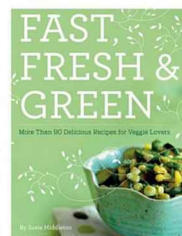
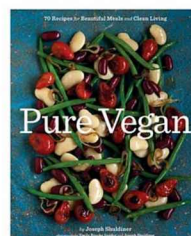
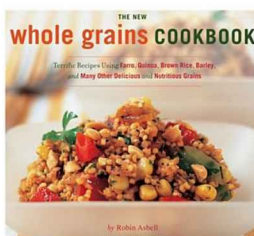
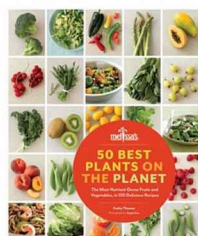


CHRONICLE BOOKS FOR COOKS



EATING WELL MADE DELICIOUS

Blackbird Bakery Gluten-Free by Karen Morgan

50 Best Plants on the Planet by Melissa's

The New Whole Grains Cookbook by Robin Asbell

Pure Vegan by Joseph Shuldiner

Fast, Fresh & Green by Susie Middleton

An Ebook Sampler with 15 Recipes



CHRONICLE BOOKS

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Copyright

Healthy Never Tasted So Good

It's that time of year when all of us are thinking about what we plan to improve or change in the new year. Whether you've been cataloguing your less-than-optimal eating patterns all year long or have just started to take stock, you probably know what you want to change come January 1. That might mean eating more vegetables, drinking less coffee, trying a new style of cooking—the list of habits to work on goes on and on. Chances are that you've also been mentally keeping notes on the new health findings that have come out during the year. If you're like the rest of us, you've made your own naughty-or-nice list of the habits you want to kick to the curb or kick-off in the new year. It's universal around the world—now is when we're all motivated to hit the reboot button and start over on how we're eating and drinking.

Everyone knows that the core changes we can make are what we put in our mouths and how much we move. But we all need tools to inspire and motivate us to act on that impulse. Cookbooks are a great tool because they're self-contained, self-directed projects; they give us the instruction we need along with the choice we want.

At Chronicle Books, we publish to this refresh-button moment every year. And many of us take up the challenge ourselves, too! We can't resist trying out the healthy eating ideas that our books present so sumptuously.

This year, we're looking at a few books for inspiration—some previously published and some recently released—which we've included in this little ebook to give you a sample of what your new year could taste like.

- **The New Whole Grains Cookbook** by Robin Asbell is for everyone who is worried they're consuming too much white flour and processed grains. This book gives instruction and ideas for cooking with the newly touted whole grains, like farro, quinoa, barley, and many others.
- **Fast, Fresh & Green** by Susie Middleton is an idea book for all of us who want to follow Michael Pollan's advice to eat mostly plants. This book has more than 90 ways to put delicious vegetables on the table every single night.

- **Blackbird Bakery Gluten-Free** by Karen Morgan is for everyone who needs or wants to go gluten-free, but can't give up delicious, airy baked goods. Think cupcakes, fluffy biscuits, and pie!
- **Pure Vegan** by Joseph Shuldiner is the one vegan book in the market that emphasizes how rich, generous, and luscious the vegan lifestyle can be. It's the book that motivates us all to try going vegan, even if it's just for one day a week or a few weeks each year.
- And for everyone who is committed to eating more vegetables and fruits in 2014, there's **50 Best Plants on the Planet** from Melissa's, the gourmet produce purveyor. This is the resource for all of us who want to be very intentional about eating the produce that offers the best health payoff. **50 Best Plants on the Planet** explains why the fruits and vegetables included are super plants and gives two to three recipes and gorgeous photos for each to get us eating them more often.

Whether you're planning on going gluten-free, incorporating vegan into your diet, or eating more produce or whole grains in 2014, these books have inspiration and recipes that will make your New Year, New You cooking fun, easy to keep up, and, most important, tasty.

THE NEW

whole grains COOKBOOK

Terrific Recipes Using **Farro, Quinoa, Brown Rice, Barley,**
and Many Other Delicious and Nutritious Grains



by Robin Asbell

PHOTOGRAPHS *by* CAREN ALPERT

The New Whole Grains Cookbook

by Robin Asbell

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Pecan and Wild Rice–Stuffed Squash

THESE TINY, ONE–SERVING SQUASHES ARE GOOD CONTAINERS for savory flavors. This classic dish is a great way to use wild rice, but buckwheat and quinoa would also be delicious. The nuts really bring out the nutty qualities in the rice.

serves 4

2 small Sweet Dumpling squash *or* acorn squash, 6 inches *or* less in diameter

$\frac{1}{2}$ cup wild rice

1 $\frac{1}{2}$ cups water

3 tablespoons fresh sage

$\frac{1}{2}$ cup fresh parsley

1 tablespoon olive oil

2 stalks celery, minced

$\frac{1}{2}$ large onion, chopped (*1 cup*)

1 teaspoon dried marjoram

1 teaspoon freshly cracked black pepper

Pinch of ground nutmeg

1 teaspoon salt

$\frac{3}{4}$ cup pecan halves







Preheat the oven to 400°F. Oil 2 baking sheets. Cut each squashes in half from the stem to the tip. Scoop out the seeds and place cut-side down on the baking sheets. Bake for 20 to 30 minutes, or until easily pierced with a paring knife. Let cool. Reduce the oven heat to 375°F.

In a medium saucepan, cook the wild rice in the water, simmering until it is tender and starting to split. If there is any excess water, drain the rice in a strainer. Finely chop the sage and parsley. In a small sauté pan, heat the olive oil and sauté the celery, onion, and sage over medium heat until just softened. Stir in the parsley, marjoram, pepper, nutmeg, and salt, and take the pan off the heat.

When the squash halves are cool, use a spoon to scoop out the flesh, leaving a bit behind to keep the skins from tearing. In a large bowl, mash the flesh coarsely and reserve. Select 16 intact pecan halves for garnish, then use a food processor to grind the remaining pecans to powder. Add the ground pecans, the sautéed mixture, and the wild rice to the squash in the bowl and mix thoroughly. Stuff the mixture into the squash shells and top with the reserved pecan halves. Place in a casserole or baking dish large enough to hold all of the squash halves. Bake for 30 minutes, or until the tops feel firm to the touch.

Filet Mignon and Barley “Stew” with Spinach

THIS PREPARATION ELEVATES THE STEW TO A FINE DINING EXPERIENCE. Searing tender steak pieces and then removing them allows the *fond* of brown bits in the pan to infuse the dish and simmer into a long-cooking grain without overcooking the meat. Spinach adds a note of freshness and color. Purple or black barley, or any grain, would work well here.

makes 6 cups, about 4 servings

1 pound beef tenderloin *or* other tender steak

3 tablespoons whole wheat pastry flour

¹/₄ teaspoon salt

Freshly cracked black pepper

2 tablespoons extra-virgin olive oil

1 medium onion, chopped (*1¹/₂ cups*)

1 medium carrot, chopped

3 tablespoons tomato paste

¹/₂ cup hulled barley, soaked overnight

5 cups beef stock

1 tablespoon chopped fresh thyme

4 cups coarsely chopped spinach



Cut the beef into 1-inch, bite-size pieces. Combine the flour, salt, and cracked pepper on a plate, and roll half of the beef in this seasoned flour. In a large Dutch oven or soup pot, heat the olive oil. Add the unfloured half of the beef, and cook over medium-high heat until the beef is browned but still rare in the center. Scrape the beef into a bowl, drain the fat back into the pan, and cook the floured beef. Transfer that beef to the bowl also. Quickly add the onion and carrot to the hot pan and scrape up the browned bits. As soon as the onion is golden, add the tomato paste and cook, stirring constantly, for 2 to 3 minutes, until it is a shade darker. Add the barley, stock, and thyme and bring to a boil. Cover, lower the heat to a simmer, and cook for 30 to 40 minutes.

When the barley is tender, add the beef to the pan and reheat. Stir in the spinach. Serve as soon as the spinach is just wilted and the beef is hot.

Chocolate Chunk Buckwheat Cookies

THE CLASSIC CHOCOLATE CHIP COOKIE IS A RIOT OF CRUNCH when whole buckwheat replaces nuts in the dough. Don't try any other raw grains for this—only buckwheat has a chewable texture.

makes 12 cookies

$\frac{1}{2}$ cup unsalted butter, softened

1 cup brown sugar

1 large egg

2 teaspoons vanilla extract

$\frac{1}{4}$ teaspoon almond extract

1 cup plus 2 tablespoons whole wheat pastry flour

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

$\frac{1}{4}$ teaspoon salt

$\frac{1}{2}$ cup buckwheat groats

6 ounces semisweet chocolate, chopped into $\frac{1}{2}$ -inch chunks





Preheat the oven to 375°F. In a stand mixer or bowl, cream the butter and brown sugar until light and fluffy. Beat in the egg, vanilla, and almond extract until well mixed.

In a small bowl, mix the flour, baking soda, salt, and buckwheat, and add to the butter mixture, beating to incorporate. When the flour is mixed in, add the chocolate and stir until combined.

Drop 2-tablespoon-size balls of dough onto ungreased sheet pans, leaving 3 inches of space between the balls. The cookies will spread while baking. Bake for 6 minutes, reverse the position of the pans in the oven, then bake for 4 to 6 minutes more. A pale, soft center surrounded by golden brown cookie is the desired result.

Let the cookies cool on the pans for 5 minutes, then transfer to cooling racks with a spatula. Let cool completely before storing in an airtight container for up to a week.



FAST,



FRESH
GREEN.

More Than 90 Delicious Recipes for





By Susie Middleton

.....

Photographs by Ben Fink



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At our house, we eat these fries right off the baking sheet, doused with a little extra salt (or a little Spiced Salt; see below). They rarely make it to the table, but if they do, they look awfully cute served in individual ramekins. Sometimes we double the recipe (easily done with two sheet pans) and plop the hot pans in front of guests who are sniffing around the kitchen before dinner. We put out a little bowl of the easiest dipping sauce ever and they disappear. One thing you should know: sweet potato oven fries, though they’re addictive and delicious, do not get crispy. They will get crisp around the edges, but they stay moist in the middle. (That’s part of their charm; I assure you, you will still love them.)

The sauce is my quick version of the French sauce called *aïoli*, which is a garlicky mayonnaise usually spiked with lemon. I use good—quality store—bought mayonnaise, lime zest, and lime juice for a fast, sassy sauce that’s just as good on grilled fish or chicken as it is on sweet potato fries.

Serves 3 to 4

1 LB/455 G UNPEELED SWEET POTATOES (*about 2 small*)

¹/₄ CUP/60 ML EXTRA—VIRGIN OLIVE OIL

1 TSP KOSHER SALT, *and more for seasoning*

Limey Dipping Sauce

¹/₃ CUP/65 G MAYONNAISE

¹/₂ TSP FINELY GRATED LIME ZEST

1 TBSP FRESH LIME JUICE

¹/₂ TSP MINCED FRESH GARLIC

PINCH OF KOSHER SALT

Spiced Salt (optional)

1 TSP KOSHER SALT

¹/₂ TSP SUGAR

¹/₄ TSP GROUND CINNAMON

¹/₄ TSP GROUND CUMIN

¹/₄ TSP GROUND CORIANDER

¹/₄ TSP PAPRIKA







1 *Preheat the oven* to 475°F/245°C (Gas Mark 9). Line a large (18-x-13-x-1-in/45.5-x-33-x-2.5-cm) heavy-duty rimmed sheet pan with a piece of parchment paper.

2 *Cut the sweet potatoes* crosswise on a slight diagonal into $\frac{3}{8}$ -in-/9.5-mm-thick slices. (If the sweet potato is very narrow at one end, you can cut slices at a very sharp angle at that end.) Cut each slice lengthwise into sticks between $\frac{1}{4}$ and $\frac{3}{8}$ in/6.5 and 9.5 mm wide. (They will only be about 2 in/5 cm long.) Put the sticks in a mixing bowl and combine thoroughly with the olive oil and 1 tsp salt. Spread the sweet potatoes out in one layer on the baking sheet, making sure to scrape all the oil and salt from the bowl onto them.

3 *Roast for 20 minutes*. Using a spatula, flip the sticks over and continue cooking, flipping once or twice more, until the fries are nicely browned (some in spots, some all over), about 10 minutes more.

4 *To make the Limey Dipping Sauce*, combine all the ingredients in a small bowl, whisking well to blend. Let sit for 10 to 15 minutes to let the flavors marry.

5 *To make the Spiced Salt*, stir the salt and all the spices together in a small bowl.

6 *Sprinkle* some of the spiced salt or more kosher salt on the fries (be generous and do not skip this step!), toss well, and serve with the dipping sauce.

The buttery glaze that tops these delicious squash rings is more subtly flavored than it sounds. But it adds just the right amount of sweetness and interest to the earthy flavor and silky texture of roasted acorn squash. You might be accustomed to roasting acorn squash in halves or quarters, but it's easy to quick—roast it by cutting it into pretty rings or half—rings. Because of the relatively thin slices, I find the skin perfectly edible, but it's also easy enough to eat the flesh and leave the roasted skin behind.

If you wanted to serve these for Thanksgiving, they could go in the oven when the turkey comes out, because they cook quickly. And with a second baking sheet, you can easily double or triple the recipe. Rotate the baking sheets halfway through cooking. You can also substitute delicata squash in this recipe. Because the rings will be smaller, the cooking time will be slightly shorter, so you might want to flip the rings after 8 minutes.

Serves 2 or 3

- 1 SMALL ACORN SQUASH (*1 to 1¹/₄ lb/455 to 570 g*)
- 2 TBSP UNSALTED BUTTER, *plus 2 tsp more if needed*
- 2 TSP PURE MAPLE SYRUP
- 1¹/₂ TSP VANILLA EXTRACT
- ¹/₈ TSP GROUND CARDAMOM
- KOSHER SALT





1 *Preheat the oven* to 475°F/245°C (Gas Mark 9). Line a large (18-x-13-x-1-in/45.5-x-33-x-2.5-cm) heavy-duty rimmed sheet pan with a piece of parchment paper.

2 *With a sharp chef's knife*, cut the acorn squash in half lengthwise (through both the stem end and the pointy end). Scrape out the seeds and fibers with a spoon. Put each half, cut side down, on a cutting board. Slice off about $\frac{3}{4}$ in/2 cm from each end, and discard. Slice the squash crosswise into $\frac{1}{2}$ -in-/1.25-cm-thick half-rings. If you want, you can trim away any remaining fibers from the rings by running a paring knife around the inside of each. Put the half-rings on the parchment paper.

3 *In a small saucepan*, melt the 2 Tbsp butter over low heat. Remove the pan from the heat and add the maple syrup, vanilla, and cardamom. Stir well. Use a pastry brush to lightly brush the squash pieces with a little less than half of the mixture. Season the pieces very lightly with salt and turn them over. Brush this side with more of the mixture, but reserve about 1 Tbsp for brushing on after cooking. (If using a larger squash and you wind up with a little bit less than 1 Tbsp of liquid, add 1 or 2 tsp more butter to the saucepan.) Season the tops very lightly with salt.

4 *Roast the squash* for 12 minutes. Use tongs to flip the pieces over. Continue to roast until they are nicely browned (the bottoms will be browner than the tops) and tender when pierced with a paring knife, 10 to 12 minutes. Flip the pieces over again when they come out of the oven so that the browner side is up.

5 *Reheat the butter mixture* briefly over low heat if necessary (or to melt the additional butter). Brush the butter mixture over the squash slices and serve.

Tip: To cut whole squash rings, trim away about $\frac{3}{4}$ in/2 cm of both ends of the squash and carefully slice it crosswise into $\frac{1}{2}$ -in-/1.25-cm rings. Run a paring knife around the insides of the rings to remove excess fibers.

Lovely little heads of baby bok choy make beautiful and tasty stir-fries. I like this vegetable so much that I've included two recipes for it in this book (see Cider-Braised Baby Bok Choy and Golden Apples on page 63), even though it isn't always as available as I wish it was. One tricky thing about buying baby bok choy, though, is that the little heads vary a lot in size. It's worth your time to pick through them at the store with two goals in mind: Choose heads that are close in size to each other, and choose the smallest heads. Then, weigh them to be sure you've got close to 12 oz/340 g.

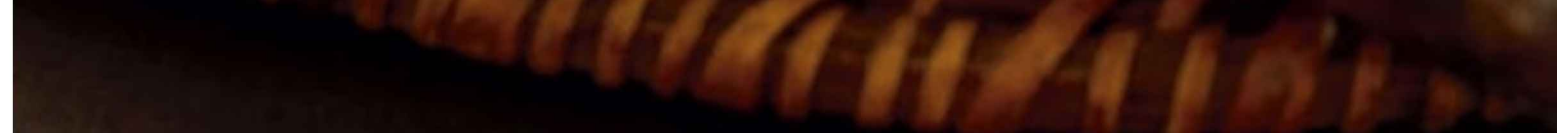
Prepping the bok choy will take you a few minutes, but after that, the recipe comes together very quickly and easily. The garlic chips brown as the bok choy cooks, and with the mellow complement of oyster sauce, this recipe is a winner. For a party, I'd serve these with grilled salmon. But this is another recipe with such deep flavor that it would make a veggie-lover like me happy with just some basmati rice alongside.

Serves 3

- 12 OZ/340 G BABY BOK CHOY (*3 to 4 heads, each 6 to 7 in/15.25 to 17.75 cm long and 2 in/5 cm wide*)
- 1 TBSP OYSTER SAUCE
- 1 TBSP LOW-SODIUM CHICKEN BROTH
- $\frac{1}{2}$ TSP CORNSTARCH
- 2 TBSP PEANUT OIL
- 2 LARGE OR EXTRA-LARGE GARLIC CLOVES, *sliced very thinly crosswise*
- $\frac{1}{2}$ TSP KOSHER SALT







1 *Cut the bok choy lengthwise* into quarters if small (3 oz/85 g), and into six pieces if larger (4 oz/170 g). Wash them well by swishing them in a bowl of tepid water, and spin them dry. Put aside a serving dish on your counter.

2 *In a small bowl*, combine the oyster sauce, broth, and cornstarch.

3 *In a large (12-in/30.5-cm) nonstick stir-fry pan*, heat the peanut oil over medium heat. When the oil is hot (it will loosen up), add the garlic slices and break them up. Cook, stirring, just until fragrant, about 30 seconds. Add the bok choy to the pan. Season with the salt and turn the heat up to high. Using tongs, toss the bok choy with the oil to coat and to distribute the garlic slices.

4 *Cook, rotating and turning the bok choy* with tongs and spreading it out so that all of the stems have some contact with the pan as they cook, and so that the garlic doesn't all gather on the bottom of the pan, until all of the bok choy stems are browned in parts (the leaves will be wilted and browned), 9 to 12 minutes. Remove the pan from the heat and, using a silicone spatula, immediately stir the sauce as you pour it into the pan. As soon as the sauce thickens and begins to coat the vegetables, transfer the bok choy and the sauce to the serving dish.



BLACKBIRD BAKER GLUTEN-FREE

by KAREN MORGAN *photographs by*



Blackbird Bakery Gluten-Free

by Karen Morgan

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Sunday Morning Pancakes

My search for the perfect Sunday morning pancakes has been a lesson in patience more than anything. I have to say that the waiting has paid off tremendously, as these babies are the ideal version of the weekend morning staple! They rise up and hold their height with a soft, fluffy texture. Their flavor is so phenomenal, you'll glow with pride when you see that every last one has been devoured by your hungry guests.

MAKES 8 BIG PANCAKES OR 16 SMALL ONES

INGREDIENTS

1/4 cup plus 2 tablespoons almond flour

1/2 cup millet flour

2 tablespoons glutinous rice flour

2 tablespoons sugar

1 teaspoon guar gum

1/2 teaspoon kosher salt

1/2 teaspoon baking soda

1/2 teaspoon baking powder

2 large eggs, beaten

1 cup organic buttermilk

2 tablespoons unsalted butter, melted





SECRET



In a large bowl, combine all the dry ingredients and stir with a whisk to blend. Add the eggs, buttermilk, and melted butter and stir until smooth.

Heat a large skillet or a griddle over medium–low heat. Spray the pan with safflower oil spray. Run your hands under the faucet to wet your fingertips and then shake them over the hot griddle. If the water dances across the pan, the heat is just right to begin making your pancakes. For each large pancake, pour $\frac{1}{4}$ cup batter into the pan; for small pancakes, use 2 tablespoons batter. Cook until bubbles form on the top of each pancake; turn and cook until golden brown on the bottom. Transfer to a baking sheet and keep warm in a 200°F oven while cooking the remaining batter.

To save time, mix all the dry ingredients in advance and keep in an airtight container in a cool dry place for up to 3 months.

BLACKBIRD BAKING TIP

This versatile recipe can be customized into whatever type of pancake you are craving. Try adding fresh fruit, such as $\frac{1}{2}$ cup of blueberries or bananas, and a few dashes of cinnamon or $\frac{1}{2}$ cup chocolate chips. Add ground spice directly to the batter and whisk to incorporate. When adding fresh fruit or chocolate, simply sprinkle some on top of each pancake before you flip it. After your first batch, you'll find yourself thinking, "Gluten? Who needs it?"

Buttermilk Biscuits

When I was a little girl, making biscuits was one of my favorite things to do because they were so easy and so delicious. Not until I began my experiments with gluten-free baking did I realize the gift my mother and grandmother had passed on to me in the process: They taught me that in making the very best biscuits, it was all about the touch. The less you touched the dough, the better the biscuits. If you over-kneaded the dough, the biscuits would be much drier and would turn to stone twice as fast. So as you are kneading your dough, remember less is more, and you will have those moist, mouthwatering biscuits you've been dreaming about.

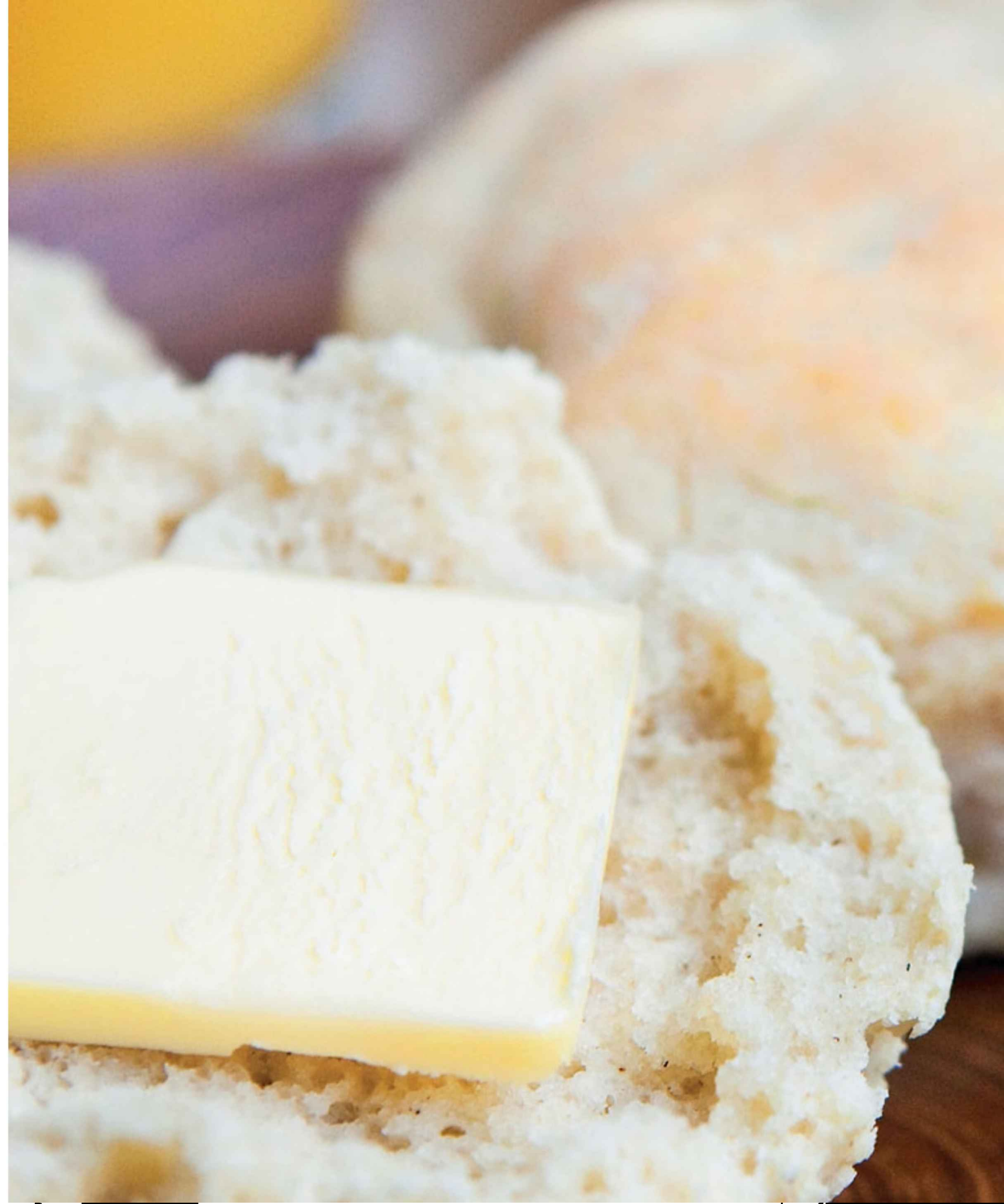
Any of the suggested accompaniments you choose will sing atop this Southern classic.

MAKES ABOUT 8 LARGE BISCUITS

INGREDIENTS

- 1/2 cup sorghum flour
- 1 cup cornstarch
- 1/2 cup tapioca flour, plus 1/4 cup for dusting
- 1 teaspoon guar gum
- 1/2 teaspoon kosher salt
- 1 tablespoon baking powder
- 3 tablespoons cold unsalted butter, diced
- 3 tablespoons cold vegetable shortening, preferably nonhydrogenated, diced
- 1 cup organic buttermilk
- 2 to 3 tablespoons water, if needed
- salted butter, agave syrup, or fruit preserves for serving







Position an oven rack in the center of the oven. Preheat the oven to 425°F.

In a large bowl, combine all the dry ingredients and stir with a whisk to blend. Add the butter and vegetable shortening. Using a pastry cutter, cut the fats into your dry ingredients until the mixture resembles small peas.

Stir in the buttermilk until the dough forms a ball. If the mixture is too dry, stir in the water 1 tablespoon at a time. Turn your dough out onto a work surface dusted with tapioca flour and knead until very smooth, 3 to 4 turns. Form the dough into a disk 1 inch thick. Using a 3-inch-diameter biscuit cutter, cut out biscuits and arrange them in an unbuttered 9-inch cake pan. Bake for 12 to 15 minutes, or until lightly golden brown. Remove from the oven and transfer the biscuits to wire racks to cool briefly.

Serve hot, with butter, agave syrup, or preserves of your choice.

To store: Place in a storage container with a lid. Store in a cool, dry place for up to 2 days.

Dark Chocolate–Peanut Butter Cupcakes

I love these cupcakes not just for their moist crumb, but also for their icing. After one try, you'll see what I mean. They're like peanut butter cups on steroids.

MAKES 12 CUPCAKES

INGREDIENTS

- 1 cup granulated sugar
- $\frac{1}{2}$ cup unsweetened Dutch–processed cocoa powder
- $\frac{1}{2}$ cup millet flour
- $\frac{1}{4}$ cup tapioca flour
- $\frac{1}{4}$ cup cornstarch
- 5 tablespoons glutinous rice flour
- $\frac{1}{8}$ teaspoon baking powder
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ cup (1 stick) plus 2 tablespoons unsalted butter at room temperature
- 1 large egg
- $\frac{3}{4}$ cup organic buttermilk
- 2 teaspoons pure vanilla extract
- Peanut Butter Icing (see recipe)



Position an oven rack in the center of the oven. Preheat the oven to 350°F. Line 12 muffin cups with paper liners and set aside.

In a stand mixer fitted with the paddle attachment, combine all the dry ingredients and mix on low speed to blend. Add the butter and beat until blended. Increase the speed to medium and add the egg, buttermilk, and vanilla. Beat on high speed until smooth. Using an ice-cream scoop, fill each muffin cup three-fourths full with batter. Bake for 20 to 25 minutes, or until springy to the touch.

Remove from the oven and unmold onto wire racks. Turn right-side up and let cool completely.

Using an offset spatula, frost the cooled cupcakes.

These are best served the day they're baked, but they may be stored in an airtight container for up to 2 days.

Peanut Butter Icing

MAKES 2 CUPS

6 tablespoons unsalted butter at room temperature

$\frac{1}{4}$ cup packed light brown sugar

2 tablespoons dark brown sugar

$\frac{1}{4}$ teaspoon kosher salt

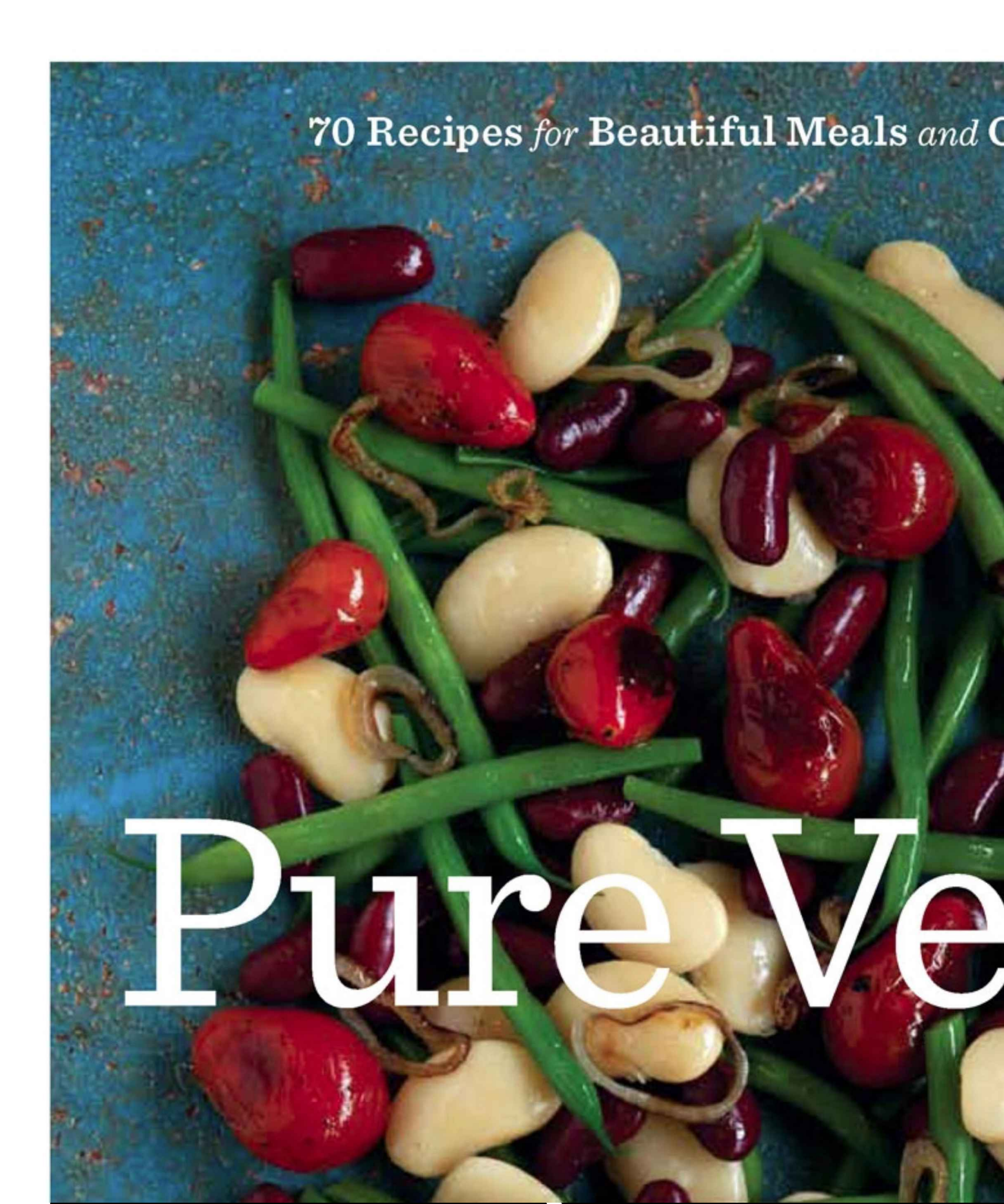
1 cup creamy peanut butter

1 cup confectioners' sugar, sifted

$\frac{1}{4}$ cup heavy cream

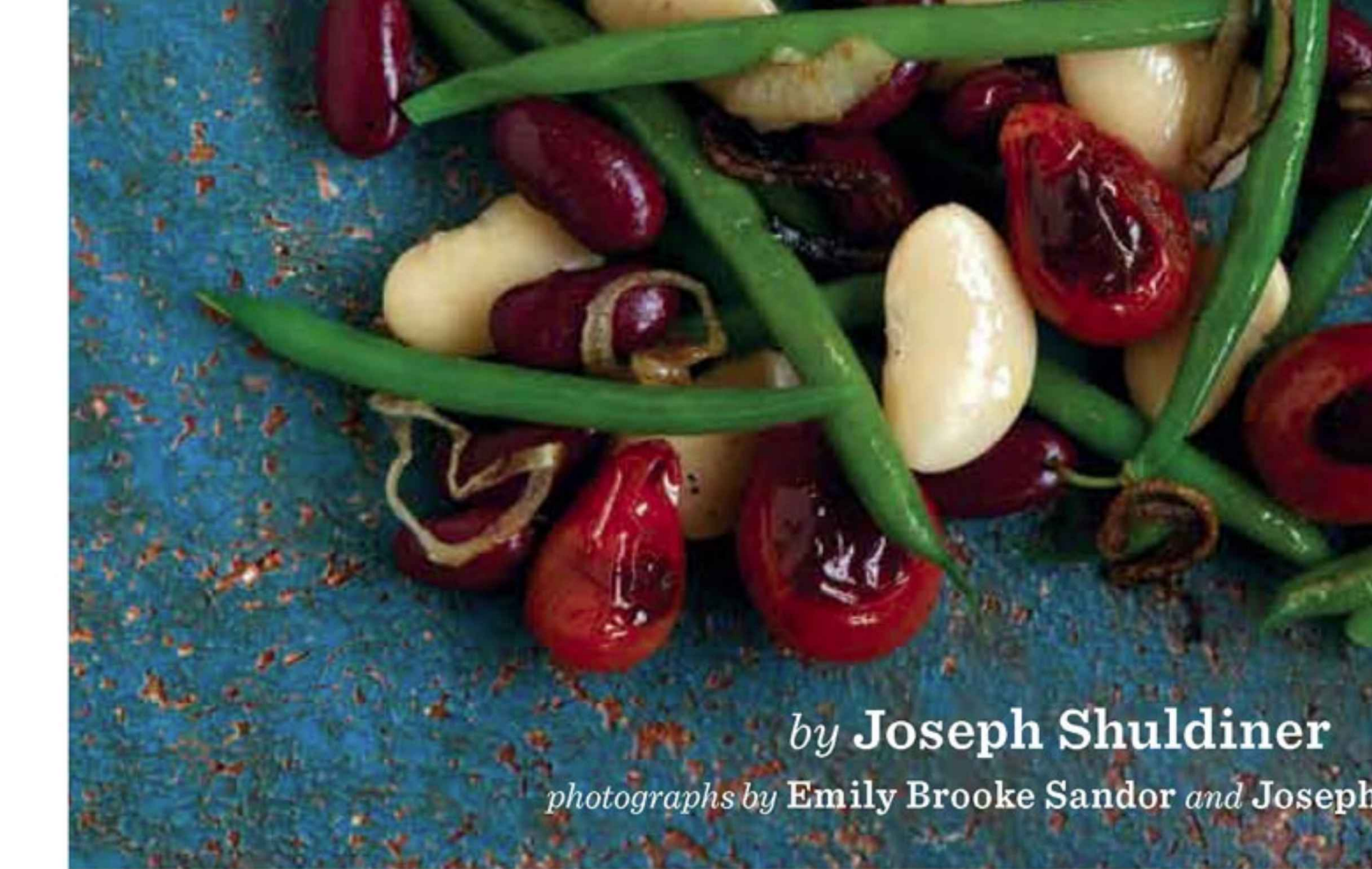
1 teaspoon pure vanilla extract

In a stand mixer fitted with the paddle attachment, cream the butter with the light and dark brown sugars and the salt until it forms a ball. Add the peanut butter and mix until smooth, stopping to scrape down the sides of the bowl once or twice. Beat in the confectioner's sugar, cream, and vanilla. Beat on medium speed until light and fluffy, about 45 seconds. Do not overwhip the icing, as it will cause the butter to melt.



70 Recipes *for* Beautiful Meals *and* C

Pure Ve



by **Joseph Shuldiner**

photographs by **Emily Brooke Sandor and Joseph**

Pure Vegan

by Joseph Shuldiner

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Savory Breakfast Tarts

These tarts provide for those special needs we have in the morning—a hearty start to the day, as well as something a little decadent in the pastry department. I went for the earthiness of wild mushrooms and thyme in this version, but I encourage you to experiment with other fillings, such as a combination of leeks, squash, potatoes, and rosemary. Note that this recipe calls for eight individual tart pans with removable bottoms, so you'll need to have those on hand. You can also make one larger tart using a 9- or 10-inch tart pan.

SERVES 8

CRUST

1½ cups all-purpose flour, plus more for dusting

½ cup hazelnuts (2 ounces), toasted and skinned (see Tip) and coarsely chopped

1 teaspoon sea salt

½ cup cold vegan shortening, diced

¼ cup ice water, or as needed

FILLING

6 tablespoons extra-virgin olive oil

2 leeks (white and pale green parts only), well cleaned and thinly sliced

1 pound mixed wild mushrooms (such as oyster, chanterelle, and stemmed shiitake), sliced

1 teaspoon sea salt

1 tablespoon chopped fresh thyme

One 12.3-ounce container soft silken tofu, drained

½ cup unsweetened plain soymilk

3 tablespoons nutritional yeast flakes







TO MAKE THE CRUST: In a food processor, combine the flour, hazelnuts, and salt and pulse until the nuts are finely ground. Add the shortening and pulse until the mixture resembles a coarse meal. Add the ice water 1 tablespoon at a time while continuing to pulse. Stop as soon as the dough comes together.

Transfer the dough to a work surface and divide it into eight equal pieces. Pat each piece into a disk. Wrap the disks individually in plastic wrap and refrigerate for at least 30 minutes and up to overnight.

Transfer the chilled dough to a lightly floured work surface and roll each disk into a 6-inch round; if the dough is too sticky, you can sandwich it between two sheets of parchment paper or plastic wrap for rolling. Transfer the rounds to eight 4½-inch tartlet pans with removable bottoms. Gently press the dough against the bottom and sides of the pans, then refrigerate the tart shells for 20 minutes.

Preheat the oven to 400°F.

Put the tartlet pans on a rimmed baking sheet and bake for about 15 minutes, until the crusts are pale golden. Remove from the oven and let cool on a rack.

MEANWHILE, MAKE THE FILLING: In a large, heavy skillet, heat 3 tablespoons of the olive oil over medium heat. Add the leeks and sauté until tender, about 4 minutes. Add the mushrooms. Sprinkle ½ teaspoon of the salt over the mushrooms, raise the heat to medium-high, and sauté until the mushrooms are tender, about 8 minutes. Add the thyme and sauté for 1 minute. Transfer the mushroom mixture to a bowl and set aside to cool.

Lower the oven temperature to 375°F. In a blender or food processor, combine the tofu, soymilk, nutritional yeast, remaining 3 tablespoons olive oil, and remaining ½ teaspoon salt and blend until smooth and creamy. Pour the tofu mixture into the mushrooms, stir until well combined, then spoon the mixture into the prepared crusts.

Bake for about 30 minutes, until the filling is set and beginning to brown on top. Let stand for 10 minutes, then remove the tarts from the pans and serve.

TIP: To toast and skin hazelnuts, spread them in a single layer on a rimmed baking sheet and bake at 350°F for 10 minutes. Transfer to a clean kitchen towel, fold the towel over the nuts, and rub vigorously to remove their skins.

Nutty Mushroom Risotto

Making risotto need not be so daunting. It truly isn't complex. The only thing you need to make great risotto is patience; you cannot cut corners or multitask while preparing this dish. If you want that creamy consistency characteristic of authentic risotto, you must stir the dish constantly during cooking, adding the stock slowly and repeatedly as directed.

SERVES 4

6 cups vegetable stock, preferably homemade (see recipe)

4 tablespoons extra-virgin olive oil

10 ounces mixed wild mushrooms (such as oyster, chanterelle, or stemmed shiitake) thinly sliced

2 teaspoons chopped fresh thyme, plus 4 sprigs fresh thyme for garnish

$\frac{3}{4}$ cup finely chopped shallots

1 cup Arborio rice

$\frac{1}{2}$ cup dry white wine

$\frac{1}{2}$ cup hazelnuts (2 ounces), toasted and skinned (see Tip) and coarsely chopped

Salt

Freshly ground pepper







In a medium saucepan, bring the stock to a simmer over medium heat. Adjust the heat to maintain a simmer as you prepare the rice and mushrooms.

In a large saucepan, heat 1 tablespoon of the olive oil over medium heat. Add the mushrooms and sauté until softened, 2 to 3 minutes. Add the thyme and sauté for 1 minute. Transfer to a bowl.

Add the remaining 3 tablespoons olive oil to the saucepan, still over medium heat. Add the shallots and sauté until translucent, 2 minutes. Add the rice and cook, stirring constantly, for 3 to 4 minutes. Add the wine and continue to cook, stirring constantly, until almost all of the wine has been absorbed by the rice.

Add a ladleful of the simmering stock to the rice and continue to cook, stirring constantly, until almost all of the stock has been absorbed. Add another ladleful of stock and continue cooking in the same way, stirring continuously and adding more stock each time the rice has absorbed almost all of the previous addition. This entire process will take about 15 to 20 minutes; in the end, the rice should be rich and creamy but still al dente, firm with some resistance.

Add the mushrooms and hazelnuts and stir gently to combine. Remove from the heat and season with salt and pepper. Serve immediately in warmed bowls, garnished with the thyme sprigs.

TIP: To toast and skin hazelnuts, spread them in a single layer on a rimmed baking sheet and bake at 350°F for 10 minutes. Transfer to a clean kitchen towel, fold the towel over the nuts, and rub vigorously to remove their skins.

Vegetable Stock

MAKES 4 QUARTS

- 2 tablespoons olive oil
- 3 onions, sliced
- 2 carrots, sliced
- 2 celery stalks, sliced
- 2 parsnips, sliced
- 6 cloves garlic, sliced
- 2 bay leaves
- 1 teaspoon whole black peppercorns
- 6 sprigs parsley
- 2 teaspoons fresh rosemary
- 2 teaspoons fresh thyme
- 4 quarts water

In a large pot, heat the olive oil over medium heat. Add the onions, carrots, celery, parsnips, and garlic and sauté until the onions are translucent and the rest of the vegetables have softened, about 10 minutes. Stir in the bay leaves, peppercorns, parsley, rosemary, thyme and water. Lower the heat and simmer for 2 hours. Strain, discarding the solids.

Cool before storing in the refrigerator for up to 3 days or in the freezer for up to 1 month.

TIP: I like to save vegetable trimmings such as potato peelings, mushroom stems, carrot tops, leek trimmings or chard ribs and add a few handfuls of them to the pot when you add the water. Also consider freezing your trimmings until you are ready to make a batch of broth. Just add them in thawed or frozen.

Celery Root and Fennel Chowder

Rich and creamy as any New England–style chowder, this verdant soup blends celery root and sweet fennel with chunky potatoes in a vegetable–only version. The word chowder is a corruption of the French chaud, or “hot,” but to me chowder just means throwing a bunch of ingredients that go well together into a pot, voilà tout. For the perfect chowdery texture, be sure to dice or mince the vegetables precisely. However, in the spirit of an unfussy Maine fisherman, don’t worry too much about the proportions—just resist the urge to throw in some oyster crackers.

SERVES 4 TO 6

- 1 large fennel bulb, trimmed and thinly sliced, plus 2 tablespoons of fennel fronds reserved for garnish
- 2 to 3 leeks, white part only, well cleaned and thinly sliced
- 2 large potatoes, peeled and cut into $\frac{1}{2}$ –inch dice
- 1 or 2 shallots, minced
- 3 garlic cloves, minced
- 1 cup minced fresh parsley
- 1 teaspoon minced fresh thyme
- 2 teaspoons fennel seeds
- 2 teaspoons salt
- $\frac{1}{2}$ teaspoon freshly ground pepper
- $\frac{1}{4}$ teaspoon red pepper flakes
- $\frac{1}{4}$ cup extra–virgin olive oil
- 1 large celery root, peeled and cut into $\frac{1}{2}$ –inch dice
- 6 cups water



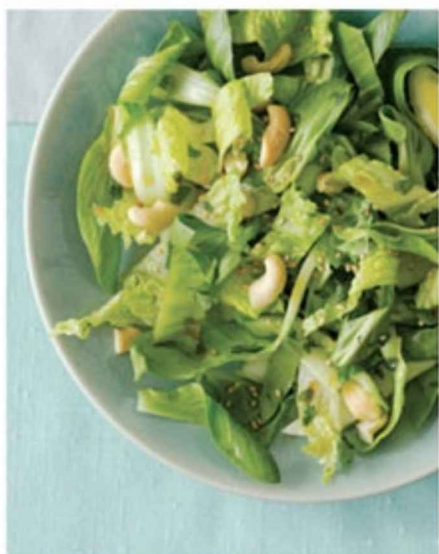




In a deep soup pot, combine the sliced fennel, leeks, potatoes, shallots, garlic, parsley, thyme, fennel seeds, salt, pepper, and red pepper flakes. Drizzle the olive oil over the top, then stir well until the vegetables are evenly coated. Put the pot over medium–low heat, cover, and simmer for 15 to 20 minutes, stirring a few times to keep the vegetables from sticking to the bottom of the pot.

Stir in the celery root and water. Raise the heat to medium–high and bring to a boil. Continue to cook at a boil, stirring occasionally, until the celery root is tender, about 20 minutes.

Transfer half of the mixture to a blender and process until smooth. Pour the purée back into the soup pot and stir until well mixed. Taste and adjust the seasonings if you like. Serve in warmed soup bowls garnished with the fennel fronds.




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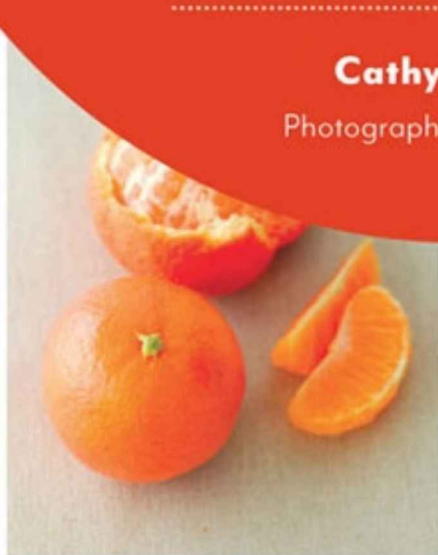


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Pan–Caramelized Brussels Sprouts with Pistachios and Dried Cherries

Sweet dried cherries and crunchy pistachios add a just–right spark to seared and steamed Brussels sprouts. If you buy roasted and salted pistachios, be cautious about adding salt to the dish. If you wish to make this dish vegan, leave out the butter and double the amount of oil in step 3.

Yields 4 to 6 side–dish servings

NUTRITIONAL INFORMATION

(per serving)

calories 110

fat calories 60

total fat (g) 6

sat fat (g) 1.5

cholesterol (mg) 5

sodium (mg) 400

total carbohydrates (g) 11

fiber (g) 4

sugars (g) 4

protein (g) 3

vitamin A IUs 15 %

vitamin C 80 %

calcium 4 %

iron 8 %

$\frac{1}{4}$ cup coarsely chopped dried cherries

$3\frac{1}{2}$ teaspoons extra–virgin olive oil

14 ounces (about 25) small, tightly closed Brussels sprouts, trimmed, halved top to bottom

$1\frac{1}{2}$ teaspoons butter

Coarse salt (kosher or sea)

$\frac{1}{4}$ cup coarsely chopped roasted pistachios







1. In a small bowl, combine $\frac{1}{3}$ cup warm water and the cherries. Set aside.
2. Put the sprouts in a bowl; drizzle with 2 teaspoons of the oil and gently toss to lightly coat them.
3. Heat the butter and the remaining $1\frac{1}{2}$ teaspoons oil in a large skillet on medium heat. When the butter melts, shake the handle of the skillet to swirl the butter with the oil. Place the sprouts cut-side down in a single layer (the pan shouldn't be sizzling hot, or the exteriors will overbrown before the interiors are cooked). When they begin to brown, sprinkle them with salt and cover; cook until the bottoms are nicely browned and the interiors are tender-crisp, about 5 minutes, reducing heat if needed.
4. Add the water and cherries to the pan; increase the heat to high. Cook until the water evaporates and the sprouts are nicely caramelized. Transfer to a platter. Scatter the pistachios on top and serve.

Grilled Mozzarella–Stuffed Chard with Black Rice

Grilling bundles of chard–wrapped fresh mozzarella creates an alluring crunchy exterior and creamy interior spiked with olives, sun–dried tomatoes, and fresh thyme. The packets are served atop Chinese black rice, sometimes labeled “forbidden rice.” Its taste and texture make it a pleasing partner, but you can substitute long–grain brown rice or brown basmati rice, following the package directions.

Yields 6 servings

NUTRITIONAL INFORMATION

(per serving)

calories 230

fat calories 100

total fat (g) 11

sat fat (g) 4

cholesterol (mg) 25

sodium (mg) 260

total carbohydrates (g) 26

fiber (g) 3

sugars (g) 1

protein (g) 8

vitamin A IUs 15 %

vitamin C 15 %

calcium 4 %

iron 4 %

Coarse salt (kosher or sea)

6 to 8 large chard leaves, thick ribs removed and discarded, leaves washed (see Cook’s Note)

1 cup Chinese black rice, rinsed with cold water

One 6– to 8–ounce sphere fresh mozzarella, cut into 6 crosswise slices

2 tablespoons chopped pitted black olives, such as kalamata or niçoise

2 tablespoons chopped oil–packed sun–dried tomatoes, drained

1 tablespoon chopped fresh thyme

$\frac{1}{8}$ teaspoon dried red pepper flakes

About 1 tablespoon extra–virgin olive oil

Canola oil or vegetable oil for oiling barbecue grate







1. Preheat a grill for indirect medium heat (with a gas grill, light only one side; with charcoal, arrange coals along two sides, leaving an area in the center without any coals).
2. Bring 2 cups salted water to boil in a 5- to 6-quart saucepan or Dutch oven on high heat. Using tongs, dip each chard leaf in the boiling water just to make it limp enough to be flexible, about 15 seconds. Drain the leaves in a colander and refresh with cold running water. Drain again and pat dry.
3. Add the rice to the boiling water (there should be about $1\frac{3}{4}$ cups). Once the water returns to a boil, skim off any foam that forms on the surface. Cover and reduce the heat to low. Gently simmer until the rice is tender, 30 to 35 minutes. Drain off any remaining water. Season with salt, if needed.
4. Meanwhile, flatten out a chard leaf shiny-side down on a paper towel, overlapping the portion where the rib was removed to make a solid sheet. If necessary, patch any flimsy portion with part of an additional chard leaf. Place a mozzarella slice in the center and top it with some olives, tomatoes, thyme, pepper flakes, and salt. Fold over the bottom, top, and sides to enclose the cheese. Put it seam-side down on a plate. Repeat with the remaining chard, making five more packets. Brush with olive oil.
5. Clean the grill grate and lightly oil it. Grill the packets, cautiously turning once, until they are thoroughly heated and the chard is a little crisp, about 3 to 4 minutes on each side. Serve atop the rice.

COOK'S NOTE

Remove the chard's central rib by cutting out just the lower thick part of the stalk, leaving the leaf attached at the top.

Tangerine Arabesque Salad

In this tasty salad, tangerine segments are accented by the briny saltiness of kalamata olives, as well as the up-front sweetness of dates. This quick dish also includes chopped fresh mint to give it a shot of herbal perfume.

Yields 6 servings

NUTRITIONAL INFORMATION

(per serving)

calories 180

fat calories 130

total fat (g) 14

sat fat (g) 1.5

cholesterol (mg) 0

sodium (mg) 80

total carbohydrates (g) 15

fiber (g) 3

sugars (g) 11

protein (g) 1

vitamin A IUs 70 %

vitamin C 40 %

calcium 4 %

iron 4 %

5 small or 4 large tangerines, peeled, segmented

$\frac{1}{3}$ cup halved pitted kalamata or niçoise olives

2 tablespoons diced dates

$\frac{1}{3}$ cup extra-virgin olive oil

2 tablespoons white wine vinegar

$\frac{3}{4}$ teaspoon ground cumin

$\frac{1}{2}$ teaspoon smoked paprika (pimentón)

$\frac{1}{8}$ teaspoon cayenne pepper

$\frac{1}{4}$ small red onion, cut into narrow slivers

2 hearts romaine lettuce, torn into 1 $\frac{1}{2}$ -inch pieces

Coarse salt (kosher or sea)

Freshly ground black pepper

1 tablespoon minced fresh mint





1. In a large bowl, combine the tangerine segments, olives, and dates.
2. In a small bowl or glass measuring cup with a handle, stir the oil and vinegar together with a fork. Add the cumin, paprika, and cayenne; stir rigorously to combine. Stir in the onion and allow it to rest at room temperature for 10 minutes.
3. Add the dressing to the tangerine mixture and toss. Add the lettuce; toss. Taste and season with salt and pepper. Divide the salad between plates. Sprinkle it with the mint and serve.

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In memory of my grandmother Honey

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