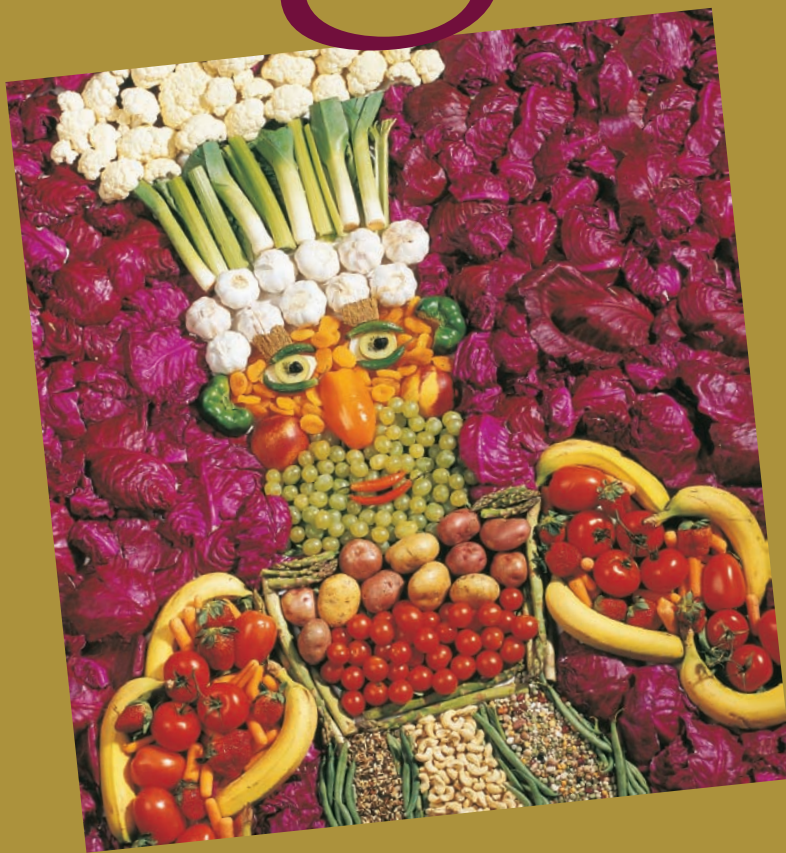


The Everyday Vegan



RECIPES & LESSONS FOR
LIVING THE VEGAN LIFE

Dreena Burton

The *Everyday*
Vegan



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Dedication

To my husband, Paul, for your extraordinary support, loyalty, and love.

Acknowledgments

Deepest love and gratitude to my husband Paul: you are unconditionally loving and supportive in everything we do; I could not ask for more in a husband and best friend. I am truly blessed to be part of your “team,” and give thanks for you and our precious daughter each day. To my lovable cats Sarabi and Mookie, for all the companionship and “lap warmth” provided over the years.

To my mother and father who gave so much to ensure that opportunities would always be available for my sisters and me: Mom, you are a remarkable woman, loved and respected by so many for the kindness and generosity you continually show as a mother and friend.

To Al and Doreen Smith: your dedication to lifestyle change during trying times inspired me to share my knowledge further. Your commitment is appreciated by all who can benefit from many more years of your love – and your renewed enthusiasm for life!

To my friends and family who supported this book and appreciated my vegan meals: special thanks to my dear friend Tanya Wilkshire; I greatly appreciated the feedback you offered through testing and sharing my recipes. Thank you as well for your incredible enthusiasm for my cooking, and for your acceptance of vegan eating (including tofu!). To my sister Diane, for all of the great vegan meals we shared at her home, but mostly for the ones she delivered to us after our baby was born. To her husband Bill, for sharing his knowledge of the publishing industry with me. To Evan Roche, who contributed his creativity to develop some fun names for my recipes such as “Swallow-It-All Banana Balls!” To our friends, Brian and Amanda Eydt, for the brainstorming fun; Brian, I am glad to have you as my financial advisor (rather than my marketing consultant – “where’s the meat” – sorry, you know I can’t resist poking fun!). To my former business colleague, Trevor Adey, for the professional development I experienced working with you for three years. The confidence and maturity I gained has been invaluable to this project, as well as others I will work on in the future.

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To the organizations and individuals who assisted with the primary research for my book, including Gary and Naty King, EarthSave Canada, the International Vegetarian Union (IVU), and Dave Smith, as well as all of the respondents to my survey. Thanks also to Sterling Haglund for your hard work to repair my computer, which crashed at a less than convenient moment; to Paul Knowles for your time and insight, which was of great help; and to Marilyn Thiessen and Carolyn Downey for introducing us.

To all of the individuals and groups, who choose the healthy and compassionate vegan lifestyle, and support activities towards its increased presence and growth in society. Special thanks to Ingrid Newkirk, one of the most gentle and caring people I have had the pleasure of meeting.

Of course none of this would be possible without the vision and co-operation of everyone at Arsenal Pulp Press, especially Brian Lam.



Introduction



WHO IS *THE EVERYDAY VEGAN*?

There are two ways to interpret the title of this book. In one way, *The Everyday Vegan* is for committed vegans looking for ideas, recipes, and instructions they can use *every day* of the year. In another, the book is for average (i.e., *everyday*) people who want to start eating healthy but don't know where or how to begin. In fact, *The Everyday Vegan* is a great resource for both.

Obviously, I would love to see everyone adopt this healthy diet every day of the year. Our environment would be cleaner, our bodies healthier, and our animals happier. However, I realize that not everyone will change their eating habits overnight. I also know that it is better for people to embrace this delicious, nutritious way of eating occasionally rather than not at all. So use this book if you want to enjoy cooking and eating delicious vegan foods, whether it is every day or any day.

There is no mystery to vegan cooking. If you have been previously stalled by start-up questions – What ingredients do I use? What exactly are they? Where do I get them? What do I do with them once I get them? How do they taste? – you will find the answers here. I frequently use a number of ingredients that may be new to you, but there is an entire section detailing what these ingredients are and where you can find them. There is also a “tips and how-to’s” section to help you with cooking techniques and ingredients you may be unfamiliar with. And within the individual recipes, sidebar notes outline substitution ideas, serving suggestions, and other general tips.

The recipe directions are fairly lengthy and detailed, but this does not mean they are complicated; in fact, most are quite easy to prepare. I simply wanted to provide you with instructions clear enough for any cooking level. As an amateur chef, I have learned from cookbooks, cooking shows, literature, and plain experimentation, which proves that anyone can make these recipes!





As for taste, these creations are truly delicious. Vegan food can taste fabulous! Many people who have tried a vegan recipe that is bland or otherwise unappealing think every vegan meal must be the same; this is simply not true. A little experimentation and an open mind are all that is needed to see how scrumptious vegan foods can be! As an example, some soymilks taste awful, but others are excellent. And salads can be wonderful, but vegans can't survive on lettuce alone. The meals I cook have great variety and substance, and friends are often surprised when they eat with us. You too will be surprised when you use these recipes.

An important note about my recipes: you obviously will not find butter as an ingredient, but you also won't find margarine or other hydrogenated oils. Many vegan cookbooks use margarine to replace butter in dishes, particularly for baking and desserts. I eliminated margarine from my diet several years ago, along with other products containing hydrogenated and partially hydrogenated oils. While there are non-hydrogenated margarines available, you will see that I have simplified my cooking by using oils such as olive and canola.

I know from experience that opting for a vegan lifestyle opens you to criticism from others, a situation which can often prove challenging. Common questions include "Where do you get your protein?" and "Aren't you worried about getting osteoporosis?" To address these issues, I have referenced many statistics in the section entitled "No Need for Everyday Concerns," which demonstrate that protein and calcium deficiencies, among other things, are nothing more than myths associated with the vegan diet. In fact, this section reveals that a vegan diet can actually protect against some of our most common and severe ailments and illnesses.

I hope you enjoy using this book. If you would like to share your story, or if you have questions or suggestions please visit my cooking blog at <http://vivevegan.blogspot.com> or e-mail me through www.everydayvegan.com

STORIES OF EVERYDAY VEGANS

My Family's Story

I grew up in a traditional meat and potatoes family, the fifth of six daughters. Except for a few too many trips to the corner store to sneak junk food, I ate the standard North American diet until I was about seventeen, when I significantly cut back on beef after reading an article about how our bodies digest red meat. I continued to eat just about everything else, including chicken, pork, fish, cheese, and milk; in fact, these were the main ingredients of almost every meal I cooked after I left home to attend university.

I got married at the age of twenty-three, about six months after graduating from university with a business degree. I continued to cook the same dairy-rich, meat-based meals that we had been accustomed to eating, with the exception of red meat. My husband Paul laughed at my red meat theory and even though we didn't eat it at home, he routinely ordered steak or hamburgers when we ate out at restaurants. This continued for about a year, when I took an interest in some literature on vegetarian food I had stumbled across. After more research into the vegetarian lifestyle, I came to the realization that making this kind of dietary change was a very logical step; I was particularly struck by the similarities between our digestive systems and those of herbivores in the wild. Thus I began to experiment with vegetarian foods.

Our subsequent transition to a vegan diet does not make for great storytelling. There was no true defining moment or major revelation, no cleaning out of cupboards or memorable final meat-based meal. In fact, our switch was quite gradual, if not downright slow. I first switched to eating free-range chicken and eggs, but soon realized that the proper thing to do was to stop consuming poultry products altogether. I don't believe I ever saw free-range pork products and if memory serves me correctly I decided to eliminate pork, fish, and all other animal flesh from my diet at the same time I stopped eating poultry. Officially I could call myself a vegetarian, but not a vegan.

Paul sort of fell into these changes, since I was doing all of the cooking. While he didn't initiate the transition, he didn't miss meat either, and after a month or so of vegetarian meals he stopped ordering meat in restaurants. Somewhere along the way, his palate came to appreciate the great flavors that vegan meals offer. He now laughs when people ask him, "Don't you sometimes crave a nice juicy steak?" The fact is that he finds the very thought of eating meat unappealing to the point that he has difficulty even watching others eat it, or seeing it prepared on television cooking shows.





Eliminating dairy products was more difficult for us. Like most people, we had accepted all of the media messages received since birth and firmly believed that our bodies needed milk. I don't think it helped that our local grocer had a limited selection of soymilks and other milk product substitutes that didn't taste very good. So we continued consuming dairy for about a year as I read and learned more, keeping an open mind about the information available on dairy products, and the source of that information. Soon, I came to the understanding that cow's milk is meant for baby cows just as a human mother's milk is meant for baby humans! After all, no one would ever venture out into a pasture and nurse directly from a cow. So why consume cow's milk when other animals do not drink milk from other species, or drink it from their own once weaned?

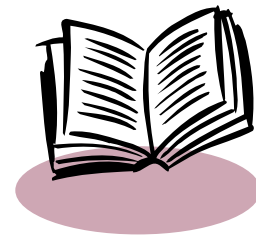
As a result, we decided to begin eliminating dairy from our diet. The results had such a remarkable impact that we have not consumed dairy products since. My digestion improved remarkably and I noticed that I contracted fewer head colds and flues than I had in the past – not that I never get colds anymore, but I get significantly fewer, and they are much shorter in duration. My knees improved, too. I recall having such stiffness and pain in my knees that once during a university presentation, it was painful to stand up from my chair. At the time, all I could think was “I am twenty, and my knees feel horrible; what will they be like when I am forty or fifty?” I was consuming a lot of dairy at that time – yogurt, frozen yogurt, cheese, and milk. The removal of dairy products, I believe, was key to the improvements in my knees and the elimination of other health concerns that were unusual for such a young age.

Paul also felt better. At least once a year, before becoming vegan, Paul contracted a serious throat infection which required antibiotics. At one point he was scheduled to have his tonsils removed, but didn't because of an unexpected trip out of town. He did not reschedule his appointment and in the past six years since becoming vegan, his annual throat infections have disappeared and he has not been on antibiotics once. He firmly believes his vegan diet is the difference.

These changes were the turning point in our transition to a vegan diet. The proof was in our physical health and feeling of well-being. Now, the more we continue to read and learn, the more literature and research supports our personal truths.

So why this book? When we first started eating vegan, I was often disappointed in the recipes I tried. They often lacked the full flavor and textures I was looking for, and many required a lot of new ingredients that were sometimes costly, difficult to find, and infrequently used. I enjoyed experimenting on my own, and soon found a passion in vegan cooking. Over the years, I learned about new cooking techniques and different foods that expanded my recipe creations. Friends and family frequently asked for my recipes, as well as for food and cooking information, and they often told me that I should be working professionally in this field, an idea that was appealing to me. When Paul's parents decided to change their diet too (see: "Al & Doreen's Story" which follows), I realized the value of my recipes and food knowledge. Inspired by their remarkable success and commitment, I left a corporate career to write this book.

As I was finishing the manuscript, I gave birth to our first child. A vegan from the day she was conceived, our daughter is a happy, healthy bundle of joy who will grow and be nourished by the great foods you will find in this book.



Al & Doreen's Story

I was truly inspired when I saw my husband's parents, as a result of a health crisis, make drastic changes to their diet overnight, and enjoy the benefits of their new lifestyle.

In 1998, at the age of sixty-one, Paul's father, Al, experienced a heart attack. It was a huge shock to anyone who knew him, as he didn't fit the stereotype for someone at risk for heart disease. He wasn't overweight, he didn't smoke or drink, and his diet was not bad by North American standards. He didn't eat a lot of junk food or take-out, but he did consume animal products regularly.

At the time of his heart attack, Paul and I had been vegan for about five years, but we didn't impose our lifestyle on others, especially family. It was therefore somewhat of a surprise when Paul's mother, Doreen, approached me that first night in the hospital and announced that they wanted to switch to a vegan diet.

Apparently, Al explicitly told his cardiologist that he wanted to make changes so that this would never happen again and he could return to a healthy, happy life. His cardiologist, who coincidentally was a vegetarian, said that if he really wanted to improve his health, a dietary change was absolutely necessary. Other lifestyle changes were also required, including more exercise and taking steps to reduce stress. Although Al had an angioplasty procedure, his cardiologist explained that this procedure alone would not prevent future heart attacks nor reverse his heart disease. It was simply the immediate first step required for Al to begin his recovery.

The cardiologist recommended a book entitled *Dr. Dean Ornish's Program for Reversing Heart Disease*. This reversal diet excludes all animal products except egg whites and non-fat dairy products, with very limited fat intake, and advocates other lifestyle changes, including regular exercise. Al chose to exclude all animal products from his diet, including dairy and eggs, but ate fish just occasionally.

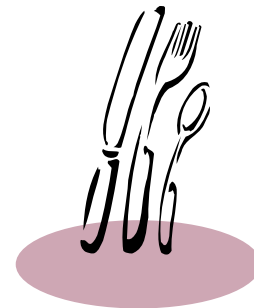
Paul and I were thrilled to provide the practical help that got them started with their transition. While Al was recovering in the hospital, I prepared meals for both of them using some of my recipes, and Paul delivered them every night. It gave them a chance to see how tasty this healthful food can be. They didn't have to worry that their new diet would be uninteresting! Within the first few days, Doreen cleared all animal products out of her cupboards and fridge, and began asking what foods could be used to replace some of their staples (for example, soy milk instead of cow's milk). She went shopping right away, picking up many of the items we suggested. As they started cooking and experimenting, I answered



questions along the way. Before long, they impressed us with their own creations! As part of their new lifestyle, they also began walking an hour every day, and found more time to relax and enjoy the little things in life.

That was a full three years ago. With each physical, Al's cardiologist has noted improvements in his condition. But his medical check-ups are not the only measure of their newfound improved health. Al has lost twenty pounds, and Doreen has lost twenty-five. Also, prior to their lifestyle change, results from a bone density test indicated that Doreen was at risk for developing osteoporosis, but two years later, the same test has shown bone density improvements! And her asthma has improved to the point that she no longer uses an inhaler. They rarely get colds or flues anymore, even though they used to get at least one or two a year. And they were both very flattered at a ten-year office reunion when former colleagues expressed amazement at how young and fit they both looked. Al's most recent check-up was impressive: his cardiologist stated that Al is one of only a very few patients who have been able to keep their cholesterol under control with diet and exercise.

Al and Doreen's commitment is admirable. First, they made this switch later in life, when most people are resistant or indifferent to change. Secondly, they continue to eat vegan in a city where vegetarian options in restaurants are very limited, and there are just a couple of health food stores. They often make special requests at grocery and health food stores to carry the products they want. On a recent cross country trip to Florida, Doreen made meals and snacks along the way so they could eat healthy during their week of travel without having to worry about what vegan options the roadside diners may or may not have. These ongoing examples of their dedication and success make me think, "If they can be everyday vegans, anyone can"!



Tanya's Story

Tanya Wilkshire, one of my best friends, is a vibrant and healthy mother of two adorable kids, Matthew, five, and Kate, two. Healthy eating and lifestyle choices had always interested her, and she was somewhat curious about our vegan diet. She occasionally expressed interest in preparing vegan meals, but for as long as I had known her she had a major aversion to tofu. The very thought of it – its look, its feel – made her feel ill.

One of my funniest “Tanya tofu” memories occurred about five years ago when she and her husband Nick were at our house for a dessert night. I had made a chocolate pudding pie using soft dessert-style tofu. I served it to Nick and Tanya, and they appeared to be enjoying it. Nick was ready for seconds, and Tanya was happily finishing her first piece until she asked what was in it. The minute I said “tofu,” she immediately put down her fork and stopped eating. Poor Nick felt guilty as he sheepishly helped himself to another piece, but Tanya could not get past the mental block of eating tofu, even though she appeared to love the taste and texture before she knew what it was.



So it was a major breakthrough when they stayed at our home last year for a visit (we now live in different cities) and Tanya said she was ready to try a meal with tofu in it. She explained that she would be fine as long as she couldn't see the tofu in its regular form. The finished product had to somehow disguise the tofu – no big chunks of the white stuff to bite through. I thought my “Sweet and Sour Neat Balls” would be perfect. In this recipe, I first purée firm or extra-firm tofu in a food processor until it is powdery fine, then mix it with the ingredients to form the “Neat Balls,” served with a sweet and sour sauce. I did a quick demo for Tanya while preparing the meal, so she could see how I worked with the tofu.

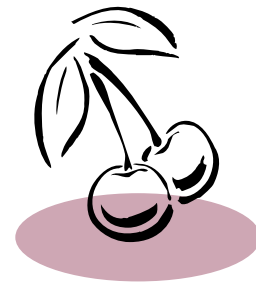
“They're actually quite good,” she noted pleasantly after her first bite. I was happy to have partially broken through her tofu barrier. The next day, she was open to a few more options.

I gave Tanya some recipes and cooking tips to take home, specifically asking her to keep them to herself until my book was published. She began experimenting at home, trying new foods. In just a few weeks, she was including more vegan meals in her diet, which her whole family enjoyed. Five-year-old Matthew particularly likes the “Chickpea Mash Stew.”

Tanya also made some vegan meals for guests, and had friends try leftovers when they visited. Some asked for the recipes, but Tanya told them that she couldn't give them out until my book was published. This apparently caused some upset, to the point that Tanya decided she wouldn't make any more of my recipes for guests until the book was out. I enjoyed this compliment, of course, but what really made me happy was that Tanya and her family were appreciating the tastes and health benefits of vegan foods.

Tanya now enjoys tofu many different ways, experimenting with recipes and the vegan diet in general. She and her family recently removed dairy from their diets, and have been "dairy-free" for the past few months. Although Tanya initially thought that she could never exclude milk and other dairy from her family's diet, she has already decided that they will no longer consume dairy.

Tanya, Nick, Matthew, and Kate are a great example of an "everyday vegan" family. They experimented with vegan foods, gradually including more their daily meals. Knowing how delicious and rewarding vegan eating can be, it has now become part of their healthy lifestyle.



SHOPPING FOR EVERYDAY INGREDIENTS

What They Are, Where to Get Them, How to Use Them

Here is some information on some of the recipe ingredients I use that may be new to you, as well as where to shop for them and how to use them. Some of the items may also be used as substitution ideas or to jazz up recipes in general. In this section you will find:

FRESH HERBS

Basil
Chives
Cilantro/Coriander
Dill
Oregano
Parsley
Rosemary
Tarragon
Thyme

GRAINS & FLOURS

Arborio Rice
Arrowroot Flour
Chickpea Flour
Couscous
Kamut Flour
Millet
Phyllo Pastry
Quinoa
Wild Rice
Whole Wheat Pastry Flour

NUTS & SEEDS

Almond Butter
Flax Seeds/Flax Meal
Tahini

SOY PRODUCTS

Miso
Soy Milk
Soy/Rice Cheeses
Tamari
Tofu

SPICES SEASONING & CONDIMENTS

Egg-Free, Non-Dairy
Mayonnaise
Balsamic Vinegar
Chipotle Hot Sauce
Fenugreek
Hoisin Sauce
Lemongrass
Red Wine Vinegar
Rice Vinegar
Sea Salt
Vanilla Bean

SWEETENERS & CHOCOLATE

Blackstrap Molasses
Honey Options
Chocolate and
Chocolate Chips
Stevia
Unrefined Sugar



Fresh Herbs

Fresh herbs are easily grown at home in the garden or on a window sill, but they are also readily available in the produce section of most grocery stores. Selection will vary at times, and generally herbs other than parsley and cilantro are packed in small plastic containers. Parsley and cilantro are usually kept with the other produce items, left open in large bunches.

BASIL: Basil is one of my favorite herbs. It is wonderfully aromatic, but it is one of the more perishable and delicate herbs. It can bruise (blacken) easily and needs to be treated with a little TLC. To use the leaves, simply tear them away from the stalk. In order to minimize bruising, use a very sharp knife to chop the leaves, or tear them with your hands. The taste of dried basil does not compare with fresh, so is not always a good substitute. Generally, dried basil works well in dishes such as soups and stocks, where it can be added early in the cooking process and will contribute to the overall flavor. Basil works wonderfully with tomato-based dishes, bell peppers, many pastas, and Italian dishes, to name just a few.

CHIVES: Chives are part of the onion family and can be used in many dishes. They can be easily chopped and added to salads, used in dips and dressings, or to garnish various entrées. They work well with many different foods, with potatoes at the top of the list. Scallions, or green onions, can be substituted for chives, but only use the top tender green portions, chopped fine, since they are somewhat stronger than chives.

CILANTRO/CORIANDER: Cilantro, which is sometimes called coriander, is another wonderful leafy herb often used in Asian and Mexican cuisine. It is an acquired taste that people either love or hate. This may be due to the recipe that the cilantro is used in, or perhaps the amount used. It has a strong flavor and should be used sparingly. But its unique taste really adds character to many dishes. So if you've tried it before and didn't like it, I encourage you to try it again where indicated in my recipes. When I have the time, I like to remove the leaves from the stalks; this can be quite time consuming, however, so if you prefer, you can chop the stalks (at least the top tender portions) and the leaves together.

DILL: Dill is another of my favorite herbs. I use it in salad dressings, main dishes, tomato sauces, and to flavor grain and bean dishes. It works particularly well in dips and non-dairy creamy dressings, as well as with potatoes. To use dill, chop away the fine leaves with the fine, tender portions of the stalks. If your



only previous experience with the flavor of dill is from pickles or other commercial “dill”-flavored items, you will be delighted at how appealing the flavor is in my recipes.

OREGANO: Oregano is a herb that people know well and use often in its dried form. Dried oregano is quite good for many dishes, particularly in Italian-inspired foods such as tomato sauces, lasagnas, and pizzas. Since the dried form is typically added early to the dish, the flavor can be imparted throughout the cooking time. Fresh oregano adds extra pizzazz to your favorite recipes that normally call for dried. A fairly strong herb, the leaves can be torn away from the stalks and chopped (the tender parts of the stalks can also be used). Whole stalks can be immersed in sauces or soups while they are simmering, and then removed before serving.

PARSLEY: There are several varieties of parsley, two of the most common being curly parsley and Italian flat-leaf parsley. Parsley is fairly robust, doesn't bruise as basil does, and keeps well in the refrigerator. You can use both the stems and the leaves. The stems have a stronger flavor, so you may want to reserve these for vegetable stocks, or chop the more tender part of the stalks along with the leaves. Parsley is a wonderful addition to many dishes, particularly when chopped fine and sprinkled to “finish,” as well as on fresh salads.



ROSEMARY: Rosemary is a very strong herb, a small amount is all that's needed to impart flavor. As with oregano, you can easily immerse a full stalk of rosemary in soups, stocks, and sauces to draw out the flavor, and then remove the stalk before serving. To use the leaves, pull them away from the woody stalk (this is easiest to do by running your fingers down the length of the stalk in the opposite direction of the growth of the leaves), and then chop the desired amount.

TARRAGON: Tarragon has a slight aniseed (licorice) taste, and is often used to flavor vinegars and sauces. With this distinct flavor, it should be used somewhat sparingly initially to see how much of it you like. Tear the leaves away from the stalk and then chop to use in your dishes. The tender parts of the stalks can also be used.

THYME: Thyme is great in mushroom and potato recipes, as well as in many other vegetable dishes. If the stalks are fairly tough, remove the leaves from the stalks. As with rosemary, this is done easiest by running your fingers down the length of the stalk in the opposite direction of the growth of the leaves. However, if you have young thyme and the stalks are very tender (you will know because it will be somewhat tedious to remove the leaves), you can use both the leaves and the stems.

Grains and Flours

ARBORIO RICE: Arborio is an Italian rice, and the key ingredient for risotto recipes. It is a short, fat, pearly white grain that absorbs plenty of liquid and develops a wonderful, rich, and creamy texture. It is also good to use in rice pudding recipes. Arborio can be found in local grocery stores and specialty markets.

ARROWROOT FLOUR: Arrowroot flour, sometimes called arrowroot powder, can be found in health food stores. It is a natural, plant-based thickening agent, used as an alternative to cornstarch. A white powder that looks just like cornstarch, arrowroot flour can be substituted measure for measure.

CHICKPEA FLOUR: Chickpea flour, sometimes called garbanzo bean flour, is made by grinding chickpeas into a powdery texture. It can be found in health food stores and specialty markets carrying Italian ingredients. In the few recipes where I call for chickpea flour, other flours can be substituted.

COUSCOUS: Couscous is a pasta, made from wheat, very small and round in shape. It cooks quickly; most brands take just five minutes. It is available in regular and whole wheat varieties in grocery stores as well as health food stores.

KAMUT FLOUR: Kamut flour is made from a grain that is related to wheat, but offers more nutritional benefits, including higher protein, and is an alternative for people who have sensitivities to wheat. Kamut flour is somewhat coarse, with a light yellow color and a pleasant, nutty-sweet taste. Kamut flour as well as other Kamut-based products such as breads, cereals, and pastas, can be found in your health food store.

MILLET: Millet is round and similar in appearance to couscous, but a little larger and denser. Unlike couscous, millet is, in fact, a grain rather than pasta. It can be found in health food stores and some grocery stores.





PHYLLO PASTRY: Phyllo pastry is paper-thin and can be found in the freezer section of your grocery store. It usually comes in a long box with the phyllo rolled up inside, 24 or so sheets layered on top of one another. Keep it frozen until ready for use, then thaw it in the refrigerator overnight (or about 12 hours) for best results. (In a pinch, you can thaw it at room temperature for 2 to 4 hours the day of use, however, thawed this quickly the pastry can thaw unevenly and is not as easy to work with.) Phyllo seems fragile because it is papery thin and can tear, but it is also very forgiving, and any tearing and patching will not affect the final product. Work with a few sheets at a time, keeping the other sheets moist by covering them with a slightly damp towel (not wet). If the phyllo dries out (this usually happens around the edges), it will become brittle and crack, but if you work fairly quickly with it, it likely will not dry out. Any leftover sheets of phyllo can be tightly wrapped in plastic wrap and kept refrigerated for about a week. The phyllo pastry that I use is free of animal products but not all are, so you should check the list of ingredients on any you buy.

QUINOA: Quinoa (pronounced “keen-wah”) is an ancient grain that is gaining in popularity. It cooks quickly and produces a light, couscous-like grain that is much higher in protein than other grains. You may find it in grocery stores in the rice or grains section, or in the ethnic/imported foods section. If not, you can definitely find it in health food stores. Other products using quinoa as the grain base, including cereals and pastas, are coming onto the market.

WILD RICE: Wild rice is actually a water-grown grass. It has a beautiful, dark purple-black color, a wonderfully nutty taste, and a slightly chewy texture. When you cook wild rice, the grain opens up, exposing the whitish interior. You may find wild rice in your local grocery store, and you can certainly find it in health food stores, sometimes also packaged with other grains as a wild rice mixture.

WHOLE WHEAT PASTRY FLOUR: Whole wheat pastry flour is a little finer in texture than regular whole wheat flour. As a result, baked goods using this flour are lighter. If you don't have whole wheat pastry flour, you can use regular whole wheat flour, substituting some unbleached all-purpose flour (about $\frac{1}{4}$ - $\frac{1}{2}$ of the total amount) to lighten the texture.

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