

Vive le Vegan!

A photograph of a woman and a child in a kitchen. The woman, on the left, has long dark hair and is wearing a light blue cable-knit sweater. She is looking down at a cutting board. The child, on the right, has long blonde hair and is wearing a green t-shirt and a blue and green crocheted hat. She is also looking down at the cutting board. In the foreground, there is a blue bowl and some yellow food items. The background shows wooden kitchen cabinets and a countertop.

SIMPLE, DELECTABLE RECIPES
FOR THE EVERYDAY VEGAN FAMILY

Dreena Burton

author of *The Everyday Vegan*

with a foreword by Erik Marcus

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Dreena Burton



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VIVE LE VEGAN!
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For Charlotte, whose life has blessed mine.

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Finally, very special thanks to Erik Marcus of *Vegan.com*. I am deeply grateful for your support of *The Everyday Vegan*, and for your foreword to this book. Your work encourages people to eat healthier, live more compassionately, and has inspired others to take more action to promote a vegan lifestyle. I hope to have a fraction of the impact that you have had towards this goal, and thank you for all of the work you do and the help you have given me.

I'm pretty sure that Edvard Munch's classic painting "The Scream" was inspired by a lifelong meat-eater contemplating a switch to a vegan diet. Even today, as the natural food industry rides a twenty-year boom with no end in sight, there's a widespread misconception that veganism requires following a rigorously disciplined and thoroughly uninteresting diet. The most common question I'm asked when somebody learns I'm a vegan is, "Well, what do you eat?"

With the publication of *Vive le Vegan!*, I can now answer this question without saying a word – I can just hand over this book. Here we have page after page of delicious, easy-to-prepare recipes that even committed meat-eaters will find intriguing. After getting this cookbook, I immediately lent it to a couple non-vegetarian friends. The next day, I heard nothing but raves about how delicious their food turned out.

As a vegan cookbook, *Vive le Vegan* hits the spot. None of its recipes require you to spend all day in the kitchen, nor are these recipes slapped-together affairs that anyone could have improvised. I'll be turning to this book again and again when I have guests for dinner. There are also dozens of simpler recipes included here that I can make for myself in under an hour. My favorite so far is the Cannellini Bean Yam Hummus featured on page 60; I love how this hummus tastes on bread pulled right from my bread machine.

I especially admire how *Vive le Vegan!* uses healthy, whole foods ingredients to maximum effect. Eating delicious vegan food shouldn't have to mean basing your diet on sweets, fried foods, and refined flours. This book captures the amazing flavors available in fresh produce, and drives home the point that health-conscious vegans don't need to miss out when it comes to gourmet enjoyments.

I think you'll be continually impressed by the quality of the recipes in this book, but there's an entirely other level of significance to *Vive le Vegan!* I've spent many years of my life looking closely at the business of animal agriculture. In my books, I've shown that this is an industry that depends on cruel practices in order to enhance its bottom line. While various animal welfare reforms are achievable and should certainly be sought, the easiest and most reliable way to eat a diet that is free of animal cruelty is to avoid the products of farmed animals altogether.

Many people assume that concerns over cruelty can be addressed by becoming a lacto-ovo vegetarian, and buying free-range eggs and organic milk. Unfortunately, welfare standards for these foods are utterly lacking. And, just as troubling, these foods depend on slaughter every bit as much as their factory farmed counterparts. There is simply no such thing as animal agriculture without suffering and killing – the economics just don't allow it.

Books like this play a decisive role in helping society shift toward cruelty-free eating. In our fast-food culture, people urgently need to be taught the basics of healthy and humane food preparation. This book provides an ideal entry-point into the world of vegan cooking. In these pages, Dreena proves that it doesn't take huge amounts of culinary training to learn how to prepare delicious vegan meals. *Vive le Vegan!* gives you everything you need to get going, all in one fun and inviting book.

While becoming vegan is easy, it does take a little work at the beginning. It's important to spend some time reading about nutrition so you don't inadvertently adapt a diet that is deficient in nutrients. But the real key is to spend a bit of time every day trying new foods, and to keep at it until you've assembled a wealth of dining options that you enjoy. I remember my first few weeks as a vegan, and how exciting it was when I sat down at the table to sample a delicious new recipe. As I chewed I would think, "Veganism isn't difficult at all. It's fun!"

This book offers you that same wonderful, life-affirming experience – an experience that happens whenever great food and compassionate values intersect. Healthy, delicious, and humanely produced food is the foundation of a meaningful life. *Vive les animaux!*

Erik Marcus is the author of Meat Market: Animals, Ethics, and Money and the publisher of Vegan.com.

For me, there is a strange correlation between cookbooks and pregnancy. In 2001 my first cookbook, *The Everyday Vegan*, was published just six months after my daughter was born. Three years later, my second child and second cookbook are coming into the world the same month. More than coincidence, this is quite appropriate, because it was largely my experience as a vegan mother that led to the creation of the new recipes and information you will find in *Vive le Vegan!*

As a new mom, I discovered new responsibilities. I was (and still am) busier than ever, a fact that affected my meal planning, preparation, and cooking. I also had an increased need to make meals even quicker than before. But I wasn't willing to sacrifice flavor and nutrition.

Once I got my bearings as a mom, I began creating new recipes. The result was a number of delicious, simple, nutritious dishes, but with less manual labor and stovetop attention. I found new ways to create hearty soups, casseroles, entrées, handy snacks, and scrumptious desserts. While there are a few recipes that are best prepared when time is on your side, the majority are fast and easy to make. These dishes are full of flavor and texture, and use fresh produce along with beans, grains, and other pantry items for easy preparation.

I learned more about different grains and beans, and new foods such as hemp, because as my child grew through different stages as a newborn, I wanted to introduce foods that not only packed a nutritional punch, but also promoted her health and development. I also wanted my family to eat more whole grains and beans, and to use different flours in baking, for added variety and nutrition.

This is one of the few cookbooks you will see that features hemp products. Hemp seed nuts and nut butter provide complete protein and essential fatty acids that we can only get from our diet. Hemp seed oil is also rich in the essential fatty acids. More detailed information about hemp products and their nutritional value can be found in the "Hemp Foods" section (p. 169). Manitoba Harvest Hemp Foods and Oils provided all of the hemp foods I used in my recipe testing, as well as the product information outlined in the Hemp Foods section.

Vive le Vegan! contains many recipes that use whole grains such as kamut, brown rice, quinoa, and millet; beans such as adzuki, kidney, navy, and chickpeas (garbanzo beans); flours like spelt, barley, and oat; and few recipes that use soy. I suspect that many vegetarians and vegans rely a little too heavily on soy, and while I still include it in my family's diet, no one food should be consumed excessively.

There are many wheat-free recipes that call for flours such as spelt, barley, and kamut. These flours provide different nutrients, textures, and flavors to your baking. Even if you don't have a wheat sensitivity, it is important to vary the grains in your diet, so I encourage you to try some of these recipes. Throughout this book, look for recipes marked as wheat-free, as well as others that offer wheat-free options.

I learned a great deal about feeding my daughter as she moved through her baby and toddler years. I was particularly fascinated by information given to me by my doctor, Trang Duong, Registered Midwife and Naturopathic Physician, about how and when to introduce food to children at different stages through their first three years. I saw this information as invaluable to other parents, so I have included a section entitled "Feeding Your Vegan Baby and Toddler" (p. 139). This section includes a Food Introduction Schedule, which outlines when to introduce certain foods and identifies those that are most allergenic.

Using this schedule as a guide, I created meals for my daughter. In the "Feeding Your Vegan Baby and Toddler" section, I share the tips and techniques I used to prepare food for her. I understand that busy moms and dads do not have much time to work with measured ingredients. The cooking techniques in this section are, therefore, not measured recipes, but rather practical tips and instructions to help you prepare healthy meals and snacks for your children.

One of the most exciting aspects of *Vive le Vegan!* is the contribution of the foreword by Erik Marcus. Erik's writings have educated people about vegan issues including animal rights, health concerns, and environmental impacts. This work has inspired many to make changes for themselves and their surroundings, not only by becoming vegan but also by taking action. If you are new to the vegetarian or vegan lifestyle, visit Vegan.com to become more informed about vegan issues and Erik's work.

I truly hope you enjoy this book and discover some new favorite dishes for your family and friends. I love creating recipes and am thrilled to have the opportunity to share some once again. I also love hearing any feedback or questions you have, so please e-mail me through my website at dreenaburton.com.



Apple Oat Pancakes

Ground oats are a wonderful alternative to flours in many recipes. They work beautifully here with the apples and spices for delightful, wholesome pancakes!

1 cup	ground oats (see Cooking Notes, p. 167)
1 tbsp	baking powder
¼ tsp	cinnamon
⅛ - ¼ tsp	ground cardamom
⅛ tsp	sea salt
1 cup	vanilla non-dairy milk
1 tbsp	canola oil
1	small apple, or ½ large apple, peeled and cored, cut into quarters then thinly sliced (see note)

In a large bowl, add the ground oats and sift in the baking powder. Add the cinnamon, ground cardamom, and salt, and stir through to combine well. In a small bowl, combine the non-dairy milk and canola oil and stir in the sliced apple. Add the wet mixture to the dry mixture and stir through. The mixture will be rather loose at first, so let it sit for a few minutes to thicken.

Heat a lightly oiled non-stick skillet over medium-high heat for a few minutes until hot, then reduce heat to low and let it rest for another couple of minutes. Using a ladle, scoop the batter into the skillet to form pancakes. Let cook for a few minutes, until small bubbles start to form on the outer edge of the pancakes and then the center. Check the bottom to see if it is golden brown, then flip to cook the other side, for a couple of minutes. As you work through the batter, it will thicken further. If desired, add a touch more milk about halfway through the batter to thin it out slightly, or spread out the batter more when ladling onto the skillet. Serve with pure maple syrup, Blueberry Maple Syrup (p. 20), or a fruit sauce.

Makes 6-8 medium to large pancakes.

Pear is a fine substitution for the apple in this recipe. However, ripe pears are moister, and you may need to add another 1-2 tablespoons of ground oats to thicken the batter.

Banana Bliss Pancakes

These are satisfying pancakes with the natural sweetness of banana. Perfect on a cool morning, or even as comfort food for dinner!

1 cup	whole-wheat pastry flour
1 tbsp	baking powder
¼ tsp	cinnamon
⅛ tsp	freshly grated nutmeg
⅛ tsp	sea salt
1 cup + 1 tbsp	vanilla non-dairy milk
1 tbsp	canola oil
1	medium-large ripe banana, sliced

In a large bowl, add the flour and sift in the baking powder. Add the cinnamon, nutmeg, and salt, and stir through to combine well. In a small bowl, combine the non-dairy milk and canola oil and stir through. Add the wet mixture to the dry mixture and stir through, until just well combined, adding the banana slices as it comes together.

Heat a lightly oiled non-stick skillet over medium-high heat for a few minutes until hot, then reduce heat to low and let it rest for another couple of minutes. Using a ladle, scoop the batter into the skillet to form pancakes. Let cook for a few minutes, until small bubbles start to form on the outer edge of the pancakes and then the center. Check the bottom to see if it is golden brown, then flip to cook the other side, for a couple of minutes. Serve with pure maple syrup, Blueberry Maple Syrup (p. 20), or a fruit sauce.

Makes 6-8 medium to large pancakes.



Blueberry Maple Syrup

A simple recipe that makes maple syrup for pancakes and waffles an even bigger treat!

1 cup frozen or fresh blueberries (see note)
½ cup maple syrup

In a saucepan over low heat, add the blueberries. Cover and let cook until the berries have softened and somewhat dissolved. Remove from heat and add the maple syrup. With a handblender or in a blender, purée the mixture a little, smoothing to desired consistency. Cool to room temperature and serve. Extra syrup can be refrigerated for a couple of weeks, or frozen to be thawed for later use.

You can use other berries in this recipe if you like, such as raspberries or strawberries.

If you want to give the syrup a little zing and freshness, add a squeeze or two of fresh lemon juice when you add the maple syrup.



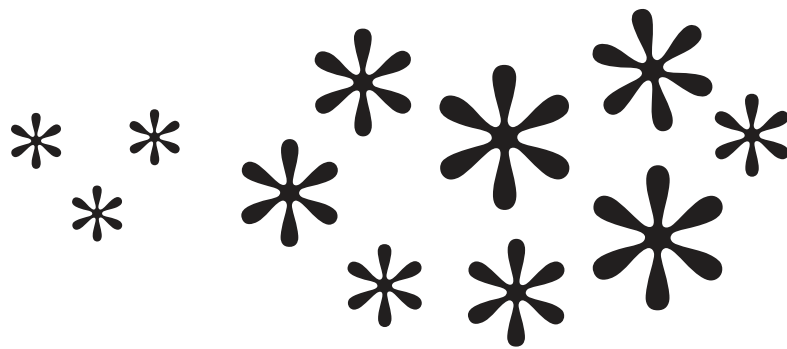
Cinnamon Sweet Hemp Spread

Kids will love this sweet spread! Try it on bread, waffles, pancakes, crackers, or apple slices, mashed with banana for a sandwich filling, or stirred into warm cereal.

- ½ cup** **hemp seed nut butter (see note)**
- 1½ - 2 tbsp** **pure maple syrup**
- 1 tsp** **cinnamon**

In a bowl, combine all the ingredients and stir through until well combined. Use as desired on bread, etc., and refrigerate remainder in an airtight container.

You can try these flavorings with other seed and nut butters as well, such as almond butter or peanut butter.





Creamy Raspberry Oatmeal

Who doesn't love creamy oatmeal on a cool morning? Try this version with the fresh and vibrant flavor of raspberries to perk up ordinary oatmeal.

- 1 cup** rolled oats
- 1½ cups** vanilla non-dairy milk
- 1 cup** water
- ⅛ tsp** sea salt
- ⅛ tsp** freshly grated nutmeg
- ⅛ tsp** allspice
- ⅓ - ½ cup** frozen raspberries (or other frozen berries)
- 1 tbsp** maple syrup (optional)

In a saucepan over medium-high heat, combine all the ingredients except the maple syrup and bring to a boil, stirring occasionally. Reduce heat to low and let simmer covered for 14-15 minutes or a little longer if needed, stirring occasionally, until the liquid is absorbed. Stir in the frozen raspberries, until they have dissolved a little. Taste, and if desired, add the maple syrup to sweeten. Serve, topped with an extra drizzle of milk and maple syrup, if desired.

Makes 3-4 servings.

Want to enhance the nutritional value of this oatmeal even more? Try stirring in a tablespoon or two of flax meal or hemp seed nuts when serving (don't cook it with the oatmeal). You could also stir in a little nut butter, like cashew butter, while the oatmeal is still warm.



Fantastic French Toast

Growing up, my husband and I both loved French toast. We also love this recipe because the combination of flax meal and tofu give a texture similar to an egg batter for a traditional tasting – better tasting, actually – French toast!

1 cup	vanilla non-dairy milk
2 tbsp	flax meal
½ cup	silken firm tofu
¼ tsp	cinnamon
⅛ tsp	freshly grated nutmeg
⅛ tsp	sea salt
1 tsp	canola oil
8 - 9 slices	bread of choice (see note)
2 - 3 tsp	canola oil (or more, if needed, for frying)

Using a handblender or in a blender, purée the non-dairy milk, flax meal, tofu, cinnamon, nutmeg, salt, and canola oil until very smooth and thick (it will get thicker as it sits a little while and the flax absorbs some of the liquid). Dip a slice of bread in the batter. Turn over and let it sit for a few moments to soak, then remove and place on a plate until ready to fry.

In a non-stick skillet over medium-high heat, add the canola oil when hot and reduce heat to low/medium-low. Fry bread for 4-6 minutes on each side, until lightly brown (try to flip only once so that the batter will set and brown nicely on the bread). Serve with pure maple syrup.

Makes 3-4 servings.

While whole-grain breads are certainly healthier, white bread is traditionally used for French toast. Sometimes the earthy, nutty quality of the whole-grain breads can overpower the flavor of the batter, but it will still taste good, so use whatever you like.

For a wheat-free option, use a white spelt bread (or whole-grain spelt or kamut bread).

Hemp Power Shake

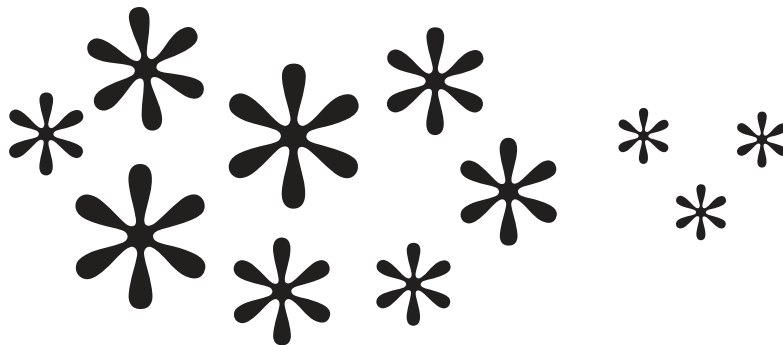


This recipe makes a thick, tasty shake that gets its protein from hemp instead of soy protein powders. Many of us love protein shakes, but want some alternatives to soy, whether to diversify our diets or because of allergies. I like to use plain non-dairy milk, since the overripe banana adds sweetness, but you can use a flavored variety if you like.

- 1 cup** plain, vanilla, or chocolate non-dairy milk
- ½ cup** frozen overripe banana, cut in chunks
- 1½ - 2 tbsp** hemp seed nut butter
or
- ¼ - ⅓ cup** hemp seed nuts
or
- 1 tbsp** hemp protein powder

With a handblender or in a blender, combine all the ingredients and purée until smooth.

Makes 1 generous shake or 2 small.





Millet-Amaranth Porridge

A lightly spiced cereal that's somewhat like a rice pudding. Sweeten chilled leftovers and top with a little soy yogurt or ice cream for a treat for your kids (or you)!

2½ cups	water
¾ cup	millet, rinsed
¼ cup	amaranth
½ tsp	cinnamon
⅛ tsp	sea salt
few pinches	ground cardamom
few pinches	allspice
1 cup	plain or vanilla non-dairy milk (see note)
¼ - ⅓ cup	raisins or chopped dried apricots

In a saucepan over medium-high heat, combine the water, millet, amaranth, cinnamon, sea salt, cardamom, and allspice and bring to a boil, stirring occasionally. Reduce heat to low, cover, and cook for 18-20 minutes. Stir in the non-dairy milk and raisins or dried apricots. Increase the heat to medium-low, cover and cook for another 8-10 minutes, stirring occasionally. At this point, the porridge should be thick and soft with most of the liquid absorbed. To thicken it further, let it cook without a lid for another few minutes. If desired, use a handblender to purée the porridge a bit in spots, to make it smoother. Otherwise, remove from heat and serve, sweetening to taste with maple syrup if desired and stirring in additional non-dairy milk to desired consistency.

Makes 4-5 servings.

If using plain milk, you may want to add a little sweetener to your porridge along with the milk, such as 1-2 tablespoons of maple syrup.

For an additional nutritional boost, when serving, stir in a little flax meal and/or hemp seed nuts.



Orange Mango Smoothie

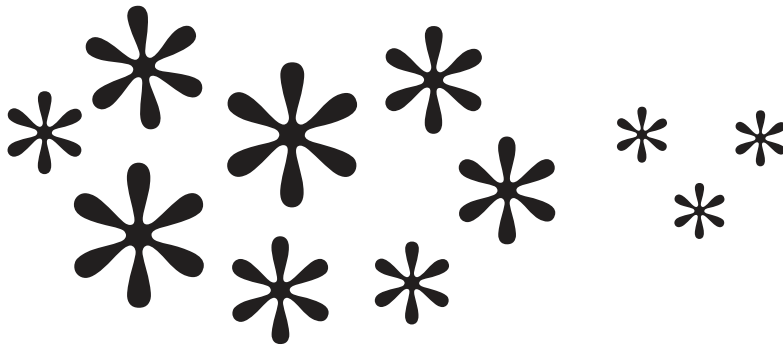
A smooth, refreshing drink that's especially nice in the spring and summer. Boost the nutritional value with some hemp protein powder if you like!

- 1 cup** good quality orange juice
- ½ cup** overripe banana, sliced or in chunks, fresh or frozen
- ⅓ cup** cubed mango, fresh or frozen (see note)
- 1 - 1½ tsp** freshly squeezed lemon juice
- 1 tbsp** hemp protein powder (optional)
- ¼ cup** ice cubes (optional)

With a handblender or in a blender, combine all the ingredients and purée until smooth.

Makes 1 generous smoothie or 2 small.

When mangoes are abundant and ripe in the spring and summer, cut several into chunks and store in small portions. They're great for blending into smoothies or ice creams, or using in fruit crisps!





Portobello Bagel Melt

The toppings on this bagel are warm and well-seasoned, and will almost melt in your mouth. Great for a relaxed weekend morning!

1	large portobello mushroom, woody stem removed, cleaned and thickly sliced (see note)
2 tsp	extra-virgin olive oil
1 tbsp	vegetarian Worcestershire sauce
few pinches	sea salt
few pinches	freshly ground black pepper
1	whole-grain bagel (or bagel of choice), sliced in half
½ cup	(packed) baby spinach, or regular spinach, torn or roughly chopped
3 - 4 tbsp	green onions, roughly chopped (green portion only)
⅓ - ½ cup	mozzarella-style VeganRella or other non-dairy cheese, grated
1 - 1½ tbsp	extra-virgin olive oil (to finish)

Preheat oven to broil. In a bowl, combine the mushrooms, olive oil, and Worcestershire sauce and toss well. Place the mushrooms on a baking sheet lined with parchment paper, and sprinkle with sea salt and pepper. Place under the broiler (on high rack) for 5-6 minutes, flipping once, until just browned. While mushrooms are grilling, lightly toast the bagel halves.

When mushrooms are done, remove and set oven to bake at 425°F (218°C) (and lower the rack if necessary). On the same baking sheet lined with parchment paper, place the bagels, arrange the spinach on top (sprinkle with a pinch of sea salt), followed by the mushrooms, green onions, and the VeganRella. Bake for 7-9 minutes, until cheese is melted. Remove and finish with a drizzle of olive oil. Serve as is or with ketchup or other condiments.

Makes 1 or 2 servings, with accompaniments.

For a wheat-free option, use wheat-free bagels and substitute tamari in place of the Worcestershire sauce.

You can use other veggies instead of mushrooms or spinach such as roasted red peppers, fresh tomato slices, or zucchini (grill zucchini as you would the mushrooms).

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