

modern love.

community COOKZINE



welcome to our cookzine!

And thank you for the support! A zine is about the here and now. As I am typing this we are seven months into the pandemic. The restaurant has been open for a bit, mostly for delivery. We have a little outdoor seating, in the form of a few hijacked parking spots out front. There are tables up and down the block and people don't mind much. That's how things are now. The city is allowing some indoor dining, but we won't be doing that any time soon.

But let's go back a few decades for the back back story...

Since the 80s, I've been cooking vegan food in Brooklyn as a way to bring people together. In the form of feminist potlucks or hosting brunches at any of the two dozen apartments I've lived in all over the borough. Feeding people in the park through volunteer organizations, or at fur-free Friday in the 90s. Even just cooking some latkes for my family at Hannukah. Really, any opportunity to serve people vegan food and I'm in. So having a vegan restaurant in Brooklyn, just a few blocks from where my grandfather grew up actually, was a natural culmination of passion, community and a sense of duty. A few years ago, when I was well into my forties, I was lucky enough to partner with Sara and Erica, whose family *also* has had ties to the neighborhood for decades and who *also* just want everyone to eat vegan. Well, great!

A meal is born...

When the pandemic started I assumed the restaurant would shutter. I don't need to tell you why, because many of those raw feelings are still there and many of the worries persist today. This is far from over. But Sara and her fam were determined to stay opened and I'd love to say I was on board at the beginning, but that wasn't the case. I wasn't even in the city. I'm still not! And it seemed impossible. However, after a few weeks, when it still wasn't time to open, we did decide it was time to help. Let's get people their jobs back in as safe a way as possible, AND help the community on top of that. Let's cook amazing, free and/or super cheap meals. Modern Love Community Meals was born.

Coming full circle...

We fed hundreds of people a week, partnering with groups like Chilis on Wheels (page 20) and we were able to employ others to work from home. Food photographers, chefs, artists. We could all work on this project that you are now holding in your hands. It's a zine, not a cookbook or a magazine. A time capsule, people's stories, every page a little different, a collaboration from the heart. And it was kind of like my life came full circle. Vegan food. Community. All that.

About that community...

You know, this capitalist society wants us to think we are pitted against each other. But vegan chefs are an ecosystem, if one thrives, we all do. So this project is an homage to all the vegan chefs in the world! From dads cooking for their vegan daughters, professional chefs giving their best home tips, to...well, it's right here in your hands. Read it and see. Thank you for the love! Hopefully see you someday.

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ROASTED
RED PEPPER
MAC + SHEWS

GARLICKY
BROCCOLINI
WITH
TOMATO
VINAIGRETTE



NOOCHY BAKED
TOFU

Community Meals

Mac & Shews

By Isa Chandra Moskowitz
Photos by Kate Lewis
Illustrations by Jason Steady

I didn't set out to open a Mac & Cheese restaurant. We tried to be farm to table, laboring over vegetables, doing everything to a tomato that any decent person would: smoke it, overnight it, confit. We take summer squash, smother it in olive oil and transform it into something meaty and cravable - oblique cuts on a hot hot grill that hisses when the veggies hit. We stuff the blossoms with housemade almond cheese and coat them in local cornmeal, serve them with fresh herbs that come from farms we can visit.

We try. We try to make people eat vegetables. But here's the thing: they want Mac & Cheese. And I stupidly put that on the menu when we opened in 2014, first in Omaha, and again when we opened Brooklyn in 2016.

And so we are a Mac & Cheese restaurant. It is, of course, called Mac & Shews. The shews representing their namesake's suffix - cashews. Get it? Not everybody does. Here are some popular pronunciations "Mac & SHREWS" "Mac & CHEWS" "Mac & TRUES."

And this is probably something no chef should admit but there are times when I desperately want to get rid of what essentially keeps us in business. Our signature dish. Imagine if Mr Taco Bell (that's the chef, right?) woke up one day and was like "Nope, no more tacos."

I just want people to try something else. Hen of The Woods Picatta maybe? Chimichurri Asparagus? But of course we don't take it off the menu and to be honest, when I order from my own restaurant, half the time I get the Mac & Shews. Because it's pure comfort. It's saucy and tangy, cheesy and carby, and apparently just irresistible. It's also packed with amazing healthy ingredients like tofu, cashews and miso. So win/win and win again.

When the pandemic hit and we set out to feed the community, we knew what people needed. We didn't try to stuff any squash blossoms, we got to business and fed them Mac & Shews. Hundreds of orders, prepared a bit different since it needed to be served by the dozens and taken for a car ride. We baked the tofu and instead of kale we sauteed its sturdier cousin broccolini. Always trying to be a vegetable restaurant.

Here are the recipes for all three. Hopefully this is a comfort to you as well! Best served in a wide bowl for maximum style and easy eating.





Noochy Baked Tofu

This tofu is a life-saver. So easy to prepare and so very versatile. Pile it on to Mac & Shews for sure, but you can double or triple the batch to have some waiting in the fridge to use cold or hot in salads and sandwiches. It's also wonderful on pastas that aren't Mac & Shews, so go wild.



1 (14-ounce) package extra firm tofu,
sliced into 8 planks widthwise
1 tablespoon olive oil
1 tablespoon tamari
1/4 teaspoon salt
Several dashes fresh black pepper
2 tablespoons nutritional yeast

Preheat the oven to 350°F. Line a large rimmed baking sheet with parchment.

Place the tofu on baking sheet and drizzle with the oil and tamari. Sprinkle with a pinch of salt and black pepper. Use your hands to flip and coat. Sprinkle on the nutritional yeast and flip again to coat.

Assemble tofu slices in a single layer. Bake for 20 minutes, until crisp and lightly browned. Use a spatula to flip and bake 10 more minutes.



Garlicky Broccolini *with* Tomato Vinaigrette

We started making this tangy vinaigrette on day one of the restaurant as a way to use up tomato scraps. It's been a menu staple ever since! It really brightens up hearty vegetables, like broccolini, and something magical happens when it's combined with all that sauteed garlic. You'll have more than you need for this recipe, so use it on salad or a grain bowl.



Make the vinaigrette:

Combine all ingredients in blender except the oil. Blend until smooth. Blend on low and slowly add oil to emulsify.

Makes 2 1/2 cups

For the vinaigrette:

- 1 1/2 cups chopped tomatoes
- 2 tablespoons fresh shallot
- 1 small clove garlic
- 1/4 cup red wine vinegar
- 1 teaspoon agave or granulated sugar
- 1/4 teaspoon red pepper flakes
- 1/2 teaspoon salt
- 1/4 cup olive oil

For the broccolini:

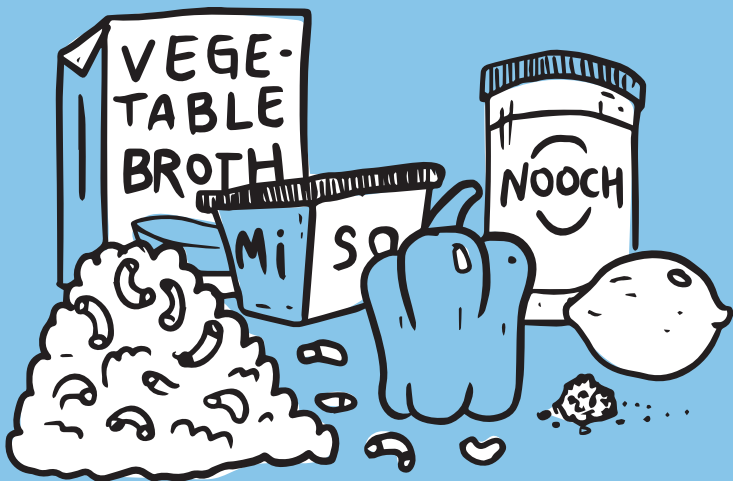
- 1/4 cup thinly sliced garlic
- 2 tablespoons olive oil
- 1/2 pound broccolini, broken apart, but still in clusters

Preheat a large pan over medium low heat. Saute the garlic in olive oil just until fragrant, about a minute. Add broccolini and toss to coat. Turn heat up and cook for about 5 minutes, hopefully browning the broccolini a bit. Add half cup tomato vinaigrette and cover pan to steam and get broc cooked through. Taste for salt and seasoning.



Roasted Red Pepper Mac & Shews

This isn't the exact recipe we use at the restaurant, but this is the recipe that inspired the restaurant recipe, only way easier for home cooks. It's just umami after umami -- cashews, nooch, miso, onion powder and a roasted red pepper, all blended together until rich, creamy and velvety smooth.



Serves 4

1 pound macaroni

1 cup whole unroasted cashews
1 cup vegetable broth
1 roasted red pepper, chopped
1/4 cup nutritional yeast flakes
1/4 teaspoon turmeric
1 tablespoon fresh lemon juice
1 tablespoon miso
1 tablespoon onion powder
1/4 teaspoon salt

Bring 6 quarts of salted water to a boil in a large pot.

While the water is coming to a boil, make the sauce. Place all ingredients besides macaroni in a high-speed blender and blend for about a minute or two, or until completely smooth, using a rubber spatula to scrape down the sides every 20 seconds or so.

Once water is boiling, cook pasta according to package directions.

Drain pasta in a large colander and add immediately back to the pot. It should still be piping hot and wet with pasta water. Do not rinse and do not wait. This part is important because you need the wet, hot pasta to get the sauce creamy and awesome and clinging to the pasta.

Add the sauce to the pasta pot and use the rubber spatula to mix. Turn the heat on low and stir for about 2 minutes to get everything warmed through. Taste for salt and seasoning.

BEST DRESSED By Taylor Schneider LEAST STRESSED

Six dressings made from stuff you forgot about in the fridge



HOT AND ZINGY ALMOND BUTTER DRESSING

Yield: roughly 1 1/3 cups

Everybody has a bottle of chili sauce in their fridge, and it's time to say hello to that old friend once again. This stuff is so good over a shredded cabbage salad, or decrease the water make it more saucy, which is amazing on soba noodles, bok choy and crispy tofu.

Combine all ingredients in a bowl and whisk together. Don't forget to first add a 1/2 C water before deciding that you need to add more!

1/2 C almond butter
Zest of 1 lime
Juice of 2 limes
1 1/2 T chili paste or
sriracha to taste
2 tsp toasted sesame oil
2 tsp tamari
Pinch salt and pepper
1/2 to 3/4 C water

1/2 small shallot
1/2 avocado
1 clove garlic
1/4 C dill
1/2 C mint
2 1/2 T apple cider vinegar
1/3 C lemon juice
(about 2 lemons)
1/2 tsp salt
Pinch of black pepper
1/4 C extra virgin olive oil



FORGET-ME-NOT HERBACEOUS DRESSING

Yield: 1 1/4 cups

We all buy herbs with the best of intentions, but they end up forgotten about in our crisper drawers. This dressing is fantastic on rice and grain salads, as well as leafy greens. Play around with different herbs, it's hard to go wrong.

Combine all ingredients in a blender, except the olive oil. On a medium-low setting, slowly pour in the oil to emulsify.

SUPER DELICIOUS AND SUPER BASIC LEMON TAHINI DRESSING

Yield: roughly 1 1/4 cups

I can't be the only one who reliably has tahini, lemons and garlic on hand all of the time, right? Here is a recipe made of gold. One that will forever perk up your taste buds while simultaneously giving you the warm and fuzzies (we can all use those right now).

Whisk together all ingredients in a bowl. Be sure to first incorporate a 1/2 C water, and slowly whisk in the rest if the dressing consistency is still too thick.



1/2 C tahini
Zest of 1 lemon
Juice of the same lemon
1 clove garlic
1 1/2 T olive oil
1/8 tsp red pepper flakes,
to taste
2 tsp agave, or sweetener
1/2 tsp salt
Pinch black pepper
1/2 to 3/4 C water

I think it is fair to say that trips to the grocery store have been less than appealing as of late. What once used to be an exciting task of “hmm, what do I feel like cooking this week?” has suddenly turned into an event in which we rush down aisles grabbing just what we need and leaving as soon as possible. Luckily, you probably already have most of the ingredients you need to dress up your meals. Oh and protip: you can use many of these dressings on grain and pasta salads, too! Or over warm veggies and rice bowls. So make a triple batch with no worries.

ANY JAM DRESSING

Yield: 3/4 cups



What kind of person doesn't have at least 3 mostly empty jars of jams and jellies somewhere in their fridge door? They pair great with winter greens which can be spicy and bitter, such as chicories and radicchio.

Add all ingredients to a blender and blend on high to combine, about 3 minutes. Scrape down the sides as needed.

1/4 C jam, such as apricot
strawberry or fig
1/4 C white wine vinegar
1/4 C extra virgin olive oil
1/8 tsp sea salt
Pinch black pepper

1/2 C whole grain mustard
1/4 C champagne vinegar
Pinch of salt and pepper
1/4 C extra virgin olive oil



THAT-JAR-OF-FANCY-MUSTARD-THAT-YOU-BOUGHT-ONCE-FOR-THAT-ONE-RECIPE-LONG-LONG-AGO DRESSING

Yield: 1 cup

Wow. The title of this is a mouthful... of salad! Trust me, this dressing is a go-to in my house. Whole grain mustard is truly an underutilized ingredient.

Whisk together mustard, vinegar, salt and pepper in a mixing bowl. Slowly whisk in olive oil until emulsified.

NOT CAESAR'S DRESSING

Yield: 1 1/2 cups

Roasted garlic makes everything better. Dig out those adorable, little capers and whatever miso you prefer. Don't forget to make croutons out of those sourdough breadbutts I know you've been hoarding in your freezer!

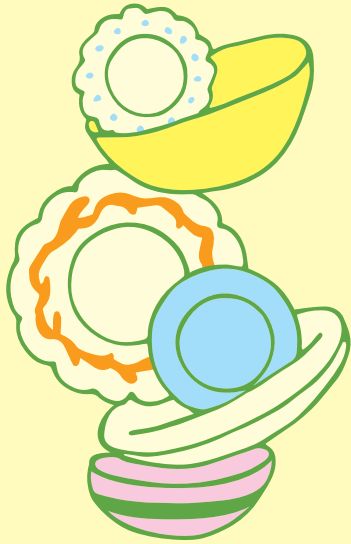
Preheat oven to 400F. Cut the garlic bulb in half horizontally and place in foil. Pour the 1 T oil over both halves of the garlic bulb and then put it back together. Close the foil around the garlic so the bulb is encased in foil, but not touching it, then roast for 40 minutes. After cooling, squeeze the cloves into a blender. Add the remaining ingredients, except the oil. Slowly incorporate the remaining 1/4 C of oil to emulsify.



1 head garlic
1 1/2 T capers
2 tsp miso
1/4 C rice vinegar
2 T dijon mustard
1/4 C + 1 T extra virgin
olive oil
Pinch salt and pepper

SALAD LIKE A CHEF

Tips from Lagusta Yearwood of Lagusta's Luscious



THE SECRET OF FANCY PLATING

Vary plate sizes. Instead of everything on one big dinner plate, get creative and serve everything as different courses on smaller plates — it helps to focus on each dish more and not just shovel food in. Also, add height! When you make a salad, think about “small and tall,” and build it up really nicely by fluffing up your greens. Think about texture — you want a mix of textures in order to have an appetizing plate. This is a place where crunchiness is nice.



ABOUT THAT CRUNCH...

Candied nuts are a perennial favorite. Or just toasted nuts. Not raw nuts. Toast them!!! Except pistachios. Eat those raw. Puffed rice and other cereals are lovely too. My boyfriend makes injera a lot and he toasts leftover injera and it's really amazing on a salad, crispy and sour in a good way.

SALAD AS A MEAL

Think of lettuce as a component, not a backbone. Build your salad with good proteins like marinated cooked beans or tempeh bacon, then keep making it heartier by adding pickled vegetables, avocado, toasted nuts — but lots of them, not just a little sprinkly garnish. I add hemp seeds to most of my salads for another protein boost. I really love salad and I really don't love all vegan proteins (I love them more than nonvegan proteins though, uh) except beans, so I cheat the system by making main-dish salads. A big old chopped salad that's not a bed of lettuce with a few half-hearted attempts at “toppings” is my jam.



DRESS YOUR SALAD FOR AUTUMN

Don't stop at cubed squash, use delicata squash and slice it all pretty then roast it, fan it out, and go wild. I used to make a beautiful salad with shiitake mushrooms in the style of bacon bits (sliced thinly, deeply roasted with a lot of tamari and olive oil), shredded red cabbage, lightly pickled carrot ribbons, and roasted kabocha squash, with a lime vinaigrette and lots of herbs. Recommended!

WORK IN THOSE FALL GREENS

Have you tried post-frost kale? When it's sweet and loves to be massaged with sea salt, olive oil, and a good vinegar. And arugula is lovely. All those brassicas like brussels sprouts, collards, and cabbage are nice in the fall.





USE ONLY THE BEST TOOLS

I am a “hands-are-the-best-tools” person. Also a Japanese mandoline is cheap and makes such fancy salads!



STERN BUT FRIENDLY ADVICE FOR NOODLE OR GRAIN SALADS

Don't overcook your noodles! And with any grains add a LOT more dressing than you think you'll need. Carbs soak up flavor like wild. Have more dressing ready to pass around, and taste often to see if you need more still.



5 INGREDIENTS YOU MUST HAVE ON HAND FOR DRESSING

Pretty much at all times I have some combination of miso, olive or toasted sesame oil, s&p, tahini, and rice vinegar in my life.



LAGUSTA YEARWOOD

At her small chocolate company and café in New Paltz, NY and retail shop in New York City (which she owns with her best friend), Lagusta Yearwood strives to balance the demands of top-quality confection and savory food production with high ethical standards and supply chain sourcing. She lives in the mountains with a very nice dog, Xoli, and wrote a book about vegan confections called Sweet + Salty.

Follow her many endeavors on Instagram:

@lagusta @lagustasluscious @llcommissary @confectionernyc

AND SECRETS FROM AN ACTUAL CHOCOLATIER ON HOW TO ADD CHOCOLATE TO A SALAD

Nibs!

NIBS!



NYC PASTRY CASE

Any deli worth its donuts will have these sweet staples lined up in neat narrow rows in the pastry case. Black and White Cookies are like a ritual. Which side do you eat first? Coffee cake is the perfect reason to get your lap all messy. And brownies, well...they're brownies! Recreate them at home and try to figure out how in the world they are being sold for \$3 when they should be more like \$30 after all the work that goes into them.

BLUEBERRY COFFEE CAKE

Makes one 8-inch pan

For the cake:

3/4 cup soy milk (or any non-dairy milk)
1 teaspoon apple cider vinegar
1/3 cup sugar
1/3 cup melted refined coconut oil
1 teaspoon pure vanilla extract
1 1/4 cups all purpose flour
2 teaspoons baking powder
1/2 teaspoon salt
3/4 cup fresh blueberries (don't use frozen)

For the topping:

1 cup all purpose flour
1/3 cup brown sugar
1 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1/4 cup melted refined coconut oil

Preheat oven to 375 F. Lightly grease an 8x8 round springform pan or regular square pan. Measure out the soy milk for the cake and add the teaspoon of apple cider vinegar; set aside to curdle. Then begin preparing the topping.

Make the topping:

In a small mixing bowl, mix together the flour, sugar, cinnamon and nutmeg. Drizzle in the oil by the tablespoonful. Use your fingers to swish around the mixture until crumbs form. Alternate swishing and adding oil until all oil is used and large crumbs have formed. Some of the topping is still going to be sandy and that's fine, just so long as you have mostly nice big crumbs. You can add another tablespoon of oil if needed.

Make the cake:

In a large mixing bowl, mix together curdled milk, sugar, coconut oil and vanilla. Sift in the flour, baking powder and salt and mix until smooth. Fold in blueberries.

Pour cake batter into prepared pan. Evenly sprinkle on the topping and pat it down just a bit. Bake for 35 to 40 minutes, or until a knife inserted through the center comes out clean. Slice into 9 squares or 8 pieces.



Photos by Kate Lewis



BLACK & WHITE COOKIES

Ingredients

makes 12 cookies

For the cookies:

1 cup unsweetened vegan milk
2 teaspoons fresh lemon juice
1/2 cup refined coconut oil, melted
1 1/4 cups granulated sugar
1 1/2 teaspoons vanilla extract
1 teaspoon finely grated lemon zest
2 1/2 cups all purpose flour
1/4 cup cornstarch
1 1/4 teaspoons baking powder
1/2 teaspoon baking soda
3/4 teaspoon salt

For the icings:

3 1/2 cups powdered sugar
1/4 cup hot water
1/4 teaspoon vanilla extract
Pinch of salt
1 tablespoon coconut oil
2 teaspoons fresh lemon juice
2/3 cup semi-sweet vegan
chocolate chips



Preheat oven to 350°F. Line baking sheets with parchment paper and lightly spray with cooking oil.

In a medium bowl combine milk and lemon juice, let curdle for about a minute. Whisk in oil, sugar, vanilla, and zest.

In a large bowl sift together flour, cornstarch, baking powder, baking soda and salt. Form a well in the center, pour in wet mixture. Use a whisk to mix until smooth.

Scoop batter onto baking sheets using a 1/4 cup measuring scoop about 3 inches apart. Bake until tops are puffed and pale golden, and cookies spring back when touched, 18 to 20 minutes. Remove from oven and let sit for about 5 minutes then carefully transfer to cooling rack to cool completely. Meanwhile, make the icings.

Sift powdered sugar in a large mixing bowl. Add hot water, vanilla, salt, oil, and lemon juice and stir with a whisk until smooth. Set aside 1/2 cup of icing in a separate bowl to use later for chocolate icing.

Transfer half of icing to another bowl and stir in cocoa, adding more water, 1/2 teaspoon at a time, to thin to same consistency as white icing.

Turn cookies flat sides up, dust off any crumbs and spread white icing over half the cookies using the back of a spoon or a frosting spatula. Let icing dry while making chocolate side.

In a double boiler or microwave melt chocolate chips until smooth. Add melted chocolate to leftover white icing and whisk until smooth. Use a tablespoon of hot water if it seems too thick. Spread icing onto other half of the cookie and let set - about 30 minutes.

*Recipe modified from "Vegan Cookies Invade Your Cookie Jar"
by Isa Chandra Moskowitz and Terry Hope Romero*



CHOCOLATE FROSTED BROWNIES

Ingredients

Makes 9 brownies

For the brownies:

1/2 cup semisweet chocolate chips

1/3 cup refined coconut oil

2/3 cup sugar

1/3 cup unsweetened applesauce

1 tablespoon cornstarch

1 1/2 teaspoons vanilla

1 cup all-purpose flour

1/2 teaspoon baking powder

3 tablespoons unsweetened cocoa powder, sifted if clumpy

1/2 teaspoon salt

For Ganache Frosting:

1 cup full fat coconut milk

2 cups chocolate chips

Preheat oven to 350 F. Lightly grease an 8x8 brownie pan.

For the Brownies:

In a microwave or double boiler, melt chocolate chips and coconut oil and place in a large mixing bowl. Let cool to room temperature, this should take about 10 minutes. In the meantime, measure everything else out.

Beat in the sugar, applesauce and cornstarch. Mix until very smooth. Stir in vanilla.

Whisk in half the flour, the baking powder, cocoa powder and salt. Mix in the rest of the flour until smooth.

Transfer to the pan and use a spatula to spread batter evenly. Bake for 18 to 20 minutes, until the edges are lightly pulling away from the pan. Place on a cooling rack and slice when cool.

For the Frosting:

In a small sauce pan, bring coconut milk to a low boil.

Place the chocolate chips in a mixing bowl. Pour the hot coconut milk over the chips and stir until melted and smooth.

Let cool to room temp before spreading onto brownies.





CHILIS on WHEELS

meet Michelle Carrera



"I love how kitchen tools are weapons. It really appeals to me—in a food justice kind of way—that caring for ourselves and our community is also a tool for fighting back against injustice."

Chilis on Wheels was the accidental nonprofit. The unplanned charity that exploded organically around Michelle Carrera, a queer vegan Puerto Rican activist based in Brooklyn. In 2014, after months of protests in New York City following the Ferguson police killing of Michael Brown, Michelle was weary and needed to do something uplifting. Something that felt positive. So, she made a batch of vegan chili and carted it around Union Square on Thanksgiving with her young son, serving people and, at the same time, feeding something inside herself.

Today, Chilis on Wheels has chapters across the United States and its colonies. Indisputably, the volunteer-run nonprofit organization is ridiculously effective in making veganism accessible to communities in need, its mission.

Learn more about the organization and how you can help by visiting www.chilisonwheels.org, and meet the unstoppable Michelle Carrera.

*Interview by Miyun Park
Art by Erica Rose Levine*





***What's the first dish you remember cooking?
What's the story behind it?***

For most of my 20s, I refused to cook as a matter of principle. I just rejected gender roles and expectations and didn't cook as a commitment to my feminism. In fact, my kitchens always had a poster of a 1950s woman with her finger raised that said "Don't assume I cook." Back then, I subsisted on Food Swings and Vinnie's Pizza take-out and sandwiches I'd make without cheese, because the only vegan alternative at the time were these pretty rubbery rice cheese slices, though Worthington had some salami slices I really liked. Once I had my kid, though, that all changed. When he was ready to eat solid foods, I took to the kitchen. Cooking became a way for me to practice love in a very practical way. I realized by choosing not to cook, I had been reactionary and was really only hurting myself in a silent protest of patriarchy. So, my first dishes were baby foods! He didn't just try mashed broccoli, though. I got creative and whipped up special blends with herbs. He didn't just try rice—he tried risotto. You know, I was that kind of annoying first-time parent who swore their kid wouldn't grow up to be a picky eater. (He did anyway.) But, by cooking for him, I fell in love with the kitchen and soon found myself veganizing Puerto Rican and Cuban dishes that I had grown up eating, and sharing that food with family and friends, which then turned into sharing it with 100 to 200 community friends on a weekly basis through Chilis on Wheels. I really climbed that learning curve fast!

What do you love to eat but hate to cook?
Pastries and sweets!

What's your favorite cuisine and why?

This is such a hard question to answer! Rather than cuisines, I like to focus on ingredients. My quality of life would certainly suffer if I weren't able to have mangoes, avocados, and tofu.

What's your least favorite thing to make or prep?

Anything that requires careful, exact measurements. That's why I hardly ever bake. I'm an improv, let's feel-the-vibe kind of person. Exact measurements crimp my style, feel restrictive, and take the joy out of the kitchen. Like, coloring inside the lines.

What's the one appliance or cooking utensil you can't live without (other than the biggies—fridge, oven, stove, dishwasher)?

Knives are indispensable, but I also love my industrial potato smasher and I love graters aesthetically. I love how kitchen tools are weapons. It really appeals to me—in a food justice kind of way—that caring for ourselves and our community is also a tool for fighting back against injustice. I love how it's both metaphorical and literal.

What's your go-to comfort meal?

A Cuban black bean soup always hits the spot, soothes me, and makes me feel my ancestors are all around me. Add some ripe plantains on the side, and I'm home in myself.

If you could cook for any historical figure, who would it be and what would you prepare?

Ah, most definitely Frida Kahlo. Most people know her for her art and activism, but she was also a lover of food and would throw these beautiful parties where food was central. I have no doubt that with her love of justice, if she were alive today, she would be vegan. I would make her some vegan Puerto Rican pasteles, which are like tamales made with plantain, green bananas, and taro.

Cake or pie?

Team Pie! I have dreams of rhubarb pies.





beet & mushroom pastrami sandwich

photo and recipe by timothy pakron

@mississippivegan

When I think of the food in New York City, I'm overwhelmed. That place is bursting from the seams with delicious cuisine, ranging from fabulous vegan-only restaurants, incredible fare from all over the world, and some of the best farmers markets on the planet.

Flashback to 16-year-old Timmy (think Tori Amos and cigarettes), I went on a high school trip to visit the bustling city. It was then that I tried one of those classic NYC recipes that you can find at most delis: a pastrami sandwich. I immediately remember how it was ridiculously large. (Like, too big but in a good way!) Bursting with flavor and super messy, I'll never forget it. Sadly, at the time, I wasn't fully aware that I was eating a cow. Like, I knew it was beef but that didn't really mean anything to me. Then I started asking questions and as an adult, I connected the dots, stopped eating animal products, and actually moved the big apple to pursue all of my dreams in life. Only problem? No pastrami sandwiches (cue the violins).

Well, not any more kiddos! This recipe definitely fits the bill using those classic pastrami flavors like coriander, cloves, paprika, and lots of mustard. Slow cooking these ingredients with the combination of earthy beets and juicy portobello mushrooms caps, you are left with sliced vegan meat that you can actually celebrate (and not cry about because you're eating a dead cow). Simply throw everything in a baking dish, bake until succulent and tender, thinly slice, and build yourself a mile-high sandwich with whole grain mustard, pickles, and toasted bread. Eat over the sink and enjoy.

Ingredients (makes 4 sandwiches):

- 1 softball-sized beet, halved**
- 2 large portobello caps**
- 4 bay leaves**
- ½ teaspoon black pepper**
- 1 teaspoon salt, plus more to taste**
- 2 ½ teaspoons coriander seeds**
- 6 whole cloves**
- 1 teaspoon paprika**
- 2 teaspoons onion powder**
- 2 teaspoons garlic powder**
- 1 tablespoon agave syrup**
- 2 cloves crushed garlic**
- 1 teaspoon liquid smoke**
- 1 tablespoon olive oil**
- 2 tablespoons yellow mustard**
- 2 tablespoons white or red wine vinegar**
- 3 tablespoons tamari**
- Red pepper flakes, to taste**

To serve:

Pumpernickel or rye bread, pickles, whole grain mustard, vegan mayo

Instructions:

Preheat oven to 350F and place the halved beets, cut side down, and portobello caps into a baking dish. Throw in the bay leaves.

In a large bowl, mix all of the remaining ingredients together using a whisk or a fork. Pour over the beets and mushrooms and toss around to coat thoroughly.

Bake for 30 minutes. Flip and bake for an additional 30 minutes. At this point, try a small bite and add any additional salt or red pepper flakes, if desired. Continue to cook for an additional 15 minutes, or until the beets are tender to fork.

Once done, remove from oven and let cool. Thinly slice the beets and mushrooms. Add a few slices to some toasted pumpernickel or rye bread, thinly sliced pickles, and a smear of whole-grain mustard and vegan mayo. Slice and enjoy immediately!



A DAY IN THE LIFE OF a private chef

By Breck Oxford
@INSATIABLEVEGAN

Illustrated by Sarah Jane Docker
@SARAHJDOCKER

People think the life of a private chef is glamorous, but it is NOT. We spend most of our time in kitchens, cars and farms working on curating menus that will keep our clients happy and wanting more. Don't get me wrong, I love what I do and wouldn't have it any other way. The point I'm driving home is, it's a lot of hard work. The reward is having an amazing clientele. Get ready...it's gonna be a looooooong day!

7:30- I'm woken up by my 4 year old, Noble, with a kiss and demands for waffles.

8:15- Waffles and blueberries for the little and a power yoga practice for me. Then we make a green smoothie together (he always wants in). Then we shower and get dressed.



10:30 I go over my shopping list while Noble works on his spelling.

11:30- I head to the farm and grab the prettiest golden beets for a new dish I'm super excited about before heading back home to do an outdoor activity with Noble.

2:30- Noble has quiet time and I head to the kitchen and realize I forgot something as per usual, I make a quick stop at the store for some chili flakes.

4:00- Off to my client's home, NBA player Kyrie Irving. Being able to create meals for him has been a chef's dream. He has no allergies and is open to trying anything!



4:45- Today I serve Summer Beet Salad With Orange Herb Vinaigrette & Donut Peaches, Heirloom Tomato Toast and Chikky Francese With Angel Hair & Microgreens.





Sidenote: I perfect the Chickpea Cutlet for the Chikky Francese because I have a private dinner party in 1 week and that's on their menu! I do my best to find ways to link all my work together. It's time efficient and a chance to learn all in one.

6:45- I head home and call my future hubby, Love. I get home and go bike riding with Noble then off to cook again, dinner for Noble. He loves veggie dumplings so on busier days like today, he has veggie dumplings from Trader Joe's, sautéed broccoli and 1/2 pint of blueberries (I swear he's gonna turn into a blueberry one day).

8:15- Noble gets a bath then chill time (he rests in my lap and we sing 3 songs) then we read a night time story, say prayers and affirmations and he's off to lala land!



9:30- Back to work! Unload the car, wash and dry dishes



10:15 - For me, throw some stuff in a bowl and eat a lazy dinner, make shopping list for tomorrow and go over wholesale orders

11:15- I try to sleep but I can't because I'm thinking of new recipes and how I'm gonna map out my day for tomorrow.



This is a typical day for me and I wouldn't change it for the world. I get to do what I love for the people I love everyday. Do I get tired and feel exhausted...hell yeah. But I get to literally put love on a plate every single day, there are worse things!

KIMCHI MEMORIES

by MIYUN PARK

I climbed into a hole in the backyard to see whether my dad would have to dig a little more or if it was big enough for the trashcan full of kimchi we were preparing to bury for the winter. That's normal, right?

It was the fall of 1975, and I had just turned five. My family had moved into the Washington, DC, suburb, where my parents still live today, forty-five years later. You could say we moved on up. We had upgraded from a tiny, rundown, and broken apartment into a modest but fully functioning split-level home in a development with cookie-cutter houses. The best part, though, was the yard. My older sister and I were thrilled to have our very own playground, my mom wanted a small flower garden, and my dad couldn't wait to leave a twenty-gallon trashcan underground, filled with kimchi to ferment over the winter.

K-pop, Kim Jong-un, his hairdo, and kimchi are probably the first four things that come to mind when you think about Korea. I don't listen to K-pop and unsurprisingly am not a fan of Kim Jong-un or his hairdo. But, as is the case for pretty much every Korean throughout history, kimchi is part of who I am. I wouldn't even say I like it or love it. That's like saying you like or love breathing. Kimchi just is.

That first fall we were in our house with a yard was the first time I remember making kimchi with my dad. Before he went into the backyard to start digging the hole, he planted me on an overturned bucket and had me tear the salted napa leaves into bite-sized pieces. He watched over me for a few minutes, and I remember him bursting out laughing. I had been tearing the cabbage into pieces perfectly bite-sized for a five-year-old's mouth, which meant they were ridiculously small for a grown-up to eat.

My only other memory of that first kimchi-making experience was feeling a confusing mixture of excitement and embarrassment. My dad had been talking up how fun and delicious it would be to make kimchi the way his grandmothers did, and I couldn't wait to help. That day, though, I overheard some of the neighborhood kids talking about how weird and gross it was to put food in a trashcan, bury it in the dirt, and then dig it up to eat it. I was ashamed, but if that's what we had to do to make kimchi, then I was all for it.

My dad's first memory of making kimchi was actually of not being allowed to make it. Traditionally in Korea, particularly in the 1940s when my dad was young, boys weren't supposed to be in the kitchen. He was fascinated by cooking, though, and always wanted to help his mother, but she would shoo him away. So, my dad would find places to hide—behind the tall ceramic pots of rice, under the heavy blanket on the quilted mat, and around a door frame—and sit silently and watch her prepare food.

He wasn't able to start cooking himself until he and my mom were newlyweds and newly migrated to the United States in the late 1960s. Without a doubt, my father is my favorite chef. He can develop deep, complex flavors from the humblest ingredients and is truly enamored by cooking. He spends every morning soaking his feet in mushroom tea to help ease his aches and pains, and sips coffee as he reads articles and recipes about food he may want to recreate and make his own.

When I first became vegan in 1990, my dad was sure it was just going to be short phase. He humored me and prepared vegan versions of bulgogi, bibimbap, kalbi, and kimchi jjigae. Whatever he made for the family, he'd make an animal-free version for me. Thirty years later, I'm still vegan and he's still preparing vegan versions of the very best Korean food.

As of this writing, I'm two months into quarantining with my 80-year-old parents. In late-March, I had stopped by for a weekly visit, and my parents promised they'd stay put and let me run their errands once a week. As I was getting ready to head back to DC, relieved we had a plan that would keep my parents safely at home, I caught my dad trying to sneak back into the house. BUSTED! So, here I am with my senior rescue chihuahua, sequestered in the suburbs, making sure my dad stays grounded. At 49, I never thought I'd be once again living in my parents' basement, but I'm truly thankful we're getting this time together.

My dad and I have been cooking together every day, which thrills me—not only because I'm learning all of his secrets and recipes, but because every meal my parents and I share is vegan, so I know my mom and dad are eating the very best food without harming any animals. Every couple of weeks, my dad and I have been making different kinds of kimchi. The two in this collection are staples, and I hope they soon become some of your favorites. No burying in the backyard necessary.



김치

Food photography Kate Lewis
Layout and Illustration Jason Steady

BAECHU KIMCHI

(makes 1
gallon)

4 small napa cabbages
½ cup salt
9½ cups water
1 – 2 medium radishes
(about 3 cups julienned)
1 tablespoon sugar
10 cloves garlic
12 spring onions
10 tablespoons fine red pepper powder
1 tablespoon salt
2 cups hot water

For my dad's kimchi-making tips, see page 32

Chop off the very bottom of the napa. Gently remove the outer leaves. From the bottom of the napa, slice through the center of the cabbage a few inches, then tear the cabbage in half with your hands. Wash all of the napa halves and set aside.

In a bowl or pot large enough to hold all of the napa and the salt bath, combine the salt and water. Stir to dissolve the salt. Carefully add the napa halves, ripped-side down, pressing firmly as you layer the cabbage. Cover and soak the cabbage for at least 12 hours, rotating the napa every 4 hours so the halves that had been on the bottom are moved to the top. Each time, press down firmly. As the napa reduce in the salt bath, they have a tendency to float. In that case, place an inverted bowl on top of the cabbage and weigh it down so the napa are being pressed down firmly throughout this process.

After the napa have soaked for at least 12 hours, prepare the cabbage halves. (You'll be rubbing the spicy radish mixture onto the leaves of the napa so you need to make a little room for all the goodness.) Carefully remove 2 or 3 of the medium-sized leaves and set aside.

Prepare the spicy radish mixture by julienning the radish. Place in a bowl large enough to hold cabbage half, add the sugar, and toss very lightly, making sure that the radish pieces don't break.

Peel and smash the garlic cloves, then finely chop. Slice off the roots from the white bulbs of the spring onions and trim the green tops, if necessary, before coarsely chopping. In a food processor or mincer, process the garlic and spring onion with a little water until pulverized. Add to the radish and, once again, toss very lightly so the radish pieces don't break.

Prepare the red pepper paste. Combine the red pepper powder, the 1 tablespoon of salt, and hot water in a bowl. Stir until well-mixed into a paste.

Add the red pepper paste to the radish mixture and combine very gently.

One napa half at a time, rub the spicy radish mixture onto each of the leaves. Fold down the top third of the napa and insert it, bottom-side down, into a glass jar. Press down the folded top so the napa is fairly level and to minimize any air pockets. Repeat until all of the napa halves have been seasoned, stuffed, and jarred.

Coat a few of the medium-sized leaves that had been removed with any remaining spicy radish mixture and place them on top of the baechu kimchi.

Make sure there is at least 1 inch of space at the top of the jar to allow for expansion during the fermentation process. Let it sit, tightly covered, at room temperature for 24 hours. Refrigerate for 3 to 5 days before enjoying.

1 small napa cabbage
2 tablespoons salt, or to taste
3 spring onions
5 cloves garlic
5 tablespoons coarse red pepper powder
1 tablespoon sugar
1 teaspoon salt
½ cup hot water

KIMCHI for SLACKERS

(makes 1
pint)

For my dad's kimchi-making tips, see page 32

Chop off the very bottom of the napa. Gently remove the outer leaves. Chop the napa into bite-sized pieces, about 1-inch tall, and wash well under running water. Shake dry.

Place a layer of chopped napa in a large, shallow bowl. Lightly and evenly sprinkle with salt. Add another layer of chopped napa, salt it, and repeat until all of the napa has been salted. Let it sit for 30 minutes, then turn over the napa so the pieces that had been on the bottom are now on top. Let it sit for another 30 minutes.

After the napa has been salted for 60 minutes, rinse the napa in running water. Shake it dry, then line it around the sides of a colander and let it dry for at least 1 hour.

Slice off the roots from the white bulbs and trim the green tops, if necessary. Cut the spring onions into three pieces—most of the bulb, the junction (part of the bulb and part of the green top), and the green top. Finely chop the bulbs. Thinly slice the junction on a bias. Chop the green tops into 1-inch pieces. Place all of the spring onion in a large mixing bowl. Peel and smash the garlic cloves, then finely chop and add it to the bowl.

In a small bowl, place the coarse red pepper powder, sugar, the 1 teaspoon of salt, and a ½ cup of hot water. Stir until well-combined. Add a little more sugar if it's too salty for your liking.

Add the red pepper sauce to the large bowl of spring onions and garlic. Add the napa. Toss gently until the napa is well-coated.

Fill a glass jar with the kimchi, pressing down firmly to minimize any air pockets. Make sure there is at least 1 inch of space at the top of the jar to allow for expansion during the fermentation process. Let it sit, tightly covered, at room temperature for 24 hours before enjoying. Refrigerate after opening.



KIMCHI JJIGAE SERVES 4

Kimchi is one of those magical foods that is delicious on its own as a staple banchan (small side dish) but can effortlessly jump into a supporting or starring role in a variety of dishes. Kimchi jeon (pancakes), kimchi mandu (dumplings), and kimchi bibimbap (mixed rice with gochujang) are favorites for a reason. But kimchi jjigae? The best. Who doesn't love a thick, spicy, hearty stew bubbling with complex flavors?

Recipe by LLovani

Ingredient tips:

~You can use regular flour for the popcorn cauliflower if you don't have rice flour. The cauliflower is meant to mimic fried shrimp.
~Kelp powder lends a taste from the sea, but you can also use a sheet of nori and grind it up into a powder using a coffee grinder. Clean out the coffee first, though.

Ingredients for stock:

4 cups water
2 inch strip kombu
3 garlic cloves, smashed
2 inches peeled ginger, cut into matchsticks
3/4 cup dried shiitake mushrooms

Ingredients for stew:

Ginger sticks from stock
Rehydrated shiitakes from stock, cut into strips
3 cups vegan kimchi, with brine (previous page)
1 tablespoon toasted sesame oil
1 tablespoon gochujang
1 teaspoon sugar
1 teaspoon gochugaru (red pepper powder)
1/2 lb chinese broccoli or broccolini, in long thin strips

Ingredients for popcorn cauliflower:

1/2 cup cold water
1/4 cup cornstarch
1/2 cup rice flour
1 teaspoon kelp powder
1/2 teaspoon salt
Canola oil for frying
4 cups small cauliflower florets (about 1 1/2 inches)

Toppings:

14 oz silken tofu in 1/4 inch slices
2 cups enoki mushrooms, base discarded, stems pulled apart in clusters
Black sesame seeds
1/2 cup thinly sliced scallions

Make the stock:

In a stock pot, bring water, kombu, garlic and ginger to a boil. Once boiling, remove kombu, and add the dried shiitakes. Reduce heat to simmer, and cook until stock reduces by half. Strain stock, saving shiitakes and ginger sticks.

Make the stew:

Preheat a 4 quart heavy bottomed pot over medium heat. Cook ginger, shiitakes and kimchi in sesame oil, until kimchi softens, about 5 minutes.

Stir in gochujang, sugar, and gochugaru to dissolve sugar. Pour in stock and bring to a quick boil. Lower heat, and add the broccolini to soften but not turn to mush, about 5 minutes. Shut off heat and keep covered while preparing the cauliflower.

Make the cauli:

Whisk cold water and cornstarch in a medium bowl to form a slurry.

In a different medium bowl, mix rice flour, kelp powder, and salt.

Set up a frying station with the cauliflower, slurry and rice flour next to each other. Dip each floret into slurry and shake off excess liquid. Drop into rice flour. Now with your dry hand, coat evenly in the flour. Continue until all florets are coated.

Heat an inch of oil in a cast iron skillet over medium heat. Fry cauliflower in oil in batches until golden. Lift each out with tongs and drain on a paper towel.

Assemble the bowls:

Place stew in big bowls. Garnish with clusters of cauli, strips of tofu, and mushrooms. Arrange cauliflower in a cluster on top. Sprinkle with additional chili flakes, black sesame and scallion. Serve!



KIMCHI-MAKING TIPS

- Look for long and tall napa cabbage, not short and fat. Longer, taller napa have a smoother flavor compared with the more bitter short, squat napa.
- Why not just halve the napa with a knife? Tearing apart the cabbage with your hands after the initial knife-cut at the base will protect the integrity and beauty of the inner leaves.
- Whether using coarse salt, table salt, or fine salt, the trick is to prepare a 5% salt water bath, so that's 1 part salt to 19 parts water.
- After you remove the medium-sized inner leaves of the napa when making baechu kimchi, they're perfect for cabbage rolls with a little rice, gochujang, and marinated tofu or mushroom.
- When you make baechu kimchi and check the inner leaves of the napa after the salt bath, you want the leaves to be strong but foldable. If they snap, then they need to soak longer.







Breakfast Fiesta

Xicanx style food to revolutionize your morning

These are just some of the breakfasts that I grew up eating in Los Angeles. I was fortunate enough to experience a little bit of everything in my city. I came of age in a Mexican household in Compton, raised part-time by my holistic grandmother, my uncles, aunt and sister. My family's cooking, as anyone else's maybe, was incomparably unique. The other part-time of my life was spent in Central LA or Koreatown where vast cultures were within arm's reach. I learned a lot from my family's sazón and the cultures around me. I combine those experiences with the knowledge I gained cooking from the East coast to the West. These dishes are inspired by tradition and pop-modern foods fueled by hunger.

*Recipes by Llovani
Illustrations by Kelsey Wallerstedt
Photos by Kate Lewis*



Ingredients

14 oz block extra firm tofu,
cubed medium
1/3 cup melted refined coconut oil
1/4 cup unsweetened plain rice milk
1 1/2 tablespoons apple cider vinegar
1 tablespoon nutritional yeast
1 1/4 teaspoons fine sea salt
1/4 teaspoon garlic powder
1/4 teaspoon onion powder

Directions

In a medium pot, submerge tofu cubes in water. Bring to a boil for five minutes. Drain and allow them to cool.

Once cool, use cheesecloth to squeeze water out to get it as dry as possible.

Place tofu and the remaining ingredients in a food processor fit with a metal blade and pulse until it resembles cottage cheese.

Lightly grease a 3 cup bowl or pyrex to use as a mold. Transfer cheese to the bowl and press down firmly to make sure there aren't any air pockets. Cover and refrigerate for a minimum of 2 hours. When ready to use, it should crumble nicely in your fingers.

Tofu Fresco Cotija



Tangy and crumbly, cotija is the perfect cheese for topping spicy sauce things. It adds a beautiful splash of brightness to create contrast, and of course, delicious, cheezy flavor. This tofu-based cotija is very easy for the beginner cheesemaker.

Spinach Chilaquiles *with* Cotija Cheese

Serves 4

Chilaquiles on a Sunday morning revives the body back to life from Saturday's night out. There are so many styles of Chilaquiles, like rojos, verde and sometimes in mole sauce. The way I used to have it would be spicy as hell with sour cream, lots and lots of cheese and a little bit of fresh shaved lettuce.

When I was new to Boston, I couldn't find my favorite chilaquile brand name sauce in any local grocery store. So I improvised. The flavors are bold and reminiscent to CalMex freshness! It's quick and it's easy. I suggest making the sauce ahead of time, maybe a day or two, for an easy breakfast.

For the salsa roja:

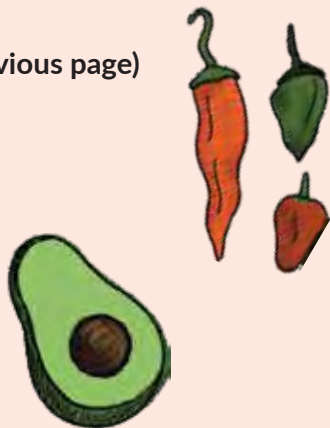
- 1 red bell pepper
- 2 jalapeños
- 16 oz can tomato sauce
- 1 cup water
- 2 chipotle peppers in adobo sauce
- 1 small yellow onion, roughly chopped
- 1/2 cup chopped fresh cilantro, stems and leaves
- 2 cloves garlic
- 1/4 cup fresh lime juice
- 1 tablespoon smoked paprika
- 1 tablespoon salt

For the chilaquiles:

- Olive oil for cooking
- 8 oz restaurant style corn tortilla chips (about 1 1/2 quarts)
- 3 cups of fresh spinach

To garnish:

- Cotija Cheese (recipe previous page)
- Thinly sliced radish
- Sliced avocado
- Thinly sliced scallion
- Fresh cilantro leaves
- Ground black pepper



Make the salsa roja:

First roast the peppers. Preheat oven to 450. Lightly oil bell pepper and jalapeno and place on a small baking sheet. Roast until collapsed and blackened, using tongs to toss once in while, about 30 minutes. Place in a bowl and cover tightly with plastic wrap, this will help steam the skins off. Let sit for about 30 minutes to steam and cool.

Peel the charred skins off, saving as much flesh as possible, and remove seeds. Add to blender along with the remaining Salsa Roja ingredients. Blend until smooth and refrigerate in a tightly sealed container until ready to use.

Cook the chilaquiles:

In a 6 quart pot, preheat 2 teaspoons of oil on medium-low flame. Pour in the Salsa Roja, stir and bring to a simmer.

Slowly fold in tortilla chips, stirring them carefully with a large, flexible spatula until they are coated with salsa. Add the chopped spinach and toss until wilted, careful not to break the chips.

Assembly:

Place chips on plate to build. Crumble cheese over the top and add all of the garnishes.



Sweet Cinnamon Fruity Tacos

Makes 9 Tacos

The last time I visited Mexico I was 15 and my aunt brought me to a festival at the local church up the street. It was a dark evening, but the festival was lively and colorful! There were so many food vendors selling all kinds of freshly made snacks. One was a Buñuelo -- a Mexican sweet cinnamon fritter -- topped with strawberries and sweet & sour cream. So many years later in Brooklyn, inspired by that memory, I made these tacos sans the frying. Try them all year round with seasonal fruits!

For Sweet & Sour Cashew Cream:

- 1 cup unroasted cashews
- 1/4 cup water or coconut water
- 1/8 cup agave syrup
- 1 1/2 teaspoons pure vanilla extract
- 1 tablespoon fresh lemon juice
- 1 tablespoon apple cider vinegar
- 1/4 teaspoon sea salt

For Tacos:

- 1 cup maseca corn flour
- 2 tablespoons turbinado sugar
- 1 1/2 teaspoons ground cinnamon
- 1/8 teaspoon sea salt
- 3/4 cup water
- 1/2 teaspoon pure vanilla extract
- Coconut oil for cooking
- 2 cups fresh berries (strawberries, raspberries, blueberries and/or blackberries)
- 2 ripe bananas, sliced 1/4 inch thick on bias
- Fresh mint for garnish

Make the Sweet & Sour Cashew Cream:

Soak cashews overnight or boil cashews until tender, about 20 minutes (if you have a vitamix you can skip this step)

Put all ingredients in a blender and blend until smooth and creamy.

Cool completely before using.

Make the Tacos:

Whisk together all dry ingredients in a bowl (corn flour, sugar, cinnamon and salt). Add water and vanilla extract until it forms a soft and pliable dough.

To form the tortillas, portion out 2 tablespoons of dough and form them into balls.

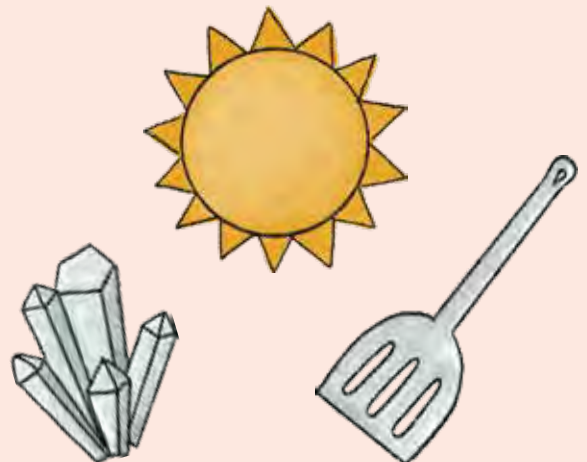
Line tortilla press by cutting a ziplock bag so it makes two plastic sheets. If you don't have a tortilla press, you can also use a flat-bottomed cookie sheet and a sturdy table.

Press down the dough to form a tortilla about 4 inches in diameter.

Preheat a skillet over medium heat. Add a thin coat of oil. Cook tortillas for about 2 minutes on one side, then flip for another minute. Wrapped in a kitchen towel on a plate so they stay warm and pliable for serving.

Assembly:

Fill tortillas with fruit, berries, banana slices, whatever your heart desires and drizzle with Sweet & Sour Cashew Cream! Garnish with fresh mint.





CHICKPEA CUTLET

THREE - WAY

These cutlets have been in your kitchen since the dawn of time. Or at least since the first Obama administration (remember we thought we'd have healthcare for all? We were so young). We serve them at the restaurant in all kinds of ways, making huge batches the size of a laundry basket. But you can keep it simple. Make a few cutlets to store for the week, or freeze for another time. And it never has to get boring! Really you can serve them anywhere people usually serve cutlets. Just replace "chicken" with "chickpea" in most any recipe and there's dinner. That's the vegan way.

Chickpea Cutlets

Makes 8 Cutlets

1 16 oz can chickpeas, drained and rinsed
1/4 cup extra virgin olive oil
1 cup vital wheat gluten
1 cup plain breadcrumbs
1/2 cup vegetable broth or water
1/4 cup soy sauce
1 teaspoon dried thyme
1 teaspoon paprika
1/2 teaspoon dried sage
Olive oil for pan frying

Optional ingredients:

4 cloves garlic, grated with a Microplane grater
1 teaspoon grated lemon zest

In a mixing bowl, mash the chickpeas together with the oil until no whole chickpeas are left. Use an avocado masher or a strong fork. Alternately, you can pulse the chickpeas in a food processor. We're not making hummus here, so be careful not to puree them, just get them mashed up. You can also sneak the garlic cloves in here instead of grating them, just pulse them up before adding the chickpeas. If using a food processor, transfer to a mixing bowl when done.

Add the remaining ingredients and knead together for about 3 minutes, until strings of gluten have formed.

Preheat a large heavy-bottomed skillet over low-medium heat. Cast iron works best. If you have two pans and want to cook all the cutlets at once then go for it, otherwise you'll be making them in two batches.

Now make 8 blobs of dough. The easiest way to do this: divide the cutlet dough into 2 equal pieces. Then divide each of those pieces into 4 separate pieces. To form cutlets, knead each piece in your hand for a few moments and then flatten and stretch each one into a roughly 6 by 4 inch rectangular cutlet shape.

Add a moderately thin layer of olive oil to the bottom of the pan. Place the cutlets in the pan and cook on each side for 6 to 7 minutes. Add more oil, if needed, when you flip the cutlets. They're ready when lightly browned and firm to the touch. They cook more thoroughly if I cover the pan in between flips. I also use my spatula to press down on them while they're cooking, that way they cook more evenly.

Now let them rest for a bit and you're done!



photos by Kate Lewis / illustrations by Jason Steady



BUFFALO
RANCH

CHICKPEA
PARMESAN



SAVORY
SOUTHWEST





Buffalo Ranch Chickpea Cutlets

You'll need: Frank's Red Hot, Ranch Dressing (recipe below) and fresh dill.

For the Ranch:

3/4 cup vegan mayo, storebought or homemade
2 tablespoons finely chopped fresh parsley
2 tablespoons finely chopped fresh dill
2 tablespoons finely chopped fresh chives
1 tablespoon fresh lemon juice
1 1/2 teaspoons onion powder
1/2 teaspoon garlic powder
Fresh black pepper

Use a fork to vigorously mix all ingredients together in a big coffee mug. It's ready!

Assemble:

Pour a punch of Frank's Red Hot all over the cutlet and drizzle with ranch. Top with fresh dill.

Serving ideas:

With potato salad, or over Mac & Shews or on a hoagie.

Chickpea Cutlet Parmesan

You'll need: Marinara (store-bought or homemade), Almond Ricotta (recipe below), fresh basil, red pepper flakes

Serving ideas:

Spaghetti and marinara, on Italian Bread for a hero, with a caesar salad

For the Almond Ricotta:

1 1/2 cups slivered almonds
1/2 cup hot water
2 tablespoons olive oil
2 tablespoons nutritional yeast
2 tablespoons fresh lemon juice
1/2 teaspoon salt

Place the almonds in a high speed blender and pulse into crumbs. Add the remaining ingredients and blend until thick and pasty, but a with ricotta-like texture. Use a rubber spatula to transfer to a well-sealed container, and chill until ready to use.

To assemble:

Ladle marinara over cutlet, dollop with a healthy spoonful of ricotta, garnish with basil and red pepper flakes.

Savory Southwest Chickpea Cutlets

You'll need: Corn Salsa and Guacamole (recipes below), cilantro for garnish, hot sauce

Serving ideas: Serve on bolillo buns for tortas, or with red rice and beans

For Corn Salsa:

1 1/2 cups fresh or frozen corn
2 tablespoons olive oil
1 cup diced tomato
1/4 cup small diced red onion
1/4 cup finely chopped fresh cilantro
1 jalapeno, seeded and minced
2 cloves garlic, minced
2 tablespoons fresh lime juice
1/2 teaspoon salt

Preheat cast iron over medium high heat. Saute corn in oil until it's nicely seared. Let cool. Then just mix everything together in a big mixing bowl and refrigerate until ready to serve.

Guacamole

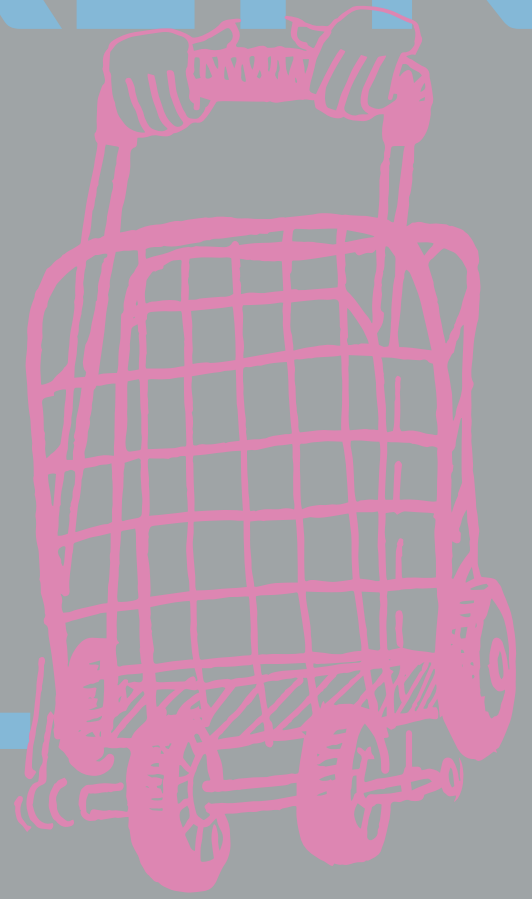
4 ripe avocados
1/2 teaspoon salt
2 tablespoons fresh lime juice
1/4 cup minced white onion
1/4 cup diced tomato
1 tablespoon minced jalapeno
2 tablespoons chopped fresh cilantro

Slice avocados in half lengthwise and remove the pit. Scoop out the avocado stuff and transfer to a mixing bowl. Sprinkle in salt and lime juice. Use an avocado masher or strong fork to give it a good mash. Add remaining ingredients and mash like crazy, until guacamole is creamy and the tomato has broken up. Taste and adjust flavors if needed.

Assemble:

Top with salsa and guac. Garnish with cilantro. Have some hot sauce at the ready just in case.

BROOKLYN FOOD CRAWL



We will just say it: Brooklyn has the best food in the whole world from all over the whole world. We are so fortunate to have access to all of it, and so much of it is already vegan for us! We picked three neighborhoods, but you could honestly write encyclopedias full of recipes inspired by Brooklyn neighborhoods. So grab your granny cart and get to shopping! It's time to bring the best of the borough into your kitchens.



*Illustrations by Erica Rose Levine
Photos by Kate Lewis*



GREENPOINT

These recipes showcase the familiar textures and flavor profiles so often found in Polish cuisine and serve as a celebration of traditionally grown produce. Reflective of a climate with long and cold winters, warming comfort foods and the aroma of smoke take center stage with produce that have a long cellar shelf-life.

Growing up, there was always a significant emphasis placed on obtaining ingredients directly from the source. The reasoning stemmed from wanting to guarantee freshness and barter for the lowest price. Serendipitously, this was far from difficult to accomplish in an industrially-zoned neighborhood complete with a factory churning out fresh rye loaves, amongst other delicacies.

These recipes are an ode to Polish bakeries, restaurants, and delis brimming with home-cooked specialties, ferments, sweets, and candies--where one could select and indulge in little pieces of home, a taste of the familiar. Made by hand, freshly prepared convenience food reminiscent of the motherland, but catering to a working class population.

Each of these recipes is inspired by Poland's lush terrain, brimming with stone fruit orchards, rows of planted root vegetables, grain fields, cellars of ferments, and forests overrun with wild berries and mushrooms.

Growing up in Greenpoint was a sensory experience. If the wind blew left, you would smell the rye baking in the bread factory. From the right, you would get wafts of the smokehouses. The flavors that predominate are savory and umami in nature, warming and 'comfort food-esque.' This profile is permanently imprinted on my taste buds and forever will influence my recipe development.

by Chef Olivia Roszkowski



Chef Olivia Roszkowski is a neuroscientist by training, completing her undergraduate studies at Columbia University. She is currently an instructor at the Institute of Culinary Education, the Culinary Editor of the eco-forward publication Naturally, Danny Seo, and a freelance recipe development consultant, all while pursuing a master's degree in Food Studies at New York University. Chef Olivia lives in Greenpoint with her two dogs, Jackie O and Clover, where she grows microgreens and edible flowers on her fire escape and ages vegan cheeses in her three makeshift 'cheese caves.'

Follow Chef Olivia
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Apple & Golden Raisin Cake Squares

Makes 1 8x8-inch pan

For the crust:

2 1/2 cups oat flour
1/4 cup ground flax meal
1/3 cup cane sugar
1/8 teaspoon sea salt
1/3 cup refined coconut oil

For the filling:

6 Granny Smith apples, peeled
1 lemon, juiced and zested
1/2 cup golden raisins
1/4 cup corn starch
1 teaspoon vanilla extract
1/2 cup cane sugar

For the oat streusel topping:

2 cups rolled oats
1 teaspoon ground cinnamon
1/4 cup cane sugar
1/3 cup refined coconut oil
1/2 teaspoon baking powder
1/8 teaspoon sea salt

For the garnish:

2 tablespoons powdered sugar
1 pint blackberries
1 small bunch mint

I love that you can still buy this cake in slabs by the pound, known by the locals as 'szarlotka.' Cake by the pound! If you are a true local, you know when it's super fresh, and everyone has their favorite corner or center piece. This dessert reminds me of the apple orchards in my family's Polish countryside backyard, where it's always served with hot tea and offered to any guests who visit. (Polish people love to feed their guests!)

Preheat the oven to 350°F. Line the bottom of an 8- x 8-inch dish with parchment paper and grease the inside of the walls with coconut oil.

Combine oat flour, ground flax meal, cane sugar, and sea salt in a mixing bowl. Add the coconut oil and combine well. Add 1/2 cup of filtered water and work it until a dough forms. The mixture will be sticky. Let rest for 10 minutes then press firmly into an even layer in prepared baking dish. Bake for 25 minutes.

Meanwhile, prepare the filling. In a mixing bowl, grate in the peeled apples, and toss in the lemon juice and zest. Add the golden raisins, corn starch, vanilla extract, and cane sugar, and toss until well mixed.

Once the crust has baked, distribute the apple filling mixture evenly over the crust, pressing gently, and bake for an additional 25 minutes on the center rack.

Meanwhile, prepare the oat streusel topping. In a mixing bowl, toss together all topping ingredients. Using your fingers, toss the ingredients so they are coated in oil. Sprinkle on top of the baked cake then bake for 20 minutes more. Let cool for about an hour before cutting it into squares. Serve with powdered sugar, fresh berries and mint leaves.





Beets, pierogi, poppy seeds...what can be more Polish? Making these is a national pastime and usually involves family, a celebration, or a holiday, which is why most Polish folks light up at just the mention of them--probably with a story in tow. From a chef's perspective, the Polish way of making dough with the inclusion of acidic fermented dairy is genius because it tenderizes the dough and makes it strong and pliable to work with. This vibrant, plant-based interpretation is both filling with the inclusion of tofu and decadent with a quick blended butter alternative.

Beet Pierogi with Spinach Chevre Filling & Poppy Butter

Makes 3 dozen pierogi

For the dough:

1 medium beet or 2 tablespoons beet juice
1/4 teaspoon sea salt
3/4 cup plain vegan yogurt (recommend Kite Hill plain almond yogurt)
1 tablespoon olive oil
1 3/4 to 2 cups all purpose flour, plus extra for flouring work surfaces

For the filling:

14 oz block firm tofu
3 medium shallots, diced small
3 tablespoons olive oil
4 cups lightly packed baby spinach
2 tablespoons white miso
2 tablespoons nutritional yeast
1 teaspoon sea salt

For the poppy butter:

1/4 cup cashews
1/2 cup refined coconut oil, plus a little extra for sauteing onions
1/4 teaspoon sea salt
2 teaspoons white miso
1 tablespoon poppy seeds
1 small yellow onion, diced small
2 tablespoons refined coconut oil

For garnish:

Parsley leaves, fresh dill, or micro greens

Prepare the dough:

Peel and grate the beet. Over a medium bowl, squeeze the grated beet shreds by hand to extract the juice, yielding approximately 2 tablespoons. Reserve the grated beets for another use.

Add the sea salt, vegan yogurt, and olive oil to the beet juice in the bowl and mix to combine. Slowly work in the flour and stir until a dough forms.

Flour a work surface, then transfer over the dough and knead it for a few minutes, until it becomes elastic. Wrap the dough in plastic wrap and allow it to rest for 30 minutes at room temperature.

Prepare the filling:

Place the tofu between the palms of the hands and gently squeeze out excess moisture. Crumble the tofu into a large bowl and set aside.

Preheat a large pan over medium heat. Sauté the shallots in olive oil for about 6 minutes, until lightly golden. Add the crumbled tofu and cook for an additional 4 minutes. Add the baby spinach and continue to cook for a few minutes, until all the moisture has evaporated. Turn off the heat. Stir in the white miso, nutritional yeast, and sea salt. Set aside to cool completely before filling the pierogi.

Assemble:

Flour a work surface, then roll out the dough to about 1/8-inch thickness. Use a 3-inch cookie cutter or glass to punch out circles. Rewrap any leftover dough and store in the refrigerator for up to 1 week.

Pour water into a small bowl. Fill each dough circle with one tablespoon of filling. Dip one finger in the water and moisten the outer rim of the dough circle. Fold in half and pinch firmly to seal. Repeat with the remaining dough circles and set aside.

Make the poppy butter:

Place the cashews in a small pan and cover with water. Bring to a boil and cook for 5 minutes. Drain, then place the cashews in a blender. Add the coconut oil, 1/2 cup of warm water, the sea salt, and the white miso. Blend until completely smooth. Pour into a bowl and mix in the poppy seeds.

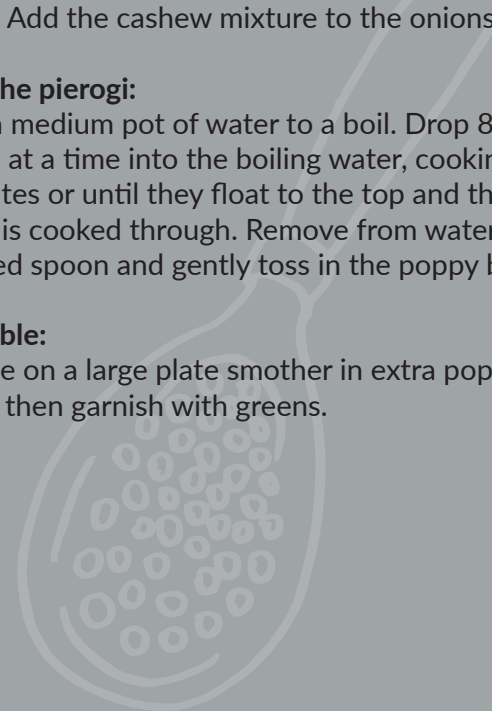
Preheat a large pan over medium heat and sauté the onion in about 2 tablespoons of coconut oil. Sauté for a few minutes, until the onions are lightly amber. Add the cashew mixture to the onions.

Cook the pierogi:

Bring a medium pot of water to a boil. Drop 8 pierogi at a time into the boiling water, cooking for 3 minutes or until they float to the top and the dough is cooked through. Remove from water with a slotted spoon and gently toss in the poppy butter.

Assemble:

Arrange on a large plate smother in extra poppy butter, then garnish with greens.





This recipe highlights some of Polish cuisine's produce staples: potatoes, onions, mushrooms, and onions. Some might call it 'peasant food,' but it is really a resourceful, not to mention hearty, way to eat with the seasons. The vibrant colors liven up this traditional stuffed cabbage dish known as 'gotąbki,' and some high heat cooking techniques make the recipe's umami game strong. Add cooked grains if additional heartiness is desired.

Fried Onion & Smoked Mushroom Cabbage Rolls with Buttermilk Mash

Serves 4 to 6

For the cabbage rolls:

1 head purple or red cabbage
1 1/2 teaspoons sea salt, divided
1/3 cup olive oil, divided
1 tablespoon liquid smoke
4 portobello mushrooms, stems removed, sliced 1-inch thick
3 large yellow onions, sliced into 1-inch rings
6 nori sheets, halved

For the dill crumb topping:

2 tablespoons olive oil
1 cup bread crumbs
1 cup fresh dill sprigs, plus a few extra for garnish
Zest and juice from one lemon
1/4 teaspoon sea salt

For the buttermilk mash:

3 russet potatoes
2 sweet potatoes
4 garlic cloves, minced
2 tablespoons olive oil
1 cup plain vegan yogurt (recommend Kite Hill plain almond yogurt)
1 tablespoon sea salt
Make the Cabbage Rolls:

Preheat the oven to 425°F. Line two baking sheets with parchment.

Cut out the core of the cabbage and carefully separate each leaf. Trim the tough veins by making a v-shaped cut but otherwise keeping the leaves whole.

In a mixing bowl, combine 1/2 teaspoon of sea salt and 3 tablespoons of olive oil. Brush the oil mixture onto both sides of the cabbage leaves using a pastry brush or fingers and place on the first baking tray in a single layer.

In the same mixing bowl, combine 2 tablespoons of olive oil, the liquid smoke, and 1/2 teaspoon of sea salt, mixing well. Brush the oil mixture onto both sides of the mushroom strips using a pastry brush or fingers and place in single layer on the second baking tray.

Place the two trays into the preheated oven and roast the cabbage leaves and mushrooms for 15 minutes. Remove the trays from the oven, flip the vegetables, and return them to roast in the oven for an additional 5 minutes, or until the mushrooms are golden and crispy.

Preheat a skillet over medium heat. Sauté the onion rings in the remaining oil and salt. Cover with a lid and cook for 3 minutes, stirring occasionally and generating steam to soften the onions. Remove the lid and cook for an additional 10 to 12 minutes, stirring periodically, until caramelized. Remove from the heat and set aside.

Now prepare the crispy dill crumb topping. Preheat a pan over medium heat. Drizzle on the olive oil and toss in the breadcrumbs to coat. Toast until golden, about 2 minutes, then remove from heat and place in a wide-rimmed bowl.

Finely chop the dill and mix it into the bread crumbs. Add the lemon zest and juice and the sea salt.

Now assemble the rolls. Once the cabbage leaves and mushrooms have roasted, the onion rings are cooked, and the dill crumb topping has been made, prepare the cabbage rolls. Place a half-sheet of nori on a cabbage leaf and add a few mushroom slices and onion rings. Tuck in the sides of the nori and cabbage, and roll the leaf away from you, pressing firmly to create a tight roll. Repeat until all of the cabbage rolls have been prepared.

Make the Mash:

Fill a medium-sized pot halfway with cold water.

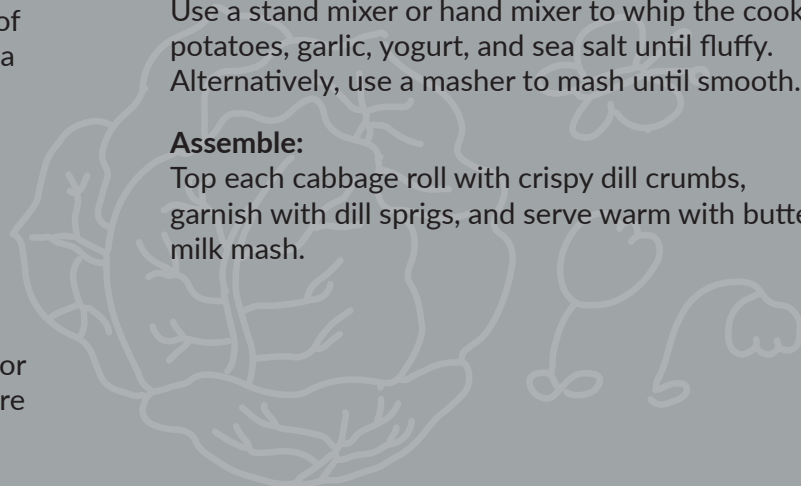
Peel the russet and sweet potatoes. Roughly cut them into bite-sized pieces, about 1-inch cubes, and place them in the cold water. Bring to a boil over medium heat and cook for 15 minutes, or until the potatoes are tender.

Preheat a small pan over low heat and sauté the garlic in olive oil for about a minute, being careful not to let it burn. Remove from the heat.

Use a stand mixer or hand mixer to whip the cooked potatoes, garlic, yogurt, and sea salt until fluffy. Alternatively, use a masher to mash until smooth.

Assemble:

Top each cabbage roll with crispy dill crumbs, garnish with dill sprigs, and serve warm with buttermilk mash.





CROWN HEIGHTS

Tropical vegetables, spices and exotic fruit are plentiful in the Caribbean and they contribute to the unique flavors of Crown Heights, where there is a huge Caribbean population. Savory dishes are highly seasoned with hot pepper sauces, coconut, garlic, green onions and fresh pickled spices.

When you visit some of the food markets in Crown Heights you will see black plantains, cassava, sweet potatoes, breadfruit, okra, christophenes, fibrous coconut, huge golden pumpkins cut in half or smaller pieces, callaloo leaves and bundles of hot chillis. Seeing all the food being sold almost reminds me of going to the market in the islands where women are selling aromatic cinnamon bark, little bags of allspice berries, fresh nutmegs in their lattice of rouge mace, black peppercorn, and cocoa sticks.

I chose these recipes because they bring memories from my childhood in the Caribbean and here in Brooklyn. Bread Pudding because my sister and I used to buy it at a Guyanese bakery in Crown Heights. It was delicious -- dense, yet soft and rich with rum soaked raisins.

Vegetable patties, well, what can I say. Patties are a staple of Caribbean food and culture. I know people who grew up on beef patties and I've used this recipe to make them believers. You don't need meat to get great flavor! The crust is light and slightly sweet and buttery. The filling is savory and supremely flavorful with hints of white pepper.

Stroll along the streets of Crown Heights with me, patty in hand.



Avis Ambrose grew up in St Lucia until the age of 12 when she moved to Crown Heights. Her passion for cooking and baking was inspired by watching her grandmother make plantain and coconut patties. She attended Natural Gourmet Cooking School, and has been working as a professional Private Chef ever since. In her spare time she works with HNWI clients around NYC and volunteers with the Brooklyn vegan meetups. She also loves puppies, weightlifting and walks through Brooklyn Parks. She has a ready-to-eat vegan meal delivery service and granola drop off and can be contacted at ambroseown@gmail.com

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Vegetable Patties

Makes 14 patties

My grandmother made patties that everyone, from all across the island, would come to get. And when people who immigrated to Canada, England or the States returned for a visit, they would make sure to seek her out, so I guess they were pretty special. All I knew as a little girl was that I loved them! And I loved to watch her hands in the flour pounding the dough and then rolling it out in circles, eye-balling every spoonful of the filling.

For the dough:

3 cups all purpose flour, plus more as needed
2 teaspoon baking powder
2 tablespoons granulated sugar
1 teaspoon salt
1/4 cup grapeseed oil
1 cup warm water

For the filling:

3/4 pound potatoes in 1/2 inch cubes
1 medium onion, diced small
2 cloves garlic, minced
1 teaspoon grated ginger
3 tablespoons cooking oil
1 teaspoon ground cumin
1 teaspoon hot sauce
1/2 teaspoon smoked paprika
1 cup frozen corn, thawed
1 cup frozen peas, thawed
1 green onion, diced
3 tablespoons chopped fresh parsley
2 tablespoons chopped fresh cilantro
1 teaspoon mild curry powder
1/2 teaspoon ground white pepper
1/4 teaspoon cayenne pepper

Prepare the dough:

In a large bowl sift together flour, baking powder, sugar and salt and make a well in the center. Add oil and water.

Knead to form soft and sticky dough.

Place dough on a heavily floured surface and knead for about 5 to 7 mins. Continue to flour dough as needed to facilitate kneading. The dough should be soft, elastic and smooth. Wrap and set aside as you prepare the filling.

Prepare the filling:

Submerge potatoes in water and bring to a gentle boil. Lower heat and cook under tender, about 12 minutes. Drain and set aside.

Preheat a large skillet over medium heat. Saute onions, garlic and ginger with a little salt in oil for about 3 minutes, stirring often to prevent burning.

Add cumin, hot sauce and paprika and continue stirring about 2 mins.

Add boiled potatoes, corn and peas. Slightly smash the potatoes and peas then thoroughly mix until ingredients are fully combined. Add green onions, parsley, cilantro, curry powder, white and cayenne pepper and a little water to prevent any burns. Cook for about 2 more minutes. Salt to taste. Remove from heat and let filling cool completely.

Assemble:

Preheat oven to to 350 F. Line two baking sheets with parchment.

Divide the dough into 14 equally sized balls, about the size of golfballs. Roll each ball out to form a circle, using a lightly floured rolling pin; spoon a generous 2 tablespoons or more filling in the center of the circle. Lightly moisten the door edges with water using your fingertip. Fold over twist with fingers gently to seal the edges or seal by pressing the edges with a fork.

Bake for 28 to 30 minutes, until dough is puffed up.




Bread Pudding

Makes one 9-inch pan

As a young girl living in Crown Heights, my sister and I loved walking to the bakery to get bread pudding. The bakery made it dense and sweet and they had a few different varieties, but my sister and I would both always get the cinnamon flavor.

Cinnamon, nutmeg and vanilla, simple ingredients that create classic warm and delicious flavors. This recipe is flexible, though. Some ideas: Replace the raisins with dates. Use almonds or a different nut. Add a 1/2 cup chocolate chips to any combination. Serve a little warm with some vanilla ice cream and fresh berries and a drizzle of caramel or agave. But it tastes great cool, too!

- 
- 1 cup raisins
 - Bourbon whiskey for soaking
 - 4 cups day old bread cut into 1 inch cubes
 - 2 cups dairy free milk, plus extra if needed
 - 1/2 cup coconut cream
 - 3/4 cup granulated sugar
 - 1 tablespoon pure vanilla extract
 - 1 tablespoon ground cinnamon
 - 1/4 teaspoon allspice
 - 1/4 teaspoon nutmeg
 - 1/8 teaspoon salt
 - 1/2 cup chopped walnuts

Optional to serve: vanilla ice cream, fresh berries


Place the raisins in a cereal bowl and cover with whiskey. Let soak for an hour. Drain whiskey and reserve it for a cocktail.

Preheat oven to 350 F.

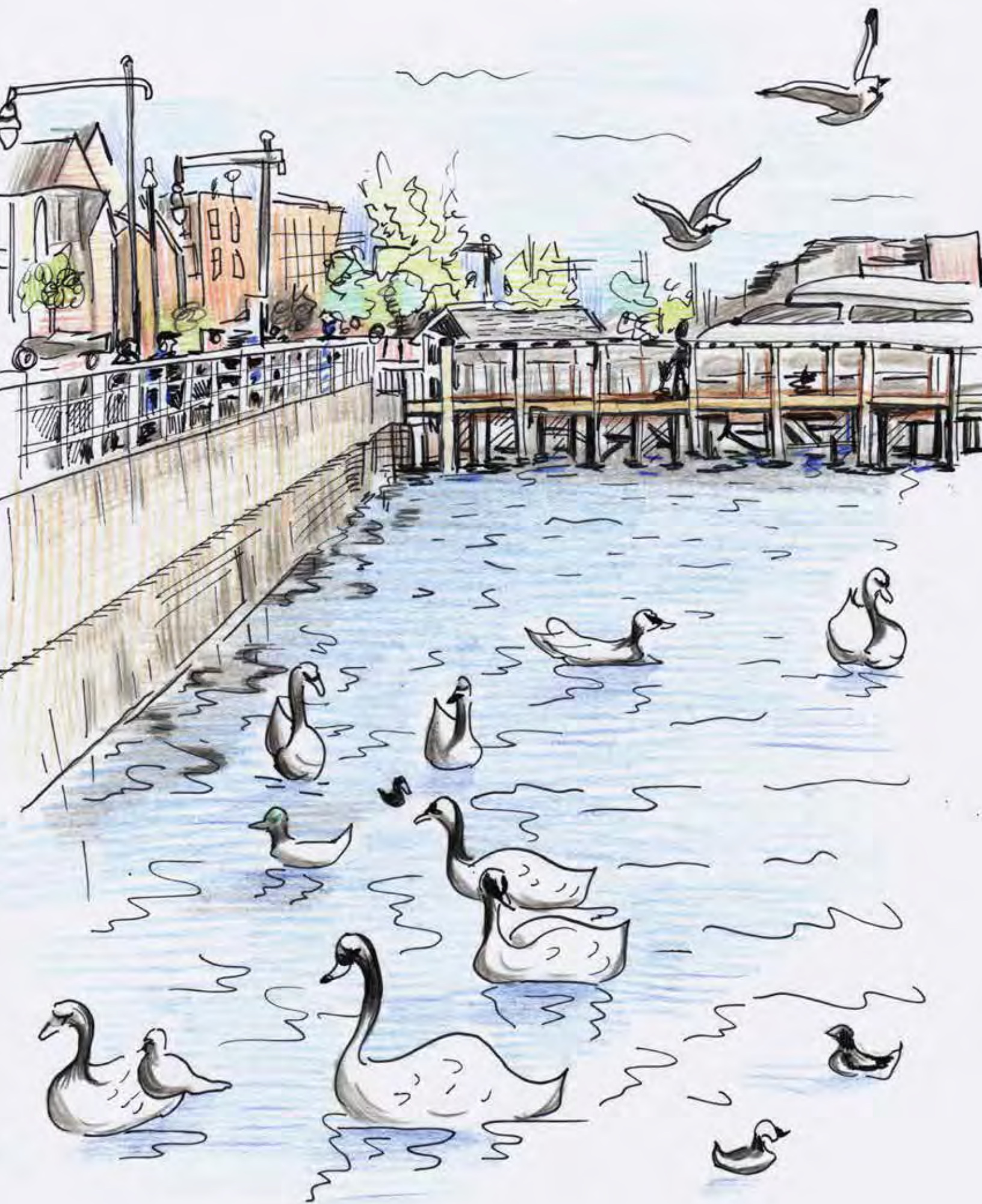
Lightly grease a 9-inch square baking pan and place bread cubes in it.

In a mixing bowl, combine milk, coconut cream, sugar, vanilla, spices and salt. Pour over the bread cubes and stir to mix. Fold in the drained raisins and walnuts. If it seems dry, add up to another 1/2 cup of milk.

Bake for 35 to 40 minutes, until lightly brown. Let cool a bit before slicing and serving.







SHEEPSHEAD BAY

It is hard to pinpoint what Sheepshead Bay food is. Growing up there I got to experience so many wonderful tastes and cuisines it would be impossible to fit onto these small pages. So I'm going to mention a bunch of stuff I didn't give recipes for because it seems important. Chinese restaurants decked out polynesian style, with tiki drinks and pupu platters. Roast beef sandwiches that also dripped with cheese. And speaking of cheese, cheese fries with ridges, shaped like coins. Did we even know a shoestring fry in Sheepshead Bay? I think not.

Fresh pita being baked, onion bagels, pizza and marzipan would waft through the air on Avenue U as I walked to public school on my own, because basically when you turned 8 in South Brooklyn you were a legal adult and always on your own. A little closer to the boardwalk you could get knishes split open and filled with caramelized onions and mustard. Head the other way on Coney Island Avenue for the best, spiciest Pakistani food. I didn't realize then and no one ever told me that most people did not live this way, with access to everything in the world for your mouth.

But I chose these recipes for the simple reason that Sheepshead Bay is, as I tell people from near and far, a little fishing village. That stretch of Emmons Avenue along the water that constitutes "The Bay" is known near and far for clams. In the 80s it was lined with restaurants and flea markets, people everywhere with some sort of food in their hand, whether sitting on the wooden bridge with their legs dangling over, or dressed up fancy on the patio of an Italian restaurant.

I will be 1000% honest with you. In order to get me to eat seafood it had to be cooked to oblivion and not resemble seafood at all. If there was a claw, I was out, bye. But breaded, fried things, pastas, dishes with just a hint of the sea and so much garlic and fresh lemon and golden crispness, that's what I enjoyed. So while the grown ups sucked down oysters (bleh) I was plenty happy with my carby, toasty choices. And now I offer them unto you.



Chef Isa is the owner of Modern Love Brooklyn and Modern Love Omaha, which she helps with from afar these days. She is the author of all your vegan cookbooks including *I Can Cook Vegan*, *Isa Does It* and *Superfun Times Vegan Holiday Cookbook*. She talks about herself A LOT in this zine so you get the idea. She loves farm sanctuaries, cat rescue and Great British Baking Show, and makes sure to get all her steps every day.

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Spicy Clam Linguine

Serves 4

A spicy, garlicky, lemony pasta with chewy bits and whole clams scattered on top. That's how I remember this dish. But what if the clam shells on top were...edible? The part of my brain that processes vegan versions of things started to tingle. Potatoes. Sliced into ovals. Crispy like clam shells but thoroughly edible and the biggest selling point...potatoes! On pasta! Carbs on carbs, nothing is better. To recreate the chewy parts in the pasta I used the classic trick of shiitake mushrooms equals any seafood. And the addition of lentils lends texture while soaking in flavor. Try to get potatoes that are between 2 and 3 inches long so that they resemble clamshells. Any bigger and you will want to halve them before thinly slicing. When arranging them to serve, you can even put two together and have them sticking out like an open clamshell. Too cute!

For the potato clam shells:

3/4 pound yukon gold potatoes, sliced 1/4 inch thick lengthwise
3 tablespoons olive oil
1/2 teaspoon salt

For the rest:

1/2 lb linguine

3 tablespoons olive oil, divided
12 oz shiitake mushroom, stems trimmed, sliced in half
1/4 cup sliced garlic
1 onion, thinly sliced
4 cloves garlic, minced
2 tablespoons nutritional yeast
1 1/2 cups cherry or grape tomatoes
2 bay leaves
2 tablespoons fresh chopped thyme
1/2 teaspoon red pepper flakes (more if you're spicy)
1/2 teaspoon kelp powder
1/2 teaspoon salt
1/4 teaspoon dried oregano
1 cup dry white wine
Generous amount fresh black pepper
1 cup veggie broth
3/4 cup cooked brown lentils
2 tablespoons fresh lemon juice
1/4 cup very finely chopped parsley, plus additional for garnish

Roast the potatoes:

Preheat oven to 425 F. Line a baking sheet with parchment paper. Place potatoes in a mixing bowl and submerge in cold water to rinse off the starch. Let them soak for a minute or so. Drain completely and dry with paper towels as best you can.

Drizzle the baking sheet olive oil and salt. Place the potatoes on baking sheet and toss around to get coated in the oil, then place them into a single layer. Bake for 30 minutes, flipping once, until browned and crispy. In the meantime, prepare everything else.

Make everything else:

Bring 6 quarts of salted water to a boil in a large pot. Boil pasta according to package directions, drain and set aside. In the meantime, prepare everything else.

Preheat a large sauté pan over medium heat. Add 1 tablespoon of the oil and sear the mushrooms for about 5 minutes, sprinkling them with a little salt, and tossing frequently. Remove from heat and set aside.

Saute the sliced garlic in the remaining oil and cook for about 1 minute until lightly browned. Add the onion and a pinch of salt and toss to coat. Cook until onion is translucent, about 5 minutes.

Add minced garlic and saute for about 3 seconds more. Then add the nutritional yeast and toss to coat, lightly toasting it, too bring out the flavor. About a minute.

Add the tomatoes and toss around, letting them break down a bit for about 2 minutes. Add bay leaves, fresh thyme, red pepper flakes, kelp powder, salt and oregano. Stream in the wine and toss everything around to deglaze the pan. Raise the heat and add a generous amount of fresh black pepper while wine reduces and tomatoes break down a bit, about 3 minutes.

Lower heat back down to medium and add vegetable broth and lentils to heat through. Add the lemon and parsley and mix well. Add mushrooms back in along with the linguine and let cook for about 3 minutes.

Place on a serving platter family style and stick the potatoes strategically into the pasta swirls so that they resemble clam shells. Sprinkle with a little additional parsley and serve with plenty of lemon and more red pepper flakes.



Delicata Baked Clams

Makes 8 clams

This filling - herby and meaty and just a little fishy - tastes exactly like the baked clams I remember wolfing down on the waterfront with a cappuccino as a child. Why were children drinking cappuccinos at 10:30pm in the 80s? And espresso with seafood? Nothing about that seems right. But some things just make sense. Like using a delicata instead of an actual clam. This idea came to me when I grew delicatas in my garden and realized they have a slight oceanic taste to them plus they really look like clams in the cutest way. Sure, you can call them stuffed delicatas, but where's the fun in that? The stuffing has a little seitan for meatiness and instead of breadcrumbs, toasted bread makes the filling light and airy.

For the squash:

4 delicata squash

1/4 cup olive oil, divided (plus a little extra)

6 pieces big sliced white

For the filling:

2 ribs celery, thinly sliced

1 small onion, finely chopped

2 tablespoons olive oil (plus a little extra)

1 1/2 cups finely chopped seitan

4 cloves garlic, minced

1/4 teaspoon salt

Fresh black pepper

1 teaspoon kelp powder

1 cup parsley, finely chopped, plus additional for garnish

3/4 to 1 cup vegetable broth

Lemon for garnish and squeezing

Roast the squash:

Preheat oven to 350 F. Line a baking sheet with parchment paper.

Slice ends off squash so that you have 2 cups that are about 2 1/2 inches high. Reserve the leftover middle of the squash for another day.

Scoop out seeds and stringy pieces with a tablespoon so that you have 8 squash cups. Drizzle with about 2 tablespoons olive oil and a little salt. Bake cut side up for about 30 minutes, until lightly browned and cooked through but still firm.

While the squash is roasting you can also toast the bread. Place on a baking sheet and toast for about 3 minutes a side. Remove from oven, let cool and cut into 1/4 inch pieces.

When squash is done roasting, let cool a bit. Keep oven preheated to bake the stuffed squash in a bit.

Prepare the filling:

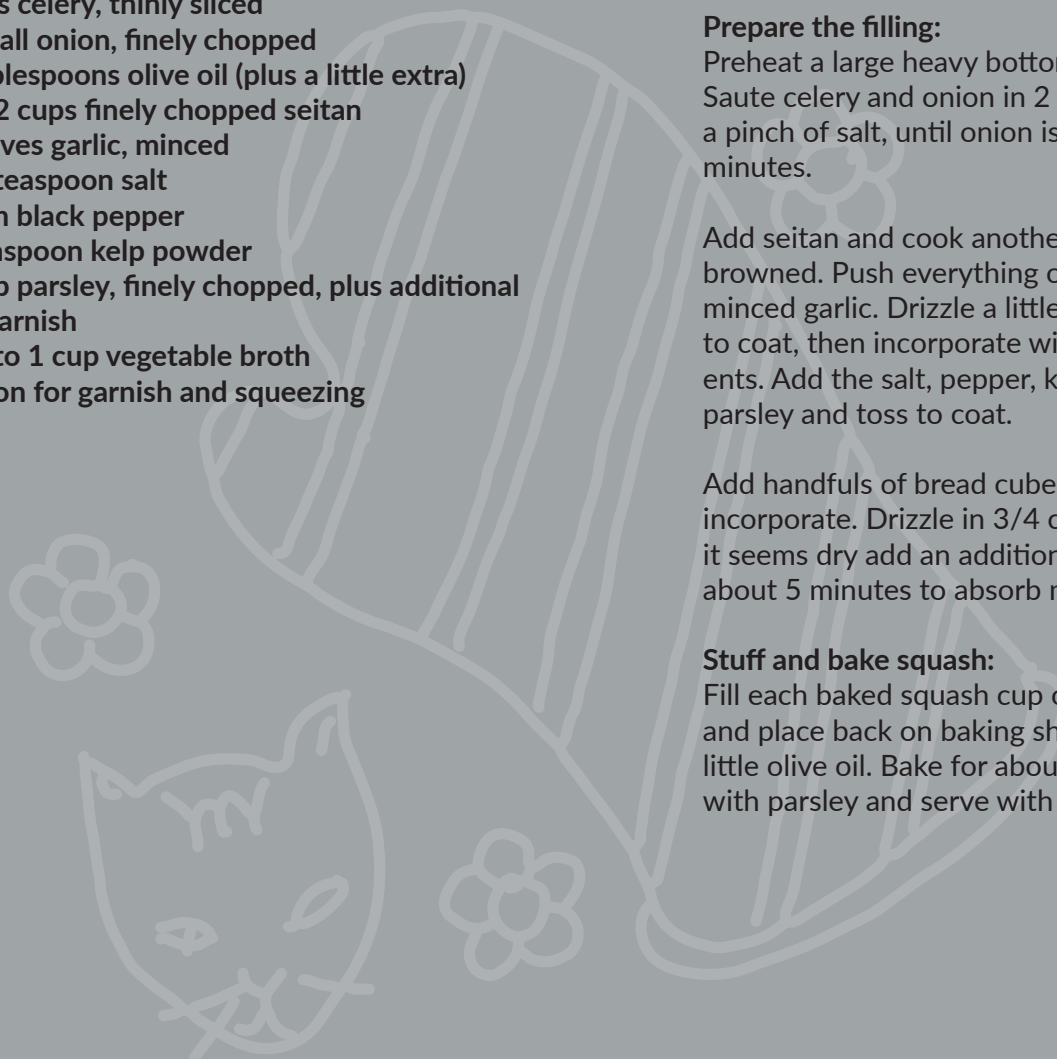
Preheat a large heavy bottom pan over medium heat. Sauté celery and onion in 2 tablespoons olive oil with a pinch of salt, until onion is translucent, about 5 minutes.

Add seitan and cook another 5 minutes, until lightly browned. Push everything off the side and add minced garlic. Drizzle a little oil on the garlic and toss to coat, then incorporate with the rest of the ingredients. Add the salt, pepper, kelp powder and chopped parsley and toss to coat.

Add handfuls of bread cubes to the pan, mixing to incorporate. Drizzle in 3/4 cup broth and mix well. If it seems dry add an additional 1/4 cup. Let cook for about 5 minutes to absorb moisture.

Stuff and bake squash:

Fill each baked squash cup overflowing with filling and place back on baking sheet. Drizzle tops with a little olive oil. Bake for about 20 minutes. Sprinkle with parsley and serve with lemon wedges.





Thank
You!



This project could not have happened without the help of these awesome people!

Paloma Serra, who wrangled folks together and assisted from home at first, then took over duties at the restaurant so I could get this done.

Jason Steady, who created layouts and doodles at lightning speed, and didn't even fight with me even once!

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Joshua Katcher for the lovely back cover.

ACTIVITY MAZE



HURRY AND GET THE
PUMPKIN TO THE SHAKE
BEFORE AUTUMN IS OVER!!



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