

Farm to Clinician



A Culinary Medicine Approach to Healthcare

Gut Health Session

Fall 2021

Recipe Book

2021 Cooking Team Recipes

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Crispy Tofu & Green Beans with Miso Sauce

Preheat oven to 425°F.



Gather ingredients

Tofu and Green Beans

- Tofu - 1 block, cut into cubes
- Green beans
- Oil of choice
- tamari
- cornstarch

Miso Dipping Sauce

- 2 tablespoons mirin
- 1 tablespoon red miso paste
- 1/2 inch fresh ginger, peeled and minced
- 1 teaspoon soy sauce or tamari
- 1 teaspoon sesame oil



Drain & press the tofu

Place the cubes on tofu on a stack of paper towels. Place more paper towels on top. Place a plate on top of the tofu. This helps press the water out of the tofu. Allow to sit for 15-20 minutes.



Bake the beans, finish the tofu

In a bowl, toss the green beans in a bit of oil and tamari. Spread on a sheet pan in a single layer. Bake for 15 minutes.

Remove the tofu from the oven. Toss or flip. Bake for another 10-15 minutes.

Remove beans and tofu from the oven when lightly golden and crispy.



Toss and bake the tofu

Place the tofu in a bowl, toss with a bit of oil, tamari, and cornstarch, enough to coat.

Place in a single layer on a sheet pan lined with parchment. Bake for 15 minutes.



Make the miso dipping sauce

Whisk or blend the miso dipping sauce ingredients.

Serve with the tofu and green beans.

Red or white miso

Miso, fermented soybean paste, comes in a couple of colors. The color of the miso indicates how long it has been fermented. White miso, sometimes referred to as sweet miso has a short fermentation time, whereas red miso (or brown), has been fermented longer. As a result of longer fermentation, it has a much stronger flavor.

Kimchi Noodle Bowl

Gather some ingredients

- 8-10 ounces (1 package) **soba, udon, or rice noodles** (or you can use instant ramen noodles)
- **Oil** of choice -- canola, safflower, sunflower, grapeseed, etc
- **Kimchi + some kimchi juice**
- **Sambal** or **sriracha**, to taste
- **Soy sauce**, to taste
- **Honey**, to taste
- **Sugar**, to taste
- **Rice vinegar**, to taste
- **Sesame oil**, to taste
- **Eggs** to be cooked
- Sliced **cucumbers**
- **Leafy greens** of choice



Cook the noodles

Cook the noodles according the package directions. If using ramen, omit the spice packet. You don't need it for this recipe.



Combine

In a bowl, combine the noodles, a splash of oil, and some kimchi (chop up if it's really chunky). Set aside.

In a small bowl, stir together some kimchi juice, sambal, soy sauce, honey, sugar, rice vinegar, and sesame oil. Pour this over the noodles and kimchi.

Toss to mix well. Set aside.



Cook the eggs

How do you like your eggs cooked? Ok, so cook them how you like -- poached, hard boiled, soft boiled, basted, or fried.



Serve

Top the noodle bowl with cooked egg, cucumbers, and greens.



Bon Appetit!

Great as lunch or dinner.

Kimchi

A staple of Korean cuisine, kimchi is typically served as a side dish. Mat kimchi, is what you are probably accustomed to eating. All this means is that the napa cabbage, the main ingredient of kimchi, is chopped into smaller pieces prior to fermenting.

Making kimchi is quite simple. However, if you are a bit intimidated by making kimchi, look for brands sold in the refrigerator section of the supermarket. This way, you are sure to find kimchi that is actually fermenting and has not gone through hot processing which would kill off its beneficial microbes.

Gather ingredients

- unpopped popcorn kernels
- Oil - canola, safflower, or avocado
- equal parts butter (softened) and white miso
- Korean red pepper flakes (optional)
- Nori sheets, crumbled



Pop goes my heart

Get a pan that has a good lid. Pour enough oil in to coat the bottom of the pan. Add the popcorn kernels -- enough to cover the bottom of the pan. Cover with the lid.

Place over medium heat. Shake occasionally to prevent burning. Lower the heat as necessary.

Cook until the popcorn is, well, popped.



Mix

In a small bowl, mash together the butter, miso, and red pepper flakes. Add to the freshly popped popcorn. Toss to mix well.

Add the crumbled nori sheets to the mix.



Bon Appetit!

This is a highly addictive snack. Don't share unless you absolutely have to.

Corn

Corn seems to get a bad rap these days. This is mainly due to the processed foods that use massive amounts of corn byproducts.

There are 4 main types of corn -- sweet corn, popcorn, flint corn, and dent corn. Sweet corn is what we eat at backyard BBQs. Growing up in rural areas of the Midwest, you often see people growing sweet corn in their backyard gardens. Popcorn is a particular type that pops when it cooks (hence, the name). Flint corn is Native American and comes in a variety of colors. It is typically harder than sweet corn. Dent corn is what we all think of when it comes to corn, as it is used mainly for animal feed and food manufacturing.

But corn is actually nutritious (I know, what!?). Popcorn is full of dietary fiber (15 g per 3 1/2 ounces) and many vitamins and minerals. It makes for a healthy, low-calorie snack that is good for the gut.

Apple Crisp

Preheat oven to 350°F



Gather some ingredients

- 4-6 **apples**, cored, cut into slices (don't worry about peeling)
- 2-3 tablespoons **sugar**
- 2 teaspoons **five spice powder** (OR use cinnamon or cardamom)
- Juice of 1/2 of an **orange** (eat the rest or save for later)
- 1 cup **brown sugar**
- 3/4 cup **oats**
- 1/2 cup **whole wheat flour**
- 1/2 cup chopped **nuts** of choice
- 1/2 cup **butter**, softened or melted (doesn't matter, really)
- pinch of **salt**



Mix apples

In a bowl, mix together the apples, sugar, and 1 teaspoon five spice powder. Add the orange juice. Stir to mix well. Pour contents into your pan.



Mix the topping

In a bowl, mix together the brown sugar, oats, flour, nuts, butter, salt, and remaining 1 teaspoon five spice powder. Layer the topping on top of the apples, being sure to reach the edges of the pan.



Bake

Bake until apples are tender, about 30-40 minutes. Serve warm.



Find a pan

Go out on a search for a pan - 8 inch or 9 inch square or round baking pan. Ceramic works. So does glass. Metal pan all you have? Ok. Use that. No pan? Do you have a cast iron skillet (10 inch diameter)? Good. That works, too. Grease whatever pan you have with butter or coconut oil.

What type of apples?

In the world of apples, you have many choices. Choose ones that bake well and have a sweet and slightly tart flavor: Gala, Braeburn, Fuji, Honeycrisp, Jonagold. McIntosh (my all-time fave) is a great one to add, as it adds sweetness and breaks down (meaning, it get mushy). I like to use a combination of apples to get different flavors and textures. McIntosh is not good on its own but when paired with Gala, it makes a flavorful crisp.

Bon Appetit!

Serve with ice cream or whipped cream.

Possible fruit substitutions:

- Peaches (nectarines) + blueberries
- Cherries (add 2 T cornstarch)

Moroccan Bean & Lentil Soup

Gather ingredients

- oil of choice
- 1 **onion**, diced
- 2-3 cloves **garlic**, minced
- 1 inch piece of **fresh ginger**, peeled, minced
- 2-3 **carrots**, diced
- 1-2 **celery ribs**, diced
- **seasonings**, to taste
 - Garam masala
 - ground cardamom
 - cayenne pepper
 - cumin
 - salt and pepper
- 6-7 cups **water**
- 1 cup **split red lentils**
- 1 (15-oz) can **chickpeas**, drained and rinsed
- 1 (15-oz) can **cannellini beans**, drained and rinsed
- 1 (14.5 oz) can **diced tomatoes**



Saute and Simmer

Heat oil in a large soup pot over moderate heat. Add onions, garlic, and ginger. Let those cook for a couple of minutes. Add the carrots and celery. Again, let cook for a couple of minutes. Add the seasonings. Let cook for about a minute.

Add the water, lentils, chickpeas, cannellini beans, and tomatoes. Bring to a boil. Reduce heat to low. Simmer for 30 minutes or so.



Blend 1/2 of the soup

Ladle half of the soup into a blender or bowl. Using a blender or immersion blender, puree half the soup. Add back to the soup.



Adjust seasonings

Ok, now is the time to taste the soup. Does it need more spice? Salt?

Most likely it needs salt.



Bon Appetit!

Serve with flatbread and over a bed of cooked rice.

Is soup the perfect food?

Soup, in my humble opinion, is one of the most perfect dishes you can make. Think about it for a second -- most soups are full of vegetables (like this one, for instance). One way I was able to get my kids to eat vegetables was to make soup. Usually the soup needed to be pureed but that's ok with me. As long as they're getting vegetables, I didn't care how they ate them.

Soup and stews were the main food dishes served before the industrialized food system gave us chicken nuggets and other highly processed foods. And it makes sense that soups and stews were eat so often -- use up your vegetables and cheap cuts of meat to make a hearty dish that can serve a hard working family.

Kebabs with Tzatziki Sauce

Preheat the grill or grill pan or oven (400°F)



Gather kebab ingredients

Make a choice here and now: Meat, poultry, shrimp or keep it completely vegetarian

If using **meat (beef or pork)**, use cuts of meat that cook fast - any thing from a loin or belly that hasn't been worked too much by the animal. Cut into cubes.

For **chicken**, stick to using thighs, breasts, tenderloin. Cut into cubes.

For **shrimp**, choose bigger shrimp (15-20 count -- that's count per pound), peeled and deveined.

Vegetables: any combination of veggies will work -- bell peppers, zucchini, summer squash, mushrooms, cherry tomatoes, onions.

Skewers. You'll need wood skewers that have been soaked for 30 minutes in water.

Seasonings. Mediterranean style seasonings will have paprika and garlic and possibly some dried herbs.

Oil, lemon juice, minced garlic, salt and pepper. Mix together. This is for brushing onto the kebabs before grilling.

Grill

Grill meat and pork skewers until cooked though (145°F for pork; 140-150°F for beef). Poultry needs cooked to 165°F.

Vegetables are done when they are charred and begin to soften.



Serve with Tzatziki Sauce

When done, serve with tzatziki sauce and rice or flatbread. Your choice.



Build your kebabs

If I'm cooking meat and veggie kebabs, I put the meat on separate skewers than the vegetables. Meat and poultry take longer to cook.

Make your skewers. Set on a platter or sheet pan. Brush with oil and lemon mixture.

Tzatziki Sauce

Gather a few ingredients:

- Fresh cucumber, grated
- Greek yogurt (plain)
- Olive oil
- fresh mint, chopped

- Fresh dill, chopped
- Fresh lemon juice
- garlic, minced
- salt, to taste

Use your best judgment for quantities.

Mix together.

Roasted Nuts & Seeds

Preheat oven to 325°F.

Gather ingredients

- **Nuts.** Mix or match almonds, walnuts, pecans, hazelnuts
- **Seeds.** Pepitas or pumpkin seeds
- **Fresh rosemary, thyme, or sage** -- finely chopped
- **Maple syrup** (brown rice syrup or coconut nectar could work, too)
- **Unsalted butter (melted) or oil**
- hefty pinch of **salt**
- splash of **vanilla**



Quantities?

Ok... quantities. Hmmm...

Let's look at it like a ratio:

6 parts of nuts/seeds to 1/2 part maple syrup and butter mixture.

WHAT!?

A *part* could be a *cup* -- 6 cups nuts/seeds to 1/2 cup maple syrup/butter mixture. Now, you can scale this very easily up or down.



Bon Appetit!

Be careful not to eat this all at once. Just a handful at a time.



Toss and Bake

Line a sheet pan with parchment paper.

In a bowl, toss together the nuts, seeds, fresh herbs, maple syrup, butter, salt, and vanilla. Toss to mix well.

Spread onto the sheet pan. Bake, stirring every 5-10 minutes until golden brown. Total baking time is probably 25-30 minutes.

Ah nuts!

Why should we eat nuts and seeds? Um, because I said so. Duh.

Actually, there's a nutritional reason for eating them. They are full of fiber, protein, healthy fats, antioxidants, and minerals (phosphorus, magnesium).

Kefir Ice Cream

Gather some ingredients

- 3/4 cup **sugar**
- 1/4 cup **cornstarch**
- pinch of **salt**
- 2 cups **heavy cream**
- 1 1/2 cups **kefir** (any flavor)
- **vanilla** extract

Mix

In a small bowl, whisk together the sugar, cornstarch and salt. Add the cream and whisk to combine, breaking up any clumps. Pour mixture into a saucepan.

Cool

Place hot mixture into a bowl and place in an ice bath. This will cook it down quickly.

Heat and cook

Heat the mixture over medium heat until it boils (it'll "bloop"). This can take a couple of minutes. Keep an eye on it, though and be sure to whisk occasionally to prevent burning.

Add and churn

Once cooled to room temperature, add kefir and vanilla.

Churn in an ice cream maker for approximately 25-30 minutes.

Keep frozen.

Bon Appetit!

Tangy and creamy. Mmmm...

Ok, what is Kefir?

Kefir is a fermented milk product originating in Russia and resembling a liquid yogurt. It is made with kefir grains that look like cauliflower and is quite simple to make at home. The microbes in kefir are a combination of bacteria and yeasts.

It is more readily available now and is a good alternative for those with lactose intolerance issues. The lactose in the milk is broken down during fermentation and generally well-tolerated by those with an intolerance.

California Chop Salad

Choose your veggies

- **Lettuce:** Bib lettuce, leaf lettuce, or Romaine
- **Crunchy veggies** (mix / match of the following):
 - Carrots
 - Radishes
 - Cucumbers
 - Broccoli
 - Cauliflower
- **Beans** (canned or cooked): chickpeas or lentils (green, brown, or black)
- **Nuts of choice**
- **Cheese:** parmesan, feta, fresh mozzarella, or goat cheese

Prep ingredients

Chop the ingredients as necessary for ease of eating. For instance, carrots and radishes can be chopped; broccoli -- cut into smaller florets. Nuts can be roughly chopped if need be.

Place all ingredients in a bowl. Toss to mix. Set aside.

Make a quick vinaigrette

The standard ratio of vinaigrette is 3 parts oil to 1 part vinegar or acid. You can adjust this ratio however you see fit. If you like it more acidic, go with a 2:1 ratio of oil to vinegar. A 1:1 ratio might make you pucker.

- **Oil** of choice (olive, grapeseed, canola, avocado, etc)
- **Acid:** lemon juice and/or white wine vinegar
- **Greek yogurt** - plain, *not* sweetened
- **Dijon mustard**, to taste
- Fresh **garlic**, minced, to taste
- Ground **turmeric**
- **Salt and pepper**, to taste

Whisk it all together. You could try making this in a mason jar but yogurt doesn't always mix well with the shake it up method.

Voilà! Vinaigrette. Adjust seasonings to taste.

Put it all together

Toss the salad ingredients with the vinaigrette.

Serve.

Bon Appetit!

A not-so-boring salad full of fiber and probiotics. It's hearty enough to enjoy on its own or you can serve this with dinner.

Why is this *California* Chop Salad and not *Montana* Chop Salad?

I had a student from California ask me this question. I didn't have an answer until now. I should contact her. She needs to know.

Anyway, it's California Chop Salad because California happens to be the place where most of our veggies are grown. But more importantly, California has influenced our eating habits -- fresh, local, kale, chickpeas. Think of a food trend of the past 10 years and you can likely trace the popularity of certain foods to our most populous state. As California goes, so goes the nation.

Black Bean & Quinoa Burger

Cook the quinoa

Combine 1/2 cup quinoa with 1 cup water. Bring to a boil. Cover. Reduce heat to low. Simmer until quinoa is cooked, about 20 minutes. Drain off excess water. Set aside.



Gather other ingredients

- 1 bell pepper any color, roughly chopped
- 1/2 onion, roughly chopped
- 1-3 cloves garlic
- 1 serrano pepper (or jalapeno), seeds removed
- Handful of fresh parsley
- 2 (15 ounce) cans black beans, drained and rinsed
- 1 tablespoon ground flax mixed with 2 tablespoons water (or 1 egg)
- Seasonings: chili powder, cumin, black pepper, salt (no measuring. trust yourself)
- 1-2 cups plain bread crumbs (or cornmeal)



Heat oil and form into patties

Heat a couple tablespoons of oil in a saute pan (cast iron works really well) over medium heat.

Form the mixture into patties.



Pulse

Put the bell pepper, onion, garlic, serrano pepper, and parsley in a food processor. Pulse a few times to roughly chop.

Add the beans and quinoa. Pulse a few times to mix and chop. Pour the mixture into a bowl. Add the flax, seasonings, and bread crumbs. Mix well.



Fry and Serve

Fry the patties until browned on each side.

Top with cheese if desired (every burger needs cheese). Serve with burger toppings of choice, including pickles and yogurt sauce.



Yogurt sauce?

Greek yogurt + minced garlic + Sriracha + salt + pepper.

If you prefer mayo, use may. Yogurt is better for the gut, though.

No quinoa or black beans?

Again, don't panic if you don't have quinoa. Do you have rice? Ok, use that. Barley? That works, too.

Running short on black beans? Um, let's see. Do you have chickpeas? Pinto beans? Adzuki beans? Any bean? Use what you have. I promise it will be fine.

Sweet Potato Fries

Preheat oven to 400°F



Gather ingredients

- 2-4 sweet potatoes, peeled and cut into fries (more like Wendy's fries as opposed to McD's).
- oil of choice
- Seasonings: garlic powder, paprika, salt, and pepper (or Indian seasonings such as garam masala or curry powder)

Measurements are purposefully not given. Use your best judgment.

Best rule of thumb for determining number of potatoes -- 1 large sweet potato will be enough for 2 people. Unless one of the people is the Rock. He likely needs more.



Bake

Spread onto a sheet pan in a single layer. Bake for 15 minutes. Flip and bake for 10 minutes longer or until browned and starting to crisp up.

Toss

Toss the sweet potatoes with the oil and seasonings.



Bon Appetit!

Serve with a burger or sandwich. Could also make a good snack.

Sweet potato vs Yam

When I was a kid, my uncle told me to eat yams because they'll put hair on your chest. The gullible part of me believed him and I avoided yams like the plague. Even today, I'm weary of eating yams for fear I'll end up with a hairy chest. Moral of the story, don't tell kids these things if you want them to eat veggies.

Anyway... sweet potatoes and yams are different things but we often confuse them. The yams in question from my childhood were likely sweet potatoes. In fact, you'll have a tough time finding actual yams in the U.S. If you see something labeled "yam," it's probably an orange flesh sweet potato. Sweet potatoes, it turns out, come in different colors - orange, white or purple.

No matter the color, they are all highly nutritious - full of fiber and vitamins. The color may indicate the dominant micronutrient that is available - orange (beta carotene or Vitamin A), purple or white may have more flavonoids. All good for you.

Avocado Toast

Get your toaster ready (i.e., plugged in)

Gather ingredients

- **Bread.** Choose a high fiber bread -- something along the lines of whole wheat.
- **Avocado.** Choose a nice ripe avocado. If it isn't ripe and you have a few days, place it in a brown sack.
- **Salt**
- **Toppings** as desired



Toppings - More than just avocado

You can simply just eat the toast with avocado OR you can dress it up with additional toppings such as:

- Chopped peppers (add a bit of onion and garlic for even more goodness)
- Fresh tomatoes, sliced
- Egg (cooked, of course. Who eats raw eggs?)
- Fresh herbs
- Sliced radishes
- Green leafy vegetables



Bon Appetit!



Enjoy your avocado toast. Don't forget to unplug the toaster.

Ready, set, toast

- Toast your sliced bread to desired brown or black color.
- Spread with avocado.
- Sprinkle with salt.
- Add any toppings you want.

Why all the avocado love?

First, avocados are technically a stone fruit that are sometimes referred to as an "alligator pear." Ok, that's earth-shattering news. I challenge you to ask someone for an alligator pear or ask for alligator pear toast or guacamole made with alligator pears. Go ahead. Do it.

But what's the big flippin' deal about avocados (alligator pears)? They are packed with nutrition -- good fats (monounsaturated fats), dietary fiber, more potassium than a banana (yeah, you heard me, banana), and a rich source of a wide variety of vitamins, minerals, and antioxidants.

Time for alligator pear toast.

Oat Blondies

Preheat oven to 350°F

Choose your baking pan

Use either an 8-inch square non-stick baking pan OR use a 10-inch cast iron pan.

If using an 8-inch baking pan, grease it with butter or coconut oil. Line with parchment if you have it. If you don't have parchment, don't sweat it.

Brown the butter

Caveat -- you cannot brown coconut oil.

If using butter, place it in a skillet (use the cast iron if you are using that as your baking pan). Turn heat to medium and melt the butter. Cook until the butter turns an amber brown color.

Pour into a mixing bowl and allow to hang out for a moment.

Gather ingredients

- 1/2 cup **unsalted butter** (or 1/3 cup melted coconut oil)
- 1 cup **flour**
- 3/4 cup **rolled oats**
- 1 teaspoon **baking powder**
- 1/2 teaspoon **cinnamon**
- 1/2 teaspoon **salt**
- 3/4 cup **blueberries** or **chocolate chips**
- 3/4 cup **brown sugar***
- 1 large **egg**
- 1/2 teaspoon **vanilla**
- 1/4 cup chopped **nuts** or **seeds** of choice

Mix the dry ingredients

In a bowl, stir together the flour, oats, baking powder, cinnamon, and salt. Add the blueberries (or chocolate chips). Set aside.

Mix the wet ingredients

Add the brown sugar, egg, and vanilla to the browned butter (or coconut oil). Stir to combine well.

Bake

Bake for 25-35 minutes or until set in the middle and golden brown on top. Cool for 15-20 minutes after baking (if you can wait).

Mix together

Add the dry ingredients to the wet ingredients. Stir to combine. Add the nuts or seeds of choice. Pour batter into the pan or skillet.

No brown sugar?

First, don't panic. The world is not ending because you don't have brown sugar. Try some substitutions instead:

2/3 cup white sugar + 2 tablespoons liquid sweetener (molasses, honey, maple syrup, brown rice syrup)

Kale Apple Slaw

Gather ingredients

- 1 bunch **kale**, finely chopped
- 1/2 **red onion**, diced
- 1 **apple** (Gala, Braeburn, Honeycrisp, Fuji), shredded or finely chopped
- Handful of chopped **nuts**
- **Greek yogurt** - cup or so
- **Honey**, to taste
- **Sugar**, to taste
- **Cider vinegar**, to taste
- **Dijon mustard**, to taste
- **Olive oil**, to taste
- **Salt and pepper**, to taste



Whisk, Mix, Combine

In a large bowl, toss together the kale, onion, apple, and nuts.

In another bowl, whisk together the yogurt, honey, sugar, vinegar, Dijon, olive oil, salt and pepper. Adjust seasonings to desired preferences.

Pour the Greek yogurt mixture over the kale mixture. Toss to combine well.



Refrigerate

Refrigerate for about 15-30 minutes to let the flavors mesh. It actually tastes even better the next day.

Serve.



Bon Appetit!

This can be enjoyed like any other coleslaw, serve alongside a bevy of BBQ and grilled foods.

Coleslaw or Slaw

Where does coleslaw come from? Well, like many things we eat today, the origins of coleslaw could possibly trace their roots back to the Romans, who served their cabbage tossed with vinegar and spices. The American version drenched in mayo, can be traced back to the 18th century among Dutch settlers in New York state. I guess they didn't like just plain cabbage. No, they added a mix of butter, vinegar, and oil to it. This is likely the precursor to mayo, which was created around this time.

At any rate, coleslaw for Americans is one of those dishes that is uniquely ours. Travel to any grocery store deli and you'll find many versions of it including classic slaw with cabbage, carrots, and sweet mayo dressing.

Coleslaw finds itself served at many cookouts around the country. It may not be a cookout if you don't have coleslaw. Since it is made with mayo (or yogurt), be mindful of food borne illness. Please keep the coleslaw chilled until ready to serve and don't let it sit out for too long in the hot sun.

BBQ Tempeh

Gather ingredients

- oil of choice
- 2 packages **tempeh**, cut into cubes or strips
- **water**, enough to coat the bottom of the pan
- Quick **BBQ sauce** -- enough to cover the tempeh: ketchup + molasses + brown sugar + cider vinegar + chili powder + soy sauce
 - Or use bottled BBQ sauce. I'll never know.



Cook

Heat a bit of oil in a skillet over medium heat. Add the tempeh and fry the tempeh for a couple of minutes. Turn off the heat (simply because once you add water, it's going to splutter ... you've been warned).

Pour in enough water to coat the bottom of the pan. Add the BBQ sauce. Toss to mix.

Turn the heat back on and cook for about 10-15 minutes.

Serve.



Bon Appetit!

Yes, that's it. You can try serving this on a bun but it's probably easiest to eat with a fork.

Tempeh

Originating from Java, tempeh is made from fermented soybeans that is formed into a cake-like block. If you see black spots on tempeh, have no fear. This is simply additional fermentation occurring.

Tempeh is more readily available than it was just a few years ago. Today, you can find tempeh made with grains instead of soybeans. No matter which type of tempeh you eat, it is full of fiber and protein, making it a good meat alternative.

Enjoy tempeh in stir fry and tacos, in addition to the BBQ'd version above.

Granola Bars

Gather ingredients

- 1 cup nut butter of choice
- 2/3 cup honey
- splash of vanilla
- pinch of salt
- 2 1/2 cups rolled oats
- 1/3 cup of crunchiness (mix/match)
 - pepitas
 - sunflower seeds
 - finely chopped nuts
 - finely chopped peanuts
- 1/4 cup of extras (mix/match)
 - dried fruit (finely chopped)
 - shredded coconut
 - mini chocolate chips



Stir, press, wait

Line an 8x8-inch baking pan with parchment paper (can be a 9x9 pan too; if you double the recipe, use a 9x13 pan).

Stir together the nut butter, honey, vanilla, and salt. Add the oats, crunchiness (nuts or seeds), and extras. Mix well until it starts to stick together.

Press into the pan.

Chill for 30-60 minutes. Then cut into bars and serve.



Bon Appetit!

Yes, that's it. Honestly these are better than store bought. Keep refrigerated.

Do I really need to measure?

For this recipe, I highly recommend measuring the ingredients. Why? Because we're trying to achieve a balance of stickiness so the bars don't crumble.

Preheat oven to 400°F.

Gather crust ingredients

- 1 cup AP flour
- 2/3 cup whole wheat flour
- hefty pinch of salt
- 1 tablespoon of sugar
- 3/4 cup (12 tablespoons) unsalted butter, cut into cubes
- 1/3 to 1/2 cup cold water



Mix and Refrigerate

Mix together the AP flour, whole wheat flour, salt, and sugar. Using a pastry blender or 2 knives or forks (or your hands or a food processor), cut the butter into the flour. All this means, you are mixing the butter into the flour to create small chunks of butter distributed throughout the dough.

Add enough water until it starts to form a dough. You don't want it too crumbly or moist. Crumbly -- add more water; Too moist -- add more flour.

Form into a disk and wrap in plastic. Refrigerate for 15 minutes or so.



Roll out and Assemble

In a bowl, mix together the fruit, sugar, thickener, salt, and spices.

Line a sheet pan with parchment.

Roll crust on a lightly floured surface to a 12-inch round or so (don't measure ... just eyeball it). Place it on the sheet pan.

Pile the fruit in the center of the crust, leaving a 2 inch border around the edge. Fold the rim of the dough around the filling, overlapping the dough.

Add a few pats of butter (optional) over the filling.

Brush the dough with egg wash.



Meanwhile ... make the filling

- Fruit (choose one unless you think a couple go well together): **nectarines, peaches, plums, apples, pears, cherries, fresh berries (raspberries, blueberries, blackberries, strawberries).** Quantity: 1 to 1 1/2 pounds or so (this is about 3 apples for instance). Prep: process as needed - remove pits, slice, or leave whole like the berries
- **Sugar** - enough to coat the fruit
- **Thickener** -- flour or cornstarch -- about a tablespoon of either
- **Zest of 1 orange or 1 lemon** (whichever goes with your fruit)
- Pinch of **salt**
- **Spices** (optional) -- cinnamon, cardamom, nutmeg, allspice.
- **Egg wash** -- 1 egg mixed with 1 tablespoon water



Bake

Bake the galette until golden brown and the fruit is cooked, about 25-35 minutes.

As American as Apple Pie?

As you may have noticed, this isn't exactly a pie. Or at least it isn't a pie in the American sense. It's what the French would consider a pie, albeit a free form version of one. They don't typically bake pies like we do -- you know those deep dish, 12-inch marvels found in diners, pie shops, and homes across the U.S. No, the French are perhaps too refined for such a thing. Instead, they opt for tarts and galettes.

The history of pies dates back many thousands of years. The Romans had their own version of pie and many of the pies baked way back when were filled with meat and other savory items. American's version of pie was influenced by the British settlers who brought over their version of savory pie (like Shepherd's Pie) to the colonies. However, the sweet fillings of fruit or custard is a relatively new thing of the past 200 years or so.

Even though I like a good pie (my favorite is cherry), I often bake galettes more than anything pie. They seem to be more forgiving and simple to put together. Plus, if I decide I do not want to use fruit, I can simply make this savory. Instead of a dessert, I now have a galette for dinner or brunch that can be served with a salad.

If you want savory ingredients, try the following combinations:

- Chard or Kale + Leeks + Goat cheese + Bacon
- Tomatoes + Onion + Fontina or mozzarella cheese (like a pizza!)
- Zucchini + Ricotta (seasoned with salt, pepper, and garlic)
- Broccoli + Parmesan + Gouda

If using chard, kale, leeks, or broccoli, be sure to saute these first before baking. Use cheese as the first layer to help prevent any sogginess from the filling. Then top off with a little more cheese. And always be sure to season with salt and pepper at the very least.