

APPETIZERS AND SNACKS



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DIPS AND SPREADS

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dipping sauce

Appetizers encompass a wide range of flavors, ingredients, and preparations. They include a number of global traditions, such as antipasti, tapas, meze, and hors d'oeuvres, but good old American dips, chips, and other munchies fit in, too.

From the French, “hors d'oeuvres” translates to “outside the main work” and are often dramatic, richly seasoned bites of savory, oven-baked nibbles or dips and spreads ideally suited to cocktail parties or a buffet table. When served as the first course of a meal, appetizers are often enjoyed while seated at the dinner table with a knife and fork, but more casual pickup food is often eaten out of hand. People may also be willing to try new things when offered in “small bites,” so it is inspiring both for the cook and those being fed.

The chapter begins with a tasty collection of snacks and munchies, from party mix, to popcorn, to chips, followed by a savory selection of dips and spreads, including favorites like hummus and tapenade. The next section is filled with a tempting selection of cold appetizers—recipes like spring rolls and dolmas that can be made ahead of time and then refrigerated until needed. Hot appetizers can be found in the final section of this chapter. These include tasty bites such as dumplings and samosas, as well as crostini and vegetables in puff pastry. Since these recipes are served warm or hot, they need last-minute attention.



SNACKS

ragin' cajun popcorn

makes 8 to 10 cups

Adding spices to popcorn transforms it from an ordinary snack food to party fare. The Cajun seasoning in this recipe is guaranteed to wake up your taste buds, but why stop here? Experiment with other flavors, such as curry spices or jerk spice seasonings.

- 1 tablespoon dried oregano
- 1 tablespoon smoked paprika
- 1 teaspoon ground cumin
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon celery salt
- ¼ teaspoon ground cayenne
- ¼ cup olive oil
- ⅓ cup popcorn kernels

1. In a small bowl, combine the oregano, paprika, cumin, garlic powder, onion powder, celery salt, and cayenne. Mix well and set aside.

2. In a large saucepan, combine the oil and popcorn. Cover tightly and place over high heat, shaking the pan occasionally. Once popping begins, continue shaking the pan until the popping almost stops. Transfer the hot popcorn to a large bowl. Sprinkle with the spice mixture and mix well. Serve immediately.

asian fusion party mix

makes about 11 cups

Wasabi peas, soy sauce, and the use of rice cereal give this party mix an Asian nuance. For more Asian flavor, use scissors to cut a

sheet of nori into 1-inch strips and then cut those strips into thin matchstick-size strips. Just before serving, toss the prepared nori into the party mix.

- 6 cups popped popcorn
- 2 cups bite-size crisp rice breakfast cereal squares
- 1 cup unsalted roasted cashews or peanuts
- 1 cup small pretzels
- 1 cup wasabi peas
- ¼ cup vegan margarine
- 1 tablespoon soy sauce
- ½ teaspoon garlic salt
- ½ teaspoon seasoned salt

1. Preheat the oven to 250°F. In a 9 × 13-inch baking pan, combine the popcorn, cereal, cashews, pretzels, and peas.

2. In a small saucepan, combine the margarine, soy sauce, garlic salt, and seasoned salt. Cook, stirring, over medium heat until margarine is melted, about 2 minutes. Pour over the popcorn mixture, stirring to mix well. Bake for 45 minutes, stirring occasionally. Cool completely before serving.

sesame pita chips

makes 64 chips

Sure, you can buy pita chips in the store, but making your own is easy and economical. This recipe is easily halved or doubled, according to your needs.

- 4 (7-inch) pita breads
- Toasted sesame oil
- ⅓ cup sesame seeds
- Salt

1. Preheat the oven to 350°F. Carefully slice each pita bread into two circles with a serrated knife. Lightly brush oil onto the inner side of each circle.

2. Cut the pita circles into eighths and arrange the pieces on a baking sheet in a single layer, oil side up. Sprinkle with sesame seeds and salt to taste. Bake until golden brown, about 10 minutes. Serve warm or at room temperature. These are best eaten on the day they are made but, once cooled, they can be covered and stored at room temperature for 1 to 2 days.

tortilla chips

makes 32 chips

Homemade tortillas taste great fresh from the oven—an advantage you don't get with commercial chips. You can also season these chips to suit your own taste—adding more or less salt and even spicing things up by sprinkling on some chili powder and cayenne.

4 (6-inch) flour tortillas

Olive oil or nonstick cooking spray

Salt

1. Preheat the oven to 350°F. Lightly brush both sides of the tortillas with oil. Cut each tortilla into eighths and place the triangles on a baking sheet.
2. Sprinkle with salt to taste, and bake until crisp and lightly browned, 8 to 10 minutes. Cool completely before serving. These are best eaten on the day they are made but, once cooled, they can be covered and stored at room temperature for 1 to 2 days.

black sesame wonton chips

makes 24 chips

Black sesame seeds give these chips an exotic, sophisticated look, but if they are unavailable, regular white sesame seeds can be used instead.

12 Vegan Wonton Wrappers, (page 41)

Toasted sesame oil

⅓ cup black sesame seeds

Salt

1. Preheat the oven to 450°F. Lightly oil a baking sheet and set aside. Cut the wonton wrappers in half crosswise, brush them with sesame oil, and arrange them in a single layer on the prepared baking sheet.
2. Sprinkle wonton wrappers with the sesame seeds and salt to taste, and bake until crisp and golden brown, 5 to 7 minutes. Cool completely before serving. These are best eaten on the day they are made but, once cooled, they can be covered and stored at room temperature for 1 to 2 days.

roasted chickpeas

makes about 1½ cups

This crunchy high-protein snack is a nice change from nuts and chips. I sometimes toss a few in my salad, too. For a spicy version, sprinkle crushed red pepper or ground cayenne on the chickpeas.

1½ cups cooked or 1 (15.5-ounce) can chickpeas, drained and rinsed

2 tablespoons olive oil

Salt

1. Preheat the oven to 375°F. In a small bowl, combine the chickpeas and oil. Toss to coat. Spread the chickpeas in a 9 × 13-inch baking pan and sprinkle with salt to taste. Roast until the chickpeas are crisp and browned, about 30 minutes.
2. Cool completely before serving. These are best eaten on the day they are made but, once cooled, they can be covered and stored at room temperature for 2 to 3 days.

fiery pumpkin seeds

makes about 2 cups

Shelled pumpkin seeds, sometimes called pepitas, are available in Latin American groceries and natural food stores.

- 1 teaspoon sweet paprika
- ½ teaspoon ground cumin
- ¼ cup olive oil
- 1 teaspoon Tabasco sauce
- 2 cups shelled pumpkin seeds (pepitas)
- Salt

1. Preheat the oven to 400°F. In a small bowl, combine the paprika and cumin. Whisk in the oil and Tabasco. Add the pumpkin seeds and toss to coat.
2. Spread the seeds on a baking sheet and bake until fragrant, about 5 minutes. Remove from oven, sprinkle with salt to taste, and cool completely before serving. These are best eaten on the day they are made but, once cooled, they can be covered and stored at room temperature for 2 to 3 days.

personalized trail mix

makes about 3 cups

The best part about making your own trail mix is that you get to decide what goes in it. Don't like coconut? Leave it out. Want more cashews? Put them in. Brimming with nuts and fruit, it's also a nutritious snack to keep on hand for children.

- ½ cup unsweetened flaked coconut
- ½ cup unsalted roasted cashews
- ½ cup slivered blanched almonds
- ½ cup vegan semisweet chocolate chips
- ½ cup sweetened dried cranberries
- ⅓ cup chopped dried pineapple
- ¼ cup unsalted roasted sunflower seeds

1. In a small skillet, toast the coconut over medium heat, stirring, until lightly browned, 2 to 3 minutes. Set aside to cool.

2. In a large bowl, combine the cashews, almonds, chocolate chips, cranberries, pineapple, and sunflower seeds. Stir in the toasted coconut. Cool completely before serving. This is best when served on the same day that it is made.

agave-glazed pecans

makes about 2 cups

A delicious party munchie, these crunchy pecans also make a nice hostess gift—place them in a clear bag or jar and tie with a ribbon. Look for agave nectar in natural food stores. If unavailable, brown rice syrup or pure maple syrup may be used instead.

- ⅓ cup agave nectar
- 1½ tablespoons vegan margarine
- ½ teaspoon ground cinnamon
- ⅛ teaspoon salt
- 1 teaspoon pure vanilla extract
- 2 cups pecan halves

1. In a medium skillet, combine the agave nectar, margarine, cinnamon, and salt. Cook over medium heat, stirring until the mixture turns an amber color and thickens. Add the vanilla and the pecans, stirring gently until the nuts are coated with the glaze.

2. Quickly transfer the nuts to a nonstick baking sheet and spread in a single layer to cool completely before serving. These are best eaten on the day they are made but, once cooled, they can be covered and stored at room temperature for 2 to 3 days.

five-spiced walnuts

makes about 2 cups

In addition to being a great snack bursting with flavor, these zesty walnuts make a rich addition to Asian salads or stir-fries. If five-spice powder is unavailable, use a combination of 1/4 teaspoon ground fennel seed, 1/4 teaspoon ground cinnamon, 1/4 teaspoon ground star anise, 1/4 teaspoon ground Szechuan peppercorns, and 1/4 teaspoon ground cloves instead.

2 tablespoons vegan margarine
1 tablespoon canola or grapeseed oil
1 tablespoon soy sauce
1/4 teaspoons five-spice powder (see headnote)
2 cups walnut halves
Salt (optional)

1. Preheat the oven to 325°F. In a medium saucepan, combine the margarine and oil and cook over low heat, stirring until the margarine is melted. Stir in the soy sauce and the five-spice powder and cook for 1 to 2 minutes to blend the flavors. Add the walnuts and toss to coat well.
2. Spread the walnuts on a baking sheet in a single layer and bake for 15 minutes, stirring occasionally. Sprinkle lightly with salt, if using, and cool to room temperature before serving. These are best eaten on the day they are made but, once cooled, they can be covered and stored at room temperature for 2 to 3 days.

curried cashews

makes about 2 cups

The natural sweetness of cashews is a delightful complement to the spicy curry seasoning. Eat as a snack or sprinkle on top of your favorite curried dish.

2 tablespoons vegan margarine
2 tablespoons canola or grapeseed oil
2 tablespoons hot or mild curry powder
1/2 teaspoon salt
2 cups unsalted roasted cashews

1. In a large skillet over medium heat, combine the margarine and oil, stirring until the margarine is melted. Add the curry powder and salt and stir to blend. Add the cashews and cook, stirring until the nuts are coated with the seasoning and lightly browned, about 10 minutes
2. Transfer to a baking sheet and spread in a single layer to cool to room temperature before serving. These are best eaten on the day they are made but, once cooled, they can be covered and stored at room temperature for 2 to 3 days.

edamame with coarse salt

makes 6 servings

Edamame are green soybeans in the pod, sold both fresh and frozen. They make a nourishing snack and are a great way to begin a Japanese meal. They're fun to eat, too, with the beans slipping out of the pods directly into your mouth. Be sure to have a bowl handy for the discarded pods.

1 (16-ounce) bag unshelled frozen edamame
Coarse salt

1. In a large saucepan of boiling salted water, cook the edamame until tender, 10 minutes. Drain well and pat dry.
2. Transfer to a bowl and season with coarse salt to taste. Serve hot or warm.

jerk-spiced soy jerky

makes 8 servings

This tasty and economical jerky can also be made in a dehydrator, if you have one.

- 2 teaspoons allspice
- 2 teaspoons dried thyme
- 1 teaspoon garlic powder
- 1 teaspoon sugar
- ½ teaspoon freshly ground black pepper
- 3 tablespoons soy sauce
- 2 tablespoons ketchup
- 1 tablespoon pure maple syrup
- 1 tablespoon olive oil
- ½ teaspoon liquid smoke
- 1 (16-ounce) package extra-firm tofu, drained, cut into ¼-inch slices, and pressed (page xiv)

1. In a shallow bowl, combine the allspice, thyme, garlic powder, sugar, and pepper. Stir in the soy sauce, ketchup, maple syrup, oil, and liquid smoke, stirring until well blended.
2. Dip the tofu slices into the sauce to coat on both sides and place on a nonstick baking sheet. Refrigerate for 1 hour to allow the sauce to soak into the tofu.
3. Place the oven rack in the lowest position of the oven. Preheat the oven to 200°F. Transfer the baking sheet to the oven and bake for about 8 hours, turning the tofu slices every few hours. The jerky is done when it is very firm and a deep reddish brown color. Cool to room temperature. If not using right away, cover and refrigerate until needed. Properly stored, it will keep for up to 5 days.

flower power granola squares

makes 16 squares

Powered by sunflower seeds, as well as cranberries, chocolate chips, and coconut, these granola squares make a yummy snack for flower children of all ages.

- 1 cup shelled sunflower seeds, lightly crushed
- 2 cups quick-cooking oats
- 1 cup vegan semisweet chocolate chips
- ¾ cup sweetened dried cranberries
- ½ cup unsweetened flaked coconut
- 1 cup soy milk
- 2 tablespoons vegan margarine, melted
- 2 tablespoons agave nectar or maple syrup

1. Preheat the oven to 350°F. Lightly oil an 8-inch square baking pan and set aside.
2. In a large bowl, combine the sunflower seeds, oats, chocolate chips, cranberries, and coconut. Mix well.
3. In a small bowl, combine the soy milk, melted margarine, and agave nectar and pour over the dry mixture. Mix until thoroughly blended.
4. Transfer the mixture to the prepared pan and press it evenly into the pan. Bake until lightly browned around the edges, about 25 minutes. Cool for 5 minutes on a wire rack before cutting into 2-inch squares. Cool completely before serving. These are best eaten on the day they are made but, once cooled, they can be covered and stored at room temperature for 2 to 3 days.

DIPS AND SPREADS

green-green guacamole

makes about 2½ cups

Since avocados are high in fat, some people limit their intake, which can be difficult for card-carrying guacamole lovers. This lighter, lower fat version comes to the rescue with zucchini and protein-rich edamame replacing some of the avocado.

1 tablespoon olive oil

1 small zucchini, peeled and cut into ¼-inch slices

2 garlic cloves, minced

Salt

¼ cup shelled fresh or frozen edamame

1 ripe Hass avocado

1 tablespoon fresh lemon juice

1. In a large skillet, heat the oil over medium heat. Add the zucchini and garlic, and season with salt to taste. Cover and cook until soft and liquid is evaporated, about 10 minutes. Set aside to cool for 15 minutes.

2. In a medium saucepan of boiling salted water, cook the edamame until soft, 10 minutes. Drain well and set aside to cool. Transfer the cooled zucchini mixture to a food processor. Add the edamame and puree.

3. Pit and peel the avocado and transfer to the food processor along with the lemon juice and salt to taste. Pulse to combine, if you like a little texture in your guacamole, otherwise process until smooth and well blended. Taste, adjusting seasonings if necessary. Cover and refrigerate until ready to serve. This dip is best if used on the same day that it is made.

basic guacamole: For an all-avocado guacamole, simply mash 2 or 3 ripe avocados in a bowl with lemon or lime juice and salt to taste, adding minced garlic, tomato, cilantro, or other seasonings according to your own preferences.

black and green olive tapenade

makes about 1½ cups

Tapenade is a classic olive and caper spread from Provence. It can be made entirely with black or green olives instead of both, if you prefer. Just don't omit the capers since that's what makes it tapenade (tapeno means "caper" in Provençal). Be sure to use good quality olives such as the black niçoise or kalamata and the green gorda or picholine. Tapenade is delicious spread on crackers or toasted bread.

¼ cup capers

1 cup pitted black olives

½ cup pitted green olives

1 teaspoon fresh lemon juice

Pinch dried thyme

Freshly ground black pepper

¼ cup olive oil

In a food processor, combine the capers with the black and green olives and process until finely chopped. Add the lemon juice, thyme, and pepper to taste. With the machine running, stream in the oil and blend to a smooth paste. Transfer the tapenade to a small bowl and serve. If not using right away, cover and refrigerate until needed. Properly stored, it will keep for up to 5 days.

back-to-basics hummus

makes about 2 cups

This tried-and-true hummus recipe can be the foundation for myriad variations, such as the addition of chipotle chiles, tapenade, roasted garlic, or marinated artichokes. On the other hand, it's pretty darn good just the way it is, too. Tahini is made from ground sesame seeds and is widely available in natural food stores, specialty grocers, and well-stocked supermarkets.

3 to 4 garlic cloves

**1½ cups cooked or 1 (15.5-ounce) can chickpeas,
drained and rinsed**

¼ cup tahini (sesame paste)

Juice of 1 lemon

½ teaspoon salt

⅛ teaspoon ground cayenne

2 tablespoons olive oil

Sweet or smoked paprika, for garnish

1. In a food processor, process the garlic until finely minced. Add the chickpeas and tahini and process until smooth. Add the lemon juice, salt to taste, and cayenne and process until well combined.

2. With the machine running, stream in the oil and process until smooth. Taste, adjusting seasonings if necessary. Transfer to a medium bowl and sprinkle with paprika to serve. If not using right away, cover and refrigerate until needed. Properly stored it will keep in the refrigerator for up to 4 days.

roasted red pepper hummus

makes about 1½ cups

Roasted red pepper gives a vibrant color and flavor to hummus, making it an ideal inclusion on a holiday party buffet, especially when served with green dippers such as celery sticks and blanched green beans and broccoli florets.

2 garlic cloves, crushed

**1½ cups cooked or 1 (15.5-ounce) can chickpeas,
drained and rinsed**

2 roasted red peppers*

1 tablespoon fresh lime juice

Salt

Ground cayenne

1. In a food processor, process the garlic until finely minced. Add the chickpeas and red pepper and process until smooth. Add the lime juice and salt and cayenne to taste. Process until well blended. Taste, adjusting seasonings if necessary.

2. Transfer to a medium bowl and serve. If not using right away, cover and refrigerate until needed. Properly stored, it will keep for up to 3 days.

**Roasting Bell Peppers: Roast the peppers over an open flame or under the broiler, about 4 inches from the heat, turning until the skins are completely blackened. Put the charred peppers into a paper bag and set aside for 5 minutes to allow the steam to loosen the skins. Scrape off the blackened skin and remove the seeds and stems. The peppers are now ready to use in recipes.*

white bean and dill hummus

makes about 2 cups

Dillweed adds a nice flavor nuance to this hummus, giving it a refreshing taste that sets it apart from the traditional hummus flavor. Serve with rice crackers or crisp cucumber slices for dipping. Try different herbs, too, such as rosemary.

2 garlic cloves, crushed

1½ cups cooked or 1 (15.5-ounce) can white beans, such as Great Northern, drained and rinsed

¼ cup tahini (sesame paste)

2 tablespoons fresh lemon juice

¼ cup fresh dillweed or 2 tablespoons dried

½ teaspoon salt

⅛ teaspoon ground cayenne

2 tablespoons olive oil

1. In a food processor, process the garlic until finely minced. Add the chickpeas and tahini and process until smooth. Add the lemon juice, dillweed, salt, and cayenne and process until well blended.

2. With the machine running, stream in the oil and process until smooth. Taste, adjusting seasonings if necessary. Transfer to a medium bowl and cover and refrigerate 2 hours before serving. The flavors improve and intensify if made ahead. Properly stored, it will keep for up to 3 days.

smoky chipotle-pinto hummus

makes about 1½ cups

Pinto beans and spicy chipotle chiles combine to create a hummus-inspired dip that goes great with tortilla chips.

1 garlic clove, crushed

1½ cups cooked or 1 (15.5-ounce) can pinto beans, drained and rinsed

1½ teaspoons canned chipotle chile in adobo

2 teaspoons fresh lime juice

Salt and freshly ground black pepper

1 tablespoon finely minced green onions, for garnish

1. In a food processor, process the garlic until finely minced. Add the beans and chipotle and process until smooth. Add the lime juice and salt and pepper to taste. Process until well blended.

2. Transfer to a medium bowl and sprinkle with the green onions. Serve right away or cover and refrigerate for 1 to 2 hours to allow the flavors to intensify. Properly stored, it will keep for up to 3 days.



baba ghanoush

makes about 2 cups

This classic Middle Eastern eggplant spread is wonderful as a dip for pita chips or as a spread on pita bread or wrap sandwiches. The tahini is added in increments—how much you use will depend on the size of your eggplant as well as personal taste.

- 1 large eggplant, halved lengthwise**
- 3 garlic cloves, slivered**
- ¼ cup tahini (sesame paste), plus more if needed**
- 2 tablespoons fresh lemon juice**
- ½ teaspoon salt**
- ⅛ teaspoon ground cayenne**
- ¼ teaspoon dried oregano (optional)**
- 1 tablespoon chopped fresh parsley, for garnish**
- 1 tablespoon pomegranate seeds, for garnish (optional)**

1. Preheat the oven to 425°F. Lightly oil a 9 × 13-inch baking pan and set aside. Make small slits in the cut sides of the eggplant and press the garlic into the slits. Transfer the eggplant halves, cut-side down, to the prepared baking pan and bake until soft, about 30 minutes. Set aside to cool.

2. Scoop the cooked eggplant flesh into a food processor. Add about ¼ cup of the tahini, the lemon juice, salt, cayenne, and oregano, if using, and process until smooth. Taste, adjusting seasonings if necessary, adding more tahini, if needed.

3. Transfer to a medium bowl and sprinkle with the parsley and pomegranate seeds, if using. Serve at room temperature. If not using right away, cover and refrigerate until needed. Properly stored, it will keep for up to 3 days.

three-bean dip

makes about 3 cups

This dip lends itself to lots of variation. Change the number and quantity of beans according to personal preference. If you substitute kidney beans or pintos for the edamame, for example, it will give it a pinkish hue. Adding more garlic and some hot chiles will spice it up. A sprinkle of cilantro or basil instead of parsley changes the character in yet another way. Beans freeze well, so if you have leftover beans from an opened can, you can store them in a sealed container in the freezer for later use.

- 1 garlic clove, crushed**
- 1 tablespoon chopped green onions**
- 1 cup cooked or canned Great Northern or other white beans, drained and rinsed**
- 1 cup cooked or canned chickpeas, drained and rinsed**
- 1 cup cooked shelled edamame**
- 1 tablespoon fresh lemon juice**
- Salt and freshly ground black pepper**
- 1 tablespoon minced fresh parsley, for garnish**

1. In a food processor, process the garlic and green onions until minced. Add beans, chickpeas, edamame, lemon juice, and salt and black pepper to taste, and process until smooth. Taste, adjusting seasonings if necessary.

2. Transfer to a medium bowl and sprinkle with the parsley. Serve right away or cover and refrigerate for 1 hour to allow the flavors to intensify. If not using right away, cover and refrigerate. Properly stored, it will keep for up to 3 days.

black bean and sun-dried tomato dip

makes about 1½ cups

Sun-dried tomatoes and balsamic vinegar add a complexity to the flavor of this robust dip. Serve with whole grain crackers or toasted coarse bread.

¼ cup oil-packed sun-dried tomatoes
1½ cups cooked or 1 (15.5-ounce) can black beans, drained and rinsed
1 tablespoon balsamic vinegar
2 tablespoons chopped fresh parsley
¼ teaspoon dried marjoram or basil
Salt and freshly ground black pepper

1. In a food processor, process the tomatoes until finely chopped. Add the beans and pulse until combined. Add the vinegar, parsley, marjoram, and salt and pepper to taste. Process until just blended, leaving some texture.
2. Transfer to a medium bowl and serve. If not using right away, cover and refrigerate. Properly stored, it will keep for up to 3 days.

mylie's secret queso dip

makes about 2½ cups

This cheesy dip is too good to keep a secret any longer. Adapted from a recipe shared with me by my friend and vegan queso dip lover Mylie Thompson, it's great for nachos as well as on baked potatoes, cooked veggies,

or even soft pretzels. Try spooning a little over some veggie chili.

1 tablespoon olive oil
½ cup minced onion
¼ cup oat flour or finely ground old-fashioned oats
2 tablespoons tahini (sesame paste)
½ cup nutritional yeast
⅓ cup unsweetened soy milk, plus more if needed
1 teaspoon pure maple syrup
1 (14.5-ounce) can diced tomatoes, drained and finely chopped
1 (4-ounce) can diced hot or mild green chiles, drained
1½ teaspoons chili powder
1½ teaspoons sweet or smoked paprika
½ teaspoon ground cumin
¼ teaspoon ground cayenne
½ teaspoon salt
1½ tablespoons fresh lemon juice

1. In a large saucepan, heat the oil over medium heat. Add the onion, cover, and cook until softened, about 5 minutes. Stir in the flour, tahini, nutritional yeast, soy milk, and maple syrup. Stir in the tomatoes and mix well.
2. Lower heat, and cook, stirring constantly. When the mixture starts to bubble, add the chiles, chili powder, paprika, cumin, cayenne, and salt. Continue to cook, stirring for about 10 minutes. Stir in the lemon juice. If the mixture is too thick, add a bit more soy milk. Taste, adjusting seasonings if necessary. Transfer to a medium bowl and serve warm. If not using right away, cover and refrigerate. Properly stored, it will keep for up to 4 days.

layered bean dip

makes about 6 cups

This recipe makes a lot, so keep it in mind when you need something easy and delicious to serve a crowd. Serve with tortilla chips.

- 1 (15.5-ounce) can pinto beans, drained and rinsed
- 1½ cups tomato salsa, homemade (page 567) or store-bought
- ½ cup vegan sour cream, homemade (page 574) or store-bought
- 1 cup guacamole, homemade (page 9) or store-bought
- 4 green onions, chopped
- 1 ripe tomato, chopped
- ½ cup sliced pitted black olives
- 1 (4-ounce) can diced hot or mild green chiles
- ¼ cup chopped fresh cilantro

1. In a medium bowl, mash the beans well. Add ½ cup of the salsa and mix well to combine.
2. Spread the bean mixture in a glass bowl or on a platter. Spread the sour cream on top, followed by the guacamole. Spread a layer of the remaining salsa on top of the guacamole and sprinkle with the green onions, tomato, olives, chiles, and cilantro.
3. Cover and refrigerate for at least 1 hour before serving. This dip is best if eaten on the same day that it is made.

cucumber and green olive dip

makes about 1½ cups

This light, refreshing, pale green dip can be served with crackers, chips, or cut-up vegetables. If you prefer a dip with texture, stir in some extra chopped green olives and minced green onion to the finished dip.

- ½ medium English cucumber, peeled, halved, seeded, and chopped
- ¾ cup pitted green olives
- 1 garlic clove, crushed
- 4 ounces firm tofu, well drained and crumbled
- ¼ cup chopped fresh parsley
- 2 tablespoons fresh lemon juice
- ½ teaspoon salt
- ⅛ teaspoon ground cayenne

1. In a food processor, combine the cucumber, olives, and garlic. Process until finely chopped. Add the tofu, parsley, lemon juice, salt, and cayenne and process until smooth.
2. Transfer to a medium bowl. Cover and chill for 1 hour before serving. This dip is best if used on the same day that it is made.

lemony edamame dip

makes about 2½ cups

Edamame, or fresh soybeans, are now widely available in and out of the pod and sold fresh and frozen. The vibrant color is surpassed only by the fresh taste derived by combining edamame with frozen green peas and a touch of lemon. This dip lends itself to lots of variation—you can add chiles or different herbs to change the flavor.

- 1¼ cups shelled fresh or frozen edamame
- ¾ cup frozen peas
- 1 garlic clove, crushed
- 1 tablespoon chopped green onions
- 2 tablespoons fresh lemon juice
- 1 tablespoon olive oil
- ½ teaspoon salt
- ¼ teaspoon ground cayenne
- ½ cup water
- 2 tablespoons minced fresh parsley or cilantro, for garnish

1. In a large saucepan of salted boiling water, cook the edamame until soft, about 10 minutes. During the last minute, add the peas. Drain well and set aside.

2. In a food processor, process the garlic and green onions until finely minced. Add the cooked edamame and peas, lemon juice, oil, salt, and cayenne, and process until smooth. Add up to $\frac{1}{2}$ cup of water and process until smooth. Taste, adjusting seasonings if necessary. Transfer to a medium bowl and sprinkle with the parsley. Serve right away or cover and refrigerate for 1 hour to allow flavors to intensify. This dip is best if used on the same day that it is made.

sushi-inspired edamame-avocado dip

makes about 2 cups

Two of my favorite Japanese treats, avocado sushi rolls and edamame, were the inspiration for this dip. Serve it with Black Sesame Wonton Chips (page 5). If black sesame seeds are unavailable, regular toasted sesame seeds can be used.

$\frac{3}{4}$ cup shelled fresh or frozen edamame

1 ripe Hass avocado

1 tablespoon fresh lime juice, plus more if needed
Salt

1 tablespoon minced pickled ginger, for garnish

1 tablespoon black sesame seeds, for garnish

1. In a medium saucepan of salted boiling water, cook the edamame until soft, about 10 minutes. Drain well and set aside to cool.

2. Pit and peel the avocado and transfer to a food processor. Add the lime juice and salt to taste, and the cooked edamame and process until smooth. Taste, adjusting seasonings, adding a bit more lime juice if needed. Transfer to a medium bowl and sprinkle with the pickled ginger and sesame seeds. This dip is best if used on the same day that it is made.

creamy spinach-tahini dip

makes about 1 cup

The delectable Japanese sesame-spinach dish called gomai is the inspiration for this delightful fresh-tasting spinach dip made with tahini (sesame paste).

1 (10-ounce) package fresh baby spinach

1 to 2 garlic cloves

$\frac{1}{2}$ teaspoon salt

$\frac{1}{3}$ cup tahini (sesame paste)

Juice of 1 lemon

Ground cayenne

2 teaspoons toasted sesame seeds, for garnish

1. Lightly steam the spinach until wilted, about 3 minutes. Squeeze dry and set aside.

2. In a food processor, process the garlic and salt until finely chopped. Add the steamed spinach, tahini, lemon juice, and cayenne to taste. Process until well blended and taste, adjusting seasonings if necessary. Transfer the dip to a medium bowl and sprinkle with the sesame seeds. If not using right away, cover and refrigerate until needed. Properly stored, it will keep for up to 3 days.

sassy spinach dip with roasted garlic

makes about 2½ cups

Thanks to vegan sour cream and mayo, no one has to be without their favorite spinach dip. This version, developed by my friend and recipe tester Toni Dahlmeier, has the added flavor dimension of roasted garlic. Serve with crackers, chips, veggies, or Great Garlic Bread (page 397).

- 5 to 7 garlic cloves
- 1 (10-ounce) package frozen chopped spinach, thawed
- ½ cup vegan mayonnaise, homemade (page 573) or store-bought
- ½ cup vegan sour cream, homemade (page 574) or store-bought
- 2 teaspoons fresh lime juice
- ¼ cup minced green onions
- ¼ cup shredded carrot
- 2 tablespoons minced fresh cilantro or parsley
- ½ teaspoon celery salt
- Salt and freshly ground black pepper

1. Preheat the oven to 350° F. Roast the garlic on a small baking sheet until golden, 12 to 15 minutes. Press or crush the roasted garlic and mash to a paste. Set aside.
2. While the garlic is roasting, steam the spinach until tender, 5 minutes. Squeeze dry and finely chop. Set aside.
3. In a medium bowl, combine the mayonnaise, sour cream, lime juice, and roasted garlic. Stir to combine. Add the green onions, carrot, and cilantro. Stir in the steamed spinach and season with the celery salt and salt and pepper to taste. Mix well. Chill at least 1 hour before serving to allow flavors to intensify. If not using right away, cover and refrigerate. Properly stored, it will keep for up to 3 days.

salsa and pinto bean spread

makes about 2½ cups

Pinto beans add protein and substance to this zesty spread. Make it with hot or mild salsa, depending on your preference. Serve with corn chips.

- 1½ cups cooked or 1 (15.5-ounce) can pinto beans, drained and rinsed
- 1 cup tomato salsa, homemade (page 567) or store-bought
- ¼ cup minced fresh parsley or cilantro
- 1 teaspoon fresh lime juice
- ½ teaspoon ground cumin
- ½ teaspoon chili powder
- Salt and freshly ground black pepper

In a food processor, combine all of the ingredients. Pulse until well mixed, but still slightly coarse. Taste, adjusting seasonings if necessary. Transfer the mixture to a medium bowl. Cover and refrigerate for at least 1 hour before serving. Properly stored, it will keep for up to 3 days.

four-seed bread spread

makes about 1¼ cups

I like to spread this high-protein spread on toasted Sunflower Artisan Bread (page 398). To vary the texture and flavor, try adding some minced onion, green onion, celery, or tomato.

- ½ cup sunflower seeds
- ¼ cup shelled pumpkin seeds (pepitas)
- 3 tablespoons sesame seeds
- 1 tablespoon ground flax seed
- 1 garlic clove, minced
- 3 tablespoons tahini (sesame paste)
- 3 tablespoons water
- 2 tablespoons olive oil
- 1 tablespoon soy sauce

- 2 teaspoons fresh lemon juice
- 1 tablespoon minced fresh parsley
- 1 teaspoon minced fresh chives (optional)
- ½ teaspoon salt
- ⅛ teaspoon ground cayenne

1. Lightly toast the sunflower seeds, pumpkin seeds, and sesame seeds (see page xix), then transfer them to a food processor.

2. Add the flax seeds and garlic, and process until finely ground. Add the tahini, water, oil, soy sauce, lemon juice, parsley, chives, if using, salt, and cayenne and process until smooth. Taste, adjusting seasonings if necessary. Transfer the spread to a medium bowl. If not using right away, cover and refrigerate until needed. Properly stored, it will keep for up to 4 days.

golden sunshine roasted veg spread

makes about 2 cups

This recipe was one of those happy accidents that began as a way to use up leftover roasted vegetables. After I spread it on some toasted coarse bread, it was love at first bite. This spread is also great served with the Walnut Oat Crackers (page 421) or your favorite crackers.

- 1 medium sweet potato, peeled and diced
- 1 medium carrot, sliced
- ½ medium yellow bell pepper, diced
- ½ small yellow onion, chopped
- 2 tablespoons olive oil
- Salt and freshly ground black pepper
- ¼ cup tahini (sesame paste)

1. Preheat the oven to 400°F. In a large bowl, toss the sweet potato, carrot, bell pepper, and onion with the oil and spread on a baking sheet. Season with salt and pepper to taste and roast, stirring occasionally, until the vegetables are soft, about 30 minutes. Set aside to cool.

2. Transfer the cooled vegetable mixture to a food processor. Add the tahini and process until smooth. Season with salt and pepper to taste. Transfer the mixture to a medium bowl. Cover and refrigerate until needed. Properly stored, it will keep for up to 3 days.

eggplant walnut spread

makes about 2½ cups

Walnuts and eggplant combine to make a versatile, rich-tasting spread that can be used as a dip, a spread for crackers or bread, or as a flavorful addition to a wrap sandwich.

- 2 tablespoons olive oil
- 1 small onion, chopped
- 1 small eggplant, peeled and cut into ½-inch dice
- 2 garlic cloves, chopped
- ½ teaspoon salt
- ⅛ teaspoon ground cayenne
- ½ cup chopped walnuts
- 1 tablespoon fresh minced basil
- 2 tablespoons vegan mayonnaise, homemade (page 573) or store-bought
- 2 tablespoons chopped fresh parsley, for garnish

1. In a large skillet, heat the oil over medium heat. Add the onion, eggplant, garlic, salt, and cayenne. Cover and cook until soft, about 15 minutes. Stir in the walnuts and basil and set aside to cool.

2. Transfer the cooled eggplant mixture to a food processor. Add the mayonnaise and process until smooth. Taste, adjusting seasonings if necessary, and then transfer to a medium bowl and garnish with the parsley. If not using right away, cover and refrigerate until needed. Properly stored, it will keep for up to 3 days.

za'atar-spiced roasted red pepper spread

makes about 1½ cups

Za'atar is Arabic for "thyme." The name is given to the herb Syrian marjoram, as well as a spice blend containing thyme, marjoram, and sumac. The latter is what is called for in this recipe. If za'atar spice blend is unavailable, use dried thyme mixed with a pinch of marjoram.

- ⅔ cup toasted walnuts**
- 2 jarred roasted red peppers (or see page 10)**
- 1 tablespoon fresh lemon juice**
- 1 tablespoon olive oil**
- ½ teaspoon za'atar spice blend**
- ½ teaspoon salt**
- ¼ teaspoon ground cayenne**
- Chopped fresh parsley, for garnish**

- 1.** In a food processor, process the walnuts until finely ground. Add the red peppers and lemon juice and process until smooth. Add the oil, za'atar, salt, and cayenne and blend until smooth. Taste, adjusting seasonings if necessary.
- 2.** Transfer the spread to a small bowl and garnish with the parsley. If not using right away, cover and refrigerate until needed. Properly stored, it will keep for up to 3 days.

white bean and artichoke spread

makes about 2½ cups

Creamy white beans are an ideal complement for the piquant artichoke hearts in this tasty spread festooned with chopped kalamata olives. It's great spread on pita triangles or used as a base for wrap sandwiches.

- 1 (6-ounce) jar marinated artichoke hearts, drained**
- 1½ cups cooked or 1 (15.5-ounce) Great Northern or other white beans, drained and rinsed**
- 1 tablespoon chopped fresh parsley**
- 1 tablespoon olive oil**
- 2 teaspoons fresh lemon juice**
- ½ teaspoon salt**
- ¼ teaspoon ground cayenne**
- 2 tablespoons pitted chopped kalamata olives**

- 1.** In a food processor, combine the artichoke hearts, beans, parsley, oil, lemon juice, salt, and cayenne. Process until well blended. Taste, adjusting seasonings if necessary.
- 2.** Transfer to a medium bowl and top with the chopped olives. If not using right away, cover and refrigerate until needed. Properly stored, it will keep for up to 3 days.



tempeh-pimiento cheeze ball

makes 8 servings

This totally retro appetizer gets a thoroughly modern makeover with the help of tempeh and nutritional yeast. Serve with crackers and one of those little cheese-spread knives you thought you'd never use again.

8 ounces tempeh, cut into ½-inch pieces
1 (2-ounce) jar chopped pimientos, drained
¼ cup nutritional yeast
¼ cup vegan mayonnaise, homemade (page 573) or store-bought
2 tablespoons soy sauce
¾ cup chopped pecans

1. In a medium saucepan of simmering water, cook the tempeh for 30 minutes. Set aside to cool. In a food processor, combine the cooled tempeh, pimientos, nutritional yeast, mayo, and soy sauce. Process until smooth.
2. Transfer the tempeh mixture to a bowl and refrigerate until firm and chilled, at least 2 hours or overnight.
3. In a dry skillet, toast the pecans over medium heat until lightly toasted, about 5 minutes. Set aside to cool.
4. Shape the tempeh mixture into a ball, and roll it in the pecans, pressing the nuts slightly into the tempeh mixture so they stick. Refrigerate for at least 1 hour before serving. If not using right away, cover and keep refrigerated until needed. Properly stored, it will keep for 2 to 3 days.

smooth and savory mushroom pâté

makes about 2 cups

Ground cashews give this luxurious pâté a buttery richness that will make it disappear in a crowd. Serve with a selection of crackers or breads for slathering.

1 tablespoon olive oil
½ cup chopped onion
1 garlic clove, minced
2 cups thinly sliced white mushrooms
½ teaspoon dried savory
1 tablespoon brandy or cognac (optional)
2 teaspoons soy sauce
Salt and freshly ground black pepper
½ cup raw cashews
Chopped fresh parsley, for garnish

1. In a large skillet, heat the oil over medium heat. Add the onion and garlic, cover, and cook until softened, about 5 minutes. Add the mushrooms and savory. Stir in the brandy, if using, soy sauce, and salt and pepper to taste. Cook, uncovered, stirring occasionally, until the mushrooms are soft and the liquid is evaporated, about 5 minutes. Set aside to cool.
2. In a food processor, grind the cashews to a fine powder. Add the cooled mushroom mixture and process until smooth. Spoon the pâté into a small crock or serving bowl. Smooth the top and sprinkle with parsley. Cover and refrigerate for at least 1 hour before serving. Properly stored, it will keep for up to 5 days.

COLD APPETIZERS

marinated olives

makes 4 servings

A bowl of marinated olives makes a great appetizer before dinner or a zesty (and easy) addition to a buffet table. While many supermarkets now have olive bars where marinated olives are available, I prefer making my own marinade so I can customize the flavors to my own taste. For a refreshing variation, make a citrus marinade by using orange or lemon juice in place of the vinegar and adding a tablespoon of orange or lemon zest. Instead of the oregano, use thyme, fennel, or rosemary.

- ¼ cup olive oil
- 2 garlic cloves, crushed
- ½ teaspoon dried oregano
- ¼ teaspoon crushed red pepper
- 1½ tablespoons white wine vinegar
- 1 cup brine-cured black olives, drained
- 2 teaspoons minced fresh parsley

1. In a small saucepan, heat the oil over low heat. Add the garlic, oregano, crushed red pepper, and vinegar and cook for 2 minutes. Remove from heat and stir in the olives.
2. Transfer to a bowl. Cover and refrigerate overnight. Remove the olives from the marinade and place in a small serving bowl. Sprinkle with parsley and serve. Cover and refrigerate any unused olives. Properly stored, they will keep for several weeks. To intensify flavor, remaining olives can be stored in the leftover marinade; otherwise, the remaining marinade can be discarded.

sesame-shiitake wonton crisps

makes 12 crisps

Chewy, earthy shiitakes and crisp, refreshing snow peas and carrot are anointed with a light sesame-lime dressing for a delicious and easy topping for toasted wontons. This is a great way to use homemade wrappers, but if you don't have the time to make them, you can use pita chips or rice crackers as a base for the topping, or spoon the mixture into thawed frozen phyllo cups, which can be found in supermarket freezers.

- 12 Vegan Wonton Wrappers, (page 41)
- 2 tablespoons toasted sesame oil
- 2 teaspoons canola or grapeseed oil
- 12 shiitake mushrooms, lightly rinsed, patted dry, stemmed, and cut into ¼-inch slices
- 4 snow peas, trimmed and cut crosswise into thin slivers
- 1 teaspoon soy sauce
- 1 tablespoon fresh lime juice
- ½ teaspoon sugar
- 1 medium carrot, shredded
- Toasted sesame seeds or black sesame seeds, if available

1. Preheat the oven to 350°F. Lightly oil a baking sheet and set aside. Brush the wonton wrappers with 1 tablespoon of the sesame oil and arrange on the baking sheet. Bake until golden brown and crisp, about 5 minutes. Set aside to cool. (Alternately, you can tuck the wonton wrappers into mini-muffin tins to create cups for the filling. Brush with sesame oil and bake them until crisp.)
2. In a large skillet, heat the canola oil over medium heat. Add the mushrooms and cook until softened, 3 to 5 minutes. Stir in the snow peas and the soy sauce and cook 30 seconds. Set aside to cool.

3. In a large bowl, combine the lime juice, sugar, and remaining 1 tablespoon sesame oil. Stir in the carrot and cooled shiitake mixture. Top each wonton crisp with a spoonful of the shiitake mixture. Sprinkle with sesame seeds and arrange on a platter to serve.

cheezy cashew–roasted red pepper toasts

makes 16 to 24 toasts

A tangy flavor and bright color give these cute canapés a festive appeal and a retro look. A soft white sourdough or wheat bread works best, since coarser breads may be too crumbly to cut attractively.

- 8 thin soft bread slices
- 2 jarred roasted red peppers (or see page 10)
- 1 cup unsalted cashews
- ¼ cup water
- 1 tablespoon soy sauce
- 2 tablespoons chopped green onions
- ¼ cup nutritional yeast
- 2 tablespoons balsamic vinegar
- 2 tablespoons olive oil

1. Use canapé or cookie cutters to cut the bread into desired shapes about 2 inches wide. If you don't have a cutter, use a knife to cut the bread into squares, triangles, or rectangles. You should get 2 to 4 pieces out of each slice of bread. Toast the bread and set aside to cool.

2. Coarsely chop 1 red pepper and set aside. Cut the remaining pepper into thin strips or decorative shapes and set aside for garnish.

3. In a blender or food processor, grind the cashews to a fine powder. Add the water and soy sauce and process until smooth. Add the chopped red pepper and puree. Add the green

onions, nutritional yeast, vinegar, and oil and process until smooth and well blended.

4. Spread a spoonful of the pepper mixture onto each of the toasted bread pieces and top decoratively with the reserved pepper strips. Arrange on a platter or tray and serve.

jicama-guacamole bites

makes about 24 bites

Jicama is used here as a fresh, crisp, and surprising canapé bottom that complements the guacamole topping. For a more casual presentation, serve the guacamole in a bowl and cut the jicama into strips to use as dippers.

- 2 ripe Hass avocados, pitted and peeled
- 2 garlic cloves, minced
- 2 tablespoons minced green onions
- 2 tablespoons fresh lime juice
- Salt and freshly ground black pepper
- 1 large jicama
- Cilantro leaves, for garnish

1. In a medium bowl, combine the avocado, garlic, green onions, and 1 tablespoon of the lime juice. Season with salt and pepper to taste. Mash with a fork until smooth but still slightly chunky. Set aside.

2. Peel the jicama and cut it into ¼-inch slices. Use canapé or cookie cutters to cut the slices into desired shapes, or use a knife to cut the jicama into 2-inch triangles. Toss the jicama with the remaining lime juice to prevent discoloration.

3. Top each slice of jicama with a heaping teaspoonful of the guacamole. Garnish each canapé with a cilantro leaf and arrange on a platter to serve.

lemon and garlic marinated mushrooms

makes 4 servings

Once you discover how fresh-tasting and delicious these mushrooms are (and easy to prepare), you'll never go back to buying those tired deli mushrooms. Serve on a buffet with a slotted spoon or toothpicks for easy pickup. They make a great addition to an antipasto platter as well.

- 3 tablespoons olive oil
- 2 tablespoons fresh lemon juice
- 2 garlic cloves, crushed
- 1 teaspoon dried marjoram
- ½ teaspoon coarsely ground fennel seed
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 8 ounces small white mushrooms, lightly rinsed, patted dry, and stemmed
- 1 tablespoon minced fresh parsley

1. In a medium bowl, whisk together the oil, lemon juice, garlic, marjoram, fennel seed, salt, and pepper. Add the mushrooms and parsley and stir gently until coated.
2. Cover and refrigerate for at least 2 hours or overnight. Stir well before serving.



cherry tomatoes stuffed with whirled peas

makes 24 tomatoes

Not many recipes have been inspired by bumper stickers, but it's easy to visualize "whirled peas" when it's a tasty stuffing for cherry tomatoes. Pass a platter of them at your next gathering and ask guests to "give peas a chance."

- 24 ripe cherry tomatoes
- 2 teaspoons olive oil
- 2 medium shallots, finely chopped
- ¾ cup frozen peas, thawed
- 1 teaspoon chopped fresh basil or mint
- 1 tablespoon vegan cream cheese or vegan sour cream, homemade (page 574) or store-bought
- Salt and freshly ground black pepper

1. Cut a very thin slice off the bottoms of the tomatoes. Use a small melon baller or a teaspoon to scoop out seeds and juice. Discard seeds and juice. Set aside scooped-out tomatoes, cut side down to drain.
2. In a small skillet, heat the oil over medium heat. Add the shallots, cover, and cook until softened, about 3 minutes. Add the peas, and cook, covered, 2 minutes longer. Remove from the heat and set aside to cool.
3. Transfer the shallot and pea mixture to a food processor and add the basil, cream cheese, and salt and pepper to taste. Puree until smooth. Use a pastry bag to pipe the mixture into the tomatoes and arrange on a platter to serve.

snow peas stuffed with sun-dried tomato hummus

makes about 24 snow peas

Crisp-tender snow peas stuffed with a flavorful sun-dried tomato hummus look lovely on a platter, especially when the hummus is piped into the snow peas using a pastry bag with a decorative tip. You can also use a plastic bag with one corner snipped off.

- 24 large firm snow peas, trimmed
- 3 garlic cloves, crushed
- 2 tablespoons chopped oil-packed sun-dried tomatoes
- ½ teaspoon salt
- 1½ cups cooked or 1 (15.5-ounce) can chickpeas, drained and rinsed
- ¼ cup tahini (sesame paste)
- 2 tablespoons water
- ⅛ teaspoon ground cayenne (optional)

1. Immerse the snow peas in a medium saucepan of simmering water just long enough to turn them bright green, about 30 seconds. Drain and run under cold water. Pat dry and set aside.
2. In a food processor, combine the garlic, tomatoes, and salt, and process to a thick paste. Add the chickpeas, tahini, water, and cayenne, if using, and process until smooth. Taste, adjusting seasonings if necessary. Spoon or pipe the mixture onto the snow peas and arrange decoratively on a platter to serve.

artichoke-and-walnut- stuffed belgian endive

makes 6 servings

When the endive leaves are arranged concentrically on a round platter, they look like a large flower or starburst. To add a bit of color to the presentation, fill the center of the circle with a small bowl filled with cherry tomatoes. If frozen artichoke hearts are unavailable, substitute a 15-ounce can (not marinated) and proceed with the recipe after the frozen-artichoke cooking instructions.

- 1 (10-ounce) package frozen artichoke hearts
- ½ cup walnut pieces
- 1 garlic clove, crushed
- 2 tablespoons chopped green onions
- ½ teaspoon salt
- ⅛ teaspoon freshly ground black pepper
- 1 tablespoon olive oil
- 2 teaspoons fresh lemon juice
- ½ teaspoon minced fresh thyme
- 2 medium Belgian endive, leaves separated

1. In a medium saucepan of boiling salted water, cook the artichoke hearts until tender, about 10 minutes. Drain well and set aside to cool.
2. In a food processor, combine the walnuts, garlic, green onions, salt, and pepper and process until chopped. Add the oil, lemon juice, thyme, and cooled artichoke hearts and process until well mixed. Transfer to a medium bowl.
3. Use a small spoon to stuff the artichoke mixture into each of the endive leaves. Arrange the filled endive leaves decoratively on a platter to serve.

lentil-pecan country-style pâté

makes 6 to 8 servings

Serve this hearty and flavorful pâté on a platter surrounded by breads and crackers, or slice and plate for an elegant first course. Garnish with fresh thyme sprigs or chopped parsley or pecans.

- 1 cup brown lentils, picked over, rinsed, and drained
- 1 tablespoon olive oil
- 1 medium yellow onion, chopped
- 2 garlic cloves, chopped
- 1¼ teaspoons dried thyme
- ¼ teaspoon ground allspice
- 1 teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 2 tablespoons sherry or brandy (optional)
- 2 tablespoons sherry vinegar
- ½ cup toasted chopped pecan pieces
- 2 tablespoons chopped fresh parsley
- 2 tablespoons all-purpose flour

1. In a saucepan of boiling salted water, cook the lentils until soft, about 40 minutes. Drain well and set aside. Preheat the oven to 375°F. Lightly oil a 9-inch loaf pan and set aside.
2. In a medium skillet, heat the oil over medium heat. Add the onion and garlic and cook until soft, about 5 minutes. Stir in the thyme, allspice, salt, pepper, and sherry, if using. Cook 1 minute longer and set aside.
3. In a food processor, combine the cooked lentils with the onion mixture. Add the vinegar, pecans, and parsley and process until mixed, but not pureed. Add the flour and pulse to combine. Taste, adjusting seasonings

if necessary, then spoon into the prepared pan and bake until firm, 30 to 40 minutes.

4. Cool the pâté to room temperature, then refrigerate until chilled, 3 to 4 hours. When ready to serve, run a knife along the edge of the pan and invert onto a plate. Garnish decoratively and serve at room temperature.

mushroom-walnut pâté

makes 6 to 8 servings

You can use regular white mushrooms in this savory pâté, but if you want a deeper mushroom flavor, consider using a mix of wild mushrooms. This pâté tastes better the day after it is made, so if possible make it a day ahead of when you need it.

- 1 tablespoon olive oil
- 1 medium yellow onion, chopped
- 3 garlic cloves, chopped
- 2 cups chopped mushrooms, any variety
- 2 tablespoons brandy (optional)
- ¼ cup tahini (sesame paste)
- 1 teaspoon dried savory
- 1 teaspoon salt
- ⅛ teaspoon ground cayenne
- 1 cup toasted walnut pieces
- 2 tablespoons chopped fresh parsley
- 3 tablespoons all-purpose flour

1. Preheat the oven to 350°F. Lightly oil a 9-inch loaf pan and set aside. In a large skillet, heat the oil over medium heat. Add the onion and garlic and cover and cook until softened, about 5 minutes. Add the mushrooms and cook, uncovered, until the mushrooms are soft and the liquid has evaporated, 5 to 7 minutes. Add the brandy, if using. Stir in the tahini,

savory, salt, and cayenne and cook, stirring for 1 to 2 minutes more. Set aside.

2. In a food processor, chop the walnuts. Add the parsley and flour and pulse to combine. Add the mushroom mixture and process until combined. Taste, adjusting seasonings if necessary, then spoon the mixture into the prepared pan. Bake until firm, about 40 minutes. Cool the pâté to room temperature, then refrigerate until chilled. When ready to serve, run a knife along the edge of the pan and invert onto a plate. Serve at room temperature.

mango-avocado spring rolls

makes 10 to 12 rolls

These delightful spring rolls are especially good with Spicy Mango Sauce (page 558). Rice vermicelli, extremely thin and brittle dried noodles made from rice, are available at Asian markets, natural food stores, and well-stocked supermarkets. Don't confuse them with cellophane noodles, which are made from mung bean starch.

- 3 ounces rice vermicelli
- 12 rice paper wrappers
- 2 ripe Hass avocados
- 1 tablespoon fresh lemon juice
- 1 ripe mango, peeled, pitted, and cut into ¼-inch slices
- 1 medium English cucumber, peeled, halved lengthwise, seeded, and cut into thin strips
- 2 cups finely chopped romaine or iceberg lettuce
- Salt and freshly ground black pepper
- ½ cup fresh cilantro leaves

1. Soak the vermicelli in a medium bowl of hot water until soft, about 1 minute, and drain well. Cut the noodles into 4- or 5-inch lengths and set aside.

2. Fill a large shallow bowl with warm water and add one rice paper wrapper at a time, soaking it in the water for a few seconds until soft. Remove it from the water and lay it on a dry work surface. Pit and peel the avocados and cut into ¼-inch strips. Toss the avocado strips with the lemon juice to prevent discoloration, then place 2 or 3 avocado strips down the center of each the wrapper, leaving a 1-inch margin at each end. Add a few strips of mango, followed by a layer of cucumber strips. Top with some of the rice noodles and a layer of lettuce strips. Season with salt and pepper, to taste, and sprinkle with some of the cilantro leaves.

3. Pull one side of the rice paper over the filling, folding over the two short ends, rolling up tightly to enclose the filling. Transfer to a serving plate and repeat with the remaining ingredients. Serve immediately or cover the rolls with a damp cloth for no more than 1 hour before serving.



lemongrass tofu and snow pea spring rolls

makes 12 rolls

Serve these spring rolls with Sesame-Scallion Dipping Sauce (page 560) or another dipping sauce of your choice. Rice paper wrappers, available in Asian markets, are sometimes labeled “banh trang” or “galettes de riz.”

- 1 pound extra-firm tofu, drained, cut into ¼-inch slices, and pressed (page xiv)
- 2 tablespoons soy sauce
- 1 tablespoon mirin
- 1 tablespoon minced lemongrass
- 4 ounces snow peas, trimmed
- 2 tablespoons canola or grapeseed oil
- 12 rice paper wrappers
- 1 large carrot, shredded
- 1 cup fresh Thai basil or cilantro leaves

1. Cut the tofu into ¼-inch strips. Transfer to a shallow bowl and add the soy sauce, mirin, and lemongrass. Cover and refrigerate for 1 to 2 hours to marinate.
2. In a small saucepan of salted boiling water, cook the snow peas for 1 minute. Drain and rinse under cold water. Pat the snow peas dry and slice them lengthwise into thin strips. Set aside.
3. In a large skillet, heat the oil over medium heat. Drain the marinade from the tofu and discard. Add the tofu to the hot skillet and cook, turning gently, until golden brown, about 7 minutes. Transfer the tofu to a plate and set aside to cool.
4. Fill a large shallow bowl with warm water and add 1 rice paper wrapper at a time, soaking it in the water for a few seconds until soft.

Remove it from the water and lay it on a dry work surface. Place 2 or 3 strips of tofu down the center of each wrapper, leaving a 1-inch margin at each end. Top with a few strips of the cooked snow peas, followed by some shredded carrot and basil leaves.

5. Fold the bottom of the rice paper over the filling, fold over the two short ends, then roll up tightly to enclose the filling. Transfer to a serving plate. Repeat with the remaining ingredients. Serve immediately or cover the rolls with a damp cloth for no more than 1 hour before serving.

sesame seitan and spinach spring rolls

makes 8 rolls

Seitan makes a hearty addition to these spring rolls that are especially good served with Ginger-Soy Dipping Sauce (page 559).

- 3 tablespoons hoisin sauce
- 1 tablespoon soy sauce
- 1 tablespoon toasted sesame oil
- 8 ounces seitan, homemade (page 305) or store-bought, cut into ¼-inch thin strips
- 3 tablespoons sesame seeds
- 1 tablespoon canola or grapeseed oil
- 8 rice paper wrappers
- 2 medium carrots, shredded
- 4 ounces fresh baby spinach

1. In a shallow bowl, combine the hoisin sauce, soy sauce, and sesame oil. Add the seitan, spooning the marinade over the seitan to coat thoroughly. Cover and refrigerate for 1 hour.
2. Spread the sesame seeds on a plate. Drain the marinade from the seitan and discard. Add

the seitan strips to the sesame seeds, turning to coat. In a large skillet, heat the canola oil over medium heat. Add the seitan and cook until browned, 5 minutes. Remove from the skillet and set aside to cool.

3. Fill a large shallow bowl with warm water and add 1 rice paper wrapper at a time, soaking it for a few seconds until soft. Remove it from the water and lay it on a dry work surface. Place 2 or 3 strips of seitan down the center of each wrapper, leaving a 1-inch margin at each end. Top the seitan with some of the carrots followed by a few spinach leaves.

4. Fold the bottom of the rice paper over the filling, then fold over the two short ends and roll up to enclose the filling. Repeat with the remaining ingredients. Serve immediately or cover the rolls with a damp cloth for no more than 1 hour before serving.

vietnamese-style lettuce rolls

makes 4 servings

Crisp vegetables and a lettuce leaf wrapper make these rolls especially light and refreshing—ideal for a spring or summer gathering. Variation: substitute strips of baked marinated tofu for the rice noodles in the filling. Instead of the scallion-soy dipping sauce in this recipe, try serving them with Apricot and Chile Dipping Sauce (page 560).

- 2 green onions
- 2 tablespoons soy sauce
- 2 tablespoons rice vinegar
- 1 teaspoon sugar
- ⅛ teaspoon crushed red pepper
- 3 tablespoons water
- 3 ounces rice vermicelli
- 4 to 6 soft green leaf lettuce leaves
- 1 medium carrot, shredded
- ½ medium English cucumber, peeled, seeded,
and cut lengthwise into ¼-inch strips
- ½ medium red bell pepper, cut into ¼-inch strips
- 1 cup loosely packed fresh cilantro or basil leaves

1. Cut the green part off the green onions and cut them lengthwise into thin slices and set aside. Mince the white part of the green onions and transfer to a small bowl. Add the soy sauce, rice vinegar, sugar, crushed red pepper, and water. Stir to blend and set aside.

2. Soak the vermicelli in medium bowl of hot water until softened, about 1 minute. Drain the noodles well and cut them into 3-inch lengths. Set aside.

3. Place a lettuce leaf on a work surface and arrange a row of noodles in the center of the leaf, followed by a few strips of scallion greens, carrot, cucumber, bell pepper, and cilantro. Bring the bottom edge of the leaf over the filling and fold in the two short sides. Roll up gently but tightly. Place the roll seam side down on a serving platter. Repeat with remaining ingredients. Serve with the dipping sauce.

lemony rice-stuffed grape leaves

makes about 30 grape leaves

Called dolmades or dolmas, these moist leaf-wrapped packages make a great addition to a meze platter or a buffet. Their diminutive size makes them an ideal finger food. Look for grape leaves in well-stocked supermarkets, gourmet grocers, or Greek or Middle Eastern markets.

- 2 cups cooked basmati or other rice*
- 3 tablespoons finely minced green onions
- 3 tablespoons fresh lemon juice
- 1 teaspoon finely minced lemon zest
- 2 tablespoons minced dillweed
- Salt
- ¼ teaspoon freshly ground black pepper
- 1 (16-ounce) jar grape leaves, drained, rinsed, and patted dry
- 2 tablespoons olive oil

1. In a large bowl, combine the rice, green onions, 1 tablespoon of the lemon juice, lemon zest, dillweed, about ½ teaspoon of salt (less if your rice is well seasoned), and pepper. Mix well.

2. Trim the stems from the grape leaves. Place one grape leaf at a time on a work surface, shiny side down. Place about 1 tablespoon of the rice mixture near the stem end and fold the sides of the leaf over the filling. Beginning at the stem end, roll up the leaf firmly into a neat roll. Repeat with the remaining ingredients.

3. Place the stuffed leaves in a large skillet. Add the oil, remaining 2 tablespoons lemon juice, and just enough water to come about halfway up the stuffed leaves. Cover and heat to a simmer. Cook over low heat until tender,

20 to 30 minutes. Uncover, remove from the heat, and set aside to cool. Use a slotted spoon to transfer to a platter. Serve at room temperature.

**Any variety of rice may be used in the stuffing, but I prefer fragrant basmati rice.*

couscous dolmas

makes about 20 grape leaves

Tired of the same old rice-filled stuffed grape leaves? Try this nontraditional version made with couscous and chopped cashews for an interesting contrast of textures and flavors.

- 2 tablespoons olive oil
- ½ cup minced onion
- 1 cup couscous
- 1½ cups vegetable broth, homemade (page 141) or store-bought
- ¼ cup chopped golden raisins
- ¼ cup chopped cashews
- 2 tablespoons minced fresh parsley
- Salt and freshly ground black pepper
- 1 (16-ounce) jar grape leaves, drained, rinsed, and patted dry
- 2 tablespoons fresh lemon juice

1. In a medium saucepan, heat 1 tablespoon oil over medium heat. Add the onion, cover, and cook until softened, about 5 minutes. Add the couscous and stir in the broth, raisins, cashews, parsley, and salt and pepper to taste. Cover and remove from the heat. Set aside for 5 minutes.

2. Trim the stems from the grape leaves. Place one grape at a time leaf on a cutting board, shiny side down. Place about 1 tablespoon of the couscous mixture near the stem end and fold the sides of the leaf over the filling. Beginning at the stem end, roll up the leaf firmly into a neat roll. Repeat with the remaining ingredients and grape leaves.

3. Place the stuffed leaves in a large skillet. Add enough water to cover along with the remaining 1 tablespoon of oil and the lemon juice. Cover and heat to a simmer. Cook over low heat until tender, about 30 minutes. Uncover, remove from the heat, and set aside to cool. Use a slotted spoon to transfer to a serving plate. Serve at room temperature.

rainbow sushi

makes 6 rolls

These days, you can find sushi ingredients in nearly every supermarket, as well as in natural food stores and, of course, Asian markets. Feel free to add other ingredients such as thin strips of baked marinated tofu, minced green onions, or toasted sesame seeds.

1½ cups sushi rice

3 cups water

¼ cup rice vinegar

2 teaspoons sugar

½ teaspoon salt

6 nori sheets

1 medium English cucumber, peeled, halved lengthwise, seeded, and cut into thin strips

1 medium red bell pepper, cut lengthwise into thin strips

1 medium carrot, shredded

1 tablespoon wasabi powder

1 tablespoon warm water

Pickled ginger, for garnish

Soy sauce, for dipping

1. Rinse and drain the rice until the water runs clear. Transfer the drained rice to a medium

saucepan. Add the 3 cups water, soak for 30 minutes, then cover and bring to a boil over high heat. Reduce the heat to low and simmer until the water is absorbed, about 15 minutes. Remove from the heat and let stand for 10 to 15 minutes.

2. In a small bowl, combine the vinegar, sugar, and salt, then stir the mixture into the rice. Transfer the rice to a shallow bowl and cool to room temperature.

3. Place a sheet of nori on a bamboo sushi mat. Spread about ½ cup of the rice evenly over the nori, leaving a 2-inch border along the top edge. Place strips of cucumber and bell pepper on top of the rice, along the edge nearest you. Top the vegetable strips with shredded carrot.

4. Roll the mat away from you, pressing firmly against the nori to enclose the ingredients. Continue rolling slowly up to the top edge. Moisten the exposed edge of the nori with a small amount of water to seal the roll. Gently squeeze the mat around the sushi roll and remove. Repeat with the remaining ingredients to make a total of 6 filled rolls.

5. Using a sharp knife, cut the sushi roll into 6 pieces. Wipe the knife clean with a damp cloth after each cut. Turn the pieces upright and place on a platter.

6. In a small bowl, combine the wasabi powder with the 1 tablespoon warm water to form a paste. Shape the wasabi paste into a small mound and place it on the sushi platter, along with a mound of pickled ginger. Serve with dipping bowls of soy sauce.

avocado and asparagus sushi rolls

makes 6 rolls

Asparagus and avocado join forces in these luxurious sushi rolls. For added crunch and color, sprinkle some grated carrot alongside the asparagus spears.

1½ cups sushi rice
3 cups water
¼ cup rice vinegar
2 teaspoons sugar
½ teaspoon salt
1 ripe Hass avocado
6 nori sheets
2 tablespoons black sesame seeds
12 thin asparagus spears, tough ends trimmed and lightly steamed until crisp-tender
1 tablespoon wasabi powder
1 tablespoon warm water
Pickled ginger, for garnish
Soy sauce, for dipping

1. Rinse and drain the rice until the water runs clear. Transfer the drained rice to a medium saucepan. Add the 3 cups water, soak for 30 minutes, then cover and bring to a boil over high heat. Reduce the heat to low and simmer until the water is absorbed, about 15 minutes. Remove from the heat and let stand for 10 to 15 minutes.

2. In a small bowl, combine the vinegar, sugar, and salt, then stir the mixture into the rice. Transfer the rice to a shallow bowl and cool to room temperature. Pit and peel the avocado and cut into ¼-inch strips. Set aside.

3. Place a sheet of nori on a bamboo sushi mat. Spread about ½ cup of the rice evenly over the nori, leaving a 2-inch border along the top edge.

4. Sprinkle the sesame seeds over the rice. At the edge nearest to you, place 2 strips of avocado and 2 asparagus spears end to end on top of the rice. Roll the mat away from you, pressing firmly against the nori to enclose the ingredients. Continue rolling slowly up to the top edge. Moisten the exposed edge of the nori with a small amount of water to seal the roll. Gently squeeze the mat around the sushi roll and remove the mat. Repeat with the remaining ingredients to make a total of 6 filled rolls.

5. Using a sharp knife, cut the sushi roll into 6 pieces. Wipe the knife clean with a damp cloth after each cut. Turn the pieces upright and place on a platter.

6. In a small bowl, combine the wasabi powder with the 1 tablespoon warm water to form a paste. Shape the wasabi paste into a small mound and place it on the sushi platter, along with a mound of pickled ginger. Serve with dipping bowls of soy sauce.

HOT APPETIZERS

asparagus wrapped in phyllo

makes 24 pieces

This easy and elegant appetizer is best made with asparagus spears that are cut to be no more than five inches in length. Select spears that are of uniform thickness—slender to medium ones work best, but if using thick asparagus, peel the spears with a vegetable peeler so they are more tender. For a flavor variation, sprinkle the asparagus with lemon pepper and garlic salt instead of regular pepper and salt. Dried herbs, such as basil or tarragon, are also good additions. Instead of asparagus, you can use steamed green beans or roasted spiced carrot sticks.

24 asparagus spears, tough ends trimmed

4 sheets frozen phyllo pastry, thawed

¼ cup olive oil

Salt and freshly ground black pepper

1. Steam the asparagus until just tender, about 3 minutes, then run the spears under cold water and drain. Pat dry and set aside.
2. Preheat the oven to 400°F. Lightly oil a baking sheet and set aside. Spread the phyllo sheets on a work surface and cut them in half lengthwise. Cut the phyllo halves crosswise into thirds. You should end up with 24 6-inch squares. Cover them with a slightly damp clean dish towel to keep them from drying out.
3. Working with 1 phyllo square at a time, brush with oil, and arrange 1 asparagus spear on the square, about 1 inch from the edge closest to you. Sprinkle the asparagus and phyllo

with salt and pepper, to taste. Brush the edges of the phyllo with a bit more oil, if necessary, and fold the short edges up onto the asparagus. Tightly roll the asparagus and phyllo into a cigar-shaped packet. Arrange on the prepared baking sheet. Repeat with the remaining ingredients.

4. When all of the rolls are prepared, bake them until browned, 12 to 15 minutes. Allow to cool for 2 to 3 minutes before serving.

pinto-pecan fireballs

makes about 20 pieces

Spicy food lovers will make short work of these zesty tidbits at your next get-together, so you may want to make a double batch and set out some toothpicks for skewering. They're also great tucked into a pita pocket. For a milder version, omit the cayenne and decrease the amount of hot sauce in the fireballs; for extra spice, add a little extra hot sauce to the sauce.

1½ cups cooked or 1 (15.5-ounce) can pinto beans, drained and rinsed

½ cup chopped pecans

¼ cup minced green onions

1 garlic clove, minced

3 tablespoons wheat gluten flour (vital wheat gluten)

3 tablespoons unseasoned dry bread crumbs

4 tablespoons Tabasco or other hot sauce

¼ teaspoon salt

⅛ teaspoon ground cayenne

¼ cup vegan margarine

1. Preheat the oven to 350°F. Lightly oil a 9 × 13-inch baking pan and set aside. Blot the drained beans well with a paper towel, pressing out any excess liquid. In a food

continues on next page

processor, combine the pinto beans, pecans, green onions, garlic, flour, bread crumbs, 2 tablespoons of the Tabasco, salt, and cayenne. Pulse until well combined, leaving some texture. Use your hands to roll the mixture firmly into 1-inch balls.

2. Place the balls in the prepared baking pan and bake until nicely browned, about 25 to 30 minutes, turning halfway through.

3. Meanwhile, in small saucepan, combine the remaining 2 tablespoons Tabasco and the margarine and melt over low heat. Pour the sauce over the fireballs and bake 10 minutes longer. Serve immediately.

mushrooms stuffed with spinach and walnuts

makes 4 to 6 servings

These juicy mushrooms, stuffed with a tasty mixture of spinach, walnuts, and garlic, are delicious and easy to make. They can be arranged on a platter as a pickup food or nestled on small plates in groups of three to serve as a first course for a sit-down dinner.

2 tablespoons olive oil

8 ounces white mushroom, lightly rinsed, patted dry, and stems reserved

1 garlic clove, minced

1 cup cooked spinach

1 cup finely chopped walnuts

½ cup unseasoned dry bread crumbs

Salt and freshly ground black pepper

1. Preheat the oven to 400°F. Lightly oil a large baking pan and set aside. In a large skillet, heat the oil over medium heat. Add the mushroom caps and cook for 2 minutes to soften slightly. Remove from the skillet and set aside.

2. Chop the mushroom stems and add to the same skillet. Add the garlic and cook over medium heat until softened, about 2 minutes. Stir in the spinach, walnuts, bread crumbs, and salt and pepper to taste. Cook for 2 minutes, stirring well to combine.

3. Fill the reserved mushroom caps with the stuffing mixture and arrange in the baking pan. Bake until the mushrooms are tender and the filling is hot, about 10 minutes. Serve hot.

spicy chipotle potato quesadillas

makes 4 servings

Guacamole makes a good accompaniment to these flavorful and fiery quesadillas. If you want to beat the heat, cut back on the chipotle or substitute some canned minced mild green chiles instead. To make them kid-friendly, leave out the chiles altogether. If you don't have cooked potatoes on hand, you can bake potatoes in the microwave in a matter of minutes.

1 tablespoon olive oil

½ cup chopped onion

2 baked or boiled medium potatoes, coarsely mashed

1 to 1½ teaspoons chopped canned chipotle chile in adobo

Salt and freshly ground black pepper

4 (10-inch) flour tortillas

1. In a large skillet, heat the oil over medium heat. Add the onion, cover, and cook until softened, about 5 minutes. Add the potatoes to the skillet and stir in the chipotle and salt and pepper to taste.

2. Spread a layer of the potato mixture evenly over each of the tortillas and fold them in half. Arrange two of the quesadillas in a large

nonstick skillet or griddle over medium-heat and cook until lightly browned on both sides, turning once. Keep warm while you cook the remaining quesadillas. Cut the quesadillas into quarters and serve warm.

baby potatoes stuffed with roasted bell pepper and walnuts

makes 12 potatoes

The crunchy filling plays nicely against the soft potato in this hearty appetizer. For the most appealing presentation, try to find small potatoes that are uniform in size.

12 small white- or red-skinned potatoes, about 2 inches in diameter
1 jarred roasted red pepper (or see page 10)
½ cup chopped walnuts
¼ cup chopped fresh parsley
2 tablespoons olive oil
Salt and freshly ground black pepper
1 tablespoon vegan Parmesan or Parmasio (page 193, optional)

1. In a large saucepan of boiling water, cook the potatoes until just tender, about 12 minutes. Drain and set aside to cool.
2. Meanwhile, in a food processor, combine the red pepper, walnuts, parsley, oil, and salt and black pepper to taste. Process until well mixed. Set aside.
3. Preheat the oven to 350°F. Lightly oil a baking sheet and set aside. When the potatoes are cool enough to handle, gently cut a thin sliver off each potato to make a flat bottom. Cut off a third of each potato and scoop out the inside of the potato with a small melon baller or a small spoon. Spoon the pepper-walnut

mixture into the potato shell and arrange on the baking sheet. Sprinkle with Parmesan, if using, and bake until hot, about 15 minutes. Serve warm.

mushroom croustades

makes 12 croustades

A croustade is an edible container, usually made from bread or pastry, that is used to hold a filling—in this case, a savory mushroom mixture. Be sure your bread slices are thin and soft for best results. Try cremini or porcini mushrooms instead of, or in combination with, the white mushrooms for a deeper mushroom flavor.

12 thin slices soft white bread
1 tablespoon olive oil, plus more for brushing bread
2 medium shallots, chopped
2 garlic cloves, minced
12 ounces white mushrooms, chopped
¼ cup chopped fresh parsley
1 teaspoon dried thyme
1 tablespoon soy sauce

1. Preheat the oven to 400°F. Using a 3-inch round pastry cutter or a drinking glass, cut a circle from each bread slice. Brush the bread circles with oil and press them firmly but gently into a mini-muffin tin. Bake until the bread is toasted, about 10 minutes.
2. Meanwhile, in a large skillet, heat the 1 tablespoon oil over medium heat. Add the shallots, garlic, and mushrooms and sauté for 5 minutes to soften the vegetables. Stir in the parsley, thyme, and soy sauce and cook until the liquid is absorbed, about 5 minutes longer. Spoon the mushroom mixture into the croustade cups and return to the oven for 3 to 5 minutes to heat through. Serve warm.

cherry peppers stuffed with sun-dried tomatoes and pine nuts

makes 8 to 12 peppers

The cherry pepper is a small round pepper that is most often found pickled in jars labeled “mild” or “hot.” Its lively flavor and diminutive size make it an ideal finger food. The number of peppers in a jar will vary depending on the size (usually 1 to 2 inches in diameter), so plan accordingly—the stuffing is easily doubled. Look for cherry peppers in well-stocked supermarkets or Italian grocery stores.

- 1 (16-ounce) jar hot or mild cherry peppers, drained
- 2 tablespoons olive oil
- 2 garlic cloves, minced
- ½ cup pine nuts
- ½ cup chopped sun-dried tomatoes
- ½ cup fresh unseasoned bread crumbs
- 1 teaspoon chopped fresh basil or ½ teaspoon dried
- Salt and freshly ground black pepper

1. Preheat the oven to 400°F. Lightly oil a 9 × 13-inch baking pan and set aside. Slice the tops off the cherry peppers, scrape out the seeds, and set aside. In a large skillet, heat the oil over medium heat. Add garlic and pine nuts and cook to soften the garlic and lightly toast the pine nuts, 2 to 3 minutes.

2. Transfer the pine nut mixture to a food processor and add the sun-dried tomatoes, bread crumbs, basil, and salt and pepper to taste. Pulse until well combined. Stuff the cherry peppers with the pine nut–tomato mixture and place them in the prepared baking dish. Cover and bake until the filling is hot, about 15 minutes. Serve warm.

cajun tofu crunchies

makes 6 to 8 servings

These crisp and chewy tofu strips make a great high-protein snack. Instead of cutting them into strips, you can cube them and serve with toothpicks and a dipping sauce. They can also be tossed into salads. Change the seasonings according to your preference—try an Asian version by eliminating the Cajun spices and salt and splashing on soy sauce before baking.

- 1 pound extra-firm tofu, well drained, cut into ¼-inch slices, and pressed (page xiv)
- 2 tablespoons olive oil
- 1 teaspoon Cajun seasoning
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper

1. Preheat the oven to 350° F. Lightly oil a baking sheet and set aside. Cut the tofu slices into ¼-inch strips.

2. In a medium bowl, gently toss the tofu strips with the oil, Cajun spice blend, salt, and pepper, until well coated. Arrange in a single layer on the prepared baking sheet, and bake until firm and nicely browned, about 45 minutes, turning once with a metal spatula about halfway through. Set aside to let them cool and firm up. Serve at room temperature.

basic bruschetta

makes 4 to 6 servings

Bruschetta is toasted bread that has been brushed with olive oil and rubbed with garlic. It can be served alone or with any number of delicious toppings. Chopped fresh tomatoes are the most traditional topping, but try any

flavor combination that inspires you. In addition to toasting the bread on a grill or under a broiler, you can toast it in a hot oven, as done in the Classic Crostini recipe below.

4 to 6 thick slices Italian bread
Olive oil, for brushing the bread
1 large garlic clove, halved
Coarse salt
Topping of choice (see sidebar)

1. Preheat the grill or broiler. Lightly brush the bread slices with oil and place on a hot grill or under the broiler until golden brown on both sides, turning once, 1 to 2 minutes per side.

2. When the bread is toasted, rub the garlic halves onto one side of each bread slice and sprinkle with coarse salt. Serve as is or top each slice with topping of choice.

classic crostini

makes 6 servings

Crostini are the diminutive siblings of the bruschetta, the main difference being that crostini are usually made with smaller bread, such as a French baguette. Because crostini bread is more delicate, it is usually not rubbed with garlic. Crostini can be topped with the same toppings used for bruschetta.

1 small French baguette, cut into ½-inch-thick slices
Topping of choice (see sidebar)

Preheat the oven to 400°F. Arrange the bread slices in a single layer on a baking sheet and toast, turning once, until lightly browned, 6 to 8 minutes. Serve immediately with topping of choice.

bruschetta and crostini toppings

The most traditional bruschetta topping, beyond the requisite olive oil and garlic, is chopped ripe tomatoes. For the smaller crostini, I prefer a more assertive topping, such as tapenade. Below are some of my favorite toppings that can be used on either bruschetta or crostini. In addition to the individual toppings, you can mix and match many of them for even more variety and great flavor combinations.

Chopped fresh tomatoes
Green or black olive tapenade
Roasted garlic
Roasted red pepper
Basil pesto with chopped fresh tomato
Pureed white beans with sage
Garlicky sautéed spinach, chard, or other greens
Sautéed mushrooms

FLAVOR COMBOS

Chopped tomatoes with black olive tapenade
Pureed white beans with garlicky sautéed greens
Roasted garlic with sautéed mushrooms
Sautéed mushrooms with roasted red pepper
Pureed white beans with basil pesto
Garlicky sautéed greens with sautéed mushrooms
Roasted garlic with chopped fresh tomatoes

french onion pastry puffs

makes 24 puffs

These elegant little appetizers are inspired by the onion-topped pastry tart of southern France known as pissaladière. Onions play a starring role in this recipe, so be sure to use flavorful sweet onions such as Vidalia or Walla Walla. When cooking the onions, the goal is to get them meltingly soft to bring out their flavor.

2 tablespoons olive oil
2 medium sweet yellow onions, thinly sliced
1 garlic clove, minced
1 teaspoon chopped fresh rosemary
Salt and freshly ground black pepper
1 tablespoon capers
1 sheet frozen vegan puff pastry, thawed
18 pitted black olives, quartered

1. In a medium skillet, heat the oil over medium heat. Add the onions and garlic, season with rosemary and salt and pepper to taste. Cover and cook until very soft, stirring occasionally, about 20 minutes. Stir in the capers and set aside.

2. Preheat the oven to 400°F. Roll out the puff pastry and cut into 2- to 3-inch circles using a lightly floured pastry cutter or drinking glass. You should get about 2 dozen circles.

3. Arrange the pastry circles on baking sheets and top each with a heaping teaspoon of onion mixture, patting down to smooth the top. Top with 3 olive quarters, arranged decoratively—either like flower petals emanating from the center or parallel to each other like 3 bars.

4. Bake until pastry is puffed and golden brown, about 15 minutes. Serve hot.

shiitakes in puff pastry

makes 4 to 6 servings

Although classic puff pastry is traditionally made with butter, the Pepperidge Farm brand found in the freezer section of your supermarket is not, making it a vegan's best friend for quick and easy appetizers. This brand of puff pastry contains two sheets to a box and has thawing, handling, and storage instructions on the box. If shiitakes are unavailable, any type of mushroom may be used instead.

2 tablespoons olive oil
2 cups finely chopped fresh shiitake mushrooms
3 garlic cloves, minced
1 medium bunch green onions, finely chopped
1 teaspoon minced fresh thyme or ½ teaspoon dried
½ teaspoon salt
¼ teaspoon freshly ground black pepper
1 sheet frozen vegan puff pastry, thawed

1. Preheat the oven to 400°F. In a large skillet, heat the oil over medium heat. Add the mushrooms, garlic, and green onions. Season with thyme, salt, and pepper. Cook until the vegetables are soft and the liquid has evaporated, about 10 minutes. Remove from the heat and set aside to cool.

2. Unfold the pastry sheet onto a lightly floured work surface and roll into a rectangle about 12 × 15 inches. Cut the pastry into 3-inch squares and press them into the bottoms of nonstick mini-muffin tins. Spoon about 1 tablespoon of the mushroom mixture into the center of each pastry cup. Bake until golden brown, about 15 minutes. Serve warm.

tempeh taco bites

makes 3 dozen

Recipe tester Tami Noyes was kind enough to share her recipe for these tempting tempeh taco bites. She made them when she hosted an international appetizer party. It turned out to be the hit of the evening! Miniature phyllo pastry cups are widely available in super-market freezer cases. They are prebaked and easy to use in a variety of ways, both savory and sweet. Keep some on hand for impromptu entertaining.

8 ounces tempeh
3 tablespoons soy sauce
2 teaspoons ground cumin
1 teaspoon chili powder
1 teaspoon dried oregano
1 tablespoon olive oil
½ cup finely minced onion
2 garlic cloves, minced
Salt and freshly ground black pepper
2 tablespoons tomato paste
1 chipotle chile in adobo, finely minced
¼ cup hot water or vegetable broth, homemade (page 141) or store-bought, plus more if needed
36 phyllo pastry cups, thawed
½ cup basic guacamole, homemade (page 9) or store-bought
18 ripe cherry tomatoes, halved

1. In a medium saucepan of simmering water, cook the tempeh for 30 minutes. Drain well, then finely mince and place it in a bowl. Add the soy sauce, cumin, chili powder, and oregano. Mix well and set aside.

2. In a medium skillet, heat the oil over medium heat. Add the onion, cover, and cook for 5 minutes. Stir in the garlic, then add the tempeh mixture and cook, stirring, for 2 to 3 minutes. Season with salt and pepper to taste. Set aside.

3. In a small bowl, combine the tomato paste, chipotle, and the hot water or broth. Return tempeh mixture to heat and in stir tomato-chile mixture and cook for 10 to 15 minutes, stirring occasionally, until the liquid is absorbed. The mixture should be fairly dry, but if it begins to stick to the pan, add a little more hot water, 1 tablespoon at a time. Taste, adjusting seasonings if necessary. Remove from the heat.

4. To assemble, fill the phyllo cups to the top with the tempeh filling, using about 2 teaspoons of filling in each. Top with a dollop of guacamole and a cherry tomato half and serve.



savory artichoke squares

makes 9 squares

Imbued with the flavors of artichoke and walnuts, these tasty squares can be made ahead and reheated in a moderate oven.

If cooking for a crowd, this recipe is easily doubled. If frozen artichoke hearts are unavailable, substitute a 15-ounce can (not the marinated kind) and proceed with the recipe after the frozen-artichoke cooking instructions.

1 (10-ounce) package frozen artichoke hearts

¼ cup plus 2 tablespoons olive oil

1 large yellow onion, chopped

1 cup all-purpose flour

1 teaspoon baking powder

½ teaspoon salt

3 tablespoons finely chopped fresh parsley

½ teaspoon dried thyme

½ cup unsweetened soy milk

Salt and freshly ground black pepper

**2 tablespoons vegan Parmesan or Parmasio
(page 193)**

½ cup chopped walnuts

1. Preheat the oven to 425°F. Lightly oil an 8-inch square baking pan and set aside. If using frozen artichoke hearts, in a medium saucepan of boiling salted water, cook the artichoke hearts until tender, about 10 minutes. Drain and set aside to cool.

2. In a medium skillet, heat 2 tablespoons of the oil over medium heat. Add the onion, cover, and cook until soft, about 7 minutes. Set aside to cool.

3. In a medium bowl, combine the flour, baking powder, and salt. Add the remaining ¼ cup oil and stir until the mixture resembles coarse crumbs. Add 2 tablespoons parsley, thyme, and soy milk and stir to combine. Stir in about half the onion and spread the mixture evenly into the bottom of the prepared pan.

4. Chop the cooked artichoke hearts and combine with the remaining cooked onion. Add salt and pepper, to taste. Spread the artichoke and onion mixture on top of the dough and sprinkle with the Parmesan and walnuts. Bake until hot and cooked through, about 20 minutes. Cut into squares. Serve immediately sprinkled with the remaining 1 tablespoon parsley.

chickpea pancake with rosemary

makes 6 servings

Served in Northern Italy and Southern France, the chickpea pancake is called farinata in Liguria and socca in Nice. It is a sublime treat that can be enjoyed as an appetizer or served as part of the main meal. Chickpea flour is a rich silky flour made from ground chickpeas. Look for it in gourmet grocers, natural food stores, Indian markets (where it's called "gram flour"), or in Italian markets (where it's known as "ceci flour"). Add ¼ cup finely chopped pitted kalamata olives to the batter to give it even more Mediterranean flavor.

1 cup water
1 cup chickpea flour
2 tablespoons olive oil
1 teaspoon salt
2 teaspoons chopped fresh rosemary
Freshly ground black pepper

1. In a large mixing bowl, whisk together the water and the chickpea flour until the mixture is very smooth. Add the oil, salt, and rosemary and mix until smooth and well blended. Set aside at room temperature for at least 30 minutes or up to 4 hours. (Cover if leaving out for longer than an hour.)

2. Preheat the oven to 425°F. Lightly oil a 12-inch pizza pan or large cast-iron skillet and heat in the oven until hot. Carefully remove the pan from the oven and pour the batter into the pan. Bake until the top is firm and the edges are golden brown, about 15 minutes. Be sure that the pan lies very flat in the oven, or the mixture will be too thick and undercooked on one side and too thin and overcooked on the other. If the top seems undercooked, cook it in the broiler for a minute to brown it lightly.

3. To serve, sprinkle with freshly ground pepper to taste and cut into slices. Serve immediately.

sesame-cilantro scallion pancakes

makes 4 servings

These crisp and flavorful pancakes are delicious when served with Ginger-Soy Dipping Sauce (page 559). They also make a good soup accompaniment—I especially enjoy them served alongside a steamy bowl of Vietnamese-Style Noodle Soup (page 151).

2 cups all-purpose flour
½ cup chopped green onions (scallions)
¼ cup minced fresh cilantro
1½ tablespoons white or black sesame seeds
¾ teaspoon salt
1 cup water
2 tablespoons toasted sesame oil
Canola or grapeseed oil, for frying

1. In a medium bowl, combine the flour, green onions, cilantro, sesame seeds, and salt. Add the water and sesame oil and mix to form dough, adding more water if necessary. Transfer the dough to a lightly floured surface and divide into 4 pieces. Roll each piece of dough into circles, about ¼ inch thick.

2. In a large skillet, heat a thin layer of oil over medium heat. Fry the pancakes in batches until golden brown on both sides, turning once, about 3 minutes per side. Drain on paper towels and keep warm while you cook the rest, adding more oil as needed. To serve, cut the pancakes into wedges and serve hot.

ginger-lime-glazed bean curd skewers

makes 4 servings

The heady ginger-lime marinade complements the tofu, which soaks it up readily. Remember to immerse bamboo skewers in water for 30 minutes prior to using, to prevent them from burning. Note: You can strain the reserved marinade to remove the bits of ginger and garlic before serving in small dipping bowls. For added interest, sprinkle some crushed peanuts on top of the dipping sauce.

½ cup soy sauce
1½ tablespoons grated fresh ginger
2 tablespoons fresh lime juice
2 tablespoons rice wine vinegar
1 garlic clove, minced
1 tablespoon light brown sugar
1 pound extra-firm tofu, drained and cut into 1½-inch cubes

1. In a small bowl, combine the soy sauce, ginger, lime juice, vinegar, garlic, and sugar and set aside. Thread the tofu onto presoaked bamboo skewers and arrange them in a single layer on a baking pan. Pour the marinade over the tofu, turning to coat. Marinate at least 30 minutes at room temperature, or up to 2 hours in the refrigerator.

2. Preheat the grill or broiler. Remove the tofu skewers from the pan and reserve the marinade. Place the skewers on an oiled grill or under the broiler until browned, about 5 minutes per side. While the tofu skewers are browning, heat the reserved marinade in a small saucepan and serve with the tofu.

tempeh satay

makes 4 servings

A popular street food in many Asian countries, satay—grilled, skewered foods—originated in Indonesia and is usually made with chicken or other meats. Here it is made with tempeh, which, coincidentally, also came from Indonesia. This recipe can also be made with seitan or extra-firm tofu. Be sure to soak bamboo skewers in water for 30 minutes before using to prevent burning.

8 ounces tempeh
2 teaspoons sugar
½ teaspoon ground coriander
½ teaspoon ground cumin
½ teaspoon turmeric
¼ teaspoon salt
⅛ teaspoon freshly ground black pepper
¼ cup unsweetened coconut milk
2 tablespoons soy sauce
2 teaspoons fresh lime juice
2 tablespoons canola or grapeseed oil
Satay Sauce (recipe follows)
Lime wedges, for garnish
Cilantro sprigs, for garnish

1. Cut the tempeh into ½-inch-thick pieces, 1 inch wide by 2 inches long. In a medium saucepan of simmering water, cook the tempeh for 30 minutes, then place in a shallow bowl and set aside.

2. In a small bowl, combine the sugar, coriander, cumin, turmeric, salt, and pepper. Stir in the coconut milk, soy sauce, and lime juice. Spoon the coconut mixture over the tempeh, turning to coat. Set aside for 30 minutes or cover and refrigerate overnight.

3. Preheat a grill or broiler. Thread the tempeh onto presoaked bamboo skewers, brush with the oil, and cook until browned and heated through, turning frequently, 10 to 15 minutes. Meanwhile, heat the satay sauce. To serve, arrange the tempeh skewers on a platter and garnish with lime wedges and cilantro, alongside a bowl of warm satay sauce.

satay sauce

makes about 1¼ cups

1 medium shallot, chopped

1 garlic clove, chopped

1 teaspoon Asian chili paste

½ cup creamy peanut butter

1½ tablespoons rice vinegar

1 teaspoon soy sauce

1 tablespoon sugar

¾ cup unsweetened coconut milk

1. In a blender or food processor, combine the shallot, garlic, and chili paste and blend to a paste. Add the peanut butter, rice vinegar, soy sauce, sugar, and coconut milk. Blend until smooth.

2. Transfer the mixture to a small saucepan and bring to a boil. Reduce heat to low and cook, stirring, for 5 minutes. Add a little water if the sauce becomes too thick. Transfer to a small bowl and serve warm. If not using right away cover and refrigerate until needed. Properly stored, the sauce will keep 2 to 3 days. When ready to use, heat in a saucepan over low heat until warm.

wanted: vegan wontons

Since commercial wonton wrappers generally contain eggs, making homemade vegan wonton wrappers is a matter of necessity for those who want to enjoy the versatility of this Asian staple. Use the recipe below to make the Steamed Vegetable Dumplings (page 42) or the In-Lieu-of-Crab Wontons (page 42).

vegan wonton wrappers

makes about 20 wrappers

1 cup all-purpose flour

½ teaspoon salt

½ cup hot water

1. In a food processor, combine the flour, salt, and hot water. Process into a smooth dough. The dough can be mixed by hand in a bowl, if you prefer. When a dough ball is formed, dust it with flour and cover it with plastic wrap. Set aside for 30 minutes or up to an hour.

2. Place the dough on a lightly floured board, and knead for 2 minutes. Roll into a log, about 1 inch in diameter. Cut the log crosswise into 1-inch pieces. Flatten the pieces of dough on a lightly floured work surface. Use a rolling pin to roll each piece into a very thin round wrapper, about 3½ inches in diameter. Repeat with remaining dough. If not using right away, stack each wrapper between pieces of plastic wrap, then wrap them together. Properly stored the wrappers will keep in the refrigerator for up to a week or in the freezer for up to a month.

in-lieu-of-crab wontons

makes 4 to 6 servings

There's something magical about a hot appetizer that delivers a crisp pastry outside and a creamy savory filling. The taste of the sea comes from nori seaweed and oyster mushrooms, although the flavor is still quite good when made with regular white mushrooms. Vegan cream cheese is available in natural food stores and well-stocked supermarkets. My favorite brand is Tofutti Better Than Cream Cheese (the nonhydrogenated kind).

- 1 tablespoon canola or grapeseed oil, plus more for frying
- 1 garlic clove, minced
- ¼ cup minced green onions
- 8 ounces oyster mushrooms or other mushrooms, trimmed and chopped
- 1 teaspoon soy sauce
- Splash of Tabasco sauce
- 4 ounces vegan cream cheese
- 16 to 20 Vegan Wonton Wrappers (page 41)
- 2 nori sheets, cut into 2-inch squares

1. In a small skillet, heat 1 tablespoon of the oil over medium heat. Add the garlic and green onions and cook until softened, about 45 seconds. Add the mushrooms and cook, stirring occasionally, until tender. Add the soy sauce and Tabasco, and remove from heat. Stir in the cream cheese until well blended. Set aside to cool completely.

2. Arrange the wonton wrappers on a work surface. Place a piece of the nori on top of each wonton wrapper and top with a small teaspoonful of the filling mixture. Fold the wontons over to make a semicircle and seal the edges with a bit of water. Repeat until all the filling mixture is used up.

3. In a large skillet, heat a thin layer of oil over medium-high heat. Add the wontons in batches and cook, turning gently, until crisp and golden brown, about 5 minutes. Keep the cooked wontons warm while you fry the rest. Serve warm.

steamed vegetable dumplings

makes 4 to 6 servings

These soft yet chewy dumplings can be enjoyed as an appetizer with a soy dipping sauce, but they are also delicious when served as a soup in a light Asian broth, such as Dashi (page 143).

- 2 cups fresh baby spinach
- 2 cups finely chopped napa cabbage
- 1 cup chopped white or shiitake mushrooms
- ½ cup shredded carrot
- ¼ cup minced green onions
- 1 garlic clove, minced
- 1 tablespoon grated fresh ginger
- 1 teaspoon toasted sesame oil
- ¾ teaspoon cornstarch
- ½ teaspoon salt
- 16 to 20 Vegan Wonton Wrappers (page 41)

1. Steam the spinach, cabbage, mushrooms, and carrot just long enough to soften, about 2 minutes. Blot dry to remove any liquid. Transfer the vegetables to a food processor and add the green onions, garlic, ginger, sesame oil, cornstarch, and salt. Process until well combined.

2. Working with 1 wonton wrapper at a time, place on a work surface and spoon 1 tablespoon of the filling mixture onto the wrapper. Fold the wrapper over the filling to form a semicircle. Moisten the edges of the wrapper with water to seal. Repeat with the remaining wrappers and filling.

3. Steam the dumplings until cooked through, about 10 minutes. Serve immediately.

artichoke-mushroom phyllo packets

makes about 24 packets

The earthy flavors of artichokes and mushrooms combine beautifully in this tasty filling that also makes a yummy topping for bruschetta. If not used right away, these tasty pastry packages can be assembled ahead and frozen for baking at another time. This can be especially helpful when planning a party so you can get some of the work done ahead of time. If frozen artichoke hearts are unavailable, substitute a 15-ounce can (not the marinated kind) and proceed with the recipe from Step 2. Variation: Instead of artichokes, substitute 2 (10-ounce) packages of frozen spinach.

2 (10-ounce) packages frozen artichoke hearts
½ cup plus 1 tablespoon olive oil
1 small yellow onion, chopped
8 ounces white mushrooms, chopped
2 garlic cloves, chopped
1 tablespoon minced fresh parsley
½ teaspoon Dijon mustard
½ teaspoon dried thyme
½ teaspoon salt
¼ teaspoon freshly ground black pepper
1 (16-ounce) package frozen phyllo pastry, thawed

1. In a medium saucepan of boiling salted water, cook the artichoke hearts until tender, about 10 minutes. Drain well and set aside.

2. In a large skillet, heat 1 tablespoon of the oil over medium heat. Add the onion, cover,

and cook until softened, about 5 minutes. Stir in the mushrooms and garlic and cook uncovered until the mushrooms soften and the liquid is absorbed, about 7 minutes.

3. Transfer the mixture to a food processor and add the cooked artichokes, parsley, mustard, thyme, salt, and pepper. Process until the artichokes are finely chopped and the mixture is well blended.

4. Preheat the oven to 375°F. Lightly oil a baking sheet. Divide the phyllo sheets in half. Tightly wrap half the sheets and reserve for another use. Cut the remaining sheets lengthwise into thirds.

5. Place one strip of phyllo on a flat surface. Cover the remaining phyllo with a clean damp cloth. Lightly brush the strip of phyllo with oil. Top with another strip and brush with more oil. Spoon a small amount of the filling mixture across one short end of the pastry, about 2 inches from the end. Fold the end up over the filling. Fold the side in and continue folding the filled end of the pastry until you come to the end of the strip. You should end up with a small rectangular packet.

6. Place the packet on the prepared baking sheet and brush the top with oil. Repeat with the remaining phyllo strips until the filling is used up. Bake until golden brown, about 15 minutes. Serve hot.



vegetable pakoras

makes 4 pakoras

Pakoras are small crisp fried fritters, usually made with one or more vegetables. In addition to the vegetables suggested below, sliced carrots, potatoes, and cauliflower are good choices. Serve with your favorite chutney or with Tamarind Sauce (page 555). Look for chickpea flour in Indian markets (where it is called “gram” or “besan”). It can also be found at Italian markets (where it is called “ceci flour”) and specialty grocers.

- 1 cup chickpea flour
- 1 teaspoon salt
- ½ teaspoon baking powder
- 1 teaspoon hot or mild curry powder
or garam masala
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- ¼ teaspoon turmeric
- ¼ teaspoon ground cayenne
- 1 tablespoon canola or grapeseed oil,
plus more for frying
- ¾ cup warm water
- 1 cup broccoli florets, blanched
- 1 cup peeled and sliced sweet potatoes,
steamed until just tender
- ½ large yellow onion, cut into ½-inch slices

1. In a large bowl, combine the flour, salt, baking powder, curry powder, cumin, coriander, turmeric, and cayenne. Stir in the 1 tablespoon of oil and the water and mix well to make a smooth batter. Set aside to rest.
2. In a large skillet, heat a thin layer of oil over medium-high heat. Dip the broccoli, sweet potato slices, and onion slices in the batter to coat, then place them in the hot oil and fry until lightly browned, 4 to 5 minutes. Drain on paper towels and serve hot.

potato samosas

makes 4 samosas

Samosas are crisp pastry pillows filled with a savory blend. In this case the filling is a yummy potato and onion mixture that is good enough to eat right out of the bowl, so make sure you save enough to make the samosas. Some thawed frozen green peas or cooked chopped spinach or cauliflower can be added to the filling mixture, if desired. Serve the samosas with Tamarind Sauce (page 555) or a dipping sauce of your choice. Leftover samosa filling can be shaped into small patties and fried in a small amount of oil for crisp and tasty fritters.

- 2 cups all-purpose flour
- Salt
- ¾ cup water, or as needed
- 2 tablespoons unsweetened soy milk
- 4 tablespoons canola or grapeseed oil,
plus more for frying
- 1 pound baking potatoes, peeled and cut into
½-inch dice
- 1 large yellow onion, chopped
- 1 teaspoon grated fresh ginger
- 2 teaspoons hot or mild curry powder
or garam masala
- ½ teaspoon ground coriander
- ½ teaspoon turmeric
- ¼ teaspoon ground cayenne

1. In a large bowl, combine the flour, 1 teaspoon salt, water, soy milk, and 2 tablespoons oil and mix until crumbly. Knead into a dough, adding more water if needed. Cover and set aside for 20 minutes.
2. Steam the potatoes until tender, about 15 minutes. In a large skillet, heat 1 tablespoon of the remaining oil over medium heat. Add the onion, cover, and cook until soft, about

7 minutes. Stir in the ginger, curry powder, coriander, turmeric, cayenne, and salt to taste. Add the potatoes, stirring to mix well and mash the potatoes slightly. Remove from heat and set aside to cool.

3. Roll out the dough into a large rectangle on a floured board. Use a pastry cutter or a knife to cut the dough into 5-inch squares. Place a spoonful of the filling mixture into the center and fold the dough over, sealing the sides together with a small amount of water. Repeat with remaining ingredients.

4. In a deep skillet, heat a thin layer of oil over medium heat. Fry the samosas, turning once, until golden brown, 2 to 3 minutes per side. Drain on paper towels. If not using right away, the samosas can be reheated in a 350° F oven until hot.

chickpea kofta with chutney dipping sauce

makes about 24 kofta

Kofta are spiced Indian dumplings or “meat-balls” usually served as a main dish in a creamy gravy. Transform them into an appetizer by flattening them and arranging them on a platter served with a dipping sauce. You can make them ahead and then reheat them when ready to serve.

1¼ cups water

½ cup medium-grind bulgur

Salt

½ cup mango chutney, homemade (page 561) or store-bought

1 tablespoon fresh lime juice

¼ cup plus 1 tablespoon minced fresh cilantro

1½ cups cooked or 1 (15.5-ounce) can chickpeas, drained and rinsed

1 garlic clove, crushed

1 teaspoon ground coriander

½ teaspoon ground cardamom

¼ teaspoon ground cumin

Freshly ground black pepper

Canola or grapeseed oil, for frying

1. In a small saucepan, bring the water to boil over high heat. Add the bulgur and salt the water. Cover, and remove from heat. Set aside until the bulgur is tender, 15 to 20 minutes.

2. In a blender or food processor, combine the chutney, lime juice, and the 1 tablespoon of cilantro and blend until smooth. Transfer to a small bowl and set aside.

3. In a food processor, combine the chickpeas, garlic, remaining ¼ cup cilantro, coriander, cardamom, cumin, and salt and pepper to taste. Process until smooth.

4. Combine the chickpea mixture with the reserved bulgur and form into balls, about 1 inch in diameter. Flatten the balls until they are ½-inch patties.

5. In a large skillet, heat a thin layer of oil over medium heat. Add the kofta and cook, in batches if necessary, turning gently, until golden brown all over, about 15 minutes. Serve hot, accompanied by the sauce.

baked chickpea kofta: Instead of frying the kofta, they may be lightly brushed with oil and baked in a 400°F oven in a nonstick baking pan until golden brown, about 10 minutes.