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Published by Andre Bertolino

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Gluten-Free,

Vegan

Cookbook

Andre Bertolino

All recipes designed to yield 24 servings. Unless otherwise specified.

“The Brunette” Brownie

1teaspoon xanthan gum
3 cups oats or one cup each of Bajri, Ondawa & Juwar.
1 cup puffed rice
2 cups brown rice flour
2 cups Margarine or coconut oil
1 cup cassava flour
2 teaspoons of Baking powder
1 teaspoon of Baking soda
1 cup of soy milk
2 cups of maple syrup
½ cup agave
½ cup date molasses
½ cup Carob Molasses
1 cup Walnuts chopped
1 cup carob chips
1 ½ cup chopped dates
1 Tablespoon of vanilla
½ tablespoon Almond extract
1Tablespoon cinnamon
1 cup of sugar
2 teaspoons powdered ginger
1 cup warm flax water.

Process: Mix dry ingredients together in a big jar or bowl, mix wet ingredients in a separate jar. Combine both jars and cook for 30 minutes at 375 degrees.

P.S. I use flax water in many of the following recipes as an egg replacer. When I say Flax water I mean: 3 Tablespoons of whole flax seed boiled in a half gallon of water and cooked down to the consistency of an egg yolk. The fluid thickens considerably once it cools, so you can take it off the heat when it starts to stick to the spoon. I usually pour the warm fluid off the top directly into my recipe allowing the flax seeds to fall as they may. I’ve tried passing them through a fine mesh strainer a few times. It works but it is a hassle to Clean up.

“Mahentashen” Hamentashen

Dough:

1 ½ cups of Tapioca flour
1 ½ cups of potato flour
1 cup of sugar
2 teaspoons of baking powder
¼ teaspoon of salt
10 tablespoons of coconut oil or earth balance butter
1 teaspoon xanthan
1 cup apple sauce
1 teaspoon vanilla extract

Filling

.50 lb of pitted dates
.50 lb of figs tailed
.50 lb of raisins
.25 lb of prunes.
1 Tablespoon of poppy seeds

Place the flour, sugar, baking powder and salt in a blender. Pulse to combine.

Add the butter and pulse again.

In a small bowl, beat together the xanthan apple sauce and vanilla. Pour this mixture into the processor and pulse. Turn the batter out onto a floured surface and wrap then refrigerate for at least one hour.

Preheat Oven to 350. Line baking sheets with parchment paper. Roll out dough to desired thickness and cut with a 3 inch round cookie cutter. When the dough has been cut, place about 2 teaspoons of filling in the center of each circle. If dry brush the perimeter of each circle with soy milk. Using your fingers or a bakers knife, lift the dough to partially cover the filling pinching the circle at one third intervals like a tri cornered hat. Bake for 18 minutes.

Cardamom Cup Cakes with Chai frosting.

4 cups brown rice flour
2 cups garbanzo flour, sifted
1 Tablespoon plus 1 teaspoon baking soda
1 teaspoon sea salt
½ teaspoon ground cinnamon
2 teaspoons ground cardamom
1 1/3 olive oil
3 cups water
1 teaspoon apple cider vinegar
1 Tablespoon vanilla extract
3 cups agave or maple syrup

Process:

Preheat oven to 350 degrees. Oil the bottoms of 33 muffin molds. Combine the brown rice flour, garbanzo flour, baking soda, salt, cinnamon & cardamom in a large bowl. In another bowl, combine the olive oil, water, apple cider vinegar, vanilla and agave syrup. Whisk the wet and dry ingredients together.

Pour the batter into the muffin tin and bake for 15-30 min or until the cake is springy. Let the cake cool and put on the frosting.

Chai frosting

Ingredients:

1 cups of coconut oil
3 ½ cups powdered sugar, sifted
¼ teaspoon sea salt
½ Tablespoon ground cardamom
½ Tablespoon ground cloves
½ cup of strong chai tea
½ Tablespoon vanilla extract & 1 teaspoon

In the bowl of the blender pulse the oil and powdered sugar until soft. Add the salt, cardamom, cloves, chai tea & Vanilla. Continue to pulse until smooth. May be made a week in advance. When ready to use, warm slightly in a double boiler.

Spread the frosting with a butter knife. Once the sides are covered go back and smooth the frosting using a metal spatula. Dip the spatula in boiling water every so often.

To decorate further take a sturdy storage bag fill it with another color of frosting and cut a small piece of one corner off, using it to create pearls or polka dots. Sprinkle toasted coconut on top.

Strawberry Banana Crepes

Filling:

24 ounces of strawberries
4 bananas
Fresh coconut
Ground almond or mung beans
Caramel

Batter:

2 cups of cornstarch
2 cups of tapioca starch
2 cups of Thai rice flour
2 teaspoons of salt
8teaspoons of canola oil
12 cups of water

Process

In a bowl , stir together the cornstarch, tapioca starch, rice flour, and salt. Make a well in the center, pour in the oil and water. Whisk all the ingredients together to make a thin, smooth batter Let the batter rest for 30 minutes.

Organize cooking station before you begin making the rolls. Set the batter and oil on one side of the stove. Spread a dish towel on the countertop and invert a sturdy baking sheet on top of that. Lightly brush the baking sheet with oil. Have ready a platter for holding the finished rolls.

For each crepe, brush the nonstick pan with $\frac{1}{4}$ teaspoon of oil and place over a medium heat. Pre heat the skillet so that the batter sizzles when placed upon it.

Give the batter a good stir and ladle 2 $\frac{1}{2}$ tablespoons into the skillet. Cover and allow the crepe to steam for about 45 seconds and then uncover. The crepe should be translucent, bubbling or even ballooning, and slightly sizzling. Replace the lid if it is not. Cook the crepe for 30 to 60 seconds more to dry it and help it release. Pick up the pan and invert it onto the baking sheet, banging it to release the crepe. Lower the heat if craters form when the batter hit's the frying pan.

May be prepared in advance and refrigerated for 2 days.

Pear Chai Muffins

Ingredients:

- 3 Cups brown rice flour
- 1 1/2 cups garbanzo bean flour
- 1 1/2 teaspoons baking soda
- 1 teaspoon salt
- 2 teaspoons ground cardamom
- 2 teaspoons ground cinnamon
- 1 cup canola oil
- 1/2 cup coconut oil
- 3 cups Chai tea
- 1 1/2 tablespoon vanilla extract
- 2 cups Concentrated pineapple juice
- 2 cups of minced pear
- 3 cups of shredded unsweetened coconut
- 2 cups chopped walnuts
- 1 1/2 cup golden raisins

Process:

Preheat oven to 350. Combine the dry ingredients in large bowl. Combine wet ingredients in another bowl. In a third bowl combine the walnuts, pear, coconut, and raisin. Whisk the flour mixture into the canola mixture until combined, then fold in the carrot mixture.

Divide the batter among the muffin cups. Bake until firm, 20-25 min tops.

“Power Bars of Powerful Power.”

Ingredients for 24:

- 1 Tablespoon coconut oil
- 4 cups rolled oats
- 4 cups chopped toasted walnuts
- 3 cup of oat bran
- 4 cups unsweetened rice crispies
- 3 cup dried cranberries, coarsely chopped
- 9 tablespoons finely chopped ginger
- 3 cups brown rice syrup
- $\frac{3}{4}$ cup cane sugar
- 3 teaspoon vanilla extract
- 2 teaspoon salt
- $\frac{3}{4}$ cup Carob
- 3 teaspoons spirulina

Process:

Grease a baking pan with coconut oil. For thicker bars use a smaller pan.

Mix the oats, walnuts, oat bran, cereal, cranberries, & ginger together in a large bowl and set aside. Combine the rice syrup, sugar, vanilla, and salt in a small saucepan over medium heat and stir constantly as it comes to a boil and thickens just a bit, about 4 minutes. Pour over the oat mixture and stir until the syrup is evenly incorporated.

Spread into the prepared pan and cool to room temperature before cutting into whatever size bars you desire.

Dinner:

Bean Noodles with white sauce. Serves 4.

Ingredients:

2 bay leaf
1 tsp fennel
1 tsp black pepper
1 tsp Anaheim pepper
½ cup oil of grapeseed
16 oz of mimic crème -\$3.95 Granite State Natural Foods.
1 cup of light coconut milk
¼ cup of vegan parmesan of some kind
½ cup of Daiya mozzarella
3 T of nutritional yeast
½ cup of tapioca flour
20 Kalamata olives pitted and diced
10 baby bella mushrooms chopped
2 T white balsamic vinegar
1 bouquet of fresh basil minced
1/8 cup fresh cilantro chopped
½ head of cauliflower
15 oz of mung bean pasta
2 bunches of scallions.
2 cups of vegetable broth

Process:

Bring 30 oz of water to a simmer and add 1 Tablespoon of salt. Boil the water and add the mung bean noodles. Reduce heat and cook for 5-8 minutes depending on altitude, barometric pressure, and room temperature. Strain the noodles over the sink and run cold water on them immediately. Strain them some more and then throw them back in the pot for a few minutes to keep warm while you make the amazing sauce.

Heat ¼ cup of oil in a gallon size pot and toast Anaheim pepper, black pepper, fennel, and bay leaf. Let simmer before adding tapioca flour and nutritional yeast. Stir with a spoon or whisk with a whisk, until roux is formed. Then add another ¼ cup of grapeseed oil with the chopped basil, kalamata olives and cauliflower.

Meanwhile in a small saucepan bring the mimiccream the coconut milk and one cup of vegetable broth to a simmer while stirring constantly. Just as it is about to boil pour it onto the roux and stir. Cook down and stir until it is the desired consistency or until it is thick enough to hold up a spoon on its own.

“Involtini”: An Asian Capellini au Gratin with Asparagus and fiddlehead ferns:

Ingredients:

1 pound of rice noodles
Salt & pepper
40 leaves of fresh basil
6 red peppers
3 leeks
4 Japanese eggplants
4 okra
Cilantro
Tamarind
5 limes
Turmeric
Curry
Ginger
Sucanat
Cinnamon Mint
Cumin
Sweet Paprika
1 8 oz bag of Mozzarella Daiya

For Béchamel

20 Tablespoons of unsalted earth balance with 5 tablespoons sesame oil
8 Cups of almond milk
12 Tablespoons of Plantain flower

Process:

The night before:

Tie 3 pounds of asparagus (about 48 stalks peeled) with cooking twine. Bring several Cups of water to a boil and drop the bundle into the steamer. Cook until tender, 3 to 4 minutes. Save the broth.

Wash and blanch (steam for five minutes) one pound of fiddlehead ferns.

Slice and quarter the eggplant, dice the leeks, dice the peppers, and leave the okra in star shaped disks. Stir fry the leeks, peppers, okra, fiddleheads and eggplant in tamarind, curry, lime, cumin, ginger and basil. Strain the stir fry and save the broth.

Make the Béchamel sauce in a saucepan over a medium heat. Heat the sesame oil, melt the butter, then add the flour to form a roux. Continue to cook, stirring for a couple of minutes. Remove the sauce pan from the heat and slowly whisk in the Almond milk. Season the sauce with cinnamon salt and pepper. Return to low heat and simmer, stirring frequently, until dense, about 15 minutes, then add all the saved broth from the stir fry and asparagus. Cover and cool then refrigerate.

The day of serving:

Bring the salt water in the Rondo to a vigorous boil. Add the Pasta and boil until it is half cooked, 1-2 minutes, then drain and transfer to a bowl. Add 8 Tablespoons of butter and toss well to coat.

Chop the Asparagus into bite size pieces and mix into the bowl with the Capellini. Arrange the Pasta and Asparagus evenly in the Hotel pan. Pour in the Béchamel, sprinkle with Daiya & bread crumbs, and dot with any remaining butter. Bake the Pasta until the top is golden, about 30 minutes.

“ The Supernatural Burger”: Garbanzo patties w/ fried vegetables.

5 cups garbanzo beans.
2 Yukon gold potatoes
2 teaspoons potato starch
1 teaspoon sea salt
1 cup chopped cilantro
2 bunches of scallions, chopped
Zest of 2 lemons
2 cups of toasted breadcrumbs:
(Ondawa & garbanzo flour mixed with basil, oregano & paprika)
2 Tablespoons of olive oil.

Filling/topping

Tzatsiki, Avacado, tomato, cucumber, Summer squash, Bok Choy.

Process:

Combine the garbanzos, potatoes and salt in a food processor and puree until the mixture is the consistency of a very thick, slightly chunky hummus. Pour into a mixing bowl and stir in the cilantro, scallions, collard greens and zest. Add the bread crumbs, stir, and let sit for a couple of minutes so the crumbs can absorb some of the moisture. At this point, you should have a moist mixture that you can easily form into twelve 1 ½ inch thick 3 7/16-88mm patties. Err on the moist side, because it makes for a nicely textured burger. You can always add more bread crumbs a bit at a time to firm up the dough if need be. Conversely, a bit of water or more potato can be used to moisten the batter.

Heat the oil in a heavy skillet over a medium-low heat, add 4 patties, cover, and cook for 7-10 minutes, until the bottoms are brown. Turn up the heat if there is no browning after 10 minutes. Flip the patties and cook the second side for 7 minutes, or until golden. Remove from the skillet and cool on a wire rack while you cook the remaining patties. Cut each pattie in half, top with tzatsiki and vegetables and enjoy.

“Helmond”: Biryani with Coconut-curry sauce

The word Birian, in Farsi means “fried before cooking.”

12 cups zucchini or eggplant
12 cups carrot
12 cups cauliflower
8 T olive oil
2 t salt
24 cups basmati rice.
4 cups cashews
3 cups almonds
12 T olive oil
8t coriander
2t cumin
2 T cardamom
2t Turmeric
1 large knob of ginger, peeled and diced
4 handfulls of cilantro, minced
9 Jalepenos, seeded and minced
1 bunch of scallions minced
2 cups golden raisins
2 cups black raisins
Salt pepper

Process:

Place the vegetables in a mixing bowl, and toss with enough olive oil so the mix is lightly coated.
Season with salt.

Place the nuts in the blender and pulse until ground into crumbs. Add to the rice.

In the food processor combine the oils and spices, (Coriander, Cumin, Cardamom, Turmeric, and Ginger), blend until thoroughly combined.

Pour the oil & spice mixture over the rice and nuts.

Add all the remaining ingredients. With a large spoon, mix well, and season with black pepper.

Coconut-curry sauce

4 cups coconut meat
3 cups filtered water
2 Tablespoons coconut oil
1 thumb of ginger peeled and diced
4 teaspoons ground cumin
4 teaspoons coriander
2 teaspoons turmeric
2 small red chilies with seeds. Raja Guna!
2 teaspoons of salt black pepper.

Process:

Puree all the ingredients in blender until smooth. Add more water as needed for a soupy consistency.
Serve with cilantro as garnish.

Vegan “Lasagna”

2 large eggplant cut widthwise and quartered.

2 Leeks washed and diced.

14 ounces of dehydrated sun dried tomatoes.

4 sweet red or yellow bell peppers diced.

One half of a Ceriliac peeled and diced.

Ceriliac is also called celery root though it is not a root of celery.

1 16oz package of Daiya cheese.

Bread crumbs:

2 cups of Garbanzo flour.

1 Tablespoon of Basil, Oregano & Rosemary

Millet Pasta:

4 cups of finely ground millet or rice flour.

4 cups of plantain, tapioca and/or potato flour

5 ½ teaspoons of Xanthan gum

16 Tablespoons of organic applesauce

4 Tablespoons of olive oil

4 Tablespoons of water

2 teaspoons of salt.

Top with a thick tomato sauce and Cilantro.

Note to self-Insert sauce recipe.

Process:

After making the sauce and prepping all the veggies I usually make the dough. I mix it in a big bowl and shape it into a ball, then I roll it out on a floured surface and cut it into strips. Then I make a “breadcrumb” mix with flour and herbs, cut the eggplant into medallions, dip each piece into the flax water, coat each medallion on both sides with the breadcrumbs and then fry them in olive oil until golden brown. I like to arrange these medallions on the bottom of my baking dish and top them with a layer of diced veggies to cover. I mentioned ceriliac, bell peppers, and leeks in the recipe but, broccoli, celery, onions, garlic, Kalamata olives, cauliflower, kale and squash work just as well. Ultimately this recipe is just a guideline and the word Lasagna is only a symbol representing a well known dish served to the Sicilian aristocracy.

Once the veggie layer is in place cover it with pasta sauce. Cover the pasta sauce with breaded eggplant and the eggplant with more veggies to the desired height. Finally sprinkle a layer of Daiya cheese or some other kind of fake shredded mozzarella.

Mushroom Sfiha with Muhamara

This is a sort of Arabic proto Pizza.

Serves 4

For the Dough

½ cup chlorine free water

¾ oz fresh yeast or 3 ½ tsp dry active yeast

1 heaped tsp sugar

1 ½ cups pastry flower

½ cup whole wheat flower

A pinch of salt

1 cup of egg replacer made from boiled flax seed

3 tbsp liquid coconut oil

For the filling

3 large Vidalia Onions, peeled and diced

3 Cloves of Garlic, peeled and thinly sliced

1 small leek sliced

2 Tbsp of pomegranate molasses

3 Tbsp olive oil

3 Tbsp of coconut oil

1 ¾ tsp of salt

1 Cinnamon stick

1 lb of mushrooms, Baby Bella, Shitake, Crimini, and, or Oyster.

2 Tbsp ground cumin

1 tsp fresh ground pepper

Muhamara topping

4 large red bell peppers

3 slices of day old rustic bread cut into small pieces

1 garlic clove, chopped

1 ¼ cups walnut halves, coarsely chopped

1 pinch of Anaheim red pepper flakes

2 tablespoons of tomato paste

The zest of one lemon

3 tablespoons of pomegranate molasses

1 ½ teaspoons of superfine sugar

1 teaspoon ground cumin

2 tablespoons olive oil

Pinch of Sea salt

Freshly ground black pepper

Chopped pistachios to serve.

Process:

I would begin with the Muhamara. Place the bell peppers directly over a low flame and cook for about 10-15 minutes, turning often, until the skin is blackened all over. I have done this over camp fires, barbeque grills and tandoori ovens alternatively. Transfer to a bowl or tray and remove the black skin as soon as it is cool enough to handle. Do not rinse with water or you will lose flavor. Remove the seeds, chop or tear into pieces and combine in a food processor, with the remaining ingredients to make a course paste. Season with salt and pepper, then transfer to a bowl. Cover and refrigerate for 8-12 hours to let the flavors develop.

The filling. Saute the onions, garlic and leeks with oil, salt and cinnamon on a medium heat until the vegetables soften. This takes ten minutes. Once they start to stick to the pan, add the sliced mushrooms.

Fifteen minutes later they will have let out their water and their volume will be halved. Add the Pomegranite Molasses, cumin and black pepper and continue cooking until there is no liquid left in the pan.

Taste and adjust the seasoning if necessary, then leave to cool.

Mix the water, yeast and sugar together in a cup, stir and set aside for 10-15 minutes to bubble up. Put all the flours, salt, egg and coconut oil in a large bowl and pour the foaming yeast on top. Mix to combine and work to a smooth texture. Form into a ball and cover the bowl with plastic wrap. Set aside to proof in a warm place until doubled in size.

Preheat your oven to 425°F.

Spread out your dough, on a floured surface. Pat and push it into shape, then roll it with a rolling pin until it is large enough to line the bottom of your cast Iron fry pan, or whatever it is you intend to bake this Sfiha in.

If you plan on putting Some kind of substitute cheese in put it in the bottom, and top it with the mushroom filling.

Top this with the Muhamara and fold over any excess dough on top of this.

Bake in the center of the oven for 15 minutes, then reduce the heat to 350°F and bake for another 10 minutes. Serve hot from the oven or at room temperature. It will keep for days.

“Roulade”: A spinach roll filled with yogurt and red peppers.

Ingredients:

- 8 Tablespoons of olive oil
- 4 Tablespoons of minced scallion
- 5 pounds of spinach
- 3 cups of flax water.
- 2 cups of Spanish olives
- 4 teaspoons of salt
- 4 teaspoons of ground nutmeg
- 4 cups of soy yogurt
- 1 cup of fresh basil
- 1 cup Cilantro
- ½ teaspoon of lemon Zest
- Black pepper
- 4 cups of red pepper cut into thin strips
- 4 cups of warm Marinara sauce

Process:

Heat the olive oil over medium heat in the wok. Add the scallions and saute until fragrant, one minute. Add the spinach and cook until all the liquid has evaporated, about 6 minutes. Drain the spinach in the large strainer and squeeze to remove excess moisture. Combine the spinach, flax water, 1 cup olives, salt and nutmeg in the food processor and pulse until combined. Spoon the mixture to an oiled hotel pan and smooth it with a rubber spatula. Bake until the Roulade base feels firm when touched, 12 to 15 minutes. Invert onto a parchment paper lined cutting board, remove the pan and allow the Roulade to cool for 30 minutes.

Combine the yogurt, Basil, Cilantro, lemon zest, and remaining 1Cup of Spanish olives in a medium bowl. Season with salt and pepper to taste.

Reduce the oven temperature to 350 degrees. Carefully peel the top layer of parchment paper from the roulade and discard. Spread the Yogurt mixture evenly over the Roulade, leaving a ½ inch border on the sides. Blot the peppers dry with a towel if they are not dry already and distribute them evenly over the yogurt mixture. With the long end facing you, use the bottom piece of parchment paper as a guide to tightly roll up the Roulade like a jelly roll. Carefully place the Roulade seam side down on a baking sheet.

The unbaked Roulade can be stored in the refrigerator, wrapped tightly in parchment paper, for up to 1 day. Unwrap it and allow to sit at room temperature for 40 minutes before baking.

Bake the Roulade until heated through, about 25 minutes. Slice into 1 ½-inch thick slices with a serrated knife, and serve with the warm marinara (optional).

Stuffed Acorn/Delicotta Squash.

Ingredients:

For one half pan of cornbread,

2 cups whole cornmeal
1 cup Tapioca flour
1 cup of potato flour
7 teaspoons baking powder
3 teaspoons of salt
1 cup of almond milk
½ cup of stevia
1 cup of flax seed water
One cup of earth balance
2 tablespoons of butter for bottom of pan
1 teaspoon of xanthan gum
One bunch of scallions chopped
Half a bunch of rosemary
2 cups of vegetable broth

For the rest:

15 small Acorn squash
10 Apples, peeled and diced
1 cup of dried currants or cranberries
1 cup of wheat germ
1 or two cups of soy milk depending on how dry the cornbread is
3 Tablespoons of molasses
5 Tablespoons of stevia
Salt
4 cups of oats

Process:

First make the cornbread preheat oven to 425. Whisk the dry ingredients together with the milk butter and flax seed water. Fold until the butter is combined. Preheat pan and grease its sides with butter. Bake 40-50 minutes.

In the other oven put two hotel pans full of halved & deseeded squash face down in water for half an hour at 400 degrees.

Meanwhile peel and chop the apples, pour some molasses stevia and unsweetened soy milk on them and mix them with the oats, wheat germ, & currants.

The cornbread and squash should finish cooking simultaneously. Don't bother letting them cool. Pop the cornbread out of its pan and crumble it up in a big bowl, then dump in the apple mixture and you have your filling.

Turn over the squash and sprinkle some salt on it. Fill each one with a few spoons full of stuffing and place back under the broiler for 5 minutes.

Gnocchi with Pistou

12 Yukon gold potatoes
8 Tablespoons olive oil
2 teaspoons of salt
½ teaspoon nutmeg
5 cups buckwheat flour
1 1/3 cup water
Rice flour for rolling dough
Herb Pistou (recipe follows in La Soupa Pistou)
Thyme for garnish

Process:

Bring the biggest pot you have to a boil with salted water. Add potatoes, reduce the heat to low, and simmer until they are soft, about 45 min. Then place them into a bath of cold water. Once cool, remove and peel them. Put them into a large bowl and mash them with the masher. Add olive oil salt & nutmeg. Mix well.

Gradually add the Buckwheat to the potato mixture. Then add the water and knead with hands until fully combined.

Divide the dough into six balls. Dust wooden board and rolling pin with flour. Roll each ball into a ½ inch thick snake. Slice into 1 inch pieces. Press a fork into each gnocchi to create a light impression. Transfer the gnocchi to a floured plate.

Preheat oven to 200. Place an oiled bake sheet in the oven.

Bring another pot to a boil with steamer basket in place. The water level should be lower than the basket so the gnocchi's do not touch it. Working in batches, steam the gnocchi's until just firm, about 7 minutes. Remove them from the steamer basket and transfer them to the baking sheet in the oven to keep warm until all the gnocchi are cooked.

Serve drizzled liberally with Pistou and garnish with fresh Thyme.

Salad:

“Effervescent Istanbul Pickles”

Serves 5

These are fast pickles with a low salt and vinegar content so they won't keep for longer than 2 weeks.

Ingredients

3 large cucumbers

1 heaped tsp of sea salt

1 cup of apple cider vinegar

2/3 cup of water

¼ cup of beet sugar

3 ½ Tbsp white or black mustard seeds

2 Bay leaves

3 sprigs of fresh dill or 3 Tbsp of dried dill

1 clove of Garlic peeled and sliced

Process:

I like to Zebra my pickles just to make them look pretty. By Zebra I mean remove a few strips of the peel lengthwise, using a knife or vegetable peeler. Then I like to slice them into half inch rounds.

Then Place the slices of cucumber in a strainer that is resting over a bowl, and sprinkle with salt. Mix together a little and then leave them to sit for half an hour, so that some of the liquid is released.

In a small saucepan, heat the vinegar, water, sugar, mustard seeds and bay leaves, stirring until the sugar has dissolved completely. Do not allow the liquid to boil. The flavors of the bay leaves and mustard seeds will infuse the vinegar. Remove from heat and allow to cool entirely.

Discard the juice that has released from the cucumbers and put them in whatever you have, Jars a large bowl, etc and cover them with the vinegar juice along with the dill, bay leaf and garlic and chill in the fridge. After a couple hours they will be pickled.

Bok Choy with cumquat dressing

4 cups Bok Choy, thinly sliced
6 cups of Mizuna or mustard greens, torn
6 cups of Tat Soi(substitute green cabbage, sliced thin), torn
2 bunches of watercress, bottom 2 inches composted, cut into 1 inch pieces
2 bunches of basil leaves, cut into ½ inch wide strips
4 cups of cherry tomatoes

dressing:

3 Tablespoons Umeboshi plum puree
10 cumquats sliced into thin medallions
6 Tablespoons of hemp oil
2 T lime juice
2 T white wine vinegar
3 T agave
¼ cup sesame oil
6 teaspoons of Bragg Liquid amino
4 Tablespoons of Ginger, chopped fine
6 Tablespoons of black sesame seeds
6 Tablespoons scallions chopped.
1 T cumin
1 T turmeric
2 T corriander
1 teaspoon black pepper.
1 sprig minced basil

Zucchini “Pasta” with tomatoes and Lemon-Basil sauce on quinoa.

Ingredients for 24:

16 cups of tomatoes
4 cups chopped celery (4 stalks)
2 bunches of scallion, chopped
 $\frac{3}{4}$ cup squeezed lemon juice
8 teaspoons salt
2 cups olive oil
4 cups chopped Basil
24 medium zucchini trim ends and use spiral slicer.
4 red bell pepper julienned
4 yellow bell pepper julienned
2 cups of green beans.
2 $\frac{1}{2}$ cups of quinoa

Process:

Use 2 cups of vegetable broth per cup of quinoa. Bring the liquid to a boil and combine, then lower heat and simmer covered for about 15 minutes.

Add the tomatoes, celery, scallions, lemon juice, and salt to a blender, and blend until completely smooth. With the blender still running, slowly pour in the olive oil and continue until emulsified. Transfer to a bowl and stir in chopped basil.

Trim the zucchini ends. Using a hand peeler or the blender attachment slice the zucchs to ribbons and transfer to a large bowl.

Add the red and yellow peppers and enough of the tomato basil sauce to generously coat the vegetables. Season to taste with salt and pepper.

Napa Cabbage and Sprouts Salad

Salad ingredients:

- 1 head of napa cabbage
- 2 large carrots
- 1 small purple turnip
- 1 small piece of celery root
- 1 small golden beet
- 2 small apples
- 1 box of sprouts of your choice.

Grate through large holes: carrots and apples

Grate through small holes: turnip, celery root, golden beet

Wash and drain napa. Cut lengthwise into quarters. Slice each quarter crosswise, very thinly.

Mix all the salad ingredients well together.

Dressing Ingredients:

Juice of one lemon

1 cup plain soy yogurt

¼ cup of olive oil

¼ cup canola oil

1 tbs. sesame oil

¼ cup white balsamic vinegar

2 tbs. apple cider vinegar

1 tbs. minced fresh oregano

1 tsp. dry oregano

1 tsp tarragon

1 tsp. ground coriander

1 tsp. sea salt

¼ tsp. black pepper

A half dozen red radishes.

Mix all the dressing ingredients and whisk until creamy and smooth.

Pour dressing on salad ingredients and mix thoroughly. Keep chilled until ready to serve.

Garnish with sliced radish.

“Goi Du Bap” (Green papaya with spicy cabbage.) Salad

Dressing:

4 Limes
4 Tablespoons of Kale
4 ½ tablespoons of sugar
3 Serrano chiles minced
¾ cup of white vinegar
3 Tablespoons of Canola oil
6 scallions
2 Tablespoons of Sesame seed.
5 teaspoons of salt
3 Tablespoons of Dill
6 Tablespoons Hoong Quay or Rau Rahm...Basil & coriander

3 papaya
2 heads of Napa
2 Carrots
2 cups of shredded coconut
2 lbs of ripe tomato cored and chopped

Stir together the lime juice, sugar, and chiles until the sugar dissolves. Set aside for a half hour.

Peel the papaya and cut off the stem. Halve the Papaya lengthwise and use a spoon to scoop out the seeds. Cut each half lengthwise and remove the thin whit layer lining the cavity. Shred the papaya on the large holed side.

Put the papaya in a strainer add the sugar and 2 teaspoons of salt. Massage the salt and sugar into the papaya vigorously. When it is slimy and limp rinse it under cold water to remove the salt and sugar.

Wring out excess moisture from the papaya with a dish towel but do not crush it. Transfer the papaya to a large bowl and fluff it up to release it from its cramped state. Add the coriander and the dressing.

Meanwhile, put the scallions in a small bowl and add the white vinegar just to cover. The vinegar will reduce the harshness of the scallion. Drain and add the cabbage, carrot & coriander.

Beter if made a day in advance, so that the flavors can penetrate the papaya.

White carrot, & beet Remoulade with crème fraiche Salad

3 pounds of celery root
2 pounds of parsnips
Salt and pepper
Juice of two large lemons
1 cup of crème Fraiche
½ cup Dijon mustard
4 tablespoons of grated horseradish
Hungarian paprika
Chives
3 tablespoons olive oil

Peel the Parsnips and quarter them lengthwise. With a paring knife, remove the central core. Trim the ends and cut into 3 inch lengths. Season well with salt and pepper and toss with olive oil, then install them in the Pyrex and bake for 45 minutes at 370, until they are fork tender and lightly browned.

Peel the celery root and cut into matchstick shapes about 3 inches long. Put it in a bowl. Salt lightly, then add lemon juice and toss well. Cover tightly and refrigerate for at least an hour, or overnight.

Drain the celery root and blot with towels. Dress with the crème Fraiche, mustard, and horseradish. Add salt and pepper with a pinch of paprika. Sprinkle with finely slivered chives.

Crème Fraiche:

Heat 2 tablespoons of butter and 1 cup of soy milk to just under a boil. Cool to room temperature and add 2 cups of plain soy yogurt. Transfer to a bowl and let stand at room temperature for 12 hours, until slightly thickened.

Herb Salad

Half a pound of arugula leaves, the smaller the better
8 Belgian endives
Chervil, parsley, basil, mint, and tarragon sprigs.
A few celery leaves from the center of the bunch
1 shallot, finely diced
Juice of 1 Lemon
Salt and pepper
½ cup of olive oil.

Wash and gently dry (not in a salad spinner or a washing machine) the Arugula and lettuce leaves. Trim the endive, discarding the outer leaves, and slice crosswise about 1 inch thick. Combine with the washed greens, wrap in a clean towel and refrigerate until ready to serve.

Pluck the herb leaves from their stems, tearing larger leaves into rough ribbons. We will need approximately 4 cups of the sweet herb mixture, not including the celery leaves.

Prepare a vinaigrette: Macerate the shallot with lemon juice and a little salt. Then whisk in the olive oil adding freshly ground pepper.

Put all the leaves in the only large bowl we have. Sprinkle lightly with salt and toss gently. Rewhisk the dressing and spoon half of it over the salad, then toss again to coat very lightly. The idea is that the salad will be barely dressed, but sprightly. Adjust with a little more vinaigrette, lemon juice or a drop of oil. Toss.

“Salade”

2 pounds small green beans topped and tailed.
4 pounds of tiny potatoes.
4 pounds of ripe Tomatoes.
2 sweet red peppers cored, seeded, and thinly sliced
Salt and pepper
2 teaspoons crushed fennel seeds
Olive oil
Basil vinaigrette
Grilled eggplant paste (recipe follows).

Boil the green beans in salted water for 5 minutes or so, until tender. Drain and spread them on a towel to cool.

Boil the potatoes in salted water for 12 to 15 minutes, until tender. Let cool then cut into halves. Cut the tomatoes into wedges and put them in a bowl. Add the sliced peppers and set aside.

Season the green beans, peppers and tomatoes with, salt pepper and a few spoonfulls of Basil Vinaigrette, and mix gently then arrange them on a platter.

Put the potatoes in a bowl, sprinkle with salt and pepper, and drizzle with a little vinaigrette. Arrange them around the platter edge. Decorate the whole platter with Basil leaves. Pass the eggplant paste separately.

Basil Vinaigrette:
2 Shallots, finely diced
3 Tablespoons red wine vinegar
Salt and pepper
A hand full of Basil leaves
1 1/2 cups of olive oil.

Put the shallots in the red wine vinegar, adding a little salt and pepper. Crush the basil leaves and add them. Macerate for 10 to 15 minutes.

Whisk the olive oil into the vinegar mixture. Let the sauce stand for half an hour, then remove the Basil leaves. Use the vinaigrette within a few hours.

Grilled eggplant paste

6 Japanese eggplants or three of the smallest European eggplants you can find.
Salt & Pepper
Juice of 1 lemon
2 teaspoons of chopped capers
2 teaspoons chopped Cilantro
2 teaspoons finely minced chives
1/4 cup olive oil

Put the eggplants under the broiler for ten minutes or so turning frequently, until the skins are blackened and the flesh is soft. Set aside to cool.

Cut the lengthwise in half and scrape the flesh from the skins. Chop the flesh coarsely with a knife and put it in a bowl. Pour off or blot any juices, and season with salt and pepper. Add the lemon juice, capers, parsley and chives. Stir in the oil with a fork and mash everything a bit.

Arugula with golden beets and walnuts in orange miso dressing.

4 fennel Bulbs, trimmed and quartered lengthwise
6 cups golden beets, peeled and julienned
6 scallions, thinly sliced
2 bunch of Arugula, torn
2 cups of walnuts

Orange Miso Dressing

6 Tablespoons of red or white Miso
4 Oranges peeled and seeded
1 cup of olive oil
4 Tablespoons of Ginger

For salad, slice fennel with or Mandoline. Place fennel, beets, scallions, arugula, and walnuts into a large bowl.

To make dressing put all ingredients in blender until smooth.

Red confetti Slaw

Ingredients:

2 bunch of red Kale, tough ribs removed, leaves torn into bite sized pieces
1 head of red cabbage, cored and sliced
1 bunch of red leaf romaine, torn into pieces.
1 bunch of fresh dill chopped
1 bunch of fresh rosemary chopped
2 bunches of cilantro leaves, chopped
2 cups of cherries, dried or fresh

Dressing #1: Creamy curry

4 Tablespoons of curry powder
1 bunch of scallions
4 apples cored and diced
4 Tablespoons of grated ginger
4 cups of olive oil
Juice of four lemons
2 teaspoons of sea salt

Dressing #2: Sunflower Thyme Marinade

8 Tablespoons of Thyme leaves
1 bunch of scallions
4 cups of olive oil
2 cups of sunflower seeds
4 tablespoons of apple cider vinegar
Salt to taste

Soups

Winter squash simmered in coconut milk (Bi Do Ham Dua) Soup

2 cups of raw peanuts
2 pounds of Banana squash, peeled and cut into 1 inch cubes
1 teaspoon of salt
2 teaspoons of sugar
2 cup of coconut milk
4 quarts vegetable broth
2 Garnett sweet potato (yam), about 1 pound, peeled and cut into cubes
1 tablespoon of fresh cilantro

Place the peanuts in a small saucepan with water to cover by one inch. Place over medium heat, bring to a boil, and boil for about 15 minutes, or until the nuts are chewy and half cooked. Meanwhile, put the squash cubes into a wok or saucepan, add the salt and sugar, and toss the squash to coat. When the peanuts are ready, drain and add to the squash.

Add the coconut milk and vegetable broth to the squash and peanuts and bring to a simmer over medium heat. Cook for three to five minutes or until the squash has slightly softened. Add the sweet potato and stir gently to combine well. The liquid should just cover the vegetables. Continue at what sounds like a simmer for 15 to 20 minutes, or until the squash and sweet potato are tender but not mushy. Transfer to your guests bowl and sprinkle with cilantro.

“La Soupa Pistou” : French Minestrone

Don't be intimidated by this long list of ingredients. This is what Minestrone is supposed to be-big! In Italy, the word Minestrone means 'big soup' and it is served as a first course.

Ingredients: 3 Cup dried white beans, soaked in water for six hours, drained
18 quarts water
6 Tablespoons salt
3 pounds green beans topped and tailed, trimmed into ½ inch-thick pieces
2 ½ pounds of tomatoes, peeled, seeded and chopped coarsely
2 pounds of boiling potatoes, peeled and diced
1 ½ pounds of carrots, peeled and diced
2 parsnip, sliced in chunks.
1 ½ pounds of zucchini
6 leeks thinly sliced
2 celery stalk, chopped
1 ½ pounds of green cabbage, cut into strips
10 sprigs of fresh Thyme
2 bay leaves
4 teaspoons of black pepper
9 tablespoons olive oil
2 cups of macaroni
2 cups of pesto

Process:

Cook the beans in pressure cooker with 9 quarts of water. Drain and set aside.

Meanwhile, in a large stockpot, bring the remaining 9 quarts of water to a boil, then add the green beans, tomatoes, potatoes, carrots, Zucchini, leeks, thyme, and bay leaf. Reduce the heat to low, then stir in the 4 tablespoons of pepper and 9 tablespoons of oil, simmer, stirring occasionally, until tender, about 20 minutes. Add the pasta and reserved beans and continue cooking until the pasta is soft about 15 minutes if it was dried. Add the pesto just before serving.

Pesto:

2 bunches of fresh basil
Some parsley, thyme, rosemary & oregano
6 Tablespoons of pine nuts or cashews toasted until golden
Pinch of salt & pepper
1 cup of olive oil

Process:

The basil must be completely dry. Use the salad spinner to remove the water from the washed Basil, then dry with paper towels. Leave spread out on paper towels to dry thoroughly.

Place the Basil, pine nuts, and salt in small food processor and blend into a paste but not a liquid. This pesto can be jarred, topped with olive oil and refrigerated for up to six months.

Toss with trenette or bavette fettuccine before stirring into minestrone.

Cold fruit Soup

Ingredients:

5 Macintosh apples, washed cored and peeled
5 ripe peaches, peeled and pitted
5 plums of any kind
1 pint of ripe strawberries hulled
½ pint of fresh blueberries
1 pound of seedless grapes
1 cup Sucanat
2 Tablespoons of vanilla
2 Tablespoons of coriander
9 Cardamom pods
¼ cup Mint
5 Cloves
1 teaspoon nutmeg
1 pound of pitted prunes
¼ pound of raisins
10 cups of water
Apple juice as needed
Vanilla soy yogurt as garnish

Process:

Cut the Apples, Peaches, and Plums into small pieces. In a Pot, boil 20 cups of water and add 1 cinnamon stick, 2 Tablespoons of Coriander, 5 ground Cardamom pods, 4 ground cloves, ¼ a cup of dried mint and a teaspoon of nutmeg. Combine this tea with all the dried fruit and remove from heat.

Then add 1 cup of Sucanat and a can of apple juice concentrate, with all of the fresh fruit.

Cover, bring to a boil over a high heat, then decrease the heat to a medium low and simmer steadily, partially covered, stirring occasionally for about 15 minutes or until the fruit has disintegrated.

Immersion blend the whole thing to the consistency of baby food or Press all the fruit through the red, course strainer, or puree in food processor. The puree should be just pour able.

Chill well. Serve in bowls or mugs, with a dollop of Yogurt. Keeps for one week.

“Miso Happy”

20 quarts of water
10 squares of kombu kelp dried
5 cups of bonito flakes (katsuobushi)
3 cups of miso
10 scallions, trimmed into thin slices
1 package of silken tofu (optional)

Process:

Bring the water to a boil. Add the dried kelp and keep boiling. Remove the kelp with slotted spoon and compost. Stir in the bonito flakes and turn heat off. Let the water steep until the bonito flakes drop to the bottom. Skin the surface of water with slotted spoon.

Cover the strainer with a kitchen towel and pour the broth through into another pot. Compost the Bonito. Set aside five cups of this liquid. The medicinal properties of the koji spores used to ferment the soy protein will be lost if Miso is heated above one hundred and ten degrees, so take the temperature of the water before adding any miso. If the broth in the first pot is sufficiently cooled, place the strainer back over the first pot and rub the miso through it with the back of a wooden spoon, moistening with some of the stock set aside. Bring the soup to a near boil over a medium heat, add the scallion & tofu if you want and serve hot.

“Vietnamese Kelp noodles”

28 ounces of kelp noodles
2 large eggplants
1 Leek
1 bag of edamame
4 Tablespoons of coconut oil or two cups of coconut milk (recipe for fresh milk follows)
2 Tablespoons sesame oil.
2 Tablespoons of peanut oil
1 Tablespoon of Tamarind
1 quart of Almond milk
¼ cup of lemon juice
2 Tablespoons of Cumin
1 Tablespoon of Anaheim red pepper or 3 Vietnamese chili peppers.
2 Tablespoons of Hung (Mentha Spicata).....Mint
1 Tablespoon Rau rahn (Polygonum Odoratum)....coriander
2 Thumbs of minced ginger
1 Tablespoon of yellow Curry
1 Tablespoon of Cinnamon
1 Teaspoon of cloves
2 Tablespoons of brown sugar
4 Tablespoons of Kale
4 tablespoons of Ngo gai (N-Gaw gai) (Eryngium foetidum) or Hoong quaycilantro & Basil
5 Anaheim red pepper seeds

Slice and quarter the eggplant. Dice the Leeks and thaw the Edamame.

Pour some sesame oil in a frying pan and heat it up with the coconut oil. Sweat the anaheims, peppers and leeks before adding the eggplant. Season the eggplant with curry, ginger and cinnamon and flip. After ten minutes on a high heat add four cups of hot water. Bring to a boil and add the Tamarind, Peppermint, cloves, Kale, Sugar, Edamame and lemon juice. Then reduce to a simmer.

Let the rice noodles soak in cold water for half an hour.

Strain the rice noodles, then boil them 4-10 minutes and add entire mixture in a soup pot and add more water. Garnish with minced Parsley and fresh julienned lemon grass.

Optional garnishes:

4 cups of bean sprouts

Sprigs of mint

Thai Basil

Fresh Cilantro

Thai Chiles

Lime wedges

1 head of romaine lettuce halved lengthwise and cut crosswise into ¼ inch-wide ribbons.

“Sweet Pumpkin Chowder” serves 6

¼ cup yellow onion diced
2 garlic cloves minced
½ teaspoon turmeric, ginger, cumin, dill
¼ teaspoon cinnamon, cardamom
2 cups vegetable stock
One half of a five pound pumpkin
4 tablespoons grade B maple syrup
½ a lemons zested and juiced
2 cups hemp milk
3 teaspoons salt or 2 tablespoons of brags & 1 tablespoon ambush plum paste.
Fennel seed
Sweet red bell pepper
Fresh basil
1 cube vegetable bullion
Bay leaf.

Process:

Chop a 5 pound pumpkin in half. Remove it's hard exterior & deseed. Chop into pieces and place into a food processor with some veggie broth. Do this in 4 small batches. Pulse each batch until pumpkin has become soupy.

In a large soup pot toast the fennel and cumin seeds with a little pepper. Then add the garlic and onion. Sweat the onion and then add the red pepper and the bay leaf. Let simmer for a minute before adding the pumpkin puree. After the pumpkin has heated up add the vegetable bullion and all the other ingredients in any order. Simmer for half an hour. Serve with bread.

Drinks

The shake

Serves 5

2 cups Almond, soy or hemp milk

1 Lb of fresh or frozen kale

3 Tablespoons of medium roasted Carob powder

1 cup frozen blueberries

4 Medjool dates pitted & blanched

2 frozen bananas, cut

2 Tablespoons almond butter

¼ teaspoon ground nutmeg or cinnamon

1 Tablespoon Agave or stevia glyceride

1 Tablespoon coconut oil

2 cups of unsweetened shredded coconut

1 teaspoon vanilla extract

Salt

1 Mango skinned and pitted.

Half a quart of strawberries topped.

Tungba

Jaggery Mead with medicinal properties:

8 Lbs Jaggery
8 Cans organic frozen Apple juice concentrate
8 oz organic Black Cherry concentrate
2 lbs Red Millet
2 oz fresh Ginger Minced
10 Bay leaves
1 oz Damiana
1 oz Passion Flower
2 oz Holy Basil
1 oz Elder Flower
1 oz Hawthorn
1 oz Calendula

Powdered:

1 T Rosemary
3 T Turmeric
2 T Cardemom seed
2 T Anise seed
2 T cinnamon
5 Cloves
3T Molasses

1 Package of Cider yeast, Champagne Yeast, or dry white wine yeast.

Process:

Boil all of the Herbs, grains and Powders in 4 gallons of water.

Strain the herbs from the water.

Melt the apple juice concentrate into the hot water.

Dissolve the Jaggery sugar in the hot water.

Allow it to cool before adding yeast.

Siphon the whole concoction into a five Gallon Carboy

Top it all off with more juice or boiled water, so that the waterline is in the narrow part of the bottles neck. Minimizing oxygen exposure improves the taste and lowers acidity levels.

Cap the Carboy with an Airlock. If you cannot obtain an Airlock a rubber glove or balloon works fine as well.

This recipe tastes much better if Raw honey is used instead of Jaggery, but the minimum amount of honey needed, (2 gallons) would cost over \$100.00.

This is how the Nepali's and Tibetans make their wine. It matures very quickly and is ready to drink after just a couple of days. It reaches full maturity in three weeks if the temperature it is kept in is over 60 degrees Celsius.

The combination of herbs is of my own devising, and they have a number of medicinal qualities.

My personal favorite is that they make it impossible to get a hangover from this mead.
You can drink this stuff all night and you won't feel crappy the next day.

About the author

Andre Bertolino loves food. His first word was not Ma or Pa or Ba Ba, but “Cookie. “ His second word was “Ma”, which is short for the Hebrew word for soup, “Marer.”

He has won many awards, including Yankee Magazines “Best Vegan Chef in New England 2012.”

In case you were wondering he didn’t go to college to learn how to cook.

He is composed of enough water to fill a ten gallon barrel, sufficient fat for seven cakes of soap, enough carbon for nine thousand pencils, ample phosphorus to make twenty thousand match heads, plenty of magnesium for one dose of salts, enough iron to make one medium sized nail and an adequate amount of Sulfur to rid one dog of fleas. He lives & works in Concord N.H.

Thank You for reading this book.

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