

The Harvest Table



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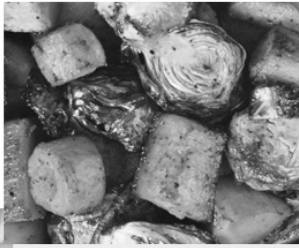
marquette
food co-op

about the class

Taught by Cuyler Dinegan and Leon Katona of our Marquette Food Co-op, this class will allow you to create delicious, comforting recipes—that also happen to be vegan and gluten-free.

The harvest and holidays are times to share good company and food, but vegan and gluten-free folk can often feel left out at the dinner table. There are misconceptions that vegan and gluten-free foods are difficult to make, or are of lesser quality than traditional dishes, or both.

This is just not true. Vegan and gluten-free foods can still have great texture and flavor. Dig in to see how!



the replacements

The recipes enclosed have specific ingredients, but sometimes you don't have what you need, or other food restrictions come into play. Here are our favored substitutions for cooking vegan/gluten-free.

flour (per cup)

Combine a equal parts brown rice flour and garbanzo flour, then store for any gluten-free recipes that come up. Many other flour combinations exist—potato, almond, sorghum, tapioca—but brown rice and garbanzo have consistently work for us in many recipes. Gluten-free flours should be bought prepackaged, as there's possibility of gluten contamination when buying in bulk.

- ½ C brown rice flour + ½ C garbanzo bean flour

egg (per egg)

We always make a flax egg—it has a decidedly 'eggy' texture, imparts a slight nuttiness to baked goods, and unground flax seeds keep for over a year in the fridge—but mashed fruit can work too, as long as there aren't any strong conflicting flavors.

- 1 T ground flax seed + 3 T water; grind (a coffee grinder works great), mix well, then refrigerate 15 min before use
- ½ one mashed banana
- ¼ C unsweetened applesauce

sugar (1 : 1 substitute)

You may be surprised to learn that most go-to white table sugars have been processed through animal bone char, which means they're not vegan. Use organic cane sugar, turbinado sugar, or sucanat instead.

milk (1 : 1 substitute)

Rice and almond milks are on the lighter side (best for light, fluffy goods), while soymilk is richer (best for dense goods).

butter

Earth Balance, vegetable shortening, or coconut oil are your most buttery options (ideal for flaky goods that require 'cutting in' the butter). Canola oil is a good flavorless sub, while olive oil can bring unwanted flavor to more delicate foods—sub oils for about ¾ the amount of butter specified.

cream (1 : 1 substitute)

Whipped coconut milk is a wonderful, silky thickener.

honey (1 : 1 substitute)

Maple syrup, rice syrup, and agave nectar are great sweetening alternatives.

roasted veggies & miso sauce (serves 4)

This mix of underused root vegetables creates a fresh, colorful plate, while the miso sauce gives it a little kick. Give it a greater kick by upping the ginger root and cayenne.

- 1 large parsnip, julienned and quartered
- 2 large carrots, julienned and quartered
- 2 medium sunchokes, quartered
- 20 small Brussels sprouts, halved
- 10 small beets, thinly sliced
- 1 large onion, halved and sliced
- 3 cloves garlic, chopped
- 1½ T olive oil
- 1 t rosemary
- 1 t yellow mustard powder
- 1 t sage
- dash of cayenne

Mix vegetables, oil, and spices in a roasting pan, and roast for 50-60 min, until vegetables are tender. When vegetables are nearly done, prepare the miso sauce.

miso sauce

- 2 T miso paste
- 2 T apple cider vinegar
- 1 T grated ginger root
- 1 green onion, finely chopped
- 1 t olive oil
- 1 t sesame oil

Mix sauce ingredients together. Mix with roasted vegetables in a large bowl and serve.

‘buttermilk’ biscuits (makes 7-9)

These biscuits are chameleons. Serve as a side to dinner, or as breakfast under gravy (pg. 6) and scallions the next morning. Add ½ t cinnamon for sweet, or ½ t rosemary for savory. Decisions, decisions.

- 2 C flour mix + more to flour surface
+ more as needed
- 3 T cornstarch
- 1½ t xanthan gum
- 1 T baking powder
- ½ t sea salt
- ⅓ C butter sub.
- ¾ C rice milk

Preheat oven to 450°F.

In a large bowl, whisk together the dry ingredients. Cut in the butter with a pastry cutter, fork, or your hands, until the dough resembles coarse crumbs. Make a well in the center and pour in the milk. Gently combine until you have a moist, sticky dough.

Generously flour your work surface. Mold the dough into a ball and turn onto floured surface. Roll around to incorporate more flour, then knead dough 6-10 times. Do not be afraid to add more flour as needed—you want a pliable dough that doesn’t stick to the counter. Pat dough into a round disc about ½-inch thick.

Dip a glass cup or biscuit cutter in flour mix and cut out biscuits. Bake 10 min on an ungreased cookie sheet, until golden on the bottom. Remove from the pan and serve.

wild mushroom gravy (makes 4 C)

Rich and savory, this gravy will find its way onto everyone's plate during dinner. And breakfast.

- 3 T extra virgin olive oil
- 2 C onion, peeled and finely chopped
- 2 C finely chopped mushrooms (shiitake, crimini, Portobello)
- 1 C brown rice flour
- 1/3 C shoyu or tamari soy sauce
- 1½ t dried sage
- 1½ t dried rosemary
- 1½ t dried tarragon

Heat 1½ T olive oil in a large skillet. Sauté the onion and mushrooms until softened, about 10 min, and set aside.

In a medium saucepan, heat 1½ T olive oil, then gradually stir in the rice flour over low heat to until a thick paste—or *roux*—forms. Stir in 2 C water, shoyu/tamari sauce, and spices, and mix well. Bring to a boil over medium heat, then simmer 10 minutes, or until the gravy is thick and smooth.

Stir in the mushroom-onion mix and cook over low heat until warmed through. If gravy is too thick, add water by the T to achieve desired consistency. Serve immediately.

shepherd's pie (serves 4-6)

Few things bring comfort during the winter like a good shepherd's pie. For a sweet variation, use sweet potatoes mashed with 1 t cinnamon, ½ t cardamom, and ½ t nutmeg for the topping.

filling

- 2 T olive oil
- 8 oz. package tempeh
(sub with kidney beans for soy-free)
- 2 stalks celery, chopped
- 2 carrots, julienned
- 2 C brown lentils, cooked
- 10 oz. package peas
- 1 large onion, chopped
- ½ lb. crimini mushrooms
- 3 cloves garlic, chopped
- 1 T tamari + more, to taste
- 1 t thyme
- 1 t sage
- ½ t salt
- 1 bay leaf

Preheat oven to 350°F. Heat olive oil in a large skillet over medium heat.

Add garlic and onion, and sauté until transparent/fragrant. Add carrots, tempeh, celery, and spices; cover and cook 5 min. Add mushrooms and tamari, and cook until liquid exudes from the mushrooms. Add peas and cook 5 min. Remove bay leaf, and combine with cooked lentils.

Pour filling in a lightly greased 9-inch casserole dish. Cover with topping, and bake for 30 min.

topping

- 5 medium potatoes; yellow or white
- 2 cloves garlic, minced
- ½ C non-dairy milk
- 3 T nutritional yeast
- 1 T olive oil

Boil the potatoes, then mash together with remaining ingredients.

harvest soup (serves 6-8)

This simple soup packs a lot of flavor, and won't fall apart if you're missing an ingredient or three. Try making this soup a couple days before serving—the flavors will blend and deepen.

- 1 large butternut squash, peeled, seeded, and cut into 1-inch cubes
- 3 large carrots, peeled and cut into 1-inch pieces
- 4 T olive oil
- 1 large yellow onion, thinly sliced
- 1 large apple, peeled, cored and thinly sliced; any variety will do
- 2 garlic cloves, minced
- 1½ quarts vegetable stock
- 1 bay leaf
- 2 fresh thyme sprigs + more for garnish
- sea salt and fresh ground pepper, to taste
- 1 C coconut milk (optional)

Preheat oven to 450°F.

In a large roasting pan, stir together squash, carrots, 2 T olive oil, salt and pepper. Roast 45 min, stirring occasionally, until the vegetables are browned and tender. Set aside.

Heat 2 T olive oil in a large pot. Saute onion and apple over medium-high heat about 20 min, stirring occasionally, until tender and caramelized. Add the garlic and cook 1 minute, stirring until fragrant. Add the stock, thyme sprigs and bay leaf. Bring to a boil, reduce heat to medium-low and simmer, stirring occasionally, for 10 min. Discard thyme sprigs and bay leaf.

Using an immersion blender—or working in batches with a stand blender—puree vegetables into the stock mixture until smooth. Simmer over medium heat for 10 min. Season with salt and pepper to taste. If using coconut milk, stir in and heat just before serving.

Ladle into bowls, garnish with thyme sprigs, and serve.

peanut butter cookies

(makes 20-24)

Molasses and quality salt give these more depth than your standard peanut butter cookies. For something truly special, top with chopped dark chocolate.

- 1 C raw cane sugar
- ½ C peanut butter
- ½ C vegetable shortening
- ¼ C unsweetened applesauce
- 2 T molasses
- 2 T rice milk
- 1½ C flour mix
- 3 T cornstarch
- ¾ t baking soda
- ½ t sea salt
- ½ t xanthan gum
- coarse finishing salt, to taste
(fleur de sel is my go-to)

Preheat oven to 375°F.

Whisk the flour, cornstarch, baking soda, xanthan, and salt together.

In a separate bowl, with a mixer or whisk, blend the sugar and molasses. Add peanut butter, shortening, and milk, blending all the while. Beat in the applesauce until well-incorporated. Add the dry ingredients to wet, ½ C at a time, beating well after each addition.

Scoop the dough and roll into 1-inch balls. Consistency should be pliable but moist—if it sticks to your hands, add flour mix by the T until ideal consistency.

Place about 1 inch apart on an ungreased cookie sheet, and flatten gently with a fork to achieve the classic peanut butter cookie crisscross.

Sprinkle with finishing salt.

Bake 9-11 min, until light golden brown. Remove from baking sheet immediately, cool, and enjoy.

Variation:

You can use any nut butter instead of peanut butter. Cashew butter is especially versatile, giving you the correct texture without a strong flavor. This allows you to add herbs, spices, and extracts to really change up the flavor of the cookies. You can also use the same amounts of honey or maple syrup in place of molasses, or sprinkle the cookies with sugar instead of finishing salt.

rustic apple cake (makes one round)

This delicate dessert is the perfect finish to a heavy meal. We recommend making two rounds, as appetites mysteriously stretch when the cake appears...

- butter sub. and flour mix for the pan
- 1 med-large apple; any baking apple
- 2 flax eggs (2 T ground flax + 6 T water)
- ½ C canola oil
- 2 T brandy / apple juice
+ more as needed
- 1 C flour mix
- 2 T cornstarch
- ½ C + 3 T raw cane sugar
- ½ t xanthan gum
- 1½ t baking powder
- ½ C walnuts, chopped + more to garnish

Preheat oven to 325°F. Butter and flour a 9" spring form pan / round.

Mix the flax eggs and refrigerate 15 min. While eggs set, whisk together the flour, cornstarch, xanthan, and baking powder. Core the apples; chop half of them, and slice the remaining half.

Scoop the eggs into a medium bowl. Whisk in the oil until consistency is even. Whisk in brandy/juice and sugar until creamy and smooth. Gradually stir dry ingredients into the wet. If everything's combined and it's thick, add brandy/juice by the T until creamy and smooth—you're shooting for a runny-sticky traditional cake batter consistency.

Stir in chopped apples and walnuts. Pour batter into prepared pan. Set remaining apples and walnuts on batter in your desired pattern, pressing slightly. Consider dusting the top with a pinch of cinnamon or nutmeg. Get creative!

Bake 50-60 min, until a toothpick comes out clean. Let cool 15 min, then remove spring form and serve—if using a round, serve in the pan, or else *carefully* remove with a spatula (frosting spatula works best).

notes

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