



Vegan Freak Radio #98

Summer Cooking with Dreena, Joy, and Dino

Recipes for Listeners

Dreena Burton's Recipes

Thanks to Dreena Burton for sharing the two following recipes!

If you like what you see, please visit Dreena's site at <http://vivelevegan.blogspot.com> and hop on over to your local bookseller and grab a few copies of her books. They're perennial favorites over here at Vegan Freak HQ.

Festive Chickpea Tart

Move over faux turkeys! This savory tart takes center plate with its combination of chickpeas, crunchy walnuts, spinach, and seasonings all nestled into a whole-wheat pastry pie shell. This dish is elegant enough to serve for holiday gatherings, but also easy enough to make for a family dinner any time of the year.

1 tbsp	olive oil
1 cup	onion, diced
3/4 cup	celery, diced
5	medium–large garlic cloves, minced
1/4 tsp	sea salt
¼ tsp	freshly ground black pepper
1 can	(14 oz) chickpeas, rinsed and drained (reserve ¼ cup)
¾ cup	walnuts
2 tbsp	freshly squeezed lemon juice
2 tsp	tamari
1/4 tsp	sea salt
1 1/4 cups	frozen chopped spinach (frozen or thawed)
3 tbsp	dried cranberries
¼ cup	fresh parsley, chopped
1 tbsp	fresh thyme, chopped
1	(9”) prepared whole-wheat pie shell (I use Wholly Wholesome brand), thawed
½ tbsp	olive oil
1 tsp	tamari
½ tsp	fresh thyme, chopped (for topping)
2 tbsp	walnuts, lightly crushed (for topping)

Add oil, onion, celery, garlic, salt and pepper in a skillet over medium heat. Cook for 7-9 minutes until onions soften. Meanwhile, in a food processor, add chickpeas (except reserved ¼ cup), walnuts, lemon juice, tamari, and salt, and pulse to lightly chop (not puree). Remove about ½ of the mixture from food processor and set aside. Add sautéed mixture, lemon juice, tamari, and sea salt to processor with other half of chickpea/walnut mixture and puree until smooth. Transfer puree to a large bowl and stir in spinach, cranberries, thyme, reserved chopped chickpea/walnut mixture, and reserved whole ¼ cup of chickpeas. Transfer mixture to pie shell, smoothing to evenly distribute. Combine oil and tamari, and brush or spread over top of filling. Sprinkle on fresh thyme and walnuts. Bake in preheated oven at 400 degrees for 33-38 minutes, until tart is lightly browned on edges and top. Serve with cranberry sauce, a spoon drizzling of oil/balsamic vinegar slurry, or other sauce of choice.

Serves 4-5.

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Lemony Cashew-Basil Pesto on Pasta

Traditional pesto takes on new life with this recipe. Cashews provide a buttery, creamy contrast to the tangy lemon juice and intense fresh basil. When basil is abundant, make double or triple batches, since this pesto freezes wonderfully.

MAKES 3–4 SERVINGS.

3–3½ tbsp **freshly squeezed lemon juice**
1 **large clove garlic**
¾ tsp **dry mustard**
¾ tsp **sea salt**
freshly ground black pepper to taste
2 tbsp **olive oil**
1 tbsp **water**
1 cup + 1–2 tbsp **raw cashews** (see note)
2½–2¾ cups (packed) **fresh basil leaves and tender stems**
½–¾ lb (225–340 g) **dry pasta of choice** (see note)
olive oil (for finishing)

In a food processor, combine lemon juice, garlic, mustard, salt, pepper, oil, and water, and purée until fairly smooth, scraping down sides of bowl as needed. Add cashews and basil and purée until fairly smooth (may leave some texture). Cook pasta according to package directions. When almost done, remove about 1/2 cup of pasta water and reserve. Drain pasta (do not rinse) and toss with pesto, using as much pesto as desired (see note).

If pasta seems too dry, add some pasta water, 1 tbsp at a time, until moistened to preference. Season with additional salt and pepper if desired, and finish with a drizzle of olive oil.

Cooking Notes:

- 1) Use brown rice, spelt, or quinoa pasta for a wheat-free dish.*
- 2) Raw almonds may be substituted for cashews, just add extra water or oil to moisten when puréeing.*
- 3) You can make this pesto in advance and refrigerate in a sealed container until you're ready to cook the pasta.*
- 4) This pesto also makes a dynamite sandwich spread or pizza sauce (or dollop on pesto as a pizza topping).*
- 5) I like a lot of sauce on my pastas, but you may prefer less; use up to 1 lb (450 g) pasta and add extra cooking water or oil to help distribute the pesto through the pasta.*

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Joy Tienzo's Recipes

The recipes that Joy talked about on Vegan Freak Radio #98 can be found -- including pictures -- over at her site at <http://veganjoy.blogspot.com/2008/08/easy-vegan-entertaining.html>

Thanks to Joy for sharing this fun and festive meal idea with the Vegan Freak Radio Listeners!

Dino Sarma's Recipes

Thanks to Dino Sarma for sharing the two following recipes!

Don't forget that you can buy Dino's book Alternative Vegan from Amazon and other booksellers, including the Tofu Hound Press online shop at <http://www.tofuhoundpress.com>.

You can get more of Dino's thoughts on cooking and more over at his blog (<http://altveg.blogspot.com>) and through his podcast at <http://alternativevegan.com>.

Masala Potato

When you go get some good solid masala dosa, you sometimes wonder how that central filling stuff is made. There are a couple of things to know, and I'll explain those here.

1. Use a more waxy potato. Those little red ones work well. The baking kinds tend to fall apart.
2. Boil, simmer, peel, cool, then move forward. You should never boil potatoes. Always simmer them slowly until they cook all the way through. When they're cooked, immediately drain the water off, and peel them while still warm. Then, let them completely come down to room temperature (not cold; you don't want them going in the fridge).
3. Crush by hand, not chop by knife. You don't want perfectly even pieces. The variation in size and texture makes for a difference in the end.

I'm going to give the amount that my mother makes, because they honestly do go very fast. They go well with roti, puri, paratha, naan, rice, dosa, or just by itself as a side to a main meal.

5 lbs potatoes, cooked and peeled
2 lbs onions, diced
3 green chillies, minced (remove seeds to reduce heat)
1/4 cup grated ginger (fresh, NOT powdered or candied)
1 TB oil
2 tsp mustard seeds (more if using white instead of black)
1 tsp cumin seeds
1 tsp turmeric
10 cups water, reserved
Curry leaves (optional)
Salt to taste

After the potatoes are crushed, and the other ingredients are prepared, get your largest pot, and heat up the oil in it over high heat. When the oil gets screaming hot, sprinkle in the mustard seeds. If the pot has a lid, or you have a splatter guard, slap it on to avoid getting mustard seeds flying onto your face. When the popping subsides, sprinkle in the cumin seeds, and allow them to pop as well. When the spices have slowed down their popping, add the diced onions and minced chillies.

Cook the onions down until they're translucent. Sprinkle the turmeric powder over the onions, and stir the onions around with the turmeric until all of the onions are yellow.

Gently as you can, tip in the potatoes, and stir them around to combine them with the spices and onions. Stir as gently as you can, to avoid breaking the potatoes up too much.

When you smell and feel some of the potatoes getting stuck to the bottom, pour in a cup or two of water to loosen up the stuff on the bottom. Drop down the heat to low, and add just enough water to almost cover the potatoes. Let the potatoes slowly simmer in the water until everything thickens up. Stir gently every now and again to redistribute the spices and colours.

At the end, if you have them, throw in some finely chopped curry leaves.

Cream Sauce

This works for pasta, casseroles, whatever.

2 TB oil
2 TB all purpose flour
2 cups cocoanut milk
1/4 cup water, reserved
1/2 cup cashews
1/8 tsp nutmeg
Salt, to taste

Grind the cashews in a blender, adding a small bit of water, as needed. You're looking to make it a smooth, creamy sauce thing. If you're nervous about your sauce, feel free to pass the cashew cream through a fine sieve. Combine the cashew cream with the cocoanut milk.

In a skillet, heat up the oil over medium high heat. Sprinkle in the flour, and whisk it around to combine it completely. When the flour turns the slightest bit more brown, pour in the cocoanut milk (that you've combined with the cashew cream). Whisk thoroughly as you pour in the creams, and let it come up to a gentle simmer. It shouldn't take more than a minute or so for everything to come together and thicken up completely. Once it's thickened up to your liking, add in a bit of nutmeg, and remove the sauce from the heat.

I generally prefer to salt the pasta rather than the sauce, but if you like salt in both, feel free to edit as needed.

Thanks!

Thanks for listening to [Vegan Freak Radio](#), and for your support of our guests Dreena, Joy, and Dino. If you like what you see here, don't forget to support innovative vegan cooking by supporting these authors.