH THE DICED MIX,
A GOOD SPLASH OF
LEMON OR LIME
JUICE, A DASH OF SALT,
+ OPT SPLASH OF
OLIVE OIL.



RED PEPPERS
CELERY
GREEN ONIONS
OLIVE OIL
RED WINE VINEGAR
SALT
PEPPER

THINLY SLICE 2 RED PEPPERS, 3-4 STALKS OF CELERY + 3-4 GREEN ONIONS.

YOU CAN USE A FOOD PROCESSOR WITH THE SLICING BLADE IF YOU HAVE ONE.
FEED THE GREEN ONIONS IN SURROUNDED BY CELERY STALKS SO THEY'LL GET CUT CLEANLY + NOT SLIDE UNDER THE LID + GET TRAPPED.
USE THE BUDDY SYSTEM, IT WORKS!

COMBINE IN A BOWL WITH A COUPLE GOOD SPLASHES OF OLIVE OIL + RED WINE VINEGAR, A DASH OF SALT + A GOOD DASH OF PEPPER!

# PORTUGUESE WORKS AS A SALAD TOO!



# AVOCADO, WORKS AS A ALMOND+ DESSERT TOO! STRAWBERRY SALSAWITH LIME JUICE + SALT

TOAST COARSELY CHOPPED ALMONDS IN THE OVEN AT 325° FOR ABOUT 8 MINUTES.

DICE AN AVOCADO + A HANDFUL OF STRAWBERRIES.

COMBINE IN A BOWL WITH A SPLASH OF LEMON OR LIME JUICE + A DASH OF SALT.

# **GUACA-MIKEY**

AVOCADOS
TOMATO
RED ONION
GARLIC
THAI CHILI
LEMON OR
LIME
SALT

CUBE AN AVOCADO + MASH HEALTHY ANOTHER.
CUBE A TOMATO.
DICE 1/2 A SMALL RED ONION.
FINELY DICE A CLOVE OF GARLIC + 1/2 A THAI CHILI.

COMBINE IN A BOWL WITH A SPLASH OF LEMON OR LIME JUICE + A DASH OF SALT.





# **PESTO**

PINE NUTS
OR ANY
TREE NUT
GARLIC
BASIL
OLIVE OIL
SALT

OPTIONS PARMESAN

CLASSIC PESTO WITH PINE NUTS + PARMESAN IS VERY TASTY BUT ALSO VERY EXPENSIVE TO MAKE! YOU CAN MAKE IT EASIER ON YOURSELF BY SKIPPING THE PARMESAN + USING CASHEWS OR WALNUTS INSTEAD OF PINE NUTS- IT'LL STILL TASTE GREAT!

TOAST NUTS IN THE OVEN AT 325° FOR ABOUT 8 MINUTES.

GREAT AS A PIZZA OR PASTA SAUCE! FINELY DICE 1-2 CLOVES OF GARLIC + A HANDFUL OF BASIL.

OPT GRATE SOME PARMESAN.

WHIZ IN A FOOD PROCESSOR WITH A COUPLE GOOD SPLASHES OF OLIVE OIL + A DASH OF SALT.

# CILANTRO GREAT OVER HUMMUS AS A DIP!

GARLIC CILANTRO OLIVE OIL SALT FINELY DICE A CLOVE OF GARLIC + A HANDFUL OF CILANTRO (STEMS TOO).

WHIZ IN A FOOD PROCESSOR WITH A COUPLE GOOD SPLASHES OF OLIVE OIL + A DASH OF SALT.





# APPLESAUCE GREAT ON HOT CEREALS

APPLES
WATER
GROUND
CLOVES
GROUND
NUTMEG
GROUND
CINNAMON

**QUARTER + CORE APPLES** 

PLACE IN A DEEP POT WITH 1 CUP OF WATER FOR EVERY 4 APPLES.

SIMMER ON LOW HEAT UNTIL SOFT.

OPTIONS HONEY GRIND THE MIX INTO SAUCE WITH A FOOD MILL.

ADD DASHES OF CLOVES + NUTMEG + A GOOD DASH OF CINNAMON.

**OPT** ADD HONEY IF NECESSARY.

# WALNUT BUTTER

GREAT ON CORN BREAD!

WALNUTS
BUTTER
HONEY
GROUND
CINNAMON
SALT

TOAST COARSELY CHOPPED WALNUTS IN THE OVEN AT 325° FOR ABOUT 8 MINUTES.

WHIZ IN A FOOD PROCESSOR WITH A CUP OF ROOM TEMPERATURE BUTTER, A SPLASH OF HONEY, + DASHES OF CINNAMON + SALT. REFRIGERATE UNTIL FIRM.





# HOT YOGURT

YOGURT
LOUISIANA-STYLE HOT SAUCE
OR SHICHIMI POWDER
LEMON OR LIME
SALT

GREAT ON CORN-ON-THE-COB!

SEASON YOGURT IN A BOWL WITH A GOOD SPLASH OF LOUISIANA-STYLE HOT SAUCE OR A GOOD DASH OF SHICHIMI POWDER, A SPLASH OF LEMON OR LIME JUICE + A DASH OF SALT.

# **CHEESE SAUCE**

BUTTER
FLOUR
MILK
DIJON MUSTARD
GROUND NUTMEG
SALT
PEPPER
CHEDDAR OR A MIX OF CHEESES

GREAT ON ROASTED VEG!

HEAT A PAN ON MEDIUM + ADD 4 TBSPS
OF BUTTER + 4 TBSPS OF FLOUR. WHISK
CONSTANTLY UNTIL MIX STARTS TO SMELL
LIKE SHORT BREAD COOKIES. GRADUALLY
WHISK IN 4 CUPS OF MILK. ADD 1/2 A TBSP OF
MUSTARD, 1/2 A TBSP OF NUTMEG + DASHES
OF SALT + PEPPER. WHEN MIXTURE THICKENS,
REMOVE FROM HEAT + STIR IN 4 CUPS OF
GRATED CHEESE UNTIL THOROUGHLY MELTED.

# **ROAST VEG**

ASPARAGUS. SNAP OFF DRY ENDS + ROAST. 350° FOR 8 MINUTES.

BEETS. TRIM ENDS + ROAST UNPEELED + WHOLE. ALLOW TO COOL + SLIP SKINS OFF. 400° FOR 60 MINUTES.

BROCK, CAULI + TOFU. BREAK BROCK + CAULI INTO FLORETS. CUT A BRICK OF TOFU INTO GOOD-SIZED STRIPS. 350° FOR 15 MINUTES.

BRUSSELS SPROUTS. PEEL OFF OUTER LEAVES + ROAST WHOLE. 375° FOR 30 MINUTES.

GARLIC. TRIM THE TOP OFF THE BULB, DRIZZLE WITH OIL + WRAP IN FOIL. 375° FOR 45 MINUTES.

EGGPLANT, PEPPERS + ZUCCHINI. SALT EGGPLANT (\* PAGE 167). CHOP EVERYBODY INTO CHUNKS + ROAST WITH CHOPPED RED ONION, CLOVES OF GARLIC (DON'T PEEL) + TORN BASIL. 350° FOR 30 MINUTES.

**POTATOES. SLICE + ROAST WITH ROSEMARY.** 425° FOR 30-40 MINUTES.

**SQUASH. QUARTER + ROAST SKIN SIDE DOWN.** 375° FOR 40 MINUTES.

TOMATOES + BASIL. ROAST WHOLE. 350° FOR 20 MINUTES.





# MARINATED RED PEPPERS, RED ONIONS +ZUCCHINI

ZUCCHINI
RED PEPPERS
RED ONION
OLIVE OIL
BALSAMIC VINEGAR
SALT

CHOP A ZUCCHINI + 2 RED PEPPERS INTO SPEARS.
THINLY SLICE A SMALL RED ONION.

MARINATE FOR AN HOUR IN A COUPLE GOOD SPLASHES OF OLIVE OIL + BALSAMIC VINEGAR + A DASH OF SALT.

SAUTÉ IN MARINADE IN A PAN ON MEDIUM HEAT UNTIL HOT BUT STILL CRUNCHY.





# **ROASTED**

CUT A FEW POTATOES TO DESIRED SIZE + LAY OUT ON A BAKING SHEET COVERED WITH A SHEET OF PARCHMENT PAPER. DRIZZLE WITH OLIVE OIL + SPRINKLE WITH ROSEMARY, SESAME SEEDS, SALT + PEPPER. ROAST AT 425° UNTIL THEY BREAK EASILY WITH A FORK, ABOUT 30-40 MINUTES.

## **BAKED**

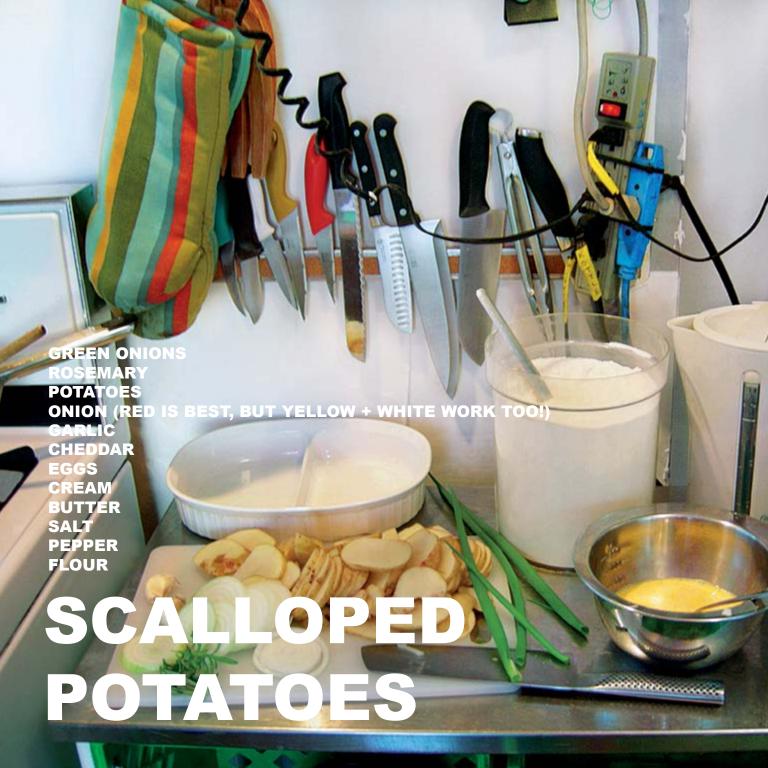
SELECT A FEW MEDIUM-SIZED POTATOES + MAKE A SERIES OF DEEP PARALLEL CUTS IN THEM. FILL THE CUTS WITH THINLY SLICED RED ONION, ROSEMARY SPRIGS, A SPLASH OF OLIVE OIL + DASHES OF GROUND TURMERIC, SALT + PEPPER. WRAP EACH POTATO IN TINFOIL + BAKE AT 425° UNTIL THEY BREAK EASILY WITH A FORK, ABOUT 30-40 MINUTES.

# BBQ'D

CUBE A FEW POTATOES + TOSS IN A BOWL WITH SPLASHES OF OLIVE OIL + LEMON JUICE, + DASHES OF GROUND TURMERIC, SALT + PEPPER. ALLOW TO MARINATE A LITTLE, THEN POUR INTO A TINFOIL ENVELOPE (LIQUID TOO), SEAL + BBQ AT 425° UNTIL THEY BREAK EASILY WITH A FORK, ABOUT 25-30 MINUTES.

## **MASHED**

CUBE A FEW POTATOES + BOIL IN A POT OF WATER WITH A DASH OF SALT. WHEN THEY BREAK EASILY WITH A FORK, DRAIN BUT KEEP THE WATER. LET THE POTATOES SIT UNTIL THEIR EDGES TURN WHITE, THEN ADD A GOOD SLAB OF BUTTER, A GOOD SPLASH OF WARMED MILK OR UNSWEETENED SUBSTITUTE + SOME OF THE POTATO-WATER IF NEEDED. ADD WASABI OR SAUTÉED GARLIC + DASHES OF SALT + PEPPER, + MASH WITH A POTATO MASHER.





SLICE 3-4 GREEN ONIONS + 2 SPRIGS OF ROSEMARY (NO STEMS). THINLY SLICE 5 OR 6 POTATOES. DICE A RED ONION + 3-4 CLOVES OF GARLIC. GRATE 1+1/2 CUPS OF CHEDDAR.

WHISK 2 EGGS + A SPLASH OF CREAM IN A BOWL.

SAUTÉ RED ONIONS + GARLIC IN 1/3 OF A CUP OF BUTTER, IN A DEEP PAN ON MEDIUM HEAT. WHEN ONIONS SOFTEN, ADD GREEN ONIONS, ROSEMARY + DASHES OF SALT + PEPPER. REMOVE FROM HEAT.

BUTTER OR OIL A BAKING DISH.

LAY OUT A LAYER OF POTATOES + SPRINKLE
WITH FLOUR, SALT + PEPPER.

COVER WITH A THIN LAYER OF ONION MIX,
+ ALTERNATE LAYERS UNTIL THE DISH IS
ALMOST FULL.

POUR EGG + CREAM MIX OVER TOP + COVER
WITH CHEDDAR.

BAKE IN THE OVEN AT 425° UNTIL BROWNED + BUBBLY, ABOUT 45-60 MINUTES.
REMOVE + ALLOW TO COOL A LITTLE.

#### **SERVE**





SLICE 1-2 GREEN ONIONS OR A SMALL HANDFUL OF CHIVES.
DICE A THAI CHILI.
GRATE A CUP OF CHEDDAR.

PURÉE A SMALL CAN OF CHIPOTLE PEPPERS IN ADOBO SAUCE IN A MINI FOOD PROCESSOR (YOU WON'T NEED ALL OF IT!).

WHISK 2 EGGS, A CUP OF YOGURT, 2 TBSPS OF MAPLE SYRUP, + 5 TBSPS OF OLIVE OIL OR MELTED BUTTER IN A SMALL BOWL.

IN A LARGER BOWL, COMBINE A CUP OF CORNMEAL, A CUP OF WHOLE WHEAT FLOUR, 2 TSPS OF BAKING POWDER, A TSP OF BAKING SODA, + 1/2 A TSP OF SALT.
FORM A WELL IN THE CENTRE, POUR IN THE EGG MIX + COMBINE.
STIR IN GREEN ONIONS OR CHIVES, CHILI, CHEDDAR, A CUP OF CORN, + A TBSP OF CHIPOTLE PURÉE.

BUTTER OR OIL A BAKING DISH, POUR IN THE MIX + TOP WITH A LITTLE MORE CHEDDAR.

BAKE IN THE OVEN AT 400° FOR ABOUT 25 MINUTES.

IT'S DONE WHEN YOU CAN POKE IT WITH A KNIFE + THE BLADE COMES OUT CLEAN. ALLOW TO COOL A LITTLE.

### SERVE

# **BROTH**

THE KEY TO A GREAT SOUP IS TASTY BROTH! BROTH CAN BE MADE A NUMBER OF WAYS:

THE CLASSIC WAY IS TO SAUTÉ WHAT'S CALLED MIREPOIX OR SOFFRITTO, A MIX OF CHOPPED VEG LIKE ONIONS, CARROTS + CELERY. YOU CAN ALSO ADD HERBS + SPICES, CELERIAC, CHILI, GARLIC, GINGER, LEEKS, PARSNIPS, RED PEPPER, TOMATOES, ETC. WHEN YOUR SOFFRITTO STARTS TO SOFTEN, ADD HOT WATER + SIMMER. YOU CAN ALSO SIMMER YOUR SOFFRITTO WITH ROASTED CHICKEN OR BEEF BONES. THIS PROCESS TAKES A WHILE, SO MAKE A LOT + FREEZE SOME!

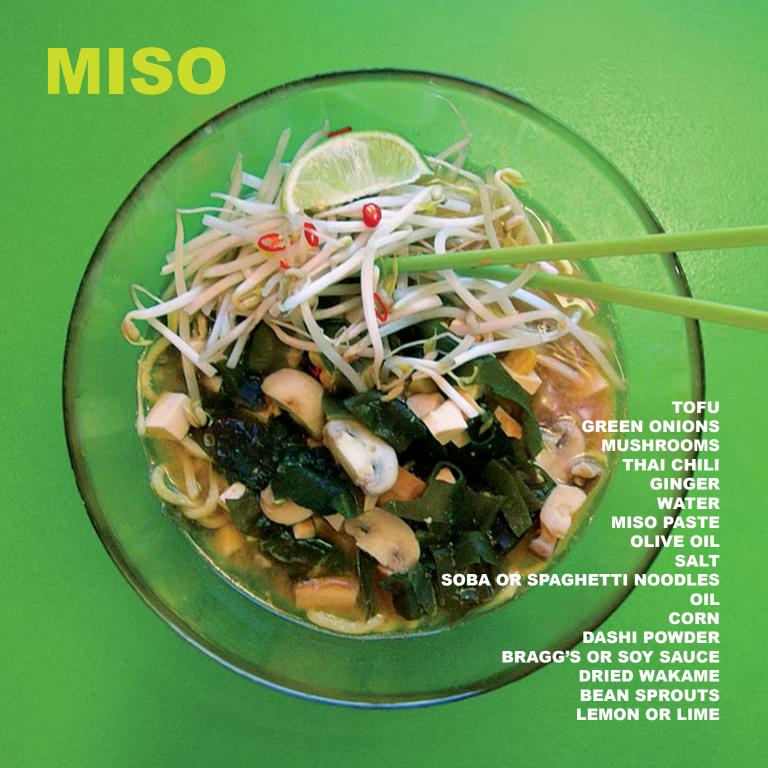
A FASTER METHOD IS TO USE PREPARED BROTH FROM CANS OR CARTONS, OR TO DISSOLVE BOUILLON CUBES IN HOT WATER.

IF YOU ARE MAKING A MISO-BASED SOUP,
DISSOLVE A PACK OF DASHI POWDER (BROTH
MADE FROM SEAWEED, FISH, MUSHROOMS OR
A COMBO) IN HOT WATER AT THE BEGINNING +
A GLOB OF MISO PASTE AT THE END! CAREFUL
NOT TO BOIL!

YOU CAN ALSO STEER YOUR BROTH IN SOME DIFFERENT DIRECTIONS BY ADDING BRAGG'S, SOY OR FISH SAUCE; WORCESTERSHIRE SAUCE OR BLACK VINEGAR; BALSAMIC OR RED VINEGAR; SRIRACHA OR GOCHUJANG (HOT PEPPER PASTE); LEMON OR LIME JUICE; OR BOOZE LIKE RED WINE.







CUBE 1/3 OF A BRICK OF TOFU.
SLICE 1-2 GREEN ONIONS + A HANDFUL OF MUSHROOMS.
DICE A THAI CHILI.

BURN A THUMB-SIZED PIECE OF GINGER DIRECTLY ON THE ELEMENT OR BURNER UNTIL SINGED ON 1 SIDE.
ALLOW TO COOL + DICE.

**BOIL A KETTLE OF WATER + ALLOW TO COOL A LITTLE.** 

WHISK A GOOD-SIZED GLOB OF MISO INTO A GOOD SPLASH OF WARM WATER IN A BOWL (MISO WILL BE DAMAGED IF WATER IS TOO HOT).

**BOIL NOODLES EXTRA FIRM ▶ PAGE 85.** 

SAUTÉ CHILI + GINGER IN A GOOD SPLASH OF OIL, IN A DEEP POT ON MEDIUM HEAT.

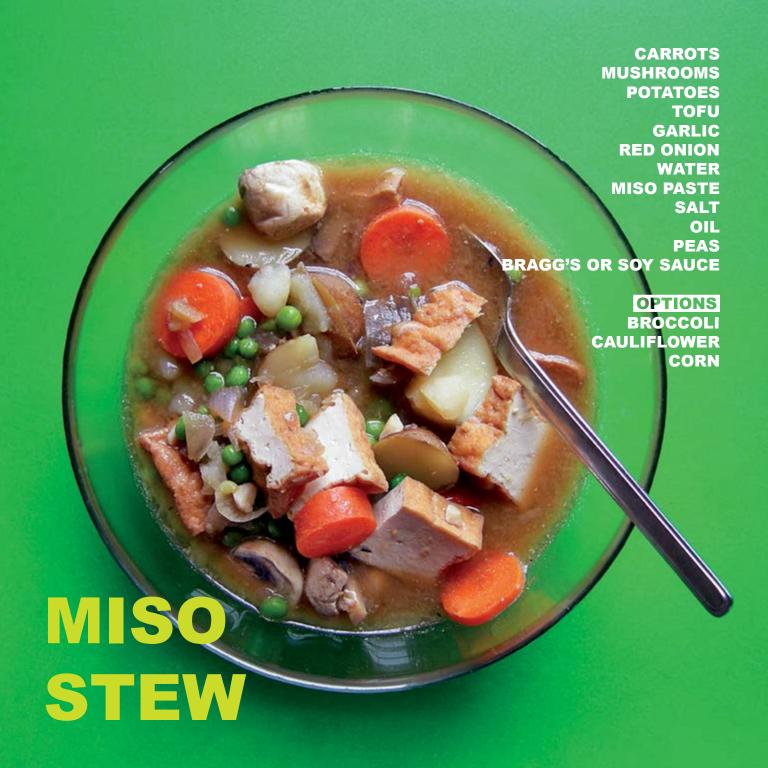
WHEN GINGER SOFTENS, ADD TOFU + MUSHROOMS.

WHEN MUSHROOMS START TO SHRINK, ADD CORN, HOT WATER + A PACK OF DASHI POWDER.

WHEN MUSHROOMS ARE FULLY COOKED, TURN OFF HEAT + ALLOW TO COOL A LITTLE.

STIR IN MISO + A SPLASH OF BRAGG'S OR SOY SAUCE. REHEAT IF NECESSARY, BUT DON'T BOIL!

SERVE WITH NOODLES, GREEN ONIONS, A SMALL HANDFUL OF WAKAME, BEAN SPROUTS. + A WEDGE OF LEMON OR LIME.



**CHOP 2 CARROTS + A HANDFUL OF MUSHROOMS.** 

**CUBE 2-3 POTATOES + 1/3 OF A BRICK OF TOFU.** 

**DICE 4-5 CLOVES OF GARLIC.** 

**OPT** BREAK A FEW FLORETS OFF HEADS OF BROCCOLI OR CAULIFLOWER.

BURN A RED ONION DIRECTLY ON THE ELEMENT OR BURNER UNTIL SINGED ON 1 SIDE.

**ALLOW TO COOL + DICE.** 

**BOIL** A KETTLE OF WATER + ALLOW TO COOL A LITTLE.

WHISK A GOOD-SIZED GLOB OF MISO INTO A GOOD SPLASH OF WARM WATER IN A BOWL (MISO WILL BE DAMAGED IF WATER IS TOO HOT).

**BOIL POTATOES WITH A DASH OF SALT ALMOST TO DESIRED SOFTNESS.**NOT TOO SOFT OR THEY'LL FALL APART LATER!

SAUTÉ GARLIC + ONIONS IN A GOOD SPLASH OF OIL, IN A DEEP POT ON MEDIUM HEAT.

WHEN ONIONS SOFTEN, ADD TOFU, CARROTS + MUSHROOMS.

WHEN MUSHROOMS START TO SHRINK, ADD PEAS, POTATOES, POTATO-WATER, HOT WATER, + OPT CORN.

WHEN MUSHROOMS ARE FULLY COOKED, TURN OFF HEAT, ADD OPT BROCCOLI OR CAULIFLOWER + ALLOW TO COOL A LITTLE.

STIR IN MISO + A SPLASH OF BRAGG'S OR SOY SAUCE.

**REHEAT IF NECESSARY, BUT DON'T BOIL!** 

# SERVE

# **BORSCHT\***



CHOP 3-4 LARGE BEETS, A CARROT, 2 POTATOES + OPT 2-3 STRIPS OF BACON.

DICE A RED ONION + 4-5 CLOVES OF GARLIC.

**OPT CUBE A THICK SLICE OF HAM.** 

**BOIL** A KETTLE OF WATER + ALLOW TO COOL A LITTLE.

IF YOU ARE USING BOUILLON CUBES FOR YOUR BROTH, POUR HOT WATER OVER 2 CUBES IN A BOWL + STIR UNTIL FULLY DISSOLVED.

**ROAST BEETS + POTATOES ALMOST TO DESIRED SOFTNESS \* PAGE 100.** 

TOAST A DASH OF CUMIN SEEDS IN A DEEP POT ON MEDIUM HEAT.
WHEN SEEDS BECOME FRAGRANT, ADD A GOOD SPLASH OF OIL, ONIONS,
GARLIC + OPT BACON OR HAM, + SAUTÉ
WHEN ONIONS SOFTEN, ADD BEETS, POTATOES + CARROTS.
WHEN CARROTS START TO SOFTEN, ADD BROTH, SPLASHES OF BALSAMIC
VINEGAR, WORCESTERSHIRE SAUCE OR BLACK VINEGAR, + DASHES OF
SALT + PEPPER.

**ADD** A SMALL SPLASH OF **MAPLE SYRUP** TO NEUTRALIZE THE ACIDIC EDGE.

SIMMER UNTIL BEETS ARE DONE TO DESIRED SOFTNESS.

**SERVE WITH CHOPPED DILL + YOGURT.** 



**TEAR A HANDFUL OF BASIL.** 

CHOP 2 CARROTS, 2 STALKS OF CELERY, A RED PEPPER + ANY SEASONAL VEG THAT SEEM TO FIT.

DICE A RED ONION, 3-4 CLOVES OF GARLIC + A THAI CHILI. DRAIN + RINSE A CAN OF KIDNEY BEANS.

**BOIL** A KETTLE OF WATER + ALLOW TO COOL A LITTLE.

IF YOU ARE USING BOUILLON CUBES FOR YOUR BROTH, POUR HOT WATER OVER 2 CUBES IN A BOWL + STIR UNTIL FULLY DISSOLVED.

SAUTÉ ONIONS, GARLIC + CHILI IN A GOOD SPLASH OF OLIVE OIL, IN A DEEP POT ON MEDIUM-LOW HEAT.

WHEN ONIONS SOFTEN, ADD CARROTS, CELERY, BASIL, OPT SEASONAL VEG, + DASHES OF OREGANO, SALT + PEPPER.

WHEN CARROTS START TO SOFTEN, ADD KIDNEY BEANS, BROTH, A CAN OF DICED TOMATOES (LIQUID TOO), + OPT PARMESAN RINDS.

ADD SPLASHES OF BRAGG'S OR SOY SAUCE, WORCESTERSHIRE SAUCE OR BLACK VINEGAR, + LOUISIANA-STYLE HOT SAUCE.

ADD PASTA + SIMMER UNTIL NOODLES ARE COOKED AL DENTE.

**REMOVE PARMESAN RINDS.** 

# **CHEESE TOAST**

**TOAST PIECES OF BREAD.** 

**RUB WITH A SLICE OF GARLIC.** 

**BUTTER + TOP WITH SLICES OF MOZZARELLA.** 

BROIL IN OVEN WITH THE RACK IN THE HIGHEST POSITION AT 500° FOR ABOUT 3 MINUTES.

SERVE WITH CHEESE TOAST.

MUSHROOM SOUP



CHOP 2 HANDFULS OF MUSHROOMS. DICE 4-5 CLOVES OF GARLIC.

BURN A RED ONION DIRECTLY ON THE ELEMENT OR BURNER UNTIL SINGED ON 1 SIDE.
ALLOW TO COOL + DICE.

**BOIL** A KETTLE OF WATER + ALLOW TO COOL A LITTLE.

IF YOU ARE USING BOUILLON CUBES FOR YOUR BROTH, POUR HOT WATER OVER 2 CUBES IN A BOWL + STIR UNTIL FULLY DISSOLVED.

CUT A HANDFUL OF DRIED MUSHROOMS WITH A PAIR OF KITCHEN SCISSORS + HYDRATE IN A BOWL OF HOT WATER.

SAUTÉ GARLIC + ONIONS IN A GOOD-SIZED PAT OF BUTTER, IN A DEEP POT ON MEDIUM HEAT.

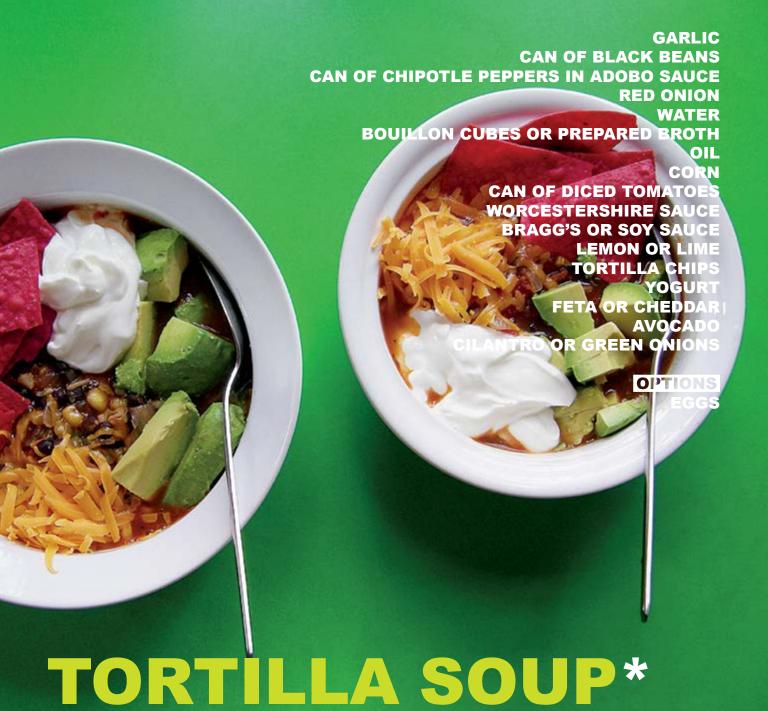
WHEN ONIONS SOFTEN, ADD ALL THE MUSHROOMS + DASHES OF MARJORAM, OREGANO, ROSEMARY, SAGE, THYME, SALT + PEPPER. WHEN MUSHROOMS ARE ALMOST FULLY COOKED, GRADUALLY STIR IN A TEASPOON OF FLOUR.

**GRADUALLY STIR IN BROTH, MUSHROOM-WATER, + A SPLASH OF CREAM.** 

# **CROUTONS**

CUBE 5-6 PIECES OF CRUSTY BREAD + TOSS IN A BOWL WITH DICED GARLIC, A SPLASH OF OLIVE OIL, + DASHES OF OREGANO, ROSEMARY, THYME, SALT + PEPPER. LAY OUT ON A SHEET OF PARCHMENT PAPER OVER A BAKING SHEET + SAKE IN THE OVEN AT 325°. FLIP OVER OCCASIONALLY. REMOVE WHEN CROUTONS ARE DRY + CRUNCHY. ALLOW TO COOL BEFORE ADDING TO SALADS. STORE IN THE FREEZER IN A SEALED JAR OR ZIP-LOCK BAG.

SERVE WITH CROUTONS.



DICE 3-4 CLOVES OF GARLIC.

DRAIN + RINSE A CAN OF BLACK BEANS.

PURÉE A SMALL CAN OF CHIPOTLE PEPPERS IN ADOBO SAUCE IN A MINI FOOD PROCESSOR (YOU WON'T NEED ALL OF IT!).

BURN A RED ONION DIRECTLY ON THE ELEMENT OR BURNER UNTIL SINGED ON 1 SIDE.
ALLOW TO COOL + DICE.

**BOIL** A KETTLE OF WATER + ALLOW TO COOL A LITTLE.

IF YOU ARE USING BOUILLON CUBES FOR YOUR BROTH, POUR HOT WATER OVER 2 CUBES IN A BOWL + STIR UNTIL FULLY DISSOLVED.

SAUTÉ GARLIC + RED ONIONS IN A GOOD SPLASH OF OIL, IN A DEEP POT ON MEDIUM HEAT.

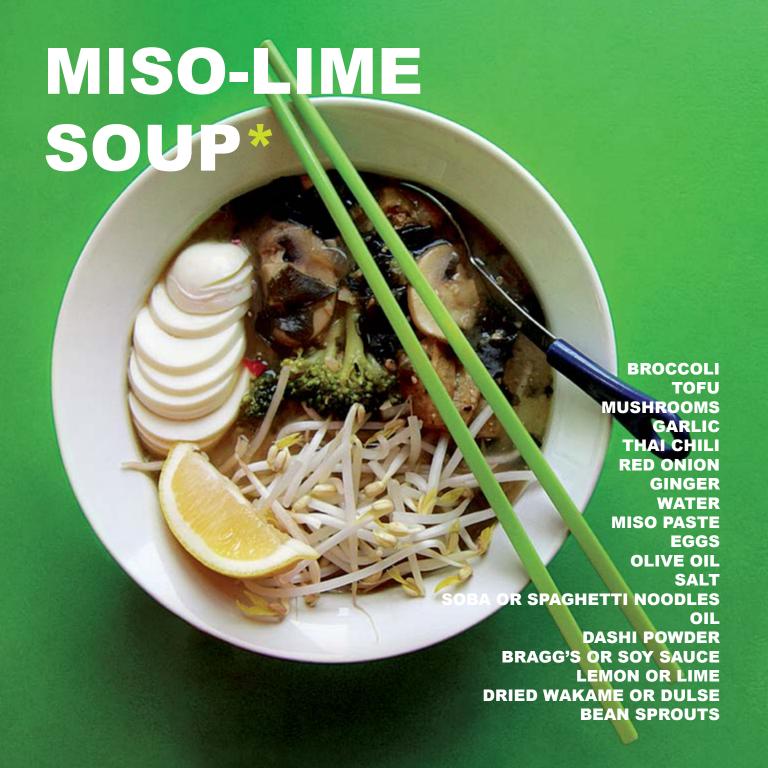
WHEN ONIONS SOFTEN, ADD BLACK BEANS, CORN, A CAN OF DICED TOMATOES (LIQUID TOO) + BROTH.

ADD A GOOD SPLASH OF CHIPOTLE PURÉE, SPLASHES OF WORCESTERSHIRE SAUCE, BRAGG'S OR SOY SAUCE, + LEMON OR LIME JUICE.

**REHEAT IF NECESSARY, BUT DON'T BOIL!** 

SERVE WITH TORTILLA CHIPS; YOGURT; CRUMBLED FETA OR GRATED CHEDDAR; + CHOPPED AVOCADO + CILANTRO OR GREEN ONIONS.

BREAKFAST OPTION ADD A POACHED EGG → PAGE 51.



BREAK 1/4 OF A HEAD OF BROCCOLI INTO FLORETS. CUBE 1/4 OF A BRICK OF TOFU.
SLICE A HANDFUL OF MUSHROOMS.
DICE 3-4 CLOVES OF GARLIC + A THAI CHILI.

BURN A RED ONION + A THUMB-SIZED PIECE OF GINGER DIRECTLY ON THE ELEMENT OR BURNER UNTIL SINGED ON 1 SIDE.
ALLOW TO COOL + DICE.

**BOIL** A KETTLE OF WATER + ALLOW TO COOL A LITTLE.

WHISK A GOOD-SIZED GLOB OF MISO INTO A GOOD SPLASH OF WARM WATER IN A BOWL (MISO WILL BE DAMAGED IF WATER IS TOO HOT).

**BOIL** EGGS → PAGE <u>51</u>.

**ALLOW TO COOL + SLICE WITH AN EGG SLICER.** 

**BOIL NOODLES EXTRA FIRM ▶ PAGE 85.** 

SAUTÉ GARLIC, CHILI, ONIONS + GINGER IN A GOOD SPLASH OF OIL, IN A DEEP POT ON MEDIUM HEAT.

WHEN ONIONS SOFTEN, ADD TOFU + MUSHROOMS.

WHEN MUSHROOMS START TO SHRINK, ADD HOT WATER + A PACK OF DASHI POWDER.

WHEN MUSHROOMS ARE FULLY COOKED, TURN OFF HEAT, ADD BROCCOLI + ALLOW TO COOL A LITTLE.

STIR IN MISO, SPLASHES OF BRAGG'S OR SOY SAUCE, + LEMON OR LIME JUICE.

**REHEAT IF NECESSARY, BUT DON'T BOIL!** 

SERVE WITH NOODLES, BOILED EGG, A SMALL HANDFUL OF WAKAME OR DULSE, BEAN SPROUTS + A WEDGE OF LEMON OR LIME.



SLICE 1/3 OF A BRICK OF TOFU INTO STRIPS. DICE 3-4 CLOVES OF GARLIC + A THAI CHILI.

BURN A RED ONION + A THUMB-SIZED PIECE OF GINGER DIRECTLY ON THE ELEMENT OR BURNER UNTIL SINGED ON 1 SIDE.
ALLOW TO COOL + DICE.

**BOIL** A KETTLE OF WATER + ALLOW TO COOL A LITTLE.

WHISK A GOOD-SIZED GLOB OF MISO INTO A GOOD SPLASH OF WARM WATER IN A BOWL (MISO WILL BE DAMAGED IF WATER IS TOO HOT).

BOIL EGGS → PAGE <u>51</u>.

**ALLOW TO COOL + SLICE WITH AN EGG SLICER.** 

**BOIL NOODLES EXTRA FIRM ▶ PAGE 85.** 

SAUTÉ GARLIC, CHILI, ONIONS + GINGER IN A GOOD SPLASH OF OIL, IN A DEEP POT ON MEDIUM HEAT.

WHEN ONIONS SOFTEN, ADD CORN, TOFU + HOT WATER.

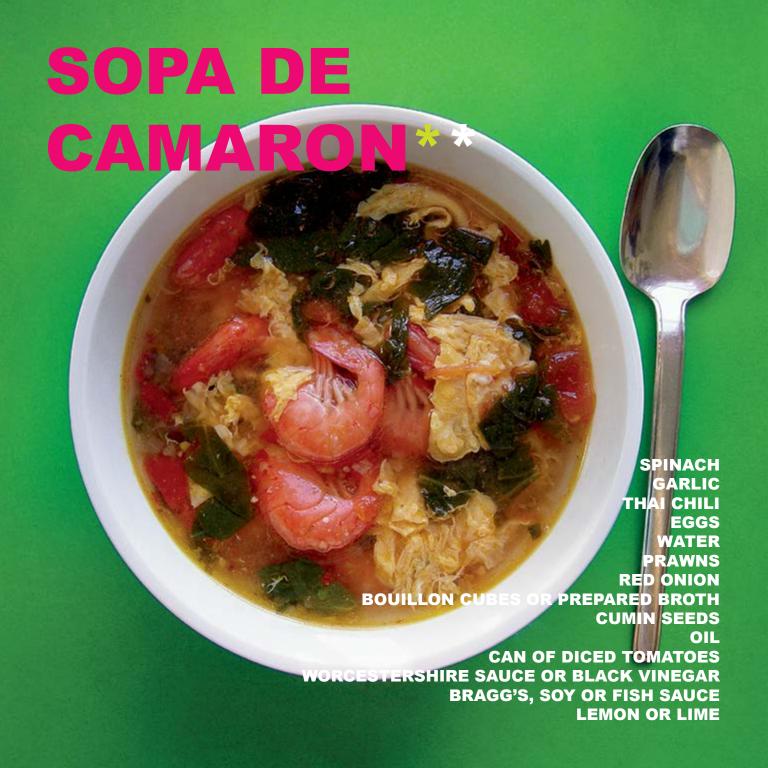
TURN OFF HEAT + ALLOW TO COOL A LITTLE.

STIR IN MISO, SPLASHES OF BRAGG'S OR SOY SAUCE, + LEMON OR LIME JUICE.

**ADD KIMCHI.** 

**REHEAT IF NECESSARY, BUT DON'T BOIL!** 

SERVE WITH NOODLES, BOILED EGG, BEAN SPROUTS + A WEDGE OF LEMON OR LIME.



CHOP A HANDFUL OF SPINACH.
DICE 4-5 CLOVES OF GARLIC + A THAI CHILI.

WHISK 2 EGGS IN A BOWL.

DEFROST FROZEN PRAWNS IN COLD WATER + CUT ALONG THE BACKS OF THEIR SHELLS WITH SCISSORS, SO THEY'LL BE EASIER TO PEEL WHEN COOKED.

BURN A RED ONION DIRECTLY ON THE ELEMENT OR BURNER UNTIL SINGED ON 1 SIDE.
ALLOW TO COOL + DICE.

**BOIL A KETTLE OF WATER + ALLOW TO COOL A LITTLE.** 

IF YOU ARE USING BOUILLON CUBES FOR YOUR BROTH, POUR HOT WATER OVER 2 CUBES IN A BOWL + STIR UNTIL FULLY DISSOLVED.

TOAST A DASH OF CUMIN SEEDS IN A DEEP POT ON MEDIUM HEAT.
WHEN SEEDS BECOME FRAGRANT, ADD A GOOD SPLASH OF OIL, GARLIC,
CHILI + ONIONS, + SAUTÉ

WHEN ONIONS SOFTEN, ADD SPINACH, A CAN OF DICED TOMATOES (LIQUID TOO) + BROTH.

ADD SPLASHES OF WORCESTERSHIRE SAUCE OR BLACK VINEGAR, BRAGG'S, SOY OR FISH SAUCE, + LEMON OR LIME JUICE.

BRING TO A BOIL + SLOWLY POUR IN EGGS.

WHEN EGGS SOLIDIFY, ADD PRAWNS.

BOIL FOR A MINUTE OR LESS, THEN CHECK A PRAWN TO SEE IF IT'S FULLY COOKED.

SERVE

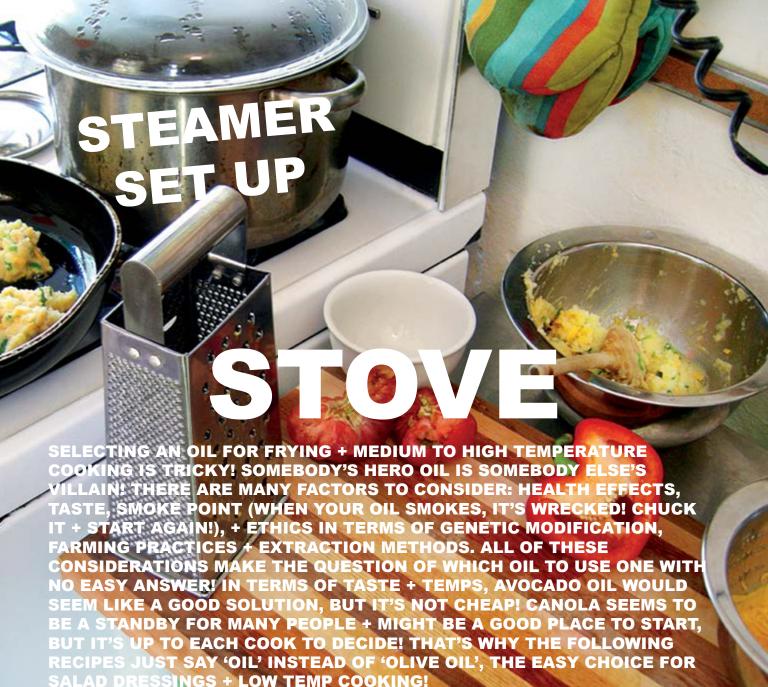
AWESOME POWER OF GARLIC, ONIONS, GARLIC, CHIL

HEAT THE PAN, HEAT THE OIL, FLAVOUR THE OIL WITH GARLIC, ONIONS, GINGER, CHILI, HERBS + SPICES, THEN ADD VEG OR MEATS.
THIS GETS THE OIL INTO THE PAN SO THE FOOD WON'T STICK + GETS THE FLAVOURS INTO THE OIL SO THEY'LL BE CARRIED THROUGHOUT YOUR DISH! AVOID OVERCOOKING! YOUR FOOD WILL BE CRUNCHIER + RETAIN MORE NUTRIENTS!

# STEAMING: THE CLEAN LIVIN' WAY TO COOK!

STEAMING IS SUPER FAST ONCE THE WATER IS BOILING (+ ONLY A SMALL AMOUNT OF WATER IS NECESSARY BECAUSE COOKING TIMES ARE SHORT)! YOU CAN ALSO STEAM LAYERS OF DIFFERENT FOODS AT THE SAME TIME WITH A STACKING STEAMER OR BY PLACING A HEATRESISTANT DISH IN THE CENTRE OF YOUR STEAM BASKET. THIS IS A GREAT WAY TO REHEAT RICE + BEANS IN ONE SET UP- YOU CAN EVEN HEAT TORTILLAS WRAPPED IN FOIL ON TOP! SERVE YOUR STEAMED FOOD WITH SALSA, SAUCE OR DRESSING TO ADD FLAVOUR + GIVE IT SOME DIRECTION!











# BLACK BEAN TACOS

PREP

SALSA → PAGE 90.

# SALSA

RED ONION, GARLIC, JALAPEÑO OR THAI CHILI, CILANTRO, TOMATOES (FRESH OR CANNED), LEMONS OR LIMES + SALT

**GUACA-MIKEY** 

AVOCADOS, TOMATO, RED ONION, GARLIC, THAI CHILI, LEMON OR LIME + SALT

**SALAD GREENS** 

**BLACK BEANS** 

RED ONION, GARLIC, CAN OF BLACK BEANS, OIL, LOUISIANA-STYLE HOT SAUCE + SALT

FETA OR CHEDDAR
YOGURT OR SOUR CREAM
TORTILLAS

MASA HARINA CORN FLOUR, SALT + WATER

GUACA-MIKEY + PAGE 93, OR SLICE AN AVOCADO.

TEAR A HANDFUL OF SALAD GREENS.
DICE A SMALL RED ONION + 3-4 CLOVES OF GARLIC.
CRUMBLE FETA OR GRATE CHEDDAR.
POUR A CUP OF YOGURT OR SOUR CREAM INTO A BOWL.
DRAIN + RINSE A CAN OF BLACK BEANS.

WARM TORTILLAS WRAPPED IN TINFOIL IN THE OVEN AT 350°, OR MAKE YOUR OWN \* PAGE 57.

SAUTÉ ONIONS + GARLIC IN A GOOD SPLASH OF OIL, IN A DEEP PAN ON MEDIUM HEAT.

WHEN ONIONS SOFTEN, ADD BEANS, A GOOD SPLASH OF LOUISIANA-STYLE HOT SAUCE + A DASH OF SALT.

WHEN BEANS ARE HOT, MASH INTO A PASTE WITH A POTATO MASHER.

SERVE EACH ITEM IN IT'S OWN BOWL SO PEOPLE CAN BUILD THEIR OWN TACO!

# RICE+BEAN BUR-RITOS

SALSA **GUACA-MIKEY BLACK BEANS MARINATED VEG ZUCCHINI, RED** PEPPERS, RED ONION, **OLIVE OIL, BALSAMIC** VINEGAR + SALT SALAD GREENS **FETA OR CHEDDAR** YOGURT OR SOUR CREAM **BURRITO SHELLS JERSON'S BASMATI** YELLOW ONION. **GARLIC, OIL, BASMATI** RICE, WATER, SALSA + SALT

### **PREP**

SALSA → PAGE <u>90</u>.

GUACA-MIKEY → PAGE <u>93</u>, OR SLICE AN AVOCADO.

**BLACK BEANS ▶ PAGE 134.** 

MARINATED RED PEPPERS, RED ONIONS + ZUCCHINI \* PAGE 102.

TEAR A HANDFUL OF SALAD GREENS.
CRUMBLE FETA OR GRATE CHEDDAR.
POUR A CUP OF YOGURT OR SOUR CREAM INTO A BOWL.

WARM BURRITO SHELLS WRAPPED IN TINFOIL IN THE OVEN AT 350°.

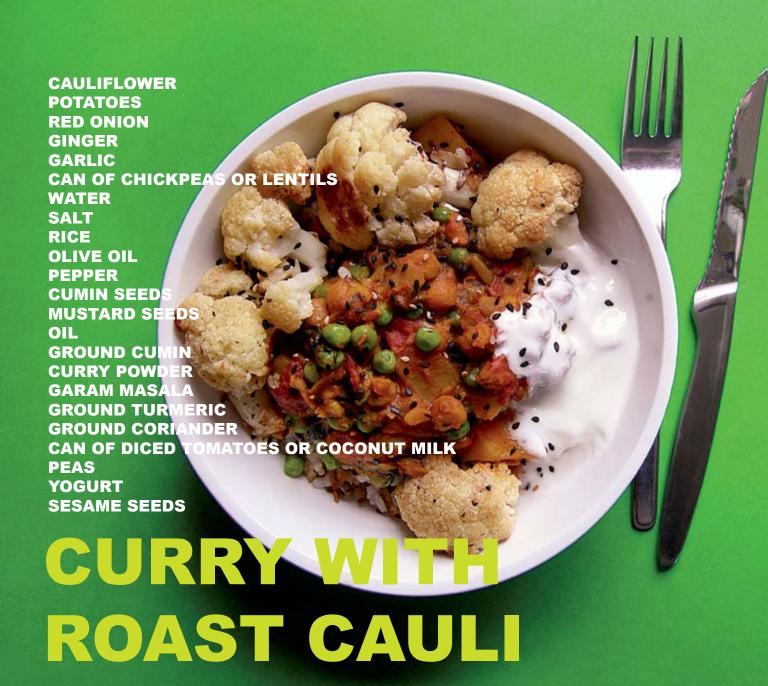
# **JERSON'S BASMATI**

DICE A SMALL YELLOW ONION + 2-3 CLOVES OF GARLIC + SAUTÉ IN A GOOD SPLASH OF OIL, IN A DEEP POT ON MEDIUM HEAT.

WHEN ONIONS SOFTEN, ADD RICE, WATER (1:1.5 RICE:WATER), A LADLE OF SALSA + A GOOD DASH OF SALT.

COVER + BRING TO A BOIL, REDUCE HEAT TO LOW + SIMMER FOR 20 MINUTES.

SERVE EACH ITEM IN IT'S OWN BOWL SO PEOPLE CAN BUILD THEIR OWN BURRITO!



BREAK 1/2 A HEAD OF CAULIFLOWER INTO FLORETS.

**CUBE 2 POTATOES.** 

DICE A SMALL RED ONION, A THUMB-SIZED PIECE OF GINGER + 3-4 CLOVES OF GARLIC. DRAIN + RINSE A CAN OF CHICKPEAS OR LENTILS.

**BOIL + SIMMER RICE → PAGE 133.** 

**ROAST CAULIFLOWER → PAGE 100.** 

TOAST DASHES OF CUMIN + MUSTARD SEEDS IN A DEEP POT ON MEDIUM HEAT.
WHEN SEEDS BECOME FRAGRANT, ADD A GOOD SPLASH OF OIL, ONIONS, GINGER + GARLIC, +

WHEN ONIONS SOFTEN, ADD A TSP OF EACH: CUMIN, CURRY, GARAM MASALA + TURMERIC; 1/2 A TSP OF CORIANDER + A GOOD SPLASH OF LIQUID FROM A CAN OF DICED TOMATOES OR COCONUT MILK.

SIMMER BRIEFLY.

SAUTÉ

ADD CHICKPEAS OR LENTILS, PEAS, POTATOES, THE REST OF THE CAN OF TOMATOES (LIQUID TOO) OR COCONUT MILK, + DASHES OF SALT + PEPPER.

BRING TO A LOW BOIL, COVER, REDUCE HEAT TO LOW + SIMMER UNTIL POTATOES ARE SOFT, ABOUT 30 MINUTES.

SERVE ON A BED OF RICE WITH CAULIFLOWER, YOGURT + SESAME SEEDS.





OLIVE OIL+APPLE CIDER VIN MARINADE → PAGE 180.

SALSA → PAGE 90.

TEAR A HANDFUL OF SALAD GREENS.
SLICE 1-2 RED, ORANGE OR YELLOW PEPPERS.
DICE A SMALL RED ONION, A THUMB-SIZED
PIECE OF GINGER, 2-3 CLOVES OF GARLIC + A
THAI CHILI.
CRUMBLE FETA OR GRATE CHEDDAR.
POUR A CUP OF YOGURT INTO A BOWL.

# **TOFU**

WRAP A BRICK OF TOFU IN A DISH TOWEL + SQUEEZE OUT EXCESS WATER, SLICE INTO FINGERS + MARINATE FOR AN HOUR.

### CHICKEN

SLICE THIGHS OR BREASTS (THIGH IS CHEAPER, BETTER FOR YOU + HARDER TO OVERCOOK!) INTO FINGERS + MARINATE FOR AN HOUR.

WARM TORTILLAS OR BURRITO SHELLS WRAPPED IN TINFOIL IN THE OVEN AT 350°.

SAUTÉ TOFU OR CHICKEN WITH ONIONS, GINGER, GARLIC + CHILI IN MARINADE, IN A DEEP PAN ON MEDIUM HEAT. THOROUGHLY COOK CHICKEN- NO PINK!

SERVE EACH ITEM IN IT'S OWN BOWL SO PEOPLE CAN BUILD THEIR OWN FAJITA!





BREAK 1/2 A HEAD OF BROCCOLI INTO FLORETS.

CHOP A HANDFUL OF MUSHROOMS IN HALF.
SLICE A SMALL BLOCK OF MOZZARELLA OR
MONTEREY JACK (FETA WORKS TOO, BUT
MOZZA + MONTEREY JACK ARE MORE FUN FOR
THIS GUY!).

DICE A SMALL RED ONION, 3-4 CLOVES OF GARLIC + A THAI CHILI.

**BOIL + SIMMER RICE → PAGE 133.** 

TOAST COARSELY CHOPPED ALMONDS + WALNUTS IN THE OVEN AT 325° FOR ABOUT 8 MINUTES.

SAUTÉ ONIONS, GARLIC + CHILI IN A GOOD SPLASH OF OIL, IN A WOK OR DEEP PAN ON MEDIUM HEAT.

WHEN ONIONS SOFTEN, ADD MUSHROOMS + A GOOD SPLASH OF BRAGG'S OR SOY SAUCE. WHEN MUSHROOMS ARE ALMOST FULLY COOKED, ADD BROCCOLI.

WHEN BROCCOLI IS HOT THROUGHOUT BUT STILL CRUNCHY, ADD A SPLASH MORE BRAGG'S OR SOY SAUCE, A LAYER OF SPINACH OVER EVERYBODY, + A LAYER OF CHEESE OVER THAT. COVER + COOK UNTIL CHEESE HAS MELTED.

SERVE ON A BED OF RICE WITH NUTS + BRAGG'S OR SOY SAUCE.





TEAR A HANDFUL OF BASIL.
DICE A SMALL RED ONION, 3-4 CLOVES OF
GARLIC + A THAI CHILI.
OPT SLICE 6-7 OLIVES IN HALF + REMOVE
STONES.

OPT ROAST A HANDFUL OF CHERRY TOMATOES \* PAGE 100.

TOAST COARSELY CHOPPED ALMONDS IN THE OVEN AT 325° FOR ABOUT 8 MINUTES.

**BOIL NOODLES EXTRA FIRM ▶ PAGE 85.** 

SAUTÉ ONIONS, GARLIC + CHILI IN A GOOD SPLASH OF OLIVE OIL, IN A DEEP PAN ON MEDIUM-LOW HEAT.

WHEN ONIONS SOFTEN, ADD NOODLES, BASIL, ALMONDS + OPT OLIVES OR TOMATOES, + TOSS UNTIL NOODLES ARE COOKED AL DENTE.

PASTA IS VERY OFTEN OVERCOOKED!
REMEMBER, A NOODLE YOU HAVE TO BITE
THROUGH IS A LOT MORE INTERESTING THAN
ONE THAT FALLS APART IN YOUR MOUTH!

SERVE WITH GRATED PARMESAN, SALT + PEPPER.

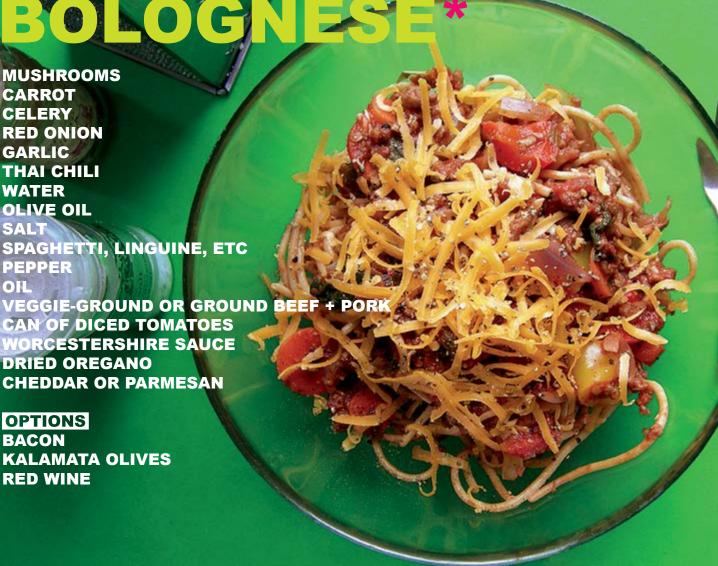


**MUSHROOMS** CARROT **CELERY RED ONION** GARLIC THAI CHILI WATER **OLIVE OIL** SALT SPAGHETTI, LINGUINE, ETC PEPPER

OIL

CAN OF DICED TOMATOES **WORCESTERSHIRE SAUCE DRIED OREGANO CHEDDAR OR PARMESAN** 

**OPTIONS BACON KALAMATA OLIVES RED WINE** 





SLICE A HANDFUL OF MUSHROOMS, A CARROT + 1-2 STALKS OF CELERY.

DICE A SMALL RED ONION, 3-4 CLOVES OF GARLIC + A THAI CHILI.

OPT CHOP 2-3 STRIPS OF BACON.

OPT SLICE 6-7 OLIVES IN HALF + REMOVE STONES.

**BOIL NOODLES EXTRA FIRM ▶ PAGE 85.** 

SAUTÉ ONIONS, GARLIC + CHILI IN A GOOD SPLASH OF OIL, IN A DEEP PAN ON MEDIUM HEAT.

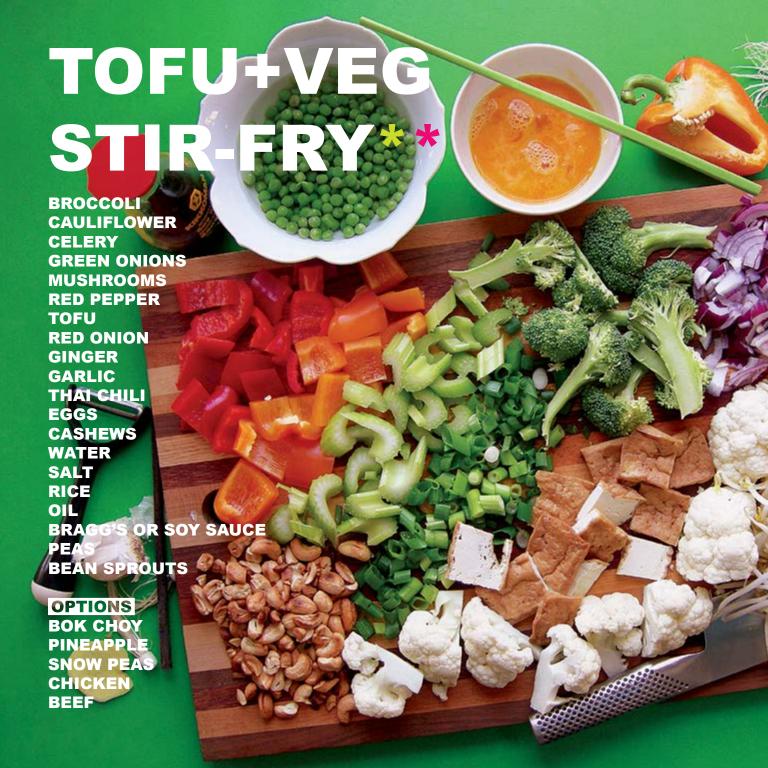
WHEN ONIONS SOFTEN, ADD MUSHROOMS + VEGGIE GROUND; OR GROUND BEEF, PORK, OR A COMBO; + OPT BACON OR A SPLASH OF RED WINE.

WHEN GROUND IS ALMOST FULLY COOKED, ADD: CARROTS + CELERY, A CAN OF DICED TOMATOES (LIQUID TOO), A SPLASH OF WORCESTERSHIRE SAUCE, + DASHES OF OREGANO, SALT + PEPPER.

SIMMER

WHEN CARROTS START TO SOFTEN, ADD NOODLES + OPT OLIVES, + TOSS UNTIL NOODLES ARE COOKED AL DENTE.
ADD SOME NOODLE-WATER IF YOU WANT TO THIN YOUR SAUCE A BIT.

SERVE WITH GRATED CHEDDAR OR PARMESAN, SALT + PEPPER.





BREAK A FEW FLORETS OFF HEADS OF BROCCOLI + CAULIFLOWER. SLICE A STALK OF CELERY, 2-3 GREEN ONIONS, 5-6 MUSHROOMS, A RED PEPPER, 1/3 OF A BRICK OF TOFU + ANY OPT FRUIT OR VEG. DICE A SMALL RED ONION, A THUMB-SIZED PIECE OF GINGER, 2-3 CLOVES OF GARLIC + A THAI CHILI.

OPT SLICE A CHICKEN THIGH OR BREAST, OR A BEEF STEAK, INTO STRIPS.

WHISK 2 EGGS IN A BOWL.

TOAST COARSELY CHOPPED CASHEWS IN THE OVEN AT 325° FOR ABOUT 8 MINUTES.

**BOIL** + SIMMER RICE → PAGE 133.

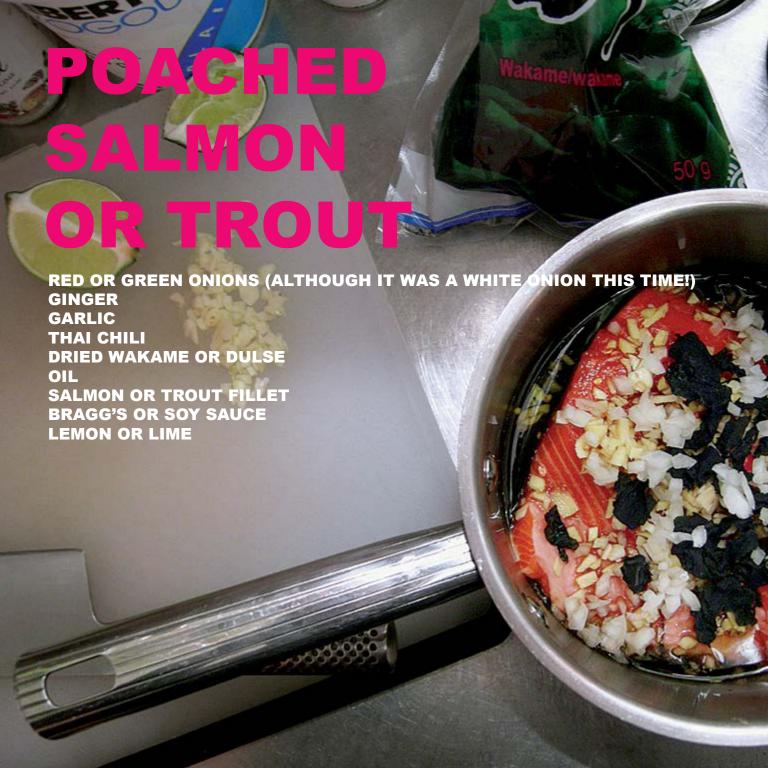
SAUTÉ RED ONIONS, GINGER, GARLIC + CHILI IN A GOOD SPLASH OF OIL, IN A WOK OR DEEP PAN ON MEDIUM-HIGH HEAT.

WHEN ONIONS SOFTEN, ADD OPT CHICKEN OR BEEF, + SAUTÉ UNTIL ALMOST FULLY COOKED. ADD MUSHROOMS + A SPLASH OF BRAGG'S OR SOY SAUCE.

WHEN MUSHROOMS ARE ALMOST FULLY COOKED, PUSH THE MIX TO ONE SIDE OF THE PAN, ADD EGGS + SCRAMBLE.

WHEN EGGS ARE COOKED, ADD TOFU, ANY REMAINING FRUIT OR VEG, + TOSS UNTIL VEG IS HOT BUT STILL CRUNCHY.

SERVE ON A BED OF RICE WITH CASHEWS, BEAN SPROUTS + BRAGG'S OR SOY SAUCE.





DICE 1/2 A SMALL RED ONION OR 2-3 GREEN ONIONS, A THUMB-SIZED PIECE OF GINGER, 2-3 CLOVES OF GARLIC + A THAI CHILI. CRUMBLE A SMALL HANDFUL OF WAKAME OR DULSE.

POUR A SPLASH OF OIL INTO A SMALL POT ON MEDIUM-LOW HEAT.

LAY YOUR FISH IN SKIN SIDE DOWN + TOP IT WITH YOUR VEG (SEAWEED IS A VEGETABLE TOO!).

ADD A SPLASH OF BRAGG'S OR SOY SAUCE + A GOOD SPLASH OF LEMON OR LIME JUICE.

COVER + POACH UNTIL FISH FLAKES EASILY.





BREAK 1/2 A HEAD OF CAULIFLOWER INTO FLORETS.

CHOP 4-5 GREEN BEANS INTO THIRDS.
DICE A SMALL RED ONION, A THUMB-SIZED
PIECE OF GINGER, 3-4 CLOVES OF GARLIC + 1-2
DATES (REMOVE STONES!).
DRAIN + RINSE A CAN OF CHICKPEAS.

**BOIL + SIMMER RICE → PAGE 133.** 

**ROAST** CAULIFLOWER ▶ PAGE 100.

TOAST DASHES OF CUMIN + MUSTARD SEEDS IN A DEEP POT ON MEDIUM HEAT.
WHEN SEEDS BECOME FRAGRANT, ADD A GOOD SPLASH OF OIL, ONIONS, GINGER + GARLIC, + SAUTÉ

WHEN ONIONS SOFTEN, ADD A TSP OF EACH: CUMIN, CURRY, GARAM MASALA + TURMERIC; 1/2 A TSP OF CORIANDER + A GOOD SPLASH OF LIQUID FROM A CAN OF DICED TOMATOES. SIMMER BRIEFLY.

ADD CHICKPEAS, DATES, GREEN BEANS, PEAS, THE REST OF THE CAN OF TOMATOES (LIQUID TOO), + DASHES OF SALT + PEPPER.
BRING TO A LOW BOIL, LAY YOUR FISH ON TOP, COVER, REDUCE HEAT TO LOW + SIMMER UNTIL FISH FLAKES EASILY, ABOUT 20 MINUTES.

SERVE ON A BED OF RICE WITH CAULIFLOWER + YOGURT.

## **BREADED SALMON**

OR HALIBUT, COD, PRAWNS, CHICKEN, TOMATOES, ZUCCHINI, ETC!

BUY FILLETS RATHER THAN STEAKS OF AN OCEAN WISE FISH LIKE WILD SALMON, HALIBUT OR COD.

OCEAN WISE IS A SEAFOOD RATING SYSTEM STARTED BY THE VANCOUVER AQUARIUM TO PROTECT ENDANGERED, OVER-FISHED OR CRUELLY HARVESTED SEA LIFE.

IT IS IMPORTANT TO MAKE SURE THAT THE SEAFOOD YOU BUY OR EAT IN RESTAURANTS IS RECOMMENDED BY OCEAN WISE; NOBODY WANTS TO EAT THE LAST OF A SPECIES OR SOMEBODY CAUGHT IN A CRUEL OR WASTEFUL MANNER!

ALONG WITH YOUR FISH, YOU'LL NEED EGGS, FLOUR, PANKO OR BREAD CRUMBS, SALT + PEPPER, BUTTER + OIL.

**CUT YOUR FISH TO SIZE + REMOVE THE SKIN IF YOU WANT TO.** 

POUR OUT 1 PLATE OF FLOUR + 1 PLATE OF PANKO OR FRESH BREAD CRUMBS. WHISK 2 EGGS WITH DASHES OF SALT + PEPPER IN A BOWL.

COAT YOUR FISH IN FLOUR, THEN DUNK IT IN THE EGG MIX, THEN IN THE PANKO OR BREAD CRUMBS.

LAY THEM OUT ON A PLATE + PUT IT IN THE FRIDGE UNTIL YOU'RE READY TO COOK- THEY'LL COOK CRISPIER IF THEY HAVE A CHANCE TO COOL A LITTLE!

HEAT A PAN ON MEDIUM + ADD A PAT OF BUTTER + A SPLASH OF OIL. WHEN BUTTER FROTHS, ADD THE FISH + COOK ON BOTH SIDES UNTIL FISH FLAKES EASILY, + THE CRUST IS GOLDEN + CRISPY!











# **FISH TACOS**

**PREP** 

**BREADED** SALMON, **HALIBUT OR COD** 

**→ 152** 

**COLESLAW > 78-9** 

SALSA ▶ 90 OR LOUISIANA-STYLE HOT SAUCE.

**TORTILLAS → 57 TZATZIKI → 98** 

OR POUR A CUP OF YOGURT INTO A BOWL.

THINLY SLICE PICKLED TURNIP OR HOT PEPPER.

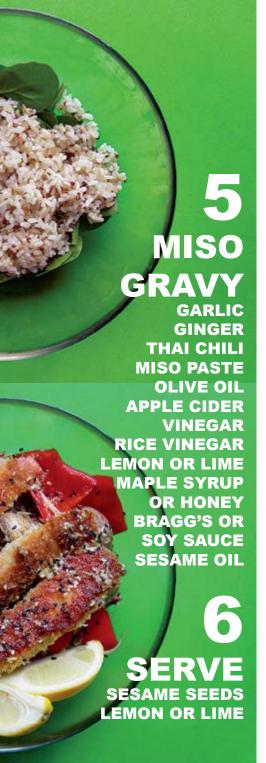
SERVE EACH ITEM IN IT'S OWN **BOWL SO PEOPLE CAN BUILD** THEIR OWN FISH TACO!







BREADED
SALMON
SALMON FILLET
EGGS
FLOUR
PANKO OR
BREAD CRUMBS
SALT
PEPPER
BUTTER
OIL



MISO GRAVY PAGE 96

AVOCADO, ALMOND + STRAWBERRY SALSA \* PAGE 93, OR SAUTÉ MÉLANGE AVEC... \* PAGE 103.

BOIL + SIMMER RICE → PAGE 133.

SAUTÉ BREADED SALMON (OR HALIBUT, COD, ETC) > PAGE 152.

LAYER SPINACH, RICE, MÉLANGE AVEC... OR AVOCADO, ALMOND + STRAWBERRY SALSA, + BREADED SALMON IN A BOWL.

SERVE WITH MISO GRAVY, SESAME SEEDS + A WEDGE OF LEMON OR LIME.

## **TEMPERATURES**

MOST OF THE TIME YOU SET YOUR OVEN AT 350° TO COOK SOMETHING OR RE-HEAT IT. ROAST HEARTY VEG AT HIGHER TEMPS • PAGE 100, + TOAST NUTS AT ABOUT 325°.

PRE-HEAT YOUR OVEN TO THE REQUIRED TEMP BEFORE YOU PUT YOUR DISH IN- YOU DON'T WANT YOUR DISH DRYING OUT WHILE THE OVEN HEATS UP!

## RACK POSITION

MOST OF THE TIME YOU LEAVE THE RACK IN THE MIDDLE OF YOUR OVEN.

IF YOU'RE BROILING, YOU RAISE IT TO THE TOP; IF YOU NEED THE HEIGHT, YOU CAN LOWER IT SO THE TURKEY FITS!

## **FOIL**

A FOIL LID OR ENVELOPE PROTECTS YOUR FOOD FROM DRYING OUT! THIS IS A GREAT WAY TO RE-HEAT LEFTOVERS. YOU CAN ALWAYS REMOVE THE FOIL TOWARD THE END TO LET YOUR DISH CRISP UP A LITTLE!

### PARCHMENT PAPER

YOU CAN SAVE YOURSELF A LOT OF COOKED-IN CLEAN-UP IF YOU LAY A SHEET OF PARCHMENT PAPER OVER YOUR BAKING SHEET, ESPECIALLY WHEN BROILING FISH OR MEATS!









2 ROASTED POTS, BROCK, CAULI +TOFU

GRATED
BEET+
CARROT
+SESAME
SEEDS



MISO GRAVY → PAGE 96.

BREAK A FEW FLORETS OFF HEADS OF BROCCOLI + CAULIFLOWER. CHOP 2 POTATOES INTO WEDGES. SLICE 1/3 OF A BRICK OF TOFU INTO STRIPS. GRATE A SMALL BEET, A CARROT + A SMALL BLOCK OF CHEDDAR.

**BOIL + SIMMER RICE + PAGE 133.** 

ROAST POTATOES \* PAGE 100.

TOWARD THE END, ADD BROCCOLI, CAULIFLOWER + TOFU \* PAGE 100.

OPT TOAST COARSELY CHOPPED NUTS IN THE OVEN AT 325° FOR ABOUT 8 MINUTES.

LAYER RICE, ROASTED VEG + TOFU, CHEDDAR, + BEETS + CARROTS IN A BOWL.

SERVE WITH MISO GRAVY, SESAME SEEDS + OPT NUTS.



**POTATOES CARROTS** CELERY **RED ONION GARLIC** WATER SALT **BUTTER MILK OR UNSWEETENED SUBSTITUTE PEPPER** OIL **VEGGIE-GROUND OR GROUND BEE!** CORN **PEAS CAN OF DICED TOMATOES WORCESTERSHIRE SAUCE LOUISIANA-STYLE HOT SAUCE** 



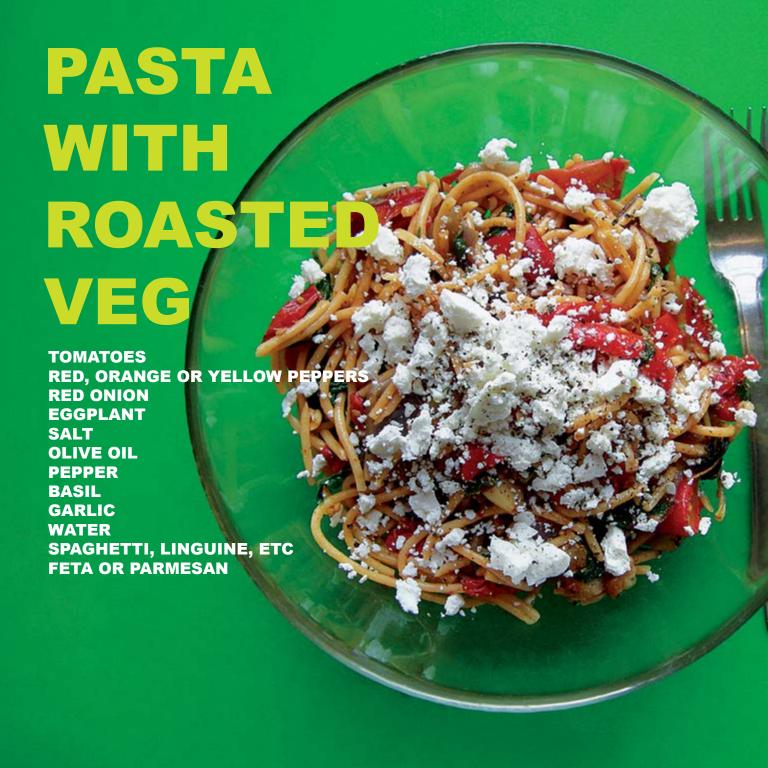
CHOP 3-4 POTATOES.
SLICE 2 CARROTS, 3 STALKS OF CELERY, A RED
ONION + 4-5 CLOVES OF GARLIC.

BOIL + MASH POTATOES WITH SAUTÉED GARLIC (NO WASABI THIS TIME!) \* PAGE 105.

SAUTÉ ONIONS + GARLIC IN A GOOD SPLASH
OF OIL, IN A DEEP PAN ON MEDIUM HEAT.
WHEN ONIONS SOFTEN, ADD VEGGIE GROUND
OR A COMBO OF GROUND BEEF + PORK.
WHEN GROUND IS ALMOST FULLY COOKED,
ADD CARROTS, CELERY, CORN, PEAS, A CAN OF
DICED TOMATOES (LIQUID TOO), SPLASHES OF
WORCESTERSHIRE + LOUISIANA-STYLE HOT
SAUCE, + DASHES OF SALT + PEPPER.
SIMMER BRIEFLY.

WHEN CARROTS START TO SOFTEN, POUR THE MIX INTO A BAKING DISH AND LEVEL OUT. COVER WITH MASHED POTATOES + BAKE IN THE OVEN AT 375° UNTIL THE TOP BROWNS, ABOUT 20 MINUTES.

**REMOVE + ALLOW TO COOL A LITTLE.** 





CHOP 2 LARGE TOMATOES, 2 RED, ORANGE OR YELLOW PEPPERS, + A SMALL RED ONION INTO CHUNKY PIECES OF A SIMILAR SIZE.

## **EGGPLANT**

CUT A SMALL EGGPLANT INTO COINS +
SPRINKLE WITH SALT ON BOTH SIDES TO DRAW
OUT EXCESS MOISTURE + BITTER TASTE.
LET SIT FOR AN HOUR, THEN WIPE THE SALT
OFF- THEY'LL COOK + TASTE WAY BETTER.

ROAST VEG WITH BASIL + A BULB OF GARLIC PAGE 100.

ALLOW TO COOL A LITTLE, THEN SQUEEZE THE CLOVES OF GARLIC OUT OF THEIR JACKETS.

BOIL NOODLES EXTRA FIRM \* PAGE <u>85</u>.

DRAIN + RETURN THE POT OF NOODLES TO THE STOVE AT MEDIUM-LOW HEAT.

ADD ROASTED VEG, A GOOD SPLASH OF OLIVE OIL, + DASHES OF SALT + PEPPER.

TOSS UNTIL NOODLES ARE COOKED AL DENTE.

SERVE WITH CRUMBLED FETA OR GRATED PARMESAN, SALT + PEPPER.





#### **RED SAUCE**

DICE A RED ONION + 5-6 CLOVES OF GARLIC. SAUTÉ IN A GOOD SPLASH OF OIL, IN A DEEP PAN ON MEDIUM HEAT.

WHEN ONIONS SOFTEN, ADD OPT SLICED CARROTS, CELERY, EGGPLANT (SALT FIRST PAGE 167), MUSHROOMS, OLIVES (REMOVE STONES), RED PEPPERS OR ZUCCHINI.

ADD 2 CANS OF DICED TOMATOES (LIQUID TOO) + DASHES OF SALT + PEPPER.

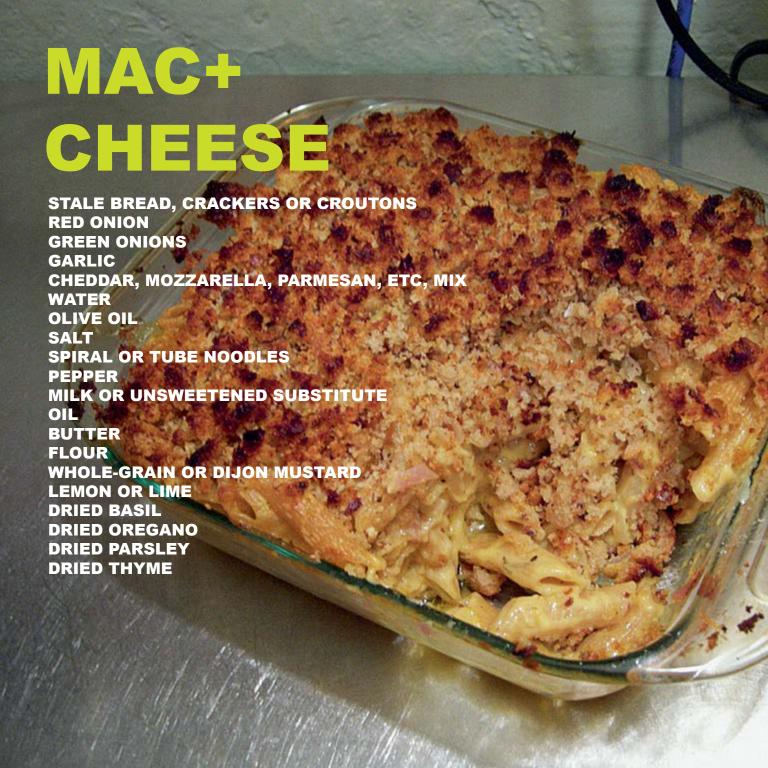
SIMMER BRIEFLY TO SOFTEN VEG A LITTLE. REMOVE FROM HEAT + ALLOW TO COOL.

#### WHITE SAUCE

DICE 4-5 CLOVES OF GARLIC + WHIZ IN A FOOD PROCESSOR WITH 2 TUBS OF COTTAGE CHEESE, A HANDFUL OF BASIL, A FEW SPRIGS OF ROSEMARY (NO STEMS), + DASHES OF OREGANO + SALT.

**BOIL** LASAGNA NOODLES EXTRA FIRM \* PAGE 85.

LAYER RED SAUCE, NOODLES, WHITE SAUCE, NOODLES, RED SAUCE, NOODLES + SO ON, IN A LASAGNA DISH UNTIL IT'S ALMOST FULL. COVER WITH GRATED CHEESE + BAKE IN THE OVEN AT 375° UNTIL BROWNED + BUBBLY, ABOUT 50-60 MINUTES. REMOVE + ALLOW TO COOL A LITTLE.





ROUGHLY CHOP OR PROCESS A CUP OF STALE BREAD, CRACKERS OR CROUTONS.
SLICE A SMALL RED ONION, 2-3 GREEN ONIONS + 4-5 CLOVES OF GARLIC.
GRATE 5 CUPS OF CHEESE MIX.

**BOIL** PASTA EXTRA FIRM → PAGE <u>85</u>.

WARM 3 CUPS OF MILK OR UNSWEETENED SUBSTITUTE IN A POT ON LOW HEAT.

SAUTÉ RED ONIONS + GARLIC IN A SPLASH OF OIL, IN A DEEP PAN ON MEDIUM HEAT. WHEN ONIONS SOFTEN, ADD 1/4 OF A CUP OF BUTTER.

WHEN BUTTER IS MELTED, GRADUALLY WHISK IN 1/4 OF A CUP OF FLOUR.
WHEN THE MIX TURNS GOLD, GRADUALLY WHISK IN WARM MILK UNTIL SMOOTH + THICK. TURN OFF HEAT + KEEP STIRRING WHILE MIX THICKENS, ABOUT 10 MINUTES.
STIR IN CHEESE MIX, GREEN ONIONS, A TBSP OF MUSTARD, A SPLASH OF LEMON OR LIME JUICE, + DASHES OF BASIL, OREGANO, PARSLEY, THYME, SALT + PEPPER.
ADD THE PASTA + COMBINE THOROUGHLY.

BUTTER OR OIL A BAKING DISH, POUR IN THE MIX + COVER WITH BREAD CRUMBS.

BAKE IN THE OVEN AT 375° UNTIL BROWNED + BUBBLY, ABOUT 30 MINUTES.

REMOVE + ALLOW TO COOL A LITTLE.

## PIZZA

## 3 CHEESE

PESTO OR TOMATO SAUCE, CHEDDAR, MOZZARELLA + PARMESAN

## 4 BROS

PESTO, PINEAPPLE + MOZZARELLA

## 4313

TOMATO SAUCE, ARTICHOKES, BANANA PEPPERS, PINEAPPLE, TOMATOES + FETA

## HAWAIIAN

TOMATO SAUCE, HAM, PINEAPPLE + MOZZARELLA

## MARGHERITA

PESTO OR TOMATO SAUCE, BASIL, TOMATO + MOZZARELLA

## MEDITERRANEAN

PESTO OR TOMATO SAUCE, OLIVES, RED ONION + FETA

## **OLD GUY**

PESTO, GARLIC, RED ONION + SPINACH

## TEX-MEX

TOMATO SAUCE, BANANA PEPPERS, REFRIED BEANS, MOZZARELLA + OPT GROUND BEEF



PESTO → PAGE 95, OR TOMATO SAUCE.

#### **TOMATO SAUCE**

DICE 2-3 CLOVES OF GARLIC + WHIZ IN A FOOD PROCESSOR WITH A CAN OF STRAINED TOMATOES, A HANDFUL OF BASIL + DASHES OF OREGANO, SALT + PEPPER.

BUY FRESH PIZZA DOUGH FROM YOUR BAKER.
LET IT RISE FOR AN HOUR OR SO WITH A
SPLASH OF OLIVE OIL IN A MIXING BOWL
COVERED BY A DISH TOWEL.
ROLL FLAT WITH A ROLLING PIN ON A FLOURED
SURFACE + FIT TO A PIZZA TRAY OR LASAGNA
DISH SPRINKLED WITH CORN MEAL.
BRUSH WITH OLIVE OIL + BAKE IN THE OVEN
AT 350° FOR 8-10 MINUTES.
REMOVE + ALLOW TO COOL.

SAUTÉ GARLIC, ONIONS + MEATS LIKE BACON, CHICKEN OR GROUND BEEF IN A SPLASH OF OIL ON MEDIUM HEAT BEFORE ADDING.

SPREAD A LAYER OF PESTO OR TOMATO SAUCE ON YOUR CRUST + ADD YOUR TOPPINGS + OPT GRATED CHEESE.

TRY + RESIST THE TEMPTATION TO MAKE THE ULTIMATE PIZZA AND PILE THE TOPPINGS TOO HIGH! A SIMPLE PIZZA USUALLY WORKS OUT BETTER!

BAKE IN THE OVEN AT 350° UNTIL BROWN + BUBBLY, ABOUT 18-20 MINS.

SERVE WITH A SPLASH OF OLIVE OIL.





CHOP ANY VEG YOU ARE INCLUDING.
DICE A SMALL RED ONION, 2-3 CLOVES OF
GARLIC + A SPRIG OF ROSEMARY (NO STEMS).
GRATE A CUP OF CHEDDAR.

OPT CHOP 2-3 STRIPS OF BACON OR CUBE A THICK SLICE OF HAM.

OPT SLICE 6-7 OLIVES IN HALF + REMOVE STONES.

WHISK 4-5 EGGS + A SPLASH OF MILK OR UNSWEETENED SUBSTITUTE IN A BOWL.

DEFROST A FROZEN PIE SHELL.

BAKE IN THE OVEN AT 350° FOR 8-10 MINUTES.

ALLOW TO COOL + THINLY COAT WITH DIJON

(TO PROTECT THE SHELL FROM THE WET MIX!).

SAUTÉ ONIONS, GARLIC, ROSEMARY + DASHES OF ITALIAN SPICE MIX, SALT + PEPPER IN A GOOD SPLASH OF OIL, IN A DEEP PAN ON MEDIUM HEAT.

ADD OPT BACON OR HAM + SAUTÉ UNTIL ALMOST FULLY COOKED.

WHEN ONIONS SOFTEN, ADD VEGETABLES + OPT OLIVES.

WHEN VEGETABLES SOFTEN A LITTLE, POUR THE MIX INTO YOUR PIE SHELL. POUR THE EGG MIX OVER + COVER WITH CHEDDAR.

BAKE IN THE OVEN AT 375° UNTIL FIRM + SET, ABOUT 40 MINUTES.

**REMOVE + ALLOW TO COOL A LITTLE.** 





BUY CLEANED MACKEREL, SARDINE, SAURY OR OTHER SMALL, OILY FISH.

OR, BUY WHOLE + CLEAN IT YOURSELF- A GOOD QUALITY FILLETING KNIFE MAKES IT A LOT EASIER!

LAY OUT BUTTERFLIED, SKIN SIDE UP ON A SHEET OF PARCHMENT PAPER OVER A BAKING SHEET.

BAKE IN THE OVEN AT 350° UNTIL FISH FLAKES EASILY, ABOUT 10-15 MINUTES.





BUY THE BEST CHICKEN THAT YOU CAN:
ORGANIC, NON-MEDICATED, OR FREE RUN IF
POSSIBLE, WHATEVER FITS YOUR PRICE
RANGE! TRIM OFF ANY EXTRA BITS OF SKIN +
FAT WITH A PAIR OF KITCHEN SCISSORS.

TEAR A HANDFUL OF BASIL + 2 SPRIGS OF ROSEMARY (NO STEMS).

CORE + CHOP 3-4 APPLES INTO WEDGES.

SLICE A SMALL RED ONION + 4-5 CLOVES OF GARLIC.

TOSS APPLES, ONIONS, GARLIC, BASIL +
ROSEMARY IN A BOWL WITH DASHES OF
MARJORAM, OREGANO, SAGE, THYME, SALT +
PEPPER, A SPLASH OF LEMON OR LIME JUICE +
A GOOD SPLASH OF OLIVE OIL.
POUR INTO A DEEP CAST-IRON FRYING PAN
(ADDS FLAVOUR + IRON!) OR BAKING DISH, +
PUT THE CHICKEN ON TOP.
IF YOU'RE COOKING A WHOLE CHICKEN, STUFF
IT WITH THE APPLE MIX TOO.
SPRINKLE THE WHOLE SCENE WITH A GOOD
DASH OF SALT + PEPPER.
ROAST IN THE OVEN AT 425° UNTIL JUICES
RUN CLEAR (MAKE A SLICE TO CHECK), ABOUT
40 MINUTES.

## MARINADE

THIS MARINADE IS SIMILAR TO A SALAD DRESSING (\* PAGE 60); IT'S BASICALLY AN OIL + ACID SCENARIO TAKEN WHICHEVER DIRECTION YOU WANT TO GO WITH YOUR SKEWERS OR KABOBS! GIVE EVERYBODY A GOOD CHANCE TO SOAK + TURN-OVER IN THE MARINADE TO ABSORB THE FLAVOURS BEFORE YOU COOK! YOU CAN ALSO ADD A SPLASH OF BOOZE LIKE BEER, WINE, GIN, RUM OR VODKA TO TENDERIZE CHICKEN OR MEATS IF YOU WANT!



**OLIVE OIL** 

**OPTIONS** 

APPLE CIDER VINEGAR
BALSAMIC VINEGAR
BLACK VINEGAR
LEMON JUICE
LIME JUICE

CILANTRO
PARSLEY
ROSEMARY
SAGE
DIJON MUSTARD
WHOLE-GRAIN
MUSTARD
CINNAMON
CUMIN
OREGANO
TURMERIC

PEPPER
GARLIC
GINGER
RED ONION
THAI CHILI
CHIPOTLE PURÉE

BRAGG'S SOY SAUCE WORCESTERSHIRE SAUCE

MAPLE SYRUP
HONEY







IF YOU HAVE WOOD SKEWERS, SOAK THEM IN WATER FOR AN HOUR OR SO BEFORE YOU GET STARTED, SO THEY DON'T BURN IN THE BBQ! IF YOU HAVE STEEL SKEWERS, REMEMBER THAT THEY WILL BE FIRE-HOT AFTER BEING IN THE BBQ FOR A FEW MINUTES, SO DON'T GRAB THEM WITHOUT GLOVES OR TONGS!

MAKE YOUR MARINADE → PAGE 180.

CUT FRUIT, VEG, MEAT, ETC, INTO CHUNKS THE SIZE OF PIECES OF SUSHI.
LEAVE GARLIC, MUSHROOMS, CHERRY
TOMATOES + OTHER SMALL ITEMS WHOLE.

TOSS EVERYBODY IN A BOWL IN YOUR MARINADE + LET SOAK FOR AN HOUR IN THE FRIDGE, TOSSING OCCASIONALLY.

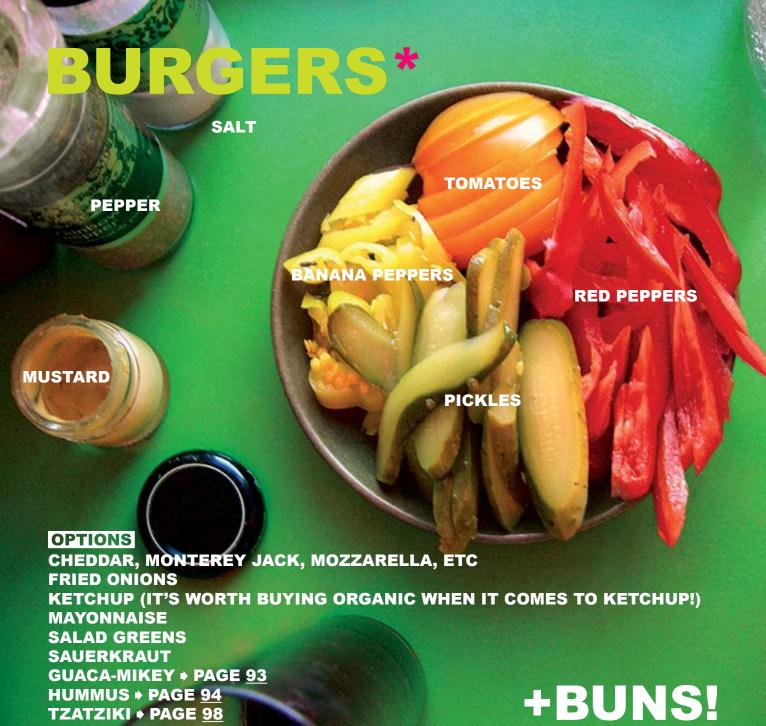
LOAD EACH SKEWER WITH ITEMS THAT WILL TAKE ABOUT THE SAME AMOUNT OF TIME TO COOK.

IGNITE YOUR BBQ + LET IT COOK THE GRILL CLEAN FOR 3-4 MINUTES ON HIGH HEAT WITH THE LID ON.

BEQ YOUR SKEWERS AT 400°, ROTATING OCCASIONALLY, UNTIL COOKED TO DESIRED TENDERNESS.

REMEMBER TO THOROUGHLY COOK CHICKEN-NO PINK!

ALSO, WHEN YOU MARINATE SEAFOOD, POULTRY OR MEATS, IT'S NOT SAFE TO KEEP YOUR MARINADE AS A DIPPING SAUCE OR DRESSING, SO CHUCK IT OUT RIGHT AWAY!





### PORTOBELLO CAP

WIPE OFF THE TOPS OF YOUR CAPS WITH A DISH TOWEL + POKE A FEW HOLES IN THEM WITH A FORK.

MARINATE IN A GOOD SPLASH OF OLIVE OIL, SPLASHES OF WORCESTERSHIRE, BRAGG'S OR SOY SAUCE, + DICED GARLIC, GINGER + THAI CHILI.

BBQ AT 400°, ON BOTH SIDES, UNTIL COOKED TO DESIRED TENDERNESS.

### **TURKEY PATTY**

COMBINE GROUND TURKEY WITH A BEATEN EGG, CHOPPED CELERY, GREEN ONION, ROSEMARY (NO STEMS) + BASIL, + DASHES OF CELERY SALT + PEPPER IN A BOWL. FORM INTO PATTIES.

BBQ AT 400°, ON BOTH SIDES, UNTIL THE JUICE RUNS CLEAR.

### **BEEF PATTY**

COMBINE GROUND BEEF WITH A BEATEN EGG, 1/2 A CUP OF ROLLED OATS OR BREAD CRUMBS, CHOPPED PARSLEY, A TBSP OF WHOLE-GRAIN MUSTARD, + DASHES OF CUMIN, SALT + PEPPER IN A BOWL.

**FORM INTO PATTIES.** 

BBQ AT 400°, ON BOTH SIDES, UNTIL THE JUICE RUNS CLEAR.



# TOMATOES+CUCUMBERS

HUMMUS • 94

GARLIC

CAN OF CHICKPEAS

OLIVE OIL

LEMONS OR LIMES

SALT

HALIBUT LAMB, PRAWN, SALMON OR TOFU SOUVLAKI\*

OR RICE • 133

DILL OR CHIVES
GARLIC
CUCUMBER
YOGURT
SALT

MARINADE 1
OLIVE OIL
LEMON JUICE
ROSEMARY OR DILL
DRIED OREGANO
PEPPER
GARLIC
SALT



YOU CAN SERVE SOUVLAKI EITHER OF 2 WAYS: ON THE SKEWER, ON A BED OF RICE, WITH SLICED TOMATO + CUCUMBER, TZATZIKI + A ROASTED POTATO (\*) PAGE 105); OR OFF THE SKEWER, WRAPPED IN A PITA WITH SLICED TOMATOES + CUCUMBERS, TZATZIKI OR HUMMUS.

OLIVE OIL+LEMON JUICE MARINADE \* PAGE 180.

CHOP A SMALL RED ONION. CUT TOFU, SALMON, CHICKEN, BEEF, ETC, INTO STRIPS OR CHUNKS (REMOVE SKIN IF NECESSARY).

TOSS EVERYBODY IN A BOWL IN YOUR MARINADE + LET SOAK FOR AN HOUR IN THE FRIDGE, TOSSING OCCASIONALLY.

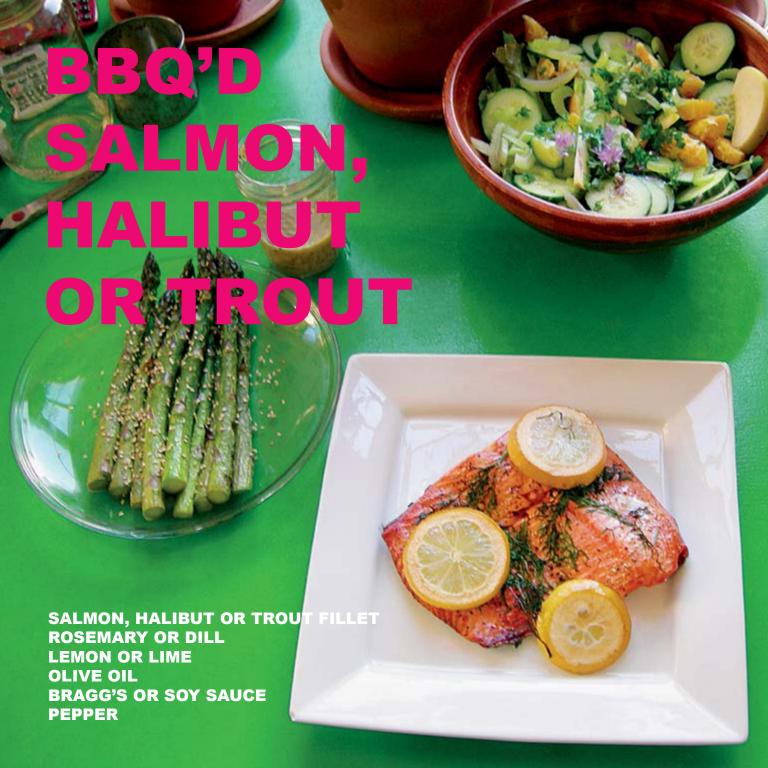
LOAD SKEWERS, ALTERNATING PIECES OF TOFU, FISH OR MEAT WITH PIECES OF ONION.

BOIL + SIMMER RICE > PAGE 133, OR WARM PITAS WRAPPED IN TINFOIL IN THE OVEN AT 350°.

BBQ YOUR SKEWERS AT 400°, ROTATING OCCASIONALLY, UNTIL COOKED TO DESIRED TENDERNESS.

REMEMBER TO THOROUGHLY COOK CHICKEN-NO PINK!

SERVE ON A BED OF RICE, OR SERVE EACH ITEM IN IT'S OWN BOWL SO PEOPLE CAN BUILD THEIR OWN SOUVLAK!





### **PREP**

LAY YOUR FISH OUT SKIN SIDE DOWN ON A SHEET OF TIN FOIL + TOP WITH SPRIGS OF ROSEMARY OR DILL + SLICED LEMON OR LIME. ADD SPLASHES OF OLIVE OIL, BRAGG'S OR SOY SAUCE + LEMON OR LIME JUICE, + A DASH OF PEPPER.

CLOSE THE TINFOIL AROUND THE FISH + BBQ AT 400° UNTIL FISH FLAKES EASILY, ABOUT 10-15 MINUTES

#### **SERVE**

THERE'S AN OLD CHINESE DESCRIPTION OF HEAVEN + HELL: BOTH ARE LAVISH BANQUETS, WELL ATTENDED BY GUESTS, BUT THE CHOP STICKS ARE 3 FEET LONG!

IN HELL, THE PEOPLE SUFFER- BECAUSE THEY CAN'T REACH THEIR MOUTHS!

IN HEAVEN, THE PEOPLE REJOICE- BECAUSE THEY FEED EACH OTHER!

SINCE LIFE HERE ON THE BEAUTIFUL EARTH IS ALL WE CAN BE SURE OF, SELECT A FEW ITEMS FROM ONE OF THESE MENUS + HOST A HEAVENLY BANQUET FOR YOUR FAMILY + FRIENDS!

PLAN YOUR MEAL A DAY OR 2 AHEAD OF TIME + SHOP FOR IT AS MUCH AS POSSIBLE IN ADVANCE!

IF IT'S SOMETHING LIKE FISH, THOUGH, BUY IT FRESH ON THE DAY OF THE BIG DINNER!

DO ALL THE PREP WORK, LIKE MAKING SALSAS, SOUPS, MARINADES, ETC, THE DAY BEFORE. THEN, ON THE DAY, START YOUR HOT FOOD IN CAREFUL SEQUENCE SO THAT EVERYTHING WILL BE READY AT THE SAME TIME!

MAKE YOUR SALAD WHILE THINGS ARE COOKING + DRESS IT JUST BEFORE DINNER STARTS!

DON'T FORGET TO HAVE SNACKS OUT FROM THE GET-GO, SO GUESTS DON'T GET DRUNK + SURLY WAITING FOR THE FOOD TO ARRIVE!





## BBQ NIGHT!

SALADS: GERMAN POTATO \* 64-5 MANGO + BLACK BEAN **▶** 66-7 **QUINOA ▶** 68-9 COLESLAW → 78-9 **PASTA ▶** 84-5 THAI NOODLE ▶ 88-9

MAINS: SKEWERS + SHISH KABOBS **182-3** PORTOBELLO. TURKEY OR SOUVLAKI ▶ 186-7

BBQ'D SALMON ▶ 188-9

SIDES: BBQ'D POTATOES ▶ 105

## JAPANESE NIGHT! LATIN NIGHT!

SALAD: RADISH + CUKE > 70-1

**SOUPS: MISO ▶ 112-3** 

**MISO STEW →** 114-5 **MISO-LIME ▶** 124-5

MAINS: BAKED MACKEREL, SAURY

OR SARDINE ▶ 176-7 BBQ'D SALMON → 188-9

SIDES: ROASTED ASPARAGUS → 100

**ROASTED BRUSSELS** 

SPROUTS \* 100

ROASTED SQUASH ▶ 100

RICE BLEND • 133

### **ITALIAN NIGHT!**

SALADS: CAPRESE ▶ 82-3 **LIBRAN SPINACH ▶ 86-7** 

MAINS: SIMPLE PASTA → 142-3 **SPAGHETTI BOLOGNESE 144-5 PASTA WITH ROASTED VEG ▶ 166-7 LASAGNA ▶** 168-9 **PIZZA + 172-3** 

SIDES: ROASTED EGGPLANT, PEPPERS + ZUCCHINI ▶ 100 **ROASTED GARLIC** → 100 **ROASTED TOMATOES + BASIL 100** 

**STARTERS: TORTILLA CHIPS +** SALSA → 90 **GUACA-MIKEY →** 93

**SALAD: MANGO + BLACK BEAN ▶** 66-7

SOUP: TORTILLA \* 122-3 **SOPA DE CAMARON → 128-9** 

MAINS: TACOS OR BURRITOS ▶ 134-5 **FAJITAS \*** 138-9 FISH TACOS ▶ 157

SIDES: MARINATED VEG ▶ 102









