

TUV HASHAVUA: BEST OF THE WEEK



TUV HA'ARETZ CSA
AT THE
FOREST HILLS
JEWISH

Isa Chandra Moskowitz's 5 Essentials for Wildly Delicious (Not Necessarily Vegan) Weeknight Meals

Emily Ho, thekitchn.com

Isa Chandra Moskowitz is famous for her fresh, bold approach to vegan cooking, with her inspiring vegan cookbooks and cooking videos, as well as her website Post-Punk Kitchen.

When we spoke with her about her five essentials for home cooks, she wanted to be sure we kept the emphasis on weeknight cooking — vegan or otherwise, “these tips and essentials apply to all cooks.”

Isa has written and co-authored several vegan cookbooks, her most famous being *Veganomicon*, which was published in 2007 and continues to be a bestseller and vegan cooking bible for many. Her latest book *Isa Does It: Amazingly Easy, Wildly Delicious Vegan Recipes for Every Day of the Week* is sure to follow suit.

"It's all about being accessible, with recipes anyone can do. You can give it to someone in your family who might not be used to vegan cooking because it will have a lot of familiar ingredients," said Isa. "It's the culmination of everything I've learned in my 10 years of cookbook writing."

Isa lives in Omaha, Nebraska, and she is a full time food writer. She started writing cookbooks when she was 16, when she first became a vegetarian. "My mom brought home cookbooks and we started cooking together. This was before the Internet, so I would make cooking zines as a way to share my favorites." Besides her selection of wonderful cookbooks, Isa has a website *Post Punk Kitchen*, as well as a wonderful series of cooking videos.

1. Always be soaking. "This is for any cook (but vegans in particular): always have some beans and the heartier grains like wheat berries soaking in water. If they're presoaked, it takes no time at all to cook them — even lentils will cook a lot faster with a little soaking. You can save yourself hours in the kitchen if you just take a minute to pour some water on wheat berries in the morning, for example. I use room temperature filtered water and just cover the bowl with a towel.

"Cashews are another great thing. If you have soaked cashews it only takes a couple of minutes in a blender to make a nice, smooth cashew cream. As a vegan, I'm always soaking cashews because I want to make creamy things."

What happens when you get something soaking but you just don't have the time to deal with it? "Well, with some of the legumes you'll get sprouted versions of them, which is delicious and nutritious. Sprouted garbanzo beans, for instance, are great raw! Otherwise, with things like soaking cashews, I just cover the bowl with plastic wrap and put it the refrigerator. If you change the water every day or so, you can keep them there for a week."

2. Manage your expectations and accept your feelings. "I feel like there's a lot of pressure from places like *Pinterest* for us to have a

"A" WEEK #25 11/18/2014
Thanks to Our Volunteers:

11/18 Pick-up: 5:00 to 8:00PM

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Deanna Davis**

**1 PM Truck Delivery:
Marcy Birnbaum**

Brian Gardner Hoashi

**8 PM Unclaimed Shares Delivery:
Sam Guzik**

11/25 Pick-up: 5:00 to 8:00PM

**Tanessa Cabe Harte
Fiana Tulchinskaya
Joan Ferng**

**1 PM Truck Delivery:
Marcy Birnbaum**

Brian Gardner Hoashi

**8 PM Unclaimed Shares Delivery:
Daniel Korb**

**Next Week – FINAL
Summer/Fall Pick-up
Tuesday 11/25 (B-week)**

**FOR WINTER SHARE
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**First Winter Share Pick-up
is on Thursday 11/20**

TUV HA'ARETZ CSA at the
Forest Hills Jewish Center
106-06 Queens Blvd.
Forest Hills, NY 11375
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- **Tuv Ha'Aretz CSA:** foresthillstuvcsa.com
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special kind of kitchen experience. There's this current culture, which is promoting these kinds of whimsical, warm-wood-and-beautiful-napkins moments. (I'm guilty of this too!) Just calm down: not everything you make needs to end up on *Instagram*.

"If you've had a bad day, cooking doesn't have to relax you or make you feel better. It might, of course, but it doesn't have to. People can start feeling inadequate because they're not having an Instagrammable experience. Just go into the kitchen with whatever feelings or circumstances are going on for you and cook anyway. Cook angry!"

3. Keep at least one counter clean and free of clutter.

"Kitchens can collect all kinds of clutter: keys, gym bags, computers. Keep at least one area clear so that every time you come home, you're ready to cook and you don't have to start by clearing a space. Make it a dedicated workspace.

"Useful kitchen utensils and things like olive oil are fine to keep out, as long as they are out of your way and you can fit in a big cutting board and a compost bowl. You need space to work.

Bonus tip: A big cutting board is important, especially with vegan cooking. You're often cutting up a lot of vegetables and you'll just get cranky if everything is squished together on a small board."

4. Find your spirit recipes! "In other words, have about five recipes that you've mastered. Dishes where you don't need to pay close attention to measurements, or that you need to read each step of the recipe. (Almost like how a guitarist learns a few chords and then they can create a song.) Once you have those five dishes that you love making, it's going to make everything a lot easier. You'll be able to riff on them, come up with variations, and not be stressed because you'll know what to make when you come home tired from a long day at work. You won't need to pull out a cookbook, you'll just get into the kitchen and start cooking."

5. Pay attention to down time. "When you read a recipe, be sure you understand how long the entire recipe takes and if there are any periods of down time. This will help you to not start cooking a recipe that ends up taking longer than you want and it also helps to know that there might be some hands-off time while something is soaking or cooking, so you can get other things done. There's such a desire for these 30-minute meals which are great but there might be a great recipe that you reject, not realizing that a lot of the cooking time is hands-off."

Bonus tip: Have sauces around. Take a few minutes on a Sunday or whenever you have the time and whip up some sauces in a blender and pop them in the refrigerator. I always have at least 2 or 3 in the refrigerator at any time. Pick sauces that don't need to cook: a tahini sauce, a peanut sauce, or a dressing like Caesar dressing. They last a week, sometimes a little more. That way you can come home and steam some veggies or sauté some tofu, or take some leftover rice, or get anything together that takes 10 minutes to do. Then pour the sauce over it and there you have it. Tons of flavor with hardly any work!"



Emily Ho is a Los Angeles-based writer, recipe developer, and educator on topics such as food preservation, wild food, and herbalism. She is a Master Food Preserver and founder of Food Swap Network.

11/18 What's in the Box:

Cabbage, Kohlrabi, Carrots, Celery Root, Broccoli, White Eva Potatoes, Romanesco Cauliflower

VEGETABLE BOBOTIE & COCONUT SPICED CABBAGE riverford.co.uk | Serves 4

Bobotie is a South African dish of leftover meat; this one is a vegetarian version. Use any combination of root vegetables: celeriac, potatoes, sweet potatoes, kohlrabi, parsnips, carrots, even stems of broccoli or any style cauliflower.

2 slices of white bread
1 ¼ cup milk
2 tbsp oil for frying
1 onion, peeled + sliced
1 garlic clove, peeled + crushed
1 tsp peeled + grated fresh ginger
2 tsp mild or medium curry powder
pinch of ground cloves
2 lb mixed root veg, peeled + diced ¼" to ½" cubes
2 tbsp mango chutney
½ cup sultanas or raisins
¾ cup water
4 eggs
2 cups / 1 pint plain full-fat yoghurt
a little freshly grated nutmeg
8 bay leaves
3 tbsp oil for frying
1 lb cabbage, core removed, finely shredded
2 tbsp dried coconut flakes
2 tsp cumin seeds
1 dried red chilli, minced

In a bowl, soak bread in milk. Heat oven to 350F. In a large pan, heat oil and saute onion until translucent, 5 mins. Add garlic, ginger and spices and cook for another 2 mins. Add the root vegetables, mango chutney, sultanas and water. Bring to the boil, reduce the heat to a simmer and cook for 10 mins.

Mash the bread and milk up, and add to the pan, stirring to combine. Season with salt and pepper. Transfer to a deep sided 9" x 13" baking dish. In a small bowl, lightly beat the eggs and yoghurt together. Add a little freshly grated nutmeg. Pour evenly over the vegetables. Lay the bay leaves on top. Bake bobotie in the oven for about 35-40 mins, until the top is golden and fluffy.

Serve hot or at room temperature, with spiced cabbage as a side dish.

SPICED CABBAGE: Heat 2 tbsp of oil in a large pan. Add the cabbage and cook for about 5 mins, till crisp-tender. Remove the cabbage to a large serving bowl. Into the same pan, add another tablespoon of oil, the cumin, coconut and chilli to the pan. Saute till the coconut is toasted and golden. Pour spices over cabbage to serve.

