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COOK WICKED HEALTHY

# WICKED PARTY FOOD

RECIPE BOOKLET

**WICKED**  
HEALTHY



A collage of various snacks including dumplings, skewers, almonds, and bread. The image features a white plate of dumplings with a dipping sauce, a plate of skewers with meat and vegetables, a bowl of almonds, and a bowl of bread with a dipping sauce. The text "SNACKS TO KEEP 'EM HAPPY" is overlaid in the center.

# SNACKS TO KEEP 'EM HAPPY



# TOASTED ONION SOUR CREAM

*From The Wicked Healthy Cookbook*

Yield 2 cups

Like onion dip? Here's your new best friend for crackers and crudité.

## INGREDIENTS

- 1¼ C unsweetened plant-based yogurt, such as from Kite Hill
- ½ C Plant-Based Mayo or store-bought
- 3 T dried onion flakes or toasted onion pieces
- 2 T minced fresh parsley
- 1 T onion powder or granules
- 1 T fresh lemon juice
- 1 t lemon zest
- 1 t sea salt
- ¼ t freshly ground black pepper

## METHOD

Strain yogurt in fine sieve and set aside. Then, mix everything together in a small bowl. Let sit for at least 30 minutes so the onion flakes absorb some moisture and soften up. Give it a stir before serving.

# MUSHROOM TEMPURA

## INGREDIENTS

- 1 C all-purpose flour or gluten-free flour
- 1/4 C corn starch
- 1 T toasted black sesame seeds
- Pinch sea salt
- 1 C soda water
- Mushrooms of choice or other vegetables
- High-heat cooking oil, suitable for frying
- Green onion, chopped for garnish
- Sriracha mayo

## METHOD

Preheat at least 2 inches of fry oil in pot, until it shimmers. Place dry ingredients in mixing bowl and stir together until combined. Slowly add soda water and whisk until you achieve a thinner, crepe-like batter. Slice mushrooms or vegetables. Dip vegetables in batter, shaking off excess. Using tongs, place one dipped mushroom in a pot of oil to see if it is hot enough.

The mushroom should take about 2 minutes to fry, creating a crispy, see-through crust around the vegetable. If this occurs, remove this mushroom from oil and place on paper towel on a plate to cool. Repeat process for the other mushrooms. When mushrooms are cool to touch, garnish with green onions and serve with sriracha mayo.





# BLACK GARLIC & CHIVE PANISSE WITH CITRUS AIOLI

*Adapted from the Wicked Healthy Cookbook*

## INGREDIENTS

- 1 T everyday olive oil, plus some for coating pan
- 2 T minced shallots or yellow onion
- 1 T garlic, mashed into a paste or zested
- 3 C Vegetable Stock
- 1 C unsweetened soy milk
- 1½ t sea salt
- ¼ t black pepper
- 2¼ C chickpea flour
- Peanut oil or vegetable oil, for shallow frying
- Flake salt, for garnish
- Citrus Aioli, for dipping

## METHOD

1. Coat a 9-inch square baking pan with olive oil and line with parchment paper. Heat the 1 tablespoon oil in a small saucepan over medium-high heat. Add the shallots, cut the heat to medium, and sauté until golden, about 2 minutes. Whisk in the garlic, then the stock and milk. Continue to cook, whisking, until the garlic is evenly distributed.
2. Bring the mixture to a simmer and whisk in the salt and pepper. Gradually whisk in the chickpea flour until it's fully incorporated with no lumps. Use a wooden spoon to continue stirring, and cook until the mixture thickens and bubbles, 5 to 8 minutes. It should be somewhat thick but still pourable. If it becomes too stiff to stir, whisk in a little more milk or stock.

3. Quickly pour the mixture into the pan, spreading it to the edges and smoothing the top. Let stand until set, at least 20 minutes. Or cool, cover, and refrigerate for up to 2 days. (This is a good time to make the aioli.)

4. To cut and cook the panisse, invert the pan onto a cutting board, remove the parchment, and cut the square into fingers the size of large French fries, about 3 inches long and ¾ inch wide.

5. Heat a thin layer of peanut oil in a large cast-iron pan over medium-high heat. Add a single layer of panisse without crowding and cook until lightly browned, 3 to 4 minutes per side. Remove to paper towels and immediately sprinkle with flake salt. Continue cooking the panisse with fresh oil as needed.

6. Stack the panisse on a plate like Lincoln logs. Serve with the aioli for dipping.

## OPTIONS .

- Instead of making finger-shaped panisse, use a cookie cutter to cut out rounds or other shapes; top the fried rounds with the aioli (and herbs or minced vegetables if you like) and serve as canapés.

*Panisse are chickpea fries popular in southern France. They're crispy on the outside and creamy in the center. Flavor-wise, they're fairly average, so I like to spike them with black garlic, which is slowly fermented garlic with deep, earthy, caramel-y, almost-sweet, pungent flavors. Look for black garlic in gourmet stores or online. It keeps forever. You'll find yourself using it on pizza, in pastas... anywhere you need some oomph. If you can't find it, use roasted garlic paste.*



# CITRUS AIOLI

## INGREDIENTS

1/3 C plant-based mayo or store-bought  
1 T minced green onion  
¼ C fresh squeezed orange juice  
¼ t sea salt  
¼ t rosemary (optional)  
freshly ground black pepper

## METHOD

Mix everything together in a small bowl. The aioli will thin out as it sits, which is fine. You want the consistency to be more like a creamy dipping sauce and less like a stiff mayonnaise. This aioli keeps refrigerated for up to 4 days.

Wicked Healthy is a  
common-sense  
approach to health.

Everybody knows we  
should eat more plant  
foods. It's better for  
us. It's better for  
the planet.



**CANAPÉS**



# CHICKPEA BLINTZES

This recipe is inspired by my time spent at Counter in New York City. Later, I served it in a larger crepe form with roasted mushrooms, spinach, and aioli as a brunch item in my SAF Restaurant in London. The base is a gluten-free crepe made with chickpea flour. Larger versions of the crepe, also known as crispy chickpea bread, are called farinata in Italy and socca in France. But I like to make them into little blintzes and top them with cashew sour cream and apples.

*Adapted From the Wicked Healthy Cookbook*

## INGREDIENTS

### Blintzes

1½ C water  
1¼ C chickpea flour  
1/3 C everyday olive oil  
1 t sea salt  
Lots of cracked black pepper  
Sprig fresh rosemary (optional)  
Spray oil

### Optional Toppings

2 small green apples, such as Granny Smith  
1 T fresh lemon juice  
Vegan Sour Cream, such as Cashew Sour Cream

## METHOD

For the blintzes:

1. Pour half (¾ cup) of the water into a blender (preferably high-speed) and add the flour, oil, rosemary, salt, and pepper. Start blending, and when it's mostly smooth, about a minute, slowly add the remaining water until the mixture reaches the consistency of thin pancake batter.
2. Pour the batter into a plastic squeeze bottle, then cut the tip of the cap so the opening is about ¼ inch in diameter.
3. Place a crepe pan or non-stick sauté pan over medium heat and coat with spray oil. When pan is hot, squeeze 1½- to 2-inch rounds of batter all around the pan. When the batter begins to bubble around edges, about 2 minutes, flip each blintz. Cook until firm, about 1 minute longer. You may need to do a test batch and adjust heat to avoid burning. Repeat, stacking the blintzes as you make them. Serve warm, as these blintzes get mealy when they cool.

For the toppings:

4. Core the apples, cut in half lengthwise, then shave into paper-thin slices on a mandoline or truffle shaver. Toss with the lemon juice to prevent browning.
5. Spoon some cashew sour cream on each blintz. To get fancy, use two spoons to mold the sour cream into a quenelle (football shape).
6. Place a slice or two of apple on the sour cream.





# BALSAMIC FIGS WITH CREAM CHEESE IN PHYLLO CUP

## INGREDIENTS

1 C dried figs, stems removed  
1 1/2 C balsamic vinegar  
2 sprigs fresh rosemary  
pinch of sea salt  
black pepper, to taste  
1 package vegan phyllo dough  
1 package plant-based cream cheese

## METHOD

### Step 1: Cooking the Figs

In small sauce pan add all ingredients. On medium heat bring to a simmer and continue cooking for 2 minutes. Remove from heat.

### Step 2: Pickling the Figs

Allow to pickle for approximately 2 hours at room temperature.

If you want to keep this dish raw, plan ahead and soak figs in the balsamic vinegar and other ingredients in a small bowl for at least a day at room temperature. This will allow them ample time to pickle.

Step 3: Spray a muffin tin with cooking oil. Once figs are ready to go, cut 2 inch by 2 inch squares of phyllo dough and place four layers inside muffin tin. Bake just until golden, about ten minutes. Remove from oven and cool.

When cool, fill each cup with cream cheese and top with fig.





# WHITE BEAN HUMMUS ON FRESH BREAD WITH GARLICKY MUSHROOMS

## INGREDIENTS

for the garlic:

4 cloves garlic, roasted (or 2 cloves raw)

for finishing:

2 C white beans, cooked

1/4 C roasted tahini

1 1/2 lemons, juiced

1 t chile flakes

Sea salt, to taste

black pepper, to taste

Splash of water

Fresh soft baguette

1 C crimini mushrooms

## METHOD

Step 1: Pureeing the Garlic

In a food processor, blend the garlic cloves until finely minced.

Step 2: Finishing the Hummus

Add the remaining ingredients and blend into a smooth and thick puree.

Step 3: Garlicky Mushrooms

## INGREDIENTS

1 C crimini or your favorite raw mushrooms

1 T oil

1 T fresh garlic, minced

## METHOD

Heat saute pan on medium til warm and add oil. Add mushrooms and saute until they begin to brown. Add garlic and saute one to two minutes more, being careful not to burn the garlic.

Remove from pan and set aside.

Step 3: Assemble the Canape

## INGREDIENTS

White Bean Hummus

Garlicky Mushrooms

Fresh soft baguette

1 package vegan parmesan

## METHOD

Slice baguette. Add a dollop of white bean hummus, top with garlicky mushroom and garnish with vegan parmesan.



## TOSTADAS WITH HARISSA

### INGREDIENTS

12 mini tostadas (fry your own corn tortilla rounds or use packaged)  
1 jar Harissa  
1 package microgreens of choice

### METHOD

Place a dollop of harissa on each tostada and top with microgreens. That's it!

## CROSTINI WITH SOUR CREAM AND ARTICHOKE

### INGREDIENTS

1 baguette, sliced, toasted  
1 C Toasted Onion Sour Cream Dip (see recipe)  
1 jar baby artichoke hearts, drained, sliced and pan seared til golden.

### METHOD

Line a sheet pan with parchment paper. Slice baguette and place on sheet pan. Toast until golden. Remove from oven and drizzle with olive oil. Add a dollop of sour cream dip to each crostini and top with artichoke piece.

## POACHED POTATO CUPS WITH GRAINY MUSTARD

### INGREDIENTS

1 lb baby potatoes  
1 jar grainy mustard  
1 package vegan parmesan

### METHOD

Boil potatoes and allow to cool. When cool, slice off the top and bottom so the potato sits firmly on an even surface. Using a ¼ teaspoon, scoop out the center of the potato to make a cup. Place a dollop of grainy mustard in each potato cup, and top with vegan parmesan. Optionally, place under broiler until cheese has melted.

## SPICY CUCUMBER SALSA CUPS

### INGREDIENTS

1 English cucumber, sliced into ½ inch rounds  
1 jar of your favorite salsa  
¼ C toasted pine nuts  
Extra virgin olive oil

### METHOD

Wash and slice cucumber into ½ inch slices. Using a ¼ teaspoon, scoop out center of cucumber, forming a cup. Place salsa inside of cup and garnish with pine nuts. Drizzle with olive oil.



## POLENTA ROUNDS WITH PEA PESTO

### INGREDIENTS

#### PESTO

1 C basil leaves  
1 C fresh green peas, shelled and blanched  
1 C toasted pine nuts  
2 cloves garlic (roasted or raw)  
Squeeze lemon juice  
Olive oil to taste  
Sea salt to taste

#### POLENTA ROUNDS

1 tube polenta

#### METHOD

Combine all dry ingredients in a food processor and drizzle in olive oil slowly until a thick, paste like consistency is achieved.

Slice polenta into rounds that are about  $\frac{1}{4}$  inch thick . Heat a fry pan on medium heat and add oil. Toast rounds in oil until golden on both sides. Set aside on paper towel.

Add pea pesto to toasted polenta and top with pine nuts.

## JICAMA WITH AVOCADO AND RADISH

### INGREDIENTS

1 jicama root, peeled and sliced into rounds  
1 fresh avocado, mashed  
2 radishes, sliced thin  
Course sea salt

#### METHOD

Peel jicama root and slice. Using a cookie cutter or other round slicer, create 1 inch rounds. Mash avocado. Slice radish very thinly using mandolin if possible. Place mashed avocado dollop on top of jicama round, top with radish slices and course sea salt sprinkle.





# DUMPLINGS





# DUMPLING SKINS

*From the Wicked Healthy Cookbook*

## INGREDIENTS

2 C all purpose flour  
1/3 C corn starch  
Sea salt to taste  
1 cup hot water

## METHOD

Place flour and cornstarch in a bowl and combine well. Create a well in the centre of the mound of flour, and add salt.

Begin by drizzling in hot water and stir with a fork until mixture begins to bind. Dump bowl contents on a flat surface and begin to knead. Add more flour if mixture begins to stick to your hands, or more water if the dough seems too tight.

Continue to knead for about 10-12 minutes, until a smooth ball has formed. The dough will become very tight, much tighter than a bread dough, due to the corn starch. Sprinkle it with flour and set dough aside to rest the gluten.

Once the dough has set, sprinkle flour on flat surface and begin cutting into small pingpong size balls for each dumpling skin to be rolled out. Roll each piece with a rolling pin until thin. Stack skins on top of each other, flouring each as you go to avoid sticking.

Place a towel over the pile until you are ready to use.

Dumplings are hands-down my favorite finger food. They're also perfect as a first course in a small bath of flavorful broth. Save these dumplings for the height of summer when sweet corn is super fresh. Some fresh corn shows up in the creamy filling and some in the corn broth, which you make by simmering the corncobs in coconut milk with lemongrass and other aromatics. When you nestle the dumplings in a small bowl of broth with a few drops of chile oil and some Thai basil leaves, they make a sensual little starter.

# CORN DUMPLINGS IN COCONUT CORN BROTH

*Adapted From the Wicked Healthy Cookbook*

## INGREDIENTS

¼ C raw cashews  
2½ C fresh corn kernels or frozen sweet corn  
3 T plant-based butter  
1 clove garlic, peeled  
½ C freeze-dried corn (see Pro Tip)  
¼ C thinly sliced green onions  
1 T minced fresh lemongrass  
1 t minced or thinly sliced red chile  
2 t sea salt  
Freshly ground black pepper  
1 to 1½ packages (12 oz. each) round eggless dumpling skins, about 3½-inch diameter  
1 T cornstarch  
Spray oil for steaming, or cabbage leaves or bamboo leaves  
1½ to 2 C Coconut Corn Broth  
Chile oil, for garnish  
Several small Thai basil leaves or more sliced green onions, for garnish

## COCONUT BROTH

1 can coconut milk  
2 C vegetable stock  
2 star anise  
1 inch ginger, chopped  
2 bay leaf  
1 jalapeno, seeded and chopped  
1 stalk lemongrass, bruised and chopped in large chunks  
2 sprigs mint  
2 limes, juiced

## METHOD

1. Combine all broth ingredients in pot. Bring to boil and then allow to simmer and reduce.
2. Grind the freeze-dried corn in blender til it's a fine powder. Remove from blender and set aside.
3. Soak the cashews in water to cover at room temperature for 2 to 3 hours. Drain and rinse. You'll add these later to the filling.
4. Place half a bag of frozen corn in blender. Reserve the other half.
5. Add the butter to the blender and blend until smooth, 1 to 2 minutes. Add the drained cashews and garlic and blend until smooth. Slowly pour in approx 1 C vegetable stock as you blend. Squeeze in juice of half a lime. The puree should be nice and thick. Scrape it into a mixing bowl.
4. Add to the cashew cream in the mixing bowl along with the reserved corn kernels, green onions, lemongrass, chile, salt, and pepper. Mix thoroughly. Add the freeze dried corn powder slowly and stir until the filling is nice and thick. Place in fridge for about 1 hour and allow to thicken further.
5. To assemble the dumplings, set the bowl of filling, a small cup of water, your dumpling skins, and a baking sheet on a work surface. Scatter some cornstarch over the baking sheet (to help keep the dumplings from sticking to the pan).
6. For each dumpling, mound about a tablespoon of filling in the center. Dip your finger in the water and moisten the entire edge of the dumpling skin. For a shumai-style fold, bring all the sides up to the top and twist gently to make a small round purse. Pinch just under the top opening of the purse to gently close it. You should have enough filling to make 30 to 40 dumplings.





## CORN DUMPLINGS IN COCONUT CORN BROTH **CONT'D**

7. These dumplings are best steamed: Spray a steamer basket with oil or line with cabbage leaves or bamboo leaves to prevent sticking. Put the dumplings in the steamer in batches, place over simmering water, cover, and steam until the dumplings are tender, about 3 minutes.

8. Gather 6 to 8 small serving bowls and place 4 or 5 dumplings in the center of each. Pour about  $\frac{1}{4}$  cup broth around the dumplings in each bowl so a little broth comes up the sides of the dumplings. Anoint each bowl with a few drops of chile oil and a couple of basil leaves (or sliced green onions).

### Pro Tip

Look for freeze-dried corn in the grain aisle of your market. We're partial to the taste and texture of Karen's Naturals freeze-dried corn. If you can't find it, the recipe works fine without the freeze-dried corn—it's just little lighter on corn flavor.

As New England boys, we have to say that organic, local corn tops the list of our most craved summertime foods. We have fond memories of throwing freshly gnawed corncobs at each other [we don't recommend that!].

How did coconut get into the picture? From Andy Ricker, the brilliant chef at Pok Pok in Portland, Oregon. Andy serves a grilled coconut corn on the cob during the summer, and it made me think of Thai soup, so I made a broth with some of those Thai flavors I love so much. Sweet, sour, spicy, salty, minty, gingery, garlicky...this broth's got it going on!



# TRUFFLED EDAMAME DUMPLINGS WITH SHALLOT BROTH

*Adapted from Crazy, Sexy Kitchen*

## INGREDIENTS

2 C frozen shelled edamame, thawed  
1/4 C raw cashews, soaked for a few hours or overnight in water, to soften  
3/4 C unsweetened soy milk or non-dairy milk of choice  
1/4 C truffle oil  
2 cloves garlic  
3 T Earth Balance vegan butter  
1/2 t sea salt  
White pepper, or freshly ground black pepper, to taste  
1 pack of vegan round dumpling skins (you can find these in many health-food stores or Asian markets. Read the ingredients to ensure they are vegan, many of these have eggs.)

## METHOD

1. Prepare dumpling filling: In a blender or food processor, add all ingredients, except the dumpling skins. Blend on High until the mixture has a coarse texture.
2. Prepare dumpling assembly: First, transfer dumpling filling to a bowl and place it on a work surface alongside a cup of water, dumpling skins, and a sheet pan. Lightly sprinkle flour or cornstarch over the sheet pan (this will keep your dumplings from sticking to the pan during assembly).

3. Prepare dumplings: Place about a tablespoon of filling in the center of each skin. Dip your finger in water and trace a half circle around one side of the dumpling skin. Pick up the dumpling and fold it into a taco. Starting with one corner, crimp around the edge (See the picture.) Place on sheet pan and continue until all dumplings assembled.

4. In a sauté pan on medium heat, add small amount of oil, or spray oil on pan, and sear dumplings until golden on the bottom. Don't crowd the pan or the dumplings may stick to each other.

5. Steaming time! Using a bamboo steamer basket, or your favorite steamer, place a few leaves of cabbage, or other leafy green, on the bottom of the steamer. This will keep your dumplings from sticking.

6. Bring water to a boil, and place the dumplings in the steamer. Steam for about 3 minutes. Remove from heat.

7. To serve: Place 4 to 6 dumplings in shallow bowl. Pour about 1/4 cup Shallot Broth over the dumplings. Serve with a spoon and enjoy.



# SHALLOT BROTH

*Adapted from Crazy, Sexy Kitchen*

## INGREDIENTS

- 2 T olive oil
- 1 1/2 C finely minced shallots or white onions
- 2 cloves garlic, minced
- 1 C Sauternes wine (preferred) or sweet cooking sherry
- 2 sprigs of thyme
- 2 C vegetable stock
- Freshly ground black pepper, to taste

## METHOD

1. In sauté pan, heat oil on medium heat. Add shallots and garlic and sauté until golden and translucent. Continue to caramelize and add a touch of the vegetable stock to brown the onions more.
2. Add the thyme, and continue to sauté the onions for 10 minutes, stirring frequently, to caramelize. Add wine to deglaze. Simmer for 8 minutes or until the liquid is reduced by about half.
3. Add the vegetable stock and pepper and continue to cook down until reduced by half again, which will take about another 15 minutes.
4. Remove from heat.
5. Strain the broth using a fine-mesh strainer until it is clear. Pour over the Edamame Dumplings.

We all know what the healthy foods are:

whole, unprocessed plant foods! Explore the thousands of vegetables, fruits, nuts, seeds, beans, whole grains, herbs, flowers, and mushrooms out there.



# SMOKED TOFU AND SPINACH DUMPLINGS

*Adapted from the Wicked Healthy Cookbook*

## INGREDIENTS

4 C fresh spinach leaves  
½ C water chestnuts  
1 block (6 to 8 oz.) smoked or baked tofu, cubed  
¼ C pitted dates, minced  
2 T sherry vinegar  
1 T toasted sesame oil  
2 cloves garlic, minced  
1 T minced fresh ginger  
1 t minced red chile (leave out the seeds for less heat)  
½ t sea salt  
1 to 1½ packages (12 oz. each) round eggless dumpling skins, about 3½-inch diameter (see Pro Tips)  
1 T cornstarch  
Spray oil for cooking  
Cabbage leaves or bamboo leaves, optional  
½ C Black Vinaigrette

## METHOD

1. To make the filling, set a steam basket over simmering water in a pan. Put the spinach in the steamer, cover, and steam just until the spinach wilts, 2 to 3 minutes. Transfer to a colander and press water from the spinach. Finely chop then transfer to a medium mixing bowl.

2. Pulse the water chestnuts in a food processor until coarsely chopped. Add the cubed tofu and pulse a few more times until everything is finely chopped, but not pureed to a mush. Add to the mixing bowl with the spinach, along with dates, vinegar, sesame oil, garlic, ginger, chile, and salt. Mix thoroughly, making sure that the dates are evenly distributed.

3. To assemble the dumplings, set the bowl of filling, a small cup of water, your dumpling skins, and a baking sheet on a work surface. Scatter some cornstarch over a large baking sheet (to help keep the dumplings from sticking to the pan).

4. For each dumpling, mound about a tablespoon of filling in the center of the dumpling skin. Dip your finger in the water and moisten the entire edge of the dumpling. Pick up the dumpling and gently fold it like a taco in your palm. Starting at one corner, crimp the edge of the dumpling skin that is facing you, pressing against the back side that is flat. Continue crimping around the edge of the dumpling to enclose and seal in the filling. You should have enough filling for 25 to 35 dumplings.

5. To sauté the dumplings: Heat a sauté pan over medium heat. Spray a layer of oil in the pan bottom, then add enough dumplings to fill the pan without overcrowding. Sear the dumplings until golden on the bottom, 3 to 4 minutes. Add a splash of water to the pan, cover, and steam the dumplings until they release from the pan bottom, 1 to 2 minutes. Repeat to sauté all the dumplings.

6. To steam the dumplings instead of frying them: Line a steamer basket with cabbage leaves or bamboo leaves (or spray the basket with oil) to prevent sticking. Put the dumplings in the steamer in batches, place over simmering water, cover, and steam until the dumplings are tender, about 3 minutes.

7. Serve the dumplings with a drizzle of black vinaigrette.



# BLACK VINEGRETTE

*Adapted from the Wicked Healthy Cookbook*

## INGREDIENTS

¼ C black vinegar or rice vinegar  
3 T tamari or soy sauce  
2 T agave or maple syrup  
2 cloves garlic, minced (optional)  
1 t finely sliced green onion

## METHOD

Whisk or shake everything together in a small bowl or jar. Use immediately or chill in the fridge for up to 2 days.

## Pro Tip

It's worth seeking out black vinegar in Asian markets or the international section of a well-stocked supermarket. The vinegar is aged to develop deep, malty, musky flavors and a dark color. You could also use Shaoxing wine, but the flavor and color aren't as dark and complex.

# SZECHUAN CHICK'N DUMPLINGS

## INGREDIENTS

16 oz. Plant-Based Chick'n  
1/2 C water chestnuts  
2 T toasted sesame oil  
¼ C green onion minced  
1 T sambal oelek (chili paste), or 1 t fresh minced chilis  
3 cloves garlic, minced  
2 ½ T ginger, minced  
3 T maple syrup  
3 T mirin  
½ t sea salt  
½ t pepper  
1-2 T cornstarch  
1 pack vegan round dumpling skins

## METHOD

1. Coarsely chop green onion, ginger and chilies, if using.
2. In food processor, add water chestnuts, pulse until coarsely minced. Add aromatics. Add chick'n and pulse until course. Place in mixing bowl, add green onion, sesame oil, mirin, and maple syrup, and set aside.
3. On medium to high heat, sauté pan add sesame oil, green onion, chili, garlic, ginger and maple syrup. Sauté for about 2-3 minutes.

## ASSEMBLY

1. Gather the bowl of mixture, a small cup of water, your dumpling skins, and a sheet pan. Lightly sprinkle cornstarch over the sheet pan (this will keep your dumplings from sticking to the pan).
2. To prepare dumplings, place about a tablespoon of dumpling filling in the center of each dumpling skin. Using a small bit of water on your finger moisten around the edge of the whole skin. Pick up the dumpling and fold it into a taco shape. Starting with one corner, begin crimp around the edge, only crimping the part of the skin facing you.
3. Meanwhile, carefully bring a pot of cooking oil to heat on the stove over medium heat, ensuring the pot has about 2 inches of oil in it. Watch for the oil to start glistening, but ensure it does not smoke.
4. When dumplings are ready, drop one carefully into the hot oil to deep fry. They will float to the top and have a golden coloration when done. Remove with tongs and place on paper towel to drain off excess oil. Sprinkle with green onion and serve with peanut dipping sauce.





# DUMPLING DIPPING SAUCE

## INGREDIENTS

1 T peanut butter  
1 T maple syrup  
¼ C tamari  
¾ C rice vinegar  
1 t fresh red chili, minced

## METHOD

Place all ingredients in mason jar, shake until blended.

# DUMPLINGS IN BROTH

## INGREDIENTS

1 T vegetable bouillon  
4 C water  
½ C tamari  
¾ C mirin  
1 t sesame oil  
1 green onion, chopped

Freshly made dumplings

## METHOD

Place all broth ingredients in pot. Bring to boil, then reduce down to a simmer for 10-12 minutes. Place dumplings in soup. Drop raw dumplings in and allow to cook. They are ready when they float to the top, 1-2 minutes. Garnish with green onion.

A close-up photograph of four hand-held sandwiches, likely pulled pork or brisket, served on a dark, rectangular tray. The sandwiches are made with golden-brown, crusty buns and are filled with a dark, saucy meat, fresh green cilantro, shredded purple cabbage, and melted cheese. The sandwiches are arranged in a row, with the text 'HAND HELDS' overlaid in the center. The background is dark, and the lighting highlights the textures of the bread and the vibrant colors of the toppings. Some shredded cabbage and sauce are scattered on the surface in front of the tray.

# HAND HELDS

# TACO SHELLS

*Adapted from the Wicked Healthy Cookbook*

## INGREDIENTS

1 C fine white masa harina flour, such as from Gold Mine or Maseca  
½ t sea salt,  
preferably flake salt for crunch  
About 1 C warm water  
Spray oil, for the pan

## METHOD

1) Mix the flour and salt by hand in a mixing bowl. Drizzle in the warm water in ¼-cup increments, mixing well. (Warm water hydrates the dough faster than cold water and helps you get the right moistness.) The dough should feel soft and a little grainy, like slightly wet Play-Doh. When you roll the finished dough between your palms, you should see a light speckle of masa grains on your skin. Add just enough water to get to that consistency.

If adding wet ingredients such as vegetable purees, herbs, or liquid extracts, you won't need quite as much water. If adding dry ingredients such as spices, other flours, or seeds, you'll need a little extra water.



2) Gather the dough into a ball and place in a zipper-lock bag. Let it rest for 15 to 20 minutes to hydrate the masa. You can also refrigerate the dough ball in a zipper-lock bag for a few days.

3) When you're ready to cook some tortillas, heat a heavy pan over medium heat. (I like to use a large cast-iron griddle over two burners so I can cook 3 or 4 tortillas at a time.) Spray or coat the pan with oil, then wipe with a paper towel to leave only a thin film of oil on the pan.

4) Get a new gallon-size zipper-lock bag and cut off the zipper top. Cut down the two opposite sides, so you are left with a folded piece of plastic with a crease. This is your non-stick surface for pressing tortillas.

5) Roll the dough into balls the size of Ping-Pong balls, about 1½ inches in diameter. Place a ball on one half of the plastic, cover with the other half, and flatten slightly with your palm. Place on a tortilla press, and press gently (image B). Tortilla presses vary in width, so rotate the tortilla a few times, pressing the dough to about an 1/8-inch thickness.

6) Gently peel off the plastic, place the tortilla on the hot pan, and cook for about 30 seconds. Be patient and resist the temptation to touch it. When the edges look slightly dry and splintered with teeny cracks, after about 30 seconds or 1 minute, use a spatula to flip the tortilla; cook for 20 seconds more. Repeat one or two more times to get a little bit of color on your tortilla. Transfer to a tortilla warmer or clean kitchen towel, allowing the tortilla to steam and soften for 10 minutes or so. Gentle steaming is important. If you use fresh tortillas right away without steaming, they're more likely to crack. Keep pressing, cooking, and stacking/steaming tortillas, re-using the zipper-lock bag. Use immediately or keep covered at room temperature for a few hours.



# BUFFALO STYLE MUSHROOM TACOS

## INGREDIENTS

4 C shredded Cluster Oyster Mushrooms  
Olive Oil  
Salt and pepper

2 Carrots, sliced thin  
2 Celery stalks, sliced thin  
1 shallot, diced  
1/2 C vegan butter  
1/3 C ketchup or tomato paste  
1 C hot sauce of choice  
Salt and pepper  
6 corn tortillas, warm  
Vegan ranch dip

## METHOD

1) Prepare a cookie sheet with parchment paper. Preheat oven to 425 degrees. Combine the mushrooms with a drizzle of olive oil and salt and pepper and place on cookie sheet. Place in oven.

2) While mushrooms are roasting, shave carrots and celery until very thin, either with a mandolin or a knife. Set aside.

3) Place sauté pan on stove, and preheat. Dice the shallots. Add approx. 2 tablespoons medium heat vegetable oil to the pan, and add the shallots. Begin to sauté over medium heat. Add a couple of large dollops of vegan butter to the pan, and continue to sauté the shallots. Add ketchup, hot sauce and salt and pepper and stir continuously. Turn heat to medium low and allow the mixture to reduce by about a third, until a sheen appears and the sauce thickens.

4) Remove mushrooms from the oven when crispy bits are evident. Toss mushrooms in the hot sauce in the sauce pan. Set aside.

5) Warm tortillas and wrap in towel to keep warm.

6) Place mushroom mixture in individual tacos. Top with celery and carrot mixture. Top with vegan ranch and pass out the paper towels!



# CHORIZO BREAKFAST TACO

## INGREDIENTS

4 plant-based sausages, chopped then ground in food processor  
1 small white onion, diced  
1 ½ C Potatoes, pre-cooked and diced  
1 t smoked paprika  
½ t sea salt  
Handful of shredded Vegan Cheese

Lettuce, finely chopped  
Tomato, chopped  
Hot Sauce  
Lime

6 corn tortillas, warm

## METHOD

- 1) Sauté onion and potato in a pan, stirring occasionally. When they start to get some colour, add the ground sausage, stir in a little sea salt and smoked paprika.
- 2) Sprinkle cheese on top and turn off the heat, cover for 5 minutes until cheese melts.
- 3) Lay out tacos, fill with a few scoops of the onion, potato, sausage and cheese mixture, layer up with tomato, lettuce, hot sauce and a little lime juice.

# CHIPOTLE TEMPEH & GOUDA CIGARS

## INGREDIENTS

2 blocks Tempeh, steamed for 10 minutes and crumbled  
1 C Wild mushrooms, coarsely chopped  
Vegan Filo dough, thawed  
¼ C White onion, diced  
3 cloves Garlic, minced  
1 T olive Oil  
Cracked black pepper  
Sea Salt  
¼ C Parsley, chopped  
1 block vegan cheese, small cubed (Gouda)  
Your favorite Marinara sauce, or Nana's Red Sauce from the Wicked Healthy Cookbook

## METHOD

- 1) Preheat oven to 400 degrees
- 2) Sauté onion and tempeh in a pan, followed by the mushrooms. Season with salt and pepper and cook until crisp and coloured. Remove from heat and place in bowl.
- 3) Add parsley and cheese, combine thoroughly.
- 4) Lay out filo pastry sheets on a chopping board, cut into small pieces.
- 5) Add filling at the bottom half of each. Brush a little oil along the outer sides of the pastry.
- 6) Carefully roll up the filling in the pastry. Sealing the ends.
- 7) Place creased side down on a greased cookie sheet for 6-8 minutes in the oven until golden and crisp
- 8) Remove from oven and serve with Marinara sauce



# SLOPPY BBQ JACKFRUIT SLIDERS WITH SLAW, SRIRACHA MAYO & PICKLES

Get a roll of paper towels and dive in. Sticky, spicy BBQ sauce, creamy sriracha mayo, crunchy slaw, and sour pickles...this little sandwich has got it going on. And the jackfruit: If you haven't tried it yet, get ready for one of the chewiest, most satisfying plant foods out there. It falls apart in shreds just like you want it to in a sloppy, saucy sandwich.

*Adapted from the Wicked Healthy Cookbook*

## INGREDIENTS

3½ C green jackfruit (from a pouch or can), drained and rinsed  
3 T everyday olive oil  
1 small white onion, cut into narrow strips  
2 cloves garlic, minced  
Smoky BBQ Sauce, store-bought or homemade (great recipe in our book)  
1 T sriracha sauce  
¼ C vegetable stock  
½ C chopped fresh cilantro  
3 C finely shaved green cabbage [use a mandolin!]  
½ lime, juiced

Sea salt and freshly ground black pepper  
8 to 10 soft, squishy, slider-size buns, toasted if you like  
1 C thin dill pickle rounds  
½ C Sriracha Mayo

Cut the inner cores from the drained jackfruit, then slice the cores into strips. (The cores will not shred like the rest of the fruit so you need to slice them.)

## METHOD

1. Heat 2 tablespoons of the oil in a sauté pan over medium heat. Add the onion and cook, stirring now and then, until lightly browned, 4 to 6 minutes. Add the jackfruit and cook, stirring a few times, until lightly browned as well, 4 to 6 minutes. This browning process really deepens the flavor of the onions and jackfruit. Add the garlic near the end of the process and cook for just a couple minutes, until everything is nicely browned.
2. Add BBQ sauce, sriracha, and veg stock. Bring everything to a simmer over medium heat, then cut the heat to medium low and simmer gently until the liquid reduces in volume by about one-fourth, 8 minutes or so. Give it stir now and then to make sure the jackfruit doesn't stick to the pan bottom. You want to reduce the liquid enough so that the jackfruit mixture will sit on a sandwich bun but still be kinda wet and sloppy. When it reaches that consistency, stir in ¼ cup of the cilantro and remove the pot from the heat.
3. To make a quick slaw, toss together the cabbage, lime juice, remaining 1 tablespoon olive oil, and remaining ¼ cup cilantro. Season with salt and pepper, then taste it, adding more seasoning as needed.
4. To assemble, spoon a generous pile of BBQ jackfruit onto each bun and top with pickles, slaw, and a drizzle of sriracha mayo. Sometimes we set everything out and let guests assemble the sammies themselves.





A row of white ceramic spoons, each containing a dumpling, is shown. The spoons are arranged in a line, and the dumplings are garnished with green onions. The text "SPOONS AND BOATS" is overlaid in the center of the image in a white, bold, sans-serif font.

**SPOONS AND BOATS**



# ROASTED BEET SALAD BOATS WITH CITRUS

## INGREDIENTS

### Roasted Beets

- 12 small beets (3 lbs.), rinsed, stems trimmed
- 1½ T everyday olive oil
- 3 sprigs fresh lemon thyme or regular thyme
- Sea salt and freshly ground black pepper
- 4 slices fresh lemon
- 2 T sherry vinegar
- 1½ T chopped fresh chives
- ¼ cup arugula leaves

### Horseradish Crème

- 1 C vegan cream cheese
- ½ C vegan yogurt
- Green ends of 1 green onion, chopped
- 1-2 inch fresh horseradish, peeled and grated
- Pinch of course sea salt and pepper.

Mix and set aside.

## METHOD

1. For the beets: Preheat the oven to 250°F. Cut a giant sheet of foil twice the length of a baking sheet and place half of it on the pan.
2. In a bowl, toss the whole beets with the oil and thyme sprigs and season with salt and pepper. Pour the beets onto the foil and scatter on the lemon slices. Leave space between the beets so they can steam. Fold over the other half of foil and crimp all the edges, sealing the package tightly. Place the pan in the oven and slow roast until the beets are tender enough for a fork to slide in and out easily, 50 to 60 minutes, depending on the size of the beets. Open the package and let cool.
3. When cool, put on some gloves to prevent staining yourself and peel away the beet skins with a paring knife (not under running water), then slice the beets into small wedges. At this point the beets can be chilled in the fridge for a day or two before serving.
4. Just before serving, toss the beet wedges in a bowl with the vinegar and chives. Taste a wedge, then season with more salt and pepper until it tastes good to you.
5. Using an Asian serving spoon, make your boat. Horseradish crème on the bottom, then a slice of grapefruit, a wedge of beet, and top with arugula and a shave of horseradish.



# SPRING RISOTTO WITH PEAS AND MINT

## INGREDIENTS

1 small onions, diced  
5 garlic cloves, thinly sliced  
2 T olive oil  
2 C Arborio Rice  
8-10 C Vegetable stock  
1 C frozen peas  
sea salt  
fresh black pepper ground  
2-3 T Vegan butter  
Lemon, zested and then halved for juice  
2 T mint, chopped  
3 T parsley, chopped

## Garnish

1 Zucchini, small diced  
2 tsp olive oil  
sea salt  
fresh black pepper ground

## METHOD

In pot, heat up vegetable stock.

In shallow pot, on medium to high heat add the oil and onions. Allow to turn translucent and then add the dry rice and sliced garlic stirring constantly. Allow to cook for a few minutes until the rice has become slightly translucent on the outside. Turn to medium heat.

Add 1-2 ladles of warm stock, stirring constantly. Repeat this process for 30 minutes until rice has become creamy, and when you drag the spoon on the pan, the rice separates for a moment.

Add in peas, sea salt, pepper and butter.

Continue process of the vegetable stock a couple more times to get the consistency you are looking for.

Remove from heat and add the herbs and lemon zest.

For the garnish, in a saute pan on high heat, add the oil followed by the diced zucchini. Allow to sit for 1 minute in the pan, season with salt and pepper. Toss on high heat for another minute to get some coloration and remove.

Serve this risotto with the diced zucchini as a meal, or in small vessels for a warm app.





# SKEWERS AND SHOOTERS



# KING SATAY SKEWERS WITH SPICY PEANUT-GINGER SAUCE

*Adapted From the Wicked Healthy Cookbook*

## INGREDIENTS

1 pound king oyster mushrooms  
5 tablespoons vegetable oil  
1/4 cup water  
1/4 cup low-sodium tamari or soy sauce  
1 tablespoon agave syrup  
1 tablespoon sriracha or chile paste  
1 teaspoon hot chile oil

## SPICY PEANUT GINGER SAUCE

1 cup smooth peanut butter  
1/3 cup low-sodium tamari or soy sauce  
1/3 cup fresh lime juice  
1 tablespoon grated fresh ginger

2 cloves garlic, minced or pressed  
1/4 teaspoon smoked paprika  
1 Thai chile, chopped; or 1/2 teaspoon red pepper flakes  
1/2 to 1 cup water

## METHOD

Spray oil on a cast-iron pan, get it wicked hot. Lay out the mushrooms and press with another pan, apply pressure with a tea towel.

Flip over and press again. Add a little water to the pan to help steam them. Flip again and remove from heat.

Add mushrooms to the soy sauce, sambal, vinegar marinade.

Blend lime juice, peanut butter, ginger, chilli, tamari and water to make the peanut sauce.

Once mushrooms have softened up and cooled down in the marinade, weave each mushroom onto a skewer (soak beforehand so that they don't burn)

Heat up a grill pan on a medium-high heat, spray with oil and place down skewers. Grill on each side for 3-4 minutes.

To serve, plate up skewers with a ramekin of the peanut sauce (drizzle a little on top of the skewers), fresh cilantro and fresh chilli.



# BUTTERNUT SQUASH BISQUE

## INGREDIENTS

2 ½ C butternut squash or other squash steamed or boiled until soft

1 ½ T olive oil

1 onion, rough chopped

3 cloves garlic, rough chopped

¼ C sherry wine

3 ½ C Vegetable stock

1 T vegan butter

¾ t sea salt

Toasted Pumpkin seed oil as drizzle as garnish (optional)

Toasted pumpkin seeds as garnish (optional)

Parsley, chopped for garnish (optional)

## METHOD

On medium to high heat add the oil when pot is hot. Add onions and sauté until golden and translucent, add garlic and sauté for one minute. Add squash to pot and brown.

Deglaze the pot with the sherry, and then add vegetable stock. Bring to boil.

Add salt, vegan butter to the pot once the wine has evaporated and allow to come to a simmer for 10 minutes.

Using a stick blender blend all remaining ingredients until smooth. Alternatively you can transfer the mixture into a blender to blend.

Season to taste. Carefully pour into shot glasses.

As an option, garnish with a drizzle of pumpkin seed oil, parsley and pumpkin seeds.



**STAY WICKED**