



Winter Comfort Food

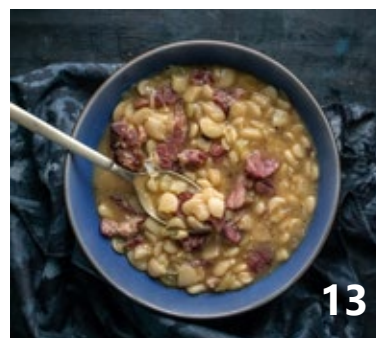


2021



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Vegan French Onion Soup

Makes 6-8 Servings

INGREDIENTS

- 4 Tbsp vegan butter
- 2 lbs yellow onions, thinly sliced
- 5 cloves garlic, minced
- 2 Tbsp unbleached wheat flour
- 1 cup dry red wine
- 3 cups mushroom broth
- 1 Tbsp pickapeppa sauce
- 1 bay leaf
- 4-6 sprigs fresh thyme, bundled and tied with string or $\frac{3}{4}$ tsp dried
- Sea salt and black pepper, to taste
- Baguette, sliced
- Olive oil
- Vegan cheese (We used Violife Smoked Provolone)

DIRECTIONS

1. Melt butter in a six quart heavy bottomed pan over medium heat. Stir in onions, until coated in butter. Cook until brown and caramelized, stirring every 5 minutes or so. This can take 30-40 minutes.
2. Add garlic, cook and stir for 2 minutes, or until softened and fragrant.
3. Add flour. Cook and stir for about 10 minutes.
4. Add in red wine to deglaze the pan, scraping all of the brown bits from the bottom of the pan. Stir until smooth.
5. Stir in remaining ingredients, mushroom broth, pickapeppa sauce, bay leaf, thyme, sea salt, and pepper. Cook for another 20 minutes.
6. Taste the soup, adjust seasonings if desired. Spoon soup into broiler-safe ramekins. Put on a rimmed baking sheet. Brush baguette slices with olive oil, float on top of the soup. Top with cheese. Broil for 3-5 minutes, or until the cheese is melted and bubbly.

No broiler-safe ramekins? Not to worry! Preheat the oven to 450°F. Brush baguette slices with olive oil. Bake on a lined baking sheet for 5 minutes. Flip, and top with cheese. Bake for another 5 minutes, or until the cheese is melted and bubbly. Spoon soup into bowls and top with toasted bread and cheese.

Vegan Shepherd's Pie

Makes 4-6 Servings



INGREDIENTS

- ½ cup dry green or brown lentils, rinsed
 - 2 Tbsp vegan butter (we used Miyoko's)
 - 1 yellow onion, chopped
 - 1 carrot, chopped
 - 1 stalk celery, chopped
 - 3 cloves garlic, minced
 - ¼ lb shiitake mushrooms, sliced
 - 3 Tbsp all purpose flour
 - ½ cup red wine
 - 1 cup frozen green peas
 - 1 cup homemade mushroom broth
 - 1 Tbsp tomato paste
 - 1 Tbsp Pickapeppa Sauce, or vegan Worcestershire
 - ½ tsp dried thyme
 - ¼ tsp black pepper
 - Sea salt, to taste
- Mashed Potato Topping**
- 1 ½ lbs potatoes, peeled and chopped
 - ¼ cup unsweetened cashew milk
 - ¼ cup vegan butter
 - 4 cloves garlic, peeled and smashed
 - Sea salt, to taste

DIRECTIONS

1. In a medium saucepan, bring lentils and 5 cups of water to a boil. Reduce heat to simmer. Cover and cook for about 15 minutes, or until almost tender. Drain and set aside.
2. Place potatoes and peeled garlic in a medium saucepan and cover with water. Bring to a boil, reduce heat, and simmer until tender, about 10-15 minutes. Drain. Mash potatoes with butter and milk, add salt to taste. Set aside.
3. Preheat the oven to 400°F.
4. In a 10-in cast iron skillet, melt butter over medium heat. Cook onions until translucent, about 5 minutes. Add carrot, celery, and garlic. Cook until fragrant, another 3 minutes. Stir in mushrooms, cook until softened, 5 minutes.
5. Mix in flour so everything is evenly coated. Cook until it loses its raw smell, about 5 minutes. Add red wine, cook until reduced by at least half, 5 minutes.
6. Stir in cooked lentils, peas, broth, tomato paste, Pickapeppa, thyme, salt, and pepper. Bring to a boil. Remove from heat.
7. Spread mashed potatoes evenly over the mixture. Bake in the preheated oven until heated through, about 30 minutes.

A top-down photograph of two white ceramic bowls filled with a hearty vegetable soup. The soup contains visible ingredients like carrots, green beans, cauliflower, and tomatoes. The bowls are placed on a rustic wooden cutting board. A wooden spoon lies to the left of the bowls, and fresh green herbs are scattered around. A blue and white striped cloth is partially visible at the bottom of the frame. The background is a dark, textured surface.

13 Bean Vegetable Soup

Makes 6 Servings

INGREDIENTS

- 2 Tbsp olive oil
- 1 medium yellow onion, chopped
- 2 stalks celery, chopped
- 2 carrots, peeled and chopped
- 4 cloves garlic, minced
- ½ cup dry white wine
- 4 cups homemade vegetable broth
- 2 cups cooked 13 bean soup mix
- 1 (14.5 oz) can diced tomatoes, with juice
- 1 (4 oz) can green chiles, with juice
- 1 tsp Italian seasoning
- ½ tsp dried rosemary
- ½ tsp smoked paprika
- ½ tsp chili flakes (optional)
- Salt and pepper, to taste
- 1 cup green beans, chopped
- 1 cup cauliflower florets
- ½ cup frozen peas
- ½ cup frozen corn
- 1 Tbsp golden balsamic vinegar, or to taste

DIRECTIONS

1. In a large, heavy bottomed pot, heat olive oil over medium heat. Sauté onion until it starts to soften and become translucent. Add garlic. Cook and stir for an additional minute. Stir in celery and carrot, cook for another 3 minutes.
2. Add wine to deglaze the pan, scraping up any browned bits. Cook until reduced by half, about 2 minutes.
3. Add vegetable broth, beans, tomatoes, chiles, Italian seasoning, rosemary, paprika, chili flakes, salt, and pepper. Bring to a boil, reduce heat, and simmer for 20 minutes.
4. Add green beans, cauliflower, peas, corn, and vinegar. Cook for another 10 minutes, or until veggies are tender. Taste and adjust seasonings if desired.



Black Eyed Peas & Greens

Makes 4 Servings

INGREDIENTS

- 1 tsp olive oil
- 1 (12 oz) pkg smoked sausage or ham, chopped
- 1 yellow onion, chopped
- 4 cloves garlic, chopped
- 1 bunch collard greens, stemmed and chopped
- 1 bunch kale, stemmed and chopped
- 4 cups black eyed peas, cooked
- 1 ½ cups broth
- ½ tsp cayenne (optional)
- Salt and pepper, to taste

DIRECTIONS

1. Cook sausage in 1 tsp olive oil over medium heat until browned on both sides. Remove from the skillet, set aside.
2. Add onions, cooking and stirring until translucent, about 3 minutes. Add garlic and cook for an additional minute. Add collards one handful at a time until wilted, about 2 minutes. Add kale, cook until wilted and bright green, another 3 minutes. Stir in cooked peas, broth, season to taste with cayenne, salt, and pepper.
3. Bring to a boil, reduce heat to medium, and cover. Cook for another 5-7 minutes, or until greens are tender and black eyed peas are heated through.

Tips for cooking dried beans:

Rinse and sort through beans, discarding any foreign matter, shriveled, or split beans. Cover with water (about 3 cups to 1 cup dry), give a quick stir and remove and discard any that float to the top. Allow to soak overnight. Drain and rinse.

Place beans in a large, heavy bottomed pot. Cover with about 1-inch water. Add 3 tsp salt, if desired. Bring to a boil, cover partially, and reduce heat to a simmer. Continue cooking another 45 minutes to 1 hour. (Cook time may be longer for old beans.) Drain and rinse. May be frozen up to 6 months.



Ham Hocks & Lima Beans

Makes 4-6 Servings

INGREDIENTS

- 1 lb dried lima beans
- 3 Tbsp table or sea salt
- $\frac{1}{8}$ tsp baking soda
- 1 pkg (about 1½ lb) smoked ham hocks (we used Lonely Lane Farm)
- 32 oz low-sodium chicken broth
- 2 cups water (or enough to cover beans)
- 1 yellow onion, chopped
- 2 stalks celery, chopped
- 4 cloves garlic, chopped
- $\frac{1}{2}$ tsp black pepper
- $\frac{1}{2}$ tsp poultry seasoning
- $\frac{1}{2}$ tsp cayenne (optional)
- 1 bay leaf

DIRECTIONS

1. Rinse and sort through beans, discarding any foreign matter or shriveled or split beans. Cover with water (about 6 cups), add salt and baking soda. Give a quick stir and remove and discard any beans that float to the top. Allow to soak overnight. Drain and rinse well.
2. Add soaked and rinsed beans, ham hocks, broth, 2 cups water, onion, celery, garlic, and seasonings to the pot. Bring to a boil, reduce heat to medium low, and cover partway with a lid. Cook for 1 hour and 30 minutes, tasting the beans after 1 hour.
3. Once ham hocks are tender, remove from the pot and allow to cool enough to handle. Cut the meat off the bone and chop into bite sized pieces. Return to the pot.
4. Cook for an additional 30 minutes uncovered, or until beans are creamy and broth has cooked down. Enjoy!

Baked Beans

Makes 6 Servings

INGREDIENTS

- 1 lb dried navy beans
- 3 Tbsp+2 tsp kosher salt
- 3 Tbsp butter
- 1 medium yellow onion, chopped
- 1 red bell pepper, seeded and chopped
- 3 cloves garlic, minced
- 1 ½ cup ketchup
- ½ cup brown sugar
- 1½ cup water
- ¼ cup molasses
- ¼ cup apple cider vinegar
- 1 tbsp Worcestershire sauce
- 1 tsp mustard powder
- 2 cups ham, chopped

DIRECTIONS

1. Pick through beans, removing and discarding any broken or shriveled beans and foreign matter. Rinse well. Place in a large bowl and cover with 3 cups water for every cup of beans. Stir and remove any floating beans. Add 3 Tbsp kosher salt. Allow to soak overnight.
2. Rinse soaked beans thoroughly. Place in a large heavy bottomed pot and cover with 2 or 3 inches of water and 2 tsp of kosher salt. Bring to a boil, reduce heat and simmer partially covered until tender, about 90 minutes. Drain and rinse, set aside.
3. Preheat the oven to 375°F.
4. In a 6 quart dutch oven or other large oven going pot, melt butter over medium heat. Saute onion until it starts to soften and becomes translucent. Add bell pepper and garlic. Cook and stir for an additional minute.
5. Stir in ketchup, brown sugar, ½ cup water, molasses, vinegar, worcestershire, and mustard powder. Bring to a low boil. Fold in ham and beans, adding a little more water if needed.
6. Cover and bake for one hour. Stir, and add an additional cup of water. Bake another 30 minutes to 1 hour, or until beans are tender.

Keeps in the fridge for 3-4 days, or be frozen for up to 3 months.





Ham & White Bean Soup

Makes 6 Servings

INGREDIENTS

- 1 Tbsp olive oil
- 1 lb cooked ham, diced
- 1 medium yellow onion, chopped
- 4 garlic cloves, minced
- 3 carrots, chopped
- 3 ribs celery, chopped
- 2 tsp poultry seasoning
- 1 tsp thyme
- ½ tsp red chili flakes
- 1 bay leaf
- Salt and pepper, to taste
- 4 cups cannellini beans, cooked and drained
- 4 cups chicken broth
- 1 bunch kale, stemmed and chopped

DIRECTIONS

1. Heat oil over medium heat in a 6 quart Dutch oven. Sauté ham until browned. Remove from the pan, set aside.
2. Sauté onion until just translucent. Add garlic, cook until just fragrant. Stir in carrots, celery, poultry seasoning, thyme, salt, pepper, and chili flakes. Sauté until vegetables are just tender, about 5 minutes.
3. Add beans, broth, and ham. Bring to a boil, reduce heat to low and simmer about 20 minutes, to let all the flavors get to know each other. Add kale, simmer an additional 3-5 minutes or until tender. Serve hot with crusty bread. Enjoy!



Winter Beef and Stout Stew

Makes 6-8 Servings

INGREDIENTS

- 4 Tbsp olive oil, divided (plus more if needed)
- 1 lb stew beef, cut into 1-inch pieces
- 2 Tbsp all purpose flour
- 1 tsp kosher salt
- 1 tsp black pepper
- 1 large yellow onion, chopped
- 4 cloves garlic, minced
- ½ lb trumpet, oyster, or shiitake mushrooms, chopped
- 2 carrots, peeled and chopped
- 2 parsnips, peeled and chopped
- 1 small rutabaga, peeled and chopped
- 1 small celery root (celeriac), peeled and chopped
- 1 medium burdock root, peeled and chopped (about 2 ½ lbs root veggies, total)
- 1 (16 oz) can stout
- 2 cups beef broth
- 2 Tbsp worcestershire sauce
- 2 sprigs rosemary leaves, minced
- 1 tsp dried thyme
- ½ tsp red chili flakes (optional)

DIRECTIONS

1. Preheat the oven to 375°F.
2. Whisk together flour, kosher salt, and pepper. Toss with beef until evenly coated.
3. Heat 2 Tbsp of the olive oil in a large, heavy bottomed pot (we used a 6 qt dutch oven.) Brown beef in batches until golden, about 3 minutes each side. Add more oil as needed. Set aside.
4. Add remaining 2 Tbsp olive oil. Sauté onions until translucent, about 5 minutes. Add garlic, cook for an additional minute. Deglaze the pan with a splash of broth, scraping up any browned bits. Add mushrooms, cook for another 5 minutes.
5. Stir in all remaining veggies, browned beef, beer, broth, worcestershire sauce, rosemary, thyme, and chili flakes. Bring to a boil, cover, and place in the preheated oven. Cook for an hour. Remove the lid, give it a stir, and bake uncovered for another half hour.
6. Serve with a green salad and crusty bread.



Buttermilk Biscuits

Makes 6-8 Servings

INGREDIENTS - TRADITIONAL

- 2 cups all purpose flour, spooned and leveled, plus extra for rolling out
- 1 Tbsp baking powder
- 1 Tbsp brown sugar
- ½ tsp kosher salt
- ¼ cup chilled butter, placed in the freezer for 30 minutes
- ¾ cup buttermilk
- 2 Tbsp butter, melted

INGREDIENTS - VEGAN

- ¾ cup unsweetened cashew milk
- 1 Tbsp apple cider vinegar
- 2 cups all purpose flour, spooned and leveled
- 1 Tbsp baking powder
- 1 Tbsp granulated cane sugar
- ½ tsp kosher salt
- ¼ cup vegan butter, placed in the freezer for 30 minutes (we used Miyoko's)
- 2 Tbsp vegan butter, melted

DIRECTIONS

1. Preheat the oven to 425°F. Line a rimmed baking sheet with parchment or a silicone baking mat.
2. Mix together cashew milk and apple cider vinegar to make vegan buttermilk. Set aside. (Skip this step for traditional biscuits.)
3. Whisk together flour, baking powder, sugar, and salt.
4. Cut chilled butter into cubes. Add to flour mixture. Blend with a pastry cutter or fork until well incorporated, with clumps being about the size of small peas.
5. Make a well in the center and pour in the buttermilk. Stir with a wooden spoon until a shaggy dough forms. Turn out onto a floured surface. Add a little more flour if the dough is too sticky. Pat into a rectangle.
6. Fold the dough in half. Pat to about an inch thick, fold in half, and give it a quarter turn. Repeat the folding, patting, and turning about 5 more times. Try not to overwork the dough, as this will result in tough biscuits. Use a bench scraper if you have one to fold the dough.
7. Pat dough out to 1-inch thick once more, and use a 3-inch biscuit cutter to cut out at least 6 biscuits. Gather up scraps and cut out another if possible.
8. Place biscuits on the prepared baking sheet and bake for 12-15 minutes, or until golden. Brush with melted butter.

Easy Puff Pastry

Makes 8 Servings

INGREDIENTS

- 1 cup all-purpose flour, spooned and leveled
- ¼ tsp kosher salt
- ½ cup butter, chopped into cubes (freeze for 30 minutes before using)
- ¼ cup ice water
- More flour for rolling out
- 1 egg white
- 2 Tbsp water

DIRECTIONS

1. Whisk together 1 cup flour and salt. With a pastry cutter, cut in chilled butter until incorporated, with lumps being the size of small peas.
2. Make a well in the center, and stir in ice water. A shaggy dough will form. Turn out dough onto a well floured surface.
3. Pat into a rough square. With a rolling pin, roll into an approximately 12-inch-long rectangle. With a bench scraper, fold up the bottom third of dough toward the center. Fold top third down toward the bottom. (Like folding a letter to fit in an envelope.) Give dough a quarter turn clockwise and roll out again, repeating 7 or 8 times, adding a little flour if it is too sticky to start with. Dough will become easier to work as you go. If your kitchen is too warm and dough becomes too soft, place it in the freezer for 10 minutes between folding and rolling out.
4. Wrap pastry tightly in plastic wrap and chill for at least 1 hour before using.





Maple Pear Galette

Makes 6-8 Servings

INGREDIENTS

- 1 recipe puff pastry
- 3 pears, peeled, cored, and sliced 1/8-inch thick
- 1/4 cup butter
- 3 Tbsp maple syrup
- 1 Tbsp cornstarch
- 1 tsp cinnamon
- 1 tsp vanilla paste or extract
- 1 egg white mixed with 2 Tbsp water

DIRECTIONS

1. Preheat the oven to 400°F. Line a baking sheet with parchment or a silicon baking mat.
2. In a 2 quart saucepan, heat butter over medium heat. Stir constantly, allowing butter to foam, then brown, about 5-8 minutes. Remove from heat when butter has a nutty, amazingly delicious scent, golden color and little brown bits. Allow to cool slightly.
3. In a bowl, toss together sliced pears, browned butter, maple syrup, cornstarch, cinnamon, and vanilla paste.
4. Roll out the puff pastry into a 12-inch diameter circle. Place it on the prepared baking sheet. Arrange pears in the center of the pastry in a mostly even layer, leaving a two inch border between the fruit and edge of the pastry.
5. Fold edges of the pastry over the fruit. There will be a large hole in the center for steam to escape. Freeze galette for 15 minutes. Brush crust with egg wash. Bake in the preheated oven 30-40 minutes, or until the crust is golden and puffed and filling is bubbly.



Orange Bars

Makes 16 Servings

INGREDIENTS

Crust

- $\frac{3}{4}$ cup all purpose flour (wheat or gluten free)
- $\frac{1}{4}$ cup almond flour
- $\frac{1}{2}$ cup powdered sugar
- $\frac{1}{2}$ tsp kosher salt
- $\frac{1}{2}$ cup unsalted butter, melted
- 1 tsp vanilla extract

Filling

- 1 orange, zest and juice
- 1 lemon, zest and juice
- $1\frac{1}{2}$ cup unrefined cane sugar
- $\frac{1}{4}$ cup all purpose flour (wheat or gluten free)
- 4 eggs, beaten
- $\frac{1}{2}$ tsp vanilla extract

DIRECTIONS

Crust

1. Preheat the oven to 350°F. Grease an 8x8 inch baking dish with butter. Line with parchment paper.
2. Whisk together flour, almond flour, sugar, and salt. Stir in butter and vanilla. A dough will form.
3. Evenly press dough into the bottom of the baking dish. Bake in the preheated oven for 20 minutes.

Filling

4. Whisk together orange zest, lemon zest, sugar, and flour. Stir in eggs and vanilla. Pour into the hot crust.
5. Bake for an additional 40 minutes, or until the center no longer jiggles. Allow to cool completely before removing from the dish and slicing.



Vegan Rocky Road Brownies

Makes 12-16 Servings

INGREDIENTS

- ½ cup coconut oil
- ¼ cup (2 oz) unsweetened baking chocolate
- ¾ cup almond milk
- 1 Tbsp apple cider vinegar
- ½ cup granulated cane sugar
- ½ cup brown sugar
- 1 tsp vanilla extract
- 1 cup flour
- ½ cup cocoa powder
- ½ cup chocolate chips
- ½ cup vegan marshmallows
- ½ cup toasted pecans or walnuts, coarsely chopped

DIRECTIONS

1. Preheat the oven to 350°F. Grease an 8×8-inch baking pan with coconut oil.
2. Melt coconut oil and baking chocolate over medium heat, stirring occasionally until smooth. Set aside.
3. Make buttermilk by stirring together almond milk and apple cider vinegar together. Let stand a few minutes until curdled.
4. In a medium bowl, stir together chocolate mixture, almond buttermilk, sugars, and vanilla extract until blended. Stir in flour and cocoa powder until just mixed. Fold in chocolate chips, marshmallows, and nuts. Scrape into the prepared baking dish.
5. Bake for 30-35 minutes, or until a tester comes out with a few crumbs. Allow to cool completely before serving.



Pomelo Mimosas

Makes 6-8 Servings

INGREDIENTS

- 1 shaddock pomelo, about 1 cup juice
- 2 cara cara oranges, about 1 cup juice
- 2 oz Cointreau (optional), or pineapple juice (optional)
- 2 oz simple syrup, or to taste
- 750 ml bottle Champagne, sparkling wine, or orange flavored sparkling water, chilled
- Ice

DIRECTIONS

1. Juice pomelo and oranges. Strain.
1. Add juice, Cointreau, and simple syrup to a shaker with ice. Shake well.
1. Holding a champagne flute at a 45° angle, fill halfway with sparkling wine or sparkling water. Top with juice mixture. Enjoy!



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