



# Out on a Lim Vegan Gourmet Cooking

a wheat free diet

**3<sup>rd</sup> Edition**  
**Edited by Janine Lim**



**Where I come from, the meal is the result of reflection and study. Menus are prepared in advance, timed to perfection. It is said without the culinary arts the crudeness of reality would be unbearable.**



**-Leopold**

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# Breakfast

## Granola (Grandma Krock's recipe)

14 c. rolled oats (mix slow & fast cooking)      2 c. wheat germ  
1 c. coconut      1 c. brown sugar  
1 T salt

Mix together. Add 1 c. water, 1 c. oil, 3 T vanilla blended. Bake in 250° oven for 45 min. or longer if you want it browner. Can also add 1 c. sunflower seeds. Flaked nuts: almonds, brazil nuts, filberts or walnuts.

## Barley Waffles

2 pkg dry yeast      1 t. salt  
½ c. warm water      3/8 c. olive oil  
1 t. sugar      2 ¼ c. barley flour  
3 ½ c. warm milk (½ c. soy milk powder)      2 ¼ c. rolled barley

Combine first three ingredients and let stand until bubbly. Combine remaining ingredients and add yeast mixture. Let rise 1-2 ½ hours and bake in hot waffle iron. (Note: Try cooking the barley flakes first.)

## Rye Waffles

2 pkg dry yeast      1 t. salt  
½ c. warm water      3/8 c. olive oil  
1 t. sugar      2 ¼ c. rye flour  
3 ½ c. warm milk (water & ½ c. soy milk powder)      2 ¼ c. rolled rye

Combine first three ingredients and let stand until bubbly. Combine remaining ingredients and add yeast mixture. Let rise 1-2 ½ hours and bake in hot waffle iron.

## Brown Rice Waffles

The night before. Soak 1 c. brown rice in water. Cook ½ c. rice with 1.5 c water. (Boil water. Add ¼ t. salt and rice. Turn to low and simmer for an hour. Make sure the steam is coming up. If not, turn it up.)

1 ¾ c. water  
1 c. brown rice, soaked overnight (= about 1 1/3<sup>rd</sup> c.)  
½ c. nuts or sunflower seeds

Process in blender for 1 minute. Then add:

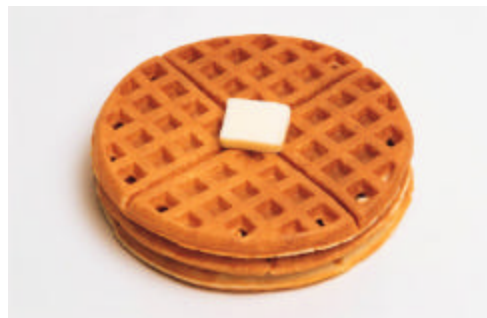
1 c. cooked brown rice.  
½ c. water  
1/3 c. unsweetened coconut (optional)  
1 t. vanilla or maple flavoring  
½ t. salt.

Blend until very smooth, at least 10 minutes. Pour into preheated waffle iron sprayed with Pam. (I use Crisco brushed onto the waffle iron.) Bake until steaming stops, about 10-12 minutes. (Listen to the timer, not the buzzer on your waffle iron!)

Note: This recipe doesn't work with barley or rye berries.

## Blueberry Sauce

5 c. blueberries, fresh or frozen  
¼ c. sugar  
½ c. water  
1 t. lemon juice  
Combine blueberries etc. Heat until boiling. Simmer.



### Camping Crepes **New!**

1 c. whole rye flour	1 T. canola oil
1 c. rye or barley flakes	2 T honey
3/8 t. salt	1 1/2 T. maple flavoring
2 c. vanilla flavored soy milk	

Put above ingredients into a blender and blend until smooth, about 3-4 minutes. Spray a 12 inch skillet with oil. Heat. Pour scant 1/4 c. of batter into heated pan. When crepe looks dry, turn and cook on other side. Fold each crepe in half as you remove it from the pan. Fill each crepe with a teaspoon of the desired filling and serve hot.

**Pecan Filling:** 1/2 c. pecans and 1/4 c. pure maple syrup. Blend to a thick paste. Tastes wonderful!

**Blueberry Filling:** All fruit blueberry jam or blueberry sauce on the previous page.

### Soy-Barley/Rye Waffles (Oats, p. 109) **New!**

2 1/4 c. water	1 c. soaked soybeans (1/2 c. dry)
1 1/2 c. rye or barley flakes	1/2 t. salt
1 T oil.	

Soak soybeans several hours or overnight in sufficient water to keep covered. Drain, discard water. (Soaked, drained soybeans may be kept in the refrigerator for a week or stored for longer periods in the freezer. Keep on hand for use at a moment's notice.) Combine all ingredients and blend until light and foamy, about half a minute. Let stand while waffle iron is heating. The batter thickens on standing. Blend briefly. Pour into a pitcher for convenience. Grease iron with solid shortening for first waffle. (Do not use margarine.) Bake in hot waffle iron 8 minutes, or until nicely browned. Set timer for 8 minutes and do not open before time is up. If waffle iron is hard to open, leave a few seconds longer. When serving a large number, bake waffles ahead of time. Stack and cover with waxed paper. Just before serving, reheat in hot waffle iron just long enough to heat through for soft waffles or longer to make crisp. Sections may be heated in the toaster or in very hot oven, briefly. Do not allow to dry.

### Garbanzo-Barley/Rye Waffles (Oats, p. 111) **New!**

2 1/4 c. water	1 T oil
1 1/2 c. rye or barley flakes	1 T sugar
1 c. soaked garbanzos (1/2 c. dry)	1/2 t. salt

Follow recipe above, substituting garbanzos for soybeans.



### Buckwheat-Barley/Rye Waffles (Oats, p. 112) **New!**

2 1/4 c. water	1/4 c. soy flour
1/2 c. buckwheat flour	1/2 t. salt
1 1/2 c. rye or barley flakes	1 T oil

Combine ingredients and blend until light and foamy. Let stand while waffle iron is heating. The batter thickens on standing. Blend briefly. Bake on hot waffle iron 8-10 minutes. Do not raise lid until timer sounds. Allow more time, if necessary, to brown. **Note:** Ingredients may be combined and allowed to soak for 30 minutes or overnight in refrigerator, then beaten in the electric mixer or by hand, using rotary egg beater or wire whip. Vigorous beating is required. Chilling will aid in forming steam for rising.

### Pecan-Barley/Rye Waffles (Oats, p. 112) **New!**

1/2 c. pecan meal	1 T oil
1 1/2 c. rye or barley flakes	1/2 salt
2 1/4 c. water	

Follow recipe above for Buckwheat Waffles above.

# Baking

## Pumpkin-Apricot Bread (<http://www.foodallergy.org/recipes.html>)

1 3/4 cups flour	1 cup sugar
1 1/2 tsp. baking powder	1/2 cup dried apricots, chopped
1/2 tsp. salt	15-oz. can pumpkin purée
1/4 tsp. ground cinnamon	3 T. water, 3 T. oil, 2 tsp. baking powder, mixed together
1/4 tsp. ground ginger	1/3 cup orange juice
1/4 tsp. ground cardamom	1 tsp. orange peel
1/4 tsp. ground coriander	

Preheat oven to 350 degrees. Lightly grease and flour a 9-inch loaf pan. Set aside. In a large bowl, combine flour, baking powder, salt, cinnamon, ginger, cardamom, coriander, sugar, and apricots. Mix thoroughly. Set aside. In another bowl, whisk together pumpkin puree; water, oil, and baking powder mixture; orange juice; and orange peel. Pour pumpkin mixture into dry ingredients. Stir until batter is well blended. Pour batter into prepared loaf pan and bake 55 to 60 minutes, or until toothpick inserted into the center comes out clean.

## Barley Blueberry Muffins (adapted from Betty Crocker 40<sup>th</sup> anniversary book p. 37)

1 c. soy or rice milk	1/3 c. sugar
1/4 c. oil	3 t. baking powder
1/2 t. vanilla	1/2 t. salt
1 T. cornstarch	1 c. blueberries
2 c. barley flour (or 1 c. barley/1 c. rye)	



Heat oven to 400°Line 12 muffin cups with paper baking cups. Beat milk, oil, vanilla. Add the dry ingredients and stir just until flour is moistened. Batter will be lumpy. Fold in blueberries. Divide batter evenly among muffin cups. Bake 20 to 25 min. or until golden brown. Immediately remove from pan.

## Barley Zucchini Bread (adapted from Betty Crocker 40<sup>th</sup> anniversary book p. 44)

3 c. shredded zucchini (skins on) (about 3-4 zucchini)	3 c. barley flour
1 2/3 c. sugar (I do just 1 c.)	2 t. baking soda
2/3 c. oil	1 t. salt
2 t. vanilla	1 t. ground cinnamon
4 T. cornstarch and 1/4 c. water (replaces 4 eggs)	1/2 t. ground cloves
	1/2 t. baking powder
	1/2 c. coarsely chopped nuts: pecan or walnut

Heat oven to 350° Grease bottoms only of 2 loaf pans. Mix zucchini, sugar, oil, vanilla, cornstarch and water in large bowl. Stir in remaining ingredients. Pour into pans. Bake 50-60 minutes or until wooden pick inserted in center comes out clean. Cool 10 minutes. Loosen sides of loaves; remove from pans. Cool completely before slicing. Wrap tightly and store at room temperature up to 4 days, or refrigerate up to 10 days.

Variations:

**Cranberry bread:** Substitute fresh or frozen (thawed) cranberries for the zucchini. Add 1/2 c. mil with the oil. Omit cinnamon and cloves. Add 2 t. grated lemon or orange peel with the vanilla. Increase bake time to 60-70 min.

**Pumpkin bread:** Substitute 1 can (16 ounces) pumpkin for the zucchini.

### Barley Sticks

1 ½ c. barley flour  
¼ c. black sesame seeds  
¼ c. quinoa flour  
½ t. salt

½ c. water  
¼ c. sesame oil  
1 T. sugar

Mix dry ingredients in a bowl. Beat oil and water together. Pour over dry ingredients, stirring with fork. Gather into a ball and knead slightly. Separate into two balls. Roll to one half inch thickness. Cut ½ an inch wide, 3 inches long. Place on ungreased cookie sheet. Place in oven preheated to 400° Reduce heat to 350° and bake 25 min. or until lightly browned. Reduce heat and allow to dry thoroughly.

### Rye Zucchini Bread (adapted from Betty Crocker 40<sup>th</sup> anniversary book p. 44)

3 c. shredded zucchini (skins on) 1 2/3 c. sugar  
(I do just 1 c.)  
2/3 c. oil  
2 t. vanilla  
4 T cornstarch and ¼ c. water (replaces 4 eggs)  
3 c. rye flour

2 t. baking **soda**  
1 t. salt  
1 t. ground cinnamon  
½ t. ground cloves  
½ t. baking **powder**  
½ c. coarsely chopped nuts: pecan or walnut

Heat oven to 350° Grease bottoms only of 2 loaf pans. Mix zucchini, sugar, oil, vanilla, cornstarch and water in large bowl. Stir in remaining ingredients. Pour into pans. Bake 50-60 minutes or until wooden pick inserted in center comes out clean. Cool 10 minutes. Loosen sides of loaves; remove from pans. Cool completely before slicing. Wrap tightly and store at room temperature up to 4 days, or refrigerate up to 10 days.

Variations: **Cranberry bread:** Substitute fresh or frozen (thawed) cranberries for the zucchini. Add ½ c. mil with the oil. Omit cinnamon and cloves. Add 2 t. grated lemon or orange peel with the vanilla. Increase bake time to 60-70 min.

**Pumpkin bread:** Substitute 1 can (16 ounces) pumpkin for the zucchini.

### Rye Banana Bread (Adapted from *Savor* p. 9)

3 ¾ c. rye flour  
1 ½ c. sugar  
5 t. baking powder  
1 ½ t. salt  
1 c. plus of soy milk

4 ½ T. oil  
2 T. cornstarch  
5 ripe bananas, mashed  
1 C. nuts, finely chopped  
(pecan meal)

Measure all ingredients into a large mixer bowl; beat on medium speed ½ minute scraping sides and bottom of bowl constantly. Pour into 2 greased and floured loaf pans. Bake at 350° for 55-65 minutes or until wooden toothpick inserted in center comes out clean. Remove from pan. Cool before slicing.



### Rye Apple Cinnamon Sticks

1 ½ c. rye flour	½ c. water
¼ c. pecan meal	¼ c. sesame oil
¼ c. buckwheat flour	2 T. sugar
5 dried apple rings, chopped	1 t. cinnamon
½ t. salt	

Mix dry ingredients in a bowl. Beat oil and water together. Pour over dry ingredients, stirring with fork. Gather into a ball and knead slightly. Roll to one half inch thickness. Cut ½ an inch wide, 3 inches long. Place on ungreased cookie sheet. Place in oven preheated to 400° Reduce heat to 350° and bake 20 min. or until lightly browned.

*See if this adaptation makes them not so dry.*

### Cornbread (*Savor the Flavor*, Niles Cookbook p. 10)

Turn on oven to 450°

1 ½ c. cornmeal	2 T. sugar (optional)
½ c. rye flour	1 ½ c. milk (soy preferred)
4 t. baking powder	2 T. oil
1 t. salt	2 T. cornstarch

Mix together all dry ingredients; add the rest of the ingredients. Beat vigorously 30 seconds or 30 strokes. Pour into a Pam-sprayed square 8x8x2" pan. Bake at 450° for 20 minutes.

### Toll House Cookies (wheat-free, gluten-free)

¾ cup soy flour	1/2 tsp vanilla
¼ cup potato starch flour	¼ tsp water
1/2 tsp salt	1 egg
1/2 tsp baking soda	Chocolate pieces
1/2 cup margarine	1/2 cup chopped nuts
6 tbs sugar	
6 tbs brown sugar	



Sift together flours, salt and baking soda. Blend margarine, sugars, vanilla, and water. Beat in egg. Add flour mixture and mix well. Stir in chocolate pieces and nuts. Drop by well-rounded teaspoons onto cookie sheet. Bake 10-12 minutes at 375 (F) [190 (C)].

Source: [http://www.cs.unc.edu/~kupstas/FAQ\\_recipes.html](http://www.cs.unc.edu/~kupstas/FAQ_recipes.html) From The Food Allergy Cookbook

### Barley Flake Cookies (adapted from James' Oatmeal Cookie Recipe)

1 c. shortening	1 c. barley flour
¾ c. brown sugar	½ c. quinoa flour
¾ c. white sugar	1 t. salt
3 T. cornstarch and ¼ c. water	3 c. barley flakes
1 T. vanilla	½ c. chopped pecans
	½ c. carob chips

Cream shortening and sugar. Add vanilla. Sift flour, cornstarch and salt. Stir into first mixture. Fold in oatmeal, nuts and carob chips. Drop on a well greased cookie sheet. Bake at 375° for 10-12 minutes.



### Quinoa Flake Cookies (adapted from James' Oatmeal Cookie Recipe)

1 c. shortening	1 c. quinoa flour
¾ c. brown sugar	½ c. barley flour
¾ c. white sugar	1 t. salt
3 T cornstarch and ¼ c. water	3 c. quinoa flakes
1 T vanilla	½ c. chopped walnuts

Cream shortening and sugar. Add vanilla. Sift flour, cornstarch and salt. Stir into first mixture. Fold in oatmeal, nuts and carob chips. Drop on a well greased cookie sheet. Bake at 375° for 10-12 minutes.

### Carrot Macaroons **New!** (Taste of Health p. 91)

1 c. grated raw carrots (about 2 medium to large) packed into a measuring cup	2 T oil
½ c. water, or enough to pour over carrots to fill cup	1 t. vanilla
½ c. honey	2 c. shredded, unsweetened coconut
	½ c. rye flour
	½ t. salt

Mix ingredients well. Let sit for 5 to 10 minutes. Measure out 1 T cookies and pat each one slightly flat and round. Bake at 350 for 20-25 minutes or until edges turn medium brown. These cookies are better a little crispier.

## Friday Nights

### Fruit Soup (Kristina Freed's recipe)

1 quart peaches  
1 pint strawberries  
½ c. blueberries  
1 apple (peel and slice)

1 T minute tapioca  
Optional: pineapple,  
pears, grapes, dried fruit.



### Barley Apple Crisp

½ c. barley flour	½ t. cinnamon
1 c. rolled barley flakes	½ stick margarine
¾ c. brown sugar	5-6 apples

Mix together dry ingredients. Cut margarine into dry mixture and use fingers to mix until crumbly. Peel and slice apples and place in greased 9x13 pan. Sprinkle crumb topping evenly over apples. Bake at 375° for 30-40 minutes. Serve warm.

### Best Hummus Recipe

1 can garbanzos	½ t. salt
¼ c. tahini	shake of cayenne
1 T sesame oil	3 t. cumin
6 T lemon juice	4 t. dill
	1 t. sugar

Reserve liquid from garbanzos. Add if needed. Blend it all together. Let marinate.

### “Egg Salad” Tofu Spread

1 lb mashed tofu	1 c mayonnaise/veganaise
4 chopped green onions	2 T homemade chicken seasoning & ½ t. salt

**Bean Dip** (adapted from Janine Show's recipe) **New!**

- 20 oz. can refried beans
- 1 c. shredded fake cheese
- 1 small can green chilies
- one big onion
- or: ¼ t. pepper flakes
- ¼ t. black pepper
- 1 t. cumin (if no green chilies)

Combine ingredients in slow cooker. Cover. Cook on Low for 2 – 2 ½ hours, or cook on High 30 minutes and then Low 30 minutes. Serve with tortilla chips.

**Guacamole Dip**

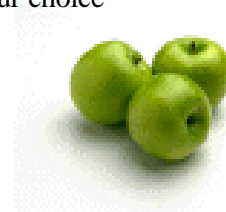
- 4 avocados, seeded and peeled (cut, twist, quarter, then peel)
- 2 tablespoons lemon juice
- Using a fork, coarsely mash avocado with lemon juice. Stir in remaining ingredients to blend. Garnish as desired and serve with tortilla chips.
- ¼ c. finely chopped onion
- ¼ t. ground cumin
- shake or two of cayenne)

**Potato Pancakes** *Taste and See* p.98. Reprinted from *The Country Life Natural Foods Cookbook*

1. Steam until tender 5-7 unpeeled potatoes. Leftover may be used.
  2. Peel and mash the potatoes. Then add remaining items:  
 ½ c. soy milk      1 t. salt      1 ½ t. onion powder      3-4 T parsley
- Form into patties. Patties should be moist. Place on well-oiled baking sheet. Bake at 375°F for 20-40 minutes, turning once. The pancakes will form a brown crust.  
 Notes: Frying works well too. They taste great with Tofu Sour Cream on them.

**Tofu Sour Cream** *Tofu Cookery* p. 41

- Combine in blender until smooth and creamy:
- ½ lb. tofu
  - 2 T. oil
  - 1 T. lemon juice
  - 1 ½ t. sweetener of your choice
  - ½ t. salt



**Homestyle Apple Brown Betty** (from Crockpot.com)

- 6 cups apples, peeled, cored and cut into slices
- 3 cups bread crumbs
- 1/2 cup brown sugar
- 1 tsp cinnamon
- 1 tsp nutmeg
- 1/8 tsp salt
- 1/2 cup butter or margarine, melted
- 1/4 cup walnuts, finely chopped (optional)

Place the apples in the bottom of the stoneware. In a mixing bowl, combine the bread crumbs, cinnamon, nutmeg, salt, brown sugar, butter and walnuts. Spread mixture over the apples in the stoneware. Cover cook on Low for 3 to 4 hours or on High for 1 1/2 to 2 hours.

**Blueberry Grunt**

- 5 c. blueberries, fresh or frozen
  - ½ c. water
  - Combine blueberries etc. Heat until boiling. Simmer.
  - 2 c. flour (½ c. rice flour, ½ c. barley flour, 1/3 c. potato starch flour, 3 T tapioca flour, 1 t. xanthum gum) (or 1 c. barley; 1 c. four flour mix; or 1 c. barley and 1 c. rye flour)
  - 2 t. baking powder
  - ½ t. salt
  - ¼ c. sugar
  - 1 t. lemon juice
  - 2 T margarine
  - 1 c. soy milk
- Stir dry things. Cut in butter. Add milk. Mix until moistened. Drop by spoonfuls onto simmering berries. Simmer 20-25 minutes on low. Don't peek!

## Friday Night Cinnamon Rolls

### Flour Mix Formulas (Gluten Free Gourmet Bakes Bread p. 40-41) **New!**

	For 3 cups	For 9 cups	For 12 cups
<i>Four Flour Bean Mix</i> *authentic foods			
Garfava bean flour* (2/3 part)	2/3 c.	2 cups	2 2/3 cups
Sorghum flour (1/3 part)	1/3 c.	1 cup	1 1/3 cups
Cornstarch (1 part)	1 c.	3 cups	4 cups
Tapioca flour (1 part)	1 c.	3 cups	4 cups

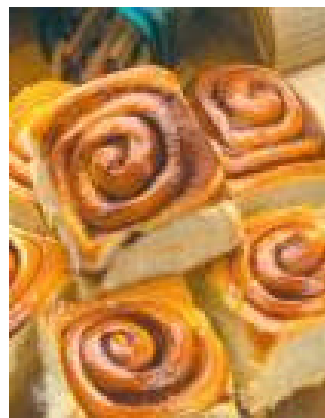
### Cinnamon Pecan Sticky Buns (Gluten Free Gourmet Bakes Bread p. 230) **New!**

<i>Topping</i>	<i>12 buns</i>	<i>24 buns</i>
Margarine or butter, melted	¼ cup	½ cup
Brown sugar	¼ cup	½ cup
Cinnamon	1 t.	2 t.
Pecans, chopped	½ cup	1 cup
 <i>Dry ingredients</i>		
Four Flour Mix	2 cups	2 cups plus 2 c. white rye flour
Xanthan gum	1 ¼ t.	2 ½ t.
Salt	½ t.	1 t.
Unflavored gelatin	1 t.	2 t.
Egg replacer	1 t.	2 t.
Sugar (or to taste)	1/3 c.	2/3 c.
Pecan meal	3 T	1/3 c. rounded
Dry yeast granules	2 ¼ t.	4 ½ t.
 <i>Wet ingredients</i>		
Potato Buds	2 t.	4 t.
Warm water (more or less)	1 c.	2 c.
Margarine or butter, melted	1/3 c.	2/3 c.
Dough enhancer	½ t.	1 t.
Honey	2 t.	4 t.
To replace eggs: egg replacer	4.5 t.	9 t. (2T plus 1t)
water	3 T	1/3 c.

Prepare your muffin tins by dividing the margarine into the cups and adding the brown sugar blended with the cinnamon. Sprinkle on the nuts. Set aside.

In the bowl of your mixer, place the dry ingredients and blend with the mixing blade (not the dough hook). Blend the Potato Buds with the water. Add to the dry ingredients with the margarine, dough enhancer, and honey and blend. Add egg replacer and beat on high for 2 ½ minutes.

Divide the soft dough into the prepared tins. Let rise about 25-35 minutes, or until almost doubled in bulk. Bake in a preheated 375 oven for 20 minutes. Turn out from the pans while still warm.



# Sabbath Specialties

## Green Rice (by Judy Lim)

4 c. cooked rice	3 t. salt
20 oz. chopped frozen spinach (thawed)	4 T. oil
1 lb. tofu, med	2 med. onion, diced
4 T. oil	¼ t. red pepper
4 T. spinach juice (from thawing)	¼ t. nutmeg

Blend tofu, oil, spinach juice, and salt until creamy. Sauté the onion in oil. Mix all ingredients, pour into an oiled baking dish. Bake for 30 min. at 350.

## Sabbath Three Bean Salad (adapted from one online)

½ can green beans	3 T olive oil
½ can yellow beans	3 T lemon juice
½ can black beans	2 T sugar
4 green onions	1 t. salt
	¼ t. black pepper

Mix together and marinate at least 12 hours.

## Greek Salad **New!**

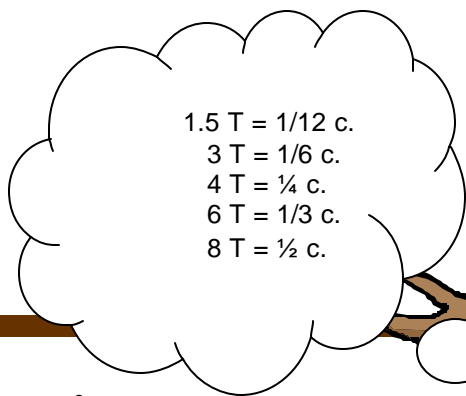
¼ c. olive oil	1 t. sweet basil
¼ c. lemon juice	½ t. oregano
2 t. salt	.5 lb tofu cubed

Marinate for at least an hour, preferably overnight. The next day, add to dark green lettuce, red onion, tomatoes, cucumbers, black olives. Serve immediately. It wilts easily!

## Swiss Apple Pie **New!**

1 T. cornstarch	½ c. chopped walnuts
¾ c. sugar	1 t. vanilla
½ c. flour	1/8 t. salt
1 t. baking powder	1 heaping cup sliced apples.

Combine ingredients, pour into a 8" pie pan. Bake for 30 min. at 350 F. Serve with whipped cream.



## Basics

### Rye Flour Gravy

2 cups water, 1 T Braggs, 1/3 c. rye flour, 1 T onion powder, ¾ heat – stirring constantly

### Mom Lim's Chicken Seasoning Gravy **New!**

¼ c. onion, 2 T oil, ¼ c. flour, 1.5 c. water, 1 T chicken seasoning

### Mom Lim's Country Style Gravy **New!**

2 c. water, 3 T. flour, 1 T. onion powder, ¼ t. salt, 2 T. oil, 3 T. soy sauce, 1 T. yeast flakes, 1 T. cornstarch

### Chicken Seasoning (adapted from Mom Lim's recipe)

¼ c. salt (skip)

½ t. marjoram

½ c. yeast flakes

½ t. savory

½ t. tumeric

1 T dried parsley

1 T onion powder

Blend all ingredients and store in a covered container.

### Fruit Soup (Kristina Freed's recipe)

1 quart peaches

1 apple (peel and slice)

1 pint strawberries

1 T minute tapioca

½ c. blueberries

Optional: pineapple, pears, grapes, dried fruit

### Italian Seasoning (without garlic)

Equal amounts of: basil, marjoram, oregano, thyme, rosemary, savory

### Salad Dressing

Equal oil & lemon juice. Shake basil; tiny shake savory, onion power, chives, parsley, salt & sugar.

### Shirley Freed's Coleslaw Dressing

Equal oil & lemon juice (few T each), 1 t. salt; 1 t. sugar

### Granola (Grandma Krock's recipe)

14 c. rolled oats (mix slow & fast cooking)

2 c. wheat germ

1 c. coconut

1 c. brown sugar

1 T salt

Mix together. Add 1 c. water, 1 c. oil, 3 T vanilla blended. Bake in 250° oven for 45 min. or longer if you want it browner. Can also add 1 c. sunflower seeds. Flaked nuts: almonds, brazil nuts, filberts or walnuts.

# 1: Potatoes/Soy



## Tofu Bok Choy Stir Fry (by Janine)

Napa or baby bok choy are good too.

Sauté the onions.

Cut the tofu into small blocks. Sprinkle with curry seasonings: tumeric, coriander, cumin, cayenne, black pepper, ginger, and fennel  
Add cabbage & steam til done.

## Or Vege-Stir Fry

Same as above except with broccoli, small carrot sticks, baby corn, snow peas, and other veges.

## Mashed Potatoes Gravy Taste of Health p. 110

1 large onion, diced fine

¼ c. oil

3/8 c. rye flour

2 c. water

2 t. chicken seasoning

½ t. salt

Sauté onion in oil until dark brown. Add flour and allow to become very brown. Have the liquids ready to pour in at just the right moment. Mix together water, seasoning and salt and microwave for 3 min. Stir quickly into browned mixture (will thicken as it boils).

## Country Scalloped Potatoes (Crockpot.com)

6 medium potatoes, thinly sliced

1 large onion, thinly sliced

1 cup fake cheese, shredded

1/2 cup fresh Italian parsley, minced

10 button mushrooms, thinly sliced

1/2 cup soy milk

1/2 cup butter, melted

1/2 teaspoon paprika

1/2 tsp black pepper

1/2 teaspoon salt

Lightly grease the stoneware. Alternate layers of potatoes, onions, cheese, parsley and mushrooms in the stoneware. In a small bowl, combine the milk, butter, paprika, pepper and salt. Pour this mixture over the ingredients in the slow cooker. Cover cook on Low for 7 to 9 hours or on High for 3 to 4 hours.

## Potato Pancakes *Taste and See* p.98. Reprinted from *The Country Life Natural Foods Cookbook*

1. Steam until tender 5-7 unpeeled potatoes. Leftover may be used.

2. Peel and mash the potatoes. Then add remaining items:

½ c. soy milk

1 t. salt

1 ½ t. onion powder

3-4 T parsley

Form into patties. Patties should be moist. Place on well-oiled baking sheet. Bake at 375°F for 20-40 minutes, turning once. The pancakes will form a brown crust.

Notes: Frying works well too. They taste great with Tofu Sour Cream on them.

## Tofu Sour Cream *Tofu Cookery* p. 41

Combine in blender until smooth and creamy:

½ lb. tofu

2 T. oil

1 T. lemon juice

**Tofu Burgers** *Tofu Cookery* p. 47

Mix and mash together in a bowl:

1lb. tofu (half hard & soft works well)  
 ¼ c. quinoa flakes (or wheat germ)  
 ¼ c. rye flour (or whole wheat flour)  
 2 T. nutritional yeast

1 T. grated onion  
 ½ t. onion powder  
 ½ t. homemade chicken seasoning  
 ¼ t. black pepper  
 1 t. salt (if using homemade chicken seasoning)

Form into six 3” burgers. Brown on each side in 1 T. olive oil. Serve hot on a bun either plain or with all the fixings.

**Tofu Loaf** *Tofu Cookery* p. 61

Preheat oven to 350°F.

Mix together:

1 lb. tofu, mashed  
 ½ c. millet flour or cooked millet  
 ¼ c. parsley  
 ¼ c. onion (or more)

2 T Braggs or tamari  
 2 T. nutritional yeast (optional)  
 ½ T. mustard  
 ¼ t. black pepper

Press tofu mixture into an oiled loaf pan and bake for about an hour. Let cool about 10 min. before removing from the pan. Garnish with fresh parsley. Also good sliced and fried for sandwiches the next day.

**Tofu Potato Salad** *Tofu Cookery* p. 31

6 medium potatoes, cooked, peeled, and cubed  
 1 c. tofu crumbled (about 1 block hard)  
 ½ c. red onion, chopped fine

½ c. green onion, chopped fine  
 ½ c. sweet pickle relish  
 5 slices or so dill pickles, chopped fine  
 1 ½ t. salt

Mix together in a large bowl.

Blend until smooth and creamy:

1 c. tofu (1/2 block soft tofu)  
 2 T. oil  
 ½ t. salt

½ T. lemon juice  
 dash black pepper  
 1 T. salad mustard

Add dressing to the salad and mix gently. Chill and serve.

**Crunchy Tofu Cutlets or Sticks** *Tofu Cookery* p. 60

Preheat oven to 400.

Cut 2lbs firm tofu into 1½” x 3” x ¾” pieces.

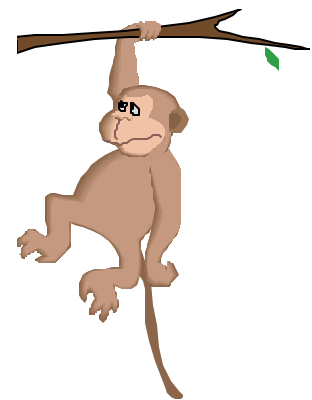
Dip each stick in ½ c. milk and 2 T soy sauce/Braggs/tamari.

Roll each stick in a mixture of:

1 c. waffle crumbs (cracker crumbs)  
 1/3 c. garbanzo flour  
 2/3 c. barley flour  
 1 t. salt

1 t. onion powder  
 2 t. parsley flakes  
 ½ t. tumeric

Brush a cookie sheet with 2 T. oil. Lay the tofu pieces on the cookie sheet leaving about ½” between each piece. Bake for 15 min. on each side.

**James’ Tartar Sauce**

Vegenaise, sweet relish, paprika and onion powder

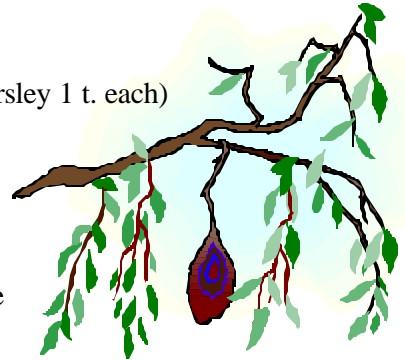
**Grilled Tofu** (Taste of Health, p. 52) **New!**

1 pound extra-firm, water-packed tofu  
Lawry's seasoned salt  
(paprika, tumeric, onion, salt, chicken seasoning, cumin, marjoram, parsley 1 t. each)

**Marinade**

¼ c. water	1 T honey
¼ c. olive oil	1/8 t. salt
2 T lemon juice	1 T. tahini
¼ c. onion, packed into cup	1/8 t. cayenne

Blend all ingredients until well liquefied. Makes about 1 c.



Cut tofu into 1 x ½ inch pieces. In a gallon-sized reclosable plastic bag, combine tofu and marinade. Allow to sit for several hours or use immediately. Fold up the edges of a 12x15 inch piece of heavy-duty foil and place on the grill. Spray with vegetable oil. Pour marinade and tofu onto the foil; spread out evenly. Sprinkle with seasoned salt. Turn grill on high and allow marinade to cook down and begin to caramelize. Turn the tofu to keep from sticking. Continue to cook down and brown on all sides. The marinade eventually disappears completely.

**Cheez Potatoes** **New!**

3 potatoes, peeled	2 c. water
½ c. olive oil	1 t. salt
1 carrot, peeled	½ c. nutritional yeast flakes
2 T. chicken style seasoning	1 t. onion powder

In a saucepan, cook the potatoes and carrots in water until soft (can poke a knife easily into them). In a blender, blend all ingredients thoroughly. Add additional water only to keep the blender going and scrape down the sides.

Scrub, peel, and partially cook 8 potatoes and put through the large shredder on your food processor. Mix potatoes with the cheez sauce (just made) and bake in 325 oven for 45 - 60 minutes.

**Campfire Potatoes** (adapted from A Taste of Health p. 46) **New!**

5 medium red potatoes, thinly sliced	1 T vegetarian Worcestershire sauce
1 medium onion, thinly sliced	1 c. water
¼ c. olive oil	1 t. homemade chicken style seasoning
1 env. onion soup mix or equivalent	¾ t. salt
¼ c. minced fresh parsley or 1 T dried parsley	

Put potatoes, onion, oil and soup mix into gallon sized reclosable plastic bag. Shake well. Add remaining ingredients and shake again. Bake in tin foil in oven at 350 for 1 hour and 10 min. Or over coals for 1 hr.

**Dill Potatoes** **New!**

¼ c. oil	2 T. vegetable bouillon and seasoning
2 ½ c. water	¾ c. fresh dill, chopped
1 t. salt	½ to 3 pounds potatoes, scrubbed and cut into ½ inch cubes
small onion, sliced	

Combine all in a large bowl. Pour into a 9 x 13 inch baking dish. Bake covered at 350 for 30 minutes. Remove cover and bake until water evaporates, about 20 minutes loner. Add more salt if needed and serve.



## 12: Potatoes/Garbanzos

See Garbanzo Barley Patties.

## 13: Potatoes/Beans

### **Boston Baked Beans** (*Taste and See* p. 145)

2 c. dry navy beans  
3 T. molasses  
1 t. salt  
¼ t. onion powder  
2 T. maple syrup  
1 medium onion chopped and sauteed

Cover navy beans with water, plus 2". Cook on low in crock pot, or simmer on stove for 2 hours or until tender. Then add other ingredients and cook for ½ hour more.

### **Granddaughter's Favorite Patties** (*Oats, Peas, Beans, and Barley*, p. 27)

1 ½ c. cooked brown beans (soupy)  
¼ c. bean liquid or vegetable broth  
1 c. rolled barley  
1 T. food yeast  
¼ c. pecan meal  
½ c. sautéed onions (raw is great too)  
½ t. sage (fresh if possible)  
1 t. salt  
1 t. Eggzactor

Measure beans, add liquid. Mash beans in blender. Then add other ingredients and mix well. Drop from tablespoon into oiled baking dish or lightly oiled skillet. Cover. Bake 10 min. at 350°. Turn and cover. Let cook an additional 15 min.

### **Rye Flour Gravy**

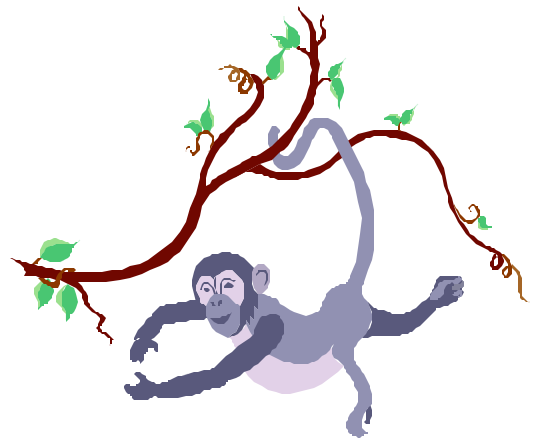
2 cups water, 1 T Bragg's, 1/3 c. rye flour, 1 T onion powder, ¾ heat – stirring constantly

## 14: Potatoes/Lentils

### **Lentil Roast** (Adapted from *Savor the Flavor*, p. 61)

3 c. cooked lentils  
2 T cornstarch  
2 c. cooked rice  
1 t. salt  
2 c. bread crumbs or crushed corn flakes  
shake onion powder, paprika, basil & parsley  
chopped onions

Mix all ingredients together. Divide between 2 loaf pans, coated with cooking spray. Bake at 350° for 1 hour.  
Variation: Transform this into a lentil nut roast by deleting the rice and adding ½ c. chopped walnuts.



## 2: Barley/Quinoa, Garbanzos/Peas

### **Barley Garbanzo Patties** (Adapted from *Oats, Peas, Beans, and Barley* p. 53)

Soak garbanzos ahead of time. 1 c. dry = 2.5 c. soaked. Extras should be dried, laid out on a tray and frozen. Then bag them and keep for next time. (1 c. garbanzos to 3 c. water. 1 16 oz bag=3.5 c. plus 9 c. water.)

1 c. soaked garbanzos	1 T. oil
½ c. water	¼ t. onion powder
2 T flake yeast	1 t. Italian seasoning
1 T. Braggs	½ t. salt
5/8 c. rolled barley flakes	

Combine all ingredients except barley flakes in blender and chop fine; or, garbanzos may be ground in a food chopper and combined with other ingredients. Place in bowl. Add rolled barley and let stand 10 min. to absorb moisture.

Drop from tablespoon on oiled baking pan or electric skillet. Cover. (A baking dish with a glass cover works great.)

Bake at 350°F for 10 minutes until nicely browned. Turn. Cover and bake additional 10 min. Reduce heat and cook 10 min. more.

Yield: 4 2-patty servings.

Notes: Double batch works great. Put garbanzos, water, oil, and soy sauce in blender and then mix the rest in the bowl.

### **Seasoned Gravy** (Adapted from *Savor the Flavor* p. 56)

½ c. onion, chopped	3 T chicken seasoning without salt
4 T. oil	1 t. salt
7 T. barley flour	3 c. water

Sauté onion in oil until tender. Turn heat to medium-low. Whisk flour into hot oil, adding 2 T at a time, whisking with each addition, until smooth. Add water 1 c. at a time, whisking until smooth. (Works better with more water up front.) Add seasoning to taste.

### **Herb Gravy** (Adapted from *Savor the Flavor* p. 102)

¼ c. water	1 t. salt
¼ c. sesame seeds	½ t. basil
3 T. yeast	¼ t. oregano
2 T. cornstarch	2 C. water
1 T. onion powder	

Blend smooth all ingredients except water. Pour blended ingredients into saucepan. Rinse blender with remaining water. Pour into pan. Lightly boil, stirring constantly, until thickened, about 10 min.



### **Quinoa Noodle Garbanzo Casserole** (Adapted from *Savor the Flavor*, p. 102)

½ box of quinoa noodles, cooked  
1 small onion chopped fine  
1 can garbanzos

While cooking the noodles following the directions on the package, make the Herb Gravy.

2 T water	½ t. salt
2 T sesame seeds	¼ t. basil
1.5 T. nutritional yeast	¼ t. oregano
1 T. cornstarch	1 C. water
½ T. onion powder	

Blend smooth all ingredients except water. Pour blended ingredients into saucepan. Rinse blender with remaining water. Pour into pan. Lightly boil, stirring constantly, until thickened, about 10 min.

Then combine all ingredients and bake at 350° for about 45 minutes.

## **21: Barley/Quinoa/Soy**

**Noodles Romanoff** (Adapted from Betty Crocker, TVP Cookbook, and Tofu Cookery)

½ c. small TVP granules  
½ c. hot water  
1 T tamari  
Microwave for 1.5 min. then set aside to soak.  
(*Variation: add 1 can of garbanzos instead of the TVP granules.*)



Boil 8 oz quinoa/corn rotelle noodles until soft. (10 min.)

Make Tofu Sour Cream.

1 lb. soft tofu (or 19 oz. box)	3 t. sweetener
4 T. oil	1½ t. salt.
2 T. lemon juice	

Blend. Put the liquid in first for easier blending. If it is too thick, add another T of lemon juice & oil.

Blend in the following:

2 T. vegan parmesan cheese.  
¼ t. black pepper  
1 small onion minced. (Sautéed is ok too)

Rinse noodles and stir in 2T margarine. Add sour cream and 1 T. fresh chives. Serve warm.

**James' Alfredo Sauce**

2 c. water	½ T. nutritional yeast flakes
½ c. barley flour	2 t. salt
2 T potato flour	¼ c. vegan parmesan cheese

Add to noodles and sautéed zucchini and onions.

### **Spaghetti Primavera** (Tofu Cookery, p. 46)

Cut into 2" x 1/2" x 1/8" pieces: 1 lb. firm tofu. (or two blocks from 19 oz box)

Fry the tofu in oil and Braggs.

Steam 4 c. broccoli florets. Drain and reserve water.

Run hot water over 1 1/2 c. frozen green peas until tender.

Sauté 1 c. onions.

Cook 1 lb. noodles until tender.

1/3 c. oil, 1/3 c. barley flour: Let bubble together gently over low heat for 3 minutes.

Whisk in without making lumps: 3 c. liquid (reserved cooking water or soymilk)

Add 2 T dried parsley, 1 1/2 t. salt, 1/2 t. onion powder, 1/8 t. cayenne.

Continue cooking over low heat and stirring until thickened and smooth. Add tofu and vegetables to the sauce and serve hot over the noodles.

*(Store sauce & veges separate from noodles.)*

### **Soy Curls & Pasta** by Judy Lim **New!**

1 med onion, chopped

1 Tbsp ginger, minced

2 Tbsp oil, olive

1 1/2 Tbsp chicket seasoning (plus 1 t. salt if

Janine's homemade recipe)

4 oz. soy curls

2 med carrots, sliced

8 oz. pasta



Cook carrots until tender. Soak soy curls until rehydrated and drain. Cook pasta. Saute' onions & ginger in oil. Add chicket seasoning and soaked soy curls. Simmer about 5 minutes until soy curls absorb flavor. Mix with cooked carrots and pasta. Serve.

## **23: Barley/Quinoa/Beans**

### **Bean/Barley Loaf**

1/2 c. Bits of Barley and 1 1/2 c. water; microwaved for 3 minutes

1 c. navy/great northern beans cooked.

1 c. bread (waffle) crumbs

small onion

4 T cornstarch

2 t. salt

2 pkg. George Washington broth

1 T parsley

1 t basil

1 t onion powder

1 t paprika

In a metal pan, mix ingredients together and bake in oiled pan at 350° for an hour.

### **Garbanzo Burgers** (Oats p. 31) **New!**

2 c. soaked garbanzos

3/4 c. water

2 T Braggs

1 small onion

1 1/2 c. soaked soybeans (or other beans?)

1 t. beef-like seasoning

salt if necessary

1/2 c. water

Combine soaked garbanzos, water, onion and other seasonings. Blend until medium-fine. Pour into bowl. Grind soybeans medium-fine. Add to garbanzo mixture. Heat skillet to medium (325 F). Oil with 1 t. oil or less. Dip mixture with half-cup scoop or measuring cup, and flatten as much as desired. Cover, let cook 10 minutes or until nicely browned. Turn, cover, let cook for 10 minutes. Reduce heat, let cook for an additional 10 minutes.

## 24: Barley/Quinoa/Lentils

**Quinoa/Lentil Stew** (Adapted from *The Complete Vegan Cookbook*, p. 115)

¾ c. Pearl barley (wash like rice until clear)	1 onion, chopped
1 pint box vege broth plus 4 c. water	1 pint box seasoned cooked lentils
3 carrots, sliced	1 c. quinoa rotelle noodles

Bring first 2 ingredients to a boil, then add the rest and simmer for about 30 min. until barley is tender.

## 3: Corn/Rye/Beans

**Cooking Beans** (Daddy's instructions)

2 cups beans; 6 cups water (large pot half full)  
Bring to a boil; boil for 5 min. Turn off and let soak over night.  
Drain off water. Cook with 4-6 cups of water & salt. (About 30-40 min.?)

**Mung Bean Stir Fry**

Soak the mung bean threads. Then rinse & squeeze out extra water. Cut them smaller.  
Stir fry with Braggs, cumin, black pepper and slivers of zucchini.  
Good also with tofu blocks & green onions.



**Zucchini Patties** (adapted from Dorothea Sarli's recipe in *Savor the Flavor* p. 63)

1 c. rye flakes	½ c. onion, chopped (not too many or the patties fall apart)
1 t. EggZactor	1 med. zucchini, coarsely grated
1 t. tapioca	½ t. salt
½ c. water	2 T. buckwheat flour
Let soak for 10 min.	¼ t. black pepper
	½ t. sage

Mix together all ingredients. Shape into patties and place on a black cookie sheet, coated with cooking spray, at 350°F for 15 min. Turn. Bake for another 15 min. Cover in gravy & heat for 10-15 minutes if desired.

Notes: Works great doubled with a really big zucchini. Also works great if you make zucchini bread at the same time.

**Cornbread & Beans** **New!**

1 16 oz. can black beans	½ t. red pepper flakes
1 16 oz. can pinto beans	1 t. basil
1 16 oz. can kale greens	1 t. cumin
1 large onion, chopped	1 t. prepared mustard
1 16 oz. can sweet corn	½ t. oregano
2 c. water	1 T. paprika
1 4 oz. can green chilies (1/2 c.)	

Cook in crockpot overnight.

*Try with soy chunks?*

**Korean Spring Stir Fry** (from Taste of Health p. 34) **New!**

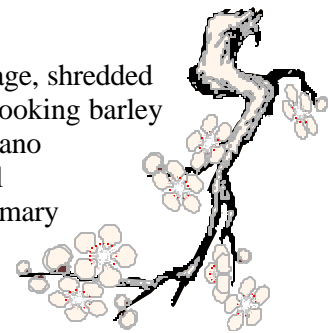
Water enough to boil noodles	1 large onion sliced into strips
1 ½ t. salt	5 cups napa cabbage, sliced thin
12 ounces mung bean noodles	½ c. liquid aminos (or soy sauce)
¼ c. plus 2 T sesame oil	2 cups shredded carrots
2 stalks celery, sliced (or zucchini)	salt

Bring salted water to a boil. Add noodles and boil for 6 to 7 minutes. Pour noodles into colander and rinse with cold water for several minutes. It is important to remove the starch by rinsing so your noodles won't stick together. Set aside.

Heat ¼ c. of the sesame oil in a deep 12 inch skillet or wok, sauté celery/zucchini and onion until slightly tender. Add cabbage and sauté till reduced by half. Add ¼ c. liquid aminos and toss. Add rinsed noodles and gently combine with the sautéed vegetables. Pour the 2 T of sesame oil and remaining liquid aminos over all. Continue to heat through while combining noodles and veggies. Remove from heat and add the carrots enough to warm through.

**Beef," Bean, and Barley Stew** (from <http://www.vegparadise.com/bean2.html>) **New!**

1 lb. (450 g) dry Peruano beans, rinsed and picked over	1 14.5 ounce ( 410 g) can diced tomatoes, undrained
1 3-inch (7.5 cm) piece kombu (dried seaweed)	2 carrots, chopped
8 ounces (225 g) "beef chunks" TVP (Texturized Vegetable Protein), dry	1/4 medium head cabbage, shredded
hot water	1/3 cup (80 ml) quick-cooking barley
1 small onion, chopped	1/4 teaspoon dried oregano
3 cloves garlic, crushed	1/4 teaspoon dried basil
4 cups (960 ml) veggie broth	1/4 teaspoon dried rosemary
	salt and pepper to taste



1. Soak beans overnight in fresh water with kombu.
2. In the morning, drain and place in crockpot (include kombu).
3. In small bowl, place dry TVP and pour enough hot water over chunks to completely cover with liquid.
4. Add broth, onion, carrots, garlic, and barley to crockpot.
5. When TVP is reconstituted add also, including any remaining liquid. Cook on high.
6. When beans have cooked to the point where they are no longer crunchy, add can of diced tomatoes with juice.
7. Stir in shredded cabbage, and cook on high for 30-45 minutes longer. Season with salt and pepper to taste, serve to compliments! Serves 8.

Note: the kombu adds little to no flavor to the recipe and should completely disintegrate into the soup through cooking. If pieces are still visible and not aesthetically pleasing to you, the kombu can be removed before serving. Kombu cooked with beans renders them more digestible, and reduces the fragrant side effects.

**Fast Adaptation of this recipe** **New!**

1 can black beans	2 packets dark washington broth
1 can pinto beans	1/2 t. oregano, basil and rosemary (each);
1 c. big TVP chunks (dark)	(heaping basil)
1 large onion	1/4 t. red pepper flakes
6 c. water	

Add to crockpot and cook on low for at least 3 hours. Simmers nicely.

## 31: Corn/Rye/Soy

**Tofu Cornflake Loaf** (Adapted from Lim family recipe and *Savor the Flavor* p. 6)

9.5 oz. tofu (hard-mashed)	4 c. cornflakes
2 pkg. GW broth	1 c. soymilk
1 small onion, chopped	3 t. Eggzactor
½ stick melted margarine	½ T onion powder
½ c. pecans, chopped	

Mix all ingredients together in a very large bowl, adding everything in the order listed. Then spread in baking pan lightly sprayed with Pam. Mixture will be quite thick. Bake at 350° for one hour.

**Try this recipe:** Adapted from Barbara Hamlin's cottage cheese pattie recipe. **New!**

1 c. rye flakes	1 t. sage
1 c. cornflakes, crushed	1 t. salt
1 c. hard tofu, mashed like cottage cheese	2 eggs or 2 T cornstarch & ¼ c. water/soy milk
1 onion, chopped	

Fry on both sides. Bake in gravy for 40 minutes. Makes about 10.

## 32: Corn/Rye/Garbanzos

**Garbanzo Burgers**

30 ounces garbanzo beans, drained -- (reserve liquid)  
1 1/2 cup rye flakes  
2 t. heaping ground cumin  
½ t. salt  
1 t. onion powder  
slight shake red pepper (less than 1/8<sup>th</sup> t.)



In a food processor or blender, process beans with about 1/2 cup of reserved liquid, adding more liquid if necessary, to make a smooth paste. Add cumin, red pepper, salt & pepper and process to combine well. In a medium mixing bowl, combine bean paste mixture with flakes. Mix well, adding additional bean liquid or flakes as necessary to make a mixture that holds together well and keeps its shape. Shape mixture into 8 patties about 1/2" thick. Heat oil in a skillet or spray a nonstick skillet with cooking spray. Over medium high heat, cook patties until golden brown on each side, about 5 minutes.

**Seasoned Gravy** (Adapted from *Savor the Flavor* p. 56)

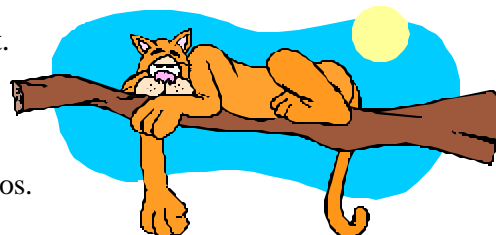
½ c. onion, chopped	3 T chicken seasoning without salt
4 T. oil	1 t. salt
7 T. rye flour	3 c. water

Sauté onion in oil until tender. Turn heat to medium-low. Whisk flour into hot oil, adding 2 T at a time, whisking with each addition, until smooth. Add water 1 c. at a time, whisking until smooth. (Works better with more water up front.) Add seasoning to taste.

**Fried Rye** Adapted from <http://www.recipessource.com/special-diets/vegetarian/00/rec0004.html> **New!**

rye berries	diced zucchini	celery, etc.
onions	red onion	1 can garbanzos
celery	green onions	tamari
carrots	other veges such as peas,	

Cook ½ c. rye berries with 1.5 c water. (Boil water. Add ¼ t. salt and rice. Turn to low and simmer for an hour. Make sure the steam is coming up. If not, turn it up.)



Sauté onions and vegetables. Add cooked rye and can of garbanzos. Sprinkle with tamari. Warm through.

**Garbanzo/Rye Patties** (Adapted from *Oats, Peas, Beans, and Barley* p. 53)

Soak garbanzos ahead of time. 1 c. dry = 2.5 c. soaked. Extras should be dried, laid out on a tray and frozen. Then bag them and keep for next time.

1 c. soaked garbanzos	1 T. oil
½ c. water	¼ t. onion powder
2 T flake yeast	1 t. Italian seasoning
1 T. Braggs	½ t. salt
5/8 c. rolled rye flakes	

Combine all ingredients except barley flakes in blender and chop fine; or, garbanzos may be ground in a food chopper and combined with other ingredients. Place in bowl. Add rolled rye and let stand 10 min. to absorb moisture.

Drop from tablespoon on oiled baking pan or electric skillet. Cover. (A baking dish with a glass cover works great.)

Bake at 350°F for 10 minutes until nicely browned. Turn. Cover and bake additional 10 min. Reduce heat and cook 10 min. more.

Yield: 4 2-patty servings.

Notes: Double batch works great. Put garbanzos, oil, water, and soy sauce in blender and then mix the rest in the bowl.

## 34: Corn/Rye/Lentils

**Cornbread and Lentils** (*Savor the Flavor*, Niles Cookbook p. 10)

Turn on oven to 450°F

1 ½ c. cornmeal	2 T. sugar (optional)
½ c. rye flour	1 ½ c. milk (soy preferred)
4 t. baking powder	2 T. oil
1 t. salt	2 T. cornstarch

Mix together all dry ingredients; add the rest of the ingredients. Beat vigorously 30 seconds or 30 strokes. Pour into a Pam-sprayed square 8x8x2" pan. Bake at 450°F for 20 minutes.



### Picnic Burgers **New!**

½ pound extra firm tofu, crumbled  
1 c. instant potato flakes  
1 c. cooked millet/split peas, refried beans, or lentils mashed  
1/3 c. rye flakes  
1/3 c. fine yellow corn meal  
1 T dark molasses  
1 t. parsley  
½ t. basil  
1 T minced dried onions  
1 T liquid aminos  
1 T chicken seasoning  
½ t. salt

Mash tofu. Mix rest of burger ingredients into tofu, making a fine crumble. Mixture should be moist but not wet. Pack mixture into ¼ c. measure. Sprinkle a layer of corn meal onto a plate and press mixture into shape. Turn burger over and press into corn meal, making sure both sides are coated well. Shape all burgers before frying. Heat oil in a 12 inch skillet. Add 1 T vegetarian Worcestershire sauce immediately and cover pan. Wait for popping to stop. Add burgers and fry to a golden brown on each side, about five minutes each side. Serve hot. These freeze well.

## 4: Rice/Lentils

**Lentils original recipe:** 2 T oregano; 2 c. lentils; 8 c. water, ½ T salt, 1 ½ t. sugar. Shake crushed red pepper. Cook in the crock pot for 12 hours on high or 24 hours on low.

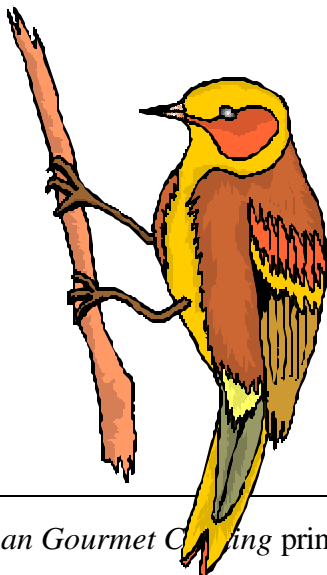
### James' Excellent Lentils

2.5 c. lentils  
½ T. paprika  
½ T. salt  
1 T. basil  
1 T. onion powder  
½ t. red pepper flakes  
½ T. chives  
½ T. oregano  
3 T. brown sugar  
6-8 c. water  
Cook in crockpot overnight on low, high during the day. Perfect for supper.

### Armenian Lentil Soup (Women's Ministries, Jan. 23, 2005)

1 ½ c. lentils  
10 c. water  
½ c. brown rice  
1 c. diced onions  
1 c. frozen chopped spinach  
2 c. stewed tomatoes  
1 T. onion powder  
½ T. salt  
1 T. McKays Chicken Seasoning  
1 t. garlic powder  
¼ t. thyme  
½ t. basil

Place all minutes. Add



ingredients in kettle except brown rice and cooke for 30 rice and cook for 45 min. longer. (Or use crockpot!)

## 41: Rice/Soy

### Tofu Bok Choy Stir Fry (by Janine)

Napa or baby bok choy are good too.

Sauté the onions.

Cut the tofu into small blocks. Sprinkle with curry seasonings:

tumeric, coriander, cumin, cayenne, black pepper, ginger, and fennel

Add cabbage & steam til done.



### Or Vege-Stir Fry

Same as above except with broccoli, small carrot sticks, and baby corn, snow peas, etc.

### Golden Cheese Bake (Mom's recipe) **New!**

2 c. cooked rice

3 c. grated carrots (about 3 large carrots)

2 c. grated soy cheese

1 c. soy milk

2 t. eggshactor

¼ t. cayenne

1 T onion powder

½ block soft tofu

¾ t. salt

2 T. chopped onions (or one large onion)

Combine rice, carrots, 1 ½ c. cheese, and the rest. Put in 1 ½ qt. greased baking dish. Sprinkle remaining ½ c. cheese on top. Bake at 350 for ¾ to 1 hour.

## 42: Rice/Garbanzos

### Garbanzo Rice Curry

2 T. dried parsley

1 tablespoon chopped fresh or 1 teaspoon dried oregano leaves

2 teaspoons paprika

1 teaspoon ground cumin

½ teaspoon salt

¼ teaspoon crushed red pepper

½ teaspoon ground coriander

Diced green onion and zucchini if desired

1 large onion, chopped (1 cup)

3 cups cooked rice

1 (15-ounce) can garbanzo beans, undrained

Saute onions. Add garbanzos, drained. Add 1 T barley flour to the garbanzo juice and stir in. Add seasonings. Add leftover veges if desired. Simmer.

*Better to double it? Barely enough for 2 people for 2 meals.*

### Garbanzos and Onions **New!**

1 big onion

1 can garbanzos

sprinkle of parsley and salt

1 T chicken seasoning

Fry onions, then add other ingredients. Add 1 T barley flour in 1 cup of water and stir in.



# 43: Rice/Beans

## Spicy Beans and Rice

1 cup white rice  
1 can (16 oz) black beans  
1/4 onion, chopped  
1 teaspoon sage

1 teaspoon ginger  
1/2 teaspoon paprika  
dash of crushed red pepper  
several drops tabasco sauce

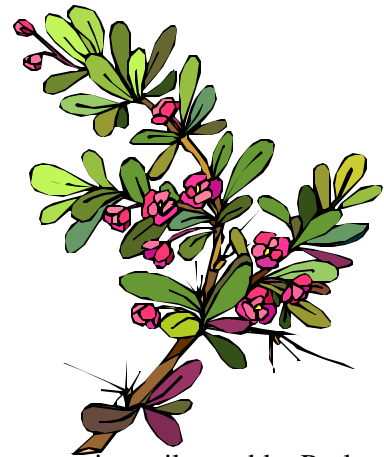
In a large frying pan or skillet, heat beans, then add vegetables, preferably after the beans have begun to boil slightly. When the vegetables are cooked to your liking, add the spices and the tabasco sauce. The amounts of spices given are just approximations; use as much or as little as you like of each. When the bean mixture is done, pour over cooked rice and serve. This makes an excellent, filling dinner for a cold evening, and is very healthy and low in fat!

Notes 9/1/04 spices: lots of paprika, one shake ginger, no sage, quite a bit of salt, couple shakes red pepper flakes, basil, parsley (nicely green); large Vidalia onion

## Surprise Beans **New!**

1 really big onion sautéed  
2 pints already cooked pinto beans (see Daddy's Bean recipe listed previously).  
1 t. dried Italian herb seasoning mix  
1/4 t. red pepper flakes  
1/2 c. apricot jam  
thinly sliced green onions, including tops.

Sauté the onion. Add the beans and seasonings. Heat through thoroughly. Add onions just before serving.



# Desserts

## Rye Apple Crisp

1/2 c. rye flour  
1 c. rolled rye flakes  
3/4 c. brown sugar

1/2 t. cinnamon  
1/2 stick margarine  
5-6 apples

Mix together dry ingredients. Cut margarine into dry mixture and use fingers to mix until crumbly. Peel and slice apples and place in greased 9x13 pan. Sprinkle crumb topping evenly over apples. Bake at 375°F for 30-40 minutes. Serve warm.

## Carrot Cake (adapted from *Savor the Flavor*, p. 146)

2 c. barley flour  
1 1/2 t. baking soda  
1 1/2 t. salt  
2 t. cinnamon  
1/2 t. nutmeg

1 1/2 c. sugar  
3/4 c. oil  
2 T. cornstarch, 2 T. water  
1 T. vanilla  
3 c. carrots, packed and finely grated

Stir together all dry ingredients; set aside. Combine sugar, oil, eggs, and vanilla. Stir in dry ingredients; batter will be stiff. Add grated carrots. If it is too soupy, add up to a 1/2 cup flour. Pour into a greased and floured 9x12" baking dish. Bake at 325°F for 1 hour or until done. Let sit 10 minutes before removing from pan.

Notes: Freezes well.

### Key Lime Coconut Parfait **New!**

1 c. lime juice  
2 t. coconut extract  
2 boxes (12.3 ounces each) Mori Nu Lite firm,  
silken tofu

2 packages (3.85 ounces each) Mori Nu Mates,  
vanilla low-fat pudding mix  
½ t. lime zest (optional)  
shredded, unsweetened, toasted coconut  
lime slices

Blend lime juice, coconut extract and tofu until smooth and creamy. Add pudding mix and lime zest. Continue blending until smooth. Be patient. You will need to stop your blender several times to stir down the mixture. The sugars will dissolve and it will become completely smooth. Pour into elegant glasses to serve. Garnish the top of each glass with coconut and a slice of lime.

### Rye Chocolate Cake (adapted from *Savor the Flavor* p. 154)

½ c unsweetened cocoa powder  
1 c. boiling water  
1 3/8 c. rye flour  
1 t. baking soda  
¼ t. baking powder

¼ t. salt  
½ c. margarine, softened  
1 ¼ c. sugar  
2 T cornstarch, 1 T applesauce, 1 T water  
¾ t. vanilla

In a medium bowl, combine cocoa with boiling water, mixing with wire whisk until smooth; cool completely. Thoroughly grease and lightly flour a 9x13 cake pan. Sift flour with baking soda, baking powder, and salt. In a large bowl, beat with an electric mixer at high speed margarine, sugar, egg replacement, and vanilla, scraping bowl occasionally, until light and fluffy. (It won't get very fluffy without eggs.) At low speed, beat in flour mixture (in fourths), alternating with cocoa mixture (in thirds) beginning and ending with flour. Do not overbeat! Pour in pans. Bake at 350° for 25-30 minutes, or until a toothpick inserted in the center comes out clean. Cool in pans 10 minutes. Carefully loosen sides with a butter knife. Remove from pan and cool on racks.

Notes: Freezes well.

### Cocoa Frosting (<http://www.foodallergy.org/recipes.html>)

1/2 cup milk-free margarine, softened  
1/2 cup Hershey's® unsweetened cocoa powder  
2 2/3 cups unsifted confectioners sugar

1/4 cup water  
1 tsp. vanilla extract

Beat margarine on medium speed in large mixer bowl until softened, about 1 minute. Add remaining ingredients. Beat on low speed until ingredients are moistened. Beat on medium speed until creamy.

### Kristy' Apple Pecan Pancake

In a pie plate, put:

2 T oil  
one apple, sliced and arranged in a nice circle  
sprinkle with 1-2 t. cinnamon  
1/3 cup pecans  
3T maple syrup  
followed by 2 c. prepared pancake butter.

Bake at 350 for 30 min. or until nicely browned. Let cool for a few minutes and invert on a plate.



**Fresh Blueberry Squares** Taste of Health p. 54 **New!**

2/3 c. pecan meal  
2/3 c. rye flour  
salt  
2 T pure maple syrup

2 T oil  
1/2 t. pure vanilla extract  
1/2 t. almond flavoring

Stir together the pecan meal, flour and a pinch of salt. Whisk together liquids in a separate bowl. Add to dry ingredients and form a moist crumble. Press into bottom of an oiled 9x9 inch square pan. Roll flat. Bake at 375 for 12 to 14 minutes or until lightly brown. Do not overbake.

1/2 c. rye flour.  
1 c. 100% grape juice frozen concentrate  
1 c. water  
1/4 c. oil

1 t. vanilla  
3 c. fresh blueberries  
salt



In a medium saucepan, whisk flour into juice concentrate, water, and oil and bring to a boil. Mixture thickens as it boils. Let cool, then stir in vanilla, berries and a pinch of salt. Pour into cooled crust. Refrigerate for 2 hours before serving.

**Red, White and Blue Dessert** Taste of Health p. 60 **New!**

2 boxes (12.3 ounces) extra-firm silken Mori-Nu  
tofu  
6 T water  
2 packages (3.85 ounces each) Mori-Nu Mates  
vanilla pudding mix

1/2 t. almond extract  
1 envelope 2 1/2 t. Emes unflavored, unsweetened  
gelatin  
2 pounds fresh blueberries  
2 pounds fresh strawberries

In a blender, blend 1 box of the tofu with 3 T of the water to creamy consistency. Add 1 package of the pudding, almond extract and Emes gelatin. Blend until smooth and sugars dissolve, about 4 minutes. Pour into another bowl. Blend remaining water with tofu to smooth. Add remaining pudding mix and blend to smooth. Mix well with first batch of pudding. Wash berries. Set aside 1/2 c. of blueberries and 12 to 15 strawberries for garnish. Cut tops off remaining strawberries, and slice in half from top to bottom. Bigger berries can be quartered.

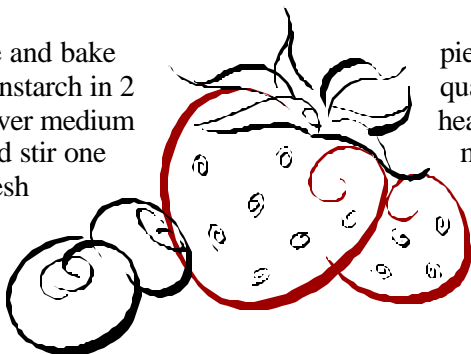
To assemble. Put 1/2 c. of the pudding in the bottom of a 4 quart clear glass below. Layer with half the blueberries, then half of the strawberries. Next, spread 1 1/4 c. pudding over the berries. Won't completely cover. Layer rest of blueberries, then strawberries (saving the garnish ones), and top with remaining pudding. Arrange 1/2 c. blueberries in the top left corner of the "flag" forming the "stars." Next make 4 rows of strips with the remaining strawberry halves. Allow to chill thoroughly before serving.

**Strawberry or Blueberry Glace Pie** **New!**

1 c. mashed fruit  
1 c. sugar

3 T cornstarch  
1/2 c. water

Prepare and bake  
and cornstarch in 2  
Cook over medium  
Boil and stir one  
with fresh



pie shell. Mash enough berries to make one cup. Mix sugar quart saucepan. Gradually stir in water and mashed berries. heat, stirring constantly, until mixture thickens and boils. minute; cool. Spread thin layer on bottom of crust. Layer berries. Cool.

# Thanksgiving and Christmas



## **Challah Bread** (for neighbors, work colleagues, and small group)

2 c. warm water  
 2 T yeast  
 ¼ c. oil  
 ¼ c. brown sugar (and honey & molasses)  
 3 eggs, whisked  
 4 t. salt  
 7 ½ c. flour

Stir yeast into water. Let bubble. Add other ingredients. Whisk. Add 2 c. flour. Let sit 5 min. Add the rest of the flour. Knead. Let rise. Braid. Bake 30 min. Top with icing.

## **Icing Recipe**

1 ¾ c. sifted confectioner's sugar  
 ½ c. unsalted butter, softened  
 ½ t. vanilla extract  
 1 to 2 T. soy milk.

In the bowl of an electric mixer, beat the sugar, butter, and vanilla extract on low speed. Add in the milk bit by bit until the mixture has reached a spreadable consistency. Makes about 1.5 cups.

## **Melt-in-your-Mouth Shortbread** (adapted from The Food Allergy Cookbook)

½ cup cornstarch  
 ½ cup icing [confectioner's] sugar  
 1 cup rice flour  
 ¾ cup butter

Sift cornstarch, sugar and rice flour together. Add butter. Mix with hands until soft dough forms. Refrigerate one hour. Shape dough into 1" balls. Place about 1-1/4 inches apart on greased cookie sheet; flatten with lightly floured fork. Bake at 300 (F) [150 (C)] for 20-25 minutes or until edges are lightly browned.

Variations: Form balls as above. Roll in finely crushed corn flakes or crushed nuts. Press top of ball with thumb. Add a dab of jelly. Mix in 2 tbs. finely chopped peel and/or 2 tbs. finely chopped nuts. Flatten with lightly floured fork.

## **Mrs. Liske's Thanksgiving Roast**

2 c. cooked brown rice  
 1 10 oz. tin diced mushrooms  
 1 t. sage and 1t. salt to taste  
 1 c. rice milk (mushroom juice for part of it if desired)  
 1.5 c. rye or barley waffle crumbs  
 2 T. cornstarch and ¼ c. water/milk  
 sautéed onions  
 4 green onions

Supposed to be layered with turkey slices. Hmmmm.  
 Mix together and bake at 350° for 1-1.5 hours. (Celery and water chestnuts can be added too.)

## **Cornbread Dressing** (Mom Lim's recipe) **New!**

1 c. celery, chopped  
 1 c. onion, chopped  
 ½ c. olive oil  
 1 9x9 pan cornbread, cooled & crumbled  
 1 ¾ c. chik style broth (1 t. chicken seasoning to  
 1 c. water)  
 1/8 c. tofu soft  
 ½ T. oil, olive  
 ½ T. water  
 2 t. poultry seasoning  
 1 t. sage, ground  
 ¼ t. salt  
 1/8 t. pepper black

Heat oven to 350 F. Sauté celery and onion in oil until tender. Combine celery mixture and remaining ingredients. Toss lightly until bread is thoroughly moistened. Place in casserole dish. Bake 40 to 45 minutes or until heated through.

### **Pumpkin Pie**

1 lb tofu (soft)	1 ½ t. salt
3 c. canned pumpkin	½ c. oil
2 ¼ t. cinnamon	1 ½ t. vanilla
1 ⅛ t. ginger	1 ½ c. light brown sugar
¾ t. nutmeg	2 ¼ T molasses
2 T cornstarch	

Pour mixture into unbaked 9 inch pie shell. Bake for 1 hour @ 350. Chill.

### **Gingerbread** (from Disney's Family Cookbook)

4 ½ cups all purpose flour	1 teaspoon baking soda
1 tablespoon cinnamon	½ teaspoon salt
1 ½ teaspoons ginger	¾ cup molasses
½ teaspoon ground cloves (I don't have these so I didn't use them)	½ cup firmly packed brown sugar
½ teaspoon nutmeg	½ cup butter, softened
	2 large eggs at room temperature

In a large bowl, combine the flour, cinnamon, ginger, cloves, nutmeg, baking soda, and salt. In another large bowl, beat the molasses, brown sugar, butter, and eggs. One third at a time, beat in the flour mixture until thoroughly mixed. Divide the dough into three or four equal portions and flatten each into a disk. Cover in plastic wrap and refrigerate for 2 hours, or until firm enough to roll. Preheat the oven to 350. Roll and cut out the dough, then transfer the cookies to greased baking sheets. Bake for 10 minutes, or until brown around the edges. Remove the baking sheet to a wire rack; cool for 5 minutes. Transfer the cookies to racks and cool thoroughly. (If you don't have enough, paper towels work pretty well too.)

### **James' Crust Recipes** (from Betty Crocker p. 88) **New!**

#### ***One Crust Pie; 9-Inch***

1/3 c. plus 1 T shortening	¼ t. salt
1 c. all-purpose flour	2 to 3 T cold water

#### ***One-Crust Pie; 10-Inch***

½ c. shortening	½ t. salt
1 1/3 c. all-purpose flour	3 to 4 T cold water

#### ***Two-Crust Pie; 9-Inch***

2/3 c. plus 2 T shortening	1 t. salt
2 c. all-purpose flour	4 to 5 T cold water.

#### ***Two-Crust Pie; 10-Inch***

1 c. shortening	1 t. salt
2 2/3 c. all-purpose flour	7 to 8 T cold water.

For baked pie shell: Heat oven to 475°. Prick bottom and side thoroughly with fork. Bake 8 to 10 minutes or until light brown; cool.



**Classic Cranberry Nut Bread** (Adapted from back of cranberry bag)

2 c. rye flour	1 T. grated orange peel
1 c. sugar	2 T. shortening
1 ½ t. baking powder	1 egg, well beaten (or 1 T. cornstarch)
1 t. salt	1 ½ c. fresh or frozen cranberries, coarsely chopped
½ t. baking soda	½ c. chopped nuts.
¾ c. orange juice	

Preheat oven to 350 F. Grease a 9x5 inch loaf pan. Mix together flour, sugar, baking powder, salt and baking soda in a medium mixing bowl. Stir in orange juice, orange peel, shortening and egg/cornstarch. Mix until well blended. Stir in cranberries and nuts. Spread evenly in loaf pan. Bake for 55 minutes or until a toothpick inserted in the center comes out clean. Cool on a rack for 15 minutes. Remove from pan; cool completely.



**Orange-Sugared Pecans** From Taste of Health p. 25. **New!**

1 ½ c. sucanat  
½ c. fresh orange juice  
1 ½ t. grated orange rind (fresh gives a strong flavor, dried is mild)  
¼ t. salt  
4 c. pecan or walnut halves or a mixture of both

In a saucepan, bring sucanat, juice, rind and salt to 250 degrees F. Remove from heat; stir in nuts to coat well. Turn out onto waxed paper and separate. Break apart when hard. Nuts will sugar overnight.