

TUV HASHAVUA: BEST OF THE WEEK



TUV HA'ARETZ CSA
AT THE
FOREST HILLS
JEWISH CENTER

Our Big Fat Vegan Thanksgiving, or Creating Dishes to Eat With Loved Ones on the Biggest Feast Day of the Year

Maki & Brian Hoashi, Members Tuv Ha'Aretz

The first time we endeavored a vegetarian Thanksgiving menu, we wondered – why does the meal orbit around my homemade turducken and its tasty gravy? Shouldn't we plan around the glorious variety of bumpy frumpy fun winter CSA vegetables? If we include a meat, it should complement the vegetables instead of floating regally alone in its lake of gravy, on a shoreline of mashed potatoes ...

We have been underground vegetarians since subscribing to a CSA, and we needed to plan feast dishes that we could eat at our own table. So, it wasn't really about accommodating others – whether vegetarian, vegan, or with food aversions and allergies. It was all about us – we were cooking to please ourselves, with the assumption if we liked it, our guests would like it, too. It was also important to us to welcome guests to the table with food they would find unconditionally delicious. We were not looking to “convert” anyone – it should never be “us versus them” at the feast table!

A big revelation came when we realized that even if we had the turducken and gravy, we could make all of the side-dishes as vegan recipes – even dessert – and then people could add things like cheese or gravy to their servings, and might not ever notice that the food didn't contain any animal products.

This is not as straightforward as it seems – we could swap ingredients in some cases, but in others, it was more appropriate to use a completely different recipe. Our tried-and-true best hits actually had relied on the butter or cream or meat stock to make them so very delicious. It's very hard to give up what makes you the celebrated cook among your circle, but the benefits are worth the changes.

For instance, we have a mushroom dish that includes marsala, cream and butter, and it's killer! Could olive oil replace the texture and flavor? The answer is no – but there are other recipes and styles of mushroom dishes that are equally as delicious. I didn't want to skip mushrooms on my plate, but I also didn't want to make two dishes – one for “me” and one for “them.” So we found a new mushroom dish that is not only delicious, but is easier to produce: we don't even need to do any slicing – button mushrooms are braised whole in a splash of olive oil and wine and finished with a shower of parsley. These are always eaten with gusto by everyone who loves mushrooms, and they get requested for guests' doggy-bags, so there is never any left for our subsequent foraging!

A family favorite sweet potato dish that contained orange juice, butter, and maple syrup was re-done completely. We used lime juice and zest in an olive oil, miso paste, strong honey, thyme vinaigrette, tossed with cubes of uncooked sweet potato, baked in a covered dish which was uncovered at the end to brown the top. We had thought the old recipe was untouchable, but we discovered this version made everyone forget the other one had ever existed!

Dishes like braised vegetables or stuffing usually stipulate good meat-based stock, and we often add miso or vegemite to a vegetable broth for lip-smacking umami – a simple augmentation. Without the dairy or meat, the unique flavors of the produce you use will shine through more completely, which can be startling when you start cooking so differently.

Another complete change is our piecrust – we adapted a recipe to use olive oil, whole wheat pastry flour, salt, sugar, and baking powder. Whether for chunky fruit or custardy-smooth pies, it's amazingly consistent, easy, and delicious, even

“B” WEEK #26 11/25/2014 Thanks to Our Volunteers:

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

Tanessa Cabe Harte

Albert Kaykov

Joan Ferng

1 PM Truck Delivery:

Marci Birnbaum

Brian Gardner Hoashi

8 PM Unclaimed Shares Delivery:

Daniel Korb

Today is our final pick-up
for the 2014 Summer /
Fall Season. Happy
Thanksgiving to All!

**ALL WINTER SHARE
PARTICIPANTS MUST
SIGN-UP TO VOLUNTEER
tinyurl.com/TuvWinter15**

TUV HA'ARETZ CSA at the
Forest Hills Jewish Center
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Forest Hills, NY 11375
718-264-7000, ext 250 | tuv@fhjc.org

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in a simpler pie/tart treatment, like a rustic Italian crostade or a French galette. It also means that people with no piecrust-rolling skills can help make dessert – which makes them happy and proud. And I have saved a lot of money using oil instead of butter!

We've come to realize that using lots of butter and cream is a frankly lazy way to cook, in that these ingredients mitigate sharp and bitter flavorings, smoothing out a cook's careless or uninformed seasoning efforts. Restaurants admit to using tons of butter, salt, and sugar – that's what makes restaurant food delicious and different from home-cooked food. Even James Beard pointed out that a bad tomato sauce could be saved "with a slurp of cream." Because we were eating without the benefit of dairy, poultry, and meat, it became necessary to be more thoughtful about how to season a dish. This "unlazy" approach means that dishes should not all taste the same – you can't use your "special blend" on everything! A starker platform means your seasoning efforts are more obvious – and more rewarding.

In terms of texture, beloved winter holiday recipes tend to be soft and soothingly mushy. The custard pie, gravies, casseroles, mashed potatoes – they tend to be smooth and comforting. Re-thinking what you serve can allow you to perk up a dish with a different flavor or texture profile, or to emphasize an existing taste and texture.

Not all vegetables need to be cooked; they can be served raw (or lightly cooked) as a salad or a crudité / table decoration. We often forego traditional bowls of salad (which can be fussy at a feast table) for a selection of raw vegetables with dips to eat throughout the meal. Our braised carrots have been nixed in favor of a julienned carrot salad – which resembles a bowl of bright orange spaghetti, tossed with a toothsome coriander and garlic dressing.

People automatically assume that the focus for a feast meal needs to be meat – that's the role of a turkey at Thanksgiving or prime rib at New Year's. Meat is familiar to everyone, so don't try to fool anyone by making a substitution. There is no reason to resort to a tofurkey or any "replacement." Instead, choose an attention-worthy dish that tastes good, has a good texture, and is hot – a piping hot entrée on a big beautiful platter signals that this is the *pièce de résistance*. It should also be something everyone can share – "dishing out" and sharing is part of the celebration, after all.

We've roasted a whole beautiful head of cauliflower and topped it with herbed breadcrumbs, or a hot-sauce, or a more complex sauce like a salsa verde, piccata, or Gribiche. This vegetable roast can be ceremonially sliced into slabs or wedges, and served to everyone at the table with extra sauce. Or vegetable- and sauce-filled tamales or dolmas-type fare can fit the bill, as can stuffed squashes or leaves, or a seitan karaage – a vegan take on Japanese-style fried chicken. It has to evoke warmth, welcome, and festiveness – and like making a from-scratch turducken, your feast should be understood to have taken unusual effort or "love" to prepare. It makes guests feel very special!

There are many great "vegetarian proteins" like TVP ("textured vegetable protein" based on soy) or seitan or tofu, which are vegan and can be delicious when prepared well. We've experimented a lot and tested our recipes on our guests – we don't treat these ingredients as meat replacements, but rather as foods with unique attributes. (We are genuinely pleased when people love the dish on its merits!)

As Julia Child counseled, never apologize for what you are serving. People dine together because they enjoy the process. Serve your meal proudly, eat of it copiously, and be generous when giving and receiving.

Finally, being a good guest is part of the social contract, too – so if you are the invitee, be open-minded, gracious, and enjoy the company!

11/25 What's in the Box:

Rutabaga, Beets, Broccoli, Watermelon Radish, Leeks, Carrots, White Eva Potatoes, Cauliflower

BUFFALO CAULIFLOWER

Dale Talde, *epicurious.com* | Serves 2 to 4

1 head cauliflower, leaves removed
2 tbsp plus 1 teaspoon canola oil
kosher salt and freshly ground black pepper
1/2 cup hot sauce, such as Frank's Red Hot sauce
1/2 cup Sriracha (Asian chile sauce)
1/2 cup (1 stick) unsalted butter, cut into small pieces
1 tbsp crumbled blue cheese or more to taste (optional)

Arrange a rack in the middle of the oven and preheat to 375°F. Cut the stalk end off the cauliflower so that the head sits flat and place it on a large baking sheet. Rub 2 tablespoons of the canola oil all over the cauliflower, season to taste with salt and pepper, and roast until the outside starts to brown, about 30 minutes. Transfer the cauliflower to a cutting board and let cool. Once the cauliflower is cool enough to handle, cut or break it into florets.

In a medium saucepan over moderate heat, bring the hot sauce and Sriracha to a boil. Reduce the heat to a simmer then slowly whisk in the butter until fully incorporated, about 5 minutes. Remove from the heat and let cool.

In a large, deep sauté pan over moderate heat, warm the remaining 1 teaspoon canola oil. Add the cauliflower florets, season to taste with salt and pepper, and sauté until heated through, about 5 minutes. Add enough Buffalo sauce to coat the cauliflower and continue sautéing until both the cauliflower and the sauce are hot, about 5 minutes. Transfer the cauliflower to a platter and garnish with the crumbled blue cheese.

For a dramatic presentation, try leaving the cauliflower whole and making the sauce in a large saucepan. Baste the cauliflower with the sauce to coat, plate whole, and pass extra sauce at the table.

BAKED WATERMELON RADISH CHIPS

goodlivingisglam.com

watermelon radishes
to taste: salt, pepper, thyme, oregano
turmeric, a pinch (optional)
olive oil, as needed to coat

Place a rack in middle of oven and heat to 325°F.

Slice radishes thinly using a mandolin or a sharp knife, making sure each piece is of uniform thickness for even cooking. In a medium bowl, add the seasonings, radishes, and olive oil and toss well.

Cover a baking sheet with parchment paper and distribute the slices on the sheet in a single layer.

Bake for 15 minutes -- time will vary depending on the thickness of the slices. Flip slices and bake for another 15 minutes, or till crisp. Serve warm.



RECIPES FROM: Our Big Fat Vegan Thanksgiving, or Creating Dishes to Eat With Loved Ones on the Biggest Feast Day of the Year

Selected by Maki & Brian Hoashi

VEGAN PIE CRUST *kingarthurfLOUR.com*

Makes 1 pie crust; for a 2-crust pie, double the recipe

- 1 1/2 cups (6 1/4 oz) all-purpose flour
- 1/2 tsp salt
- 1 tsp sugar
- 1/4 tsp baking powder
- 1/3 cup (2 3/8 oz) vegetable oil
- 3 to 4 tablespoons (1 1/2 to 2 ounces) water

Whisk or sift together the flour, salt, sugar and baking powder. This can be done right in the pie pan. Whisk together oil and water, then pour over dry ingredients. Stir with a fork until dough is evenly moistened. Pat dough across the bottom of the pie pan and up the sides. A flat-bottomed measuring cup can help make the bottom even. Press dough up the sides of the pan with your fingers, and flute the top. Fill and bake.

TAPAS-STYLE GARLIC MUSHROOMS

Adapted from vegetariantimes.com | Serves 8-10

- 2 tbsp olive oil
- 10 cloves garlic, sliced
- 150 small white button mushrooms (40 large, quartered)
- 2 cups dry white wine
- 2 tbsp chopped parsley
- salt and pepper, to taste

Heat oil in a lidded skillet over low heat. Add garlic, and cook 1 minute till translucent. Add mushrooms, and cook 10 minutes lidded, without stirring. Add wine, stir, and cook 15 minutes with the lid askew, or until liquid has evaporated and mushrooms are browned. Stir in parsley, and cook 2 minutes. Season with salt and pepper, to taste. Serve hot or at room temperature.

LIME-ROASTED SWEET POTATOES *Serves 4*

Adapted from vegetariantimes.com and epicurious.com

- 1 1/4 lb sweet potatoes, cut into 1/2-inch cubes
- 3 tbsp vegetable oil
- 2 tsp miso paste OR ground cumin
- 1 lime, zested and juiced, mixed with enough red wine vinegar to equal 3 tbsp total volume
- 1 tbsp honey
- 1 tsp dried thyme
- 1 tsp salt, or to taste
- 1 tsp toasted sesame seeds
- 1/2 cup chopped cilantro leaves and stems

Into a lidded jar, place oil, cumin/miso, lime juice, zest, vinegar, honey, thyme, and salt. Shake well.

Pour the vinaigrette over the sweet potatoes and toss together. Cook in a lidded baking dish for 40-60 minutes till tender, stirring mid-way through baking. Remove the lid for the last 15 minutes to brown. Toss with cilantro

and garnish with sesame seeds. Serve hot or at room temperature.

RUSSIAN KOREAN-STYLE CARROT SALAD

ieivan01, epicurious.com | Serves 4 to 6

- 1 lb carrots, peeled (the longer the better)
- 2 cloves garlic, minced
- 1 small onion, diced small
- 1/4 cup vegetable oil
- 2 tbsp whole coriander seeds
- 1/4 tsp cayenne pepper, or to taste
- 3 tbsp white vinegar
- 2 tsp sugar
- 1 tsp salt
- additional coriander seeds for garnish (optional)

Prepare to make this salad the day before.

Use a mandolin to slice carrots into long, spaghetti-looking strands, or julienne with a knife. Place in a large bowl and toss with the minced garlic. Set aside.

In a saucepan, sauté the onion in oil and cook till onion is softened and translucent. Add coriander seeds and cayenne and cook till fragrant. Add this hot mixture to the carrots and toss well.

Shake in a lidded jar or whisk in a bowl: white vinegar (do not use flavored or "fancy" vinegar), sugar, salt. Toss with carrots, along with additional coriander seeds. Cover and refrigerate at least 4 hours before serving.

SAUCE GRIBICHE

John Torode, epicurious.com

- 4 hard-cooked eggs, chopped
- 2 hard-cooked egg yolks, chopped
- 1/2 tbsp Dijon mustard
- salt and pepper
- 1/2 tbsp white-wine vinegar
- 1 cup olive oil
- bunch of fresh chervil, chopped
- 1/2 bunch of fresh tarragon, chopped
- 1/4 cup capers, drained and chopped
- 1/2 cup cornichons (tiny, tart pickled gherkins), drained and chopped

Put the eggs and yolks, mustard, and some salt and pepper in a large bowl and mash them well together. To this paste add the vinegar. Then, drop by drop as if making mayonnaise, add the olive oil. Keep the sauce creamy by adding small amounts of vinegar or warm water, as necessary.

Finish the sauce by adding the chopped herbs, capers, and cornichons. Taste and correct the seasoning. Serve the sauce in small dollops.