

SAMPLE

THE LOTUS AND THE ARTICHOKE



¡MÉXICO!

Justin P. Moore

A **CULINARY**
ADVENTURE
WITH OVER 60 VEGAN RECIPES

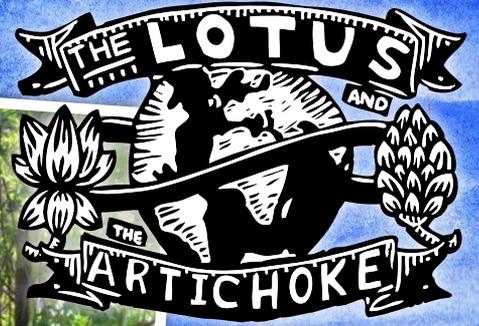


MÉXICO
...
THE LOTUS AND THE
2013

OCÉANO
PACÍFICO

LA PENITA
DE JALTEMBA
LO DE MARCOS
SAN PANTO
SAYULITA • GU
BUCERIAS
PUERTO VALL





CO

ARTICHOKE
6-2014

GUANAJUATO

ADALAJARA

TEOTIHUCÁN

CIUDAD DE MEXICO (D.F.)

TEPOZTLÁN

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About this Cookbook	9
In the Kitchen	10
Adventures in México	12
SALADS, SOUPS & SIDES	17
Fig & Walnut Spinach Salad with lemon date dressing.....	19
Green Dream Salad with avocado cilantro parsley dressing.....	21
Quinoa & Greens with beet dressing	23
Mango Lime Ceviche with seared ginger tofu.....	25
Sopa de Frijoles Blancos traditional white bean soup	27
Caldo Tlalpeño hearty traditional soup.....	29
Snow White’s Sunburn cauliflower coconut chipotle soup & pepita cucumber salsa	31
Pozole sacred vegetable soup.....	33
Chiles Rellenos cheese stuffed fried peppers	35
Empanadas de Espinaca y Papas baked spinach & potato pockets.....	37
Sandwichitos Toluqueños black bean spread & avocado on bread	39
Pan de Zanahorias carrot corn bread with pineapple	41
Camotes Fritos sweet potato fries	42
MAIN DISHES	43
Sopes de Espinaca y Champiñones fried tortillas with spinach & mushrooms.....	45
Tacos de Calabacitas y Champiñones zucchini mushroom tacos	47
Jackfruit Tacos faux fish tacos with mango salsa	49
Tacos de Lentejas classic lentil vegetable tacos	51
Tostada Supreme Mexican munchies	53
Tamales with black bean & smoked tofu filling.....	55
Mexican Magic Rice with spicy seitan.....	57
Spicy Tempeh Skewers with grilled veggies	59
Cauliflower Steaks with lemon basil cilantro sauce	61
Enchiladas Rojas with chipotle red sauce & cauliflower cashew cheese	63
Enchiladas de Mole with spinach & smoked tofu filling.....	65
Chilaquiles breakfast classic with tortilla, beans & salsa	67
Brunch Burritos tofu scramble & potato wrap with easy cheese sauce	69
Mexi-Macaroni with smoked tofu & fresh herbs.....	71
Pizza Pacífico with artichoke hearts, pineapple & olives.....	73
Pizza de Papas with roasted potatoes, tomatoes & rosemary.....	75
Portobello Burgers with homemade rolls	77

Fried Plantains & Spinach in tomato peanut sauce	79
Milanesa de Frijoles breaded bean cutlets	81
Chimichurri Tofu baked tofu with garlic herb sauce.....	83
Mole Tofu baked tofu with easy mole sauce	85
SWEETS & SMOOTHIES	87
Lemon Caramel Coconut Flan decadent dessert.....	89
Matcha Meltdown green tea banana sorbet.....	91
Choco Banana Sorbet with crunchy cacao nibs	93
Choco Chili Berry Pie with date nut crust.....	95
Sweet Squash with rosemary & cinnamon	97
Empanadas de Manzana y Piña baked apple & pineapple pockets.....	99
Cinnamon Churros sweet fried classic.....	101
Lemon Almond Banana Crepes with chocolate sauce.....	103
Coconut Sweet Rice with mango syrup	105
Pink Tropic strawberry pineapple banana smoothie.....	107
A-B-C Smoothie apples, bananas, chia seeds	109
Melon Berry watermelon strawberry juice	111
Green Wave pineapple lime parsley juice	113
Basil Bananas Moringa Smoothie with almonds.....	115
Frozen Margarita lime & orange blended cocktail.....	116
SAUCES & BASICS	117
Guacamole classic avocado dip & topping.....	118
Cashew Sour Cream creamy & delicious	119
Salsa Roja classic red	120
Salsa Verde classic green.....	120
Salsa de Mango sweet & tangy	121
Salsa de Mole Oaxaca real deal sauce.....	122
Cashew Cauliflower Cheeze filling for enchiladas & more.....	123
Corn Tortillas traditional shell for tacos, enchiladas & more	124
Flour Tortillas soft shell for burritos, tacos & more	125



About this Cookbook

All of my life, I have enjoyed traveling, experiencing world cultures, trying new things, hearing other languages, and exploring our planet. I was raised in a family that traveled a lot, and I was on my first international flight to move to the Marshall Islands when I was five years old.

When I was twelve years old, my mother brought my three younger brothers and I across the border from San Diego, California to Tijuana for the day. It was my first time in Mexico. I remember powerful music, the new language, the vibrant colors, the intense chatter and charm of the street vendors, spicy food, and exotic smells and flavors. This brief visit definitely influenced my decision to start learning Spanish in school. Mexican food quickly became one of my favorite world cuisines.

From a young age, I'd been cooking with my parents and grandparents. I decided to embrace a vegetarian way of life at fifteen: for ethical, health and environmental reasons). Within two years, I transitioned to a vegan lifestyle, when the term was mostly unknown. I often cooked for the family, experimenting with Indian dishes and spices, as well as exploring other styles of international cooking. At seventeen, I put out my first collection of vegan recipes in a small 'zine which I distributed by mail and at music concerts and shows. After getting a degree in Fine Arts, I moved to Boston and worked as an artist and designer. My hunger for world cultures (and cuisines) grew. I explored more and more, starting with trips to Canada, England, France, and Germany. I drove across the USA on my motorcycle. The hunger grew stronger.

In 2001, full of dreams and ambition, I left my career as a designer and moved to Berlin after six intense months backpacking in Southeast Asia, China, India, and Nepal. With Berlin as a base, I continued cooking, traveling, and exploring world cuisines. After a year of living and teaching art in India, back in Germany, I created my first vegan cookbook based on my travels in nearly 40 countries. I did the photographs, artwork, and designed the book myself, and financed the printing with crowdfunding on Kickstarter. With the help of friends and other travel and food bloggers, I found a publisher in Germany. My cookbook was reprinted in English, and a German edition was released. The book's success and popularity overwhelmed me! **The Lotus and the Artichoke – Vegan Recipes from World Adventures** was nominated for **2013 Cookbook of the Year** from VEBU (Vegetarian Association of Germany).

In December of 2013, my partner Julia, our 8 month old son Kolja and I flew to Mexico to spend the winter in a warmer climate, submerge ourselves in the culture and language, and to research Mexican cooking for this cookbook. I went surfing, did yoga as the sun rose, studied Spanish, and cooked every day in the kitchen of the house we rented. We explored the country with our son as he was taking his first steps, and returned to Berlin just as spring came. Over the following months, I completed this collection of vegan Mexican recipes inspired by the recent adventures, and photographed the contents of this book.

As with my first cookbook, I have created a collection of recipes intended for cooks of all experience levels using ingredients found easily at regular grocery stores, markets, and organic shops. A few specialty ingredients can be picked up with a single visit to international spice shops or ordering online.

Although, I personally strive to maintain a vegan lifestyle, I wish to emphasize: This book is for everyone looking to expand their skills and explore new realms of culinary wonder. I am delighted to give inspiration and ideas to help others appreciate vegan cooking. Despite over 20 years of vegan cooking experience, jobs in various restaurants, and years of cooking classes and dinner parties, I am not a classically trained chef. I did not go to culinary school. I have learned from experimentation and experience, interaction with all kinds of cooks, and years of practice. I encourage you to do the same. Enjoy these recipes and stories!

Justin P. Moore
October 2014
Berlin, Germany

In the Kitchen

Vegan Mexican Cooking is possible and practical in your kitchen!

The recipes in this book use readily available ingredients from conventional grocery stores, organic shops and international spice shops. Most Asian or Latin American import shops and the international section of larger supermarkets will have everything you need. You probably already have the appliances and tools for Mexican cooking. There are a few exceptions which will make your culinary adventures more authentic. In most cases, the recipes mention substitutions for less common ingredients. I encourage experimentation: Try new ingredients, but feel free to work with what you have. Focus on fun, feel inspired, explore new methods, and contact me with questions or feedback. If you're totally new to the kitchen, I suggest following recipes closely. Once you've got practice and feel comfortable, go wild and innovate on your own!

Fruit & Vegetables

I recommend using fresh and organic ingredients. Local and seasonal is best, but not always realistic. I love to shop at local markets. Fresh from the garden is even better. In most cases, frozen berries, fruit, and greens (spinach, etc.) work fine, too. If using canned ingredients, I suggest going with organic, unsweetened, unsalted, and without additives, when possible. Remember, good ingredients means good food.

Spices, Herbs, Chilies

Freshly ground spices always taste better. This is especially true for grinding your own whole black pepper, cumin, and coriander. I also prefer fresh herbs over dried. I don't use garlic powder, onion powder, or ground ginger. Use what is convenient and comfortable for you. When replacing fresh herbs with dried in recipes, use about half as much. Fresh herbs should be added later in cooking to retain their intensity. Dried herbs (especially for soups, stews, baked dishes) may be added earlier. For real Mexican flavors, I recommend finding chipotle chilies. Order dried, canned, or ground Mexican chilies online if you can't get find them at local stores. Basic chili powder (or even paprika) will work in the recipes, but you'll have different results. If you want to impress and explore new ground, it's worth it to seek out the real deal.

Nuts & Seeds

For more intense flavor, lightly dry roast nuts and seeds for 2–5 min (depending on size) in a pan, stirring constantly. Or roast them in the oven for a few minutes, watching them carefully. Keep in mind: raw nuts and seeds are more nutritious. Before puréeing nuts, soak them several hours (or overnight) in water for best results. In most cases, I drain and discard the water, and blend with fresh liquid.

Sweeteners, Salt, Sauces

My go-to sweeteners are: unrefined (raw) sugar, agave syrup, and brown rice syrup. I avoid refined sweeteners; powdered sugar is a rare exception. For recipes with lemon & lime juice, vinegars, or other sour ingredients, I often add a touch of sweetness to balance flavors. I use sea salt or Himalayan salt. I strongly recommend using quality Japanese soy sauce, such as Shoyu or Tamari. Your cooking deserves decent ingredients! Avoid cheap soy sauce and hot sauce (especially with MSG, preservatives, etc.) and you'll get better tasting and healthier results. I also suggest making your own salsas. With some practice, it's quick, easy, fun, and way more delicious than store-bought stuff.

Flour & Grains

For most recipes in this book, I use all-purpose (Type 550) wheat flour. I often use a blend of white and whole wheat flour to increase nutritional value. Most recipes will work (with minor variations and adjustments) with spelt flour. I use "masa harina" corn flour for corn tortillas, from the international section of the grocery store, or local import store. More commonly found corn flour (not to be confused with corn starch!) is often not as finely ground, and is not ideal for tortillas, but works for other recipes, such as corn bread and soups.

Beans, Tofu, Seitan

I use all kinds of dried beans and canned beans, depending on available time, and my motivation. I always drain and rinse canned beans before use. Dry beans should be rinsed and soaked (usually overnight), then drained and cooked in fresh water (without salt). You can cheat by boiling dry beans for 5–10 min, turning off the heat and letting them soak (covered) for 1–2 hours before cooking as usual. I prefer organic, firm or extra firm tofu, and often press extra moisture out by wrapping the tofu in a kitchen towel and putting cutting boards (or books) on top for 30–60 min. Not a fan of soy or fake meats? That's cool. Try replacing with vegetables such as: mushrooms, cauliflower, and root vegetables.

Weights & Measurements

For my cooking and this cookbook, I use a combination of American and metric measurements. Measurements have been tested, determined, and converted for both. When creating and refining recipes, I attempt to measure volume and weight. I do not sift flour; Flour measurements are based on scoop & level and weight approximation. These recipes are not meant to be exact formulas for perfection. They are guidelines, and instructions for the less brave. Feel free to stray from the recipe if you want to use more or less of ingredients. Trust your judgement, enjoy yourself, and figure out what works best for you.

Kitchen Appliances, Tools, Cookware

I recommend investing in a good blender. I use my Vitamix high-powered blender at least twice a day, for smoothies, sauces, and desserts. In Mexico, I used a standard, inexpensive blender. A small food processor is very helpful for chopping tomatoes and puréeing small batches of ingredients. I also use a coffee grinder for nuts and seeds. An immersion blender is also very useful for soups. I do have expensive knives, but have learned over the years to survive with whatever is available in the kitchen I'm using. A set of nonstick pots and pans with lids is also excellent. For tortillas and crêpes, a seasoned, heavy cast iron frying pan is also recommended. For roasting small batches of seeds and nuts I use a small nonstick frying pan. I make my own tortillas with a Mexican tortilla press– a worthwhile, inexpensive investment.

Following the Recipes

The recipe descriptions and instructions are written as simple and clear as possible. My photographs offer an idea of how your creation may turn out, and how to present it. Don't be concerned if your dish looks different. I encourage experimentation, improvement, and variation with these recipes. Estimated preparation and cooking times do not include long periods of soaking beans, extended cooling or refrigeration, letting dough raise, etc. Recipes that involve idle time are marked with +. Portions and serving estimates will give you an idea of the recipe's yield. Double or halve recipes as needed. Most recipes are intended for 2 to 3 servings, others make enough for 4 or more.



Adventures in México

The three month journey began in **Mexico City**, after an overnight flight from Berlin. We rented a studio apartment in San Ángel with a modest kitchen and a courtyard garden. After breakfast at a vegetarian restaurant downtown, I explored a local market and stocked up on ingredients. At first, it was a challenge to reawaken my Spanish skills, but quickly I got into chatting with locals, shopping, and reading the newspaper. That night, I cooked a simple dinner using black beans, salsa verde, fresh corn tortilla, local sprouts, and fresh cilantro. We rode the subway and walked all over the city, visited landmarks, and had lots of great meals. Everywhere we ate, I took notes and did recipe research. The number of vegan options at local restaurants was a pleasant surprise. I enjoyed the sights, sounds, and smells of the megacity which had changed a lot in the 14 years since my last visit in 2000. The streets were wider and calmer now, but all of the charm of the city still buzzing, and the street vendors and markets were just as lively.

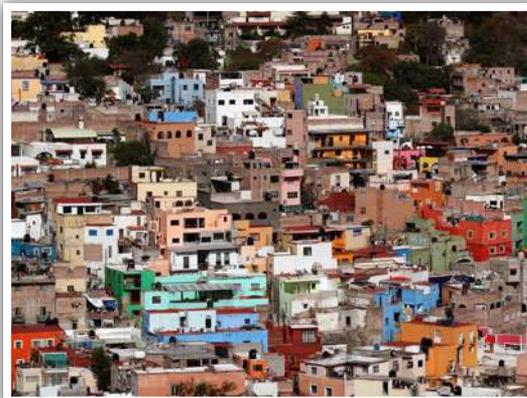


The first outing was to **Tepoztlán**, a scenic town on the outskirts of the big city. The sun was blazing, and the hiking trails were crowded with locals and visitors from afar. We trekked up the mountain to gorgeous views, then descended back into town for a delicious Indian-Mexican dinner feast.

After a few more days of exploring the capital, we made our way to the bus station with our bags and rode to **Guanajuato**. As the sun was setting, we arrived into the hidden gem of a city, an explosion of color and rhythm tucked in the mountain valley. Our apartment was a short stroll up the hillside through the alleys. The local markets were full of fresh vegetables, fruit, and spices. Every morning I woke up early to meditate, write in my journal, go for a walk, and then make smoothies for the family with the old blender in our little kitchen. I was delighted to find that the local shop had quinoa, chia, vegan cookies, and other tasty snacks. I took photographs and drew pictures of the myriads of colorful houses lining the mountainsides. We'd meant to only stay two nights, but Guanajuato was so awesome we ended up staying almost a week before boarding our next long distance bus.

After an overnight ride, we arrived in the morning in **Puerto Vallarta** and then took a local bus to **San Pancho**. I'd heard rumors from half a dozen travel bloggers that this seaside town was a little heaven for vegetarians, vegans, and expats. It took an afternoon to find a simple apartment rental, and again I went shopping at the local markets and continued to cook with fresh ingredients. The first night we went to the beach and watched the sunset. Kolja was intrigued by the ocean but seemed more interested in trying to eat the sand. The next day, I had coffee and made friends at a new vegetarian restaurant. I walked to the beach and watched the surfers in the powerful waves of the Pacific, the ocean I grew to love and respect as a kid growing up in the Marshall Islands and Hawai'i. In the afternoon, I was hanging out in a local skate and surf shop – another nostalgic flash from my younger years. A used surfboard sang to me from the rack. I knew it had to be mine. There was a skull with ornamented hat painted by hand. I saw the cover of my next cookbook, and felt my heart racing.





In the evenings we listened to live music and ate Mexican pizzas. At the apartment, I cooked burritos for breakfast and tacos for lunch. But there was something about San Pancho that didn't fit. We wanted to live in an authentic Mexican town. And we couldn't find a house we really liked.

We decided to look at neighboring towns, starting with a shared taxi to **Lo de Marcos**, just a few miles north. There were far fewer tourists and expats. Spanish was spoken everywhere. The homes were more modest. The beach was more appealing. We watched the sunset and the waves. That night we rode back to San Pancho, with time running out before we needed a new home. I cooked tacos for

dinner. Kolja went off to sleep. We discussed options. The decisions weighed heavy on us. I felt the uncertainty of our plans. We agreed in a few days we'd probably look back and smile from the comfort of our new Mexican home. But which home?

How did we find a beautiful 3 bedroom home just a few blocks from the beach and outfitted with a professional cook's kitchen? Did we book it from abroad and move there with certainty and determination? Nope. On the second day of looking and asking from door to door in Lo de Marcos, we sat down, exhausted and sweaty. I saw two young, shirtless men walking back from the beach. One had a fresh tattoo of Santa Muerte, the elaborately decorated Mexican Lady Death with a painted skeleton face, still healing on his chest. For a brief second, I thought to just smile and let them walk past. Instead, I stood up and asked if they knew of any homes for rent. The guy with the tattoo laughed and said, "We leave for Montreal tomorrow. Do you want to see my house? You're sitting right in front of it."

He opened the gate and continued, "The kitchen might be a surprise. I'm really into cooking so I set it up with a 6-burner gas stove, giant oven, and double fridge I got used from a restaurant in Puerto Vallarta." Upstairs was a small bedroom and a covered dining area with a small kitchenette and its own bathroom. The yard was flanked with papaya, plantain, and palm trees bursting with meals waiting to happen. "My Aunt and I set up an herb garden here. Lots of fresh basil, thyme, rosemary, and



parsley. There's even an outdoor shower to rinse off after the beach. I imagined myself doing yoga in the upstairs room, pictured the family napping on the massive bed in the master bedroom, daydreamed of tamales steaming on the stove, and saw myself rinsing salt water from the surfboard and my sun-bleached boardshorts.

We got the keys and moved in the next day. He shook my hand and said "adios" before driving off on the dusty streets, I felt the thrill and excitement of knowing everything always falls into place when you take chances and just follow your instincts. That evening, I met a lively señora who became my daily Spanish teacher and coach, neighborhood gossip

source, and seller of the best produce in town. Every day I'd walk to her family shop and stock up on fresh mangos, pineapple, bananas, avocados, watermelon, tomatoes, mushrooms, cilantro, juicy little limes, and all imaginable ingredients for cooking. Next door, I'd get a stack of fresh, hot corn tortillas. Down the street, I'd fetch rice, beans, bread, spices and other snacks.

Afternoons and evenings on the beach we'd drink fresh coconut water straight from the source, hacked open with a machete. At the beach shack restaurants we'd often eat guacamole and tortilla chips, and bean tacos with salsa. An amazing pizzeria run by a brother and sister from Juárez opened at the end of the beach. We were regulars, eating homemade pizzas with portobello mushrooms, pineapple, olives, and artichoke hearts.

I never had trouble getting vegan food in Mexico.

As with all of the places I've visited, I found that being respectful and humble, speaking at least a bit of the local language, and asking politely always led to delightful results. With so many great vegetables, an abundance of avocados and delicious fruit, and the wonderful hospitality of the locals, there was always interesting food to be found. I quickly made friends with many of the local restaurants. As in so many countries, they invited me into their kitchens and shared culinary secrets and tricks. I took notes and practiced every day at home in our excellent kitchen.

My dad came to visit us, and to meet his grandson for the first time. He stayed in the upstairs bedroom and we were always up late on the veranda. We shared travel and life stories, laughed about the past, and remembered family adventures. We took day trips to **San Pancho**, the surfer town of **Sayulita**, and **Puerto Vallarta**. When my friend Ben and his brother from Germany came to visit for a few weeks, we returned to these towns and explored the markets, shops, and restaurants again.

In **Sayulita**, we'd eat at a fantastic little eatery with many vegan options, and I got the inspiration for my now infamous Green Dream Salad. There was also a taco place near the beach that blew my mind with spicy, delicious veggie tacos. Further into town was a tiny place with a dozen different sorts of empanadas— sweet ones with baked apple, savory ones with spinach and potato, and much more. All around town were signs advertising Fish Tacos, and despite never eating them because of my dietary ideals and convictions, I created a faux fish taco recipe with young jackfruit. At least twice a week I made variations on my Mexi-Macaroni, Tostada Supreme, as well as bean and vegetable tacos of all kinds. Puerto Vallarta's culinary scene also inspired me heavily during my culinary research. The buffet at a vegetarian place introduced me to new Mexican dishes and cooking methods. An hour's ride from Lo de Marcos in **Bucerías** we found a fantastic shop called "La Abejita". I'd stock up on ingredients from all over the Americas: dried chilies, pecans, walnuts, quinoa, chia seeds, cumin, smoked paprika, brown rice, dried beans, lentils and other things that were harder to find in our small town.

I always use local transport as much as possible when traveling. Riding local buses in Mexico was fun, and I had very entertaining conversations with drivers and passengers. The mountain roads twisting and winding through the jungle are not for the faint at heart! The crosses decorating the road side on treacherous bends are a reminder to ride during the day, and in buses rather than taxis, whenever possible. North of Lo de Marcos is the larger town of **La Peña de Jaltemba**, which becomes chaotic and crowded for the Thursday markets. We ventured there a few times to collect souvenirs and gifts, including wooden cutting boards, bowls, and hand-painted sugar skulls.





The time went quickly in Lo de Marcos. A few days after celebrating his first birthday at the beach with a donkey piñata and local friends, my son took his first steps in the kitchen. He grew to enjoy the ocean, and got comfortable with the impressive waves. We swam together almost every day, and he loved to stand on the shore, challenging the incoming surf. The Pacific is a powerful force. There were times – with and without the surfboard – that I felt nature’s strength and was humbled. We’d hike to secluded beaches, watch whales on the horizon, and scout the shoreline. The undertow was strong, but the water always exhilarating and rejuvenating. Early in my surfing adventures a massive wave toppled me, pounding me and the board to the sea floor. Luckily,

I found a local surfer to repair the lost fin and damaged board. It took me a few days to regain my courage. In the mean time, I watched the locals ride the waves until I was ready to join them again.

With a few days left before the return flights, we took a bus to **Guadalajara**, the second largest city in Mexico. We discovered the bustling markets by day and tantalizing street food scene at night. The people were warm, inviting, and amusing. The best meal: a delicious breakfast of chilaquiles, fruit salad, and orange juice.

Soon, another world traveling couple, close friends, were expecting us at their new home in **Guanajuato**. Excitedly, we returned to the valley town we’d seen at the start of our adventure. After another long bus ride, we met them at their place. They showed us other markets and taco stalls, we hiked the steep alley streets, met with local artists, and enjoyed the food and sunshine. We ate at their favorite restaurant, where I discovered sopes and was inspired with a recipe for this book. Another night, I treated them to homemade tacos, using a recipe I’d refined over the previous weeks of passionate practice. At night, we’d sit on the roof and listen to the musical streets, and stare into the night sky, looking out over the mountains speckled with points of light and the illuminated monument of El Pípila holding his torch.



Back in **Mexico City**, I had a delicious dinner in Chinatown. I strolled the streets and took taxis and subways around town to check out more vegan restaurants. I collected inspiration for the taco recipes in this cookbook and met cool cooks. We visited the Frida Kahlo museum in Coyoacán. We spent a day touring the impressive pyramids of the sun and moon in **Teotihuacán**, an hour north of the metropolis. It was a hot day of trekking, photographs, haggling with souvenir sellers for last minute gifts for friends and family back home, then a relaxing picnic in the shade.

I was anxious to return to our Berlin home, my kitchen, and our friends. At the same time, I really wished I could stay and explore more of Mexico. My beloved surfboard waits patiently at the home of a surfer buddy in Lo de Marcos. I think often of the amazing kitchen of our home there. Whenever I make fresh tortillas, tacos, and cook other recipes in this book, I reflect fondly on the time in Mexico: All the fantastic food, wonderful people, the language and slang I learned, the breathtaking mountains, lush jungles, fields of cacti and flowers, and the warm ocean.



Green Dream Salad

with avocado cilantro parsley dressing

serves 4 / time 15 min

3 cups (100 g) fresh spinach chopped
2 cups (70 g) fresh arugula greens
1 medium red beet grated
1 medium carrot grated
1 cucumber sliced thin
1/4 cup (25 g) walnut pieces
3 Tbs (20g) sunflower seeds

avocado cilantro parsley dressing:

1/2 small avocado
1 medium bunch fresh cilantro chopped
1 medium bunch fresh parsley chopped
3 Tbs lemon juice
2 Tbs olive oil
1 Tbs agave syrup
1/4 tsp sea salt
1/3 cup (80 ml) water

1. In a food processor or blender, purée **avocado, cilantro, parsley, lemon juice, olive oil, agave syrup, salt,** and **water** until smooth.
2. Arrange **spinach** and **arugula** with **cucumber** slices on plates or bowls.
3. Top with grated **beet** and **carrot**, followed by dressing.
4. Garnish with **walnut** and **sunflower seeds**, optionally lightly roasted.

Variations:

Greens: Substitute field greens, chard, lettuce or other greens for spinach or arugula. Any combination of 4–5 cups (about 150 g) greens works. **Herbs:** Omit cilantro or replace with basil, or more parsley, as desired.



Pozole

sacred vegetable soup

serves 3 to 4 / time 40 min

2 Tbs olive oil
1 onion chopped
2 cloves garlic chopped
1 tsp cumin ground
1/2 tsp coriander ground
1–2 Tbs chipotle chopped
or **1 tsp ground chipotle** or **chili powder**
1/2 tsp smoked paprika ground
1 medium carrot chopped
1 small zucchini chopped
1 medium tomato chopped
1 Tbs lemon juice or **lime juice**
1 tsp fresh oregano chopped
2 cups (480 ml) vegetable broth
or **water + 2 tsp vegetable broth powder**
1 cup (160 g) corn kernels or **cooked white hominy**
2–3 cups (480–720 ml) water
3/4 tsp sea salt

1/2 avocado sliced
radish or **radicchio** thinly sliced
fresh cilantro or **parsley** chopped

1. Heat **oil** in frying pan on medium high heat. Fry **onion, garlic, ground cumin, coriander, chipotle** (or **chili**) and **paprika** 2–3 min.
2. Add chopped **carrot, zucchini, tomato**. Fry, stirring regularly, 5 min.
3. Add **lemon** (or **lime**) **juice** and **oregano**. Continue to cook until vegetables soften, 3–5 min.
4. Stir in **vegetable broth**. Return to simmer. If desired, pulse several times with immersion blender (or in a blender) for a less chunky soup.
5. Mix in **corn kernels** (or **hominy**), 2 cups **water** and **salt**. Return to low boil. Reduce heat to low. Cover, simmer 15–25 min, adding more water for desired consistency.
6. Garnish with sliced **avocado, radish** (or **radicchio**), and fresh **cilantro** or **parsley**.



Sopes de Espinaca y Champiñones

fried tortillas with spinach & mushrooms

serves 2 to 3 / time 30 min +

sopes:

3/4 cup (100 g) corn flour (masa harina)
3/4 cup (180 ml) water
1/4 tsp sea salt
vegetable oil for frying

spinach & mushrooms:

5 cups (150 g) fresh spinach chopped
8–10 medium (150 g) mushrooms sliced or chopped
2 Tbs vegetable oil
1 clove garlic finely chopped
1/4 tsp black pepper ground
1/4 tsp sea salt

fresh cilantro or **parsley** chopped, for garnish
lime slices

1. Combine **corn flour** with **water** and **salt** in a mixing bowl. Knead until smooth and rubbery, adding slightly more flour or water as needed. Cover and let sit 20 min while vegetables are prepared.
2. Heat **oil** in a frying pan on medium heat. Add **garlic** and **pepper**. Fry 1–2 min, stirring constantly.
3. Add **mushrooms**. Cook 3–5 min, stirring regularly.
4. Stir in chopped **spinach** and sauté partially covered until spinach shrinks, 3–5 min.
5. Add **salt**, stir a few times. Cover until sopes are fried and ready to assemble.
6. Separate dough into 6 to 8 equal sized pieces. Roll each piece into a ball and press flat on wax paper or a cutting board sprinkled with flour. Pressing with fingers, form 1/4 in (1 cm) thick discs. Pinch around the edges to form a slightly thicker, upturned lip.
7. Heat a frying pan with about 1/4 in (1 cm) deep **vegetable oil** on medium high heat.
8. Fry 2–3 sopes at a time (do not crowd the pan) until golden brown and lightly crispy, 2–3 min per side. Remove carefully with a slotted spoon or spatula, allowing excess oil to drip. Transfer to plates.
9. Top generously with cooked **spinach and mushrooms**, salsa and other toppings of your choice.
10. Garnish with chopped fresh **herbs**. Serve with **lime slices**.

Variations:

Redder: Fry vegetables with 1 chopped tomato, red pepper, or 1/2 cup (30 g) chopped sun-dried tomatoes. **Spicy:** Add 1 chopped chili and/or 1/2 tsp each: ground cumin, coriander seed, and/or smoked paprika. **Fresh Herbs:** Add 1–2 tsp chopped fresh rosemary, thyme, basil, or oregano along with spinach.



Jackfruit Tacos

faux fish tacos with mango salsa

serves 2 to 3 / time 30 min

2 cups (300 g) young green jackfruit (unsweetened!)
2 Tbs olive oil or **coconut oil**
1 large onion chopped
2 cloves garlic finely chopped
1/2 tsp cumin ground
1/2 tsp coriander ground
1/2 tsp paprika ground
1/2 tsp black pepper ground
1 Tbs soy sauce
2 Tbs lime juice
1 tsp agave syrup or **sugar**
1/2 tsp sea salt
small bunch fresh cilantro or **parsley** chopped

6 corn or **flour tortillas** (pages 124 or 125)
Salsa de Mango (page 121)

1. If using canned **jackfruit**, drain and rinse before using. Chop into small strips or pieces.
2. Heat **oil** in a large frying pan on medium high heat.
3. Add **onion** and **garlic**. Fry 3–4 min until onion starts to soften.
4. Add ground **cumin**, **coriander**, **paprika**, **pepper**. Fry 1–2 min stirring constantly.
5. Stir in chopped **jackfruit**. Mix well. Cook 5 min, partially covered, stirring regularly.
6. Add **soy sauce**, **lime juice**, **agave syrup** (or **sugar**) and **salt**. Reduce heat to medium. Continue to cook, stirring regularly, until jackfruit is desired consistency, 5–10 min. Remove from heat.
7. Mix in chopped **herbs**. Cover until ready to serve.
8. Set a frying pan on medium high heat and heat **tortillas** 20–30 seconds each side. Add 2–3 Tbs jackfruit filling. Repeat for all tacos.
9. Serve with mango salsa, or other salsa, and toppings of your choice.

Variations:

Red: Add 1/2 chopped tomato and 1–2 Tbs tomato paste with spices. **Tropic Twist:** Add 1/2 cup (60 g) fresh chopped pineapple or pear. **Vedic:** Replace onion and garlic with 1 tsp black mustard seeds and pinch asafoetida (hing) powder. Also increase ground cumin and coriander to 1 tsp each.



Lemon Caramel Coconut Flan

decadent dessert

serves 4 to 6 / time 30 min +

1/2 cup (95 g) sugar
1 Tbs lemon juice
2 Tbs water

1/2 cup (120 ml) coconut milk
1 cup (240 ml) soy milk or **almond milk**
1/4 cup (45 g) sugar
1/4 cup (60 ml) water
1 Tbs corn starch
1 tsp agar powder
or **2 tsp agar flakes**
1/2 tsp vanilla extract

1. Mix **sugar**, **lemon juice** and 2 Tbs **water** in small saucepan. Bring to low boil and reduce heat to low. Cook 10–20 min until you have a golden brown caramel syrup. You do not need to stir! Be careful not to burn syrup by cooking too long or too hot.
2. Set up 4 to 6 small bowls on the counter. While still hot, pour **syrup** into each bowl and tilt and turn a few times to coat up the sides of the bowl a bit. Allow to cool.
3. Heat **coconut milk** and **soy** (or **almond**) **milk** in medium pot on medium heat. Bring to low boil.
4. Stir in **sugar**.
5. Whisk **corn starch** and **agar powder** (or **flakes**) into 1/4 cup (60 ml) **water** in bowl. Stir into simmering **coconut milk mix**. Return to simmer. Reduce heat to low. Cook 5 min, stirring regularly.
6. Add **vanilla extract**. Stir. Continue to cook, stirring constantly, until milk mix has thickened, 3–5 min. Remove from heat.
7. Pour **soymilk mix** into each lemon caramel coated bowl. Allow to cool 15 min. Transfer to refrigerator and chill for 6 hours or overnight.
8. To serve, removed chilled bowls from fridge and loosen all around the flan with a knife. Carefully turn bowl upside down on plate and hit it gently on top a few times. Lift bowl up to see that flan has been released. If not, poke it a few times with knife. Allow liquid to drizzle onto plate.
9. Garnish with fresh berries, orange or lemon zest, or a sprinkle of cinnamon.