barefoot and in the Kitchen

Volume four

VEGAN RECIPES for you! from me (ashley)

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GET IN TOUCH!

you know you wanna talk to me - about restaurants, recipes, nothing that has anything to do with food. email me:

socialobscenity@yahoo.com

also, be friends with my myspace for the remote possibility of updates or whatever.

www.myspace.com/barefootandintheKitchen
Hey, thanks for picking up this fourth volume of Barefoot and in the Kitchen. It's been awhile, eh? Sorry about that. Life has been busy, and I couldn't bring myself to write another 'obligatory introduction'. I put it off and put it off for like a year and a half. Then I just came up with a to do list for y'all instead! Because everyone could use a little guidance, right? Not you? Well then skip this part, whatever. Fine.

p.s. the introduction isn't really why this took me so long, but I had to make up some kind of excuse, didn't I?

TO DO

- Forget every bad thing I ever said about brown rice
- Start having your own vegan potlucks! It's a good way to make friends, eat delicious food, and show everyone else that vegans have more fun
- Start your own cookbook! I've known several people who've decided to put down their own recipes with some fancy (or not) formatting lately, and really, I don't think there could ever be too much vegan food or too many zines in the world. So get on it.

additions? contact me!
recommendations? questions?

MAGGIE MIDD

9434 Autumn Avenue
San Francisco (415) 544-539

Vegan ice cream: Dreams.

LANCASTER: A mega-costumed fest.

Langston Hughes-inspired gospel Christmas. (Through Dec. 30)

MINO REAL. Actors Theatre Of San Francisco, 855 Bush St., 345-1287, Thu-Sat 8pm, $10-$30 (Dutch and/or Russian)
Lots of well-known literary characters and figures

REAL FOOD DAILY
541 Santa Monica Blvd.
Santa Monica, CA (310) 458-7744

Kinds of food: all good, vegan food keeps you warm.
Kinda funny (at least to punk kids), but good, vegan food. Keep a smile.

MILLENIUM
5836 Great Northern Road
San Francisco (415) 543-340

Sloping Toward D., Winter Theater, 3153 17th St., 549-7721, Thu-Fri 8pm, Sat 7-10pm, $12-$20
Local sketch-comedy group Kissing My Lobster tackles a bevy of first-time experiences with its inaugural production

COLLECTIVE ORGANIC MEAL
3314 17th Avenue
San Francisco (415) 666-317

Mieral Ave. (Mill Valley), 388-5208, Thu-Fri 8pm, Sat 2 & 8pm, Sun 2 & 7pm (show Dec. 15, $10-$50)
This is an adaptation of Montefeurs' 17th-century play, which finds itself taking a turn on the mainstage in the

READ GODDAMNIT. FOR THOUSANDS...
THREE BEAN SALAD WITH AVOCADO VINAIGRETTE

My friend Cassandra kind of made up the idea of mashing some avocado into salad dressing and tossing it with a bean salad for one of our potlucks. I kind of tried to eat all of it, but stupid other people kept taking their fair share. Then I decided to just make up a recipe for dressing and throw this together myself whenever I want. And not share.

- 1 can garbonzo beans (chickpeas)
- 1 can kidney beans
- 1 Cup cooked, chopped green beans (cold)
- ½ avocado
- ½ small red onion
- 3 Tbsp. olive oil
- 2 Tbsp. balsamic vinegar
- salt and pepper
- onion and garlic powder (optional, I guess)

Drain and rinse the garbonzo and kidney beans, and combine in a large mixing bowl with the green beans.
Cut the red onion into small, thin pieces, and mix with the beans.
Take ¼ of the avocado (half of the half, get it?), or more if you like, and mix with the beans and the onion. You can cut it into slices or chunks, or mash it up. Do whatever you want. It’s ok.
Now make your dressing! Mince the garlic into incredibly tiny pieces, and stick it in a glass or bowl. Mash the rest of your avocado up and put this in with the garlic, as well as the oil and vinegar. Whisk together thoroughly (I use a fork for this), until the mixture is creamy and mostly smooth. Add all the spices to taste, and then pour over the bean mixture. Quick, before it separates!
Mix it all up, and sprinkle on some more salt and pepper, as well as the onion and garlic powder if you want. Taste it. And serve that shit cold outta the fridge.
TOFOO COM CHAY
does manage the job of
also wine. The Golden Compass does manage
A shitload of mock-meat, pho, and more.
-not quite entirely vegan.

SATURN CAFÉ
145 Laurel Street
San Francisco 94119
Phoenix, AZ 85034
213/285-3472
Super-hip, all-vegetarian diner.
Open late.
-all vegetarian, vegan friendly

LANESPLITTER
2033 San Pablo Ave.
Berkeley (510) 845-1652
Pizza, salad, beer and wine. They make their own ‘notta ricotta’ cheese.
-omnivorous, vegan friendly

LANESPLITTER (again!)
4759 Telegraph Avenue
Oakland (510) 653-5350
See above!
-omnivorous, vegan friendly

GOOD KARMA
37 South First Street
San Jose (408) 294-2694
From Asian to American comfort food, with lots of mock meats.
-all vegan

GOLDEN LOTUS
1301 Franklin Street
Oakland (510) 893-3083
Chinese with lots of mock meats, veggies, and variety.
-all vegetarian, some dairy

GOLDEN ERA
572 O’Farrell Street
San Francisco (415) 673-3136
See Golden Lotus!
-all vegetarian, some dairy

WILDFLOWER CAFÉ
1604 G Street
Arcata (707) 822-0360
Decent food, one of the only veg. restaurants around.
-all veg, vegan friendly

VEGAN PLATE
11943 Ventura Blvd.
Studio City (818) 506-9015
Chinese with lots of delicious combos.
-all vegan

VEGAN GLORY
8393 Beverly Blvd.
Los Angeles (323) 653-4900
See Vegan Plate!
-all vegan

‘KARMA’ SPRINKLES
A sort-of substitute for parmesan cheese—just in, you can use it in the same situations, but don’t expect it to taste the same. I’m not sure if the name of this recipe refers to the good karma you’ll have for not eating real cheese, or the bad karma I’ll have for blatantly ripping off a similarly-named, very expensive product that I like to eat but don’t like to pay for. Wait a second, I don’t think DIY is every bad karma. Nevermind.

- ½ Cup chopped walnuts
- ⅛ Cup nutritional yeast
- ⅛ Tsp. salt

Find some way to crush the shit out of the walnuts. You could use a food processor if you have one, or do it old-school style with a mortar and pestle (that would rule), or find some even more crafty DIY way to do it, like using a hammer, or the bottom of a small jar, or some kind of handle of something. Or whatever.

Once the walnuts are sufficiently pulverized, mix in the salt and nutritional yeast.

Store in an airtight container in the fridge.
NO-MEAT MEATY MEAT SAUCE

This is the super-simplest, totally easy and delicious meaty pasta sauce. You can add whatever veggies you want (I think traditional ragù contains sautéed carrots and onions), but I like my non-meat straight up, with no distractions.

- 1 15 oz. can tomato sauce
- +/- 5 cloves of garlic, minced
- ½ Cup hot water
- ¾ Cup TVP (textured vegetable protein)
- ½ tsp. garlic powder
- ½ tsp. onion powder
- 1 fresh basil leaf, chopped
- 3 tbsp. nutritional yeast
- 2 tbsp. olive oil
- salt and pepper to taste

Start by sautéing your garlic in the olive oil, stirring and cooking until soft. In the meantime, add the hot water to your TVP in a small bowl and mix, and give it a minute to absorb and become... not so dry. Once the garlic is cooked and the TVP is not-so-dry, add the TVP into the pan and cook it for a minute or two with the garlic, adding some of the spices at this point if you’d like. Then, add the tomato sauce, basil and the remainder of the spices and simmer over medium heat for a good few minutes so the sauce can absorb all the good flavors and the TVP gets all saturated with everything and whatnot.

*Ridiculously useful tip: you can double or triple this recipe to use as the meat sauce in a lasagna recipe (like the one in volume one of this zine. cough. triple it. ahem.)

SHEPARD’S PIE

I have to admit, I’ve never eaten ‘real’ shepard’s pie, with the meat and whatnot. This is neither an apology nor an excuse though. Actually, maybe it is an excuse. An excuse for how delicious this vegan version is.

- 3 Cups frozen mixed veggies (I like the kind that comes with corn, carrots, peas and green beans or lima beans)
- 1 ½ Cups (one 12 oz. package) fake meaty crumbles
- ½ Cup margarine
- 1 ½ Cup vegetable broth
- 3 Tbsp. flour
- 1 small onion, diced
- 3 cloves garlic, minced
- 3-4 potatoes (I leave the skins on)
- 2 (more) Tbsp. margarine
- 2/3 Cup soymilk
- salt and pepper to taste
- dash of nutritional yeast (optional-ish)
- medium sized casserole pan

Melt the ½ cup margarine in a sauce pan and sauté the onion and garlic in it. Once the onion and garlic are soft, add the flour and whisk until thoroughly mixed. Then, whisk in the vegetable broth and keep stirring over medium heat until the mixture thickens and becomes creamy. Once it’s all creamy and lovely, pour over a mixture of the frozen veggies and ‘meat’ in the casserole pan and mix well, adding some salt and pepper as you go.

Meanwhile, chop and boil the potatoes to make mashatatoes. When they are cooked (like enough to cut them easily with a fork), mash them thoroughly- an electric mixer really works best for this- with the 2 tbsp. margarine, soymilk, and some salt and pepper. Spread mashatatoes over meat/veg layer in the casserole pan, creating a thickish layer on top. Sprinkle on some nutritional yeast and bake, uncovered, for 30-35 minutes at 350° until the top is a little crispy. Slop it onto a bunch of plates and feed all your friends.
CORN CHOWDA

Smart Alec’s in Berkeley makes the best corn chowder ever. I think it’s my favorite soup in life. After many months of trekking out there and coughing up the cash to have it served to me, I decided I was being ridiculous and that it was time to make my own. This isn’t quite Smart Alec’s, but it’s pretty damn good, and if I can fool myself, so can you. Fool your own self, I mean. And maybe me too, I guess.

- 5 potatoes
- 2 stalks of celery, chopped
- 2 carrots, chopped
- 1 medium onion, diced
- vegetable broth (several cups)
- ¼ Cup soymilk
- 3 cloves garlic, minced
- 1 package frozen yellow corn
- olive oil (a few tablespoons to sauté the veggies)
- salt, pepper, dill, onion and garlic powder, and chili powder (optional. Only the chili powder, I mean)

Sauté the garlic, onion, carrots and celery together in the olive oil until all are beginning to get soft and the onion is translucent.

Meanwhile, chop the potato into bite-sized pieces and start boiling in just enough vegetable broth to cover them, plus about a half inch (does that make sense?)

When the veggies and the potatoes are all done, take about ¼ to 1/3 of each (without the broth or extra oil) and set aside, if you want your soup to be chunky.

Then, pour the rest of the veggies in their oil into the potatoes and broth, and start blending this in batches in a blender or food processor.

Once this is all done, pour your blended mixture back into a large pot to finish cooking. Add back in your un-blended veggies, as well as the corn, and slowly add the soymilk until the soup is the consistency you want it. Keep cooking the soup over medium heat to cook the corn and make it all cohesive while you add the spices. Spice the soup to taste (keep tasting it!), putting an emphasis on the salt, pepper and most of all dill. Keep stirring, tasting, and spicing until it has a good consistency and flavor.

MAPLE WALNUT COOKIES

The maple walnut cookie was born as a result of my having none of the right ingredients for any other sort of cookies, and a potluck to attend in just a couple hours. They’re kinda fall-apart-y (they’re a party!), but they got rave reviews upon their debut. At a party.

- ½ Cup vegan margarine
- ½ Cup sugar
- 1 egg-replacer
- ½ Cup maple syrup
- 1 Tbsp. soymilk
- 1 Tbsp. baking powder
- ½ Tsp. salt
- 2 Tbsp. vanilla
- 3 ¼ Cup flour
- 1 Cup crushed walnut pieces
- ½ Cup chocolate chips (optional)

Beat the margarine, sugar and egg replacer well. Then add the maple syrup, soymilk and vanilla, and mix well. In a separate container, mix the dry ingredients (except for the walnuts and chocolate chips), and then stir slowly into the wet mixture. When all that shit’s thoroughly mixed, it’s time to add the walnuts (and chocolate chips).

Form the dough into small, flattish cookies, and bake at 350° for about 12 minutes.

STAN SMITH’S TENNIS CLASS

DOUBLES: UNDERSPIN RETURN

The "chip" is an abbreviated version of the normal drop backhand. By using a shallow, U-shaped stroke on the backswing and follow-through, you will generate underspin.
LEMON CAKE

This is a modified version of a vanilla cake recipe that was initially made for a birthday celebration. Vanilla cake is good, but seriously, lemon cake… it’s just more interesting. Slather this with the creamy vanilla frosting whose recipe follows.

- 2 ⅓ Cups flour
- 1 ⅓ Cup sugar
- 1 ½ Tsp. baking soda
- ¾ Tsp. salt
- 1 ½ Cup warm water
- ½ Cup vegetable oil
- 1 Tbsp. vanilla
- 1 ½ Tsp. vinegar
- zest and juice of one lemon*
- 2 8” cake pans

Mix the flour, sugar, baking soda and salt in a large mixing bowl. Pour in the water, vanilla, oil, vinegar and lemon juice/zest, stirring until all is thoroughly mixed. Pour half of the batter into each (greased!) cake pan, and bake for 30-40 minutes at 350° until a toothpick can be stuck in the center and come out clean. After both cakes are Totally cool, spread frosting on the top of one, then set the other cake on top of it and frost the outside with CREAMY VANILLA FROSTING.

What’s Infesting Our Houses?

Interested buyers
Track lightning
One cockroach

Lemon zest is basically the little shredded peel-y parts of lemon that go in baked goods. To get this, I usually just use a small grater and grate the entire outside of the lemon. There are also little ‘zesting’ tools though, if you’re into that sort of thing and have the money/motivation to get one.

Now you can also start crumbling your bread into the lentil mixture. This is exactly what it sounds like- using your hands to crumble your bread slices into as small of crumbs as possible into the lentils so you can stir it all up and they’ll assimilate into something semi-homogenous. I tend not to use the crusts for this, because they’re a little harder to get to crumble right, but you can do whatever you want. Maybe you’re a crust person, who knows. At this point, I start using my hands to sort of squish/knead the mixture, because it should really be too thick to stir. As you’re doing this, add your spices to taste. It’s not gross to taste the lentil much before it’s fried into burgers- it’s actually delicious. Like I always say, taste as you go, and you’re probably gonna want more spices than you think you need.

Once your mush is all flavored and mixed, it’s time to fry! Put a thin layer of oil in a pan (this is where I add the Braggs actually too. I know oil and ‘water’ don’t mix, but sometimes I just say fuck it, you know?) and heat on medium-high heat for a minute or two. Form your burgers like you would any other- into little flattish patties that will fit in their buns. Fry for several minutes on each side, until the outside is slightly crispy, the inside is warm, and hopefully they’re not falling apart. Serve ‘em up!
LENTIL BURGERS
This is a recipe my old roommate and I came up with after we found some vegan hamburger buns (and a whole bunch of other bread. And some out of date tabloid magazines...) in the trash. We needed something to fill them with (the buns, that is), and thus the burgers were born. Serve 'em with home fries, and top with pickles and ketchup (and lettuce, sprouts, tomatoes, onions... you know the drill).

- 1 1/2 Cup lentils
- 3 Cups water
- 1 bouillon cube
- 1/2 onion, chopped small
- 2 carrots, chopped small
- 2 cloves of garlic, minced
- 2 Tbsp. olive oil
- 1 Cup(ish) corn (I use frozen)
- about 2 1/2 slices of bread (dark breads work well, I think)
- oil to fry in
- Braggs liquid aminos (optional, I guess)
- Spices of your choosing. My choosing involves salt, pepper, garlic and onion power, nutritional yeast, maybe cumin...
- Buns or other bread of some sort to make sammiches on

Start out by boiling your lentils in the water+boullion in a covered pot over medium heat until they get soft. I mean like, really soft, like you can't differentiate the individual lentils any more and they're just like this legume mush. This will go faster if you've soaked your lentils for a few hours first, but I never do this, so you don't have to either, if you don't want.

While the lentils are mushifying, start preparing your other veggies. Saute the onion, garlic and carrot in the olive oil until all are soft. Once the lentils and the other veggies are all cooked, mix them up, and add the corn at this point too.

CREAMY VANILLA FROSTING
This is a good all purpose frosting, and is the recipe I probably should have included with the cinnamon buns in volume one, but I didn't, and you were on your own for awhile there, so ha. Anyway, if you don't have/can't find vegetable shortening, it's ok to substitute it with more margarine, but who wouldn't prefer a little variety, right?

- 1/4 Cup vegan margarine
- 1/4 Cup vegetable shortening
- 3 Cups powdered sugar
- 1 Tbsp. vanilla
- 1 Tbsp. soymilk

Whip together the margarine and shortening for several minutes (yep, several minutes) with an electric mixer of some kind, until they start to become fluffy and no longer dense. Slowly add the powdered sugar, then the vanilla and soymilk, and beat for another minute or so.
TOFU SPREAD

This recipe was inspired by the one we used to make the tofu spread we put on bagels and sammiches at an ex-employer of mine. I have to say, other than learning to do dishes extremely efficiently, this is by far the best thing that came out of that job. Spread this shit on bagels, burgers, sammiches... whatever. Or dip French fries in it. That's the best.

- 1 block firm tofu
- a handful of cashews
- 2 cloves of garlic
- ½ tsp. salt
- ¼ tsp. pepper
- ¼ tsp. onion powder
- ¼ tsp. garlic powder (optional, in case you don't like garlic as much as you should)
- sprinkle of nutritional yeast, if you feel like it

Basically, throw all this shit in a blender or food processor, and blend until the cashews and garlic cloves are all annihilated (or at least in really small pieces), and... that's it.

Now make some lentil burgers so you have something to spread it on.

SPANISH RICE

This is a recipe adapted from my mom's, which would be vegan except for all the ground beef in it. But who'd miss that anyway? If you're dead set on the meaty texture, you could throw in some TVP, but really, it doesn't need it. Stick it in burritos or eat it by itself.

- 1 medium onion, chopped
- ½ to 1 green bell pepper, chopped
- 2 Cups rice (uncooked)
- 2 Cups water
- 1 small (8 oz.) can tomato sauce
- ½ tsp. salt
- ½ tsp. onion powder
- ¼ tsp. garlic powder
- ¼ tsp. chili powder
- olive oil (a couple tablespoons)

In a large pan over medium heat, sauté the onion and bell pepper in oil until almost soft.

Add the tomato sauce, then rice, water and spices, and stir.

Cover with a lid and simmer over low-medium heat until the rice is cooked, about 20-25 minutes, stirring occasionally so it doesn't stick. No one wants rice stuck all over the bottom of their damn pan, right? That's what I thought.

As always, spice to your preferences. Add more chili powder if you like some extra kick.