

The Seasoned Spoon
COOKBOOK
Volume 2



Recipes from The Seasoned Spoon Café, Trent University, Peterborough, Ontario.

About Us

The Seasoned Spoon is a non-profit, vegetarian, cooperative café located in Champlain College at Trent University. The Spoon cooperative has over 500 members, most of whom are staff and students of Trent University. Membership in the café is both a form of support and a structure to enable collective action that supports small-scale producers and helps to revitalize our regional agricultural system. As well as serving delicious, affordable, local, and organic food, we also provide educational initiatives through volunteer opportunities, workshops, speakers, community meals, and student research projects done in partnership with the Trent Community Research Centre (www.trentcentre.ca). We are proud of our strong community linkages with local producers, businesses and community organizations.

Mission Statement

To grow a regional food system that is sustainable, inclusive and just.

Hours : The Café is open Monday & Friday, 8:00-3:30; Tuesday-Thursday 8:00-6:00 while classes are in session.

History

The Seasoned Spoon is an independently run co-operative café at Trent University offering delicious lunches and snacks for students, staff and faculty. The Spoon's mission is to serve up fresh, ethically-minded dishes that are not only healthy, but affordable too! The Spoon works in partnership with Trent University, and runs on the principles of a co-operative structure, including accountability to our members, and decisions based upon consensus.

Mandate

- 1) Serve ethically sourced, fairly traded, locally or organically grown foods that meet diverse dietary needs.
- 2) Be structured as a cooperative and be accountable to our members.
- 3) Be a student and community-driven, not for profit, social enterprise.
- 4) Increase awareness, encourage advocacy and inspire action around food issues through education and by fostering active debate.
- 5) Offer learning opportunities through paid and volunteer positions, community based research, and educational programming.
- 6) Maintain the Café as a food commons at Trent University and encourage the development of other community food spaces.
- 7) To strengthen the Peterborough food system and to promote food justice within our community.

Unless otherwise specified, recipes were provided by the Spoon's head cook Gar Quiano

 - Indicates that a recipe is vegan, or can be made vegan easily.



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Eating Local

Bean Basics

Rice Basics

Mirepoix

Stock

Roux

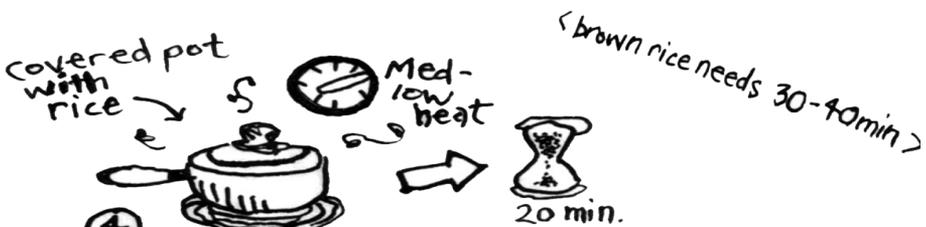
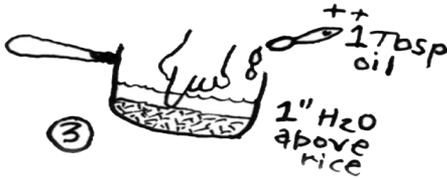
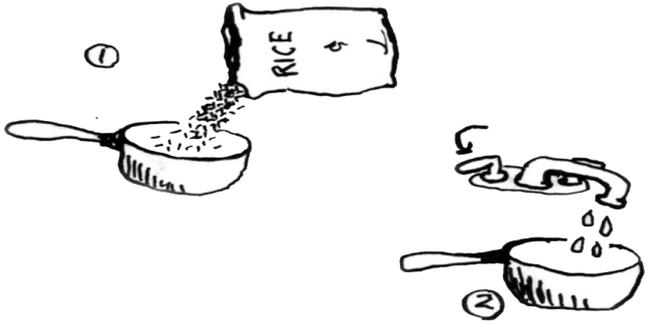
Eating Local

To eat “locally” and “in season”, it means that we focus on food that is provided by local growers in the summer, autumn, winter and spring. By eating this way, we minimize the distance between farm and table, and we cut back on energy and storage costs that are involved in transport. We also ensure support for our local community members by purchasing food that is grown near to us without extra costs imposed by “middle-buyers”. We feel eating “locally” and “in season” are two important factors that contribute to vibrant and sustainable communities. If you live with people, buying a collective “Food share” is one way to obtain fresh, cheap and healthy produce that is local and in season. If you have never before attempted to cook seasonally, it may be a challenge to “switch-gears” and come up with a whole suite of recipes that make creative use of seasonally available produce. In the winter, making use of cold-storage veggies, frozen and canned produce is essential. It takes planning, but it can be done! With great recipes on your side, affordable, healthy and delicious food can be made throughout the year. This cookbook offers several recipes that are tailored to the season to help you on your way. Local organic meat and dairy can be expensive, and so this cookbook focuses on vegetarian and vegan recipes that are simple and delicious.

Bean Basics



Rice Basics



WARNING! do not remove lid while rice is cooking



Mirepoix

A cooking fundamental, the mirepoix sets the tone for soups, stocks & stews in classical cuisine. Just three simple ingredients set the tone for this beautiful basic, carrots, celery & onions!

2 Parts Onion

1 Part Carrot

1 Part Celery

Sauté together at medium/low heat with the oil of your choice!



Stock

Homemade stock makes a big impact on flavour and is as simple as can be! At the Spoon we love to pack our stock with carrots, onions, celery, and mushrooms, but this can also change seasonally! When you are picking veggies for your stock pick ones that are savory, but also neutral, you want your stock to act as a building block and not over powering. Be sure to also avoid starchy veggies, as they will cloud your stock.

You can minimize the effort of stock by adding your veggie peelings, trimmings and ends to a freezer bag and then making stock in a big batch when it becomes full.

Instructions:

Cover your veggies/herbs with water and simmer at medium high heat with a lid.

Once it begins to boil, turn the heat down to medium low and cook for an hour or so, stirring occasionally.

Strain and allow to cool completely before placing in storage containers for all your soup needs!

Roux

The roux is a basic thickening agent used in stews and sauces. A roux is a combination of fat and flour that is whisked into liquid and brought to a high simmer or boil. The standard ratio is 1:2 tbsp of butter to flour which can be multiplied as needed. Heat your butter over medium/high heat until it melts, add the flour and whisk vigorously until the flour has been cooked and fully absorbed the butter, you may now add your wet ingredients.

You will use a roux like this for our delicious Mac & Cheese on page 45!



Lemony Red Lentil
Roasted Root Veggies
Carrot & Ginger
Apple & White Cheddar
Classic Tomato
Tortilla Soup
Borsht
Corn Chowder

Lemony Red Lentil



Ingredients:

2 tbsp veggie oil

1 large onion, diced

3 cloves garlic, minced

2 tbsp grated ginger

1 tbsp cumin seeds

1 tsp turmeric

1 tsp salt

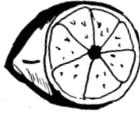
Pepper

6 cups broth

1 cup rinsed red lentils

1 cup diced potatoes

2 tbsp lemon juice



Instructions:

Heat oil in large pot over medium high heat. Sauté onions until soft.

Add garlic and ginger, and cook, stirring, for a couple of minutes.

Add cumin seeds, turmeric, salt and pepper and cook, stirring for a minute or two.

Add broth, red lentils and potatoes. Bring to a boil, reduce heat, and simmer until cooked (1/2 hour to 45 minutes).

Add lemon juice to taste. It's nice when it's good and lemony, so start with 2 tbsps lemon juice and add more if desired. Puree, or not.

Roasted Root Vegetables



Ingredients:

6 cups chopped root veggies
(can include carrots, parsnips, sun-chokes, potatoes, light
on the beets)
½ cup olive oil 1 tsp. salt
2 lg. onions, sliced
1 tsp. pepper
4 garlic cloves, minced

1 tbsp. dried thyme
¼ cup lemon juice
1 tbsp. dried rosemary
¼ cup balsamic vinegar
1 Tbsp. dried oregano
8 cups veggie stock

Instructions:

Toss the root veggies with the olive oil and spread in a baking pan. Roast in the oven at 400F for half an hour. Remove from oven, add the onions, garlic, lemon juice, balsamic, salt, pepper, and dried herbs. Mix well, and return to the oven for another half hour. The veggies should be tender.

In a large pot on the stove top, combine the roasted root veggies with the stock and heat gently.

Using an immersion blender, puree until smooth. Add more stock for thinner consistency.

Season to taste with salt and pepper.

Carrot & Ginger



Ingredients:

- 5 carrots, peeled and diced
- 1 onion, diced
- 1 clove garlic, minced
- 2 tbsp ginger, grated
- 2 tbsp curry powder or paste
- 3-6 cups veggie stock

Instructions:

Sweat the carrots and onions, slowly, covered, for at least a half-hour. Add garlic, ginger and curry, and cook, stirring, for a few minutes.

Add stock, a cup at a time, while blending (immersion blender), until soup reaches desired consistency. Add salt and pepper to taste, and perhaps some lemon or lime juice.



Apple & White Cheddar

Ingredients:

10 apples, diced	2 cups warm milk
2 onions, chopped	2 tbsp mustard
2 cloves garlic, minced	2 cups old cheddar
1/2 tbsp thyme	
4 cups broth	
2 cups apple cider	

Instructions:

Toss apples in oil and roast at 400F for 20-30 minutes, until golden brown.

Heat oil in a pot and sauté the onions for 5-10 minutes, add the garlic & thyme, sauté.

Add roasted apples, broth, vinegar and bring to a boil. Reduce heat and simmer for 5 minutes.

Stir in warm milk, mustard, and salt/pepper.

Puree with an immersion blender. Finally stir in the cheddar and serve.

Tomato Soup

Ingredients:

2 tbsp olive oil or butter
1 red onion diced
1/2 tsp salt
1/4 tsp pepper
2 cloves garlic, minced
2 tbsp sugar

2 tbsp balsamic vinegar
1 tsp oregano
1 tsp dried basil
1 28 oz can of tomatoes
2 cups veggie stock
1/2 cup of cream

Instructions:

Sauté onions in oil (or butter) over medium high heat until soft. Stir in salt and pepper. Turn heat down to medium low and stir in garlic. Let cook for a few minutes until onions are browning and garlic is cooked. Stir in sugar and then balsamic vinegar and sauté for a minute or two. Add oregano and basil. Stir.

Add tomatoes and stock, and bring to a simmer. Lower heat, cover, and simmer for 10 minutes. Using an immersion blender, puree the soup while pouring in the cream. Taste for seasoning



Tortilla Soup



Ingredients:

2 cups black beans

1 large can diced tomatoes

3 ears of corn (1 can)

3 cloves garlic, minced

1 jalapeno minced

1 onion, diced

1 1/2 tsp chili powder

1 1/2 tsp coriander

6 cups stock

1 bunch cilantro

2 limes (2-3 tbsp juice)

Salt & pepper to taste

Cheese & Tortilla chips to top

Instructions:

Sauté onions, garlic and jalapeno in a sauce pan with oil, pepper, chili powder & coriander. Add the corn, black beans & tomatoes and cook for a minute to take out the canned taste from the tomatoes.

Add the stock and simmer for 30 minutes to an hour, add rubbed cilantro, salt to taste and simmer for another 5 minutes.

Top with shredded cheese, chips and a touch more cilantro to finish!



Borscht - Laurel Pirrie



Ingredients:

- | | |
|-------------------------------|----------------------------|
| 2 tbsp oil | 1/2 cup sliced sweet onion |
| 3 cloves minced garlic | 2 bay leaves |
| 1 lb beets peeled and diced | 1 can tomato paste |
| 3 cups shredded green cabbage | 10 cups of stock |
| 2 potatoes cubed | 2 tbsp of lemon juice |
| 3 stalks of celery diced | 2 tbsp fresh dill |
| | 1/2 tsp |
| | 1 tbsp honey or sugar |

Instructions:

This Ukrainian classic is bursting with flavour, and it freezes easily.

Place a large sauce pan on medium heat. Add with oil, garlic, onions & caraway. Add carrots, celery & cabbage. Sauté for a couple minutes, add the tomato paste and stir, cooking off the "canned taste".

Finally add the rest of the ingredients, place on medium-low heat for an hour, stirring occasionally. Salt & pepper to taste.

To serve, top with sour cream, a squeeze of lemon and a dash of fresh dill.



Corn Chowder - Erica Franklin

Ingredients:

½ white onion diced
3 cloves garlic, minced
1/8 tsp. cayenne pepper
2½ medium potatoes diced
3 cups corn
3-4 cups veggie stock
2 cups milk or cream
1½ cups old cheddar, grated
Salt & pepper

Instructions:

Sauté the onion in 2 Tbsp. olive oil until the onions are translucent and are about to brown. Add the garlic and cook for another minute. Add the cayenne pepper and diced potatoes.

Stir frequently and cook for another few minutes.

Add the vegetable stock and bring to a boil. Cook for about 10 minutes or until the potatoes begin to soften; add the corn and cook for another 5 minutes. Add the milk or cream and continue to cook the soup until it is heated through. Purée the soup with a hand-blender until it is thick, but not entirely pureed. Add the grated cheddar and salt and pepper to taste. You can also add some fresh herbs such as minced parsley or dill at the end.



Greek Vinaigrette

Sesame Soy Dressing

Honey Mustard Dressing

Yogurt & Goat Dressing

Green Goddess Dressing

Lemon Tahini Dressing

Dragon Bowl Sauce

Curried Quinoa Salad

Kale Caesar Salad

Classic Coleslaw

Pesto Potato Salad

Three Bean Salad

Pad Thai Salad

Moroccan Chickpea Salad

Greek Vinaigrette - Laurel Pirrie



Ingredients:

- 3/4 cup olive oil
- 1/2 cup red wine vinegar
- 2 cloves garlic, minced
- 1 tsp dried oregano
- 1 tsp dried basil
- 1 tsp dijon
- 3 tsp sugar

3 tbsp lemon juice

Salt & pepper

Instructions:

Whisk together all ingredients except olive oil. Continue whisking and slowly drizzle in the oil to emulsify.

Sesame Soy Dressing - Laurel Pirrie



Ingredients:

- 1/2 cup oil
- 1/4 cup rice vinegar
- 1/4 cup soy sauce
- 1 tsp sesame oil
- 1-2 tbsp maple syrup

Instructions:

Shake it all up!

Honey Mustard Dressing - Laurel Pirrie



Ingredients:

1 tbsp maple syrup
1 tsbp Dijon mustard
3 tbsp cider vinegar
1 tsp thyme
1 clove garlic, minced
2 tbsp onion, minced
1/3 cup oil

Instructions:

Mix together in a food processer adding oil last. Salt & pepper to taste.

Yogurt & Goat Cheese Dressing

Ingredients:

2 cups yogurt
1/2 cup soft goat cheese
1 clove garlic, minced
1 tsp. lemon juice
Salt & pepper
Several tsbp. hot water to soften the cheese
1 tsp. coriander
2 tsp. cumin Seeds
or...
1/4 cup minced herbs

Instructions:

Mix together and serve with wraps, roast veggies and salads.
*Cooking note: Add 1 1/2 cups of Feta Cheese to this dressing and you have yourself a nice topping for green beans, mixed beans, salads with grains and mixed veggies.

Green Goddess Dressing



Ingredients:

- 1/4 cup tahini
- 1/4 tsp salt
- 1/4 cup lemon juice
- 1 tsp cider vinegar
- 1/2 fresh chopped parsley
- 1/4 tsp pepper
- 1/4 cup warm water
- 1 clove garlic, minced

Instructions:

Combine ingredients in a food processor until blended!

Lemon Tahini Dressing



Ingredients:

- 1/4 cup tahini
- 1/4 cup lemon juice
- 1/4-1/2 cup water
- 1 garlic clove minced,
- splash olive oil
- 1 tsp salt

Instructions:

Combine ingredients with a food processor or whisk, adding oil last. Add water to control consistency.

Dragon Bowl Sauce



Ingredients:

- 1/2 cup canola oil
- 1/2 cup cider vinegar
- 1/2 cup soy sauce
- 1 cup nutritional yeast
- 1/2 cup sugar

Instructions:

Combine ingredients with a food processor or whisk, adding oil last in a slow drizzle.

Curried Quinoa Salad



Ingredients:

- 8 cups cooked quinoa
- 1 small red onion
- 1 cup grated carrots
- 1/2 cup shredded coconut
- 3/4 cups olive oil
- 1/4 cup apple cider vinegar
- 1-2 tbsp lime juice
- 1 tbsp curry powder
- 1/2 tsp cumin & coriander
- S alt & pepper

Instructions:

Mix quinoa with the onion, carrots and coconut.

Make a dressing of the oil, spices, vinegar, juice and salt & pepper.

Pour dressing over the mixture and toss to ensure every bite is flavourful.

Serve cold.

Kale Ceasar Salad - Abby Sparling



Ingredients:

- ¼ cup tahini
- 2 tbsp. lemon juice
- 3 tbsp. non-dairy milk
- 1 garlic clove
- 2 tsp. miso paste
- ¼ cup sunflower seeds
- 1 tbsp. maple syrup
- Salt and pepper to taste

Instructions:

- Blend ingredients in a food processor and add water until the desired consistency is reached. Massage into kale that has been washed and torn. into bite size pieces.
- Garnish with nutritional yeast, and toasted sunflower seeds

Classic Coleslaw



Ingredients:

- 1 head cabbage, shredded
- 2 carrots, grated
- 1 cup mayo
- 3 tbsp apple cider vinegar
- 3 tbsp sugar
- 1 tsp salt

Instructions:

- Mix cabbage and carrots together and set aside.
- Whisk together the rest of the ingredients. Pour over veggies & stir in.
- Place mix in the fridge until chilled!

Pesto Potato Salad - Laurel Pirrie

Ingredients:

2 lb potato, 1 inch cubes
54 tbsp oil
1/4 cup basil leaves chopped
1/4 cup parsley leaves, chopped
1/4 cup garlic scapes puree
4 tbsp parmesan cheese
1/2 cup mayo
2 tbsp lemon juice
Salt & Pepper



Instructions:

Bring oven to 400. Mix potatoes with oil, salt & pepper, roast for 30-35 minutes until soft/tender.

Place remaining ingredients in a food processor and blend smooth.

Allow potatoes to cool before tossing in the dressing mixture.

Three Bean Salad

Ingredients:

Bean Mix

2 cups chick peas
2 cups kidney beans
2 cups green beans
1 onion minced
2 stalks celery

Dressing

½ cup. veg oil
¼ to ½ cup cider vinegar
2 tbsp honey
1 tsp dry mustard
2 cloves garlic
salt and pepper

Instructions:

Cook chickpeas and kidney beans (pg. 8) and blanche green beans. Green beans should be cooked in boiling water until they become a vibrant green, then remove thyme and instantly rinse with cold, or ice, water.. Mix with onion and diced celery.

Mix dressing together, adding oil last. Pour over bean mix, toss, and serve!



Pad Thai Salad - Abby Sparling



Ingredients:

1 garlic clove
¼ cup tahini
2 tbsp. lime juice
2 tbsp. tamari
1 tbsp maple syrup
½ tbsp. toasted sesame oil
1 tbsp. fresh ginger
1 tbsp. sriracha
water

Instructions:

Blend ingredients in a food processor until smooth.

Add water until desired consistency (should be pourable, but not runny).

Toss with spiralized carrot, zucchini and shredded purple cabbage.

Moroccan Chickpea Salad



Ingredients:

Salad Mix

3 cups cooked chickpeas
3 cups diced carrots
1 cup chopped dates or raisins

Dressing

¾ cup olive oil
¼ cup lemon juice
1 tsp toasted cumin seeds
2 tbsp honey
salt & pepper

Instructions:

Mix the chickpeas, carrots & chopped dates together in a large bowl.

Whisk together the rest of the ingredients except the olive oil. Drizzle in the olive oil while whisking vigorously to emulsify.

Mix dressing into salad mix and enjoy!

Appetizers



Baby Quiche

Tomato Chutney

Apply Chutney

Onion Bhaji

Falafel Bites

Hummus

Black Bean Dip

Bruschetta

Baba Ghanoush

Baby Quiche

Ingredients:

Basic pie crust

3 eggs

1/4 cup of milk or cream

Assorted fillings*

* fillings might include,
diced peppers, spinach,
cheese, herbs, tomatoes!

Instructions:

Roll out the dough to 1/8 of an inch thickness. If you are using a standard muffin tin, the best tool for cutting your dough is the lid to a standard 1 L yogurt container. Cut out as many shells as you can, pressing them into the greased tin.

It is best to do a blind bake (400F) with quiche as the egg mixture can make the crust soggy. You can either use baking beans or consistently press down the crust with the tines of a fork to reduce bubbling throughout the baking process.

Remove the pan once the crust is just about cooked (5-10 minutes), turn the oven down to 350F.

Fill each shell most of the way up with egg mixture and place back in the oven for 25-30 minutes or until egg is cooked.

Tomato Chutney



Ingredients:

1 cup onions, finely diced
2 cups tomatoes, chopped
4 cloves garlic, sliced
1/2 hot pepper, minced
2 inch piece of ginger, grated
1/4 brown sugar
1/4 cup red wine vinegar

3 cardamom pods

1 tsp paprika

Salt & pepper

Instructions :

Combine everything in a heavy-based pot. Bring to a simmer. Simmer 1 hour, stir often.

Apple Chutney



Ingredients:

1 lb diced apples
1/2 tbs mustard seed
1 clove garlic, minced
1 tbs grated ginger
1 tsp cumin
1 tsp turmeric
1/2 cup vinegar
1/2 cup sugar
1/4 cup lemon juice
Dash of cayenne

Instructions:

Salt apples generously and let sit for 1 hour. Rinse and drain. Heat oil. Add mustard seeds, garlic and ginger, and fry, stirring, for a couple of minutes. Add cumin, turmeric and pepper, and fry for a few seconds.. Add remaining ingredients and simmer on low for 1/2 hour.

Add the rest of the ingredients and simmer on low heat for 1/2 hour.

Onion Bhaji



Ingredients:

- 4 large onions, sliced
- 1 tbsp ginger
- 1 1/2 cups chickpea flour
- 1 tsp salt
- 1 tsp garam masala
- 1 tsp cumin
- 2 cloves minced garlic

Instructions:

Massage and crush everything together with your hands. Let sit for 1/2 hour covered in a bowl.

Heat two inches of oil in a heavy sauce pan or wok at medium/high heat.

Form the mixture into balls about an 1 1/2 inch in diameter and fry until golden brown!

Excellent when served with apple chutney (pg. 32)!

Falafel Bites



Ingredients:

2 cups chickpeas (soaked overnight)

Half an onion chopped

2 tbsp chopped parsley

1 tsp cumin

1 tsp salt & pepper

1 tsp baking powder

2 cloves of garlic

3/4 cup cornmeal

Frying Oil

Instructions:

Soak 2 cups chickpeas overnight. Do not cook.

Place the onion, roughly chopped, into food processor and pulse briefly.

Add soaked chickpeas with 2 tbsps chopped parsley, 2 cloves minced garlic, 1 tsp cumin, and salt and pepper. Process until blended but not pureed.

Sprinkle in 1 tsp baking powder and 3/4 cup cornmeal. Pulse to make a dough.

Refrigerate batter for a couple of hours, covered.

Form into balls, and fry in hot oil. Be sure to not make the balls too large, or they will not cook on the inside while the outside is overcooked.

Great with lemon-tahini sauce!

Hummus



Ingredients:

- 2 clove garlic
- 2 cup cooked chick peas
- ¼ cup olive oil
- ¼ cup lemon juice
- ¼ cup. tahini
- 1 tsp salt
- 1 tsp cumin

Instructions:

Mince garlic in a food processor.

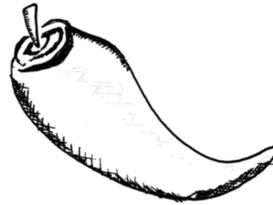
Add the rest of the ingredients and blend until smooth. If the mixture is too thick, add water as you blend to reach the desired consistency.

Black Bean Dip



Ingredients:

- 2 tbsp oil
- 1 large onion, diced
- 2 garlic, minced
- 1 tbsp chili powder
- 1 tsp ground cumin
- 1/2 tsp salt & pepper
- 3 cups cooked black beans
- 1/2 cup veggie stock
- 1 medium tomato, diced
- Juice of 1 lime



Instructions:

Heat oil in skillet. Sautee onions over medium heat until very soft. Add garlic, and cook for another minute or two. Add chili powder, cumin, salt and pepper, and cook, stirring, for another minute or two. Add black beans and stir well to coat beans with spice mixture. Add stock and turn down heat to medium low. Add tomato, and let simmer gently for ten minutes. Take off heat and mash bean, using a potato masher, and adding more stock to achieve desired consistency. Squeeze in lime. Add more salt to taste!

Bruschetta - Laurel Pirrie



Ingredients:

2 cloves garlic, minced,

3 tbsp olive oil

1 tbsp balsamic vinegar

3 tbsp fresh basil, chopped

2 cups diced tomato

1/4 cup red onion finely
diced

1/4 cup diced cucumber

Instructions:

Mix all ingredients together in a bowl, add salt & pepper to taste!

Strain and serve on top of a toasted baguette, possibly with some shaved parmesan or asiago!

Baba Ghanoush - Laurel Pirrie



Ingredients:

1 medium sized eggplant

1 lemon, juiced

1-2 cloves garlic

2 tbsp tahini

Salt

2 tbsp fresh cilantro

Olive oil

Instructions:

Put your oven on broil.

Slice eggplant into 1/4 inch thick disks, patting them dry before tossing in oil, salt & pepper. Place eggplant on baking sheet and cook on highest rack for 5-10 minutes, turning over eggplant part way through.

Place disks on a plate and cover with tinfoil for 5-10 minutes, this will make the skin easier to remove.

Peel away as much of the skin as possible and place disks in a food processor with rest of the ingredients.

Meal Time



BBQ Tempeh

Quiche

Lentil Sloppy Joes

Tofu Scramble

Shepardess Pie

Simple Veggie Curry

Mac & Cheese

Veggie Tagine

Chana Masala

Ratatouille Tart

BBQ Tempeh



Ingredients:

1 ½ cups finely chopped onions
3 cloves garlic
1 ½ tsp fennel seeds
1 ½ tsp chili powder
1 ½ tsp ground coriander
1 ½ tsp cumin
a pinch of cayenne

1 ½ lbs diced tempeh
1 diced sweet pepper
2 tbsp cup soy sauce
2 tbsp lemon juice
2 tbsp brown sugar
2 tbsp cider vinegar
1 ½ tbsp mustard
1 cup tomatoes

Instructions:

Sauté together the onions, garlic & spices with a tbsp of oil in a pan on medium heat. Add the diced sweet pepper and diced tempeh, sauté for a moment longer and then transfer mixture to another dish while you cook the rest of the sauce.

Combine the remaining ingredients in a sauce pan. Simmer, stirring occasionally, for ten minutes.

Pour sauce over the tempeh, cover the baking dish with foil, and bake at 350F for 1/2 hour. Uncover and continue baking for another 1/2 hour.

Serve on a bed of rice topped with coleslaw.

Quiche

Ingredients:

1 pie crust (recipe pg. 51)

1 tbsp butter

2 cups sliced mushrooms

salt and pepper

1/2 tsp dried thyme

1 tbsp red wine vinegar

1 cup shredded swiss cheese

8 eggs

1/2 cup milk

1 tbsp Dijon mustard

Instructions:

Press 1/8 inch thick dough into a pie dish, and blind bake until just undercooked at 400F.

Melt butter in small skillet and sauté mushrooms for a couple of minutes. Add salt, pepper and thyme and continue to sauté until mushrooms are shrunken and brown. Stir in red wine vinegar. Remove from heat.

Beat eggs with milk, and a pinch of salt and pepper, and Dijon.

Spread mushroom mixture over crust, followed by swiss cheese. Pour beaten egg mixture gently over top. Bake at 375F for 20 to 30 minutes. You can tell doneness by tapping the top to ensure that it is firm and the eggs are cooked. Let sit for five minutes before slicing.

Lentil Sloppy Joes



Ingredients:

1 cup green lentils

1 tbsp olive oil

1 bell pepper diced

1 onion diced

2 garlic cloves, minced

3 tbsp chili powder

1 1/2 cup tomato sauce

2 tbsp maple syrup

1 tbsp mustard

1/2 tsp salt

Instructions:

Combine lentils with 4 cups water, cover, bring to boil, reduce heat, and simmer about 20 minutes, until cooked. Drain and set aside.

Heat oil. Sauté onions for five minutes. Add sweet pepper and garlic and continue to sauté another minute or two. Add cooked lentils, chili powder, oregano and salt, and cook, stirring for a few minutes. Add tomato sauce, mix, reduce heat, and simmer for 10 minutes. Add maple syrup and mustard, heat through, then turn off the heat and let sit for 10 to 15 minutes before serving.

Tofu Scramble



Ingredients:

1 carrot, grated
1 tsp cumin
1 onion, diced
2 tsps turmeric
1 Tbsp soy sauce
ground pepper

2 tbsp cider vinegar
1/4 cup orange juice
16 oz tofu

Instructions:

Heat oil and add everything except the orange juice & tofu. Saute for five-ten minutes and then add remaining ingredients.

Sauté until excess liquid evaporates. Taste test & season with salt, pepper and lemon.

Optional* add shredded spinach and/or kale.

Shepardess Pie



Ingredients:

- | | | |
|--------------------------------------|---|---------------------|
| 1 large onion, diced | ½ cup flour | 5 cups veggie broth |
| 2 cloves garlic, minced | 2 tbsps nutritional yeast | |
| 1 cup diced carrots | 2 tbsps soy sauce | |
| 4 cups mixed veggies | ½ teaspoon ground black pepper | |
| 2 cups cooked green lentils | 2 tbsps cider vinegar | |
| ¼ cup miso | 6 cups root veggies to mash | |
| ¼ cup hot water | (potatoes, alone, or with rutabaga, sweet potato, parsnips) | |
| ¼ cup butter (or butter substitute) | ½ tsp salt | ½ |

Instructions:

Sauté onion in a large pot until lightly browned. Add garlic and cook, stirring, for a couple of minutes. Add carrots and mixed veggies and sauté for five minutes. Stir in cooked green lentils. Add ½ cup of vegetable broth, cover, and let simmer over low heat for 15 minutes, until veggies are tender.

Stir together miso and hot water and set aside. Melt butter in a saucepan. When melted, add flour and whisk over medium heat for three to five minutes. Whisk in miso/water mixture, and stir until smooth. Add stock and whisk to remove lumps. Allow to thicken to gravy consistency. Stir in soy sauce, nutritional yeast, pepper and cider vinegar. Pour this mixture with veggies into a casserole dish. Spread mash over and bake .

Simple Veggie Curry



Ingredients:

- 2 tbsps veggie oil
- 1 Tbsp mustard seeds
- 1 Tbsp cumin seeds
- 1 large onion, diced
- 2 garlic cloves, minced
- 2 inch piece of ginger, grated
- 1 Tbsp each: curry powder, garam masala, ground coriander, and fennel seeds
- 1 tsp turmeric
- 1/2 tsp ground cloves
- 1 28oz. can of diced or crushed tomatoes
- 6 cups chopped veggies
- 14 oz. can of coconut milk
- 1 lime

Instructions:

Heat the oil over medium high heat. Add mustard and cumin seeds and cook, stirring, for a couple of minutes. Add onion and cook, stirring occasionally, for 5 minutes. Add garlic and ginger and cook, stirring, for a minute or two. Add dry spices (you could measure them all out ahead of time into a bowl, ready to go).

Cook, stirring, for a minute or two. Mix in canned tomatoes and simmer for a minute. Add chopped veggies and cook for a couple of minutes. Stir in coconut milk. Let simmer until veggies are cooked through. If necessary add some stock to keep it from drying out as it cooks.

When veggies are cooked, squeeze in juice of one lime and add salt & pepper to taste!

Mac & Cheese

Ingredients:

4 cups pasta

2.5 cups milk

1/4 cup butter

1/4 cup flour

2 tbsp Dijon mustard

2 cups of shredded cheese

Salt & pepper

Instructions:

Heat 2 cups of milk in a sauce pan and set aside.

In a large pot, melt butter over medium heat. Add flour, whisking, until mixture is lightly golden brown. While whisking, add warm milk slowly, stirring, until smooth and creamy. Stir in dijon mustard, salt and pepper to taste, and shredded cheese.

Add cooked pasta to creamy cheese sauce. You can flavour it up by adding pesto or balsamic vinegar, or any number of tasty additions.

Serve as is, or transfer to a casserole, top with bread crumbs and parmesan, and bake at 400F until the top is golden.

Veggie Tagine



Ingredients:

- 2 red onions, thick slices
- 4 cloves garlic, minced
- 2 tbsps ginger, grated
- 1 tbsp ground cumin
- 1 tbsp ground coriander
- 1/2 tsp cinnamon
- 1/2 tsp salt
- 1/4 tsp black pepper
- 2 28 oz cans diced tomatoes
- 1/4 cup honey
- 2 cups cooked chickpeas
- Juice of one lemon
- 1/4 cup chopped cilantro
- 1/4 cup slivered almonds
- 1/2 cup chopped dried cranberries

Instructions:

Preheat oven to 425F. Toss cubed squash with 2 tbsps olive oil and a generous sprinkle of salt and pepper. Place on a baking sheet and roast until tender, about 20 to 30 minutes, stirring occasionally.

Meanwhile, heat remaining olive oil in large pot. Sauté onions over medium heat until beginning to brown (ten minutes). Stir in garlic and ginger, and continue cooking for a minute or two, stirring constantly. Add cumin, coriander, cinnamon, salt and pepper, and cook, stirring, for another minute. Add tomatoes and honey, turn heat down to medium low. Stir in roasted squash and chickpeas. Simmer, covered, for 1/2 hour, stirring occasionally. Stir in lemon juice, cilantro, slivered almonds, and cranberries. Taste for seasoning. Serve on a bed of quinoa.

Chana Masala



Ingredients:

- | | |
|-------------------------|--------------------------------|
| 2 tbsps oil | 2 tsps ground coriander |
| 2 onions, diced | 2 tsps garam masala |
| 1 tsp cumin seeds | 1 tsp turmeric |
| 1 tsp mustard seeds | 2 28 oz cans diced tomatoes |
| 1 tsp salt | 4 cups cooked chickpeas |
| pepper | 2 tbsps lemon or lime juice |
| 3 cloves garlic, minced | 1/4 cup fresh chopped cilantro |
| 2 tbsps ginger, grated | |

Instructions:

Heat oil in a large pot, over medium high heat. Add diced onions, cumin seeds, mustard seeds, salt and pepper. Once everything starts to sizzle, turn the heat way down to medium low and let onions brown slowly (10 to 15 minutes). Add garlic and ginger, and cook, stirring. Add ground coriander, garam masala, and turmeric, and cook, stirring, for a minute. Add tomatoes and chick peas, turn up heat and bring to a soft boil. Turn heat down, cover, and simmer for 1/2 hour, stirring occasionally. Stir in lemon or lime juice and cilantro. Taste and adjust seasonings if required. Serve on basmati rice.

Ratatouille Tart



Ingredients:

1 cup flour	2 zucchini chopped
1 cup cornmeal	2 cloves garlic, sliced
1/4 cup butter	1 eggplant chopped
1/4 cup oil	1 sweet pepper chopped
3 tbsps water	2 tomatoes chopped
1 sliced onion	Salt, pepper, rosemary &

Instructions:

Crust: Combine cornmeal with flour and a pinch of salt. Add butter and oil, and pulse or blend until mixture resembles small pebbles. Add water, and pulse until a loose dough forms. Press into the bottom of a tart pan or baking sheet, cover with baking weights (dried beans), and bake at 350F for ten minutes. Remove baking weights and bake for another five minutes. Set aside.

Filling: Preheat oven to 400F. Roast a combination of onions, garlic, zucchini, sweet peppers, eggplants and tomatoes for about a 1/2 hour. Add salt and pepper, rosemary and oregano, and roast for a further 1/2 hour, until veggies are tender and cooked.

Spread the filling over the crust, along with some fresh basil and feta.

Bake for about half an hour.



- | | |
|----------------------|-----------------------------|
| Basic Pie Crust | Lemon Meringue Pie |
| Skillet Corn Bread | Gluten Free Angel Food Cake |
| Lemony Love Bars | Green Tea Custard |
| Vegan Ginger Cookies | Chocolate Cake |
| Peachy Pie Braids | Carrot Cake |
| Nanimo Bars | Brownie |
| Chocolate Frogs | Granola |

Basic Pie Crust



Ingredients:

1 1/4 cups all purpose flour

1/4 tsp salt

7 tbsps cold butter

2 tbsps ice water

Instructions:

Combine flour, salt and butter with a pastry cutter until crumbly.

Add water 1 tbsp at a time until dough just comes together. Do not over-mix!

Wrap in plastic and refrigerate (1/2 hr to 1 hr).

Form to pan (can be refrigerated overnight at this point).

If blind baking; cover with parchment paper and weights (dried 'baking beans' work well), and bake at 400 for 10 minutes. Remove parchment paper and weights and bake another 5 to 10 minutes.

* this recipe is also used for the baby quiche pg. 31

Skillet Corn Bread

Ingredients:

1/2 cup butter

1 1/2 cups milk

1 1/2 cups cornmeal

1/4 cup sugar

3 eggs

1 tsp baking powder

1 tsp salt

1/2 cup shredded cheese
(optional)

Instructions:

Melt butter in a pan; add milk, cornmeal and sugar. Bring to a simmer and whisk until thickened.

Combine eggs, baking powder and salt in a bowl and whisk lightly. Add cornmeal mixture to egg mixture and combine well.

Pour into cast-iron skillet and bake at 425F for 20 to 25 minutes.

If desired, put cheese on top and bake until cheese is melted and golden.

Lemony Love Bars - Emma Ambury

Ingredients:

1 cup butter

½ cup sugar

2 cups flour

2 eggs

½ cup sugar

¼ cup flour

10-12 tbsp. lemon juice (a little under ¾ c)

½ tsp baking powder

1 tsp vanilla

Instructions:

Cream butter and sugar. Add flour and combine thoroughly. This dough is finicky- you may have to add more butter or flour. The mixture shouldn't be super sticky or super crumbly. When it's a nice in-between, press evenly into bottom of 9x13 pan. Bake at 350F for 15-18 min, till golden at edges and lightly golden all over (if you under-bake at this stage, your bars will come out as a gooey mess, so let it take its time, but without overdoing it!)

For topping, beat together all ingredients. If preparing a bit in advance, don't add baking powder until the last minute. Pour evenly over base, and bake another 20 min, until centre is set (doesn't wobble when you shake it).

Ginger Cookies - Submitted by Sylvia Dick



Ingredients:

1 cup oil	½ tsp. baking soda
1 ½ cup sugar	1 ½ tsp. cinnamon
½ cup molasses	1 tbsp. ginger
½ cup soy milk	½ tsp. nutmeg
4 cup flour	1 tsp. cloves
1 ½ tsp. baking powder	1/2 tsp salt

Instructions:

Combine oil and sugar. Add molasses and soy milk and stir until well combined.

Sift together dry ingredients and add to wet ingredients. Stir till well-combined. Dough will be soft and moderately sticky.

Roll into balls and roll in sugar. Bake at 350F for 10-15 minutes, be sure not to over bake the cookies as they will become quite hard if overcooked.

Makes 2 dozen smallish or about 16 large cookies.



Peachy Pie Braids - Laurel Pirrie

Ingredients:

1 basic pie crust (pg. 51)

2 cups sliced peaches

1/4 cup honey

1 tsp vanilla

1/2 tsp ground ginger

2 tbsp potato starch

Instructions:

Place peaches, ginger, vanilla and honey in a sauce pan on medium heat, stirring vigorously.

Mix the starch with 3 tbsp of cold water.

Once the peaches have reduced/cooked down, add the starch mixture.

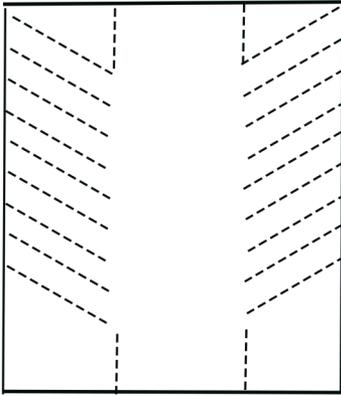
Cook down for about a minute, continuing to stir. Remove the mixture from heat and allow to cool.

Roll out the pie crust to 1/8 of an inch evenly.

Refer to the diagram on the following page for cutting and folding instructions.

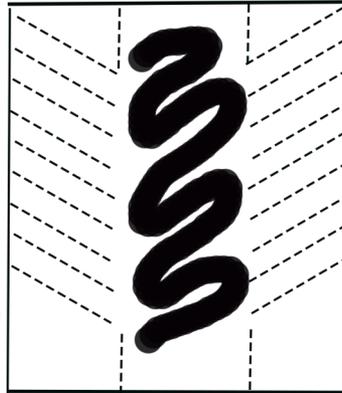
Brush the braids with melted butter and bake at 375 for 10-15 minutes until golden brown.

Cut dough into 3x6 inch rectangles and then cut according to diagram below



6 in

3 in



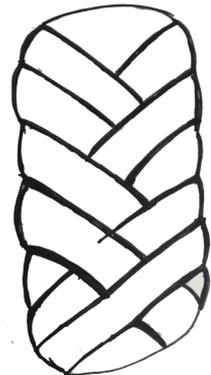
6 in

3 in

Add filling to the centre.

Fold over the squared off ends to seal in the filling. Then pull the side strips over the filling one by one, alternating sides .

The final product should look like the final image on the right.



Nanimo Bars - Laurel Pirrie



Ingredients:

Base

- ½ cup butter or butter substitute
- ¼ cup cocoa powder
- 1 tbsp ground flaxseed mixed with 2
tbsp warm water
- ¼ sugar
- 2 cups seeds and nuts (ground)
- 1 cup shredded coconut

Centre

- ½ cup butter or butter substitute
- 2 tbsp milk or milk substitute
- 2 cups icing sugar
- 2 tsp vanilla

Topping

- 6 oz semi sweet chocolate
- 3 tbsp butter

Instructions:

Bottom Layer

Pour 2 cups (500 mL) water into bottom of double boiler. Place on stove over medium heat and bring water to simmer. In top of double boiler; combine butter, cocoa and sugar; place over simmering water. Heat, stirring, until butter has melted and mixture is smooth. Add flax mixture; stir until thick. Remove top of double boiler from heat. Stir in dry ingredients. Scrape into parchment paper-lined baking dish. Press firmly .

Middle Layer

In bowl, cream butter, gradually add icing sugar; beat until light and fluffy. Scrape over bottom layer, smoothing top with spatula or palette knife.

Topping

In clean double boiler, melt chocolate and butter together. Remove from heat; let cool slightly. When cool, but still liquid, pour over icing layer. Cover and refrigerate until cold.

Chocolate Frogs - Laurel Pirrie



Ingredients:

1/2 cup milk

3/4 tsp vanilla

1/2 butter

3/4 cup coconut

1 1/2 cup sugar

2 cups oats

1/4 cup cocoa

Instructions:

In a large pot melt butter, add the milk, sugar, cocoa and stir until combined.

Mix in coconut and oats and drop onto baking sheet. Allow to cool for an hour to set.

Lemon Meringue Pie - Laurel Pirrie

Ingredients:

1 Basic Pie Crust, baked
¾ cup sugar
¼ honey
¼ cup potato or corn starch
1 tsp salt
6 large egg yolks
1 ½ cups water



1 tbsp lemon zest
½ cup lemon juice
2 tbsp unsalted butter
6 egg whites
¾ cup white sugar
1 tsp white vinegar
1 tsp vanilla

Instructions:

Whisk sugar, starch, and salt together in a large saucepan. Add egg yolks, then immediately but gradually whisk in 1 ½ cups water. Bring mixture to a simmer over medium heat, whisking regularly, 8- 10 minutes, until thickened.

Remove from heat, whisk in zest, then juice, and finally butter. Keep warm until meringue is made.

Beat the egg whites with the vinegar & vanilla, add sugar as soft peaks form in the whites. Once all is combined and the mixture is holding peaks, pour the warm filling into the prebaked crust, spreading evenly.

Pour the meringue over the pie, pressing it to the edges of the crust. Bake at 350F for 15 minutes until the top become golden brown in colour.

Angel Food Cake - Laurel Pirrie

Ingredients:

3/4 cup sugar + 6tbsp

3/4 flour (gluten free subs in easily)

1/4 potato or corn starch

1 1/2 cup egg whites

1 1/2 tsp cream of tartar

1/2 tsp salt

1 tsp vanilla

Instructions:

Preheat oven to 350F degrees

Combine flour, starch and 3/4 cup of sugar.

Using a stand mixer beat egg whites, cream of tartar, salt and vanilla on medium speed, gradually beat in 6tbsp of sugar.

Add the dry mixture slowly in three batches, mixing just until combined.

Pour into an ungreased pan, use a knife to cut any air pockets that form.

Bake on lowest rack for approx. 45 minutes until top is golden brown.

Invert the pan, once it has cooled run a knife along the edges and pop the cake out.

Delicious with fresh fruit& whipped cream!

Green Tea Custard - Laurel Pirrie



Ingredients:

2 green tea bags

1/4 cup potato/corn starch

2 cups of milk (nut milk)

1/2 cup sugar

1 tsp vanilla

Instructions:

Put the milk & tea bags in a sauce pan on medium heat, until the milk has darkened with the tea. Remove the tea bags and add the sugar & vanilla.

Mix the potato starch with about a 1/3 cup of cold water, slowly add this mixture to the milk tea, pausing to check consistency, you are looking for a texture sort of like a warm pudding.

Once you have achieved that consistency remove the mix from heat and pour it into mugs, small bowls, or glasses. Place in the fridge to cool/set.

Chocolate Cake - Laurel Pirrie



Ingredients:

1 cup milk alternative

1 cup sugar

1/3 cup oil

1 tbsp vinegar

1 tbsp vanilla

1 1/2 cups flour

1/3 cup cocoa powder

1 tsp baking soda

1/2 tsp salt

Instructions:

Preheat oven to 350F, can be done as cupcakes or a 9x13 pan

Mix: milk, sugar, oil, vinegar and vanilla together

Separately combine the remaining dry ingredients.

Slowly add dry to wet, mixing at a medium speed until combined.

*this is a great recipe to add peppermint oil, almond extract or lavender.

Alternately, there is a lot that can be done with icings. Play around!

Carrot Cake - Emma Ambury

Ingredients:

- 2 cups flour
- 2 cups sugar
- 1 tsp baking powder
- 1 tsp baking soda
- 2 tsps ground cinnamon
- 3 cups finely grated carrot
- 1 cup canola oil
- 4 eggs beaten

Instructions:

Whisk together dry ingredients and grated carrots. Add remaining ingredients and beat until well combined. Batter should be quite thick.

Pour into a greased 9x13 pan. Bake at 350F for 30-40 minutes, until a toothpick inserted in the centre comes out clean!

Brownie - Emma Ambury



Ingredients:

2 cups flour

2 cups sugar

1/4 cup cocoa powder

1 tsp salt

1 cup water

1 cup oil

1 tsp vanilla

Instructions:

Combine all dry ingredients.

Whisk together sugar, vanilla, water and oil, add dry ingredients in stages until combine.

Pour into a greased 9x9 pan and bake at 350F for 30-40 minutes until the top stops being shiny and a toothpick inserted into the centre comes out clean

Allow to cool slightly before cutting.

Granola - Morgan



Ingredients:

6 cups rolled oats

½ cup shredded coconut

½ cup sunflower seeds

½ tsp salt

1 tbsp cinnamon

¼ tsp powdered ginger

⅛ tsp nutmeg

½ cup oil of choice

½ cup maple syrup

1 tbsp vanilla

Instructions:

Preheat oven to 375 F

Pour wet ingredients over dry and use a spatula to combine.

Spread mixture across a large baking pan and place in the oven.

Stir mixture every 10-15 minutes until granola is evenly dry and toasted.

Mix in optional additions:

½ cup toasted buckwheat—a crunchy complete protein!

½ cup raisins

¼ cup dried cranberries

¼ cup whole flax seed.

Allow granola to cool completely and then store in a sealed container!



A big thank you to all of our customers, volunteers, & employees. We couldn't do what we do without all of your support, time and dedication. Thank you to the colleges & Trent University for being our home for the last 15 years, we look forward to many more years here.

We hope this book has brought you lots of tasty joy. We love our food and we hope you love making it as much as we do. If you have any questions regarding the this cookbook, or the Spoon in general please email seasonedspoon@trentu.ca, or find us on Facebook, Twitter & Instagram.

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