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# vegetarian times

30

tasty recipes  
to dress up  
your holiday  
table

## the season's best

- Spectacular sweet & savory pies
- Stress-free holiday sides
- The ultimate Thanksgiving menu

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SWEET POTATO  
TORTE  
with chard  
& Taleggio,  
p. 76

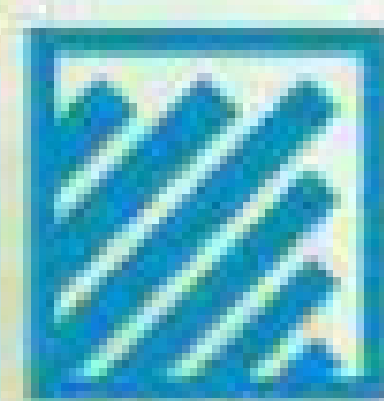


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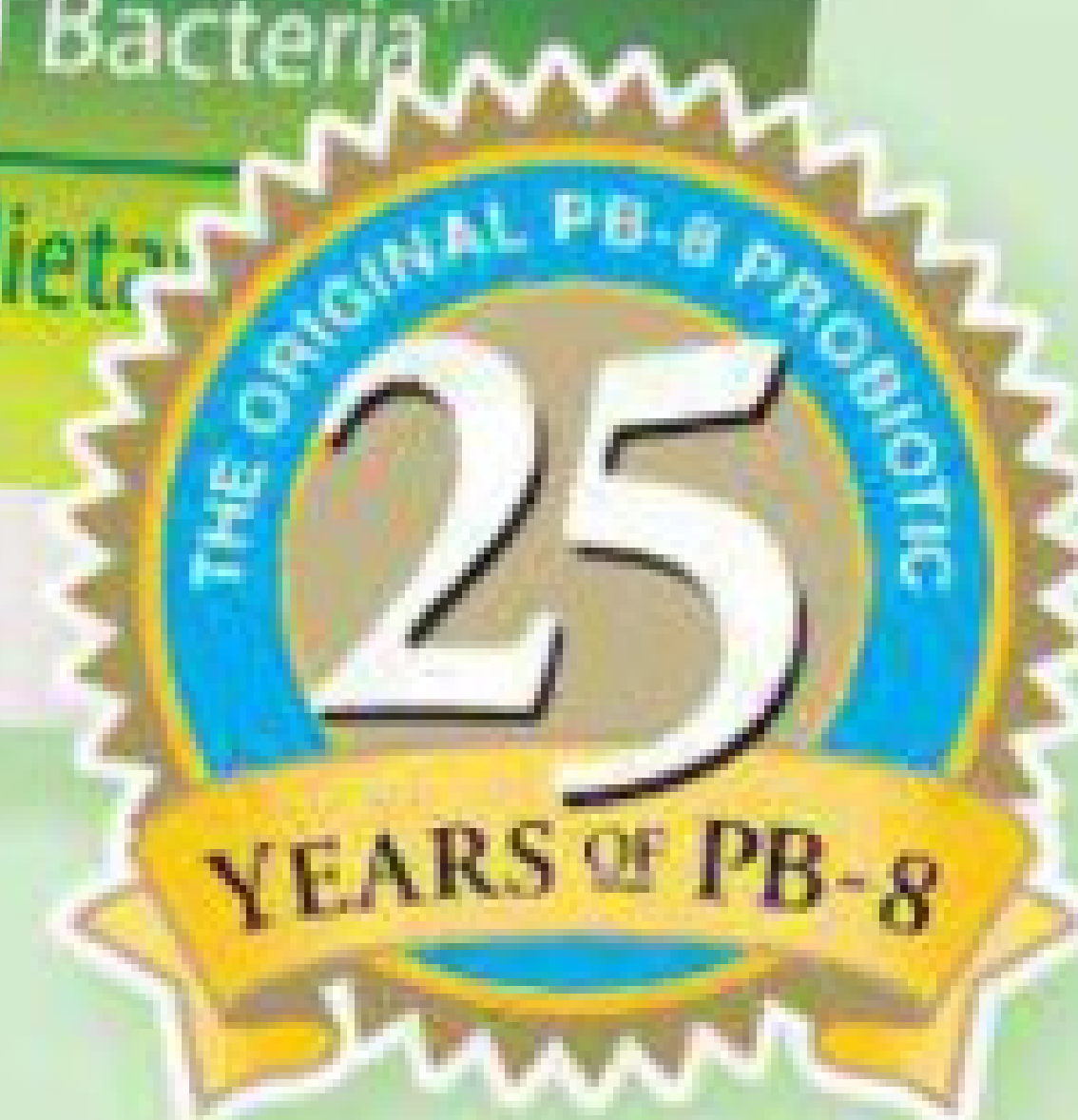
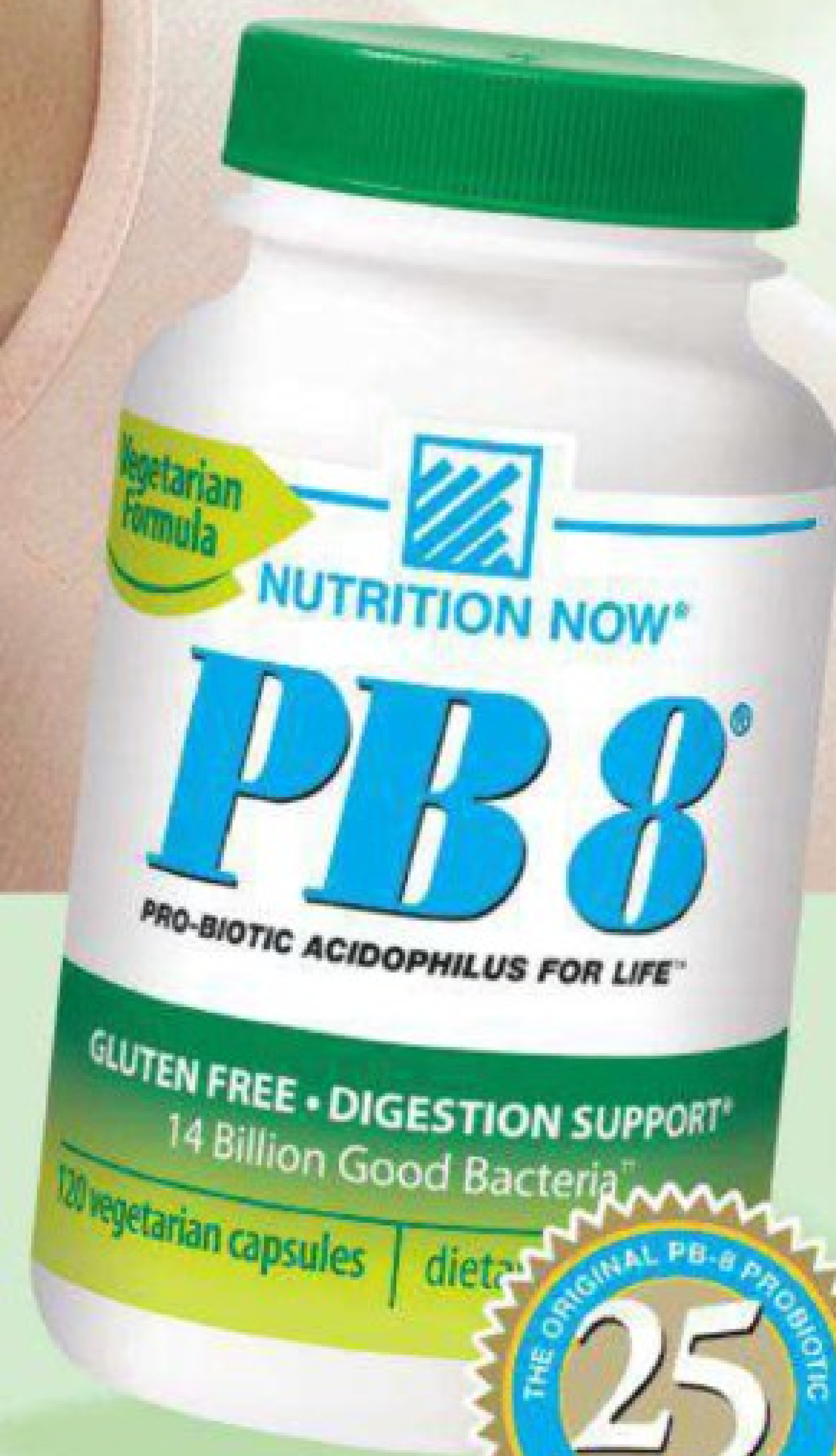
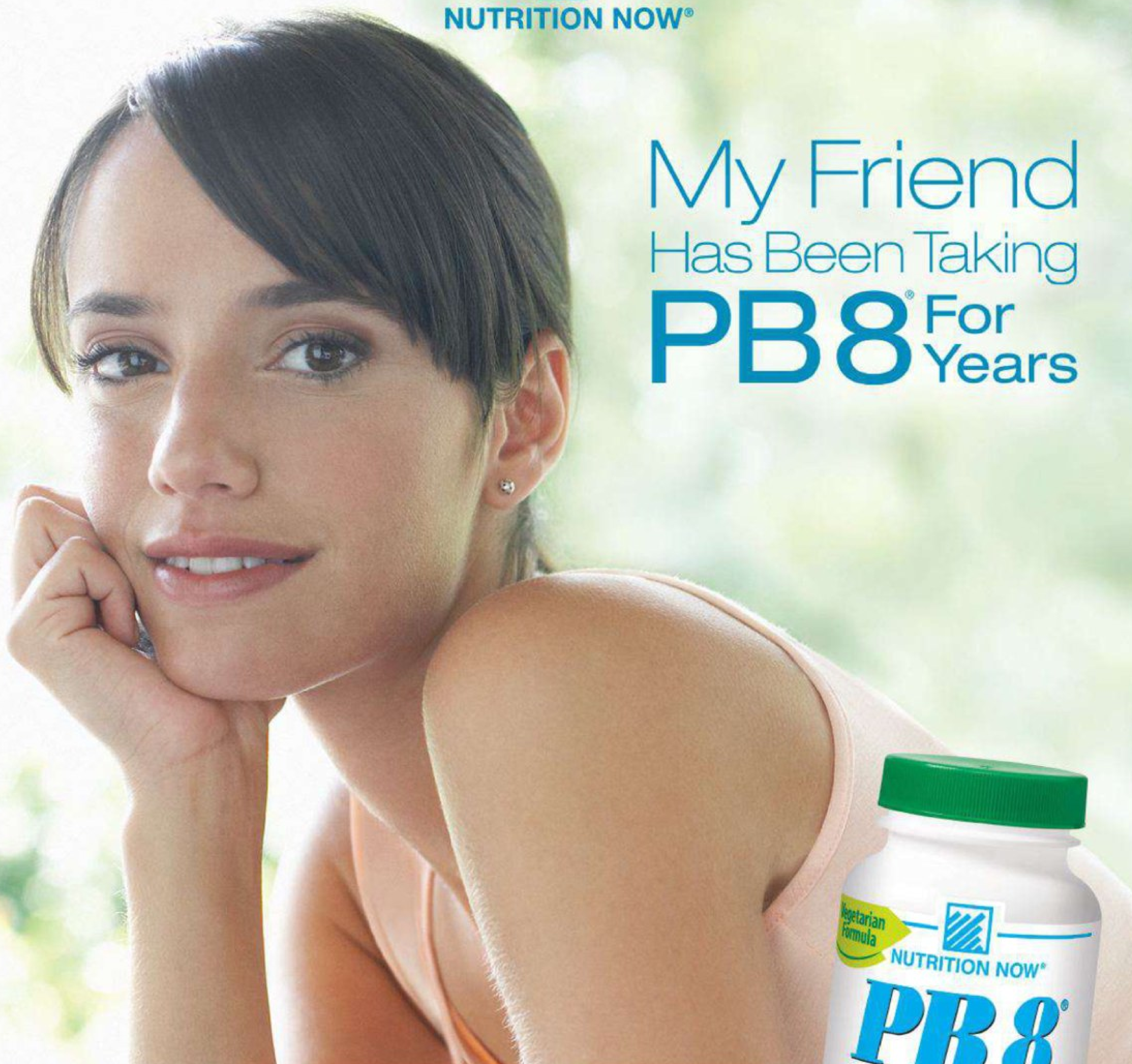
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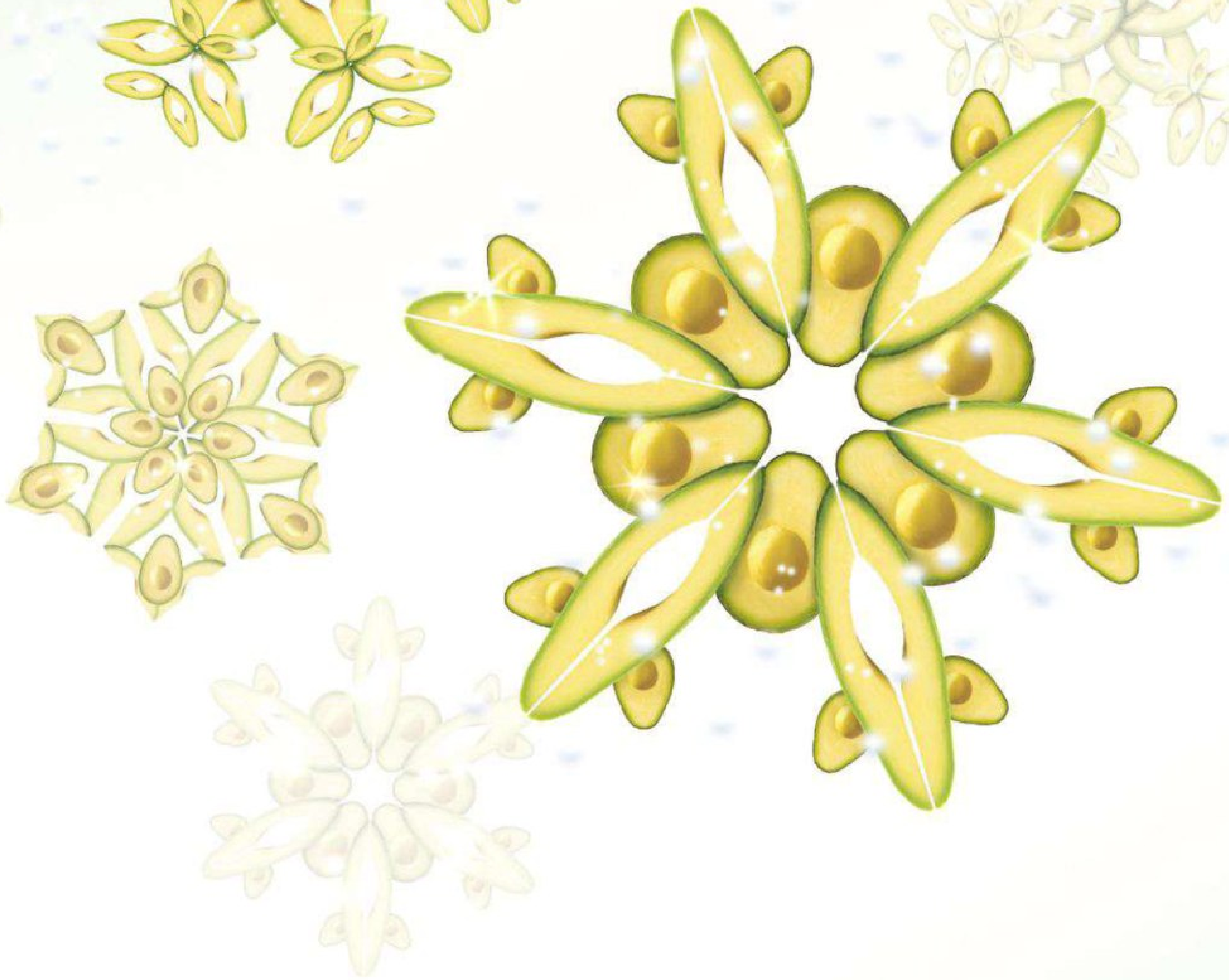
83 recipe index

Issue 389, Vol. 38, No. 1. *Vegetarian Times* (ISSN 0164-8497, USPS 433-170) is published monthly except February, May, and August by Cruz Bay Publishing, Inc., an Active Interest Media company. The known office of publication is at 475 Sansome St., Suite 850, San Francisco, CA 94111. Periodicals postage paid at San Francisco, CA, and at additional mailing offices. POSTMASTER: Send all address changes to *Vegetarian Times*, PO Box 420235, Palm Coast, FL 32142-0235.



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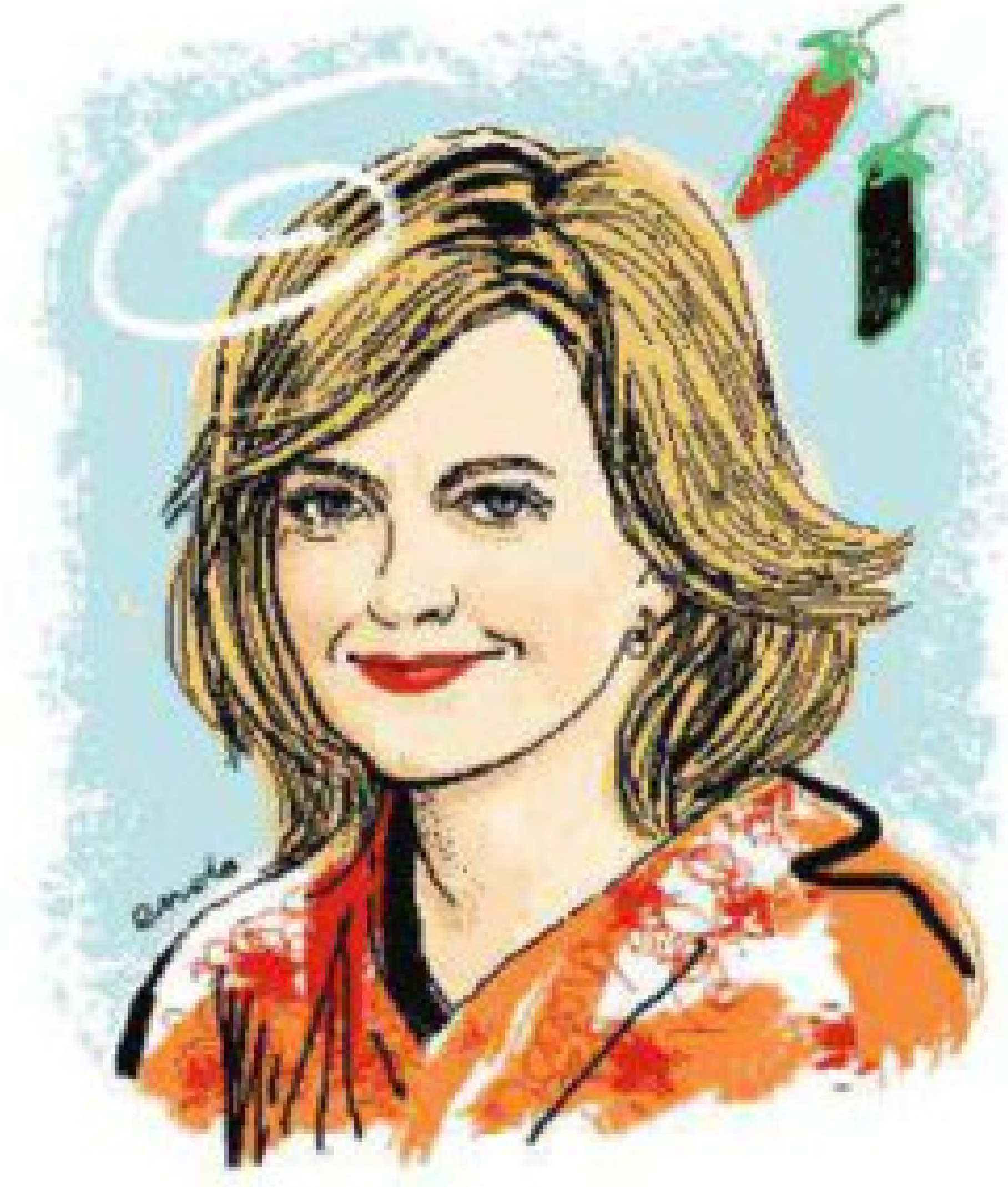
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## a fine feast

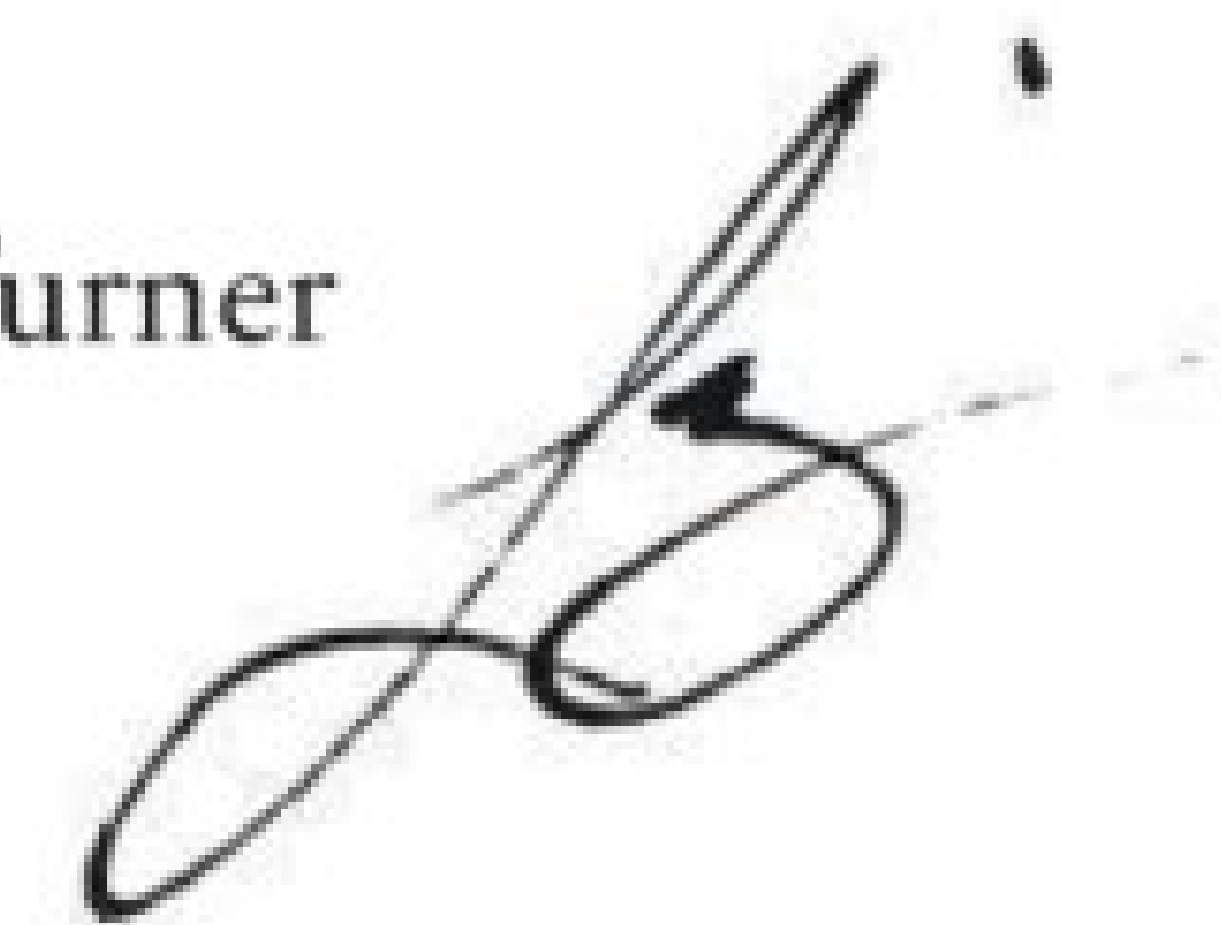
**Sometimes the sweetest inspiration** comes from the most unexpected places. This year, we reached across the Atlantic to show how an American living in Paris—in this case, frequent *VT* writer Aurelia d'Andrea—honors Thanksgiving in grand veg style. We've known for years that Aurelia could write a smart magazine story, but this project proved to us that she can also develop great recipes (such as Seitan Timbales with Chestnut-Champignon Stuffing, Truffled Mashed Potatoes, and a gorgeous Vegan Galette des Rois). To see the entire menu in all its glory, turn to "French Twist" on p. 58.

On this side of the Atlantic, we knew a Thanksgiving issue wouldn't be complete without plenty of pies. For that assignment, we turned to pie maker extraordinaire Victoria Abbott Riccardi. In "Sweet & Savory Pies" (p. 52), Victoria offers inspired desserts that include an Eggnog Pear Pie and a Lattice-Top Plum Pie, plus savory creations such as the Layered Sweet Potato Torte that graces this month's cover. Enjoy!



AGATA ENDO NOWICKA

Elizabeth Turner



## what's cooking on vegetariantimes.com

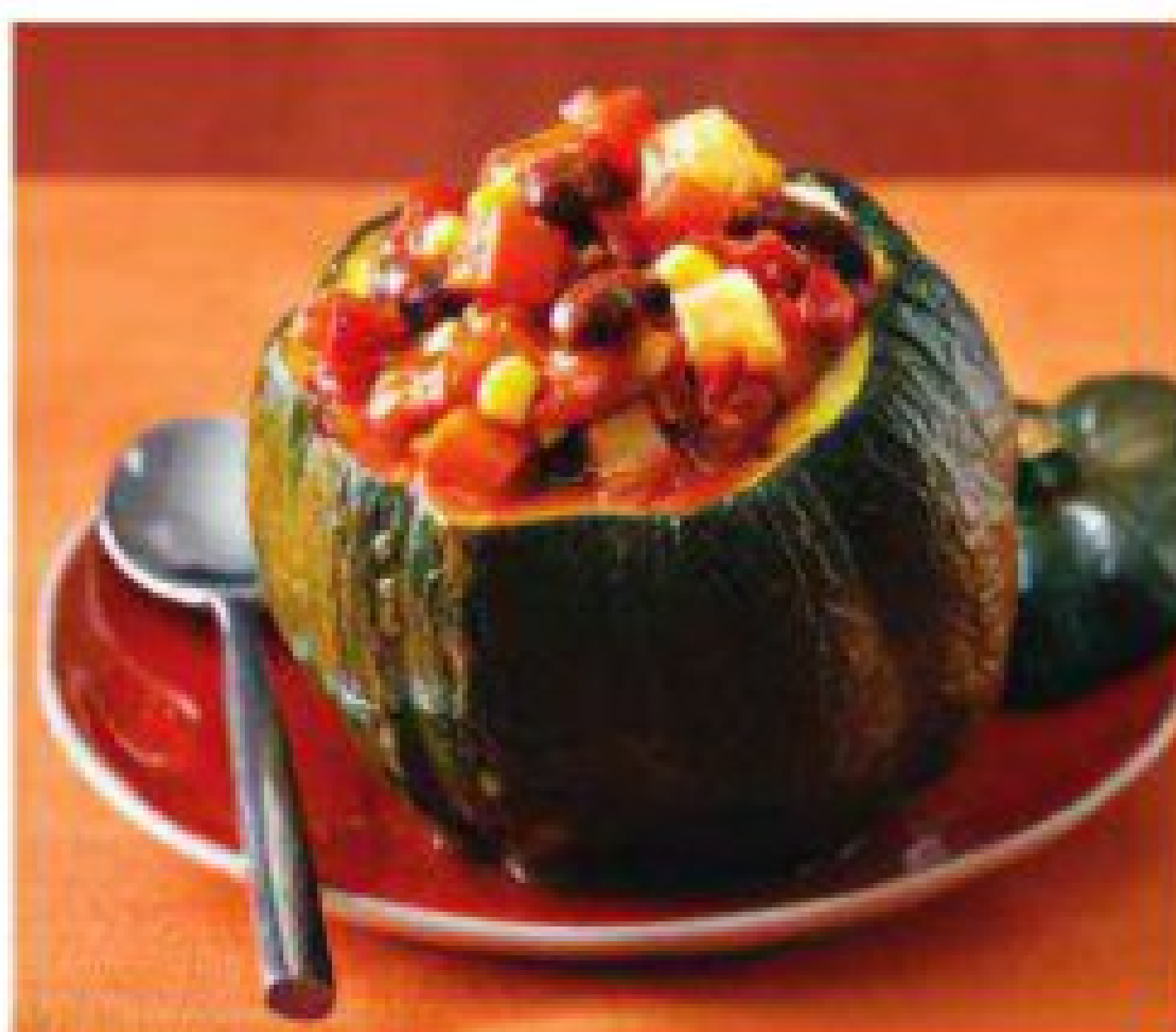


**MEGYN PRICE Recipe**  
[vegetariantimes.com/applesalad](http://vegetariantimes.com/applesalad)  
Actress Megyn Price, this month's One on One profile (p. 84), shares her tasty Thanksgiving Green Apple Salad recipe.

### WIN Measuring Goodies Giveaway

[vegetariantimes.com/sweeps](http://vegetariantimes.com/sweeps)

One lucky reader will win all the measuring tools featured in "Make It Count" on p. 26.



### Watch It: HOW TO MAKE EDIBLE SQUASH BOWLS

Want to learn how to make edible squash bowls from *VT* Executive Chef Ann Gentry? This festive holiday dish is guaranteed to wow dinner guests. Scan this code with your smartphone to watch **Kitchen Tricks: How to Make Edible Squash Bowls**. (Plus, get Gentry's South American Squash and Vegetable Ragoût recipe.) See p. 32 for details.

scan it ▼







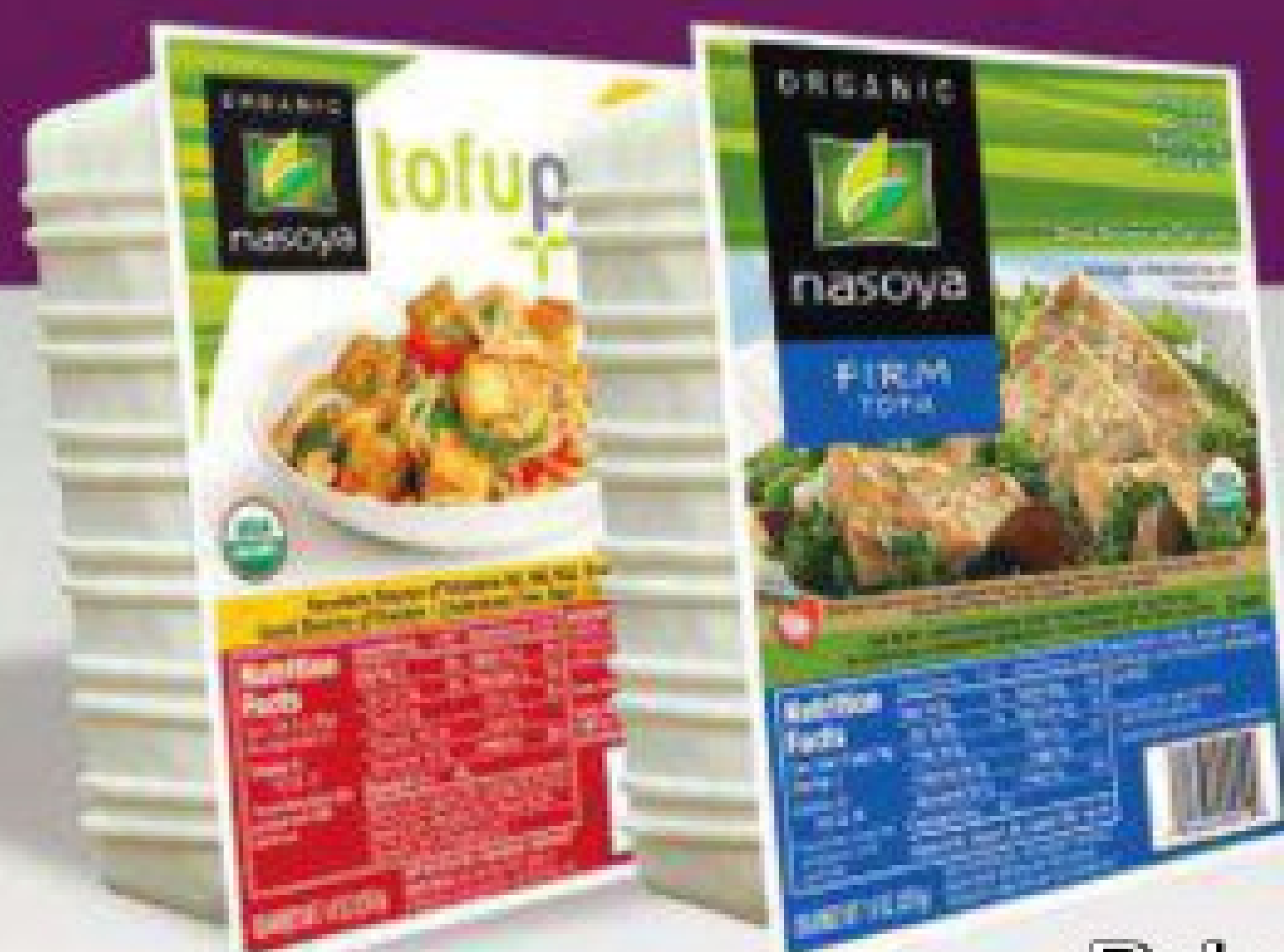
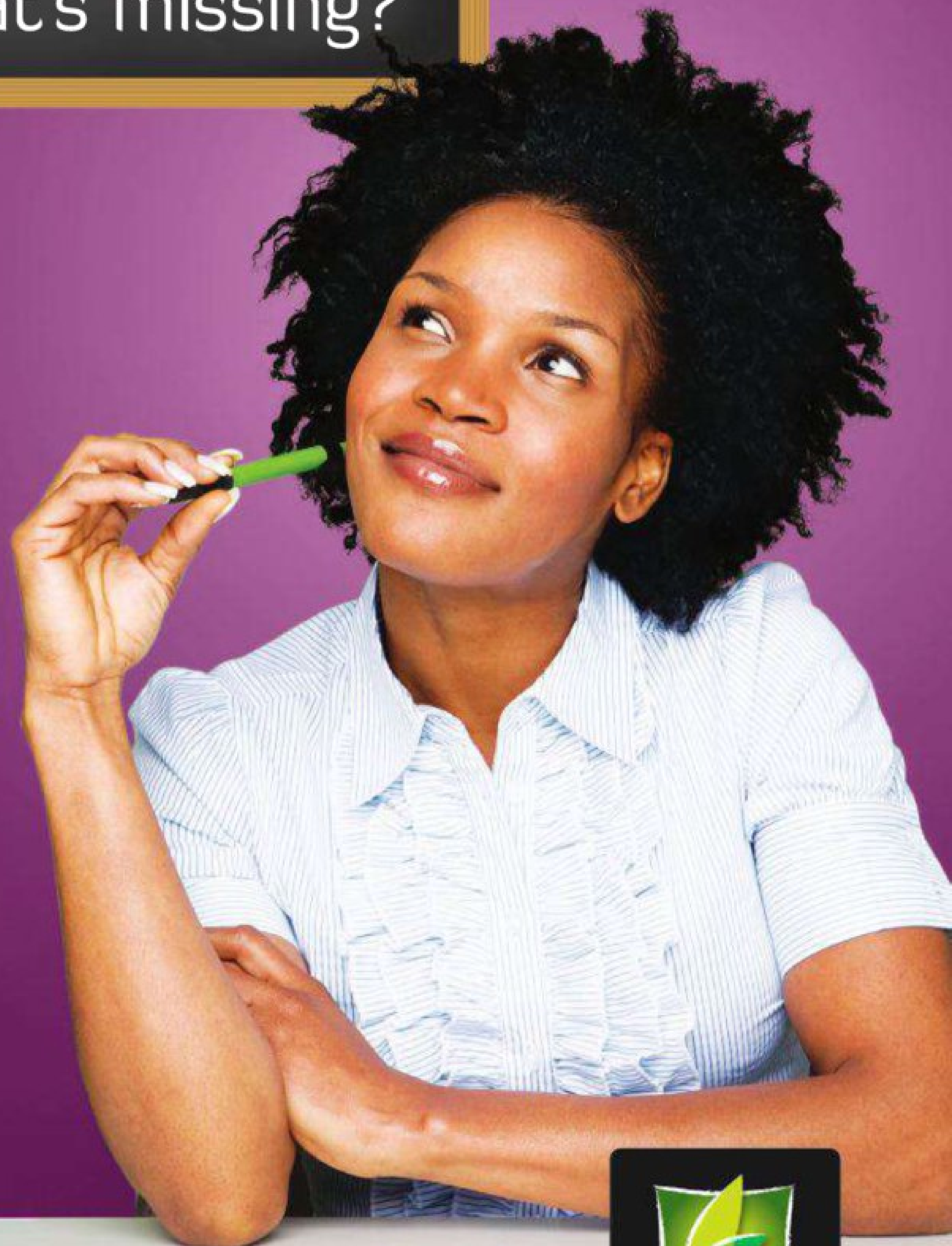
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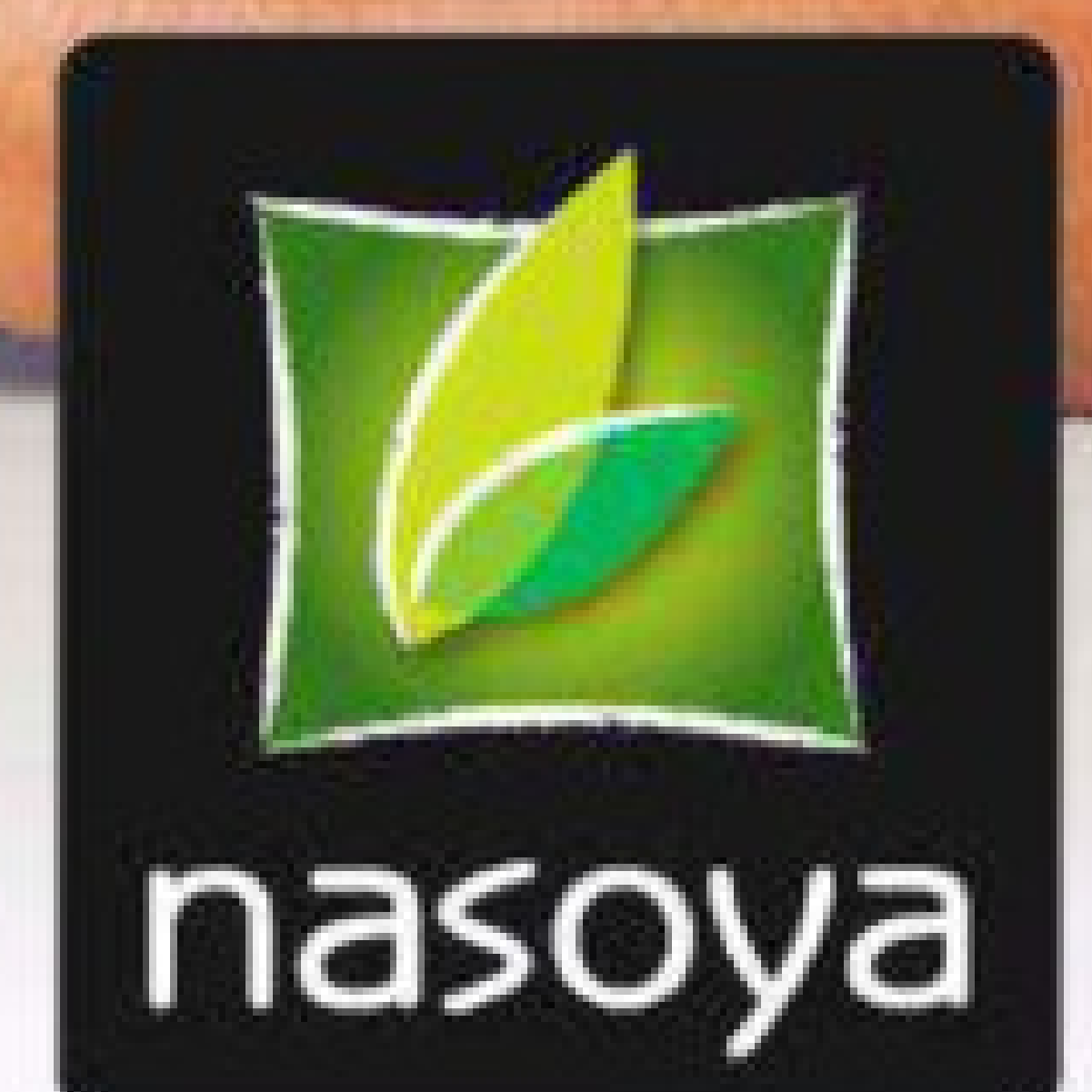
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## contributors



### Carolyn Malcoun

Recipe Developer, "Keep It Simple," p. 36

**Who or what inspires you most?**

Small farmers. They have really tough jobs and don't make lots of money, but a healthy food system depends so much on them.

**What did you discover while on this assignment?**

That my husband doesn't really hate dill, even though he says he does. He gobbled up my steamed carrots with dill butter without a single complaint.

**What's your most treasured family food tradition?**

Making Christmas cookies. My mom has been making literally more than 1,000 cookies every year for as long as I can remember. If my sister and I are both home for the holidays, we're in charge of decorating them.



### Beatriz da Costa

Photographer, "French Twist," p. 58

**Who or what inspires you most?**

Nature. I love color, light, and the unexpected!

**What's your most treasured family food tradition?**

Breakfast with lots of fruits, juices, and homemade cakes and breads.

**Do you improvise much in the kitchen?**

I've always loved making soups with whatever is in the fridge. As simple as a few potatoes, some leeks, and any vegetables—that's my usual lazy Sunday dinner.

**What's your favorite piece of cookware?**

My mandoline. It is practical, and you can cut vegetables in different ways. I love making zucchini into "spaghetti" for salad.



### Lisa Turner

Writer, "Oil Change," p. 66

**What did you discover while on this assignment?**

That I absolutely love toasted peanut oil. It's a permanent addition to my list of favorite condiments, right up there with harissa and balsamic glaze.

**What's your most treasured family food tradition?**

Our Southern farm-food meals: black-eyed peas, collard greens, cornbread, okra, homemade pickles, and fried green tomatoes.

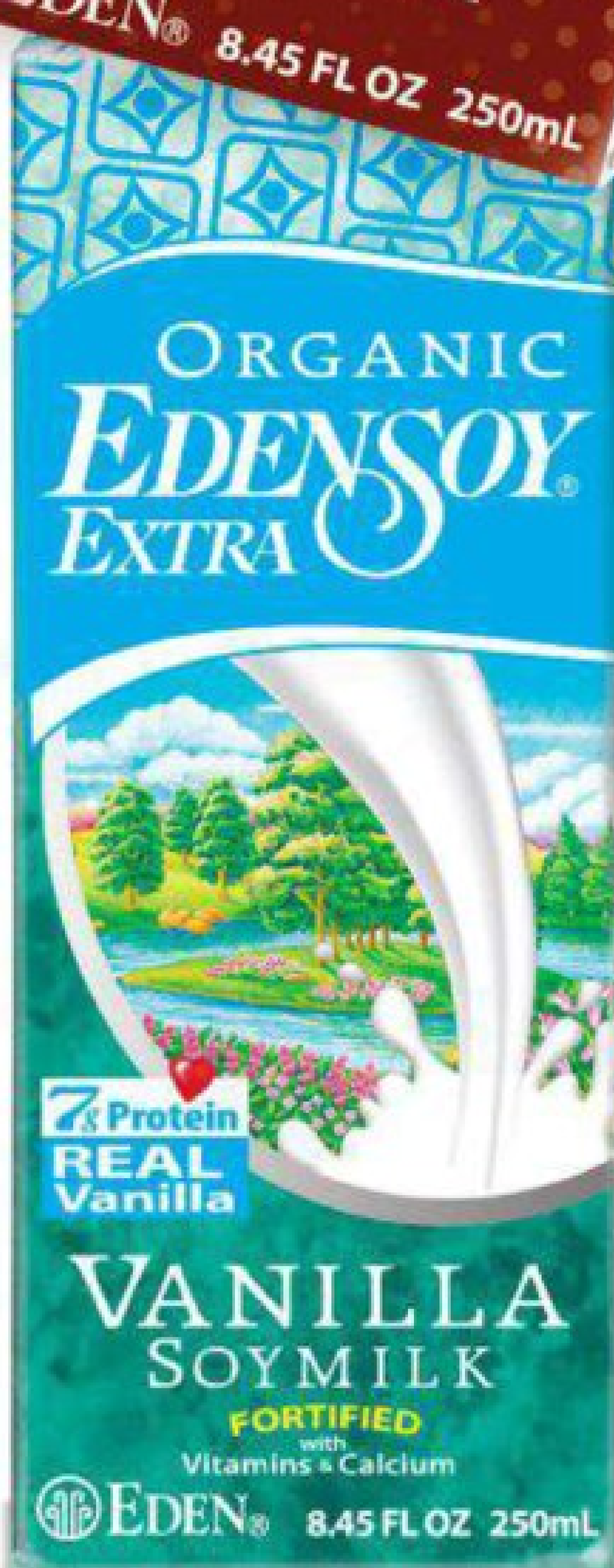
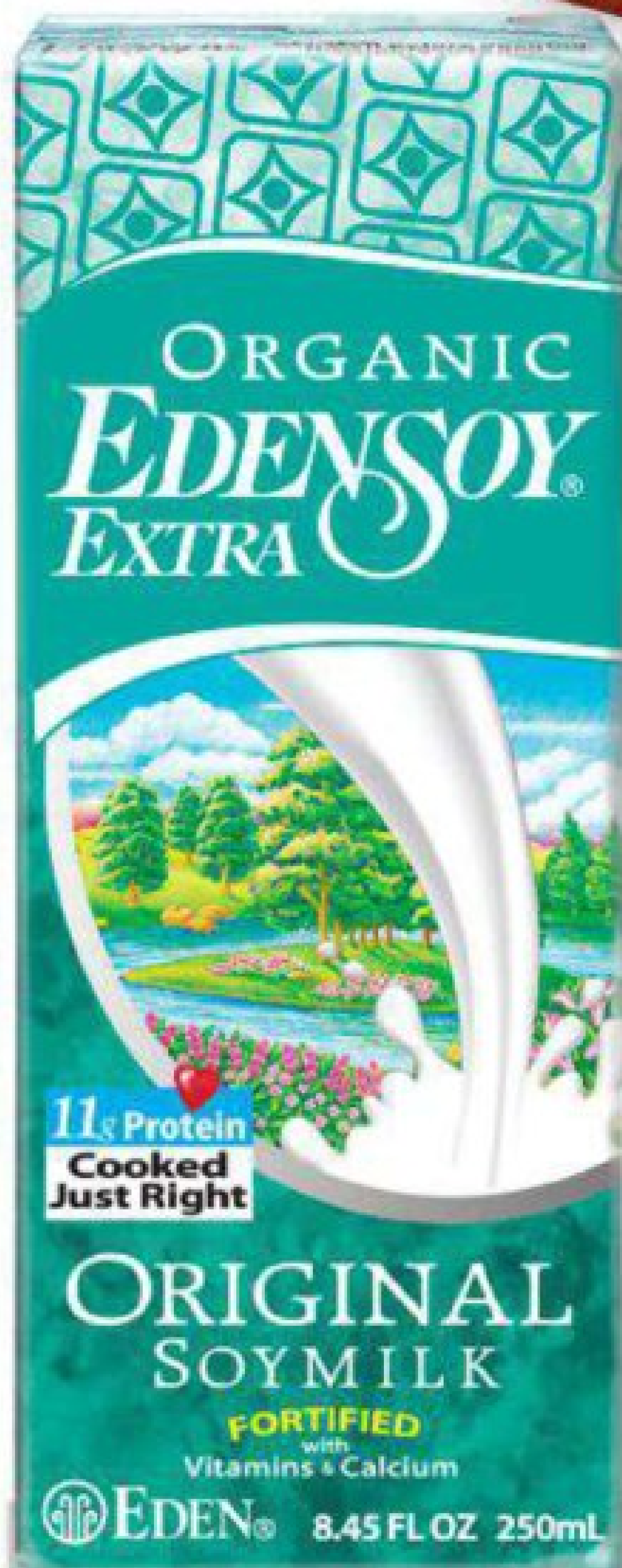
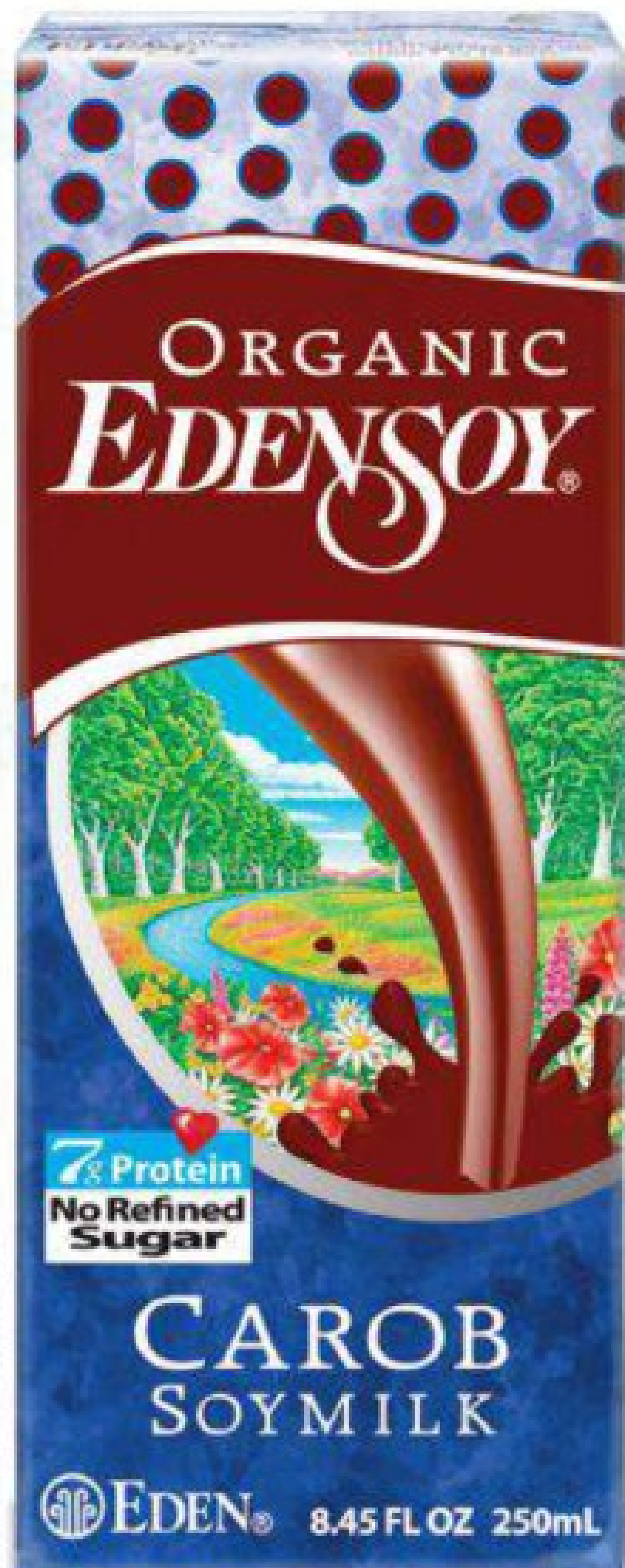
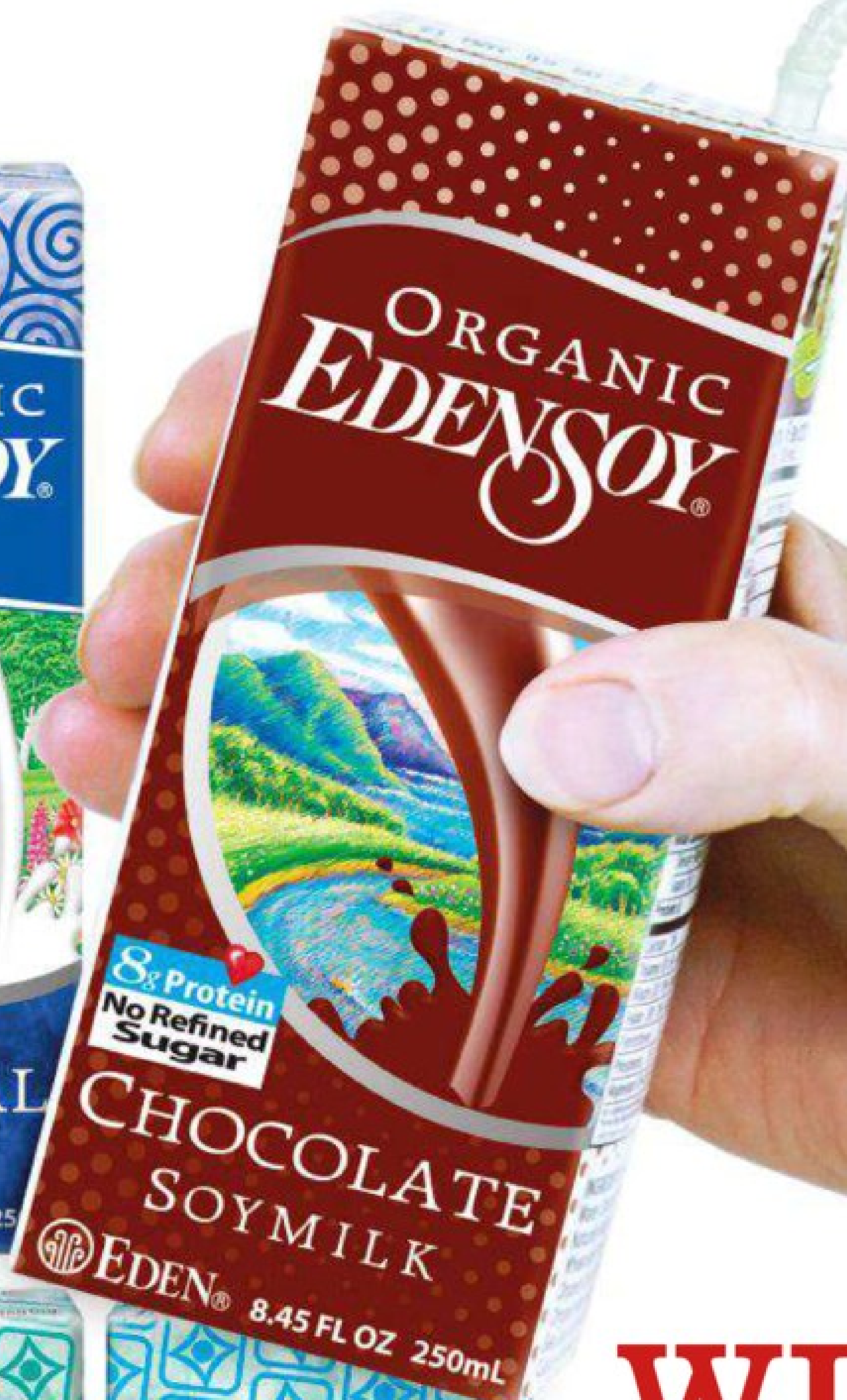
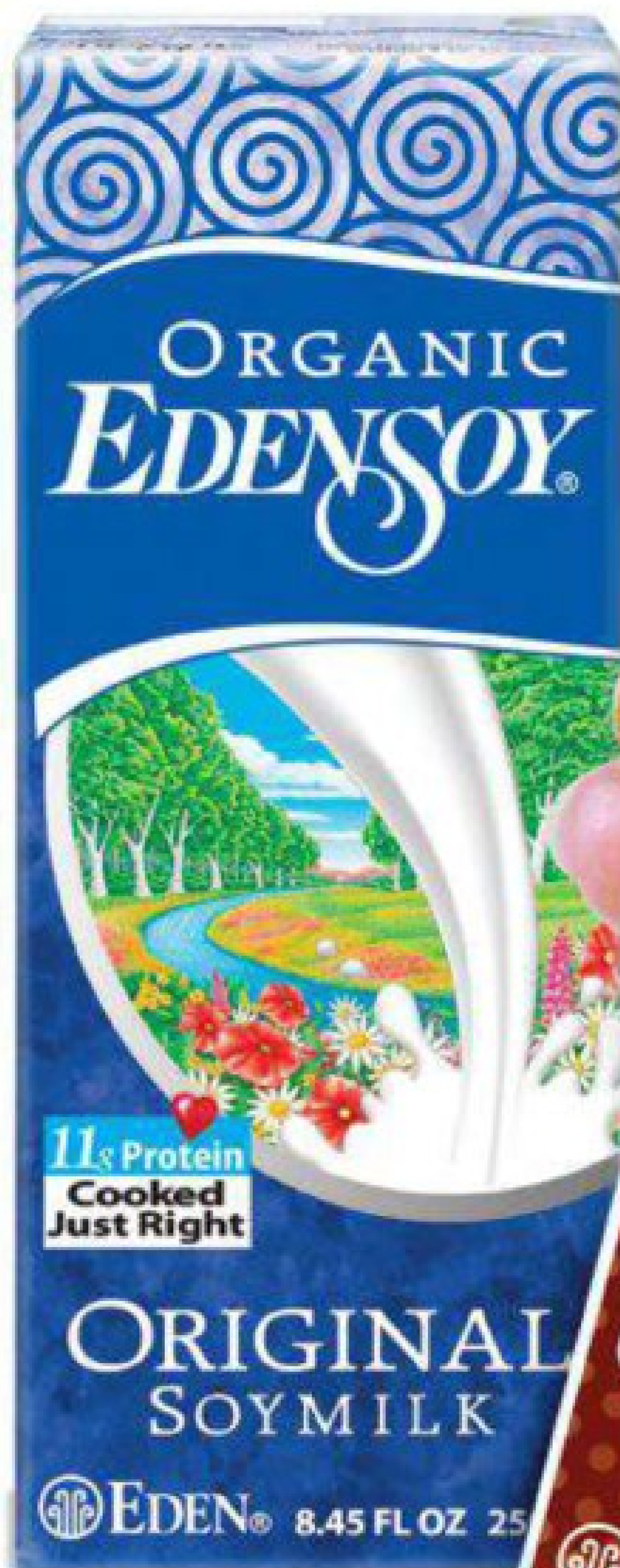
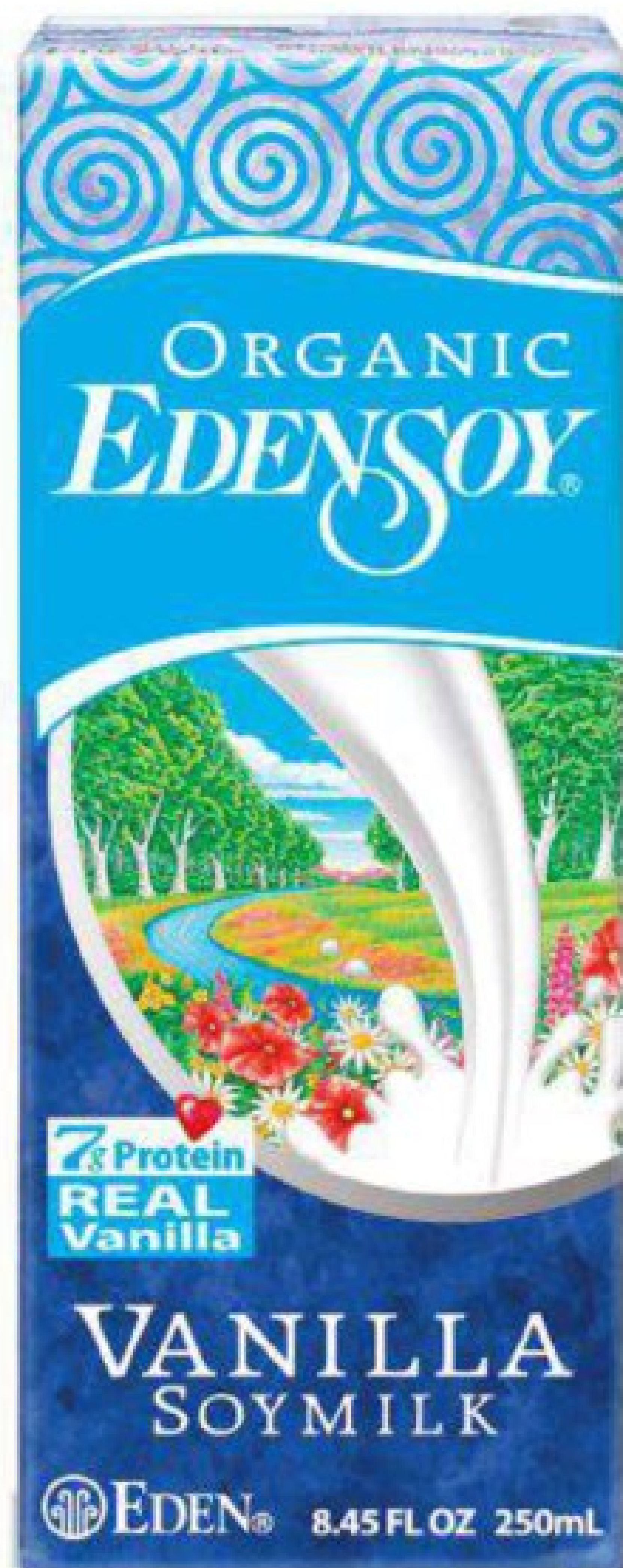
**What's your No. 1 pantry staple?**

Definitely beans. I use dried beans, and always have a good selection on hand.

**What fruit or veggie best describes you and why?**

The artichoke. It requires a bit of work and commitment, and involves some prickly bits, but the heart is tender, sweet, and pleasantly nutty. 🍷





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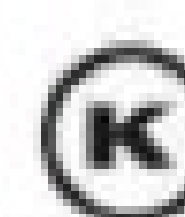
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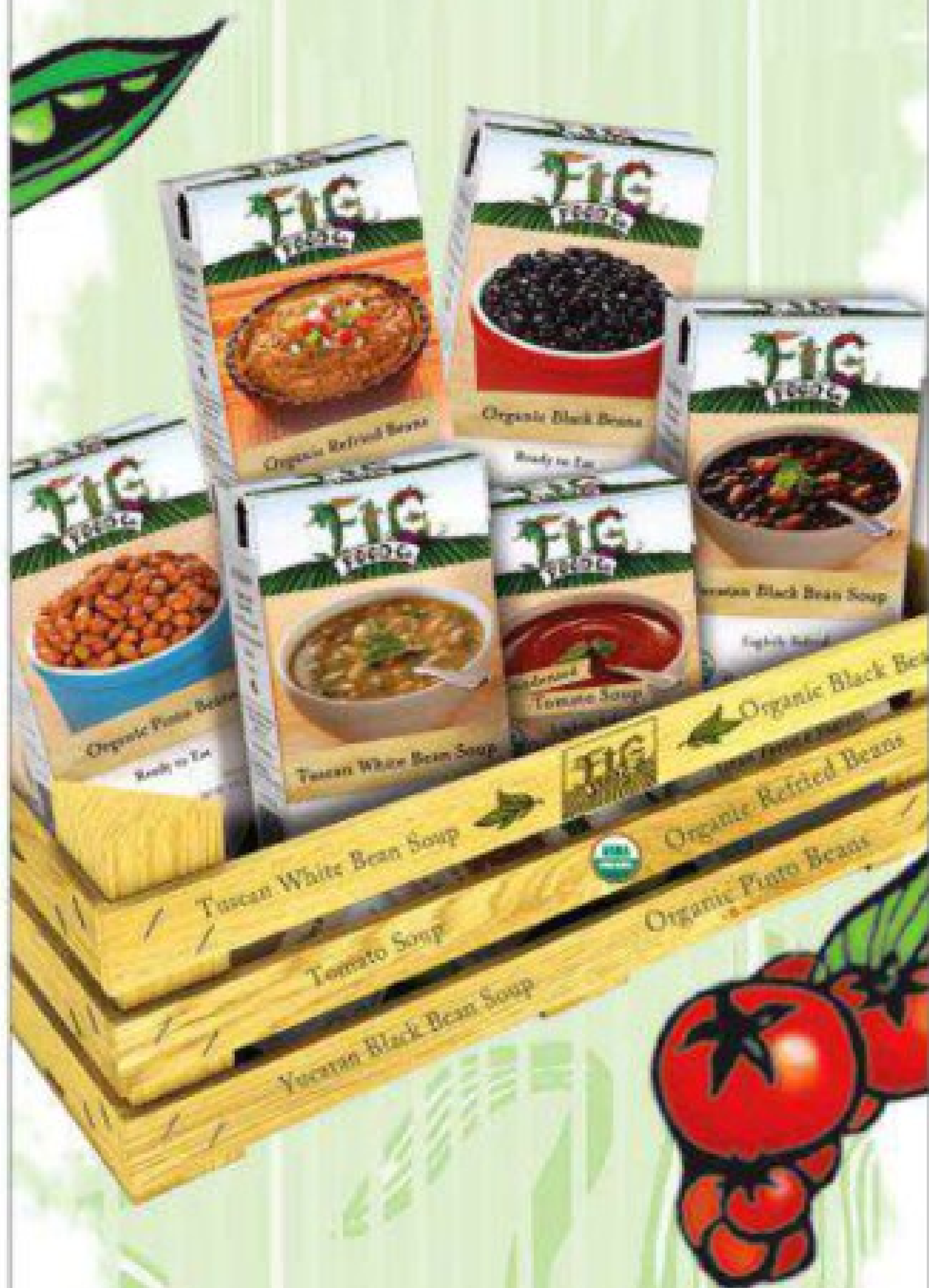
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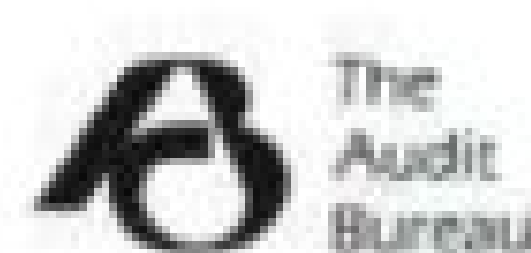
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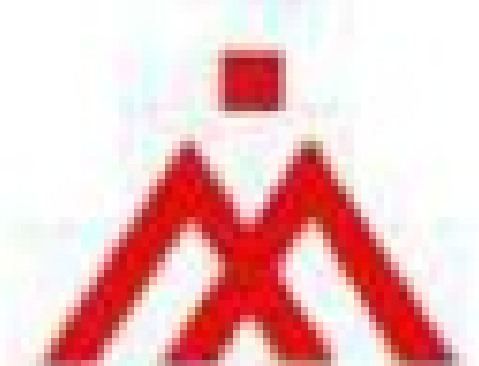
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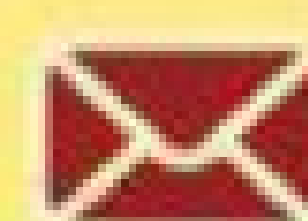
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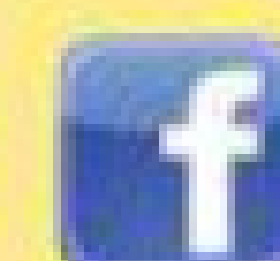
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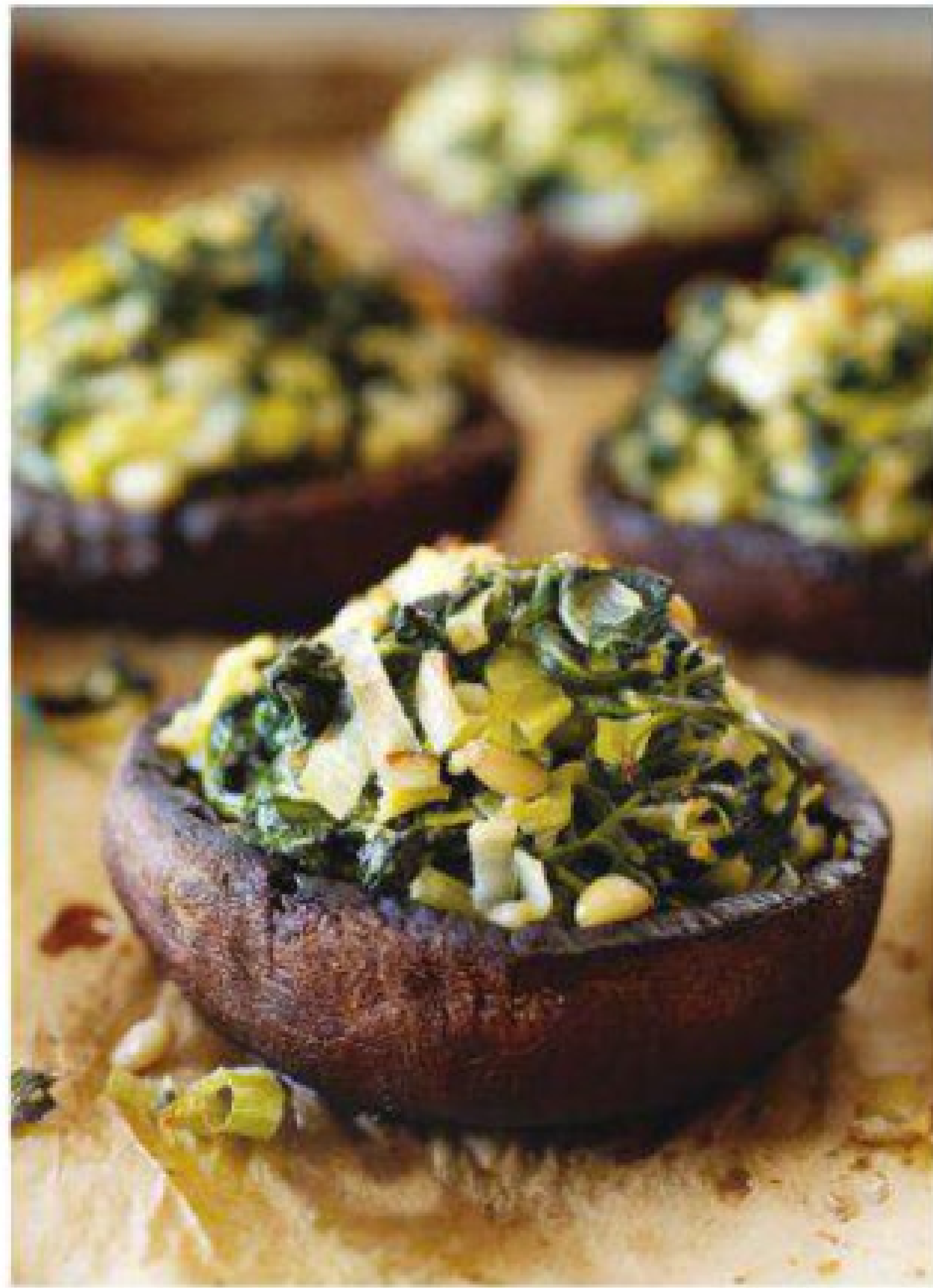


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# letters

## HOT STUFF

I made the Stuffed Portobello Mushrooms with Farro ["Dynamic Duos," October, p. 44] for family yesterday, and everyone loved them! I made a couple without the goat cheese and pine nuts to accommodate some dietary issues, and they were still great.

BARRY SANDERS | VIA FACEBOOK

## GLUTEN-FREE GALORE

I just can't thank you enough for your coverage of the gluten-free lifestyle in the October issue. I have recently given up gluten per doctor's orders to alleviate some digestive ailments, and while I don't know yet if it is just an intolerance or Celiac disease, it is nice to see *Vegetarian Times* bring the topic to light. Your advice to stick to whole and unprocessed foods to avoid any traces of gluten seems like a no-brainer [Ask the Doc: "Against the Grain," p. 26], but it's comforting advice for vegetarians who can no longer rely on pastas or breads to fill their bellies. And don't think your promotion of cider went unnoticed

either [This Just In: "Cider Crush," p. 18], as I have been delving into the cider world since beer became a forbidden recreation. You guys are doing a really great job of keeping your fingers on the pulse of up-and-coming alternatives for ever-changing lifestyles without losing sight of a meat-free diet!

CORINNE RIZZO | AKRON, OHIO

## SPLENDID SUB

Thanks to Kirstin Uhrenholdt for demonstrating how to easily veganize her Vegetable Moo Shu Wraps recipe ["Guess Who's Coming to Dinner? (Everyone)," September, p. 69]. Yes, I know that we vegans should be able to figure out substitutions, but when we are forced to come up with our own substitutions, we run the risk of picking a poor sub, thus ruining the recipe and discouraging us from trying it again. Showing us how to veganize your recipes takes your magazine to a whole new level for me, and makes me feel like I can make (and eat) anything!

TRACI WHITLEY | VIA E-MAIL

## TRUCK LUCK

My husband and I really enjoyed your feature on veggie food trucks around the country ["Munching on the Move," July/August, p. 70]. We live in a small community and none of the vendors is regularly in our area, so we were ecstatic

when we found out that Cinnamon Snail was going to be at a craft fair in Jersey City! Adam Sobel and his assistant were entertainment on their own, and their organic vegan food was out of this world. We enjoyed Adam's Creole grilled tofu sub, Korean barbecue seitan, and maple mustard tempeh sandwich throughout the day. Each one was delectable in its own way. Dessert? It was pure silent euphoria as we enjoyed the peanut butter doughnut and peanut butter blondie. We'll miss you, Snail!

REBECCA THYGESEN | FRENCHTOWN, N.J.

## SUGAR SHOCK

I made the Summer Squash and Apple-sauce Muffins by food blogger Dynise Balcavage ["Blog Bites," July/August, p. 54]. The muffins are gorgeous, easy to make, and delicious. But 2 cups of sugar? They certainly were great, but I can't justify putting that much sugar in a muffin. I'll be playing with this recipe to find the right amount.

KAREN PAULSON | INDIAN LAND, S.C.

**Editor's Note:** Balcavage admits to having a serious sweet tooth, but she encourages readers to tweak her recipe based on personal taste: "The sugar-sensitive could start with 1 cup of sugar. After stirring, taste the batter; if it's not sweet enough, simply add more sugar in 1/4-cup increments until you're happy."

## FAB 5 Can't decide what to cook tonight?

Here are our five favorite recipes from this issue:

1. Sweet Potato and Pecan Cinnamon Buns with Maple Glaze, p. 46
2. Warm Farro Pilaf with Dried Cranberries, p. 73
3. Vegan Galette des Rois, p. 77
4. Salad of Shaved Fennel, Oranges, and Candied Pecans, p. 62
5. Roasted Sweet Potatoes with Fresh Marjoram, p. 40

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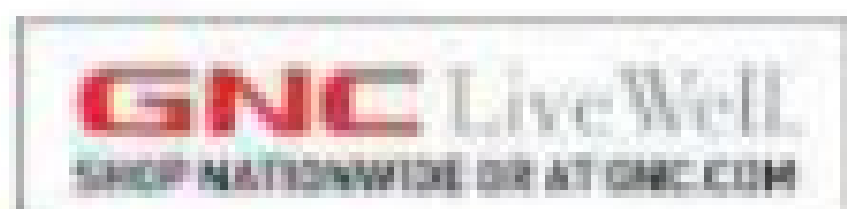
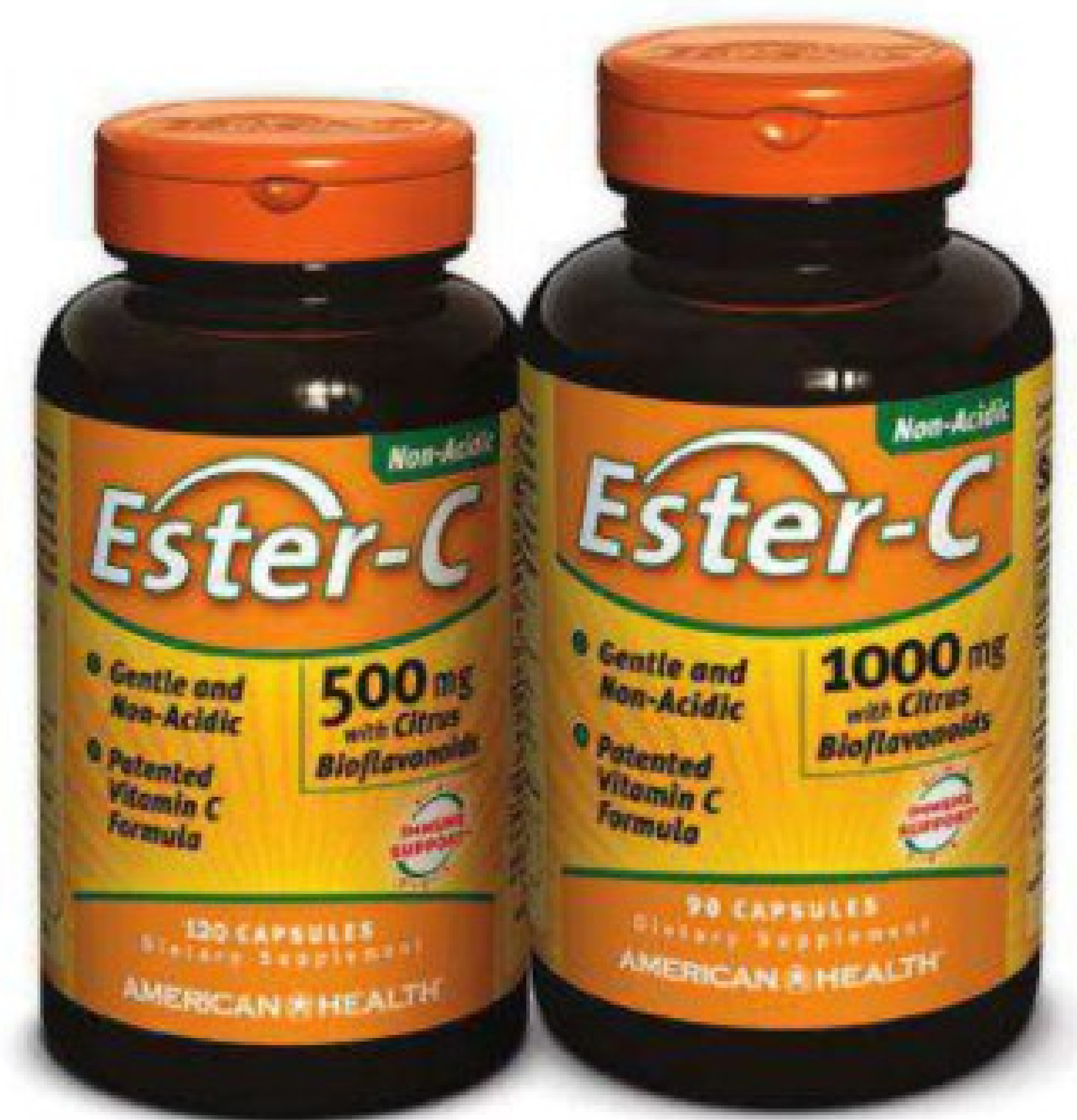
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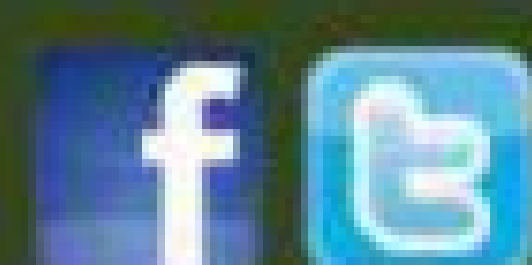


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# 100% Tunisian olive oil



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## community

### tell vt October is Fair Trade Month! What fair-trade items do you keep in your pantry?

I always buy fair-trade coffee beans. They taste way better than Folgers! I also love that every morning just by drinking my cup o' joe I'm helping someone impoverished make a better life for themselves and their family.

—HILARY MAYE RAMSEY  
VIA FACEBOOK

Chocolate, of course! My favorite brand is Endangered Species Chocolate. Not only does my purchase further fair-trade efforts, I get to help endangered wildlife as well. It's a total win-win.

—LETNAH C. DEER  
VIA FACEBOOK

I always keep fair-trade coffee and tea in the pantry. They're readily available anywhere you buy your caffeine these days, which shows that buying fair trade really does make an impact.

—VÉRONIQUE DAOUST  
VIA FACEBOOK

Herbal teas, cocoa powder, sweets, spices for Indian food, and hazelnut spreads.

—ALESSANDRA FERRARI  
VIA FACEBOOK

Coffee, tea, chocolate, grains—anything I can get that is fair-trade. Everything else is local.

—REBECCA RAMBO  
VIA FACEBOOK

I always have at least a bar of Theo chocolate in my pantry. It is the first organic, fair-trade chocolate factory in the country! It happens to be in Seattle, so it's local for me too.

—SERENITY LYNN

### next question:

What's your absolute favorite spice, and what do you like to cook with it?

Visit [vegetariantimes.com/tellvt](http://vegetariantimes.com/tellvt) to share your answer—and see what others have to say. Our favorite responses will be published in the next issue of VT.

#### SHARE: Reader Recipe

#### Asparagus and Zucchini Velouté with Parsley

SERVES 6 | 30 MINUTES OR FEWER

Kitty Ellyson, a psychotherapist from Portland, Maine, modeled her velvety soup after a dish she tried at a roadside restaurant in France. "They served it warm, not hot, in beautiful little glasses. You could either sip it or use a teensy spoon," she says. "The first thing I did when we got home was to try to re-create it."

- 1 16-oz. bunch asparagus, trimmed and coarsely chopped
- 1½ cups low-sodium vegetable broth
- 1 medium zucchini, coarsely chopped (1 cup)
- ½ tsp. salt
- 4 Tbs. butter
- 4 Tbs. all-purpose flour
- ¼ cup finely chopped fresh parsley

1. Bring asparagus, broth, zucchini, salt, and 2½ cups water to a simmer in medium saucepan. Reduce heat to medium-low, and simmer 15 to 20

minutes, or until vegetables are tender. Transfer to food processor or blender, and blend until smooth.

2. Melt butter in same saucepan over medium heat. Stir in flour, and cook 3 to 5 minutes, or until browned. Add puréed soup mixture, and cook over medium-low heat until soup is thickened. Season with salt and pepper, if desired. Serve sprinkled with parsley.

PER 1-CUP SERVING: 105 CAL; 2 G PROT; 8 G TOTAL FAT (5 G SAT FAT); 7 G CARB; 20 MG CHOL; 306 MG SOD; 2 G FIBER; 2 G SUGARS



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PEAK SEASON

## jerusalem artichokes



**Also known as sunchokes**, these knobby tubers actually have nothing to do with the Holy Land or artichokes; native to North America, they belong to the sunflower family. Their flavor, reminiscent of water chestnuts, jicama, and apple, can help brighten a late fall menu. —MATTHEW KADEY, RD

### HOW TO SELECT AND STORE

"Jerusalem artichokes of the best quality are firm and heavy for their size," says Todd Schriver of Rock Dove Farm in West Jefferson, Ohio. Avoid tubers with blotchy areas, soft spots, wrinkled skin, or sprouts. Placed in a bowl with a damp towel over top, Jerusalem artichokes should last about two weeks in the fridge, Schriver adds. Freezing is not recommended, as the tubers' texture suffers.

### PREP TIPS

"Jerusalem artichokes can be enjoyed raw, boiled, roasted, steamed, pickled, or puréed," Schriver says. The tubers' thin skin doesn't need to be peeled; before eating or cooking, simply scrub thoroughly with a vegetable brush. Because the flesh of Jerusalem artichokes will quickly darken when exposed to air, be sure to slice these veggies just before serving them raw, or spritz with lemon juice.

### TRY THIS!

- Boil or steam chopped Jerusalem artichokes, and purée with fresh sage and butter; serve over pan-seared tofu.
- Simmer together Jerusalem artichokes, potato, leek, and thyme, and blend with plain almond milk for a creamy soup.
- Very thinly slice raw Jerusalem artichokes, and toss with grated beets, julienned carrots, diced apple, and chopped escarole; drizzle with a maple vinaigrette.
- Mash cooked Jerusalem artichokes, celery root, and potato with butter, horseradish, and fresh chives.
- Slice Jerusalem artichokes into matchsticks, and toss with olive oil, fresh rosemary, salt, and pepper; bake at 350°F for about 15 minutes for a healthful take on French fries.



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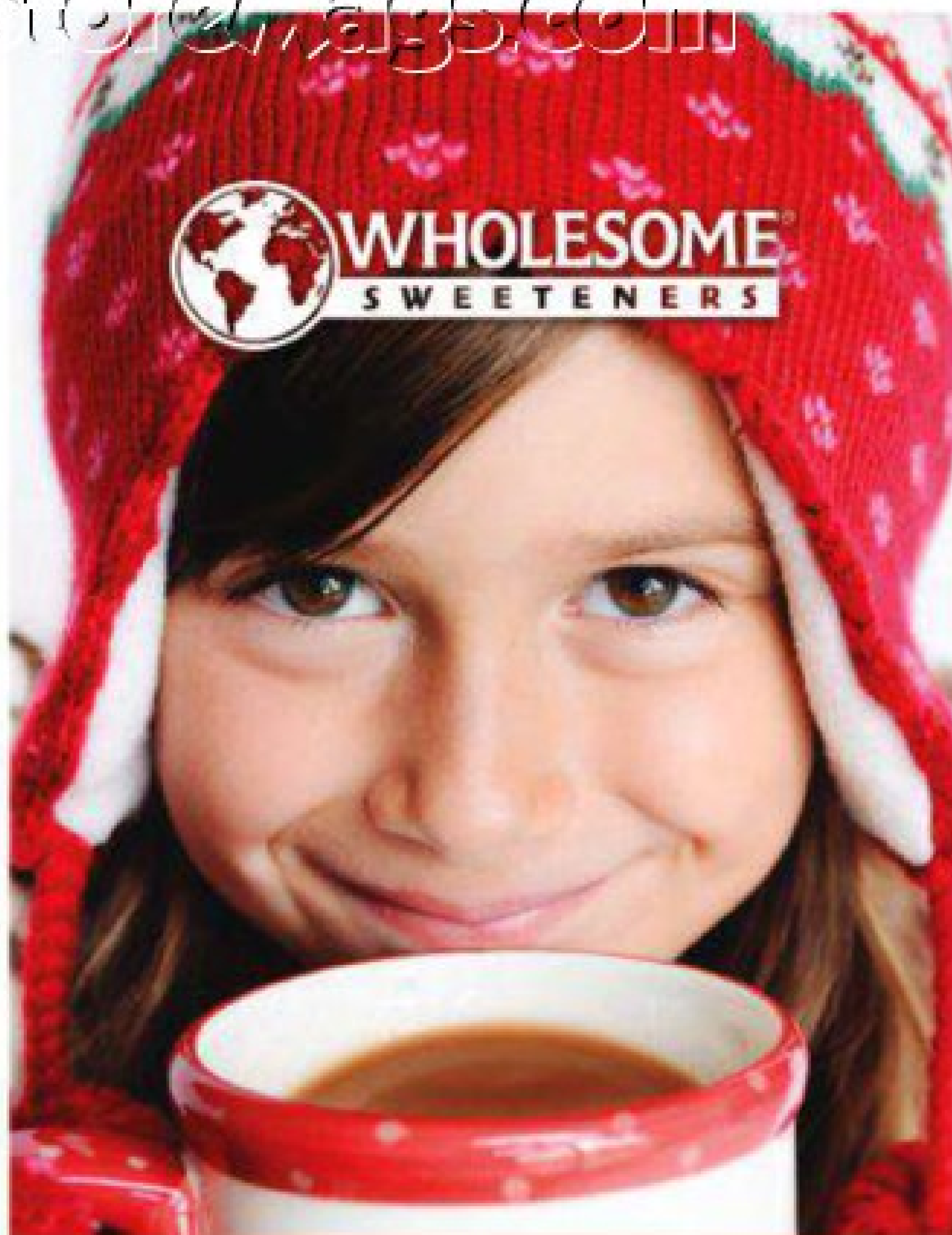


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*Store/egg.com*





# Naughty or Nice? Be Both!

## With This Cinnamon Hot Chocolate

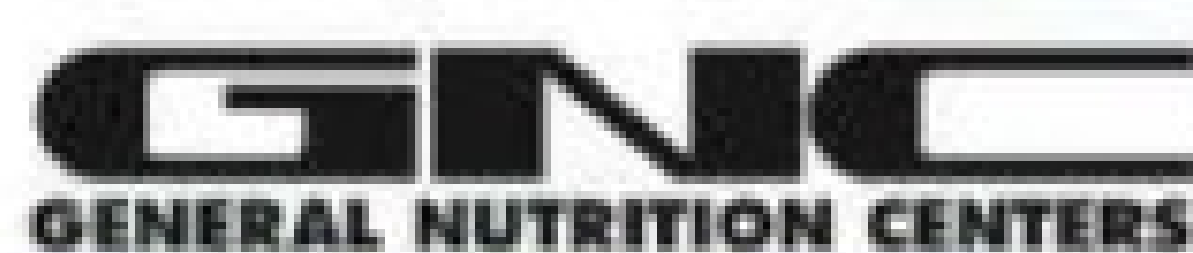
- 4 cups Organic skim milk
- 3-4 packets Wholesome Sweeteners Organic Stevia
- 4 (3½") cinnamon sticks
- 1 cup Dutch-processed cocoa powder

Bring milk and cinnamon sticks up to a simmer in a small saucepan and remove from heat. Add cocoa powder and Stevia and gently whisk for 2 minutes until smooth. Remove sticks and pour into cups. Makes: 4 servings

For a Mexican style hot chocolate, add 1/8 tsp chili powder into the milk mixture to add a spicy kick.



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## THIS JUST IN



[ASK A CHEF]

"How can I foolproof a multicourse meal?"

DAVID L. REAMER

We asked **Aaron Woo**, chef and owner of Natural Selection, a Portland, Ore., restaurant that serves prix-fixe menus based on seasonal ingredients. (We figured you could use a few tips when planning your Thanksgiving feast.) Here's what he said:

- **Design each course so that it gets easier for you to prepare and serve than the previous course.** As dinner progresses, you'll become less busy, and you'll have more time with your guests to relax and enjoy.
- **Make the first course the course with the most "wow" factor.** With this course, you're signaling that the dinner is going to be fantastic. You'll want to incorporate lots of different textures, flavors, and colors. **Sampling:** Gnocchi or risotto with wild mushrooms, carrots, pear, and toasted breadcrumbs and parsley.
- **The second course serves as a palate cleanser.** It also ensures that your guests won't be too full for what follows. Have everything prepped and ready to assemble for this course. I typically do a salad. **Sampling:** A salad of Belgian endive, fresh figs, pickled red onion, shaved radish, and toasted almonds.
- **Dishes that can be enjoyed at room temperature are ideal for the third, or main, course.** While assembling your second course, you'll want to get this course ready; reheat precooked components, or finish up cooking. I like to serve a casserole as a main dish. **Sampling:** Three-bean cassoulet with lemon oil and toasted breadcrumbs [precooked from first course].
- **Dessert should always be memorable, and simple.** I recommend a comforting dessert you can dress up through presentation. Cobblers and crumbles are easier and less temperamental than pies or tarts; serve them slightly warmed, with a fruit sauce on the plate or chocolate shavings or a dusting of powdered sugar over top. **Sampling:** Strawberry-rhubarb crumble with vanilla-and-orange whipped cream.
- **Allow friends, family, and guests to help if they offer.** Plan simple tasks you are willing to let others perform. You will find that many people actually enjoy being part of the process.



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## THIS JUST IN

[TASTE TEST]

### PLENTY SWEET

Add cheer to your fall-into-winter feasting with these VT-approved fruit spreads, sweetened lightly with fruit juice instead of sugar. —TAMI FERTIG



MIKE LORRIG

#### CROFTER'S ORGANIC BLACK CURRANT JUST FRUIT SPREAD

Bits of whole currants and a tart-sweet kick made this an instant hit with VT staffers. We recommend spooning it into a phyllo cup with a smidge of honeyed yogurt.  
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# 25%

Snacking accounts for this percentage of calories consumed in the U.S.

[SOURCE: 2011 INSTITUTE OF FOOD TECHNOLOGISTS ANNUAL MEETING & FOOD EXPO]





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## [QUIZ] truth in labeling

Which of these egg-certification seals claiming humane treatment is the only one to guarantee the hens were allowed outdoors?

- a. American Humane Certified
- b. Animal Welfare Approved
- c. Certified Humane

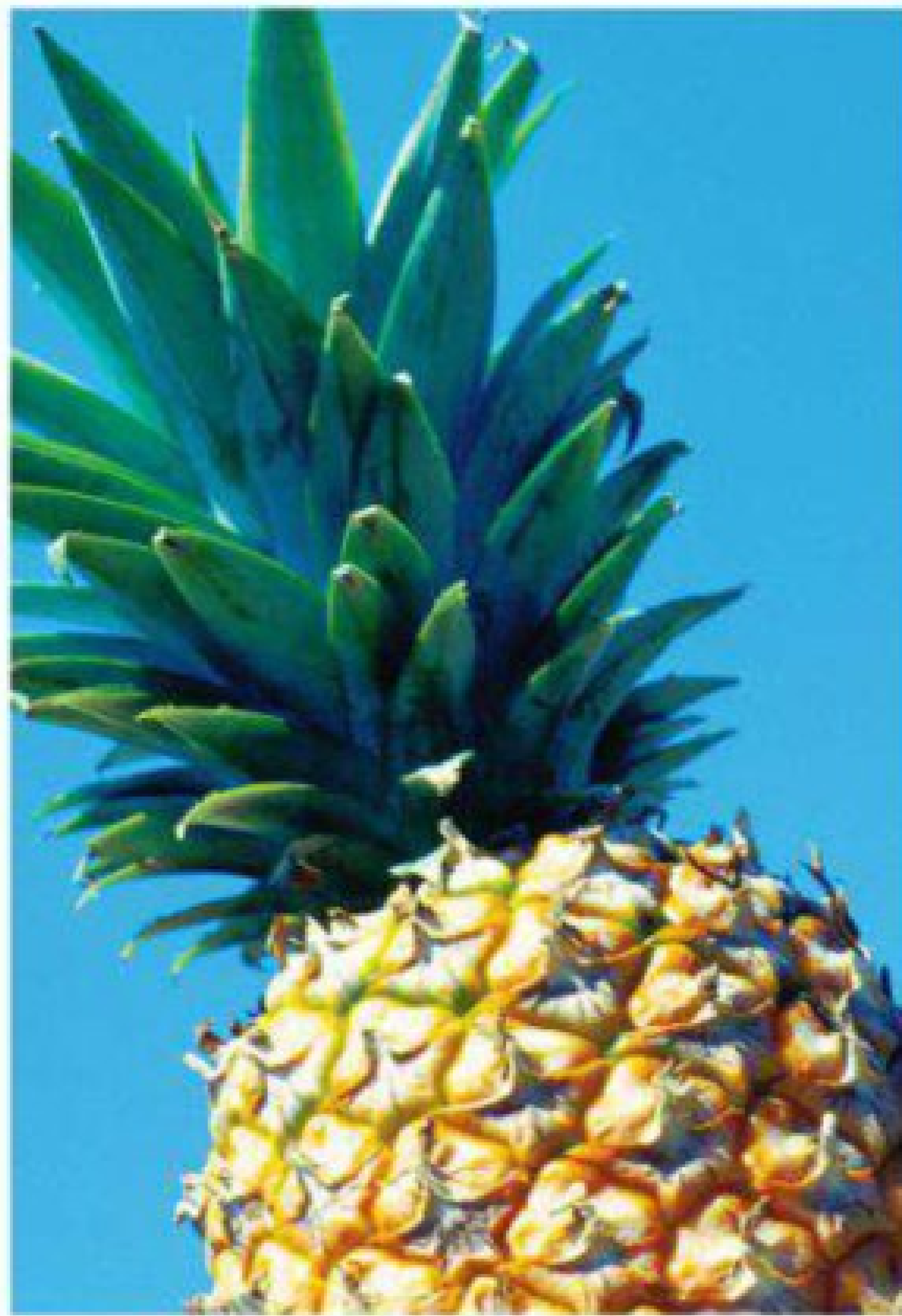


Answer: (b) Animal Welfare Approved [Source: "The Morally Informed Consumer: Examining Animal Welfare Claims on Egg Labels," in *Temple Journal of Science, Technology & Environmental Law*]

## NATURAL Rx

**PROBLEM:** Digestive woes

**SOLUTION:** Bromelain



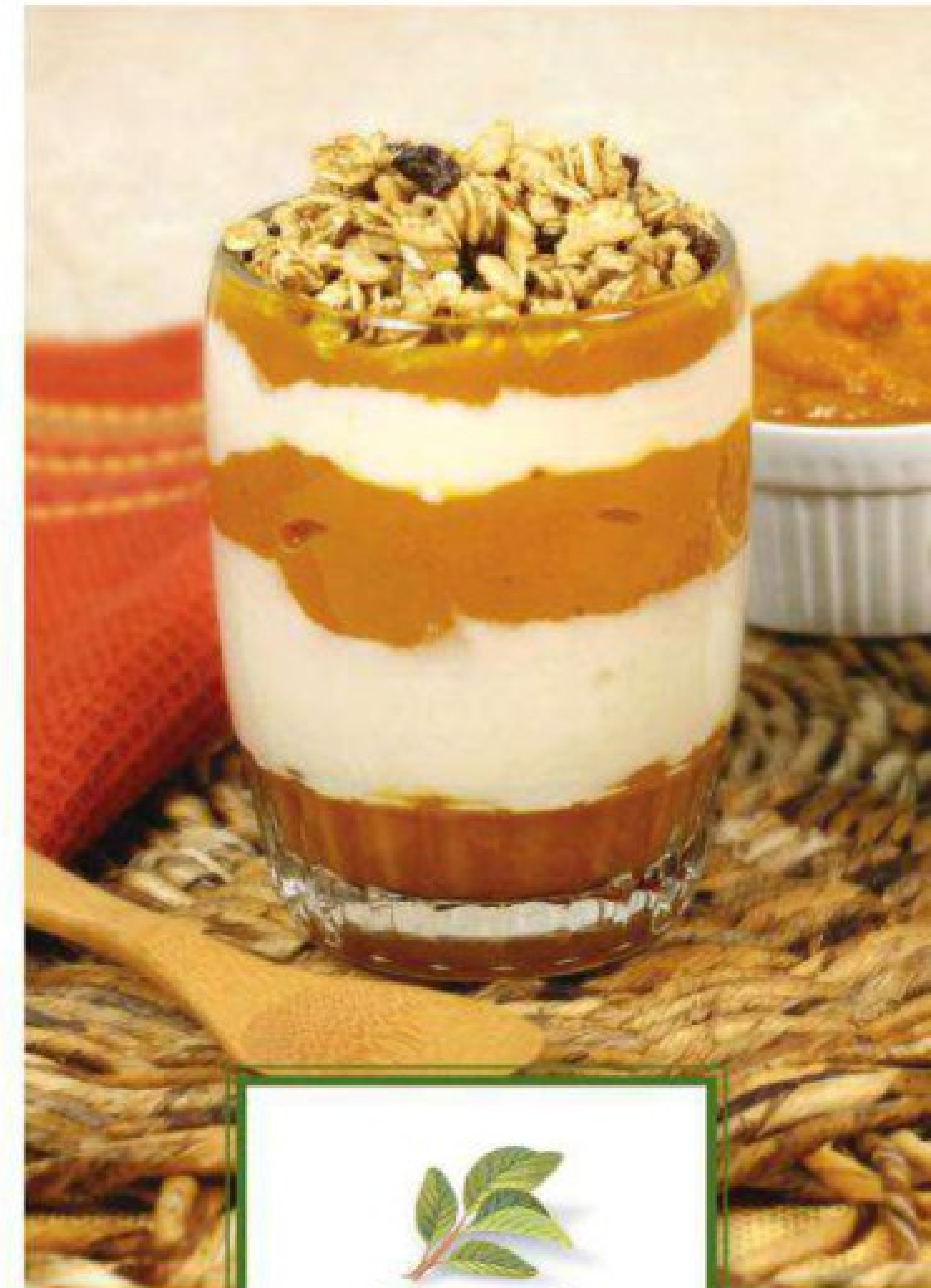
**THE SCOOP:** Looking for something to be grateful for this Thanksgiving? Try bromelain. A dose of the pineapple extract may help ward off the bloated feeling that can follow a big meal. Used traditionally in Central and South America as a remedy for indigestion, the stem and juice of the pineapple plant contain enzymes that break down foods in both the stomach and the small intestine. What's more, bromelain is an anti-inflammatory, which may provide relief for people suffering from inflammatory bowel disease. A study in *Clinical Immunology* found bromelain lowered the amount of inflammatory triggers leading to IBD.

**WHAT TO LOOK FOR:** Arizona-based naturopathic doctor Tara Peyman suggests taking 500 milligrams of bromelain before or up to 30 minutes after a meal. Chronic digestive problems may require regular doses of bromelain. Avoid if you're taking blood thinners or antibiotics, or are allergic to pineapple.

—RACHEL DOWD



**Try:** American Health Pineapple Enzyme Bromelain, \$14.99/60 tablets; [americanhealthus.com](http://americanhealthus.com). NOW Foods Bromelain, \$14.99/60 Vcaps; [nowfoods.com](http://nowfoods.com)



Wholesome Simply Organic flavors and extracts add pure organic goodness to all your holiday favorites.



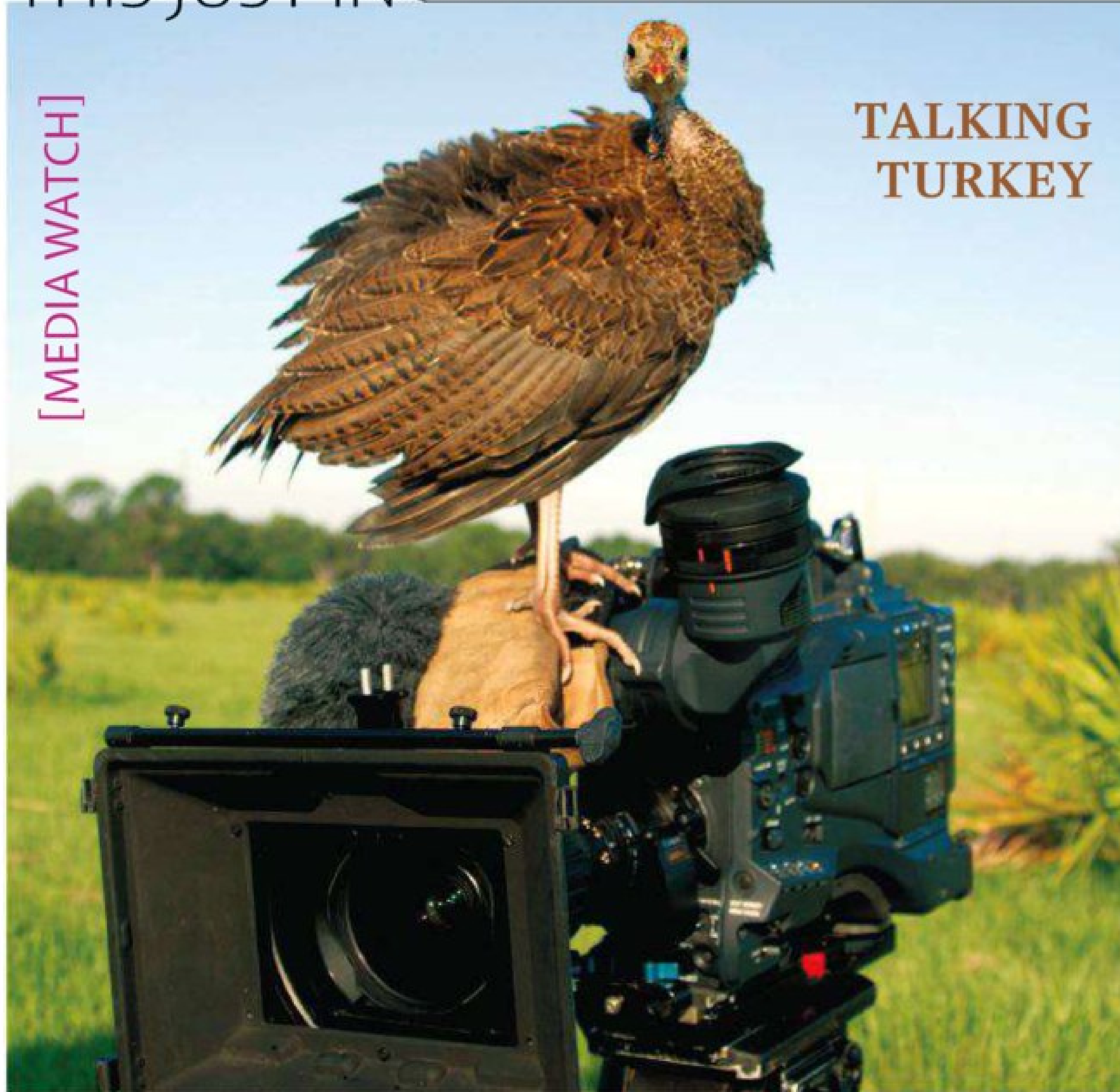
To view our Pumpkin Parfait recipe visit: [www.simplyorganicfoods.com/parfait](http://www.simplyorganicfoods.com/parfait)





THIS JUST IN

[MEDIA WATCH]



## TALKING TURKEY

Thank goodness for counterprogramming! The PBS *Nature* series presentation of *My Life as a Turkey*, premiering November 16, not only avoids featuring a turkey as the centerpiece of a feast, it also showcases the wild, rather than the domesticated, birds. And yes, there is a difference, as naturalist and wildlife artist Joe Hutto discovers following an experiment raising wild turkey chicks. Far from a clinical exercise, Hutto's bonding with the chicks takes him on what he says was "an emotional ride," exhilarating but not without loss. This exquisitely filmed diary, based on Hutto's book *Illumination in the Flatwoods*, will leave you grateful for the mystery of what remains untamed in this world.

DAVID ALLEN

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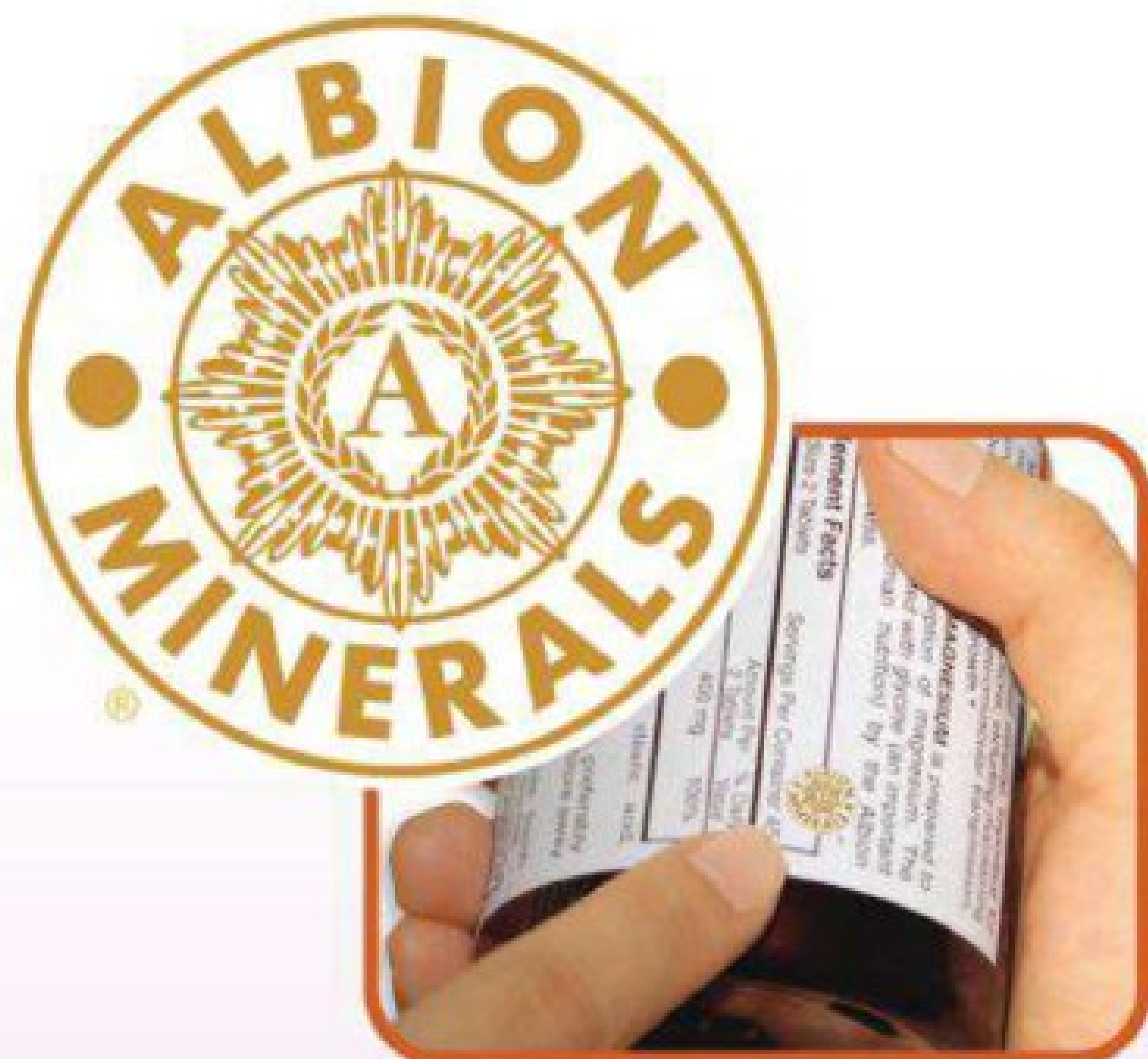
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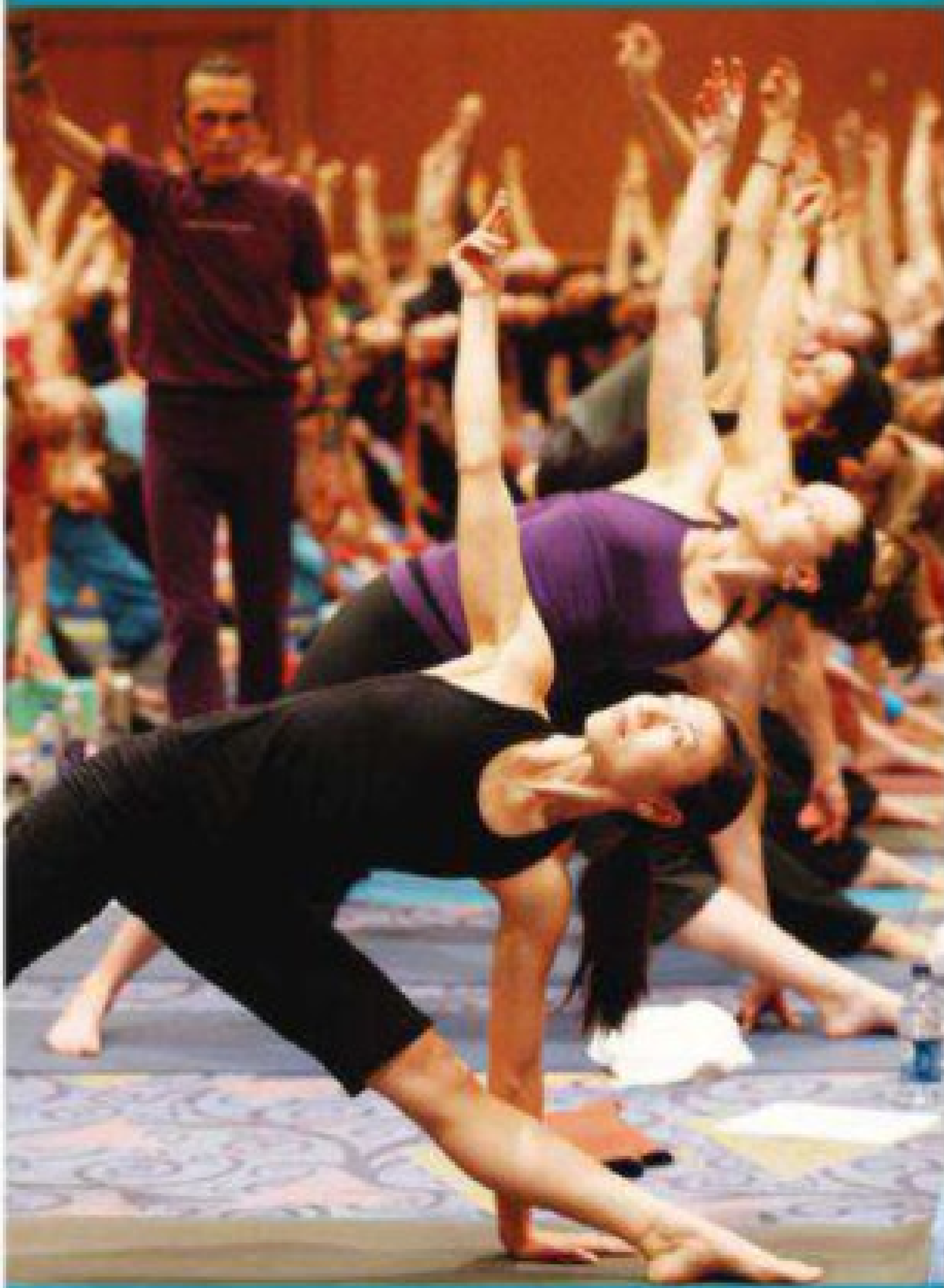


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THIS JUST IN

**[SCI FIND]** **PET THEORY**

**WHAT** Having a pet dog or cat around the house isn't likely to increase the risk of a child's developing allergies to the animal, and for babies up to age 1, may even reduce the risk, according to a study in the journal *Clinical & Experimental Allergy*.

**WHY** Exposure to a pet affects a baby's gut bacteria in a way that protects against allergies, the study authors suggest.

**SO WHAT?** Expectant parents don't have to part with a beloved pet for fear of their child suffering allergies.

**TIPS** Before a baby is brought home from the hospital, help prepare a household pet for the new arrival by offering a whiff of a receiving blanket or clothing item, advises Laguna Hills, Calif.-based veterinarian Bernadine Cruz. "Nursing or bottle time is the perfect occasion for bonding the pet to the baby," she adds. "Have the person feeding the baby reward the cat or dog for staying close."



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## [Q&A] SOULFUL SINGER

Releasing 14 albums over the past 15 years, **Krishna Das** has won worldwide recognition for performing *kirtan*, a call-and-response chant described as meditation with music. Along with creating original melodies for traditional chants in Sanskrit, India's classical language, he also contributes his own English-language verses for the first time on his most recent album, *Heart as Wide as the World*. The U.S.-born musician became vegetarian in 1967, before his initial sojourn to India over 40 years ago, when he was introduced to *kirtan*.

—ANNA MONETTE ROBERTS

### **Q** How did you react to *kirtan* when you first heard it?

**A** It was a gut reaction. I thought, Wow, I've got to have more of this. I see the chants as a way to enter more deeply into our hearts. I sing a line, and the audience repeats it; we keep going, and it keeps building. Your day starts to fade away, and you begin to get more present in the moment and more involved in the chanting, and you go deeper into yourself.

### **Q** What inspired you to pair English verses with traditional Sanskrit chants?

**A** The deeper the practice of chanting takes you, the closer you're brought to your true self, the source of joy, happiness, peace, and love. As I became more comfortable in myself, it became more natural for me to chant in English. English is the language I grew up with. It's the language of my thoughts. In some ways, [for us English native speakers] English is the language of our suffering; it is also the language we manipulate others with to get what we want. To carry the simplicity, beauty, and purity of chanting with this language is not the easiest thing to do.

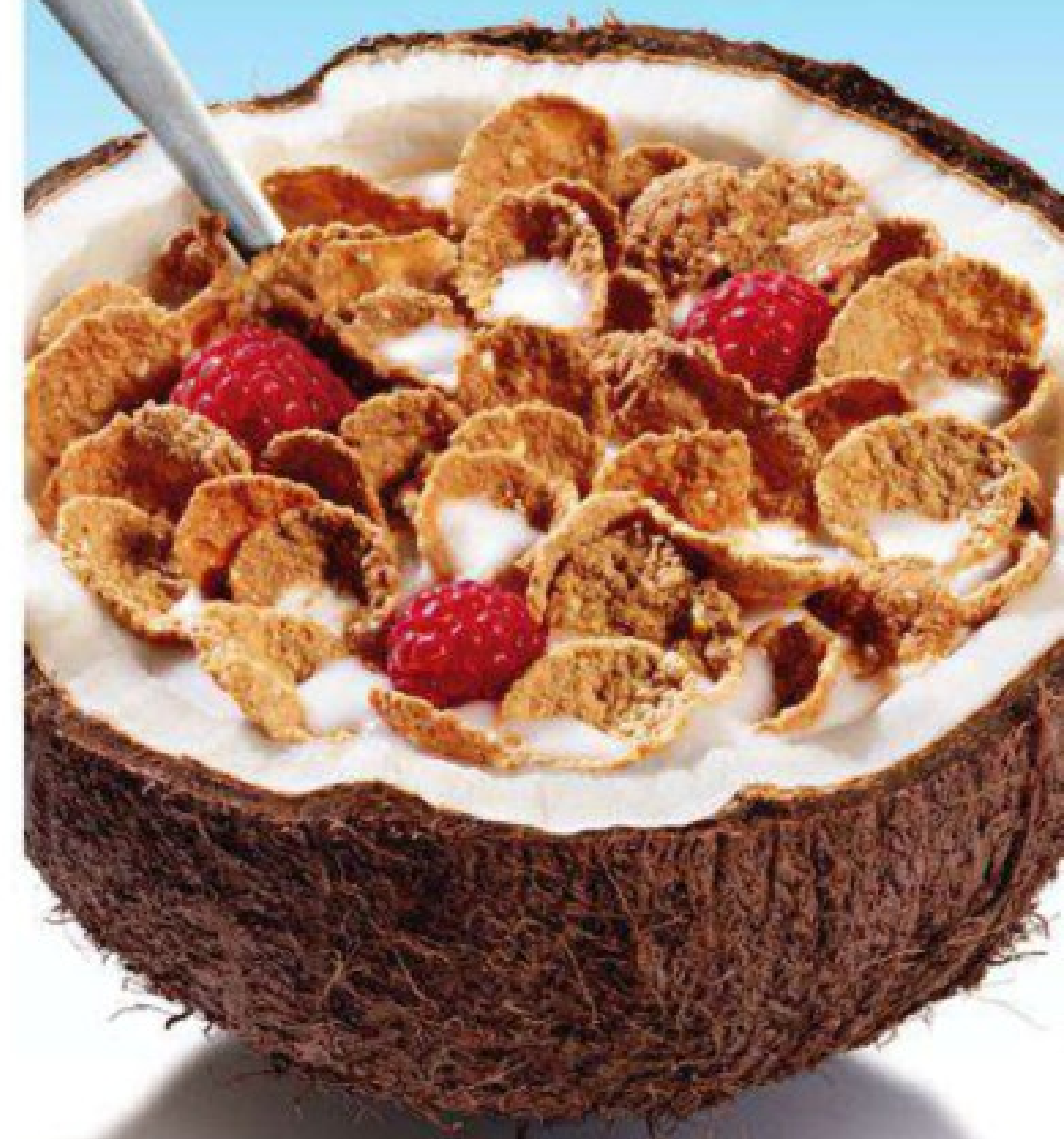
### **Q** What message do you hope your music sends to others?

**A** I hope that people will recognize it is possible to be happy in this world, regardless of the amount of suffering going on around us. And it doesn't involve putting up walls and barricades and hiding in fear, in order to try to find some peace, because that's not peace. My hope is that people can know there really is a spiritual path and it's a truth, it works, and all we have to do is to begin to understand and help ourselves and other people. 🌱

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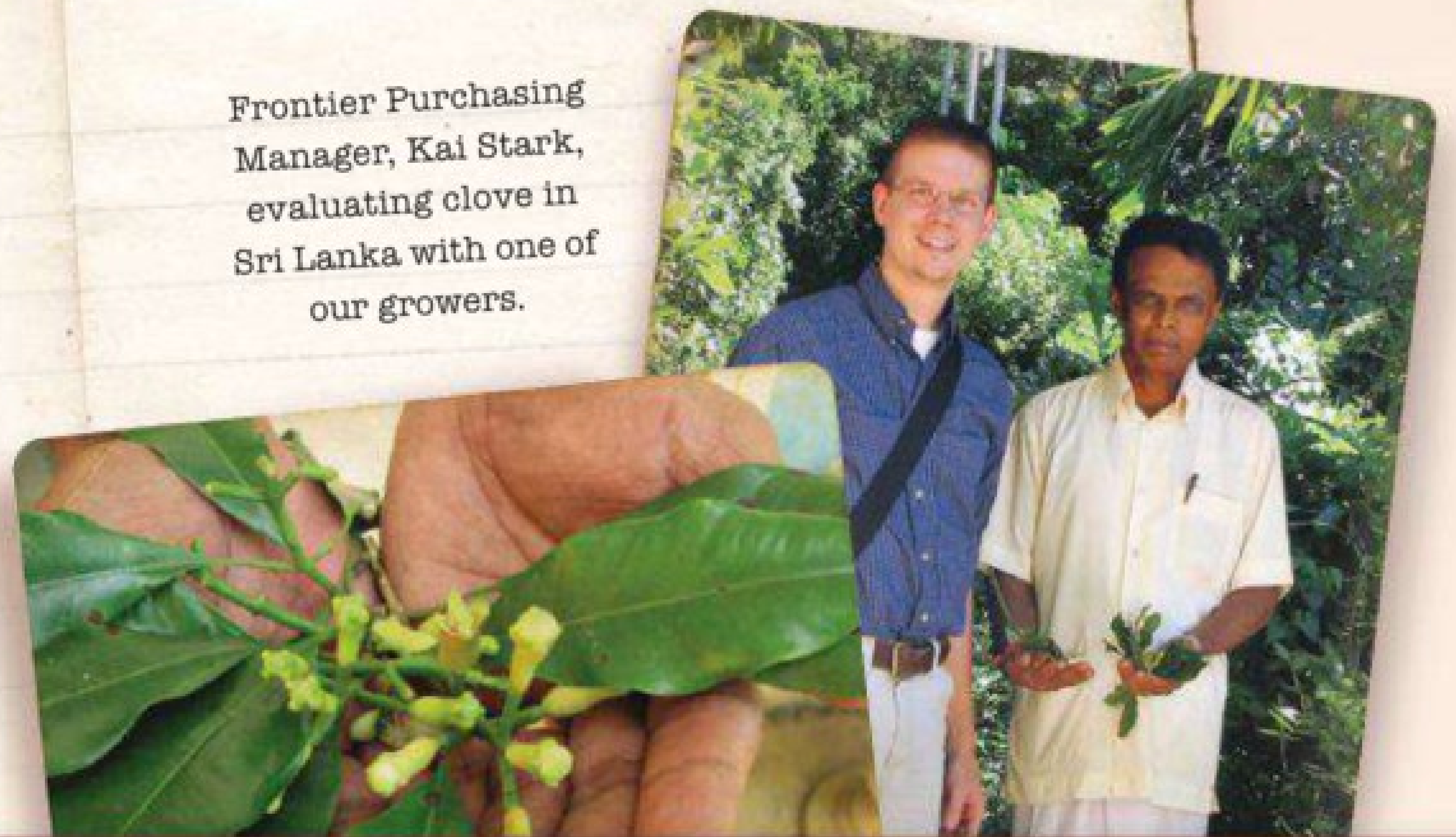


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BY Elizabeth Barker

# ALL PRAISE POMEGRANATE

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**Weleda Pomegranate Firming Day Cream** blends skin-replenishing oils sourced from argan kernels and jojoba and pomegranate seeds. \$33/1 oz.; weleda.com

An ultrapure balm containing bits of the whole fruit, **Bite Beauty Pomegranate Superfruit Butter** soothes chapped lips and dry, cracked skin. \$18/0.23 oz.; sephora.com

Lush pomegranate and hemp seed oils in **SanRe Organic Skinfood Celestial Face & Neck Serum** partner up to rejuvenate skin. \$35.99/1 oz.; sanreorganic.com

**OleHenriksen Sugar Glow Face Scrub** pairs pomegranate seed powder and fruit extract with raw organic sugar to stimulate circulation and pep up your complexion. \$38/3.5 oz.; olehenriksen.com





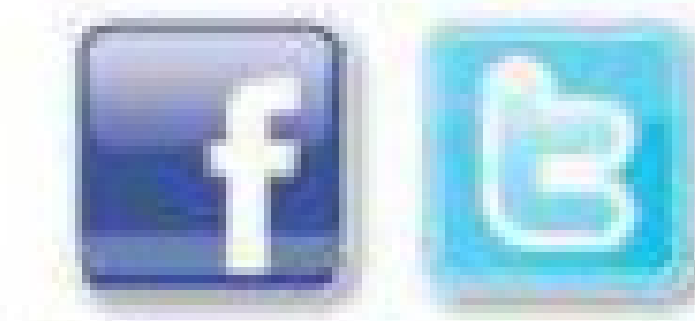
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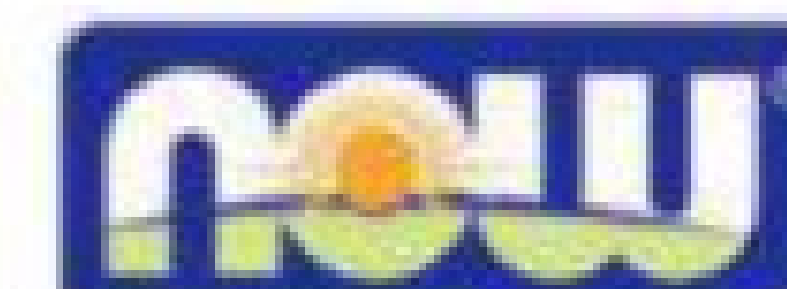
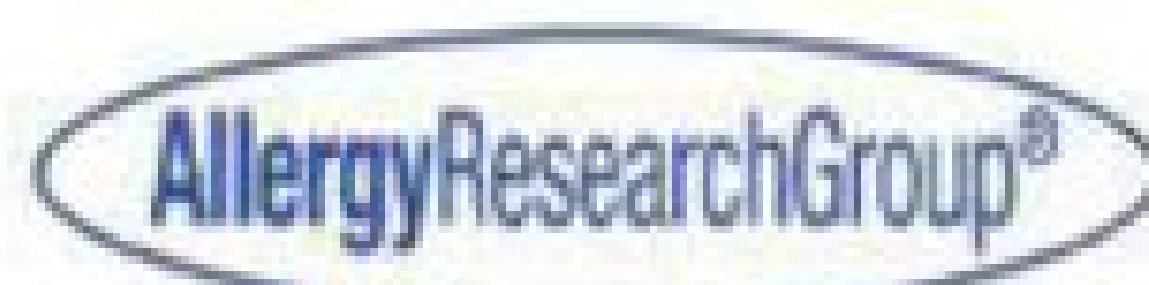


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Release: StoreMags & FantaMag



# blackstrap molasses

Get sweet on this bold-tasting syrup



**HOW IT HEALS** In case the old saying “slow as molasses” doesn’t inspire you to rush out for a bottle of the famously thick syrup, consider this: blackstrap molasses—the bittersweet liquid left over after sugar crystals have been extracted from sugar cane—has more antioxidants than most other sweeteners, according to a study published in the *Journal of the American Dietetic Association* in 2009. “These antioxidants squelch free radicals that lead to different disease states and poor immune health,” says Michelle Babb, MS, RD, a nutritionist at Bastyr University. Unlike highly refined sweeteners such as white sugar and corn syrup, which lack nutritional value, blackstrap molasses provides a range of vital minerals including calcium, potassium, manganese, iron, and magnesium. “The iron in molasses is particularly beneficial for menstruating women, who are at risk of having low stores,” notes Babb. She also lauds blackstrap molasses for having a lower glycemic index than lighter molasses versions, not to mention other sweeteners, making it a better choice for blood sugar control.

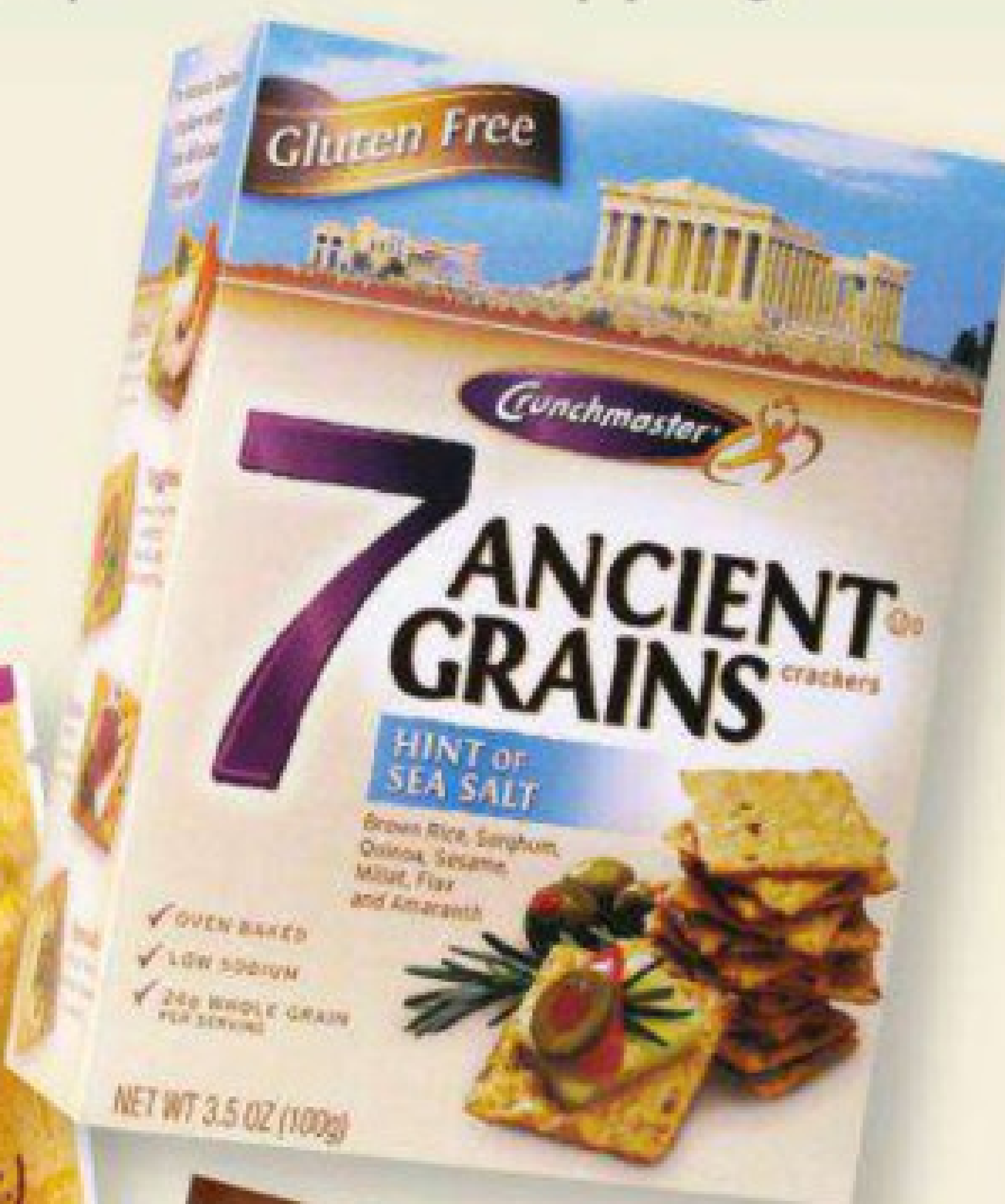




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**EAT IT UP** There are three grades of molasses: light, dark, and bolder-tasting blackstrap, which comes from the third boiling of sugar cane syrup. The pure flavor of unsulfured varieties works well in gingerbread and baked beans. But don't stop there: blackstrap molasses mixed with ginger, orange zest, and red pepper flakes makes a rich glaze for tofu or roasted squash. Add a tablespoon or two to mashed sweet potatoes, oatmeal, or smoothies, or use as the sweetener for heavily spiced baked goods.

Pomegranate molasses, a Middle Eastern staple that makes a great addition to vinaigrettes and cocktails, doesn't actually contain molasses. To make your own that does, simmer 4 cups pomegranate juice, 1/3 cup blackstrap molasses, and 1/4 cup fresh lemon juice for 1 hour. To avoid sugar shock, Babb recommends limiting yourself to 2 tablespoons of blackstrap molasses daily.

## Gingersnap Latte Syrup

MAKES 1 CUP SYRUP

To make a gingersnap latte, spoon 1 to 2 tablespoons of this syrup into a mug, add 6 ounces of coffee or 2 shots of espresso, and top with 1/4 cup frothed milk.

- 1/4 cup blackstrap molasses
- 1/4 cup sugar
- 1 tsp. ground ginger
- 1/2 tsp. ground cinnamon
- 1 pinch ground nutmeg
- 1 dash ground cloves, optional
- 1/4 tsp. vanilla extract

Combine molasses, sugar, ginger, cinnamon, nutmeg, and cloves (if using) with 1 cup water in medium saucepan. Bring to a boil. Reduce heat to medium, and boil 15 minutes. Remove from heat, and stir in vanilla extract. Strain through fine-meshed strainer into jar or bowl. Cool.

PER SERVING (1 TBS. SYRUP): 26 CAL; <1 G PROT; 0 G TOTAL FAT (0 G SAT FAT); 7 G CARB; 0 MG CHOL; 3 MG SOD; <1 G FIBER; 7 G SUGARS  

*As a kid, Canadian dietitian Matthew Kadey, RD, stuffed himself silly on his mom's molasses-spiked gingerbread houses.*

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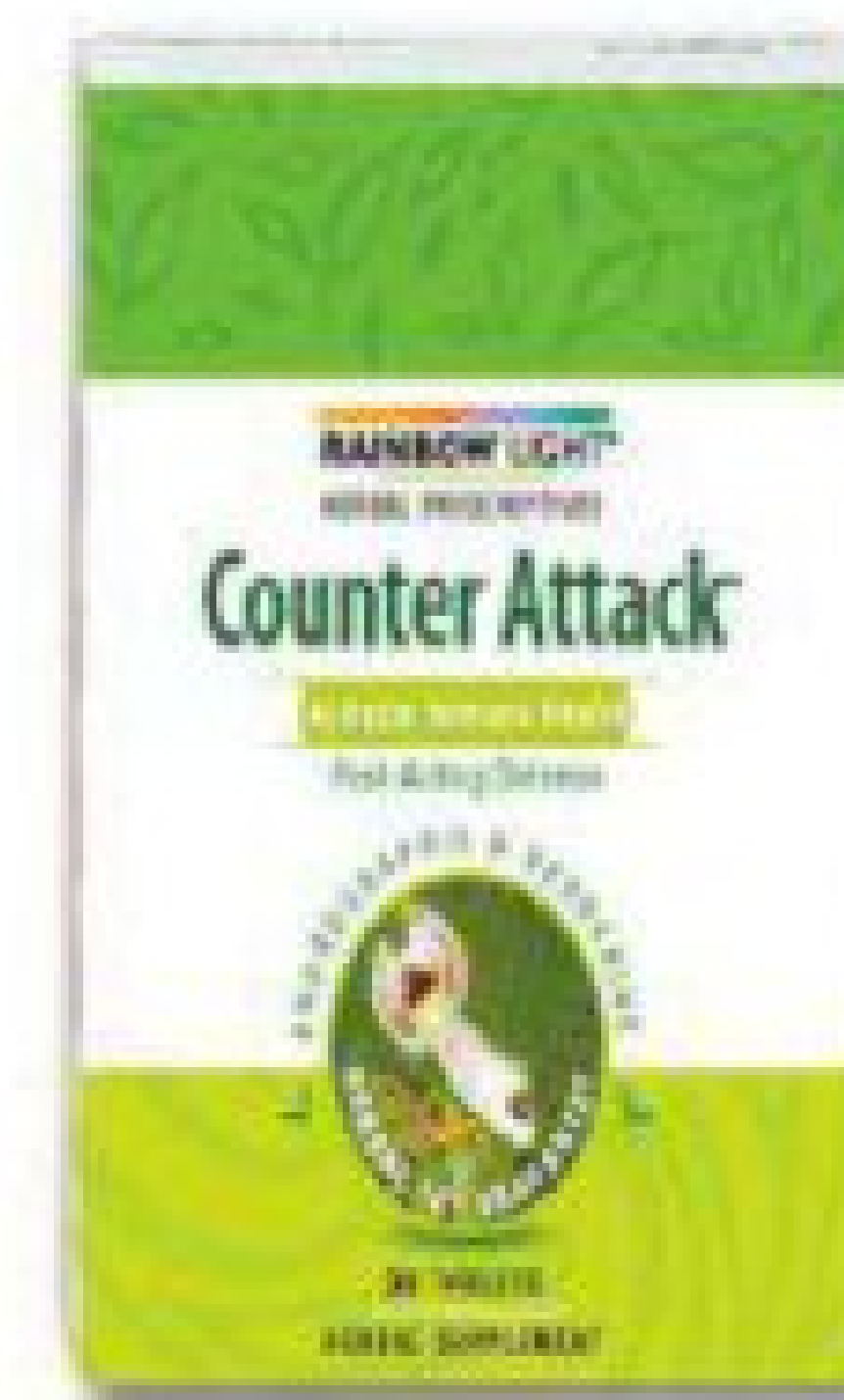


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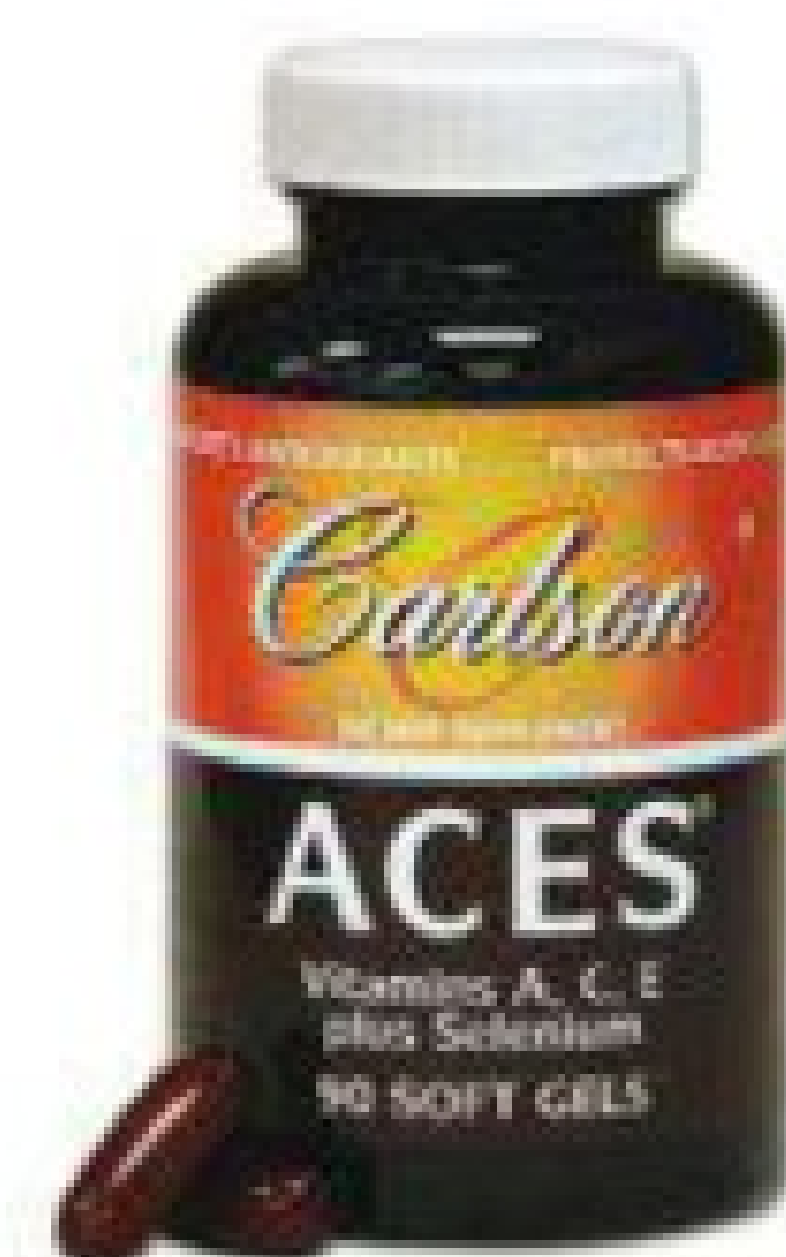


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# bone up

How can I eat to beat osteoporosis?

**Q** Is it inevitable that our bones weaken as we age?

**A** Some bone loss is natural as the years go by. But if you develop osteoporosis and it worsens, you risk suffering a fracture. It's not just that your bones are losing calcium and other minerals; in osteoporosis, the bone tissue itself is deteriorating.

Fortunately, diet and exercise make a huge difference, and these habits are under our control.

**Q** How much calcium do I need?

**A** Less than you might think. While the recommended dietary allowance is 1,000 milligrams per day for young adults and 1,200 milligrams for women over 50 and men over 70, research tells a different story. A study of 61,433 women published in the *British Medical Journal* showed little benefit to consuming more than about 750 milligrams of calcium per day.

The most healthful calcium sources are beans and leafy green vegetables, because they pack in so many other nutrients. Among the greens, broccoli, kale, collards, and Brussels sprouts provide highly absorbable calcium; the calcium in spinach, however, is poorly absorbed.

The role of dairy products in osteoporosis has been controversial ever since the Nurses' Health Study—which

followed 72,337 women for 18 years—showed that milk did not in fact prevent fractures. Women who drank three or more glasses of milk per day had just as many hip and arm fractures as those who consumed little or no milk.

In order to absorb calcium, you need vitamin D. About 15 minutes of sunlight on your face and arms each day produces the amount of vitamin D required. If you're avoiding the sun or using a sunscreen, you'll need to take a supplement.

The recommended dietary allowance of vitamin D for adults is 600 IU (15 micrograms) per day, or 800 IU (20 micrograms) if you're over 70. But because vitamin D also seems to have a cancer-preventive effect, many health authorities now advise a higher intake, up to around 2,000 IU (50 micrograms) per day.

**Q** Is there anything in my diet that could be weakening my bones?

**A** If you were to load up your plate with chicken, fish, beef, or any other source of animal protein, your kidneys would quickly start to lose calcium. Animal protein tends to escort calcium from the bloodstream, through the kidneys, into the urine. In an extreme case, a high-meat-intake diet can increase calcium loss by more than 50 percent. This could help explain why milk does

not seem to prevent fractures: while milk does provide calcium, it also contains animal protein, which can encourage calcium loss.

Salty foods increase calcium loss as well. The more sodium there is in the foods you eat, the more calcium your kidneys expel from your body. When they're picked from the garden, green beans, cauliflower, and tomatoes have almost no sodium at all, so fresh and frozen varieties are fine. But canned vegetables, soups, and sauces often harbor added sodium. It pays to look for no-salt-added varieties. Potato chips, pretzels, and similar snack foods are loaded with salt, as are most processed cheeses and meats, including bacon, salami, sausage, and cured ham. It makes sense to keep your sodium intake below about 1,500 milligrams per day.

Caffeine probably does not contribute to fracture risk, unless you have more than about three cups of coffee per day. Beyond that point, make it decaf to avoid calcium loss. ●

Washington-based Neal D. Barnard, MD, is steaming kale as we speak.

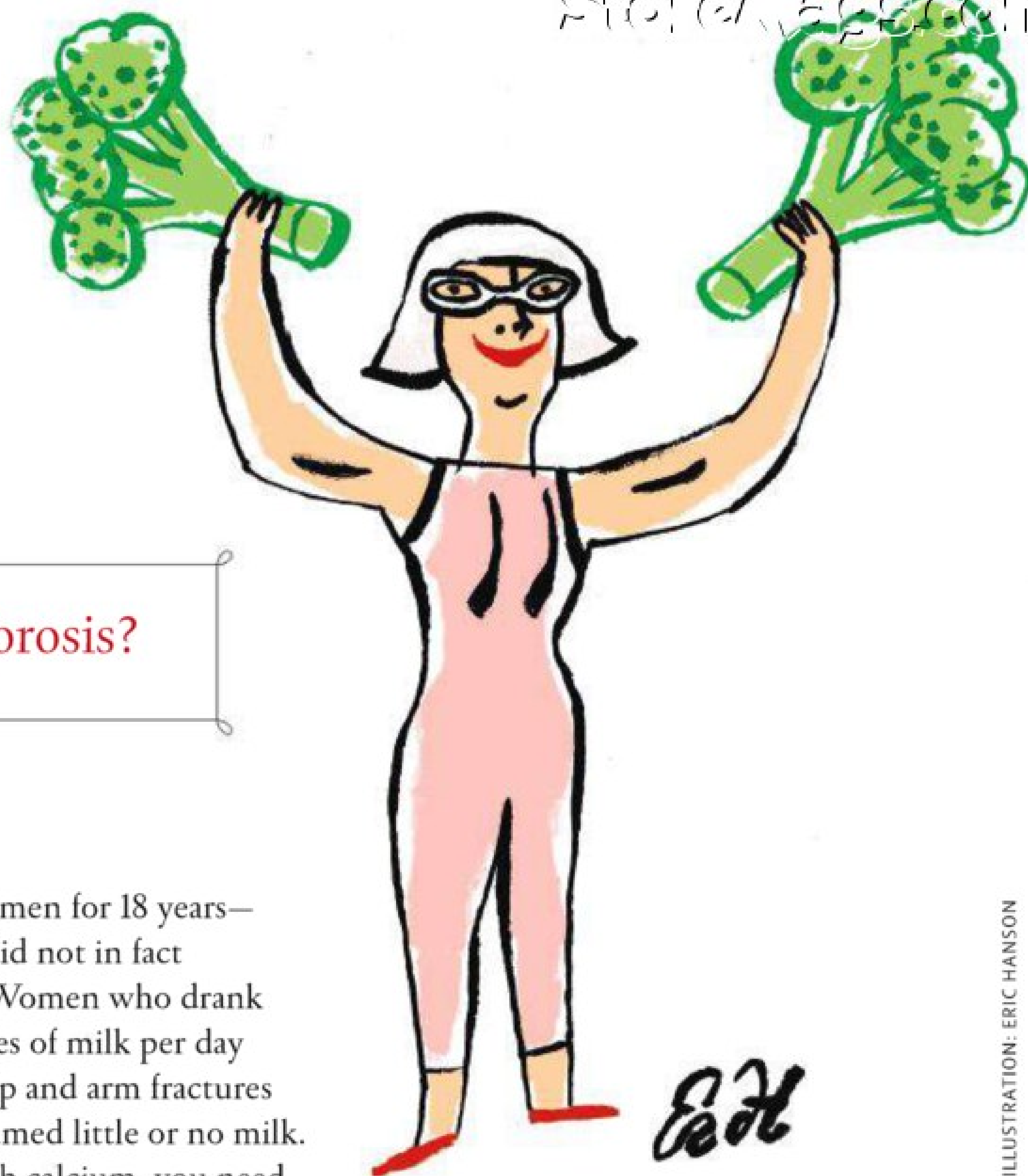


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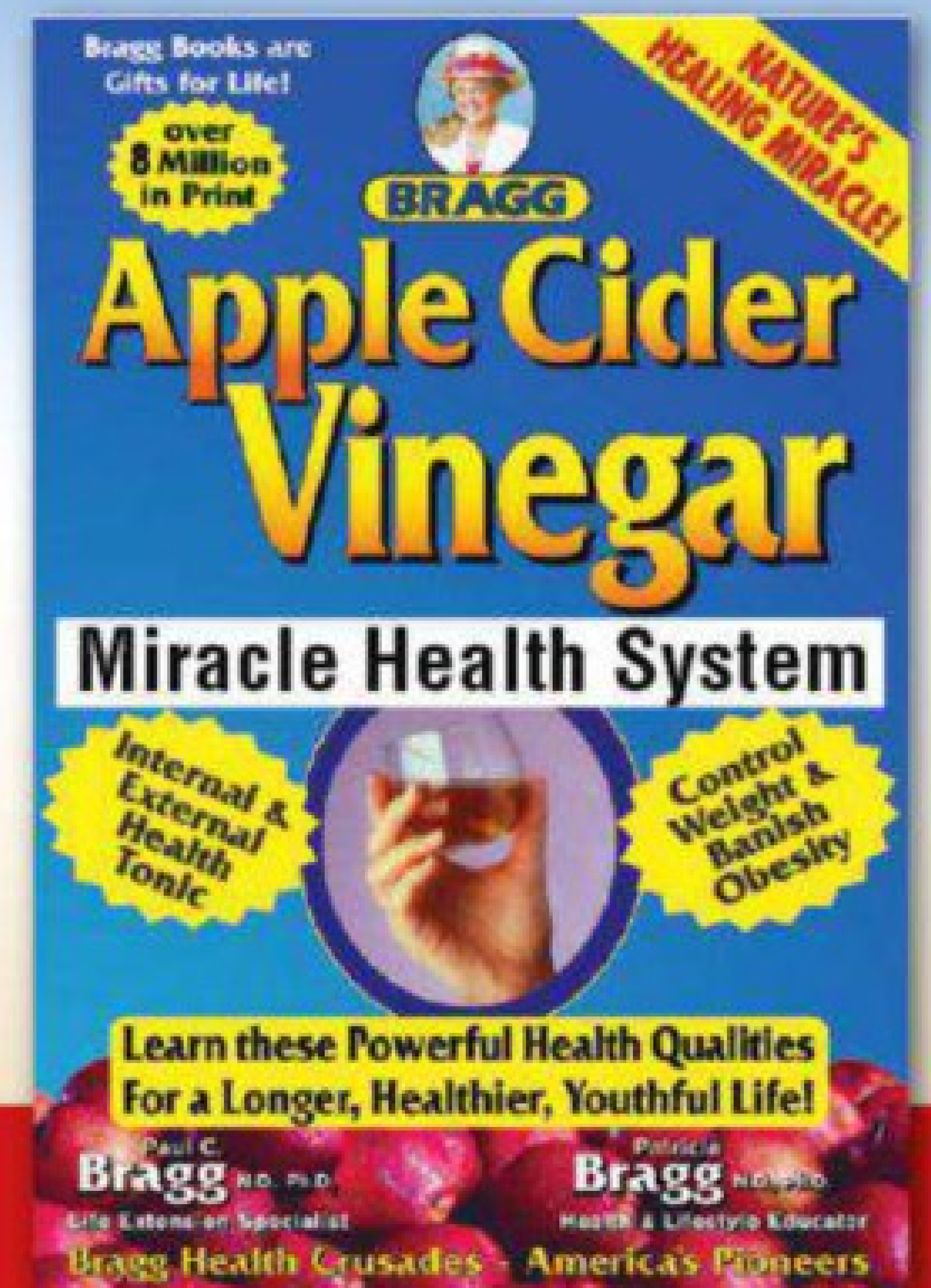
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BY Carolyn Malcoun

**When it comes** to holiday meal planning, it's easy to overwhelm the menu with complicated recipes that require a grocery cart full of ingredients, take days to prepare, and add hundreds of calories to the celebratory spread. The solution? Simplify the sides. These five options trim ingredients lists, shorten cooking times, and go light on the butter and oil for healthful, easy, and elegant additions to your holiday table.

Freshen up your holiday celebrations with pared-down vegetable side dishes



Steamed Baby Carrots with Orange-Dill Butter, p. 38

keep it simple

PHOTOGRAPHY Yunhee Kim FOOD STYLING Maggie Ruggiero PROP STYLING Deborah Williams

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ADONDE PLATE FROM ABCHOME.COM



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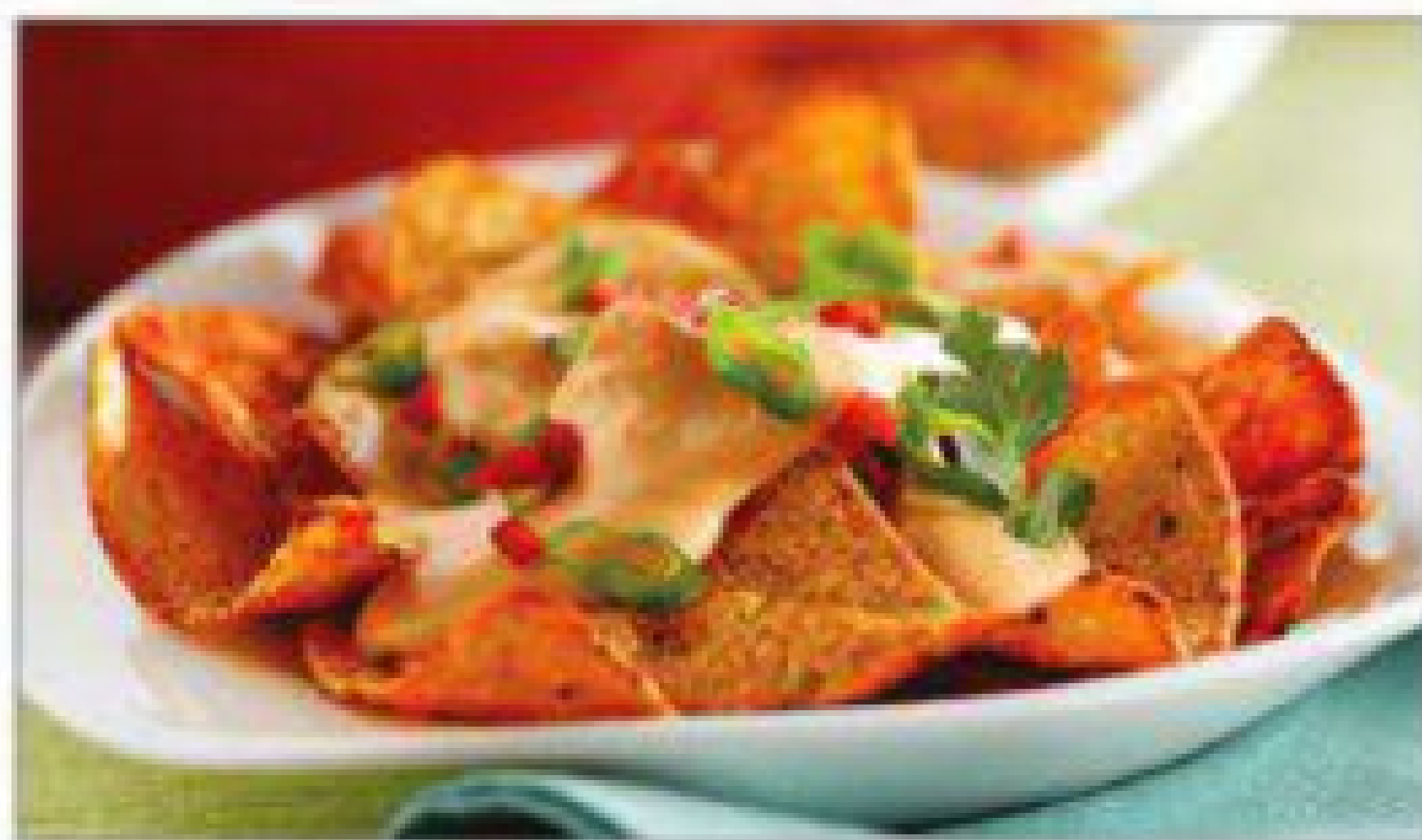
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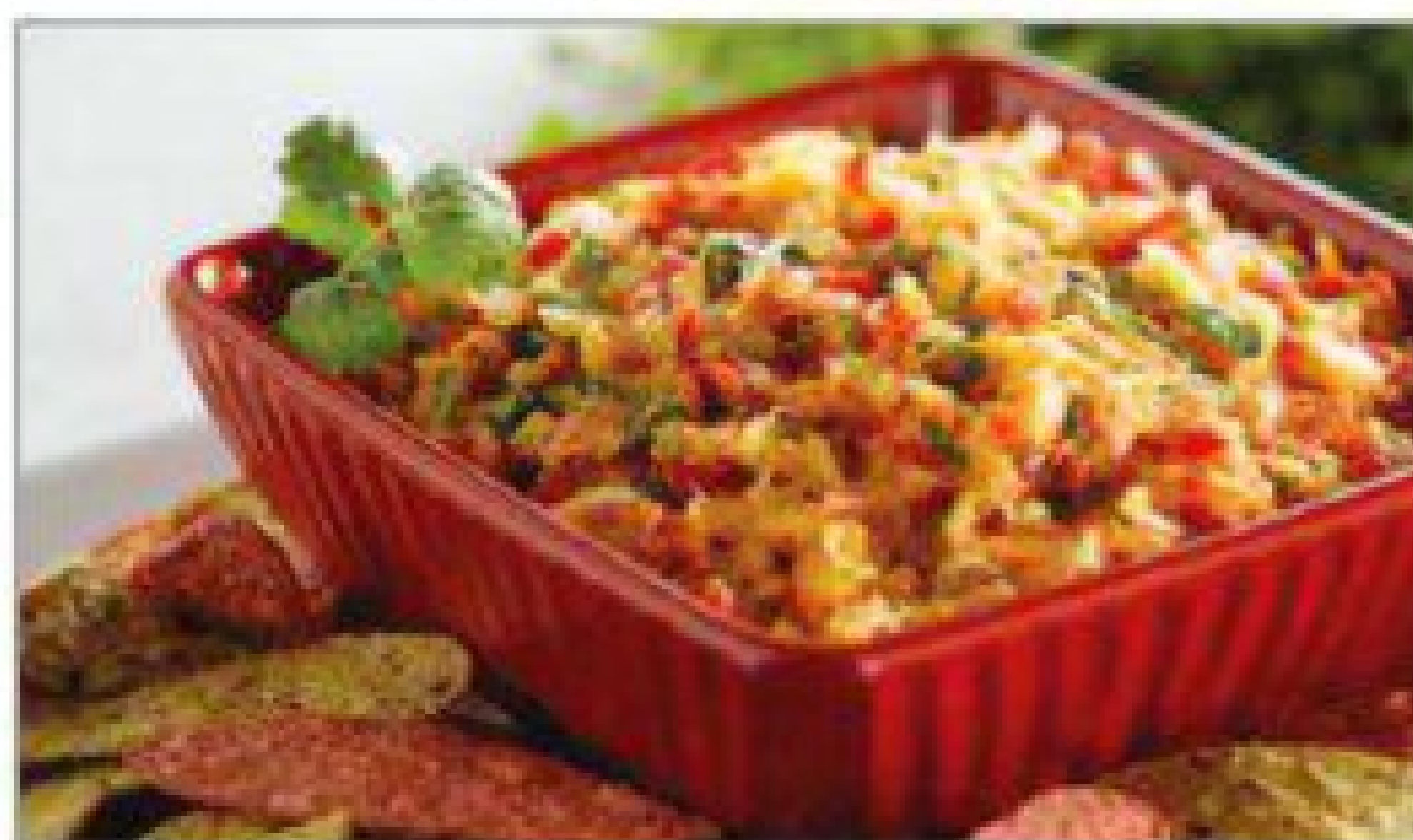
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30 minutes

Cruise the produce aisle or farmers' market for colorful vegetable varieties to add elegance without extra work.

### Steamed Baby Carrots with Orange-Dill Butter

SERVES 6 | 30 MINUTES OR FEWER

Tossing hot carrots with a touch of butter, dill, and orange juice and zest yields delectable results. Vary the flavors by using lemon or lime in place of the orange and tarragon or cilantro instead of dill. Holiday prep tip: this dish needs to be made just before serving, but if you have the carrots ready to go in the steamer and the butter and seasonings measured into the serving bowl, you can have it on the table in 10 minutes.

- 1½ lb. baby carrots, trimmed (4 cups)
- 4 tsp. orange juice
- 1 Tbs. butter, cut into pieces
- 2 tsp. fresh orange zest
- 1 tsp. dried dill

Place carrots in steamer basket fitted in large pot; steam over simmering water 7 to 9 minutes, or until just tender. Transfer carrots to large bowl, and toss with orange juice, butter, orange zest, and dill; season with salt and pepper, if desired.

PER ¾-CUP SERVING: 53 CAL; <1 G PROT; 2 G TOTAL FAT (1 G SAT FAT); 8 G CARB; 5 MG CHOL; 91 MG SOD; 3 G FIBER; 5 G SUGARS **CF**

### Sautéed Brussels Sprouts with Gremolata

SERVES 6 | 30 MINUTES OR FEWER

Gremolata is an Italian garnish of lemon zest, minced garlic, and fresh parsley that's traditionally sprinkled raw over a dish. Here, it's stirred into sautéed Brussels sprouts. A squeeze of lemon juice heightens the flavors.

- 1 Tbs. olive oil
- 1½ lb. Brussels sprouts, trimmed and thinly sliced
- 2 Tbs. finely chopped fresh flat-leaf parsley
- 1 Tbs. lemon juice
- 3 cloves garlic, minced (1 Tbs.)
- 1½ tsp. grated lemon zest, plus more for garnish, optional

Heat oil in large skillet over medium heat. Add Brussels sprouts, and stir to coat with oil. Add ¼ cup water, and cook 5 to 7 minutes, or until Brussels sprouts are tender and water has evaporated, stirring occasionally. Stir in parsley, lemon juice, garlic, and lemon zest. Sauté 30 seconds, or until garlic is fragrant. Season with salt and pepper, if desired. Transfer to serving bowl, and garnish with lemon zest, if using.

PER ¾-CUP SERVING: 67 CAL; 4 G PROT; 3 G TOTAL FAT (<1 G SAT FAT); 10 G CARB; 0 MG CHOL; 27 MG SOD; 4 G FIBER; 2 G SUGARS **V** **CF**

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## Roasted Green Beans with Walnuts and Rosemary

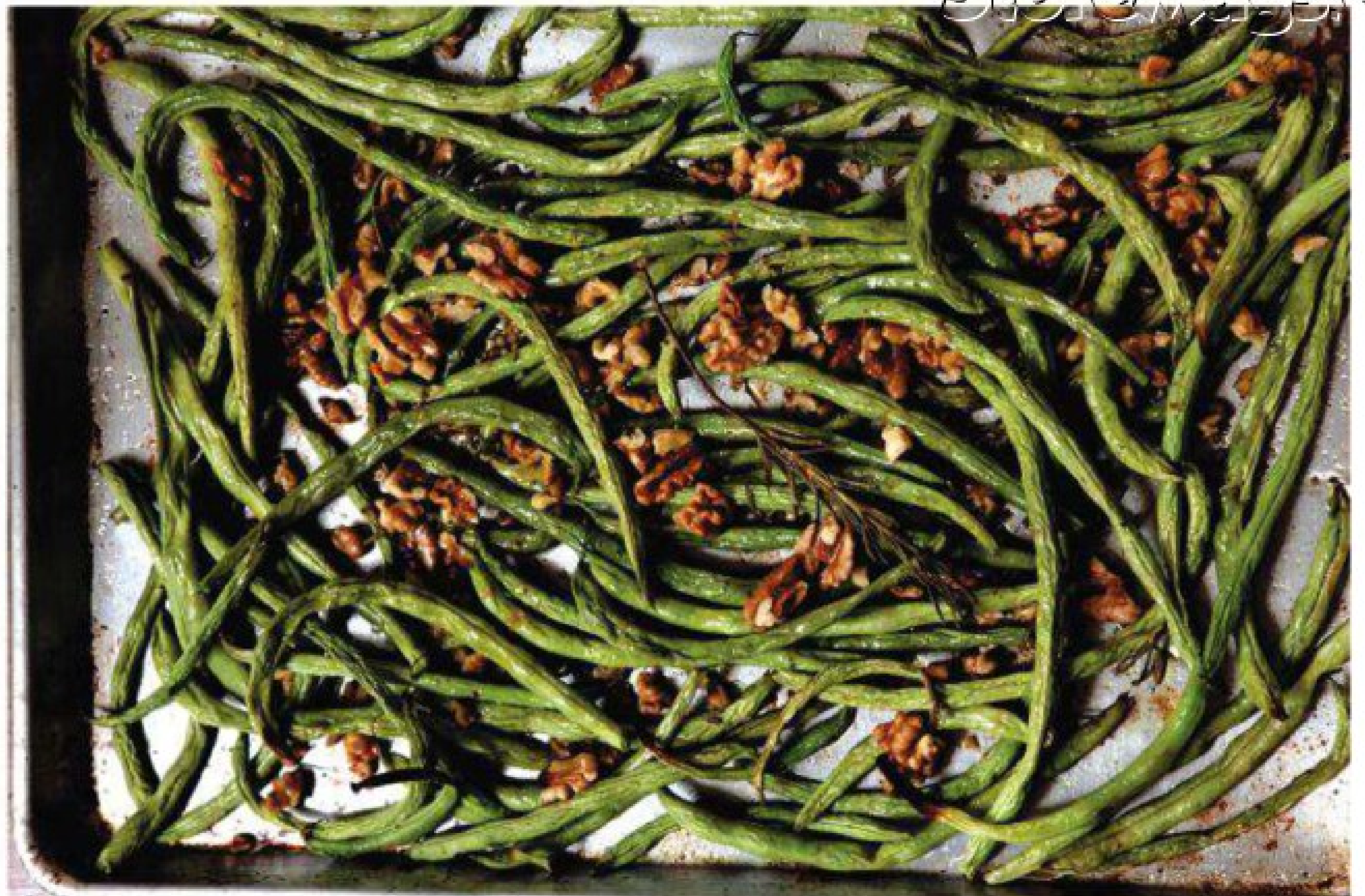
SERVES 6 | 30 MINUTES OR FEWER

Throw these beans in the oven while you're putting the other foods on the table and they'll be ready by the time everyone sits down. Holiday prep tip: trim only the stem ends of green beans for pretty presentation.

- 1½ lb. green beans, trimmed (5 cups)
- ½ cup chopped walnuts
- 1½ Tbs. finely chopped fresh rosemary
- 1 Tbs. olive oil


1. Preheat oven to 475°F.
2. Toss all ingredients in bowl; season with salt and pepper, if desired. Spread on rimmed baking sheet. Roast 15 to 17 minutes, or until beans are tender and browned in spots, stirring occasionally.

PER ¼-CUP SERVING: 110 CAL; 3 G PROT; 9 G TOTAL FAT (<1 G SAT FAT); 7 G CARB; 0 MG CHOL; 5 MG SOD; 3 G FIBER; 3 G SUGARS  



### Watch It: HOW TO ROAST VEGETABLES

Scan this code with your smartphone to watch Kitchen Tricks: How to Roast Vegetables with VT executive chef Ann Gentry. Plus, you'll get this and other tasty Thanksgiving recipes instantly on your phone. See p. 32 for details.

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30 minutes

When cooking with fresh herbs, set aside several sprigs to use as garnishes. Cheese shavings and citrus slices and zest can also be used to brighten the look of dishes.

### Arugula Salad with Grapes, Feta, and Hazelnuts

SERVES 6 | 30 MINUTES OR FEWER

When making a salad, you can't go wrong with the following formula—toss salad greens with fruit, nuts, cheese, and dressing. This version (with red grapes, feta, and hazelnuts) is light enough to serve alongside hearty holiday dishes. The salad can also be made with baby spinach in place of arugula. Holiday prep tip: make the dressing up to a week ahead, and store in the fridge.

- 1/2 cup chopped hazelnuts
- 3 Tbs. white wine vinegar
- 2 tsp. pure maple syrup or brown sugar
- 3 Tbs. olive oil
- 1 5-oz. bag arugula (9 cups) or baby spinach
- 1 1/2 cups halved red grapes (9 oz.)
- 1/2 cup crumbled feta

1. Toast hazelnuts in small skillet over medium-low heat 2 to 4 minutes, or until fragrant and golden, shaking pan often to prevent burning. Transfer to plate to cool.
2. Whisk together vinegar and maple syrup in large serving bowl; drizzle in oil while whisking, and season with salt and pepper, if desired. Add arugula, grapes, feta, and toasted hazelnuts, and toss to coat.

PER 1 1/2-CUP SERVING: 172 CAL; 4 G PROT; 14 G TOTAL FAT (3 G SAT FAT); 11 G CARB; 11 MG CHOL; 147 MG SOD; 1 G FIBER; 8 G SUGARS

### Roasted Sweet Potatoes with Fresh Marjoram

SERVES 6 | 30 MINUTES OR FEWER

Marjoram is a member of the same family as oregano, but has a milder, slightly citrus flavor. Along with sage and thyme, it's a major seasoning component of holiday cooking and is

often found in fresh herb mixes. Here, marjoram plays a starring role in a sweet potato dish that's laced with garlic and Parmesan. If you can't find fresh marjoram, you can substitute it with equal parts fresh thyme and oregano. Holiday prep tip: to keep peeled sweet potato cubes from browning, drop them into a bowl of water once they're cut, then pat dry before preparing.

- 4 medium sweet potatoes or yams, peeled and cut into 3/4-inch cubes (3 lb.)
- 2 Tbs. olive oil
- 1 Tbs. finely chopped fresh marjoram, plus 2 whole sprigs and more for garnish
- 4 cloves garlic, minced (4 tsp.)
- 1/2 cup grated Parmesan cheese, optional
- 1/2 cup chopped fresh parsley, plus several sprigs for garnish

1. Preheat oven to 450°F. Toss sweet potatoes with oil and marjoram in large bowl. Spread sweet potatoes in single layer on 2 baking sheets. Place 1 sprig marjoram atop sweet potatoes on each baking sheet; set 1 sheet on top oven rack and 1 sheet on bottom rack.
2. Roast sweet potatoes 10 minutes. Stir, switch position of baking sheets on oven racks, and roast 5 minutes more. Stir sweet potatoes again, and roast 5 additional minutes, or until browned on edges and beginning to brown evenly. Sprinkle 2 tsp. garlic over each batch of sweet potatoes, and toss to coat. Roast 5 minutes more, or until sweet potatoes are browned and crisp. Transfer sweet potatoes to serving bowl, and season with salt and pepper, if desired. Sprinkle with Parmesan cheese, if using, and parsley. Garnish with parsley and marjoram sprigs.

PER 3/4-CUP SERVING: 179 CAL; 3 G PROT; 5 G TOTAL FAT (<1 G SAT FAT); 32 G CARB; 0 MG CHOL; 51 MG SOD; 5 G FIBER; 10 G SUGARS

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Photo by John Hyde

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# baker's choice

Take your pick among these kneading techniques to make tender, chewy homemade breads

**Hand, hook, or blade?** Any of these tools will do when it comes to kneading bread dough. Hand kneading is the traditional choice, but the dough hook of a stand mixer and the blade of a food processor yield equally good results, without the elbow grease. Read on to find the right kneading process for your cooking style, plus recipes for dinner rolls, cinnamon buns, focaccia, and naan that let you test out your chosen method.

PHOTOGRAPHY Maren Caruso FOOD STYLING Kim Kissling PROP STYLING Christine Wolheim



## 3 WAYS TO KNEAD

**BY HAND** Best for cooks who want to “feel” when dough is ready and desire more control.

**1. Combine all but  $\frac{1}{3}$  cup of flour** (reserve this for kneading) with dry ingredients in bowl. Stir in yeast and liquids until a shaggy dough forms. Turn dough onto work surface dusted with reserved flour. Gather the edges of dough into center to make a tight ball, and press with heel of hand several times to remove air from dough. Let dough rest 4 to 5 minutes so it will be less sticky when you knead.

**2. Flatten dough ball** by pushing down and away from you with the heel of your hand (dough will be an oval-shaped blob). Pull and fold far edge back over dough. Turn dough a quarter turn. Repeat. Kneading can take 2 to 10 minutes. Fully kneaded dough will be smooth and won't stick to your hands.

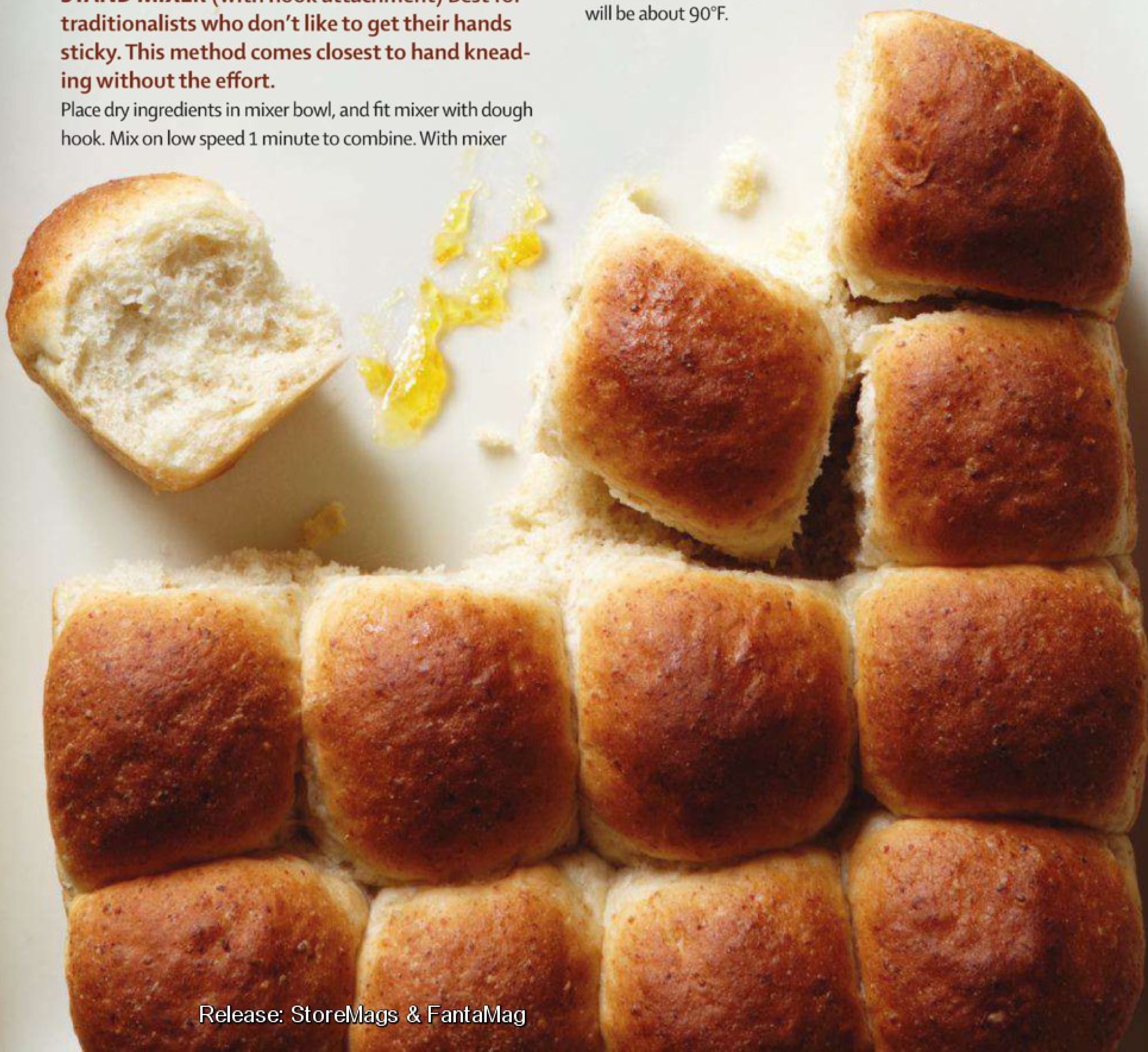
**STAND MIXER (with hook attachment)** Best for traditionalists who don't like to get their hands sticky. This method comes closest to hand kneading without the effort.

Place dry ingredients in mixer bowl, and fit mixer with dough hook. Mix on low speed 1 minute to combine. With mixer

running at low speed, add yeast and liquids by pouring them down the inside of the bowl. Increase speed to medium-low, and mix 2 minutes. Let dough rest 5 minutes. Mix at medium-low speed 5 minutes, or until dough is smooth. Increase speed to medium, and mix 2 minutes. Kneading is done when dough makes a slapping sound as it hits the side of the bowl. Dough temperature should be close to 90°F.

**FOOD PROCESSOR (with regular or dough blade)** Best for bakers in a hurry. The blade kneads dough in under 90 seconds.

Pulse dry ingredients in food processor fitted with dough blade to combine. With processor running, add yeast and liquids through feed tube. Stop once liquids have been added. Pulse on and off 8 to 10 times until dough comes together in a ball and no dry ingredients remain. Dough temperature will be about 90°F.



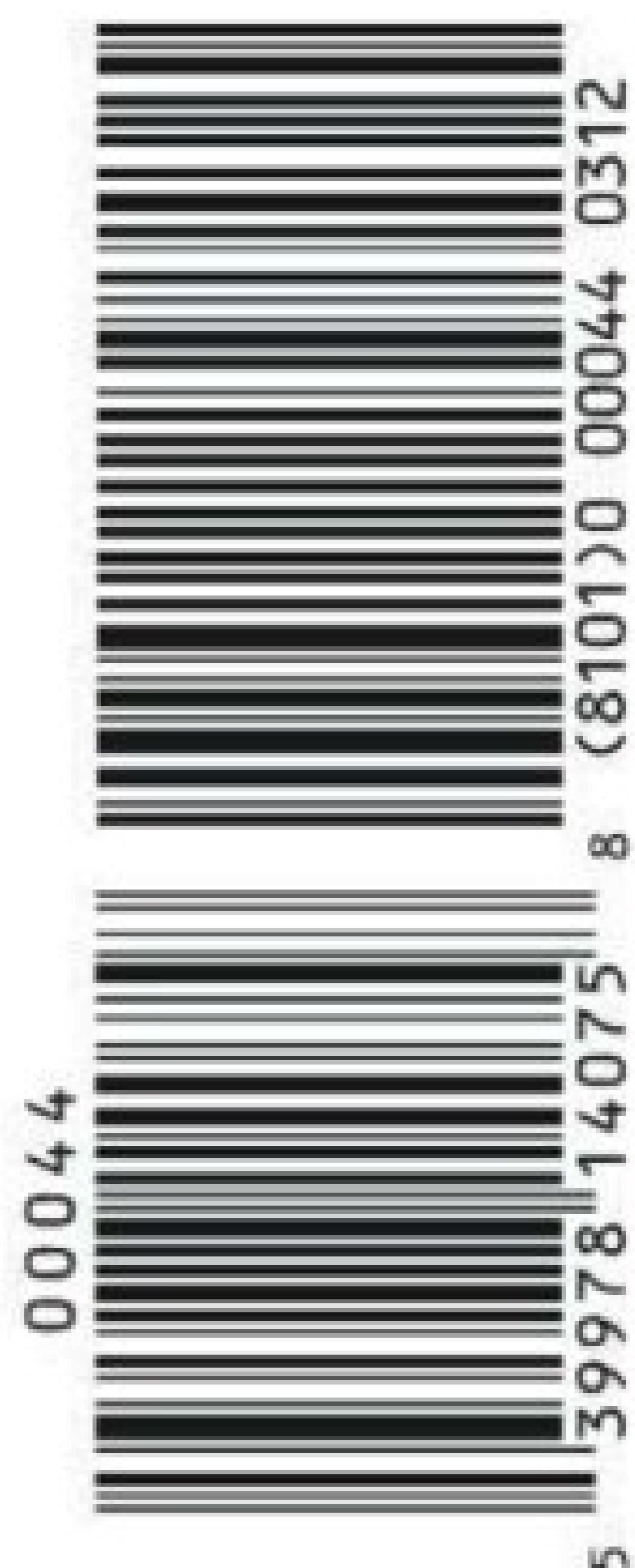




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## technique



**Press, don't squeeze** Use the heel of your hand, not your fingers, to knead bread dough. This lets the density of the dough do the kneading for you and prevents dough from sticking to your fingers. And don't be gentle! Feel free to lift the dough and slap it down on the work surface occasionally. The more you work the dough, the faster the glutes in the flour develop.

### TIPS FOR BETTER BREAD

**Bread flour, with its higher protein content**, makes bread with the best texture, but most recipes will work with all-purpose flour.

**Active dry yeast does best** when rehydrated in warm (105–115°F) water. Cooler temperatures lead to longer rising times. Temperatures over 140°F will kill yeast.

**If some dough clings** to the side of the bowl, add more flour 1 tablespoon at a time. If dry ingredients remain, sprinkle with water to scrape into dough.

**Dough temperature** is important: when dough gets over 90°F it will be sticky and its protein structure will begin to break down—the result is bread with an inferior crumb and volume. The friction of kneading with a machine can make temperatures rise fast, so check often.

**When kneading by hand**, reserve some of the flour used in the recipe to add when kneading. Try not to add more than this amount. The more flour you add during kneading, the drier your finished bread will be.

**A sign of perfectly developed dough** is that you can stretch a small piece into a thin film without it tearing. If it breaks and won't stretch, the dough is under- or overworked.

**Risen dough is ready** when it barely recovers its shape when pressed with a finger.

**Bread is fully baked** when it is 195°–200°F in the center. An instant-read thermometer can help prevent overbaked bread, which goes stale and dries out more quickly.



### Watch It: HOW TO KNEAD

Want to learn how to knead like a pro? Scan this code with your smartphone to watch Kitchen Tricks: How to Knead. See p. 32 for details.

scan it ▶





## Pull-Apart Wheat Germ and Honey Dinner Rolls

MAKES 16 MINI ROLLS

These rolls have something to offer everyone at the table—they're soft like white bread, but have a nutty whole-grain flavor that comes from wheat germ. Placing the rolls together in a pan so that they touch as they bake makes them especially tender.

- 1 0.25-oz. pkg. active dry yeast
- 2½ cups bread flour, plus more for rolling
- ¼ cup toasted wheat germ
- ¾ tsp. salt
- 3 Tbs. butter or margarine, softened, plus more for greasing bowl and brushing dough
- 3 Tbs. honey or ¼ cup packed brown sugar

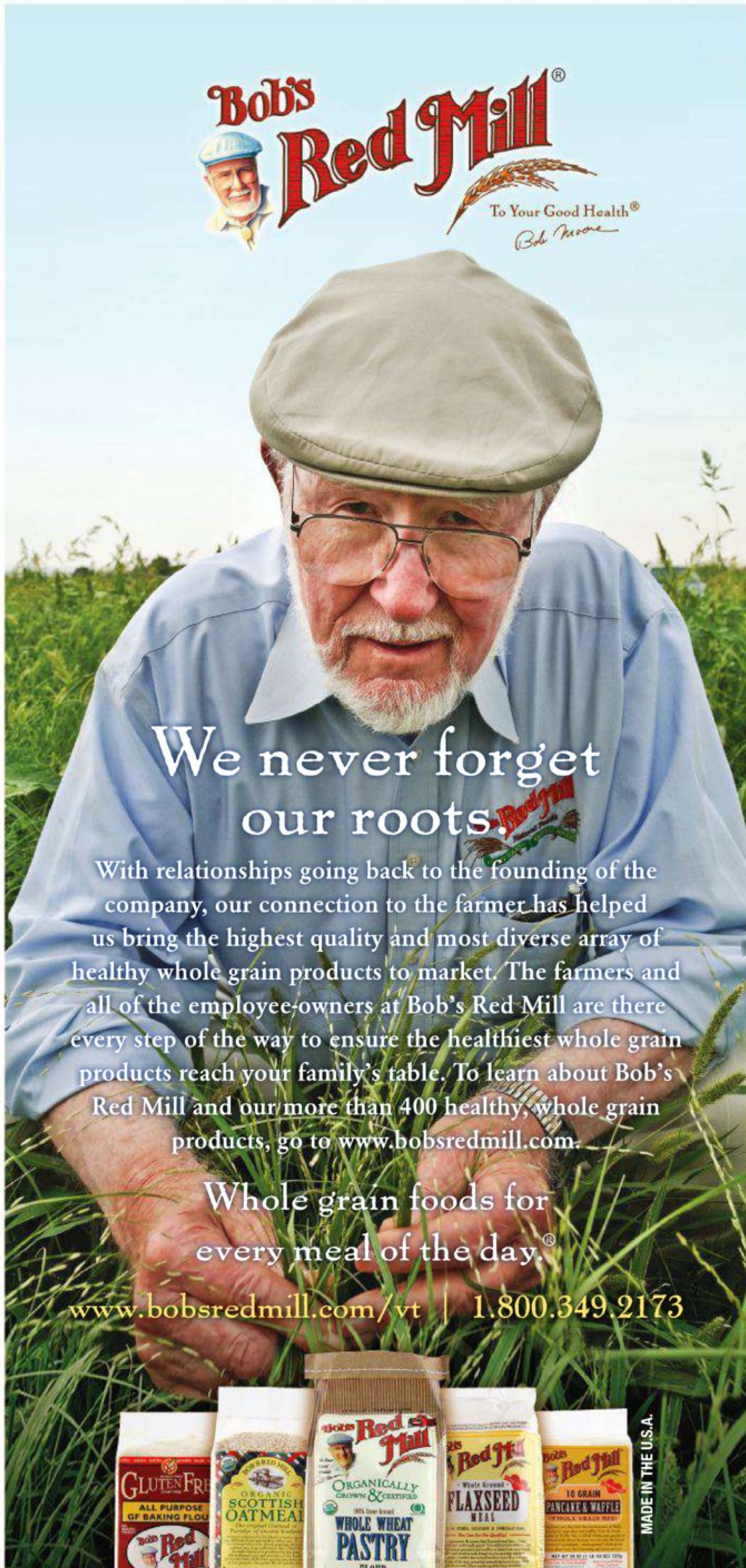
1. Stir yeast into ¼ cup warm (105°–115°F) water until dissolved. Let stand 10 minutes.
2. Combine flour, wheat germ, and salt in bowl of food processor, stand mixer, or regular bowl. (Reserve ⅓ cup flour if kneading by hand.)
3. Stir butter and honey into ¾ cup warm water. Stir yeast mixture and butter mixture into flour mixture. (If using food processor, add liquids through feed tube with processor running. If using stand mixer with dough hook, add liquids in steady stream with mixer on low speed.) Follow kneading instructions on p. 43.
4. Place dough in buttered bowl, and cover. Let rise in warm place 45 minutes to 1 hour, or until doubled in volume.
5. Deflate dough, and divide into quarters, then divide each quarter into 4 pieces. Roll dough into balls on floured surface. Place dough balls in 4 rows in greased 9-inch baking pan.
6. Cover dough; let rise 45 minutes, or until doubled in size. Meanwhile, preheat oven to 375°F. Brush dough with melted butter, and bake 15 to 20 minutes, or until tops of rolls are golden and edges are browned. Serve warm.

PER ROLL: 127 CAL; 3 G PROT; 4 G TOTAL FAT (2 G SAT FAT); 21 G CARB; 8 MG CHOL; 135 MG SOD; <1 G FIBER; 3 G SUGARS

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## technique

### Sweet Potato and Pecan Cinnamon Buns with Maple Glaze

MAKES 12 BUNS

This recipe makes 12 medium cinnamon buns. If you prefer jumbo bakery-style buns, slice the dough into nine pieces and bake in a 9-inch square pan.

#### SWEET POTATO DOUGH

- 1 0.25-oz. pkg. active dry yeast
- 3½ cups bread flour, plus more for rolling dough
- 2 Tbs. sugar
- 1½ tsp. salt
- ¾ cup mashed cooked sweet potato
- 3 Tbs. vegetable oil, plus more for oiling bowl

#### CINNAMON-PECAN FILLING


- ½ cup packed light brown sugar
- 1¾ tsp. ground cinnamon
- 2 Tbs. very soft vegan margarine, plus more for greasing pan
- ¾ cup chopped toasted pecans, divided

#### MAPLE GLAZE

- 3 Tbs. vegan cream cheese
- ½ tsp. natural maple flavor
- 1 pinch salt
- 1 cup confectioners' sugar

1. To make Sweet Potato Dough: Stir yeast into ⅓ cup warm (105°–115°F) water until dissolved. Let stand 10 minutes.
2. Combine flour, sugar, and salt in bowl of food processor, stand mixer, or regular bowl. (Reserve ⅓ cup flour if kneading by hand.)
3. Stir sweet potato and oil into ⅓ cup warm water. Stir yeast mixture and sweet potato mixture into flour mixture. (If using food processor, add liquids through feeding tube with processor running. If using stand mixer with dough hook, add liquids in steady stream with mixer on low speed.) Follow kneading instructions on p. 43.
4. Place dough in oiled bowl; cover. Let rise 1 hour, or until doubled in volume.

5. To make Cinnamon-Pecan Filling: Stir together brown sugar and cinnamon in bowl. Grease 13- x 9-inch baking sheet with margarine.
6. Roll dough into 14- x 12-inch rectangle. Spread with margarine. Sprinkle cinnamon-sugar over dough; top with half of chopped pecans. Starting at long edge, roll up dough. Slice 1 inch off each end; discard. Cut roll crosswise into 12 1-inch-thick pieces, and place on prepared baking sheet. Cover, and let rise in warm place 45 minutes, or until doubled in size.
7. Preheat oven to 375°F. Bake buns 18 to 20 minutes, or until golden.
8. To make Maple Glaze: Combine cream cheese, maple flavor, and salt in small bowl. Stir in confectioners' sugar. Spread glaze over warm buns; top with remaining pecans.

PER BUN: 331 CAL; 6 G PROT; 11 G TOTAL FAT (2 G SAT FAT); 52 G CARB; 0 MG CHOL; 342 MG SOD; 2 G FIBER; 19 G SUGARS 





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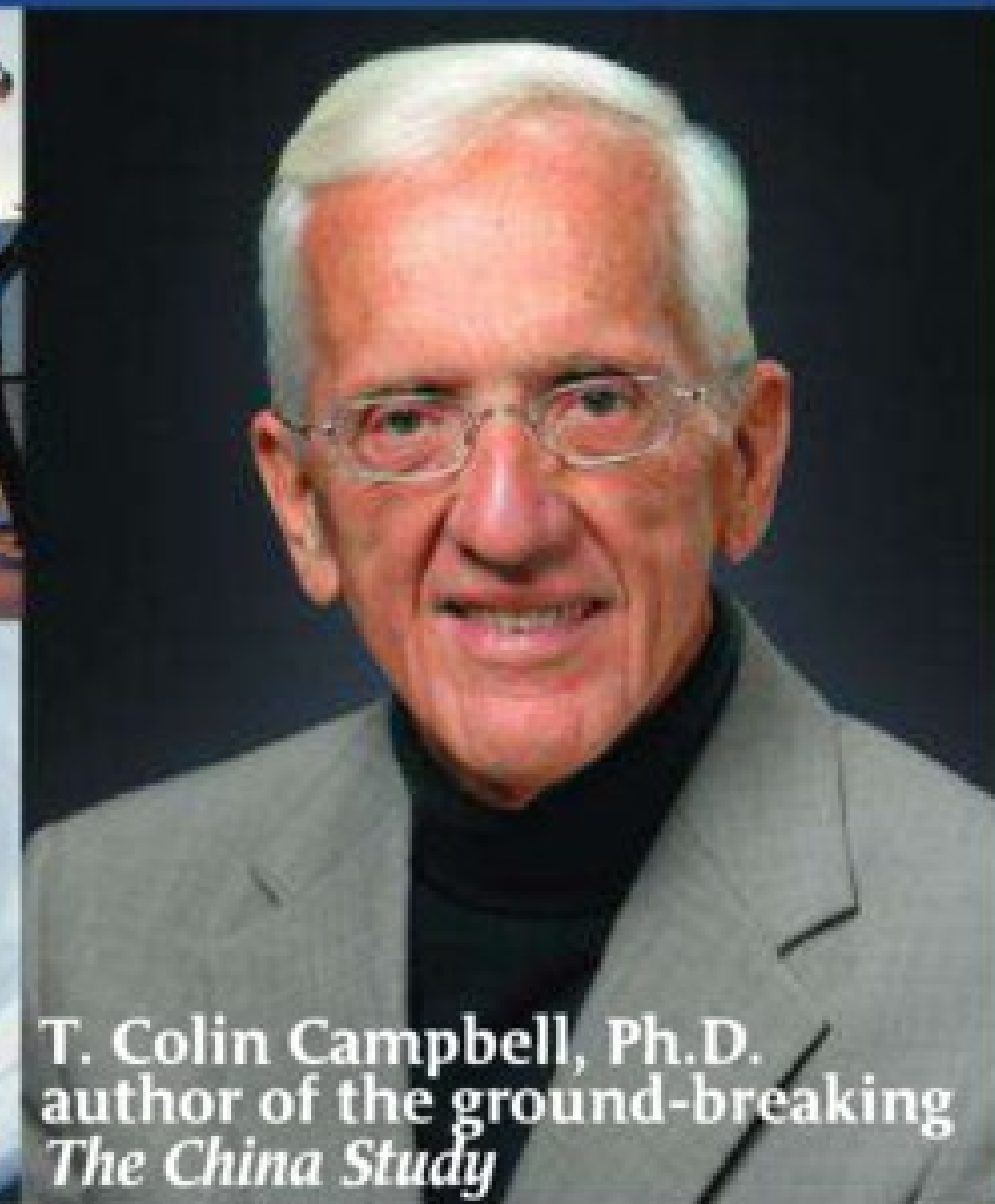
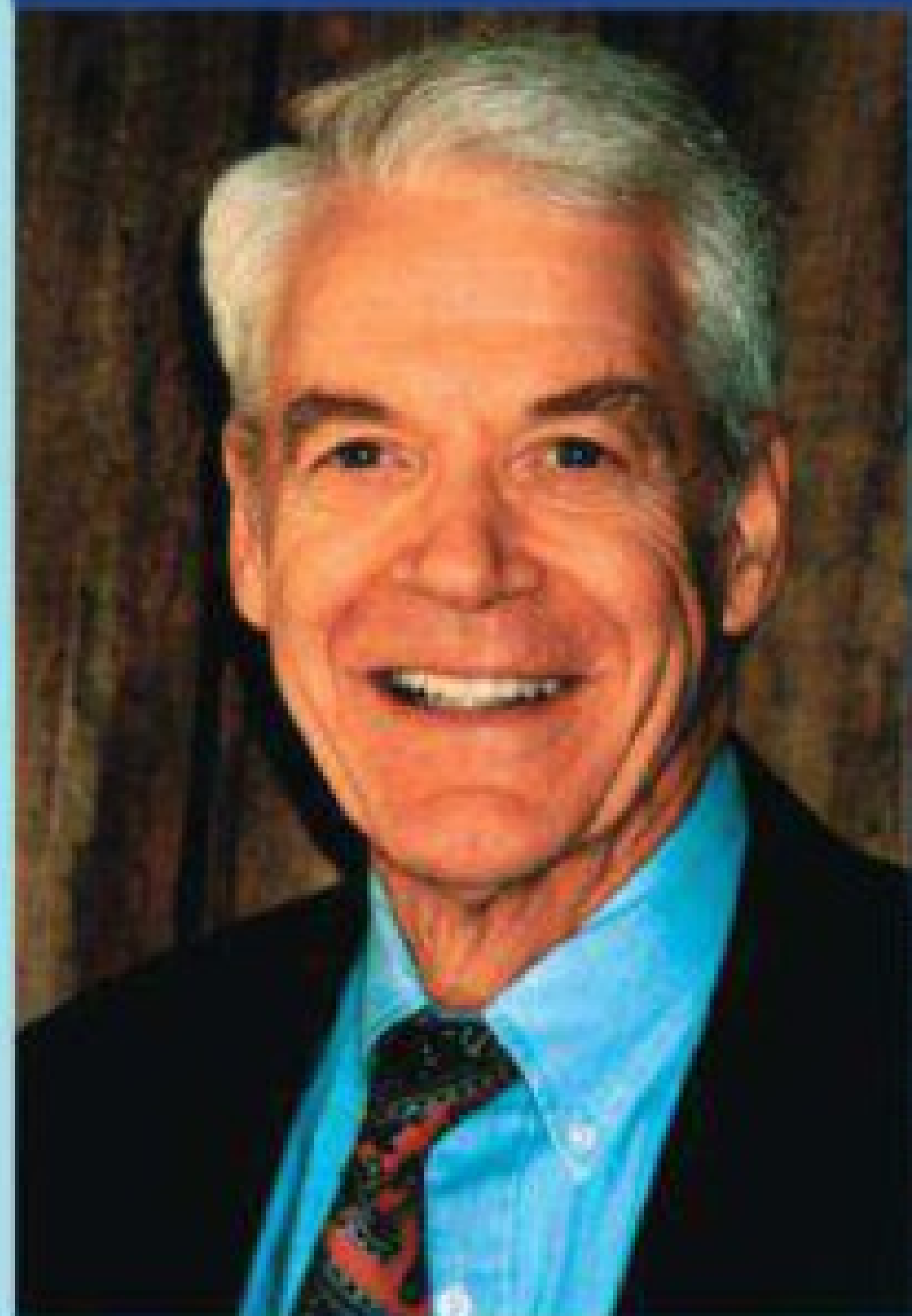
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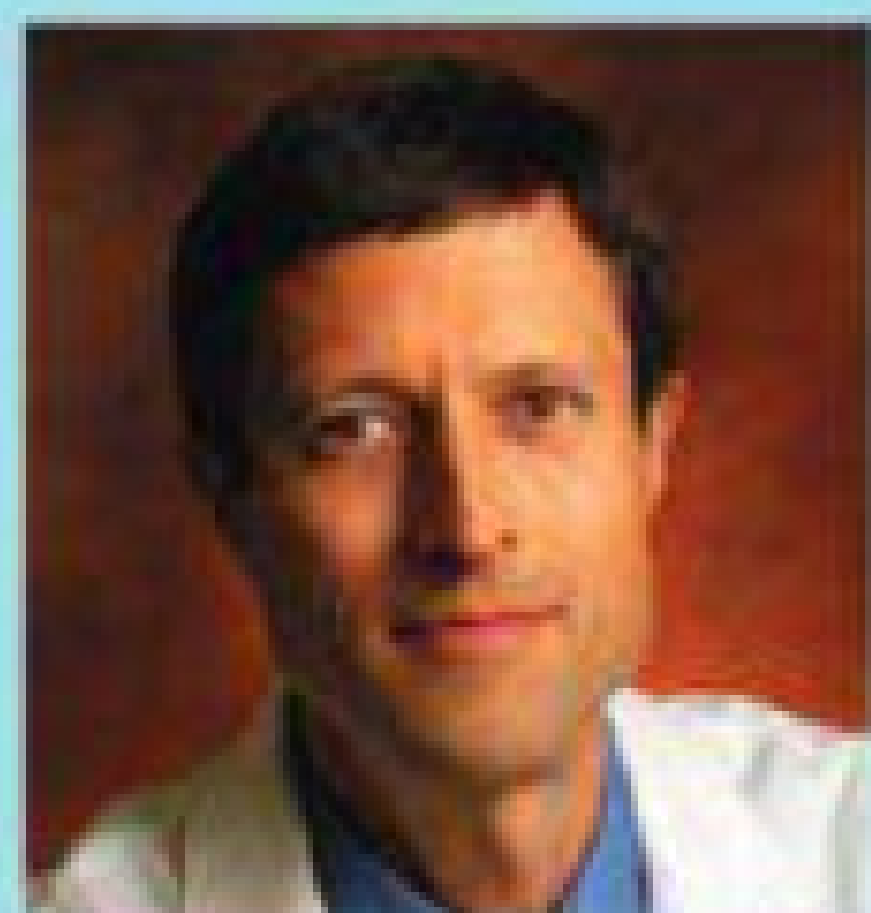


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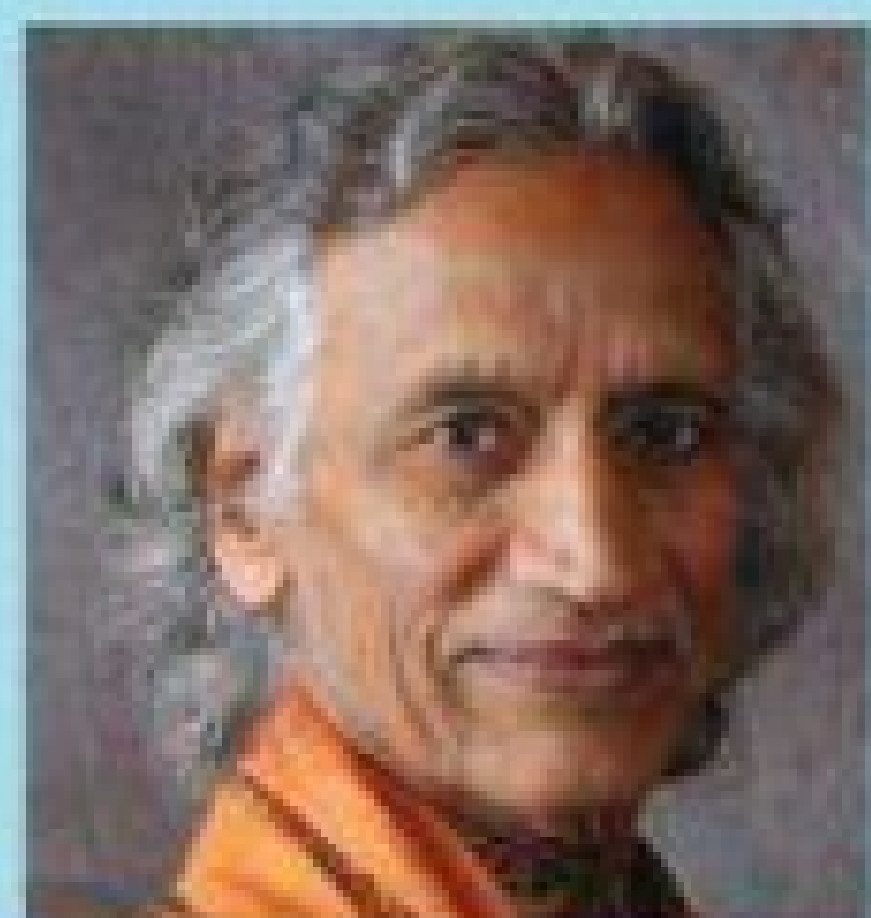
**Neal Barnard, M.D.**  
Associate professor at George Washington University and founder of Physicians Committee for Responsible Medicine, a nonprofit advocating for preventive medicine and ethical research, Dr. Barnard studies the role of nutrition in diabetes and other health problems. His 15 books include *Dr. Neal Barnard's Program for Reversing Diabetes*.



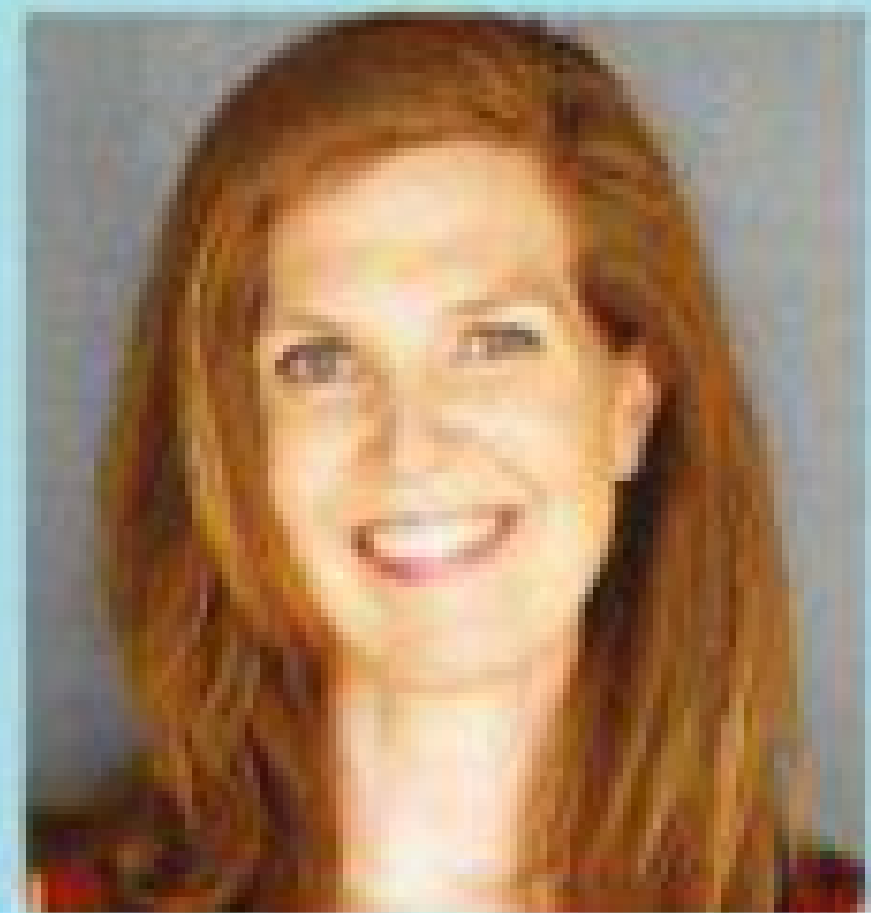
**Gabriel Cousens, M.D.**  
Dr. Gabriel Cousens is the author of 7 books including *Spiritual Nutrition* and *Conscious Eating*. Dubbed "the fasting guru" by the New York Times, Dr. Cousens is a leading authority on live-food nutrition. As director of the Tree of Life Rejuvenation Center in Patagonia, Arizona, he facilitates retreats for healing and spiritual awakening.



**Christina Pirello**  
Christina is a nationally known vegetarian/vegan chef, Emmy Award-winning TV celebrity hosting her own show, "Christina Cooks," and author of several best-selling cookbooks including *Cooking the Whole Foods Way*, *This Crazy Vegan Life*, and her latest, *I'm Mad as Hell and I'm Not Going to Eat It Anymore!*



**Yogi Desai**  
Yogi Desai is an internationally recognized authority in the field of yoga and the founder of the Kripalu Center for Yoga & Health. His teachings have made a profound impact that has touched the hearts of millions worldwide. His innovative Amrit Method® teachings are universal, insightful, experiential and easily adaptable by everyone.



**Jessica Porter**  
Author of *The Hip Chick's Guide to Macrobiotics*, Jessica co-wrote *The Kind Diet* with Alicia Silverstone. She managed the Way to Health Program at the Kushi Institute for several years. Jessica teaches HypnoBirthing and is a practicing hypnotherapist and actress. Her classes are humorous, inspiring and informative.

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technique

**Apple, Rosemary, and Sweet Onion Focaccia**

MAKES 24 SLICES

Focaccia is one of the easiest artisanal breads you can make at home. Once you've made the basic dough a few times, you can let your imagination run wild with toppings. Just remember not to load the bread down, or the dough won't be able to rise as much and the texture will be tougher.

**DOUGH**

- 1 0.25-oz. pkg. active dry yeast
- 3 cups bread flour, divided
- 1 tsp. sugar or agave nectar
- 1 tsp. salt
- 2 Tbs. olive oil, plus more for brushing pan and dough

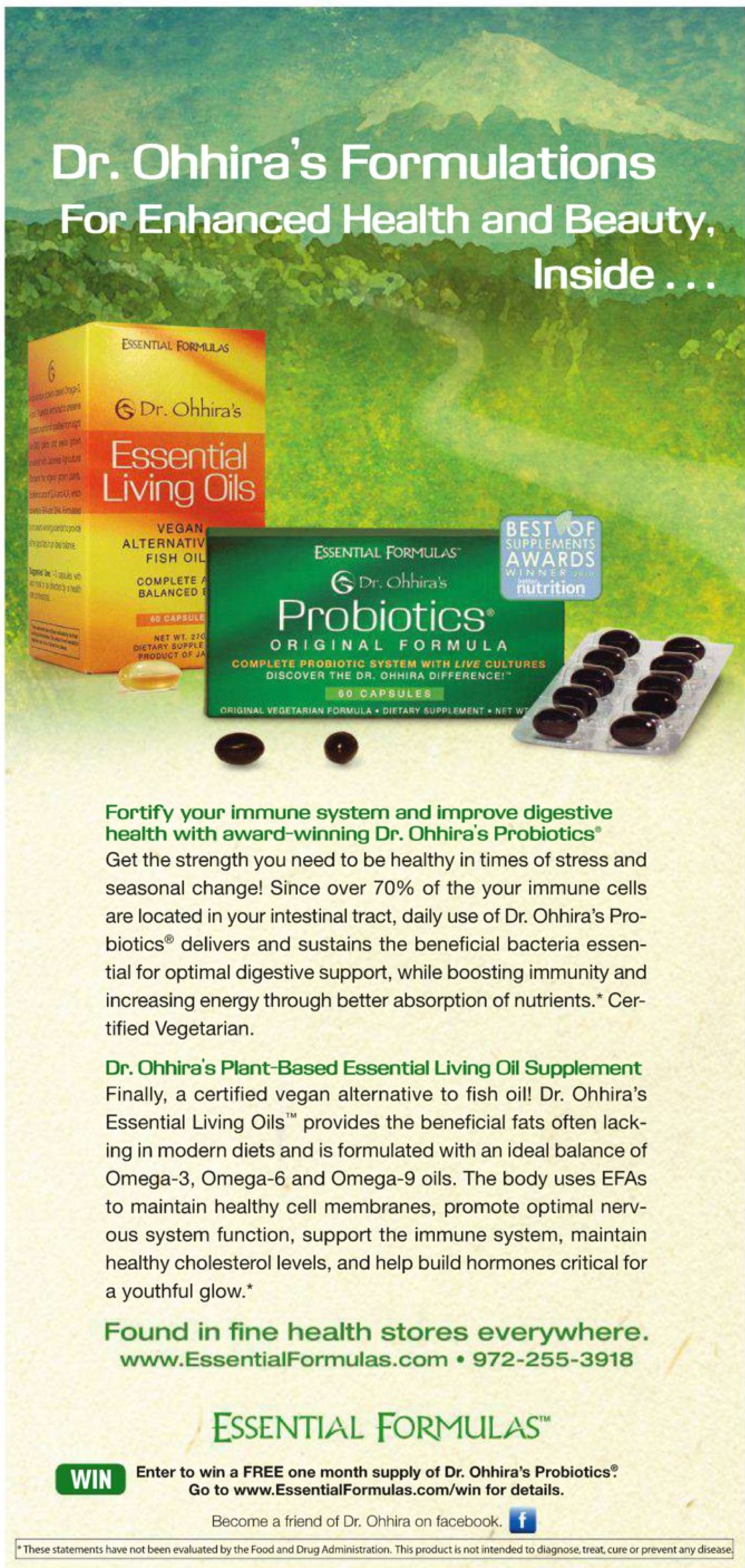
**TOPPING**

- 2 Tbs. olive oil
- 1 large sweet onion, halved and thinly sliced
- 1 Tbs. chopped fresh rosemary, divided
- 2 small tart cooking apples, cored and thinly sliced
- 2 Tbs. sugar or agave nectar

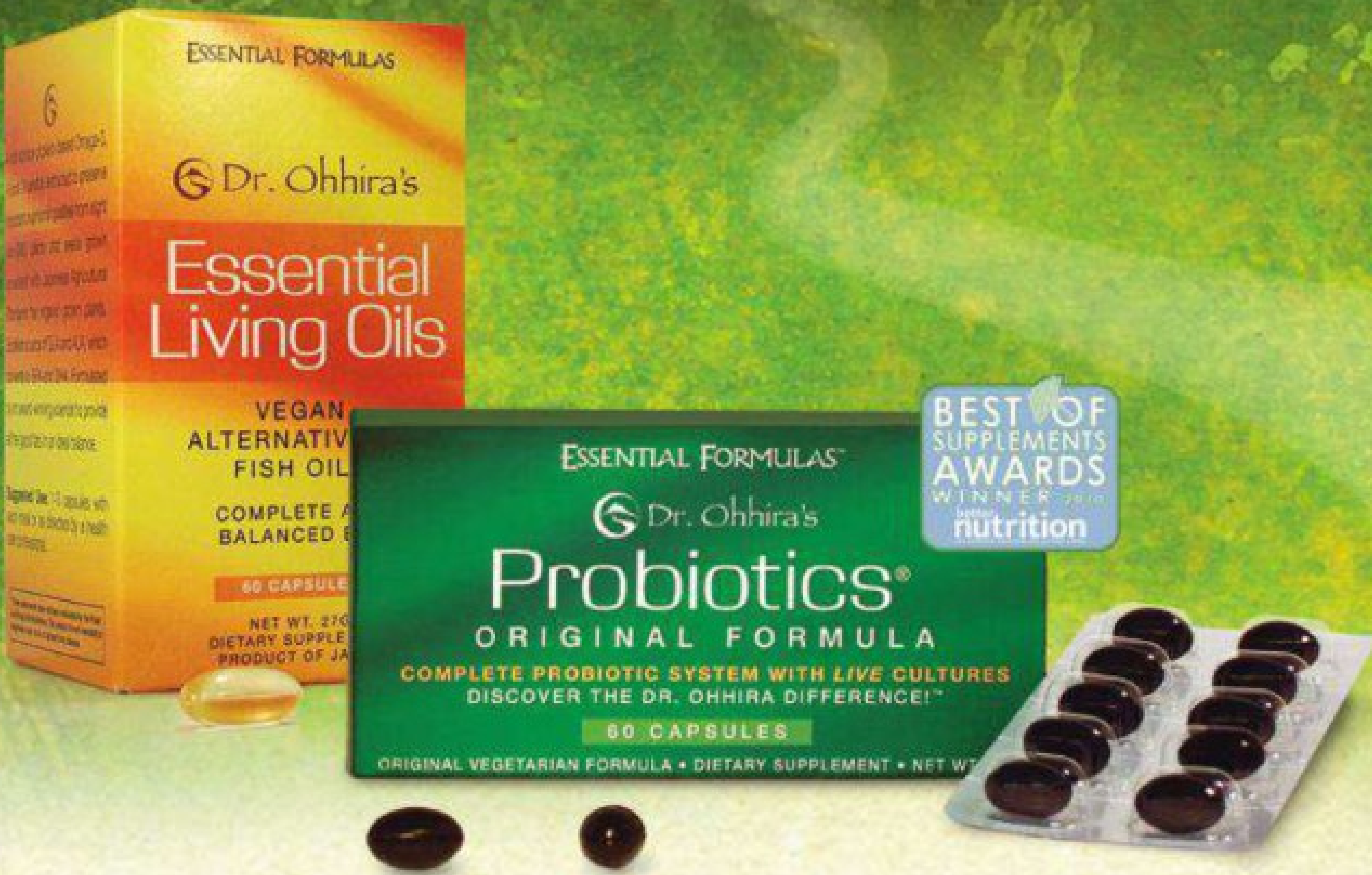
**1.** To make Dough: Stir yeast into  $\frac{1}{4}$  cup warm (105°–115°F) water until dissolved. Let stand 10 minutes. Stir  $\frac{3}{4}$  cup flour, sugar, and  $\frac{1}{2}$  cup warm water into yeast. Cover, and let stand 30 to 45 minutes, or until very bubbly and fragrant.

**2.** Combine remaining  $2\frac{1}{4}$  cups flour and salt in bowl of food processor, stand mixer, or regular bowl. (Reserve  $\frac{1}{3}$  cup flour if kneading by hand.) Stir oil and  $\frac{1}{2}$  cup warm water into yeast mixture. Stir yeast mixture into flour mixture. (If using food processor, add liquids through feeding tube with processor running. If using stand mixer with dough hook, add liquids in steady stream with mixer on low speed.) Follow kneading instructions on p. 43.

**3.** Place Dough in lightly oiled bowl. Cover, and let rise in warm place 45 minutes to 1 hour, or until doubled in size. Lightly oil 15- x 10-inch jelly-roll pan or rimmed baking sheet. Gently stretch or press Dough into pan as evenly as possible with fingers; brush with oil.



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**To remove stuck-on bits of dough** from hands, hooks, bowls, and work surfaces, rub with a little flour.

Make indentations with fingertips all over Dough. Cover, and set aside 30 minutes, or until doubled in size.

**4.** To make Topping: Preheat oven to 425°F. Heat 1 Tbs. oil in large skillet over medium heat. Add onion, and sauté 3 to 4 minutes, or until soft. Stir in 1½ tsp. rosemary, and season with salt and pepper, if desired. Reduce heat to medium-low, and cook 4 minutes more, or until tender and translucent. Transfer to plate. Add remaining 1 Tbs. oil to same skillet, and sauté apples and remaining 1½ tsp. rosemary 6 to 8 minutes, or until softened. Stir onion and sugar into apple mixture.

**5.** Sprinkle apple-onion mixture evenly over Dough. Bake in upper one-third of oven 20 minutes, or until edges are golden and bottom of focaccia is golden brown.

PER SLICE: 102 CAL; 2 G PROT; 3 G TOTAL FAT (<1 G SAT FAT); 17 G CARB; 0 MG CHOL; 99 MG SOD; <1 G FIBER; 4 G SUGARS

### Garlic Naan

MAKES 8 ROUNDS

Indian flat breads, such as naan, are ideal for soaking up curries or any saucy main dish. This dough gets its tender texture from full-fat yogurt, so you don't want to substitute low-fat yogurt. For extra-garlicky naan, add 2 cloves of gently sautéed minced garlic to the dough with the liquids. Or sprinkle finely chopped fresh herbs over the garlic oil brushed on hot naan as it comes out of the skillet.

- 1 0.25-oz. pkg. active dry yeast
- 3½ cups bread flour, plus more for kneading and rolling
- 2 tsp. sugar
- 1 tsp. salt
- ½ cup whole-milk yogurt, at room temperature
- 4 Tbs. olive oil, divided, plus more for oiling bowl
- 1 clove garlic, minced (1 tsp.)

**1.** Stir yeast into ¼ cup warm (105°–115°F) water until dissolved. Let stand 10 minutes.

**2.** Combine flour, sugar, and salt in bowl of food processor, stand mixer, or regular bowl. (Reserve ⅓ cup flour if kneading by hand.)

**3.** Stir yogurt and 2 Tbs. olive oil into ¾ cup warm (105°–115°F) water. Stir yeast mixture and yogurt mixture into flour mixture. (If using food processor, add liquids through feeding tube with processor running. If using stand mixer with dough hook, add liquids in steady stream with mixer on low speed.) Follow kneading instructions on p. 43.

**4.** Place dough in oiled bowl, and cover. Let rise in warm place 45 minutes to 1 hour, or until doubled in volume. Deflate dough. Divide dough into quarters; divide each quarter in half to make 8 pieces total. Shape dough pieces into discs, cover with clean kitchen towel, and let rest 10 minutes.

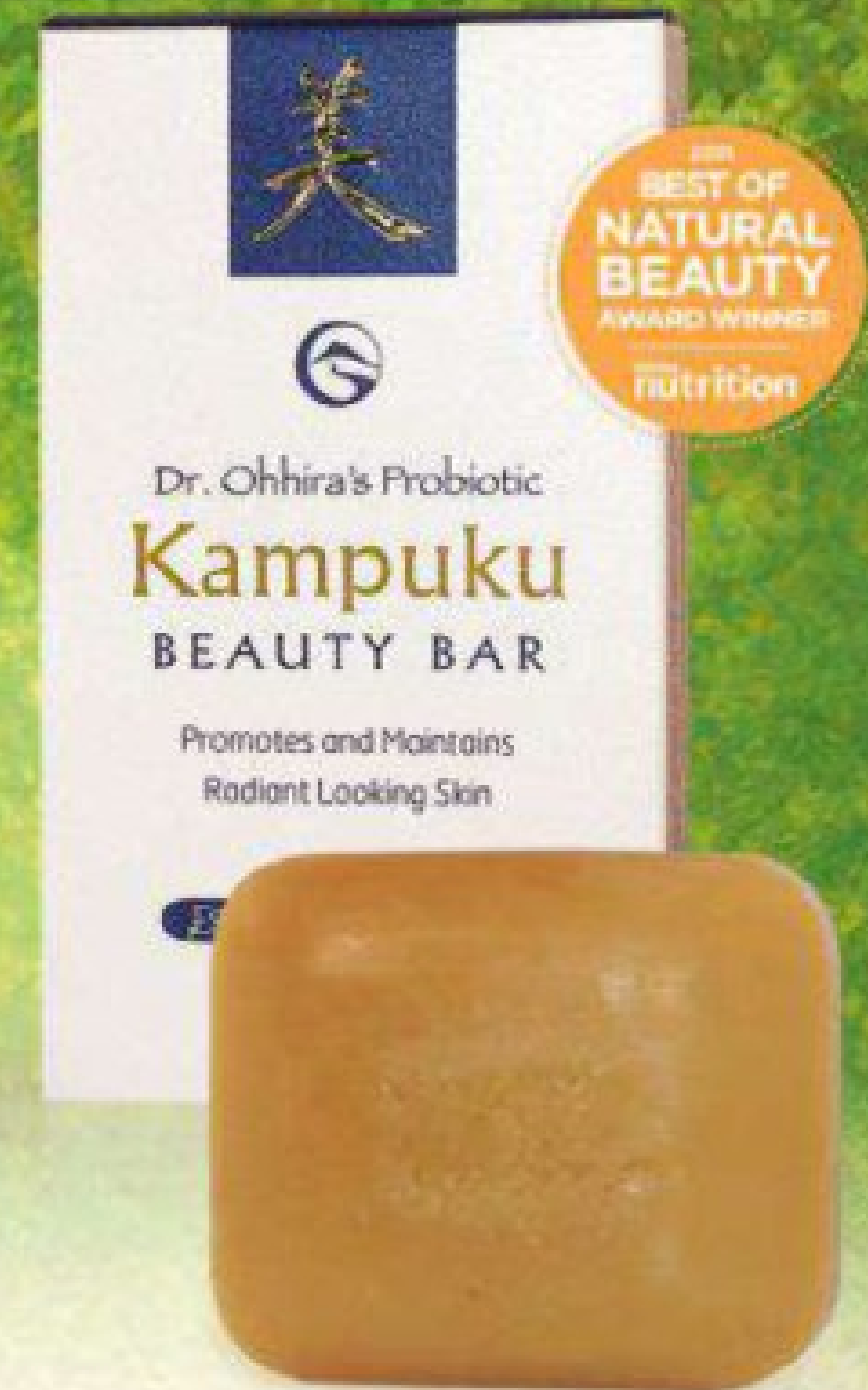
**5.** Combine remaining 2 Tbs. olive oil with garlic. (Gently heat this mixture in saucepan 1 to 2 minutes if you prefer mellower flavor.)

**6.** Heat large cast-iron or heavy skillet over medium-high heat until drop of water evaporates on contact. Meanwhile, on lightly floured surface, roll 1 dough disc into 8-inch round. Transfer to skillet, and cook 1 to 2 minutes, or until golden-brown spots appear on bottom (check by lifting with tongs) and bread puffs slightly. Flip; cook 1 minute more, pressing with spatula to promote even browning. Transfer to serving plate, and brush with garlic oil. Repeat with remaining dough disks.

PER NAAN: 295 CAL; 8 G PROT; 9 G TOTAL FAT (2 G SAT FAT); 45 G CARB; 2 MG CHOL; 300 MG SOD; 2 G FIBER; 2 G SUGARS

*Nicole Rees is a food writer specializing in baking science. Her most recent book is Baking Unplugged.*

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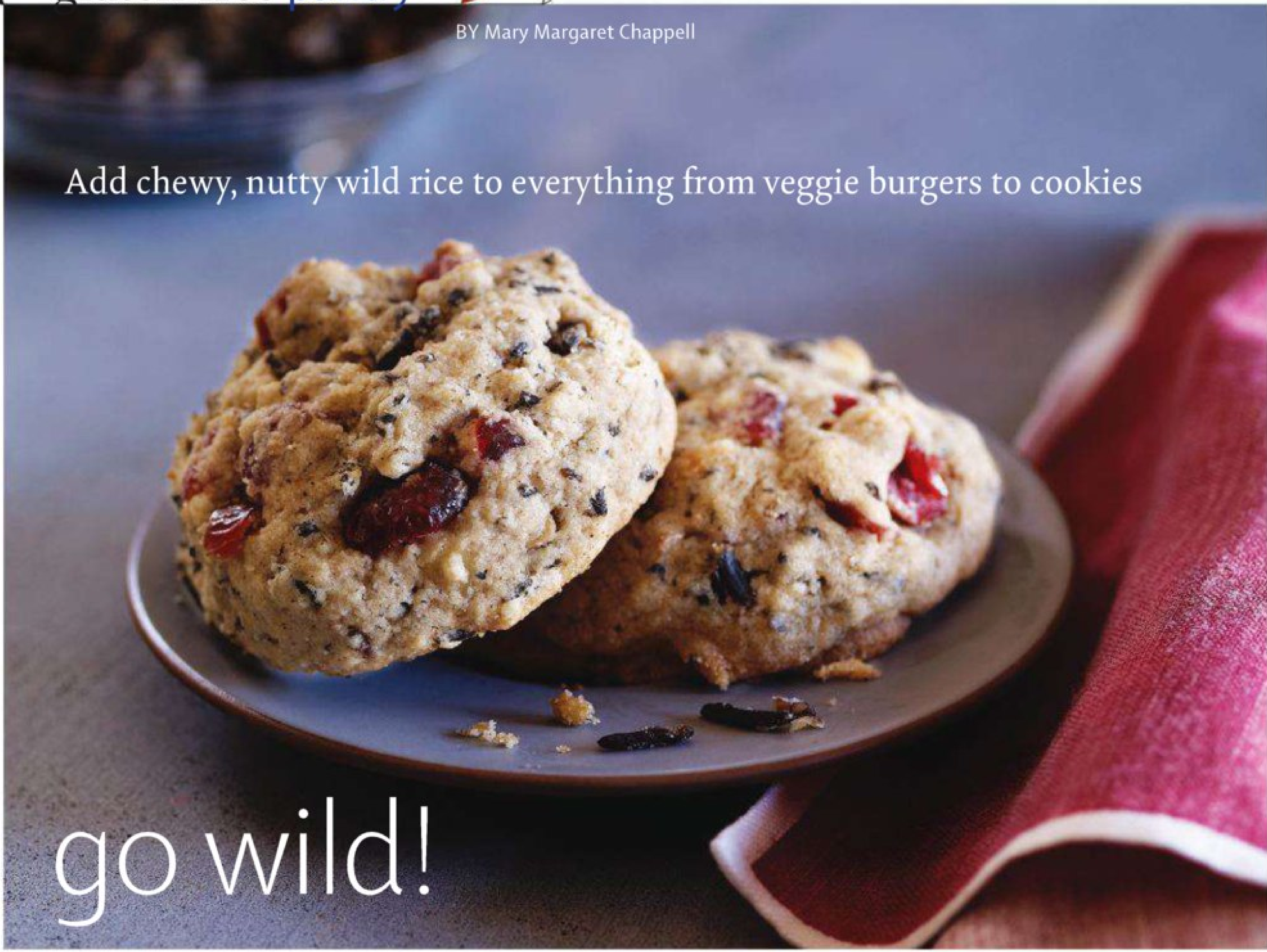
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Add chewy, nutty wild rice to everything from veggie burgers to cookies



go wild!

**Now that global grains** such as quinoa and amaranth have made it to the mainstream, it's easy to overlook wild rice, North America's native gluten-free grain. "Wild rice is native to the Great Lakes region, but it also grows well when cultivated in Northern California and Texas," says Todd Kluger, vice president of marketing for Lundberg Family Farms in Richvale, Calif. Kluger credits the fermenting and roasting process used to cure the dark brown grains for their rich, nutty flavor. Among his recommendations for using wild rice? Blending it with other grains for flavor and texture, grinding it raw into flour to add fiber and flavor to baked goods, and popping the kernels the way you'd pop popcorn and sprinkling over salads.

### Wild Rice and Dried Cranberry Cookies

MAKES 24 COOKIES

Cooked wild rice replaces oats (which can be tainted with gluten) in this variation on old-fashioned oatmeal-raisin cookies.

- 1½ cups cooked wild rice
- 1¼ cups brown rice flour or all-purpose gluten-free flour mix
- 1 Tbs. cornstarch
- ½ tsp. baking soda

- ½ tsp. ground cinnamon
- ½ tsp. ground ginger
- ½ tsp. salt
- ¼ tsp. ground nutmeg
- 4 oz. (1 stick) margarine or butter
- ½ cup dark brown sugar
- ½ cup sugar
- 1 large egg
- 1 tsp. vanilla extract
- 1 cup dried cranberries
- ½ cup chopped toasted walnuts

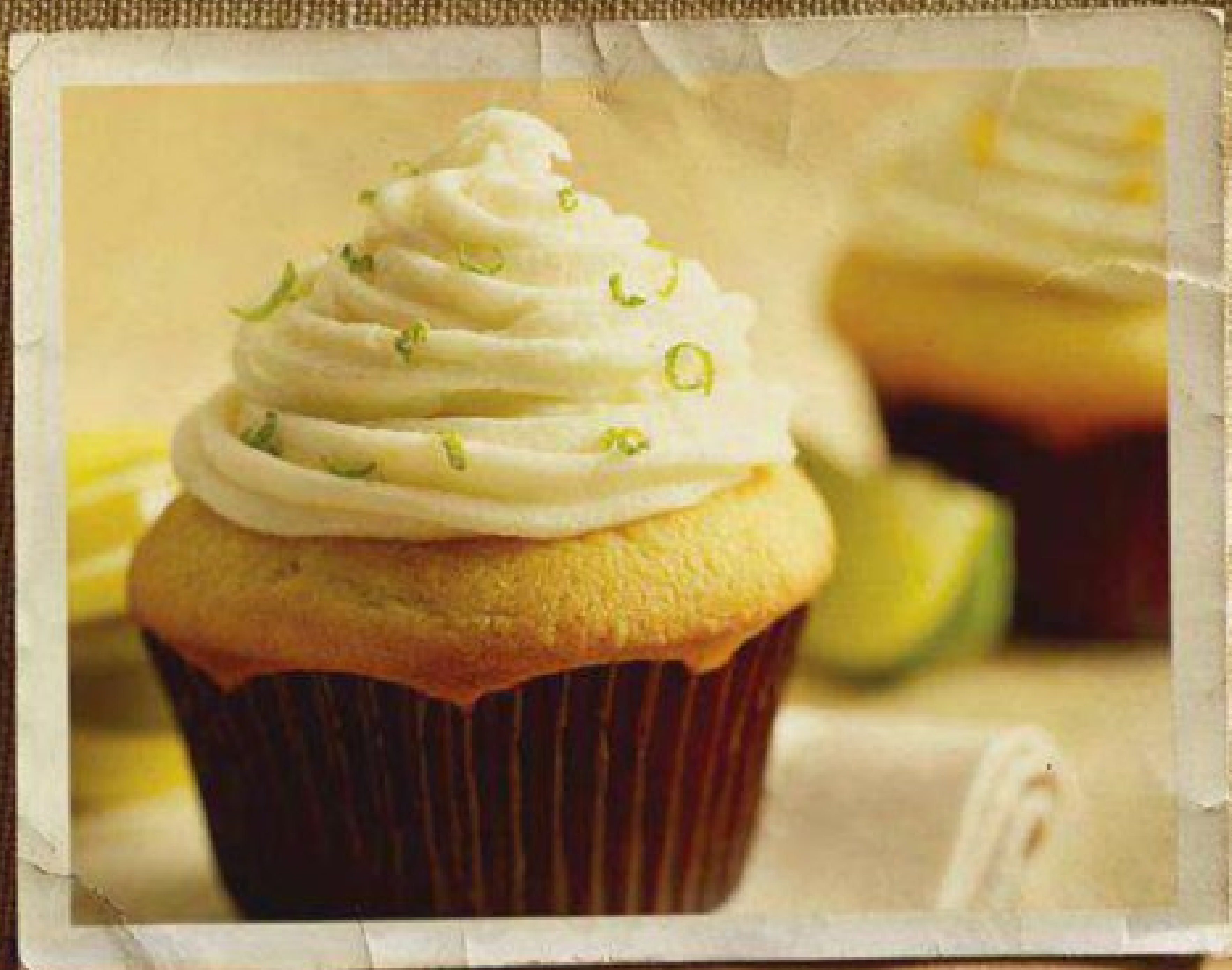
1. Preheat oven to 350°F, and coat 2 baking sheets with cooking spray.
2. Process wild rice in food processor 1 minute, or until coarsely chopped. Set aside.
3. Whisk together brown rice flour, cornstarch, baking soda, cinnamon, ginger, salt, and nutmeg in large bowl. Set aside.
4. Cream margarine, brown sugar, and sugar in bowl with electric mixer until smooth and fluffy. Beat in egg and vanilla. Add flour mixture, and beat until smooth. Stir in wild rice, dried cranberries, and walnuts.
5. Scoop 2-Tbs. dollops of batter 1½ inches apart on prepared baking sheets. Bake 8 to 10 minutes, or until cookies are browned and dry on top. Cool 1 minute on baking sheets, then transfer to rack with spatula, and cool completely.

PER COOKIE: 145 CAL; 2 G PROT; 6 G TOTAL FAT (1 G SAT FAT); 22 G CARB; 8 MG CHOL; 116 MG SOD; 1 G FIBER; 12 G SUGARS  

PHOTOGRAPHY: PORNCHEI MITTONGTARE; FOOD STYLING: LIESL MAGGIORE; PROP STYLING: ROBIN TURK

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Layered Sweet  
Potato Torte,  
p. 76

# sweet & savory pies

BY Victoria Abbott Riccardi

**Spring quiches can hit the spot** and summer tarts are absolutely scrumptious, but fall and winter will always be high pie season, when harvest-laden offerings fill the kitchen with savory aromas and old-fashioned favorites steal the show on holiday tables. The following recipes offer a celebration of sweet and savory pies in all their forms—fruit-filled, veggie-laden, lattice-topped, streusel-laced, phyllo-crust, and potato-layered.

PHOTOGRAPHY: MAREN CARUSO; FOOD STYLING: KIM KISSLING; PROP STYLING: CHRISTINE WOLHEIM



As the weather turns cold, homey harvest  
pies offer a little slice of heaven



PHOTOGRAPHY: YUNHEE KIM; FOOD STYLING: MAGGIE RUGGIERO; PROP STYLING: DEBORAH WILLIAMS

Lattice-Top Plum Pie, p. 56





## tip

Prebaking or par-baking piecrusts before adding the filling helps keep them from shrinking and getting soggy.

Eggnog Pear Pie, p. 76





Turkish Eggplant Pie, p. 75





## tip

Bake pies and tarts on a rack set in the middle of the oven so that top, bottom, and sides all cook evenly.

### Lattice-Top Plum Pie

SERVES 10

Soft almond paste (available in the baking section of most supermarkets) thickens the filling and adds a sweet, nutty touch to this woven-top pie.

#### CRUST

- 1¼ cups whole-wheat pastry flour
- 1¼ cups all-purpose flour
- 2 Tbs. sugar
- ¼ tsp. salt
- 8 Tbs. vegan margarine, such as Earth Balance Vegan Buttery Sticks, cut into small cubes
- 2 tsp. almond extract

#### FILLING

- 2 lb. whole, ripe plums, pitted and sliced (5 cups)


- ¼ cup sugar
- ½ tsp. ground allspice
- ½ tsp. ground cinnamon
- 2 oz. almond paste, cut into bits
- 2 tsp. Demerara or turbinado sugar

**1.** To make Crust: Whisk together flours, sugar, and salt in bowl. Rub margarine into flour mixture until crumbly. Stir in 8 Tbs. ice water and almond extract until crust comes together. Divide dough in half, and shape into 2 disks. Wrap each in wax paper, and chill 1 hour.

**2.** Preheat oven to 375°F. Invert 1 dough disk onto large sheet of wax paper. Roll 1 dough disk into 12-inch circle, and press into 10-inch pie pan. Prick bottom of Crust all over with fork. Bake 15 minutes, remove from oven, and cool.

**3.** To make Filling: Toss together plums, sugar, allspice, and cinnamon in large bowl. Spoon into Crust, and dot with bits of almond paste.

**4.** Remove second dough disk from refrigerator, and roll into 12-inch circle. Cut dough into long 1-inch-wide strips with knife or fluted pastry wheel. Lay strips in lattice pattern over top of fruit, gently pressing ends of strips onto edges of bottom Crust. Trim excess dough from edges. Coat with cooking spray, and sprinkle lattice with Demerara sugar. Bake pie on baking sheet 50 minutes, or until Filling is bubbly and Crust is golden. Cool on wire rack.

PER SLICE: 292 CAL; 4 G PROT; 11 G TOTAL FAT (4 G SAT FAT); 44 G CARB; 0 MG CHOL; 155 MG SOD; 4 G FIBER; 19 G SUGARS 



## Mushroom Pie in a Whole-Wheat Flax Crust

SERVES 8

Ground flax adds nutty flavor and tender texture to a wholesome whole-wheat crust. Enjoy this pie for brunch, lunch, dinner, or even at a holiday buffet.

### CRUST

- ¾ cup whole-wheat pastry flour
- ¾ cup all-purpose flour
- ¾ cup ground flaxseeds or flaxseed meal
- ⅛ tsp. salt
- 2 Tbs. butter
- 2 Tbs. canola oil

### FILLING

- 1 tsp. olive oil
- 1 lb. mixed mushrooms, sliced (6 cups)
- 1 small onion, peeled and chopped
- 3 cloves garlic, minced (1 Tbs.)
- 1 Tbs. minced fresh thyme
- 2 large eggs
- 3 egg whites
- 1½ cups 1% milk
- 2 tsp. Dijon mustard
- ¼ tsp. grated fresh nutmeg
- ¾ cup grated Gruyère or Swiss cheese

1. To make Crust: Preheat oven to 350°F.
2. Whisk together flours, ground flaxseeds, and salt in large bowl.

3. Heat butter in small skillet over low heat; cook until butter turns deep golden brown. Stir browned butter and oil into flour mixture with fork. Gradually stir in 5 Tbs. ice water until dough forms easy-to-handle ball. Roll ball into 12-inch circle, then press dough into 10-inch pie pan. Crimp dough at edges, and prick Crust bottom all over with fork; bake 10 minutes, then remove from oven to cool. Coat Crust edges with nonstick spray.

4. To make Filling: Heat oil in large skillet over medium-high heat. Add mushrooms and onion; sauté 8 minutes, or until browned and mushroom liquid has evaporated. Stir in garlic and thyme.

5. Whisk together eggs and egg whites in bowl. Whisk in milk, mustard, and nutmeg. Season with salt and pepper, if desired.

6. Sprinkle half of grated cheese in Crust. Top with mushroom mixture, then remaining cheese. Pour egg mixture over all ingredients, making sure mushrooms remain well-distributed in Crust. Bake 1 hour, or until sharp knife inserted into center comes out clean. Cool 10 minutes before slicing and serving.

PER SLICE: 247 CAL; 12 G PROT; 14 G TOTAL FAT (5 G SAT FAT); 20 G CARB; 68 MG CHOL; 190 MG SOD; 4 G FIBER; 4 G SUGARS

## Streusel-Topped Harvest Fruit Pie

SERVES 10

Apples, pears, cranberries, and dried fruit are heaped into a prepared crust to create a bountiful holiday pie.

### PIE

- 1 10-inch whole-wheat prepared piecrust (unbaked)
- 2 cups peeled and chopped apples
- 2 cups peeled and chopped pears
- 1 cup fresh cranberries
- ¼ cup packed dark brown sugar
- ¼ cup golden raisins
- ¼ cup dried currants
- ¼ cup chopped dried figs
- 1 Tbs. grated lemon zest
- 2 tsp. fresh lemon juice
- 1 tsp. ground cinnamon
- ½ tsp. ground cardamom

### STREUSEL

- ½ cup rolled oats
- ¼ cup whole-wheat pastry flour
- 3 Tbs. packed dark brown sugar
- ¼ tsp. ground cinnamon
- 1 pinch salt
- 2 Tbs. canola oil
- 2 Tbs. thawed apple juice concentrate
- 3 Tbs. coarsely chopped walnuts

1. To make Pie: Preheat oven to 375°F. Prick prepared crust with fork; bake 12 minutes. Cool on wire rack.
2. Toss together apples, pears, cranberries, brown sugar, raisins, currants, figs, lemon zest, lemon juice, cinnamon, and cardamom in large bowl.
3. To make Streusel: Combine oats, flour, brown sugar, cinnamon, and salt in bowl. Stir in oil, apple juice concentrate, and walnuts until mixture is crumbly.
4. Heap fruit mixture in center of crust. Gently pat Streusel over mounded sides and top. Tent Pie with foil, and bake 30 minutes. Remove foil, and bake 30 minutes more, or until fruit is bubbly and tender. Cool at least 10 minutes before serving.

PER SLICE: 294 CAL; 3 G PROT; 13 G TOTAL FAT (2 G SAT FAT); 45 G CARB; 0 MG CHOL; 117 MG SOD; 4 G FIBER; 23 G SUGARS

Continued on p. 75.



Mushroom Pie in a Whole-Wheat Flax Crust





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Vegan Galette des Rois, p. 77

# FRENCH *twist*

Celebrate Thanksgiving à la française with this menu from an expat in Paris





Left to right: Seitan Timbales with Chestnut-Champignon Stuffing, p.64; Mediterranean Terrine, p. 64, with Parsley-Garlic Crème, p. 77; Truffled Mashed Potatoes, p. 64

**AUTUMN IN PARIS** is a lot like every other season in the City of Light: a delicious feast for the senses. But for an American expatriate—even one who's head over heels in love with her adopted hometown—the same sensory pleasures associated with the shift from summer to fall can unhinge floodgates of nostalgia for home. All it takes is the faintest hint of wood-fire smoke in the nippy air to stir up a hankering for harvest fairs and holiday pies. And then there's Thanksgiving.

This year, Thanksgiving dinner commences *chez moi*, in a little corner of Paris where the harvest table is always vegetarian. The inspiration for this multi-course feast is utterly American—think mashed potatoes, a savory roast, and traditional stuffing. The dishes themselves are nuanced by French influences and designed to create delicious new traditions to be enjoyed with friends and family, wherever you happen to be in the world.

## MENU

- Salad of Shaved Fennel, Oranges, and Candied Pecans
- Spiced Balsamic-Beet Compote
- Truffled Mashed Potatoes
- Seitan Timbales with Chestnut-Champignon Stuffing
- Mediterranean Terrine with Parsley-Garlic Crème
- Vegan Galette des Rois

## COUNTDOWN TO A FEAST

Most of the recipes on these pages can be prepared in advance without compromising flavor—simply follow this rundown of what to do when.

### 1 WEEK AHEAD

1. Prepare bread for stuffing, and store in an airtight container.
2. Purchase wine.

### 3 to 5 DAYS AHEAD

1. Prepare candied pecans for salad, and refrigerate.
2. Prepare compote; refrigerate.
3. Shop for fresh ingredients (fruits, vegetables, potatoes).
4. Make almond filling for Vegan Galette des Rois.

### 1 to 2 DAYS AHEAD

1. Assemble terrine, and refrigerate.
2. Prepare Chestnut-Champignon Stuffing, and refrigerate.
3. Make Vegan Galette des Rois.

### THANKSGIVING DAY

1. Bake Seitan Timbales.
2. Make Parsley-Garlic Crème.
3. Prepare Truffled Mashed Potatoes.
4. Assemble salad.





Salad of Shaved Fennel, Oranges, and Candied Pecans, p. 62





Vegan Galette  
des Rois, p. 77



Author Aurelia d'Andrea enjoys her home-cooked feast with guests.

## Salad of Shaved Fennel, Oranges, and Candied Pecans

SERVES 6 | 30 MINUTES OR FEWER

Fresh fennel is popular in France year-round, but the traditional harvest period begins in November. Here, thin slices of the mildly anise-flavored bulb are tossed with baby arugula, Valencia orange slices, and red onion, and topped with candied pecans for an American touch.

### CANDIED PECANS



- ½ cup pecans, halved and quartered
- 1 Tbs. pure maple syrup
- ½ tsp. sugar
- ½ tsp. salt
- 1 pinch cayenne pepper


### SALAD

- 3 Tbs. olive oil
- 2 Tbs. white wine vinegar
- 2 medium fennel bulbs, halved and thinly sliced (2½ cups)
- 2 cups baby arugula leaves
- 3 small Valencia oranges, peeled and thinly sliced
- 1 small red onion, halved and thinly sliced (¾ cup)

**1.** To make Candied Pecans: Preheat oven to 400°F. Toss pecans with maple syrup in small bowl. Add sugar, salt, and cayenne; toss to coat. Spread nuts on small baking sheet, and roast 10 minutes, or until crispy and aromatic. Cool 10 minutes.

**2.** Meanwhile, to make Salad: Whisk together oil and vinegar in salad bowl. Toss together fennel, arugula, orange slices, and onion in large bowl. Season with salt and pepper, if desired. Add salad mixture to vinaigrette, and toss to coat. Sprinkle with Candied Pecans.

PER ½-CUP SERVING: 176 CAL; 2 G PROT; 13 G TOTAL FAT (2 G SAT FAT); 16 G CARB; 0 MG CHOL; 216 MG SOD; 4 G FIBER; 9 G SUGARS  

 **TIP** Save the fresh green fronds from the fennel bulb tips to garnish the salad.

## Spiced Balsamic-Beet Compote

SERVES 6



The rich, red hue of this compote mirrors the color of traditional cranberry sauce, but the subtle spiciness offers something savory and unexpected. Serve like cranberry sauce or as a bread topping for hors d'oeuvres.


- ½ cup golden raisins
- 2 large beets, peeled and finely diced (3 cups)
- 2 Tbs. olive oil
- ½ tsp. garam masala or curry powder
- 2 shallots, halved and thinly sliced (½ cup)
- 2 Tbs. balsamic vinegar
- 2 tsp. sugar
- 1 tsp. salt

**1.** Cover raisins with boiling water, and let stand 30 minutes. Drain.

**2.** Meanwhile, cook beets in large pot of boiling water 10 minutes, or until just tender. Drain, and set aside.

**3.** Heat oil in large skillet over medium heat. Add garam masala, and cook 20 seconds, or until fragrant. Add shallots, and sauté 2 minutes. Stir in beets, raisins, vinegar, sugar, salt, and ½ cup water. Cover, and simmer 20 minutes, or until compote is thickened. Cool.

PER ½-CUP SERVING: 131 CAL; 2 G PROT; 5 G TOTAL FAT (<1 G SAT FAT); 22 G CARB; 0 MG CHOL; 446 MG SOD; 3 G FIBER; 15 G SUGARS  

 **TIP** To keep hands from turning “beet red,” wear a pair of latex gloves when peeling the root veggies.





Spiced Balsamic-  
Beet Compote



## Seitan Timbales with Chestnut-Champignon Stuffing

SERVES 6

Baked in elegant individual portions, this delicious main course is easy to assemble. The timbales can be made earlier in the day and reheated just before serving. If you want to try a more elaborate variation on the same recipe—a roulade—go to [vegetariantimes.com/seitan\\_roulade](http://vegetariantimes.com/seitan_roulade).

### SEITAN

- 1 cup vital wheat gluten
- ½ cup nutritional yeast
- 2 tsp. garlic powder
- 1 tsp. herbes de Provence
- 1 tsp. salt
- ½ tsp. red pepper flakes
- 3 cups no-chicken broth or vegetable broth

### STUFFING

- 4 cups cubed baguette or French bread
- 2 Tbs. olive oil
- 4 large shallots, finely chopped (2 cups)
- 2 cups chanterelle, oyster, or cremini mushrooms, coarsely chopped
- 3 ribs celery, finely diced (1 cup)
- 2 medium carrots, finely diced (1 cup)
- 2 cloves garlic, minced (2 tsp.)
- 1 tsp. herbes de Provence
- 1 cup cooked chestnuts, quartered
- 1 cup no-chicken broth or vegetable broth
- ½ cup dry white or red wine
- ½ cup chopped fresh parsley

1. Preheat oven to 350°F. Coat 6 1-cup ramekins or extra-large muffin cups with cooking spray.
2. To make Seitan: Whisk together vital wheat gluten, nutritional yeast, garlic powder, herbes de Provence, salt, and red pepper flakes in large bowl. Stir in 1½ cups broth with fork until loose dough forms. Press heaping ¼ cup dough into each prepared ramekin or muffin cup, then top each with ¼ cup broth. Bake 30 minutes.
3. Meanwhile, to make Stuffing: Spread baguette cubes on baking sheet, and toast in oven 10 minutes, or until lightly browned and crisp. Transfer to bowl.

## THE SOMMELIER SUGGESTS ...

At Paris Terroirs, a wine boutique specializing in organic wines, sommelier Sébastien Sayour shares his expertise with an eclectic clientele interested in affordable, sustainable vintages. For this meal, Sayour suggests two grape varietals: Chardonnay and Pinot Noir (from Burgundy). With the salad and the terrine, Sayour says, “You definitely want a *vin blanc*.” He recommends a Cheverny (from the Loire Valley) as “very fruity and crisp.”

For the main course, “Choose something light and elegant, like a Pinot Noir,” advises Sayour; he recommends a vintage between five and 10 years old. “Aromas of aged Pinot Noir go well with mushrooms and truffles.”

4. Heat oil in large skillet over medium heat. Add shallots, mushrooms, celery, and carrots, and sauté 5 minutes. Add garlic and herbes de Provence, and sauté 3 to 5 minutes more. Add chestnuts, and cook 2 minutes more. Add broth and wine, and simmer 1 minute. Remove from heat, and stir in toasted baguette cubes and parsley; season with salt and pepper, if desired.

5. Remove Seitan from oven. Top each serving with ½ cup Stuffing. Return timbales to oven, and bake 45 to 50 minutes, or until Stuffing is crisp and browned on top. Cool 10 minutes. Serve in ramekins, or transfer to serving plates by running small spatula or knife around edges, and gently lifting timbales from muffin cups.

PER SERVING: 397 CAL; 27 G PROT; 6 G TOTAL FAT (<1 G SAT FAT); 61 G CARB; 0 MG CHOL; 953 MG SOD; 8 G FIBER; 7 G SUGARS 



### Truffled Mashed Potatoes

SERVES 6 | 30 MINUTES OR FEWER

In France, fresh truffles are sometimes referred to as “black diamonds,” fetching as much as \$500 per pound. Truffle oil provides the same complex flavor at a fraction of the price. (Truffle oils vary in intensity, so start with the smallest amount recommended and adjust according to taste.)

- 2 lb. fingerling or Yukon gold potatoes, peeled and cut into chunks
- 4 large cloves garlic, peeled and halved
- 2–3 Tbs. truffle oil
- 1 Tbs. finely chopped parsley

1. Bring potatoes, garlic, and enough water to cover all by 1 inch to a boil in medium saucepan. Reduce heat to medium, and simmer 20 minutes, or until potatoes are soft when pricked with fork. Drain, and reserve 1 cup cooking liquid.
2. Return potatoes and garlic to saucepan; mash with reserved cooking water until smooth. Stir in truffle oil and parsley, and season with salt and pepper, if desired.

PER ½-CUP SERVING: 170 CAL; 2 G PROT; 6 G TOTAL FAT (<1 G SAT FAT); 27 G CARB; 0 MG CHOL; 7 MG SOD; 3 G FIBER; 1 G SUGARS  

### Mediterranean Terrine

SERVES 6

This updated version of a classic French terrine brings back the flavors of summer in a way that doesn't feel out of place on a harvest table. Agar powder, a vegetarian substitute for gelatin, is available at natural-food stores and Asian markets. Garnish with Parsley-Garlic Crème (recipe on p. 77).

### CASHEW CHEESE

- ¾ cup raw cashews
- ¼ cup nutritional yeast
- 1 Tbs. lemon juice
- 1 tsp. smooth Dijon mustard
- 1 tsp. salt
- 2 tsp. agar powder
- 1 tsp. garlic powder

### TERRINE

- 2 large globe eggplants, sliced ½-inch thick
- 1 tsp. salt
- 5 medium red bell peppers
- ¼ cup olive oil, for brushing
- Flat-leaf (Italian) parsley, for garnish



1. To make Cashew Cheese: Soak cashews 3 hours in large bowl of water. Drain, and return to bowl. Add nutritional yeast, lemon juice, mustard, and salt to bowl; set aside.
2. Whisk agar and garlic powders into 1½ cups water in saucepan, and bring to a boil over medium heat. Simmer 5 minutes, or until liquid thickens and agar dissolves, whisking constantly.
3. Add agar mixture to cashew mixture. Blend with immersion blender until smooth. Pour into terrine mold or loaf pan. Chill 1 hour.
4. To make Terrine: Sprinkle eggplant slices with salt. Let stand 20 minutes to sweat.
5. Preheat oven to broil. Place bell peppers on baking sheet, and roast under broiler 20 minutes, or until soft and blackened on all sides, turning occasionally. Cool.
6. Reduce oven heat to 400°F. Blot eggplant slices with paper towel, brush with oil, and place in single layer in roasting pan. Roast 1 hour, or until soft and brown. Alternatively, grill eggplant slices in grill pan over medium-high heat 10 to 15 minutes, or until grill marks appear and slices are tender, turning once or twice. Cool.
7. Rub skins off of cooled bell peppers, remove stems and seeds, and cut each pepper in half.
8. Unmold Cashew Cheese from terrine mold, and slice in half horizontally so you have 2 long slabs. Rinse out terrine mold, and line with plastic wrap, allowing plastic wrap to hang over sides. Lay a few parsley leaves along bottom of mold, and top with a layer of eggplant, a layer of bell pepper, and a layer of Cashew Cheese. Repeat, ending with a layer of eggplant.
9. Fold ends of plastic wrap over Terrine, and place a weight (such as 2 15-oz. cans) on top. Chill 2 hours or up to 2 days.
10. To serve: Tilt Terrine over sink, and

*Continued on p. 77.*



### ▶ Get It: A MOVEABLE FEAST

Want instant access to this Thanksgiving menu while shopping or cooking? Scan this code with your smartphone to get all the recipes in the palm of your hand. See p. 32 for details.

scan it ▶





# Oil Change

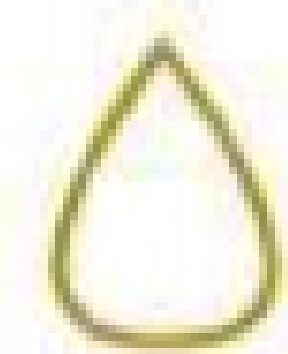
The healthy cook's guide to getting great flavor (without getting burned)

BY Lisa Turner

**From sauces to stir-fries**, oils are essential ingredients. But overheating these staples can be hazardous. "When an oil reaches the temperature at which it begins to smoke, it becomes damaged at a molecular level," says Robert Dadd, MH, master herbalist with Flora Manufacturing & Distribution Ltd. in Burnaby, B.C. In addition to compromising the taste of your food, "These damaged molecules also create free radicals in the body that are potentially carcinogenic, given enough time and exposure," Dadd cautions.

That scary proposition has many health-conscious home cooks relying on high-heat canola oil alone. But any foodie worth his or her salt will say sautéing vegetables in olive oil or using sesame oil for a stir-fry adds a not-to-be-missed flavor complexity.

Can you get good flavor without getting burned? Some respected chefs and nutritionists say yes. Here, they share their favorite oils and advice with VT. Use this guide to find the right varieties for all your cooking needs.









## Rich in monounsaturated fats and antioxidant polyphenols, extra virgin olive oil may help protect against heart disease, breast cancer, and inflammation.

### ALMOND OIL

**Smoke point:** 420°F

**The scoop:** This high-heat nut oil has a mild flavor and a pale-yellow color. Unrefined varieties have sweeter, nuttier undertones; look for “cold-pressed” on the label. Almond oil is high in heart-healthy monounsaturated fats and vitamin E, says Jenny Matthau, president of the Natural Gourmet Institute in New York.

**Best uses:** Sautéing, roasting, stir-frying, and baking. Use the unrefined variety for salad dressings, and drizzling over finished dishes.

### AVOCADO OIL

**Smoke point:** 520°F

**The scoop:** Emerald-green avocado oil has the highest smoke point of any plant oil. It adds a full texture and flavor without leaving foods greasy. Unrefined varieties have a buttery, grassy taste with mushroom undertones. Avocado oil is rich in monounsaturated fats, which can lower harmful LDL cholesterol levels while raising beneficial HDL levels. It also contains vitamin E.

**Best uses:** Sautéing, roasting, frying, stir-frying, and baking. Unrefined avocado oil adds a luxurious touch to salad dressings and soups, or use it as a dip for bread, says Ani Phyo, a Los Angeles-based chef and the author of *Ani's Raw Food Asia*.

### CANOLA OIL

**Smoke point:** 400°F

**The scoop:** Though it's considered a good source of heart-healthy monounsaturated fats and alpha-linolenic acid, a type of omega-3 fatty acid, canola is still the most controversial of all oils. Developed

from plant-bred rapeseed, a variety of mustard, the oil has been blamed for everything from glaucoma to Mad Cow disease. Fortunately, since many chefs find canola oil indispensable, research has failed to substantiate those charges. “Though it's somewhat processed, we use canola as one of our staple oils, specifically for frying and some baking,” says Elliott Prag, a frequent *VT* contributor as well as a chef and instructor at the Natural Gourmet Institute in New York. “It's neutral in flavor, color, and aroma; has a high smoke point; and is extremely versatile.” Shopping tip: genetic engineering is commonplace with canola crops, so if you want to avoid GMOs, look for organic canola oil.

**Best uses:** Roasting, broiling, baking, sautéing, and stir-frying, or as the base for mayonnaise or salad dressings.

### COCONUT OIL

**Smoke point:** 350°F

**The scoop:** Extracted from the fat-rich flesh of the coconut, this oil has a creamy texture and buttery flavor with caramel undertones. Unrefined varieties have a pronounced coconut taste and aroma; refined versions are more neutral. Though it's mostly saturated fat (11.8 grams per tablespoon, compared to 1 to 2 grams for most other plant oils), coconut oil may reduce total and LDL cholesterol, while raising beneficial HDL. “The saturated fat is in the form of medium-chain triglycerides, which are more easily digested and absorbed,” says Rachel Beller, RD, founder of Beller Nutritional Institute in Beverly Hills, Calif. “It's also high in lauric acid, a compound that has antimicrobial properties.” Because many mass-market brands are bleached,

deodorized, and chemically extracted during the refining process, look for “expeller-pressed” on the label.

**Best uses:** Light sautéing, low-temperature stir-frying, and baking. Unrefined coconut oil adds a distinctive Thai or Asian flavor to baked goods. “Or use it in smoothies, cookies, and sauces, or mixed with olive oil for a spread,” says Phyo.

### GRAPSEED OIL

**Smoke point:** 390°F

**The scoop:** Extracted from the seeds of grapes, usually those used for making wine, this deep green oil has a neutral flavor and a high smoke point, making it a favorite among cooks. Two caveats: “Grapeseed oil has more omega-6 fats than any other oil,” says Matthau. Research suggests that too much omega-6 relative to omega-3 fat promotes inflammation in the body, so use grapeseed oil in moderation. In addition, many grapeseed oils are chemically extracted using solvents such as hexane, so look for expeller-pressed versions, which are free of solvent residues.

**Best uses:** Roasting, broiling, sautéing, and stir-frying; making homemade mayonnaise; or blending with stronger-flavored oils such as walnut or toasted sesame to soften their flavors.

### EXTRA VIRGIN OLIVE OIL

**Smoke point:** 320°F

**The scoop:** With its robust flavor, health benefits, and moderate smoke point, olive oil is a necessity in every kitchen. Extra virgin, from the first pressing, is the highest quality, and has grassy, herbal undertones and a green-gold hue. High in monounsaturated fats and antioxidant polyphenols, it may help protect against cardiovascular disease, breast cancer, and inflammation. Because extra virgin olive oil may be adulterated with other oils, choose organic versions, advises Prag.

**Best uses:** “I consider olive oil one of my staples, and I use it every day and in nearly all the dishes I cook,” says Deborah Madison, author of *Vegetarian Cooking for Everyone*. Use extra virgin



varieties for dressing salads, dipping bread, drizzling over finished dishes, or marinating kale and other raw vegetables, suggests Phy. Pure olive oil—a blend of refined and virgin olive oils—has a smoke point of 420°F and is best for roasting, broiling, sautéing, and stir-frying.

### SESAME OIL

**Smoke point:** 410°F

**The scoop:** Distinctly flavored sesame oil adds instant Asian flair to recipes. There are two main types: golden sesame oil, which is pressed from raw sesame seeds; and toasted sesame oil, which is pressed from toasted seeds and has a dark brown color and powerfully nutty flavor. For best quality, says Prag, “Choose unrefined cold-pressed sesame oils, and look for those from quality sources, such as Eden, Erewhon, or Mitoku.”

**Best uses:** Refined sesame oil works well for roasting, broiling, sautéing, and high-heat stir-frying. Unrefined sesame oil is best for light sautéing, low-heat stir-frying, drizzling over vegetables, adding to cooked brown rice, or in Asian-inspired sauces and dressings. When it comes to toasted sesame oil, a little goes a long way, says Madison. “It has an intense flavor,” she notes. “I use it as a finishing oil on a stir fry, or add a few drops to salad dressing.”



## Oil Basics Certain rules apply to all oils. Follow these guidelines for buying and storing.

◆ **Refined versus unrefined** Refined oils, which are free of tiny impurities that can burn and lower the smoke point, are best for higher-heat cooking. Unrefined oils have a fuller flavor and aroma, but a lower smoke point; reserve them for salad dressings, low-heat sauces, or drizzling over finished dishes.

◆ **Packaging** Glass bottles help you avoid toxins that may leach into oils from plastic bottles. Dark glass is best; exposure to light can damage oils and destroy antioxidants. Buy smaller bottles, so you'll use the oil while it's fresh.

◆ **Extraction** Most conventional oils are extracted with chemical solvents or high heat; expeller-pressed oils are mechanically extracted. Cold-pressing, a method of expeller pressing that keeps temperatures low during extraction, is best at avoiding damage to the subtle flavors of nut and finishing oils.

◆ **Storage** To further protect oils from light damage, store them in a cool, dark cupboard away from the stove. To further extend an oil's shelf life, store it in the refrigerator.



BY Fiona Kennedy



#### NUTRITIONAL PROFILE

1 CUP WHOLE CRANBERRIES  
CONTAINS THE FOLLOWING:

- 46 CALORIES
- 13.3 MG VITAMIN C
- 60 IU VITAMIN A
- 4.6 G FIBER

# cranberries

Stock up on fresh berries now, and enjoy their bright flavor in our innovative recipes

**Deep cranberry red** is as much an autumn hue as the golds and oranges of the changing leaves. "When you see the leaves turn, that's when cranberries get their color and start to be ready for harvest," explains Kristine Keese, co-owner of Cranberry Hill Farms, an organic cranberry farm in Plymouth, Mass. Fresh cranberry season is short—few stores stock fresh cranberries after the new year. But the tart, distinctively flavored fruit can be easily frozen for up to two years. Simply stash sealed airtight containers of berries in the freezer so they're ready to use in recipes long after the trees are bare.

PHOTOGRAPHY Pornchai Mittongtare FOOD STYLING Liesl Maggiore PROP STYLING Robin Turk







This warming winter drink can be made ahead, stored in the fridge like fruit juice, and reheated before serving.



Warm Farro Pilaf with Dried Cranberries (left); Spiced Cranberry-Pear Cider



## Spiced Cranberry-Pear Cider



SERVES 8 | 30 MINUTES OR FEWER

This winter warmer offers a tart alternative to hot apple cider. Crushing fresh ginger slices helps release the root's spicy-sweet flavor. Floating cubes of diced pear add a festive touch.

- 1 lb. fresh or frozen cranberries
- 4 ¼-inch-thick slices ginger, crushed
- 1 3-inch-long cinnamon stick
- 2 cups pear juice or cider
- ½ cup plus 2 Tbs. sugar
- ½ vanilla bean, split
- 1 large pear, peeled, cored, and cut into small dice (1¼ cups), optional

**1.** Bring cranberries, ginger, cinnamon stick, and 3½ cups water to a simmer in medium saucepan. Reduce heat to medium-low, and simmer 10 minutes. Remove ginger and cinnamon stick, and set aside. Strain cranberry mixture into another saucepan, pressing down on solids to extract all liquid. (You should have about 3 cups liquid.)

**2.** Return ginger and cinnamon stick to cranberry juice, and add pear juice, sugar, and vanilla bean. Bring to a simmer, and reduce heat to medium-low. Simmer 10 minutes, then remove ginger, cinnamon stick, and vanilla bean. Add diced pear (if using), and remove from heat. Serve warm.

PER ¼-CUP SERVING: 102 CAL; <1 G PROT; 0 G TOTAL FAT (0 G SAT FAT); 26 G CARB; 0 MG CHOL; 6 MG SOD; <1 G FIBER; 23 G SUGARS  

## Warm Farro Pilaf with Dried Cranberries

SERVES 6

An Italian wheat grain, farro is chewy and tender like barley but with a milder flavor. Pearled or cracked farro cooks much faster than whole regular farro, and it doesn't require soaking before it's made. The farro in this recipe can be made a few days ahead or even frozen.

### FARRO

- 1 Tbs. olive oil
- 1 medium carrot, cut in half
- 1 celery rib, cut in half

## How to Select and Store

Look for firm, even-colored cranberries with no dents or spots. Bags or boxes should be completely dry. "Moisture is the only thing that's bad for cranberries," says Kristine Keese of Cranberry Hills Farms in Plymouth, Mass. "As long as they are dry and can breathe, they'll stay fresh and perfect a long time." Keep in perforated bags or in an open container in the fridge, where they will last a month or longer, or freeze, sealed inside airtight containers, up to two years.


- ½ small onion
- 1¼ cups pearled farro
- 4 cups no-chicken broth

### PILAF

- 2 Tbs. olive oil
- ½ medium onion, diced (¾ cup)
- ½ lb. kale, center stem removed, chopped (4 packed cups)
- 2 cloves garlic, minced (2 tsp.)
- ½ tsp. Aleppo pepper or ¼ tsp. red pepper flakes
- ½ cup dried cranberries
- ½ cup toasted pine nuts

**1.** To make Farro: Heat oil in saucepan over medium-high heat. Add carrot, celery, and onion. Cook 3 to 5 minutes, or until vegetables start to brown. Add farro, and stir to coat grains with oil. Pour in broth, and bring mixture to a simmer. Reduce heat to low, and cover. Cook 20 minutes, or until just tender; drain. Discard carrot, celery, and onion. Cool Farro.

**2.** To make Pilaf: Heat oil in large skillet over medium-high heat. Sauté diced onion 5 to 7 minutes. Add kale, and cook 5 to 7 minutes, or until just wilted. Reduce heat to medium, and stir in garlic and Aleppo pepper. Cook 1 minute, then add Farro, and sauté 3 to 5 minutes, or until warmed through. Remove from heat, and stir in dried cranberries and pine nuts. Season with salt and pepper, if desired. Serve warm.

PER 1-CUP SERVING: 329 CAL; 10 G PROT; 13 G TOTAL FAT (1 G SAT FAT); 49 G CARB; 0 MG CHOL; 370 MG SOD; 6 G FIBER; 10 G SUGARS 

## Cranberry-Hazelnut Spelt Muffins

MAKES 14 MUFFINS

You can substitute almond butter for the hazelnut butter in these rich-flavored muffins.

- 1 cup all-purpose flour
- 1 cup spelt flour
- ¾ cup plus 2 Tbs. sugar
- 1 Tbs. golden flaxseed meal
- 1 tsp. baking soda
- 1 tsp. baking powder
- ½ tsp. salt
- 1 cup almond milk
- 1 tsp. white vinegar
- ¼ cup hazelnut butter
- ¼ cup vegan mayonnaise
- 1 tsp. vanilla extract
- 1¼ cups fresh or frozen and thawed raw cranberries

**1.** Preheat oven to 350°F. Coat 14 muffin cups with cooking spray.

**2.** Whisk together flours, sugar, flaxseed meal, baking soda, baking powder, and salt in bowl. Whisk together almond milk and vinegar in separate bowl. Let stand 5 minutes before whisking in hazelnut butter, mayonnaise, and vanilla extract. Stir almond milk mixture into flour mixture. Fold in cranberries. Divide batter among muffin cups. Bake 25 to 30 minutes, or until toothpick inserted in center of muffin comes out clean.

PER MUFFIN: 173 CAL; 3 G PROT; 6 G TOTAL FAT (<1 G SAT FAT); 28 G CARB; 0 MG CHOL; 233 MG SOD; 2 G FIBER; 14 G SUGARS 



## 1 Food 5 Ways: Cranberries

### Cranberry Bars

MAKES 25 BARS

These vibrant-hued bars look great on an autumn dinner table. The sweetened condensed milk gives them a texture similar to Key lime pie.

#### FILLING

- 1 lb. fresh or frozen cranberries
- 7 oz. fat-free sweetened condensed milk
- $\frac{1}{4}$  cup lemon juice
- 3 egg yolks

#### CRUST

- $\frac{3}{4}$  cup all-purpose flour
- $\frac{1}{3}$  cup graham flour
- $\frac{1}{4}$  cup sugar
- $\frac{1}{2}$  tsp. salt
- 6 Tbs. butter, melted and cooled
- $\frac{1}{2}$  tsp. vanilla extract

**1.** To make Filling: Bring cranberries and  $\frac{1}{2}$  cup water to a simmer in saucepan. Reduce heat to medium, and cook 10 minutes, or until berries have burst

and are tender. Cool. Blend in blender or food processor until smooth, and strain mixture through sieve. (You should have about 1 cup purée.)

**2.** Transfer purée to bowl, and whisk in condensed milk and lemon juice. Whisk in egg yolks.

**3.** To make Crust: Preheat oven to 350°F. Line 8-inch square baking pan with foil, and coat with cooking spray.

**4.** Whisk together flours, sugar, and salt in bowl. Stir in butter and vanilla extract. Press into bottom of prepared pan, and bake 25 minutes. Reduce oven temperature to 300°F, and pour Filling into hot Crust. Bake 23 to 28 minutes, or until custard is set. Cool, then chill until firm.

**5.** Use foil to lift baked dessert out of pan, then remove. Cut into 25 bars. Serve cold or at room temperature.

PER BAR: 89 CAL; 2 G PROT; 3 G TOTAL FAT (2 G SAT FAT); 13 G CARB; 31 MG CHOL; 80 MG SOD; 1 G FIBER; 8 G SUGARS




### Cranberry Sauce with Hard Cider and Mustard

MAKES 2 $\frac{3}{4}$  CUPS | 30 MINUTES OR FEWER

Tweak the cranberry sauce tradition with this mustard-laced version that's more tangy than sweet. The sauce works well with faux turkey and tofu steaks and makes a nice spread for sandwiches. Serve warm or cold.

- 1 12-oz. bag fresh or thawed frozen cranberries
- 1 $\frac{1}{2}$  cups hard apple cider
- $\frac{1}{2}$  cup plus 1 Tbs. packed dark brown sugar
- 2 Tbs. whole-grain mustard
- 2 tsp. finely chopped fresh thyme leaves
- $\frac{1}{4}$  tsp. salt

Simmer all ingredients in saucepan over medium heat 20 minutes, or until cranberries are popped.

PER 2-TBS. SERVING: 45 CAL; <1 G PROT; <1 G TOTAL FAT (0 G SAT FAT); 10 G CARB; 0 MG CHOL; 69 MG SOD; <1 G FIBER; 8 G SUGARS   

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## SWEET & SAVORY PIES

Continued from p. 57.

### Turkish Eggplant Pie

SERVES 8

This delicate vegetable pie is seasoned with spices you'd find in a Turkish bazaar.

- 2 eggplants (1 lb.), pierced with fork
- 2 Tbs. olive oil
- 1 medium red onion, chopped (1½ cups)
- 1 yellow bell pepper, chopped (1 cup)
- 1 Tbs. dried mint
- 2½ tsp. anise seeds
- 2 tsp. ground cumin
- 1 tsp. smoked paprika
- ½ tsp. red pepper flakes
- 1½ lb. Roma tomatoes, chopped, plus 2 sliced tomatoes for garnish
- 2 Tbs. tomato paste
- 3 cloves garlic, minced (1 Tbs.)
- 12 sheets phyllo, thawed
- ½ cup whole-wheat breadcrumbs, plus more for topping, optional
- 12 pitted black and/or green olives, halved

1. Preheat oven to 375°F. Coat 10-inch fluted-edge tart pan with cooking spray.
2. Roast eggplants on baking sheet 50 minutes, or until tender. Cool. Scoop flesh into food processor; purée until smooth.
3. Heat oil in skillet over medium heat. Add onion, bell pepper, mint, anise, cumin, paprika, and pepper flakes; sauté 8 minutes. Add chopped tomatoes and tomato paste; simmer 10 minutes. Stir in eggplant and garlic; cook 10 minutes.
4. Press 1 phyllo sheet into prepared tart pan. Spray with cooking spray, and sprinkle with breadcrumbs. Repeat layering with remaining phyllo and breadcrumbs. Roll over edges, and coat with cooking spray.
5. Spoon eggplant mixture into crust. Arrange tomato slices and olives over top, and sprinkle with breadcrumbs (if using). Bake 1 hour, or until phyllo is golden. Cool 10 minutes before serving.

PER SLICE: 203 CAL; 5 G PROT; 8 G TOTAL FAT (1 G SAT FAT); 30 G CARB; 0 MG CHOL; 285 MG SOD; 5 G FIBER; 6 G SUGARS

Continued on p. 76.



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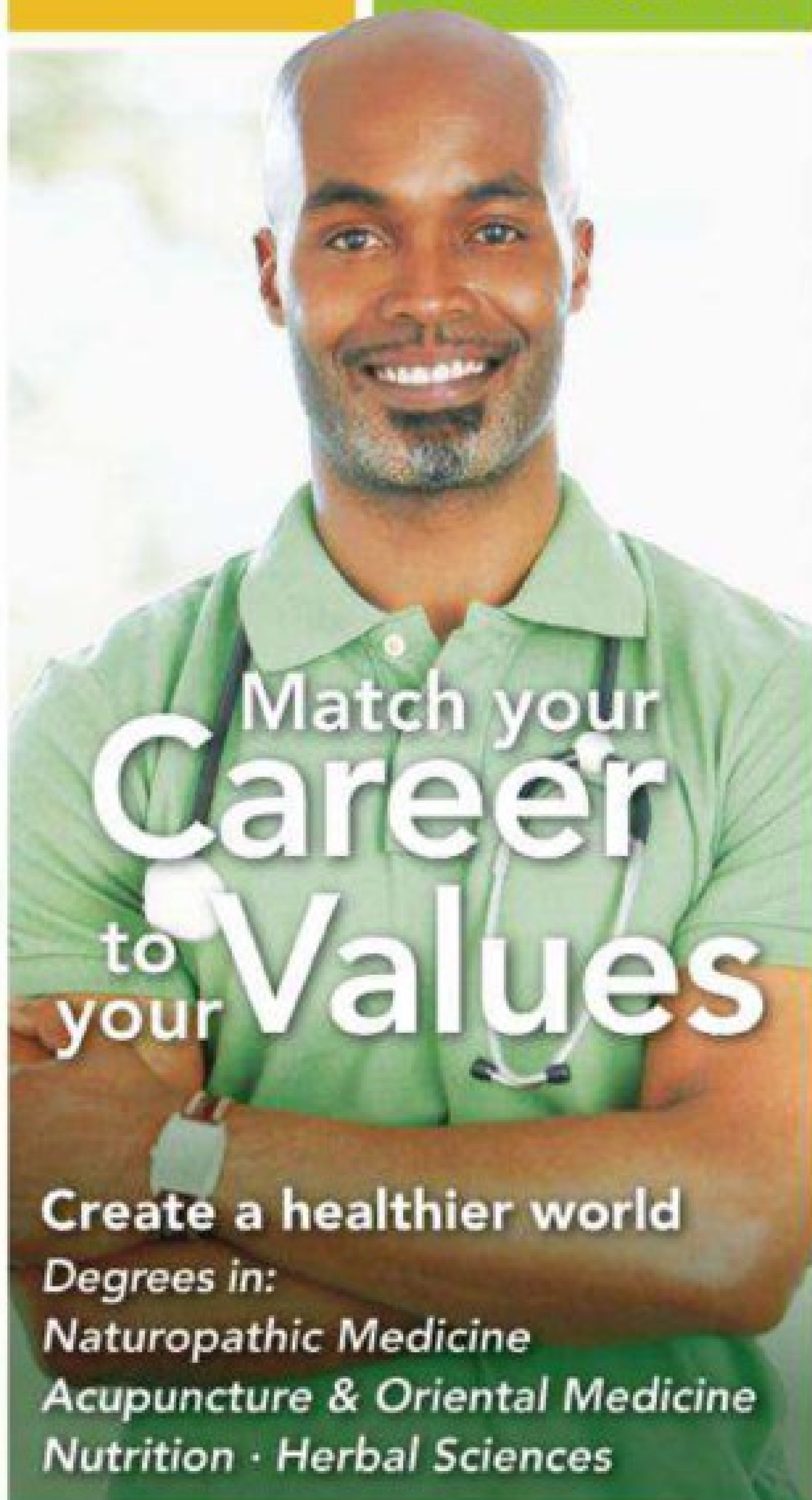
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## SWEET & SAVORY PIES

Continued from p. 75.

### Eggnog Pear Pie

SERVES 8

Evaporated milk gives this festive fruit pie an extra-creamy texture.

- 20 gingersnaps, crushed into fine crumbs
- 1 Tbs. butter, melted
- 4 medium pears, peeled, cored, and sliced
- 1 Tbs. finely minced fresh ginger
- 1½ tsp. fresh lemon juice
- ½ cup sugar
- 2 large eggs
- 1 large pinch salt
- 1 cup nonfat evaporated milk
- 2½ tsp. pure vanilla extract
- ¼ tsp. ground nutmeg

1. Preheat oven to 350°F. Combine gingersnap crumbs and butter in bowl. Press into 10-inch pie pan. Bake 8 minutes. Increase oven temperature to 400°F. Toss pears with ginger and lemon juice in bowl, then arrange in crust.
2. Whisk together sugar, eggs, and salt in bowl. Whisk in evaporated milk, vanilla, and nutmeg. Pour over pears. Bake 15 minutes. Reduce oven temperature to 350°F, and bake 1 hour, or until set.

PER SLICE: 245 CAL; 5 G PROT; 4 G TOTAL FAT (2 G SAT FAT); 47 G CARB; 50 MG CHOL; 168 MG SOD; 4 G FIBER; 33 G SUGARS

### Layered Sweet Potato Torte

SERVES 8

Thinly sliced sweet potatoes are both the filling and the crust for this hearty tart.

- ¼ cup olive oil, for brushing
- 1 lb. Swiss chard, stems removed

- 2½ lb. sweet potatoes, sliced ⅛-inch thick
- 3 tsp. chopped fresh rosemary
- 2 cloves garlic, minced (2 tsp.)
- 1 small red onion, chopped (¾ cup)
- 3 oz. Taleggio or blue cheese, crumbled

1. Preheat oven to 450°F. Brush 9-inch springform pan with oil.
2. Stack 6 chard leaves on cutting board, and roll tightly into cylinder. Slice cylinder to chiffonade leaves into thin strands. Repeat with remaining leaves.
3. Place 1 sweet potato slice in center of bottom of prepared springform pan. Arrange slices in circles around center slice, overlapping slices by at least half. Brush with oil, sprinkle with 1 tsp. chopped rosemary and one-third minced garlic, and season with salt and pepper (if desired). Spread 1 cup Swiss chard over potatoes, sprinkle with ¼ cup chopped onion and one-third crumbled Taleggio. Arrange another layer of sweet potatoes over chard, and press down on potatoes to flatten layers. Repeat layering twice.
4. Place torte on baking sheet, and cover with foil. Bake 45 minutes. Uncover, and bake 15 minutes. Cool 15 minutes. Press top of torte to remove excess liquid.
5. Turn torte upside-down on platter, unmold, and serve. For a crispier top, unmold onto ovenproof platter, and brush top of torte with oil. Broil 3 to 5 minutes, or until potato slices begin to brown and start to curl. Cool 10 minutes before slicing.

PER SLICE: 193 CAL; 5 G PROT; 10 G TOTAL FAT (3 G SAT FAT); 23 G CARB; 8 MG CHOL; 276 MG SOD; 4 G FIBER; 7 G SUGARS

Victoria Abbott Riccardi is a freelance writer and recipe developer in Newton, Mass.



### Watch It: HOW TO CHIFFONADE

Want to sharpen your knife skills? Scan this code with your smartphone to watch Ani Phyto, author of *Ani's Raw Food Asia*, in *Kitchen Tricks: How to Chiffonade*. (Plus, you'll instantly get the Layered Sweet Potato Torte recipe.) See p. 32 for details.

scan it





## FRENCH TWIST

Continued from p. 65.

pour off any liquid. Invert Terrine onto platter to unmold, and slice into 1-inch-thick slices.

PER SERVING: 259 CAL; 9 G PROT; 16 G TOTAL FAT (2 G SAT FAT); 26 G CARB; 0 MG CHOL; 691 MG SOD; 11 G FIBER; 9 G SUGARS  



## Parsley-Garlic Crème

SERVES 6 (MAKES 2/3 CUP) | 30 MINUTES OR FEWER

Dollop this sauce atop Mediterranean Terrine slices, or pass it around the table in a small bowl so guests can serve themselves.

- 2 cups flat-leaf parsley leaves
- 1/4 cup olive oil
- 2 Tbs. red wine vinegar
- 1 large clove garlic, peeled
- 1 tsp. salt
- 1 pinch red pepper flakes

Blend all ingredients in blender or food processor until creamy.

PER 2-TBS. SERVING: 89 CAL; <1 G PROT; 9 G TOTAL FAT (1 G SAT FAT); 2 G CARB; 0 MG CHOL; 400 MG SOD; <1 G FIBER; <1 G SUGARS  

## Vegan Galette des Rois

SERVES 12



Galette des Rois, or kings' cake, makes its appearance in French *pâtisseries* around Christmas, but it is a delicious dessert option anytime.

- 4 oz. vegan margarine, softened (1/2 cup)
- 4 oz. crumbled firm tofu (1/2 cup)
- 1 cup sugar, divided, plus more for sprinkling, optional
- 1/2 tsp. almond extract
- 1 tsp. Kirsch brandy, optional
- 1 cup almond flour
- 1/4 cup all-purpose flour
- 2 Tbs. flaxseed meal
- 2 tsp. baking powder
- 1 17.3-oz. pkg. puff pastry, thawed (2 sheets)

1. Beat margarine and tofu with electric mixer until creamy. Add 1/2 cup sugar, and beat 2 minutes, or until sugar is

dissolved (mixture will look grainy). Beat in almond extract and Kirsch, if using. Add almond flour, all-purpose flour, flaxseed meal, and baking powder; beat 3 minutes, or until mixture is smooth and light in color. Chill batter 2 hours, or overnight.

2. Line baking sheet with parchment paper. Unroll puff pastry sheets onto lightly floured work surface. Cut each puff pastry sheet into largest circle possible. Discard scraps.
3. Transfer 1 puff pastry sheet to prepared baking sheet. Spread almond mixture in circle in center of pastry, leaving a 1-inch border all around. Brush border with water, and top galette with remaining puff pastry sheet. Press edges well to seal. Chill 1 hour, or overnight.
4. Preheat oven to 425°F. Draw circle with tip of knife on top of galette around almond filling. Score curved lines to create pinwheel inside of circle with tip of knife, making sure puff pastry is slashed but not completely cut through. Score edges outside circle with diagonal lines. To crimp edges of galette, slide back of knife under galette, and gently lift upward and inward to create scallop effect, cutting into dough a bit.
5. Bake 15 minutes. Reduce oven to 350°F, and bake 45 minutes more, or until galette is brown on top and bottom.
6. Meanwhile, bring remaining 1/2 cup sugar and 1/4 cup water to a boil in small saucepan. Cook 1 minute, or until sugar is completely dissolved.
7. Remove galette from oven, and brush sugar syrup all over top. Sprinkle with additional sugar, if using. Cool completely before serving.

PER SLICE: 379 CAL; 6 G PROT; 24 G TOTAL FAT (6 G SAT FAT); 36 G CARB; 0 MG CHOL; 345 MG SOD; 2 G FIBER; 18 G SUGARS  

*When Aurelia d'Andrea swapped San Francisco for the City of Light in 2010, she wasn't surprised to suffer acute burrito withdrawal. But what really threw her for a loop was the nostalgia for more traditional American comfort foods.*



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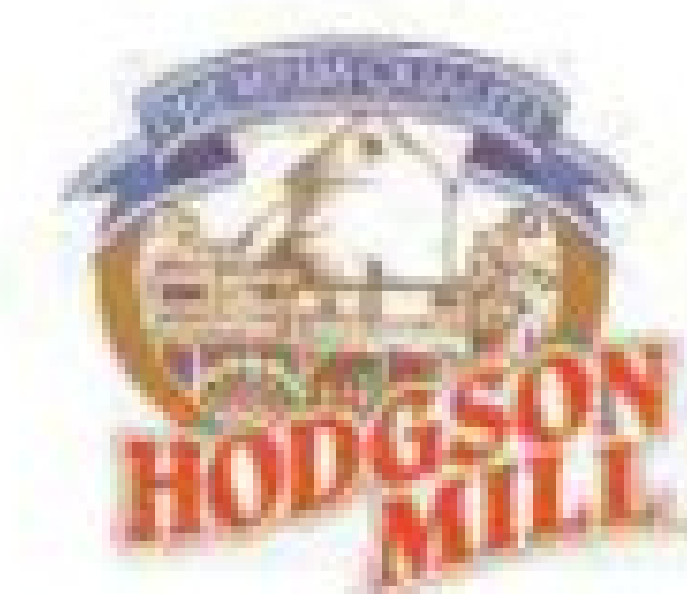
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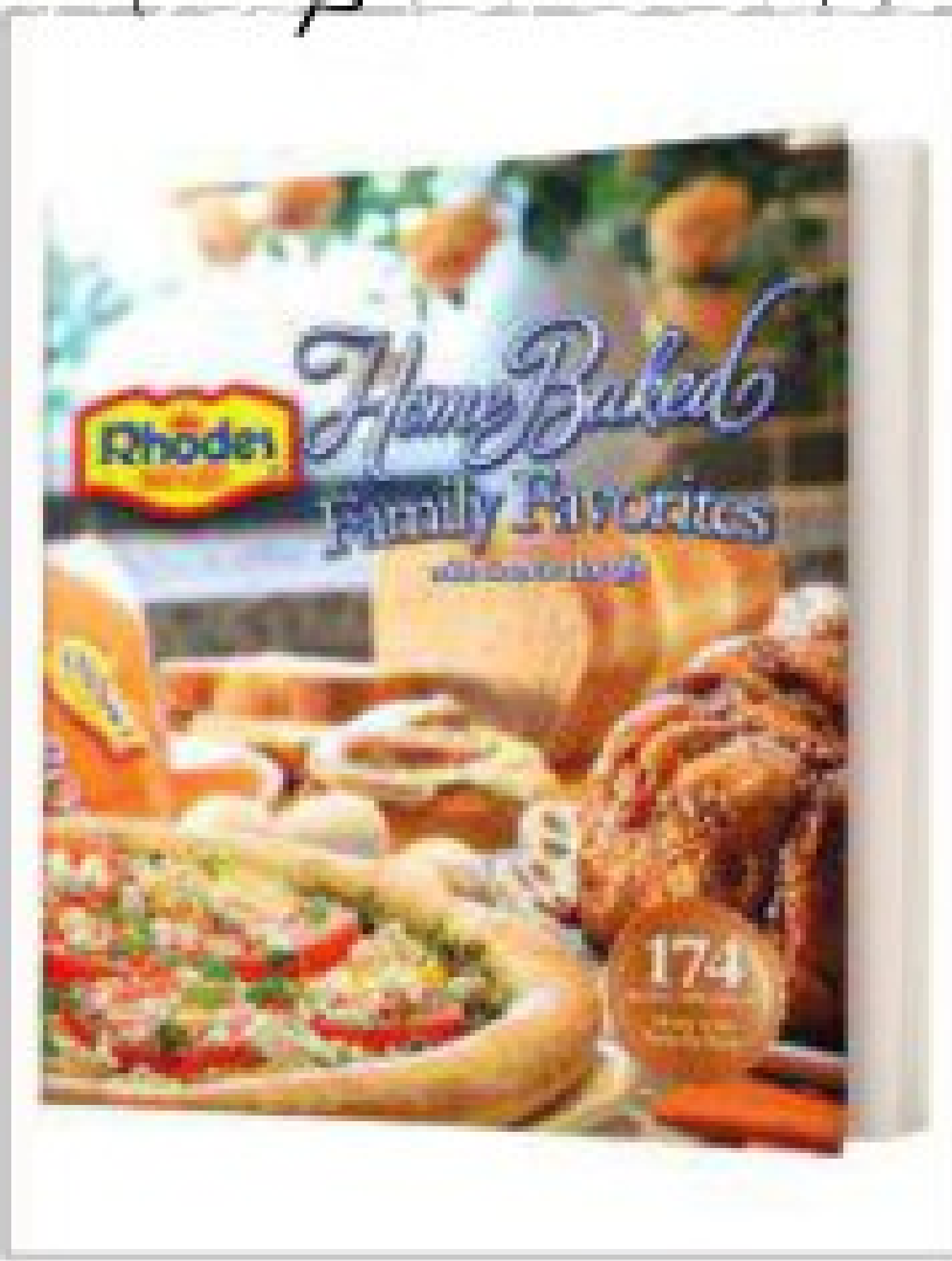


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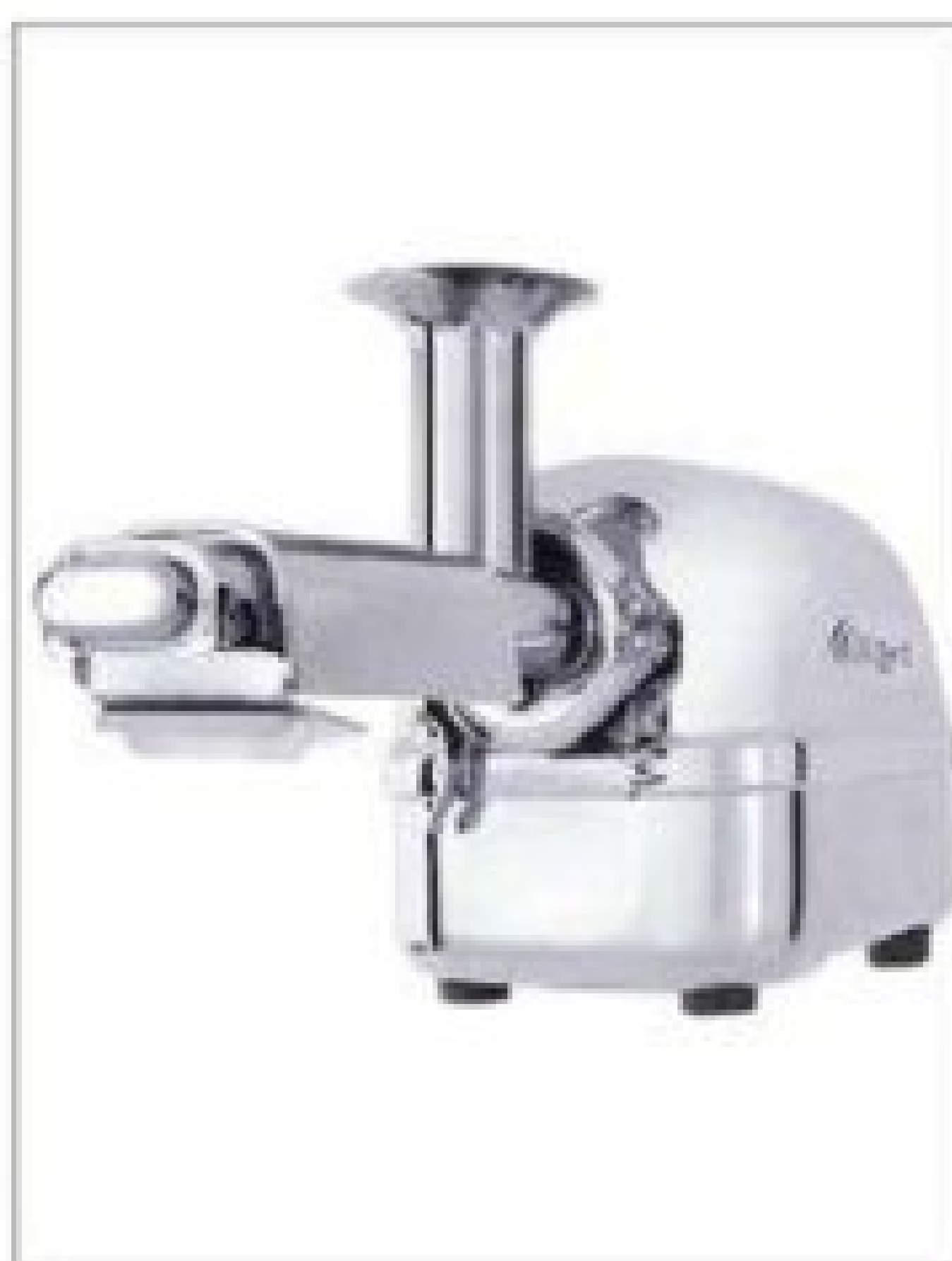


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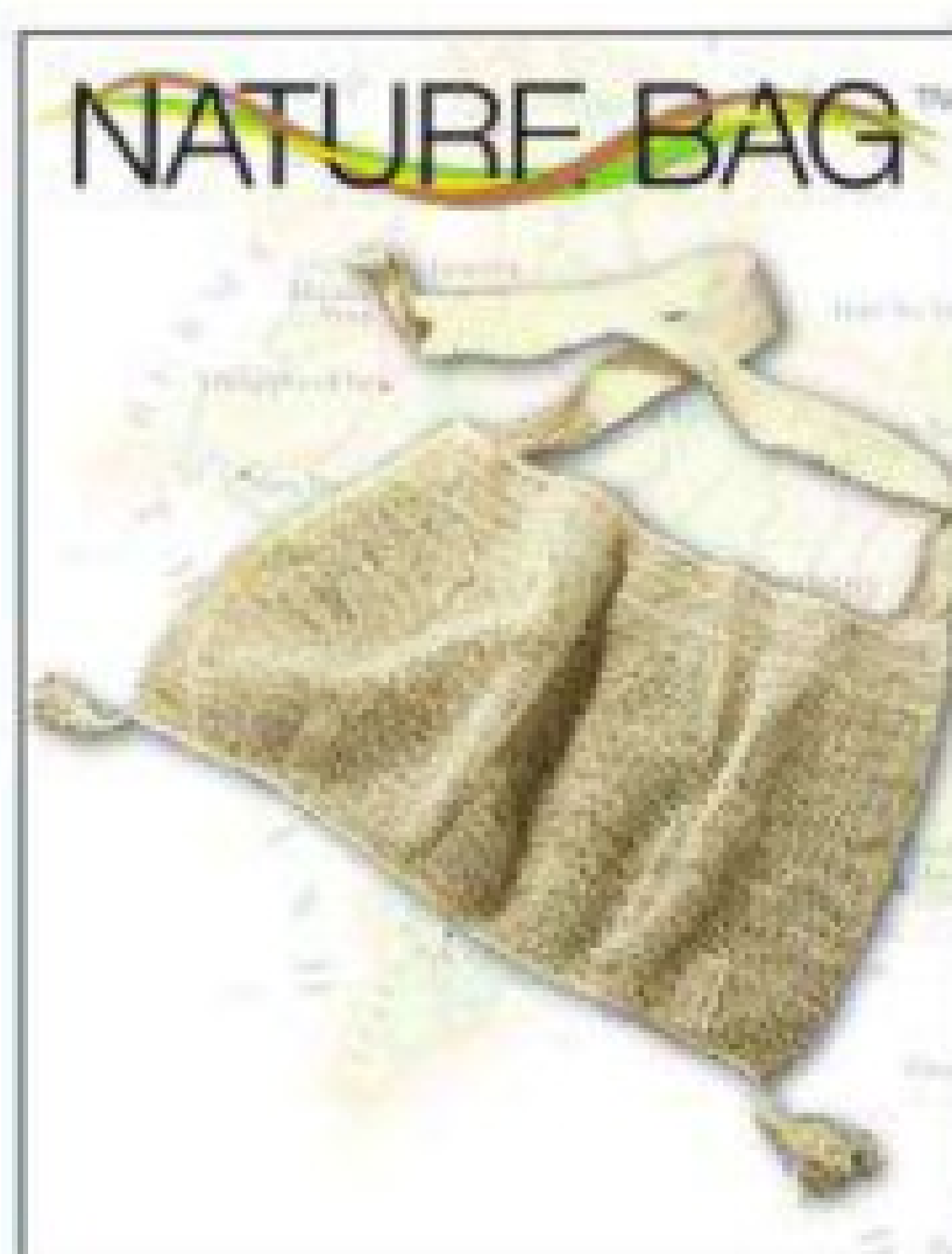


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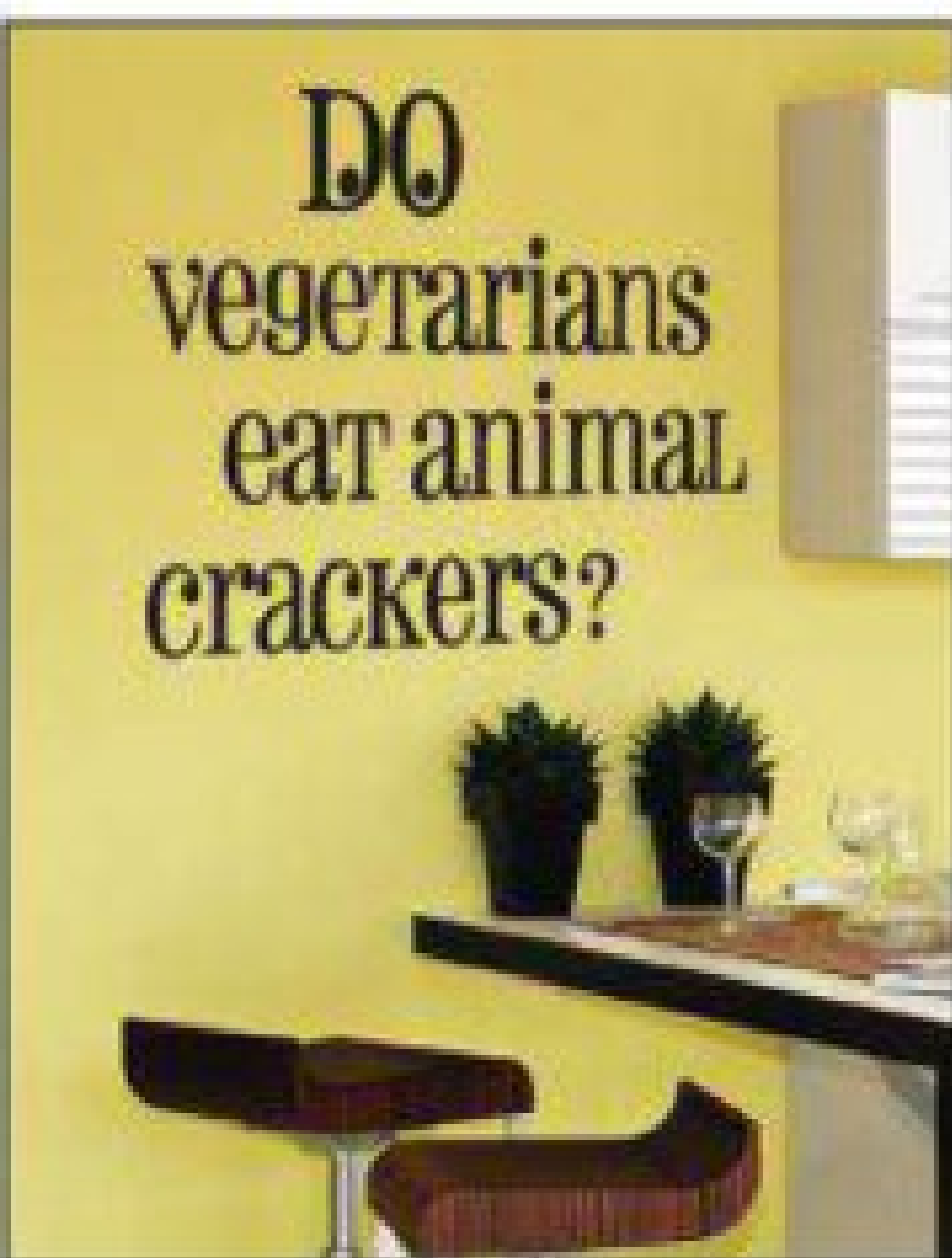


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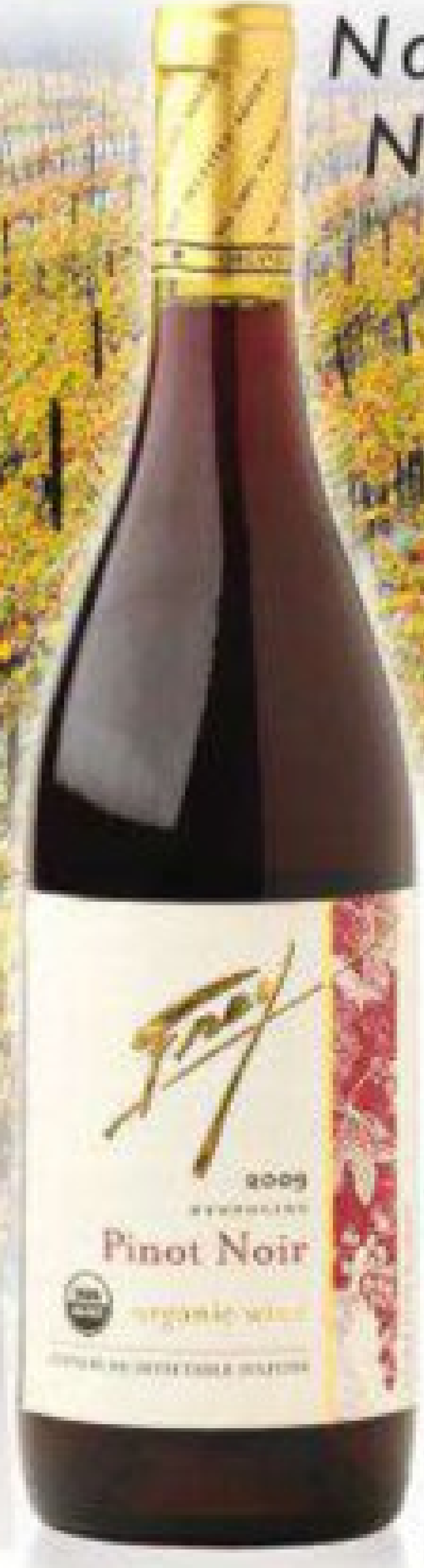
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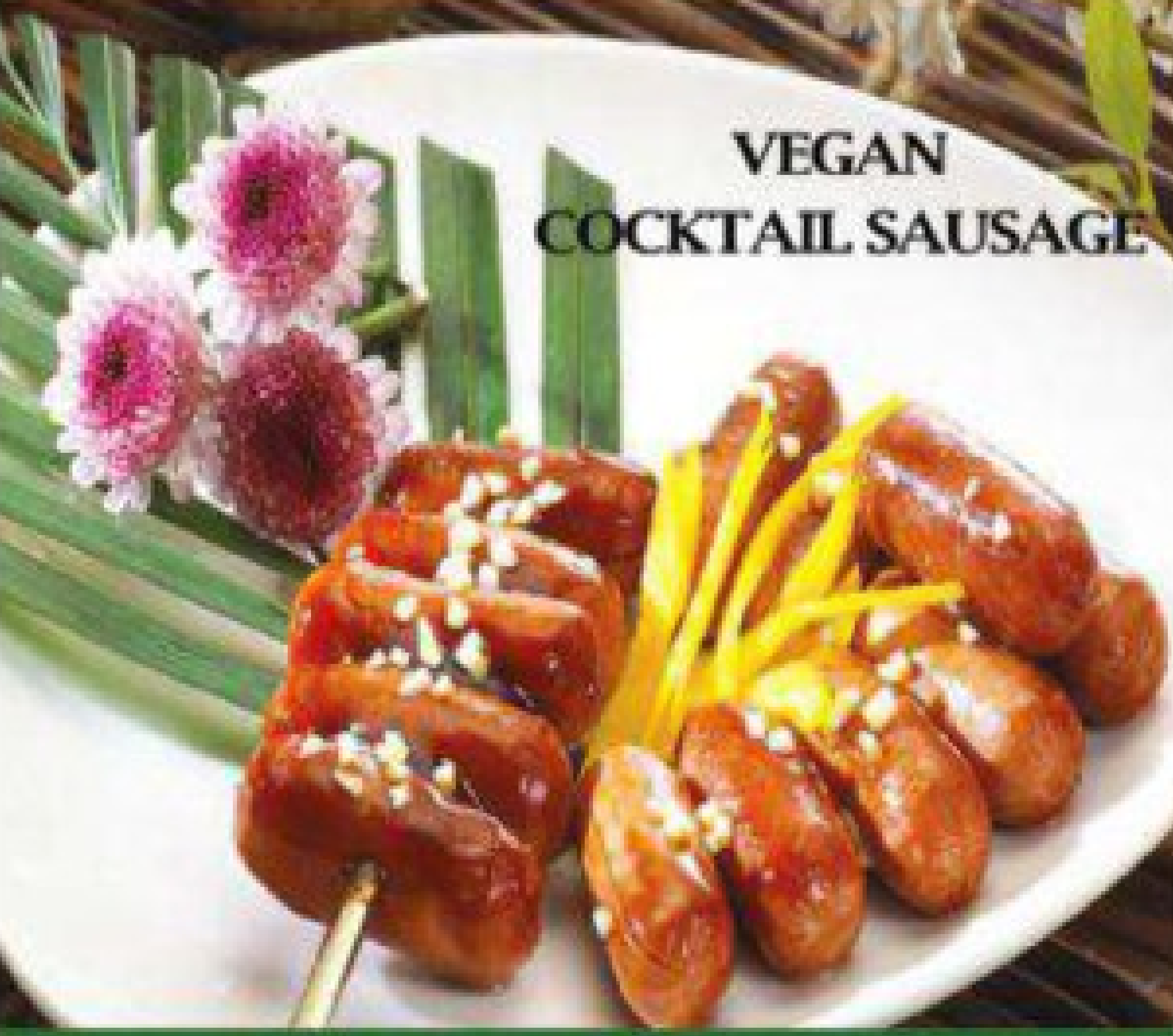
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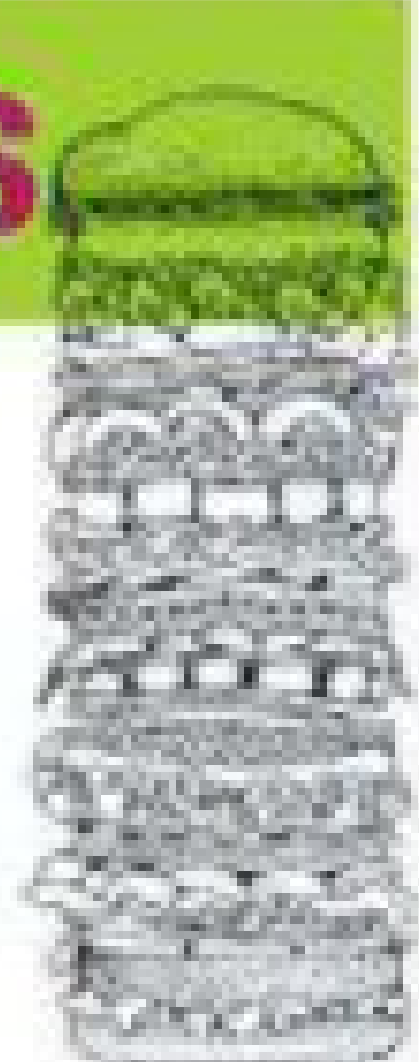
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# Megyn Price

This actress stays true to her heartland roots

**Off the set** of her CBS-TV comedy series *Rules of Engagement*, you'll likely find Megyn Price cultivating her extensive herb and vegetable garden and adding to her collection of veg recipes, which she's compiling into a cookbook. "To me, cooking vegetarian is an expression of love. It's saying, I'm taking care of my family. I'm taking care of myself. I'm taking care of animals that aren't being killed," she says. "A cookbook is about sharing the joy of that."

**Q** How did the birth of your daughter, Grace, four years ago, affect your diet?

**A** I'd already started eating less and less meat, and then my daughter popped out of the womb a vegetarian. Because of her I stopped cooking meat. She wouldn't eat it. So she sort of turned me. The final straw was reading Jonathan Safran Foer's book *Eating Animals*. He's not preachy, but he definitely doesn't pull any punches.

**Q** Have your country roots influenced your gardening?

**A** My mom was my first inspiration. She heard that if you planted hot peppers next to your tomatoes, the bugs wouldn't eat the tomatoes. There's an organic gardening idea right there! I remember when I was a little kid my mom gave my brother and me our own little patch and said, "You can plant whatever you want." I grew peas because I hated peas. My mom told me, "If you grow peas, you will not hate peas." And I realized that what I hated was frozen peas cooked within an inch of mush. But peas out of the ground I loved!

**Q** This year you're preparing a totally veg Thanksgiving meal for your omnivore relatives. What might be on the menu?

**A** I like to bake a sourdough rye-buckwheat bread, and then toast that for breadcrumbs to use in a sage stuffing. I also make a killer lentil salad; it has all these vibrant, crunchy vegetables in it. And my walnut-green apple salad has become my favorite thing in the universe.

**Q** You lobbied for Meatless Mondays on the set of *Rules of Engagement*. What happened with that?

**A** I had to fight to get the producers to go along with it. I was so excited. I put up all these signs and posters to let people know what was going on and encourage them. Some people actually got angry. But there were many more people who came up to me and said it was delicious, and a great thing.

**Q** What keeps you grounded as an Oklahoma girl in Hollywood?

**A** Definitely home. I'm happiest in my cutoff shorts in my garden. As an actress starting out in my 20s, I thought I had to be skinny, and I was so scared of food. And a really good friend said, "Plant a garden. Because once you do you will have such respect and joy and love for the miracle that is food." I feel like my garden cures me. 🌱

*Freelance writer Chris Mann grew up watching sitcoms in his boyhood home in rural Oklahoma.*



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