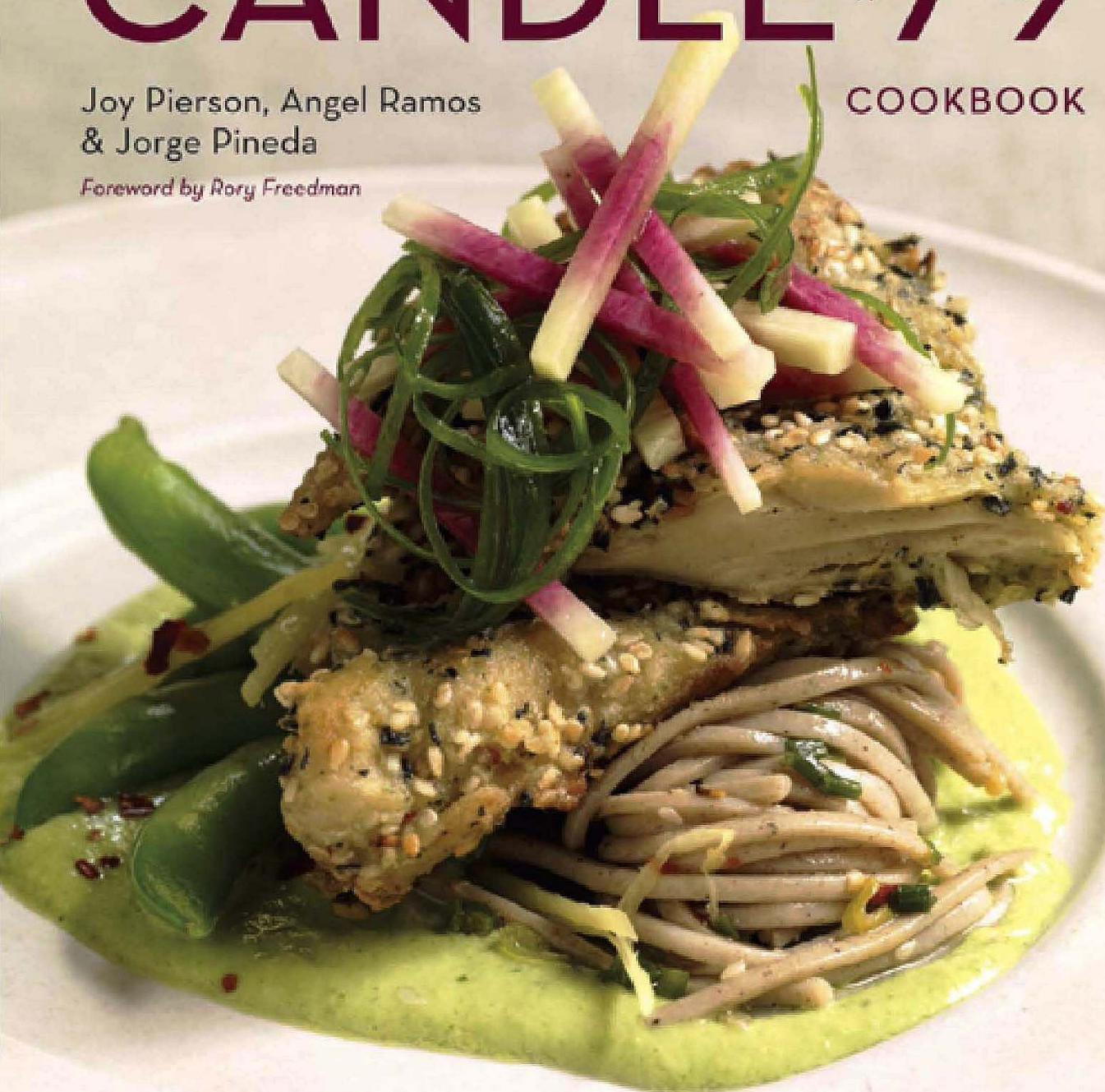


CANDLE*79

Joy Pierson, Angel Ramos
& Jorge Pineda

Foreword by Rory Freedman

COOKBOOK



Modern Vegan Classics from
New York's Premier Sustainable Restaurant

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Joy Pierson, Angel Ramos, and Jorge Pineda

FOREWORD BY RORY FREEDMAN

Photography by Rita Maas



TEN SPEED PRESS
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*In celebration of Jesus Ramos,
Petrona Pineda, Anne Pierson,
Jane Erdman, Minerva Felenstein,
and Ann Marie Chiappetta,
who taught us that food is love.*

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FOREWORD

When I first went vegetarian, then vegan, I did so begrudgingly. Eating is my favorite thing to do above all else; I did not want to forgo any earthly pleasures. But when I made the connection—*animal products equal cruelty*—I vowed never to contribute to the suffering of animals again. And at first, kicking my meat, cheese, and egg addictions was a challenge. And at times, it felt like a sacrifice.

I had been vegetarian for ten years, and was newly vegan, when I first set foot inside the sanctum of Candle 79. It was literally like nothing I had ever experienced. There were no sacrifices here! This was upscale fare, as indulgent as anything I'd eaten as a meathead. Chimichurris, seitan piccata, risotto, ravioli—to this day, every time I go to the restaurant, I lose my mind. I'm a foodie. I want every meal I eat to be orgasmic. Candle 79 has never disappointed.

Chefs Angel and Jorge are geniuses who somehow achieve the impossible—everything is really hearty, hale, and decadent, but also really light and fresh. I know part of that has to do with the seasonal, local, organic produce they use. Another element is magic. Sheer magic. The final component is pretty simple: They all care. Owners Joy and Bart want to feed us the best meals possible, made from the best stuff possible, while being as conscientious and eco-minded as possible.

Their love is evident everywhere in the restaurant. There's no pretension or stuffiness despite the opulent decor, perfect presentation, and impeccable service. Joy and Bart did more than create a haven for foodies—they created a community. Their staff is their

family. And their clientele is comprised of everyone—power brokers, punk rockers, doctors, lawyers, yogis, celebrities, everyone in between, and even restaurateurs and top chefs. Not only do we want their food, we also want what they have. We want that spark, spirit, and love.

This book is so clearly a labor of love. Every single recipe is mouth-watering. And they all reflect what Bart and Joy set out to do with their restaurants: They show us that we can eat amazing food, take excellent care of our bodies, and respect Mother Earth and all her inhabitants. And that none of that ever means having to sacrifice anything. This cookbook is a celebration. A celebration of what vegan cuisine can and should be.

When Joy and Bart decided to share their passion for vegan food with the world, they won \$53,000 in the New York Lottery, which helped them get started. One of their favorite mottos (paraphrased from Goethe) sums it up perfectly: “When you commit, providence will provide.” So whether you want to spare animals, save the planet, better your health, or just enjoy great food, somehow your path led you here, to this book.

For me, veganism is the perfect expression of all those things. It’s the doorway to better everything: Health, energy, longevity, compassion, consciousness, and connectedness. Mind, body, spirit, and the best food on the planet. Veganism really is a noble pursuit. (Except for the part where you’re constantly mowing down food in a breathless state of gluttony. That’s not noble, it’s just a bonus.) Being vegan is what I’m most proud of. And to contribute to this book is such an honor.

About two years after Candle 79 opened, I moved to the West Coast, three thousand miles away from the beloved mecca. So this cookbook makes my soul

sing. It's a cornucopia of epic proportions and excitement. And it's an extension of the generosity that abounds at the restaurant—the notion that good, healthy food should be lavished on everyone, and that every bite should taste absolutely divine. Joy, Angel, and Jorge have poured their beautiful, kind, committed hearts into this book. They leave nothing to be desired. It's all here.

I'm committed to feasting on every single recipe in this book. And providence has provided me with friends who are as enthusiastic about food as I am. I foresee many Candle 79 potlucks in my immediate future. And I'm struck by how the spirit and abundance of Candle 79 continues to grow.

Rory Freedman, coauthor of *Skinny Bitch* and *Skinny Bitch in the Kitch*



Mushrooms (top left clock-wise to center): cauliflower, oyster, chanterelle, Hen of the woods (or Maitake), Matsutake, Lobster, Blue-foot, chicken of the woods, shiitake, Morel



INTRODUCTION

Since its inception in 2003, Candle 79 has become a New York institution, a destination for vegan, vegetarian, and omnivore diners alike. Because our food tastes so delicious and is so healthy, our customers are constantly asking for recipes from the restaurant to cook at home for their loved ones and to celebrate every occasion.

The food at Candle 79 expands the horizons of vegan cuisine, proving that the healthiest food can also be the most flavorful and satisfying. Seeing the power and effect that our food has on those who dine with us compelled us to take it a step further. Our mission was to create the best possible cuisine for our friends, our customers, and the growing audience of people from all over the world who are committed to eating and living well but can't dine with us in person. The recipes in the *Candle 79 Cookbook* are from the kitchen's repertoire and have been tested and tailored for the home cook. We hope they will bring the magic of dining at Candle 79 into your home for making everyday meals as well as dishes for special celebrations.

Our History

In the 1980s, the restaurant's founder, Bart Potenza, bought and operated a landmark juice bar and vitamin shop named Sunny's on the Upper East Side of Manhattan. He renamed it Healthy Candle after the previous owners' charming ritual of lighting candles all over the store to bless their establishment.

Little did he know at the time that he was creating an enterprise that would feed and nurture thousands of people for the next twenty-six years (and counting). He met Joy Pierson, a nutritionist, in 1987, and they soon became business and life partners. Over the years, they became a powerful team in the vegetarian and holistic movement and sought to expand their restaurant business. As luck would have it, in August, 1993, they won \$53,000 in the New York Lottery on a single ticket that was purchased on Friday the thirteenth. That win provided the seed money to open Candle Cafe. The restaurant became a hit, serving organic vegan food from the freshest local ingredients available. The growth of this mission-driven business led to the creation of a booming catering enterprise, a wholesale line of foods, the *Candle Cafe Cookbook*, and the birth of Candle 79.

Candle 79

In 2003, demand for growth called again, and Candle 79 was born five blocks away from the cafe. This time, the Candle's famed organic vegan cuisine was presented in a different setting, a two-story fine dining oasis with an elegant bar that serves organic wine, beer, sake, and spirits for the conscientious yet sophisticated eater. The acclaimed chefs who created the cuisine at Candle Cafe—Angel Ramos and Jorge Pineda—joined forces with Bart and Joy to launch the restaurant, and their inventive dishes continue to grace its tables. Candle 79 rapidly became a destination restaurant with a stellar reputation. It was selected as Zagat's top-rated vegetarian restaurant in 2007 and 2008 and was the first vegetarian restaurant to be reviewed by Frank Bruni of the *New York Times*. It is the regular restaurant of choice for

local families and tourists, as well as celebrities, politicians, and CEOs. All are warmly welcomed as good friends at Candle 79.

Combining creative, elegantly presented, healthy, and delicious cuisine with knowledgeable service, Candle 79 is at the forefront of a movement to bring sophistication to vegetarian cuisine, and to bring the concepts of local, seasonal, sustainable, and vegan into the culinary mainstream.

The Candle commitment extends far beyond the dining room and into the community. The restaurants and their staff have always been focused on putting their passions into action toward building a more unified and sustainable planet. Candle has formed many long-standing partnerships with like-minded organizations and charities to further the reach of their shared missions. Throughout their history, the Candles have been privileged to work with such incredible groups as New York Coalition for Healthy School Food (NYCHSF), People for the Ethical Treatment of Animals (PETA), the Humane Society of the United States (HSUS), Green America, Physicians Committee for Responsible Medicine (PCRM), the Northeast Organic Farming Association (NOFA), and numerous animal shelters and farm sanctuaries, including Farm Sanctuary and Woodstock Farm Sanctuary.

Our Philosophy, Our Book

At Candle 79 we are dedicated to promoting healthy eating through our commitment to plant-based cuisine. Our restaurant's creations are comprised of a seasonal array of organic foods that are grown without the use of pesticides and other chemicals. By supporting organic farming and avoiding the use of

animal products, we acknowledge the interconnectedness of physical, spiritual, and environmental well-being. Candle 79 incorporates this spirit by serving great food that comes fresh from farm to table in a serene and seductive atmosphere. We love and support the farmers who have delivered their produce to our restaurant's kitchen year after year, making it possible for us to offer the freshest and most nutrient-dense food available.

We believe that everyone has an inner chef, and the purpose of this book is to awaken that chef and introduce you to the techniques, nuances, and infinite possibilities of plant-based cuisine. Join us in the exploration of the plant kingdom. We want to inspire you to take the plunge into changing the way you think about buying, preparing, and eating food. We have compiled simple-to-follow, delicious, and inspiring recipes for you to create and enjoy in your own kitchen. In addition, there is a glossary to help you understand terms and ingredients used throughout the book, and a resource guide with excellent information on where to find special products that may not be available in mainstream markets.

Plant-based food, enhanced by organic ingredients, has become a necessity for the planet and the health and well-being of the people who occupy it. The cuisine we share with you has the power to reduce your carbon footprint for the benefit of present and future generations. Truly green cuisine is everyone's birthright. Now, with the help and guidance of the *Candle 79 Cookbook*, many more people will have access to our recipes, sources, and restaurant secrets enabling them to create and enjoy delicious dishes in their own homes for themselves and their families and friends. We invite you on this journey to a healthier planet and a healthier you!

So, read on, learn more about cooking the magnificent and delicious array of plant-based foods, and embrace this exciting cuisine.

In Food We Trust,
Joy, Angel, and Jorge



Heirloom Tomato-Avocado Tartare

Heirloom Tomato– Avocado Tartare

This vibrant tartare, made with a raw mushroom ceviche, avocados, and ripe, juicy heirloom tomatoes, pops with all the tastes of summer. It is wonderful as an appetizer served with tortilla chips or crackers (our favorite is raw flaxseed crackers) or as a side dish for a summer barbecue. It's very popular with raw food enthusiasts and carnivores alike.

Serves 4 to 6

¼ pound oyster mushrooms, diced
1 shallot, thinly sliced
3 scallions, white and green parts, thinly sliced
3 tablespoons extra-virgin olive oil
Juice of 2 lemons
Sea salt and freshly ground pepper
1 pound heirloom tomatoes, seeded and diced
2 ripe avocados
2 cucumbers, peeled, halved, seeded, and cut into ¼-inch dice
[Tortilla strips](#), for garnish
Sprouts or microgreens, for garnish

In a small bowl, combine the mushrooms, shallot, scallions, olive oil, 2 tablespoons of the lemon juice, and salt and pepper to taste.

Put the tomatoes in a large bowl. Halve the avocados. Carefully press the blade of a sharp knife

into the pit, twist, and pull gently to remove. Cut ¼-inch slices horizontally and vertically into the flesh of the avocados to make medium-sized squares. Scoop out the flesh with a large spoon and add it to the tomatoes, along with the diced cucumbers.

Add the mushroom mixture and the remaining lemon juice to the tomato mixture. Gently mix with a large spoon, making sure not to mash the avocado. Taste and adjust the seasonings if necessary. Cover and chill in the refrigerator for 30 minutes to 1 hour.

To serve, present the tartare in a bowl. You can also offer individual servings: pack the tartare into a 2-inch ring mold to shape it, then remove the mold. Garnish with the tortilla strips and sprouts and serve at once.



Roasted Artichokes with Spring Vegetables and Crispy Onion Rings

Roasted Artichokes with Spring Vegetables and Crispy Onion Rings

This recipe celebrates spring and all it has to offer—warm breezes, budding trees, and an overall sense of renewal. Roasted artichokes and gently steamed baby vegetables served with luxurious cashew cream and crispy onion rings say, “Welcome, springtime” in a most delicious way. Note that the cashews must soak overnight before using—this makes them very light and creamy.

Serves 4

Cashew Cream

½ cup raw cashews
½ teaspoon sea salt
½ cup water

Vegetables

4 medium artichokes
2 tablespoons extra-virgin olive oil
1 tablespoon freshly squeezed lemon juice
Sea salt and freshly ground pepper
12 fresh asparagus spears, trimmed and cut into 1-inch pieces
1 cup baby carrots
1 cup fresh or frozen shelled fava beans, thawed if frozen
1 cup fresh or frozen green peas, thawed if frozen

Onion Rings

1 tablespoon Ener-G egg replacer
½ cup soy milk
½ cup fine yellow cornmeal
¼ cup arrowroot powder
Sea salt and freshly ground pepper
1 large yellow onion, sliced into ¼-inch rings
3 tablespoons safflower oil

2 tablespoons extra-virgin olive oil
2 shallots, thinly sliced
½ cup white wine
½ cup chopped fresh chives
Sea salt and freshly ground pepper
Microgreens or sprouts, for garnish

To make the Cashew Cream, the day before using, put the cashews in a bowl and add enough cold water to cover them. Cover and let soak overnight in the refrigerator.

Drain and rinse the cashews and put them in a blender. Add the salt and water and process until creamy, adding more water or salt if necessary.

Preheat the oven to 350°F.

To prepare the vegetables, trim and discard the stems and tough outer leaves of the artichokes. Halve the artichokes, remove the furry center, and put them in a large roasting pan, cut side up. Whisk together the olive oil and lemon juice, and season with salt and pepper. Drizzle over the artichokes and toss well to coat. Cover with foil and bake until tender, 20 to 30 minutes.

Leave the oven on. Put the asparagus, carrots, fava beans, and peas in a steamer basket and steam until just tender, 8 to 10 minutes. Drain and set aside.

Meanwhile, make the onion rings. Whisk together the egg replacer and soy milk in a shallow bowl. In another shallow bowl, stir together the cornmeal and arrowroot powder, and season with salt and pepper. Dip the onion slices into the soy milk, then the cornmeal mixture. Heat the safflower oil in a cast-iron skillet over medium-high heat. Gently place the rings in the oil and cook for 3 minutes on each side, adding more oil if needed. Drain on paper towels.

Heat the 2 tablespoons of olive oil in a sauté pan over medium heat. Add the shallots and sauté until translucent, about 3 minutes. Add the white wine, decrease the heat, and simmer until the liquid reduces by half. Add the steamed vegetables, season with salt and pepper, and stir for 1 minute. Set the mixture aside. In the same pan, heat the Cashew Cream and chives over low heat, stirring occasionally, for about 5 minutes or until warm.

To serve, spoon 4 tablespoons of the cashew cream onto each of 4 plates. Divide the vegetable mixture among the plates. Stack 1 or 2 onion rings on top of the vegetables. Place 2 artichoke halves on top of the onion rings, then garnish with the microgreens to form a beautiful spring tower. Serve at once.



Avocado Salsa

This guacamole-type salsa, served with chips or on cucumber slices, makes a wonderful appetizer. It also makes a terrific topping for our [Black Bean–Chipotle Burgers](#). Note: If you prefer a spicier salsa, use a whole jalapeño pepper.

Makes about 3 cups

3 ripe avocados

½ cup cherry or grape tomatoes, halved or quartered

2 tablespoons freshly squeezed lime juice

1 scallion, white and green parts, minced

½ jalapeño pepper, seeded and minced

½ teaspoon minced fresh oregano

½ teaspoon minced fresh thyme

½ teaspoon sea salt

Chips or cucumber slices, for serving

Halve the avocados. Carefully press the blade of a sharp knife into the pit, twist, and pull gently to remove. Cut ¼-inch slices horizontally and vertically into the flesh of the avocados to make medium-sized squares. Scoop out the flesh with a large spoon.

Combine the avocados, tomatoes, lime juice, scallion, jalapeño pepper, oregano, thyme, and salt in a bowl. Gently mix together, being careful not to break up the avocados.

If not serving immediately, cover and store in the refrigerator for up to 2 hours. Serve chilled or at

room temperature, with the chips or cucumber slices
alongside.



Zucchini Blossom Tempura

Zucchini Blossom Tempura

Tempura, a Japanese style of preparation in which food is batter-dipped and deep-fried, is an addictive way to prepare zucchini flowers, the golden blossoms that eventually give way to baby zucchini. Stuffed with tofu cheese, these springtime treats make wonderful appetizers or snacks to nibble on with cocktails. For a heartier presentation, serve them over a salad of tomatoes and artichoke hearts, drizzled with a balsamic reduction, and garnished with sprouts and microgreens, as shown in the photo. Note: If you're unfamiliar with egg replacer, see the [Glossary](#) for more information and [Resources](#) for sources.

Serves 4 to 6

Tofu Cheese

- 1 pound firm tofu
- 2 tablespoons freshly squeezed lemon juice
- 2 tablespoons nutritional yeast
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon sea salt

Tempura Batter

- $\frac{3}{4}$ cup Ener-G egg replacer
- $\frac{1}{4}$ cup arrowroot powder
- $\frac{1}{4}$ cup unbleached all-purpose flour
- 1 teaspoon sea salt

¼ cup fine yellow cornmeal

2 cups soy milk

16 zucchini blossoms, stemmed and small leaves removed

2 cups safflower oil, for frying

To make the Tofu Cheese, put the tofu in a saucepan, add water to cover by 1 inch, and simmer for 20 minutes. Turn off the heat and let the tofu cool in the water. Drain the tofu and press with paper towels to remove excess water. Crumble the tofu into a food processor fitted with the metal blade. Add the lemon juice, nutritional yeast, olive oil, and salt and process until smooth.

To make the batter, put the egg replacer, arrowroot powder, flour, salt, and cornmeal in a bowl and stir together. Whisk in the soy milk until well combined.

Using a pastry bag or small spoon, stuff each squash blossom with the tofu mixture.

Heat the safflower oil in a deep cast-iron skillet over medium-high heat until hot but not smoking. Dip each blossom in the tempura batter and let the excess drip off, then deep-fry until golden and crispy, about 2 minutes. Drain on paper towels and serve at once.



Arancini with Roasted Plum Tomato Sauce

Arancini with Roasted Plum Tomato Sauce

Arancini are small rice croquettes that are said to have originated in ancient Sicily. Our scrumptious vegan version is made with risotto balls stuffed with tempeh bacon and Daiya cheese. Daiya cheese, which is made from tapioca flour and is an excellent alternative for those allergic to soy and nuts, is available in cheddar or mozzarella flavors and can be purchased at natural food stores. This has become one of our signature appetizers. We also serve these bite-sized treats at parties and special events, and they always win raves from our guests.

Serves 6 to 8; makes about 18 rice balls

¼ cup plus 1 teaspoon extra-virgin olive oil
2 tablespoons chopped shallot
½ teaspoon sea salt
1 cup Arborio rice
½ cup white wine
2 cups water
½ teaspoon chopped fresh flat-leaf parsley
½ cup shredded Daiya mozzarella cheese
¼ cup tempeh bacon, cooked, drained, and crumbled
1 cup dried bread crumbs or panko
2½ cups [Roasted Plum Tomato Sauce](#), for dipping
Microgreens, for garnish

Heat 1 teaspoon of the olive oil in a saucepan over medium heat. Add the shallot and salt and sauté for 1 minute. Add the rice and cook, stirring until coated, for 2 minutes. Add the wine and cook for 3 to 5 minutes, until it is absorbed. Add 1 cup of the water, decrease the heat, and simmer, stirring often, until most of the water is absorbed. Add the remaining 1 cup of water and continue to cook in the same way until the water is absorbed and the rice is al dente but not mushy, about 30 minutes altogether.

Remove from the heat and stir well. Stir in the parsley and $\frac{1}{4}$ cup of the cheese and let cool for 20 minutes.

Put the tempeh bacon and the remaining $\frac{1}{4}$ cup of cheese in a small bowl and stir well to combine.

Using your hands, a spoon, or an ice cream scoop, shape a bit of the rice mixture into a 1½-inch ball, then make an indentation in the center that extends halfway into the ball. Fill with about 1 teaspoon of the tempeh mixture, then roll to cover the filling. Repeat with the remaining ingredients to make about 18 rice balls. Roll the rice balls in the bread crumbs, shaking off any excess.

Heat the $\frac{1}{4}$ cup of olive oil in a sauté pan over medium heat. Fry the rice balls, turning often, until golden brown, 4 to 5 minutes. Serve with the tomato sauce on the side for dipping, or nestle the arancini in the sauce. Garnish with the microgreens and serve at once.



Smoked Paprika Hummus

Smoked Paprika Hummus

We like to make hummus with dried chickpeas (which need to soak overnight), but if you're short on time canned chickpeas will do. In addition to the standard chickpeas, lemon juice, and tahini, we add a generous spoonful of smoked paprika to our hummus for a deep, rich flavor. We serve it with grilled paratha bread, olives, roasted garlic, and a drizzle of red pepper oil. After New York Times food critic Frank Bruni visited our restaurant, he wrote about this dish, describing it as "one of the more enjoyable hummuses I've had in the city."

Makes about 3 cups

1 cup dried chickpeas, or 2 (15.5-ounce) cans chickpeas, drained and rinsed

2 large cloves garlic, minced

1 teaspoon freshly squeezed lemon juice

¼ teaspoon cayenne pepper

2 teaspoons smoked paprika, plus more for garnish

½ teaspoon sea salt

½ teaspoon freshly ground pepper

2 tablespoons finely chopped fresh flat-leaf parsley

⅓ cup extra-virgin olive oil, plus more for garnish

⅓ cup tahini

Optional garnishes: roasted red bell peppers, roasted garlic, lemon slices, olives, mint or parsley sprigs

If using dried chickpeas, put them in a saucepan or bowl and add cold water to cover by about 2 inches.

Soak in the refrigerator for at least 6 hours or overnight. Drain and rinse.

Put the chickpeas in a saucepan and add cold water to cover by about 2 inches. Bring to a boil, decrease the heat, cover, and simmer until the chickpeas are tender, 50 to 60 minutes. Drain and let cool, reserving $\frac{1}{4}$ to $\frac{1}{2}$ cup of the cooking water.

Combine the chickpeas, garlic, lemon juice, cayenne, paprika, salt, pepper, parsley, olive oil, and tahini in a bowl and stir to mix well. Transfer the mixture to a food processor fitted with the metal blade and process until well mixed. Add $\frac{1}{4}$ cup of the reserved cooking liquid (or water or vegetable stock if using canned chickpeas) and process until smooth and almost fluffy. Add more liquid if necessary. Scrape down the sides of the bowl once or twice. Transfer to a serving bowl and refrigerate for at least 1 hour. (The hummus can be made up to 3 days ahead and refrigerated. Return to room temperature before serving.)

To serve, drizzle a bit of olive oil over the hummus and sprinkle a bit of paprika. Serve with desired garnishes.

Cashew Cheese–Stuffed Yuca Cakes

Yuca, also known as cassava, is a starchy, potato-like root vegetable that is very high in vitamins A, B, and C, as well as calcium, phosphorus, potassium, and iron. In this dish we cook the yuca, form it into little cakes, and stuff them with creamy cashew cheese. The velvety centers of these tasty morsels add a rich texture that contrasts beautifully with the crispy outsides of the cakes. Note that the cashews must soak overnight before using.

Serves 4 to 6

Cashew Cheese

1 cup raw cashews
1 tablespoon extra-virgin olive oil
½ cup finely diced onions
½ cup finely diced leek
1 tablespoon freshly squeezed lemon juice
1½ teaspoons nutritional yeast
Pinch of sea salt

2 pounds yuca, peeled, cored, and cut into ½- to 1-inch chunks
2 teaspoons chopped fresh flat-leaf parsley
2 tablespoons extra-virgin olive oil
1 teaspoon sea salt

[Tarragon Aioli](#), for accompaniment

1 cup [Mint-Cilantro Chimichurri Sauce](#), for accompaniment

3 to 6 tablespoons extra-virgin olive oil or safflower oil, for frying

To make the Cashew Cheese, the day before serving, put the cashews in a bowl and add enough cold water to cover them. Cover and let soak overnight in the refrigerator.

Heat the oil in a sauté pan over medium heat. Add the onion and leek and sauté until softened, about 3 minutes.

Drain the cashews and transfer to a food processor fitted with the metal blade. Add the lemon juice, nutritional yeast, and salt and process until smooth, about 3 minutes. Add the onion and leek and process for another minute. Set aside.

Bring a large pot of water to a boil over high heat. Add the yuca and cook until very tender, 15 to 20 minutes. Drain and let cool a bit, then transfer to a large bowl.

Mash the yuca until smooth. Add the parsley, olive oil, and salt and mash again until smooth.

Using your hands or an ice cream scoop, form the yuca mixture into 2-inch balls. For each cake, make a deep indentation in the middle of a ball with your thumb and stuff with 1 tablespoon of the cashew mixture. Pinch the hole to close, then flatten into a cake with the palm of your hand. The cakes should measure about 2 inches in diameter and 1 inch thick.

Heat 3 tablespoons of the oil in a large nonstick sauté pan over medium heat. Fry the cakes until golden brown, about 3 minutes per side, adding more oil if necessary. Drain on paper towels.

To serve, place a cake in the center of a plate, top with a dollop of the aioli, and drizzle with the chimichurri sauce.

Spinach-Mushroom Pâté

This versatile and rich-tasting pâté is an all-time favorite appetizer at Candle 79. It's lovely to serve at a party with cocktails or a crisp, organic white wine. Spoon it onto crostini made with your favorite bread or onto crackers, or serve it alongside a crudité platter.

Makes about 2 cups, or a dozen crostini

2 tablespoons extra-virgin olive oil
½ cup finely chopped shallots
5 whole portobello mushrooms, peeled and cut into small cubes
½ pound fresh spinach, chopped
2 cloves garlic, minced
½ teaspoon sea salt
⅛ teaspoon freshly ground pepper
¾ cup vegan mayonnaise
12 crostini

Heat 1 tablespoon of the olive oil in a sauté pan over medium heat. Add the shallots and mushrooms and sauté until softened, 5 to 7 minutes. Drain any excess liquid, transfer to a bowl, and let cool.

Wipe out the sauté pan and heat the remaining tablespoon of olive oil over medium heat. Add the spinach, garlic, salt, and pepper and cook until the spinach is wilted, 3 to 5 minutes. Set aside to cool.

Put the mushroom and spinach mixtures in a food processor fitted with the metal blade and process until smooth, about 3 minutes. Transfer to a bowl

and stir in the mayonnaise. Taste and adjust the seasonings if necessary. Spoon onto the crostini and serve warm, chilled, or at room temperature.



Ginger-Seitan Dumplings

Ginger-Seitan Dumplings

These delicious little bundles of heaven are packed with flavor. Shiitake mushrooms, ginger, and scallions add just the right zip to the filling. These are great to serve with bok choy for a cocktail party or as a first course. Note: Vegan wonton wrappers are available at natural food stores and specialty markets (see [Resources](#)).

Serves 8 to 10; makes about 40 dumplings

- 1 pound seitan
- 1 cup shiitake mushrooms, stemmed and chopped
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon toasted sesame oil
- 1 cup finely chopped scallions, white and green parts
- 2 tablespoons finely chopped fresh ginger
- 2 tablespoons tamari
- 2 tablespoons freshly squeezed lemon juice
- 1 package of vegan wonton wrappers (at least 40 count)
- Safflower oil, for frying
- 1¼ cups [Ginger-Soy Dipping Sauce](#), for accompaniment

Drain the seitan and squeeze out the excess liquid. Put the seitan in a food processor fitted with the metal blade and process for 2 minutes, until thoroughly ground. Add the shiitake mushrooms and process for another minute.

Heat the olive oil and sesame oil in a sauté pan over medium heat. Add the scallions, ginger, tamari, and lemon juice and sauté for 2 minutes. Add the

seitan mixture and cook for 10 minutes, stirring occasionally. Remove from the heat and let cool for 1 hour. Drain the mixture in a fine-mesh sieve to remove any excess liquid.

Spoon about 1 tablespoon of the mixture onto a wonton wrapper. Using a pastry brush, dab some water on the corners of the wonton wrap. Pull up all four corners and pinch the four edges tightly shut. Twist the top point to complete the seal. Repeat until all the filling and about 40 wrappers are used.

Heat ½ inch of safflower oil in a large sauté pan over medium heat and fry the dumplings, turning often, until golden brown, about 3 minutes, working in batches if need be. The dumplings can also be steamed in a mesh basket.

Serve warm with the dipping sauce alongside.





Soups

There's something about soups that nourishes the body and soul. They can be served as an appetizer or a meal in a bowl, as an intimate dinner or a feast for a crowd. We make them year-round and use the freshest seasonal ingredients available. We prefer subtly seasoning soups with sesame oil, miso, and tamari and infusing them with fresh herbs for deep, satisfying flavor. Our founder, Bart Potenza, always says, "There is no finer meal than a bowl of soup and a hunk of bread." We think that you'll agree.



Live Avocado-Cucumber Soup

Live Avocado-Cucumber Soup

Many people believe that cooking diminishes the amount of vitamins, minerals, and enzymes in food and seek out “live” (uncooked or raw) dishes like this summer soup. One of Candle 79’s most requested seasonal dishes, this rich and creamy blend of avocados, garden-fresh cucumbers, cilantro, and mint is scrumptious and satisfying. For warm-weather parties and barbecues, we often serve mini portions in shot glasses.

Serves 4 to 6

2 ripe avocados, halved, pitted, peeled, and diced
4 cucumbers, peeled, seeded, and chopped
½ jalapeño pepper, seeded and finely diced
½ cup chopped fresh cilantro, plus cilantro sprigs for garnish
2 tablespoons fresh lime juice
2 tablespoons fresh lemon juice
½ cup water
1 teaspoon sea salt
1 julienned radish, for garnish
½ red bell pepper, seeded and cut into thin strips, for garnish
½ cup fresh corn kernels, for garnish

Put the avocados, cucumbers, jalapeño pepper, cilantro, lime juice, lemon juice, water, and salt in a blender and process until smooth. Taste and adjust

the seasonings if necessary. Cover and chill in the refrigerator for at least 1 hour.

To serve, ladle the soup into bowls and garnish each serving with the radish, bell pepper, corn, and a cilantro sprig.

Farmers' Market Gazpacho

We love to make runs downtown to the Union Square Farmers' Market all year round to check out the fabulous local produce. There is no better time to go than summer when everything is at its ripest peak. We look for the juiciest tomatoes we can find to make this refreshing gazpacho. There are no hard-and-fast rules in making this recipe—you can adjust the tomato juice and the amounts and types of vegetables to your liking. Note that the soup is best chilled overnight in the refrigerator.

Serves 4 to 6

3 pounds ripe tomatoes, coarsely chopped

1 to 2 cups tomato juice

1 teaspoon sea salt

½ cup finely diced red bell pepper

½ cup finely diced celery

½ cup finely diced red onion

½ cup peeled, seeded, and diced cucumber

10 fresh basil leaves, finely chopped, plus whole basil leaves for garnish

Put the tomatoes, tomato juice, and salt in a blender and process until very smooth. Transfer to a large bowl or container.

Add the bell pepper, celery, onion, cucumbers, and chopped basil to the soup and stir well. Cover, and

chill in the refrigerator for at least 8 hours or overnight. Taste and adjust the seasonings if necessary.

To serve, ladle the soup into bowls and garnish with the whole basil leaves.





Tortilla Soup

Tortilla Soup

This festive soup has a deep and rich flavor that comes from roasting the tomatoes and bell peppers with pasilla chiles—very dark, dried chiles that have a deep, almost chocolate-like flavor. We also add a sprig of epazote, a flavorful leafy green herb, to add hints of citrus and mint to the soup. If you can't find epazote, substitute 2 teaspoons of finely chopped fresh cilantro. Pasilla chiles and epazote are available at Latin markets, specialty grocery stores, and online. We like to serve this soup as a starter with [Stuffed Poblano Peppers](#) or [Chile-Grilled Tofu](#).

Serves 6

1 cup safflower oil
6 (6-inch) corn tortillas, cut into ¼-inch strips
1 pound tomatoes, halved
1 red bell pepper, seeded and quartered
2 dried pasilla chiles
½ cup chopped white onion
1 clove garlic, chopped
Pinch of sea salt
2 tablespoons grapeseed oil
1 cup drained seitan pieces
5 cups vegetable stock
1 sprig epazote
Scallions, green parts only, cut into thin strips, for garnish

Preheat the oven to 350°F.

In a deep cast-iron skillet, heat the safflower oil over medium-high heat until hot but not smoking. Add the tortilla strips and fry until crisp and golden brown, 3 to 5 minutes. Remove with a slotted spoon and drain on paper towels.

Put the tomato halves, cut side up, on a rimmed baking sheet and roast for 10 minutes. Let cool, then peel. Put the bell peppers on another rimmed baking sheet and roast until tender, 30 to 40 minutes. Let cool, then coarsely chop. Put the pasilla chiles on a small baking sheet and roast for 3 minutes. Let the chiles cool, then crumble and set aside.

Put the roasted tomatoes, onion, garlic, and salt in a blender and process until smooth.

In a soup pot, heat the grapeseed oil over medium heat. Add the seitan and the tomato mixture and cook, stirring occasionally, for 5 minutes. Stir in the stock and roasted bell pepper and cook for 10 minutes. Stir in the crumbled pasilla chiles and epazote sprig and cook for 10 minutes. Taste and adjust the seasonings if necessary.

To serve, ladle the soup into bowls, garnish each serving with the tortilla strips and scallions, and serve at once.



Jerusalem Artichoke Soup with Crispy Sage Leaves

Jerusalem Artichoke Soup with Crispy Sage Leaves

Knobby, brown-skinned Jerusalem artichokes are not truly artichokes, but a variety of sunflower (they get their name from girasole, Italian for sunflower). They are also sold as sunchokes. Their hearty, earthy taste works beautifully in soup, enhanced in this recipe with a garnish of sautéed fresh sage leaves.

Serves 4 to 6

¼ cup extra-virgin olive oil
1 leek, white and pale green parts, rinsed and finely chopped
½ cup finely chopped white onion
2 pounds Jerusalem artichokes, peeled and rinsed
5 cups water or vegetable stock
1 teaspoon sea salt

Crispy Sage Leaves

1 tablespoon extra-virgin olive oil
8 to 12 fresh sage leaves

Heat the olive oil in a soup pot over medium heat. Add the leek and onion and sauté until softened, about 5 minutes. Add the Jerusalem artichokes, water, and salt and bring to a boil. Decrease the heat, cover, and simmer until the artichokes are tender, about 30 minutes.

Remove from the heat and let cool. Transfer the mixture to a blender and process until smooth. Taste and adjust the seasonings if necessary. Gently reheat before serving.

To crisp the sage leaves, heat the olive oil in a small sauté pan over medium heat. Add the sage leaves and sauté until just crisp, about 2 minutes. Drain on paper towels. Garnish each serving with a couple of the sage leaves.



Herbed Potato-Leek Soup

Fresh leeks have a sweet and delicate flavor that is subtler than onions. We like to use them in all types of soups, sauces, and stews, and they also taste great simply sautéed in olive oil. Here, the leeks are cooked and pureed with potatoes and herbs to create a creamy, earthy soup.

Serves 4 to 6

6 cups vegetable stock or water

1½ pounds Yukon gold potatoes, peeled and coarsely chopped

2 leeks, white and pale green parts, rinsed and finely chopped

1 teaspoon chopped fresh chives

1 teaspoon chopped fresh oregano

1 teaspoon chopped fresh thyme

1 teaspoon chopped fresh flat-leaf parsley

2 teaspoons sea salt

Pinch of freshly ground pepper

Dill sprigs, for garnish

Put the stock, potatoes, and leeks in a soup pot and bring to a boil. Add the chives, oregano, thyme, parsley, salt, and pepper. Decrease the heat and simmer, uncovered, until the vegetables are very tender, about 30 minutes. Remove from the heat and set aside to cool.

Transfer the soup to a blender and process until smooth (in batches if necessary). Return the soup to the pot and gently reheat. Taste and adjust the

seasonings if necessary, garnish with the dill sprigs,
and serve at once.

Black Bean and Roasted Poblano Soup

Rich and satisfying, this soup blends roasted red bell peppers and poblano peppers with earthy black beans infused with smoky chipotle powder. It's the perfect choice to make and eat on a chilly winter's night. Note that the dried beans must soak for at least 6 hours.

Serves 4 to 6

1 cup dried black beans, rinsed and picked over, or 2 (15.5-ounce) cans black beans, drained and rinsed

1 red bell pepper

1 poblano pepper

3 tablespoons extra-virgin olive oil

1 large leek, white and pale green parts, rinsed and finely chopped

3 cloves garlic, finely chopped

½ cup chopped red onion

8 cups vegetable stock or water, or as needed

2 ripe tomatoes, finely chopped

⅓ teaspoon chipotle chile powder

Sea salt and freshly ground pepper

[Cashew Crème Fraîche](#), for garnish

2 tablespoons finely chopped fresh cilantro, for garnish

If using dried beans, put them in a saucepan or bowl and add cold water to cover by about 2 inches.

Soak for at least 6 hours or overnight in the refrigerator. Drain and rinse.

Brush the peppers with olive oil. With a long fork or tongs, cook the peppers over an open flame, turning often, until the skin is charred all over, about 5 minutes per side. Put the peppers in a large bowl. Cover with plastic wrap and let cool. When cool enough to handle, peel off the skins, remove the seeds, and chop them.

Heat the remaining 2 tablespoons of olive oil in a soup pot over medium heat. Add the leek, garlic, and onion and sauté until softened, about 5 minutes. Add the beans and stock (use only 4 cups stock if using canned beans). Stir well, decrease the heat, and simmer, uncovered, for about 1 hour or until the beans are tender, adding more liquid if needed.

Stir in the roasted peppers, tomatoes, and chipotle powder, season with salt and pepper, and simmer for 10 minutes. Taste and adjust the seasonings if necessary. Garnish with the Cashew Crème Fraîche and cilantro and serve warm.



Butternut Squash-Chestnut Soup with Caramelized Pears

Butternut Squash– Chestnut Soup with Caramelized Pears

We take full advantage of the bountiful squash harvest every autumn and make a number of hearty dishes with it. This smooth, creamy soup, simmered with a cheesecloth pouch filled with autumnal spices and topped with fragrant caramelized pears, is one of our seasonal favorites. It's a perfect addition to any fall menu and is also a fantastic starter for Thanksgiving dinner.

Serves 6 to 8

1 cinnamon stick
1 whole nutmeg, halved
1 stalk lemongrass, chopped
2 cardamom pods
1 (1-inch) piece of fresh ginger, peeled and chopped
2 dried chipotle chiles
¼ cup extra-virgin olive oil
1 large leek, white and pale green parts, rinsed and finely chopped
3 pounds butternut squash, peeled and cut into 1-inch dice
1 cup drained canned or jarred chestnuts, chopped
2 tablespoons chopped fresh sage
8 cups water

Balsamic-Caramelized Pears

1 tablespoon grapeseed or safflower oil
2 ripe pears, peeled, cored, and diced
1 tablespoon pure maple syrup
1 teaspoon ground cinnamon
1 teaspoon balsamic vinegar
Sea salt and freshly ground pepper

2 to 3 tablespoons pure maple syrup
Sea salt

Put the cinnamon stick, nutmeg, lemongrass, cardamom pods, ginger, and chipotle peppers in cheesecloth. Knot securely or tie with string and set aside.

Heat the olive oil in a soup pot over medium heat. Add the leek and sauté until softened, about 10 minutes. Add the squash, chestnuts, sage, cheesecloth pouch, and water. The water should cover the squash by about 2 inches. Bring to a boil, decrease the heat, cover, and simmer until the squash is tender and falls apart, 30 to 45 minutes. Remove from the heat and let cool.

To make the caramelized pears, heat the oil in a large sauté pan over high heat. Add the pears and sauté for 5 minutes. Decrease the heat to medium and stir in the maple syrup, cinnamon, vinegar, and salt and pepper to taste. Continue to cook for 10 to 15 minutes, until the pears are soft and the liquid becomes syrupy and coats the pears. Set aside to cool.

To finish the soup, remove the cheesecloth pouch and discard. Add the maple syrup and salt to taste. Transfer the soup to a blender and process until smooth, or process the soup in the pot with an immersion blender. If the soup seems too thick, add a bit more water.

To serve, gently reheat the soup, taste, and adjust the seasonings if necessary. Ladle into soup bowls, garnish with the caramelized pears, and serve warm.



Salads

Salads are a mainstay of the Candle 79 menu and a staple of every vegan diet. They are healthful, easy to prepare, and add great flavor, texture, and beauty to every meal. We serve all types of salads year-round as both starters and main courses, combining vibrant greens, vegetables, fruits, and grains with flavorful vinaigrettes and dressings.

All good cooks know that buying what's in season is key in preparing great-tasting food. This is especially true with salads, as freshness is the heart and soul of a perfect salad. Explore your local farmers' markets and produce sections, take advantage of each season's bounty of ingredients, and you can't go wrong.



Heirloom Tomato Salad with Macadamia Cheese and Crispy Capers

Heirloom Tomato Salad with Macadamia Cheese and Crispy Capers

This combination of heirloom tomatoes, creamy nut cheese, and briny, crispy capers is divine. The macadamia nuts need to soak overnight, so plan accordingly. If you like, you can make the balsamic reduction up to a week ahead and store it in a covered glass container in a cool, dark place. It serves as an excellent addition to many different salads—or even as a drizzle over berries.

Serves 4 to 6

Macadamia Cheese

2 cups macadamia nuts
1 teaspoon sea salt
2 tablespoons nutritional yeast
1 tablespoon freshly squeezed lemon juice

1 cup balsamic vinegar
2 tablespoons sugar

Crispy Capers

½ cup capers, drained
⅓ cup grapeseed oil

½ pound baby arugula
2 pounds heirloom tomatoes, cut into wedges

Cherry tomatoes, for garnish

Sprouts or microgreens, for garnish

Extra-virgin olive oil, for drizzling (optional)

Freshly ground pepper (optional)

To make the Macadamia Cheese, the day before serving, put the macadamia nuts in a bowl and add enough cold water to cover them. Cover and let soak overnight in the refrigerator.

Drain the nuts and transfer to a food processor fitted with the metal blade. Add the salt, nutritional yeast, and lemon juice and process until very smooth. Set aside.

Put the balsamic vinegar and sugar in a saucepan over medium heat and simmer until reduced to $\frac{1}{4}$ cup, 20 to 25 minutes. Set aside.

To prepare the capers, let them dry on paper towels for 10 minutes. Heat the oil in a sauté pan over medium-high heat. Add the capers and decrease the heat to medium-low. Cook the capers, stirring often, until crispy, 5 to 8 minutes. Remove with a slotted spoon and transfer to paper towels to drain.

To assemble the salad, place some of the arugula in the center of each salad plate. Arrange the tomato wedges atop the arugula, tuck in a few cherry tomatoes, then top with sprouts. Put a dollop of the cheese atop the sprouts. Sprinkle the capers over the cheese, then garnish with a drizzle of olive oil and a dusting of pepper if desired. Drizzle the balsamic reduction on the plate and serve at once.

Butterhead Lettuce, Cauliflower, and Red Bell Pepper Salad

Made with roasted Mediterranean vegetables and chickpeas and drizzled with a bright-tasting sun-dried tomato vinaigrette, this salad can be served as an appetizer or a main dish. Look for big, loose heads of butterhead lettuce at the farmers' market in late spring through summer. Popular varieties of this lettuce include Boston, Bibb, and Buttercrunch.

Serves 6

1 cup dried chickpeas, or 2 (15.5-ounce) cans chickpeas, drained and rinsed
2 red bell peppers
3 tablespoons extra-virgin olive oil
1 head cauliflower (about 2 pounds), trimmed and cut into florets
2 tablespoons water
Sea salt and freshly ground pepper

Vinaigrette

¼ cup balsamic vinegar
¼ cup finely chopped shallots
½ teaspoon sugar
¼ cup oil-packed or rehydrated sun-dried tomatoes, drained and finely diced
½ teaspoon sea salt

1 teaspoon freshly ground pepper

½ cup extra-virgin olive oil

½ pound butterhead lettuce, torn into bite-sized pieces

½ cup shelled pistachios, for garnish

If using dried chickpeas, put them in a saucepan or bowl and add cold water to cover by about 2 inches. Cover and soak the beans for at least 6 to 8 hours or overnight in the refrigerator. Drain and rinse.

Put the chickpeas in a saucepan and add cold water to cover by about 2 inches. Bring to a boil, decrease the heat, cover, and simmer until the chickpeas are tender, 50 to 60 minutes. Drain and let cool.

Preheat the oven to 350°F.

Put the peppers on a rimmed baking sheet and drizzle with 1 tablespoon of the olive oil. Roast until tender, 20 to 30 minutes. Transfer to a bowl, cover with plastic wrap, and let cool. Peel, stem, and seed the peppers and cut into thin slices.

Meanwhile, put the cauliflower, the remaining 2 tablespoons of olive oil, and the water in a large bowl, season with salt and pepper, and toss together. Transfer to a baking pan, cover with aluminum foil, and roast until just tender, 15 to 20 minutes. Set aside to cool.

To make the vinaigrette, whisk together the vinegar, shallots, sugar, sun-dried tomatoes, salt, and pepper until the sugar is dissolved. Slowly whisk in the extra-virgin olive oil until well combined.

Put the peppers, cauliflower, chickpeas, and lettuce in a large salad bowl. Pour the vinaigrette over the salad and toss well to mix.

Divide the salad among salad plates, garnish with the pistachios, and serve.

Watercress, Jicama, and Corn Salad with Jalapeño Dressing

We like to use fresh jicama in a number of our dishes. Crisp, refreshing, and slightly sweet, it's also fat free and high in vitamin C. In this salad, we toss it together with roasted red bell peppers, fresh corn, watercress, and a piquant jalapeño dressing for a sumptuous blend of Southwestern flavors. Sliced mango can serve as a good substitute for jicama. Note: To toast pumpkin seeds, vigorously shake and stir them in a pan over medium heat until they start to pop.

Serves 6

3 ears of fresh corn, husked
2 bunches watercress, stemmed
1 jicama, peeled and cut into 1-inch julienne
2 red bell peppers, seeded and cut into 1-inch julienne

Jalapeño Dressing

2 jalapeño peppers, seeded and chopped
½ cup chopped fresh cilantro
6 scallions, white and green parts, minced
1 teaspoon sea salt
2 tablespoons freshly squeezed lemon juice
½ cup grapeseed oil
⅓ cup water

½ cup toasted pumpkin seeds, for garnish

Bring a large pot of water to a boil. Add the corn and cook until tender, about 5 minutes. Let cool, then cut the kernels off the cobs. Put the corn, watercress, jicama, and bell peppers in a large bowl and toss together.

To make the dressing, put the jalapeño peppers, cilantro, scallions, salt, lemon juice, oil, and water in a blender and process until smooth.

Gradually add the dressing to the watercress mixture and toss well to coat. Divide the salad among salad plates, garnish with the pumpkin seeds, and serve.



Wild Mushroom and Cipollini Salad with Fresh Horseradish Dressing

Wild Mushroom and Cipollini Salad with Fresh Horseradish Dressing

Roasted and caramelized cipollini and sautéed wild mushrooms are an unbeatable combination, and both are at their seasonal best in autumn. Cipollini are sometimes called wild onions but are really the bulbs of grape hyacinth. Here we combine them with a fantastic dressing that is packed with shallots and spicy fresh horseradish for an unforgettable fall salad.

Serves 6

1 pound cipollini, peeled and sliced crosswise
4 tablespoons extra-virgin olive oil
Sea salt and freshly ground pepper
1 pound oyster mushrooms, sliced
½ pound portobello mushrooms

Horseradish Dressing

½ cup plus 1 teaspoon extra-virgin olive oil
½ cup sliced shallots
½ cup trimmed, peeled, and diced fresh horseradish
½ pound silken tofu
⅓ cup white wine vinegar
1 teaspoon sea salt

½ pound baby arugula

2 cups grape tomatoes or cherry tomatoes, halved

Preheat the oven 350°F.

Put the cipollini on a rimmed baking sheet and drizzle with 1 tablespoon of the olive oil. Season with salt and pepper, and roast until tender, 20 to 30 minutes.

In a large sauté pan, heat the remaining 3 tablespoons of olive oil over medium heat for 1 minute. Add the mushrooms and sauté until they are browned and give up all of their liquid, about 8 minutes.

To make the dressing, heat the 1 teaspoon of olive oil in a sauté pan over medium heat. Add the shallots and sauté until softened, 3 to 5 minutes. Transfer to a blender. Add the horseradish, tofu, vinegar, salt, and the ½ cup of olive oil and process until smooth.

In a large bowl, toss the arugula and tomatoes together with half of the dressing. Divide the arugula mixture evenly among salad plates, placing it to one side of the plate. Spoon the remaining dressing onto the plates, making two small pools of dressing on each plate. Divide the mushrooms and cipollini among the plates, placing them atop the pools of dressing. Serve at once.



Kale, Vegetable, and Spelt Berry Salad with Chive Vinaigrette

Kale, Vegetable, and Spelt Berry Salad with Chive Vinaigrette

Although it is often thought of as a green, kale is actually a form of cabbage—and a highly nutritious one. This salad is a delectable way to get more of this dark, leafy green into your diet. The delicious combination of quickly sautéed kale, roasted turnips, green beans, avocados, and sprightly chive vinaigrette is a meal in itself—and our customers often order it as a main course. To make this salad gluten free, substitute quinoa for spelt berries.

Serves 6 to 8

1 cup spelt berries
3 cups water
4 teaspoons extra-virgin olive oil
Sea salt and freshly ground pepper
1½ pounds baby turnips, peeled and quartered
½ pound green beans, trimmed
1 pound kale, stemmed and chopped
2 avocados, halved, pitted, peeled, and sliced
½ red onion, thinly sliced
Pinch of freshly ground pepper

Chive Vinaigrette

½ cup plus 1 tablespoon grapeseed oil

½ cup finely chopped shallots
2 cloves garlic, chopped
½ cup chopped fresh chives
¼ cup white wine vinegar
½ cup water
½ teaspoon sea salt
¼ teaspoon freshly ground pepper

Sunflower seeds, for garnish

Put the spelt berries in a bowl and add cold water to cover. Cover and soak overnight in the refrigerator. Drain and rinse.

Put the spelt berries in a saucepan. Add the water and 1 teaspoon of the olive oil, and season with salt and pepper. Bring to a boil, then decrease the heat and simmer, partially covered, until tender, 50 to 60 minutes. Set aside to cool.

Preheat the oven to 350°F.

Put the turnips on a rimmed baking sheet, drizzle with 1 teaspoon of the olive oil, season with salt and pepper, and toss to coat. Roast until tender, about 30 minutes.

Bring a pot of salted water to a boil. Add the green beans and cook until just tender, about 3 minutes. Drain immediately, rinse with cold water, and set aside.

In a bowl, toss the kale with the 2 remaining teaspoons of olive oil and season with salt and pepper. Transfer to a large sauté pan and cook over medium-high heat until it wilts and turns dark green, about 1 to 2 minutes. Set aside to cool, then transfer to a large bowl. Add the spelt berries, turnips, green beans, avocados, red onion, and pepper.

To make the dressing, heat the 1 tablespoon of grapeseed oil in a sauté pan over medium heat. Add the shallots and garlic and sauté until softened, 3 to 5

minutes. Transfer to a blender. Add the chives, vinegar, water, salt, and pepper and process until smooth.

Drizzle some of the vinaigrette over the vegetables and toss well. Divide among salad plates, drizzle with additional vinaigrette, garnish with the sunflower seeds, and serve.

Stuffed Avocado with Quinoa Pilaf and Chipotle-Avocado Dressing

This hearty, healthy salad can be served as a starter or a main course. Look for perfectly ripe avocados—they taste terrific stuffed with nutty quinoa and vegetables and drizzled with this smoky, mildly spicy avocado dressing.

Serves 8 as a starter, or 4 as an entrée

Chipotle-Avocado Dressing

4 tablespoons extra-virgin olive oil
¼ cup chopped shallots
½ avocado, pitted, peeled, and diced
½ cup chopped fresh cilantro
2 cloves garlic, chopped
¼ teaspoon chipotle chile powder
2 guajillo chiles, chopped
3 tablespoons white wine vinegar
1 cup water
1 teaspoon sea salt

4 cups [Quinoa-Vegetable Pilaf](#)
½ pound mixed fresh greens
4 avocados, halved, pitted, and peeled
4 radishes, thinly sliced, for garnish
¼ cup hemp seeds

To make the dressing, heat 1 tablespoon of the olive oil in a sauté pan. Add the shallots and sauté until softened, about 3 minutes. Let cool, then transfer to a blender. Add the avocado, cilantro, garlic, chipotle powder, chiles, vinegar, water, salt, and the remaining 3 tablespoons of oil and process until smooth.

To assemble the salad, add half of the dressing to the quinoa and toss together. Arrange the greens on individual salad plates and top with 1 or 2 avocado halves each. Spoon the quinoa into the avocados and drizzle each serving with more of the dressing. Garnish with the radish slices, sprinkle with the hemp seeds, and serve.

Seaweed Salad with Ginger-Sesame Dressing

We serve this refreshing salad as a side to a variety of tofu and seitan dishes. It has converted our diners into seaweed lovers! We recommend arame or hijiki (or a mixture of both), which can be found at natural food stores and Asian markets. Note: To toast sesame seeds, vigorously shake and stir them in a pan over medium heat until they start to pop.

Serves 4 to 6

2 to 3 cups dried seaweed

Ginger-Sesame Dressing

2 tablespoons tamari

2 tablespoons water

1 tablespoon umeboshi vinegar

1 tablespoon brown rice vinegar

1½ teaspoons toasted sesame oil

1 teaspoon agave nectar

1½ teaspoons grated fresh ginger

1 teaspoon chopped garlic

½ teaspoon chopped scallions, white and green parts

½ teaspoon chopped fresh cilantro

Pinch of red pepper flakes

¼ cup grapeseed oil

1 carrot, cut into 1-inch julienne

4 radishes, peeled and cut into 1-inch julienne
1 tablespoon toasted sesame seeds
½ pound mixed baby greens or baby arugula

Put the seaweed in a large bowl, cover with 4 cups of cold water and let soak until softened, 10 to 15 minutes. Drain, rinse with cold water, and let stand for 15 minutes.

To make the dressing, in a bowl whisk together the tamari, water, umeboshi vinegar, brown rice vinegar, sesame oil, agave nectar, ginger, garlic, scallions, cilantro, red pepper flakes, and grapeseed oil until well mixed.

To assemble the salad, add the carrot and radishes to the seaweed and toss together. Add the dressing and toss again. Sprinkle with the sesame seeds and serve chilled or at room temperature over the baby greens.



Beet, Fennel, and Fig Salad with Cranberry-Sage Dressing

Beet, Fennel, and Fig Salad with Cranberry-Sage Dressing

This gorgeous early autumn salad is full of vibrant color and earthy flavor. Fresh figs have a fairly short growing season in the northeast, so we try to take full advantage of these iron- and fiber-rich beauties when they're available. They combine very well with every component of this salad. If you cannot find fresh cranberries, frozen ones will work just as well.

Serves 6

Cranberry-Sage Dressing

- 4 tablespoons extra-virgin olive oil
 - ½ cup finely chopped shallots
 - 1 cup fresh or frozen cranberries, thawed if frozen
 - ¼ cup balsamic vinegar
 - 1 teaspoon chopped fresh rosemary leaves
 - 1 fresh sage leaf, chopped
 - ⅓ cup water
 - 1 tablespoon maple syrup
 - ½ teaspoon sea salt
-
- 1 pound fresh beets
 - 1 fennel bulb, trimmed and halved
 - Extra-virgin olive oil, for drizzling
 - Sea salt and freshly ground pepper

½ cup pecans
½ pound baby arugula
1 pear, cored and thinly sliced (optional)
6 fresh figs, cut into wedges

To make the dressing, heat 2 tablespoons of the olive oil in a large sauté pan over medium heat. Add the shallots and sauté until softened, about 5 minutes. Add the cranberries and cook, stirring, until they are softened and begin to pop, about 5 minutes. Set aside to cool, then transfer to a blender. Add the vinegar, rosemary, sage, water, maple syrup, salt, and the remaining 2 tablespoons olive oil and process until smooth.

Preheat oven to 350°F.

Wrap the beets in aluminum foil and put them on a baking sheet. Put the fennel on a separate baking sheet, cut side up, drizzle with olive oil, and season with salt and pepper. Put the beets and fennel in the oven and roast until fork-tender, about 30 minutes for the fennel, and 50 to 60 minutes for the beets. When cool enough to handle, peel the beets and cut into thin slices, and cut the fennel into very thin slices.

Meanwhile, spread the pecans on a baking sheet and bake until lightly toasted, about 5 to 8 minutes.

Put the arugula in a large bowl, add the beets, fennel, pecans, and optional pear, and gently toss together. Drizzle with the dressing and scatter the figs over the salad. Alternatively, divide the arugula evenly among salad plates, placing it to one side of the plate. Drizzle with the dressing and scatter the pecans on top. Arrange the beets, fennel, figs, and optional pear alongside the arugula and serve at once.

Blood Orange–Fennel Salad

The licorice flavor of fennel blends beautifully with sweet and tangy blood oranges in this simple, elegant salad. Be sure to slice the fennel as thinly as possible, using a mandoline or a very sharp knife. This sprightly, slightly acidic salad pairs beautifully with the earthy, nutty flavors of our [Tempeh Cakes](#).

Serves 4 to 6

6 blood oranges, peeled and segmented
2 navel oranges, peeled and segmented
1 fennel bulb, trimmed and thinly sliced, fronds reserved and chopped for garnish
1 teaspoon chopped fresh flat-leaf parsley
2 tablespoons extra-virgin olive oil
¼ teaspoon salt
Pinch of freshly ground pepper
½ pound arugula, stemmed

Put the oranges, fennel, and parsley in a large bowl.

Whisk the olive oil together with the salt and pepper and pour over the orange mixture. Toss gently to coat.

Arrange the arugula on salad plates, top with the orange mixture, garnish with the reserved fennel fronds, and serve.

Mediterranean Salad with Kalamata Olive Vinaigrette

This savory salad takes full advantage of late summer grape tomatoes and cucumbers as well as early autumn fingerling potatoes. The vinaigrette, made with shiny black kalamata olives and a mélange of garden-fresh herbs, is so good that we also like to spoon it over greens, roasted vegetables, and grains.

Serves 4 to 6

½ pound fingerling potatoes, halved or quartered lengthwise
1 tablespoon extra-virgin olive oil
Sea salt and freshly ground pepper
2 cups grape tomatoes or cherry tomatoes, halved
1 cucumber, peeled, seeded, and thinly sliced
1 small red onion, thinly sliced
½ pound baby arugula

Vinaigrette

1 tablespoon stone-ground mustard
¼ cup white wine vinegar
1 tablespoon finely diced shallot
½ cup finely diced pitted kalamata olives
½ cup extra-virgin olive oil
1 teaspoon chopped fresh oregano
1 teaspoon chopped fresh thyme
1 tablespoon chopped fresh flat-leaf parsley
Freshly ground pepper

Preheat the oven to 350°F.

In a bowl, toss the potatoes with the olive oil and season with salt and pepper. Arrange in a single layer on a rimmed baking sheet and roast until tender and lightly browned, about 30 minutes. Let cool, then transfer to a large bowl. Add the tomatoes, cucumber, onion, and arugula and toss together.

To make the dressing, whisk all of the ingredients together in a small bowl.

Arrange the vegetable mixture on salad plates, drizzle with the vinaigrette, and serve.



Entrées

The entrées that we serve at Candle 79 prove that the main event need not always be based on meat or seafood. Our customers—vegans, vegetarians, and omnivores alike—are always amazed at how satisfying and varied our food is. Dishes based on the holy trinity of tofu, tempeh, and seitan make up most of our main dishes, but we also offer inventive, scrumptious entrées made with farm-fresh organic vegetables, house-made pastas, and a wide variety of grains and beans.

We have re-created our favorite dishes from the seasonal restaurant menu for the home cook (along with suggestions for delicious side dishes and sauces to serve with them in the next chapter). This is home cooking at its creative best, and we hope you will want to prepare these dishes for family and friends, and for yourself, again and again.

We've also included recommended wine pairings for each dish. While the classic rules of wine pairing often correspond to meat-based cuisine with vegetables used as a side dish, for vegan food, where vegetables and grains play the starring role, think about the style of the dish and its preparation to decide on the appropriate wine. For instance, a spring risotto made with fresh green vegetables favors a delicate white wine, while an earthy grilled portobello mushroom dish demands a bolder red wine. Choose complementary or contrasting flavors, or match the cuisine of a place with a wine from the same region, which will usually be a winning combination. We have paired our entrée recipes here with complementary wines we enjoy. But go ahead—be a wine rebel! Experiment a little. Be adventurous. Throw a wine tasting party. Have everyone bring a bottle—assign a different country, grape, or region to each guest—and serve a variety of finger foods and enjoy!

CANDLE 79'S ORGANIC WINES

Why organic? Conventional vineyards destroy natural land and wildlife and contaminate groundwater and soil with dangerous chemicals. Organic viticulture, practiced without the use of harmful pesticides, nurtures and preserves the soil of the vineyard and helps heal damaged ecosystems. Organic wines are also lower in sulfites.

There's more to good organic wine than just offering protection from harmful chemical additives and high levels of sulfites. At Candle 79 there's a story to be found in every glass. We get to know many of the winemakers, and we're always struck by their passion and the sheer joy they find in sharing their wines. Stellar Winery in South Africa, which makes a luscious dessert Muscat called Heaven on Earth, was the first vineyard in South Africa to be fair-trade certified, and over 25 percent of shares in the winery are owned by the vineyard's workers. At Frog's Leap in Rutherford, California, the winery is 100 percent solar powered, the grapes are dry farmed, their buildings are LEED certified, and their motto is "a healthy soil produces a healthy vine." Dry-farmed grapes encourage the roots of the vines to grow deep into the earth for sustenance. Struggling vines make beautiful wines!

Organic vineyards devise their own creative methods of chemical-free, natural "pest" control. Lolonis Vineyards relies on millions of ladybugs to do the job and have made the ladybug their

logo. The trees at Heller Estate are home to majestic owls and colonies of wasps—birds and bugs who do their share of the work at night. We’ve joked with Henry Heller that it’s probably best to avoid the vineyards after dark.

Biodynamic winemakers take it a step further, relating to nature and the vineyard based on good commonsense practices, a consciousness of the uniqueness and climate of each landscape, and a view of the vineyard as a self-sustaining entity. Biodynamic practices include striving to be self-sufficient in energy, using natural fertilizers, working with plants and animals in harmony, and planning the harvest and winemaking based on working with nature’s rhythms. There is often a healthy dose of spirit and mysticism thrown in for good measure. Think *Farmer’s Almanac* meets *The Mists of Avalon* and voila!—you have biodynamic wine. The famed biodynamic winemaker Nicolas Joly often says that “all of life is music!” We’d have to agree, especially when accompanied by a glass of delicious organic wine.

Candle 79’s diverse selection of organic, sustainable, and biodynamic wines is the product of environmentally respectful viticulture married with classic artisanal tradition. Our winemakers protect the earth, the people who work in the vineyards, and ultimately our guests from the adverse effects of conventional farming practices. Enjoy a glass of organic wine and experience the true essence of terroir. **À votre santé!**

Francesca MacAaron, Candle 79 manager and vegan wine aficionado



Stuffed Poblano Peppers

Stuffed Poblano Peppers

Poblano peppers are ideal for stuffing, and they are well-known as the peppers used in the classic Mexican dish chile relleno. They can also be filled with a variety of vegetables, beans, and grains that enhance their rich and velvety taste. Flavorful ancho and mulato chiles are dried versions of poblanos. Served as a main course or a side dish, a platter of poblanos stuffed with a mix of sautéed vegetables and brown rice is picture-perfect for any type of gathering. For a delectable marriage of flavors, serve them with [Sautéed Swiss Chard](#), as shown here.

Serves 6

6 poblano peppers
3 tablespoons extra-virgin olive oil, plus more for brushing
½ pound oyster mushrooms, chopped
1 bunch scallions, white and green parts, finely chopped
1 cup finely diced zucchini
1 cup fresh corn kernels
½ teaspoon sea salt
1 pound grilled [Marinated Tempeh](#)
¼ cup chopped red onion
2 cups vegetable stock
1 cup brown rice
½ red bell pepper, seeded and diced

2 cups [Roasted Red Bell Pepper and Tomato Sauce](#)

Brush the peppers with olive oil. With a long fork or tongs, cook the peppers over an open flame, turning often, until the skin is charred all over, about 5 minutes per side. Put the peppers in a large bowl. Cover with plastic wrap and let cool. Once the peppers are cool, peel off the skins. Make a lengthwise slit in the peppers, discard the seeds, and set aside.

In a sauté pan, heat 2 tablespoons of the olive oil over medium heat. Add the mushrooms and sauté for 5 minutes. Add the scallions, zucchini, corn, and salt and sauté until just tender, 3 to 5 minutes. Add the grilled tempeh and cook for an additional 3 minutes. Mix everything together and let cool.

Meanwhile, put the remaining 1 tablespoon olive oil and the onion, stock, and a pinch of salt in a saucepan. Add the rice and bring to a boil. Decrease the heat, cover, and simmer for 25 minutes. Add the bell pepper and simmer until the rice is just tender, 10 to 15 minutes. Transfer to a large bowl, add the vegetable mixture and mix everything together.

Preheat the oven to 350°F.

Stuff each pepper through the slit with the vegetable and rice mixture. Bake for 15 to 20 minutes, until heated through. Serve at once with the Roasted Red Bell Pepper and Tomato Sauce.

Holmes Brothers Richmond Plains Sauvignon Blanc, New Zealand

Holmes Brothers was the first vineyard in the South Island of New Zealand to be developed organically. Their Richmond Plains Sauvignon Blanc is complex and layered with notes of gooseberry, passion fruit, citrus, and herbs, and

**lends a brightness to the mushrooms, poblanos,
and tempeh.**



Spring Vegetable Risotto

Making seasonal risotto is a great way to use fresh vegetables from the farmers' market. Our risotto is rich, creamy, and buttery without the guilt. This risotto also works well as an appetizer or side dish.

Serves 4 to 6

4 cups vegetable stock or water
2 tablespoons extra-virgin olive oil
1 clove garlic, chopped
¼ cup finely chopped mushrooms
¼ cup finely chopped zucchini
¼ cup trimmed and sliced fresh asparagus
3 tablespoons finely chopped shallots
½ teaspoon sea salt
1 cup Arborio rice
½ cup white wine
½ cup chopped fresh flat-leaf parsley, for garnish

Put the stock in a saucepan. Bring to a boil, then decrease the heat to very low heat and hold at a simmer.

Heat 1 tablespoon of the olive oil in a sauté pan over medium heat. Add the garlic, mushrooms, zucchini, and asparagus and sauté until just tender, 3 to 5 minutes. Remove from the heat and set aside.

Heat the remaining tablespoon of olive oil in a large saucepan or soup pot over medium heat. Add the shallots and salt and cook for 1 minute. Add the

rice and cook, stirring, until the rice is completely coated, about 2 minutes. Add the wine and cook, stirring, for 5 minutes.

Add ½ cup of the simmering stock to the rice mixture and bring to a boil. Decrease the heat and simmer gently, stirring frequently, until most of the liquid is absorbed. Continue adding the liquid in ½-cup increments and stirring until the rice has absorbed it all, 25 to 30 minutes, stirring in the sautéed vegetables when the rice is about 5 minutes from being done. The rice should be tender but not mushy. Adjust seasoning as needed.

Divide the risotto among large soup bowls, garnish with the parsley, and serve at once.

Loimer Grüner Veltliner, Austria

The Loimer winery, in the Kamptal region, makes wonderfully food-friendly, refreshing but complex “Gru-Vees” that showcase the varietal’s typical minerality. Balanced with notes of citrus, melon, grass, and wild herbs, this is a wonderful match for spring vegetables like artichokes and asparagus.



Wild Mushroom and Spring Vegetable Fricassee

Wild Mushroom and Spring Vegetable Fricassee

We know that spring has arrived in New York when Blooming Hill Farm, an outstanding organic farm in the Hudson Valley, delivers fresh ramps to our kitchen. Ramps are wild onions that have a wonderful, pungent flavor that blends well with other springtime delicacies like fava beans, asparagus, and peas. We add wild mushrooms to the mix to make an incredibly tasty fricassee, and serve it with creamy polenta, as shown in the photo. Brown rice or orzo also make very good accompaniments.

Serves 4

Cashew Parmesan

1 cup cashews
4 tablespoons nutritional yeast
1 tablespoon lemon juice
1 teaspoon salt
Pinch of freshly ground pepper

1 cup fresh fava beans, shelled and rinsed
¼ cup extra-virgin olive oil
1 tablespoon Earth Balance Natural Buttery Spread
1 clove garlic, chopped
1 tablespoon unbleached all-purpose flour

½ cup white wine
2 pounds mixed mushrooms (such as portobello, oyster, chanterelle, and shiitake), stemmed and cut into small pieces
1 pound fresh asparagus, trimmed and cut into 1-inch pieces
1 bunch ramps, trimmed and chopped
½ cup shelled fresh peas
1 teaspoon chopped fresh flat-leaf parsley
1 sprig thyme, chopped
1 teaspoon sea salt
¼ teaspoon freshly ground pepper

To make the Cashew Parmesan, preheat the oven to 250°F. Scatter the cashews on a baking pan and bake for 20 minutes. Put the cashews, nutritional yeast, lemon juice, salt, and pepper in a food processor and process until ground.

Bring a pot of salted water to a boil. Add the fava beans and cook until tender, 3 to 4 minutes. Drain and rinse under cold water. Drain again thoroughly, then peel or pinch off the thin outer skins.

Heat the olive oil and buttery spread in a large sauté pan over medium-high heat. Add the garlic and sauté for 2 minutes. Add the flour and heat until thickened, stirring well, about 2 minutes. Add the wine and stir to incorporate. Add the mushrooms and cook, stirring occasionally, for 5 minutes. Add the reserved fava beans, asparagus, ramps, peas, parsley, thyme, salt, and pepper and cook, stirring and shaking the pan occasionally, until the cooking liquid has evaporated, about 5 minutes.

Serve immediately.

**Heller Estate Cachagua Cabernet
Sauvignon, California**

Heller Estate's dry-farming method produces intensely flavored, concentrated wines that showcase the fruit in the Cabernet varietal. Perfectly balanced with soft tannins and wonderful rich fruit, this elegant Cabernet is a good partner for the wild mushrooms in the fricassee but won't overpower the more delicate vegetables.



Herb-Marinated Grilled Vegetables

Herb-Marinated Grilled Vegetables

A big, beautiful platter of savory grilled vegetables speaks of summer. We serve this dish at the restaurant and for outdoor parties and barbecues as well. For next day's lunch, the leftovers are terrific with grilled bread and a smear of pesto or aioli or a drizzle of good olive oil. Note that the vegetables must marinate for at least 4 hours before grilling.

Serves 6 to 8

Herbed Oil Marinade

- 1½ cups extra-virgin olive oil
- 1 teaspoon chopped garlic
- 1 tablespoon nutritional yeast
- 1 tablespoon chopped fresh chives
- 2 tablespoons chopped fresh flat-leaf parsley
- 1 tablespoon chopped fresh thyme leaves
- 1 tablespoon chopped fresh oregano
- 2 tablespoons freshly squeezed lemon juice
- 1 tablespoon grated lemon zest
- 2 teaspoons sea salt
- ¼ teaspoon freshly ground pepper

- 6 whole portobello mushrooms, stemmed and sliced
- 2 zucchini, sliced diagonally ¼ inch thick
- 2 yellow squash, sliced diagonally ¼-inch thick
- 1 large red onion, sliced ½-inch thick

3 plum tomatoes, halved

To make the marinade, whisk the olive oil, garlic, nutritional yeast, chives, parsley, thyme, oregano, lemon juice, lemon zest, salt, and pepper together in a large bowl.

Add the mushrooms, zucchini, squash, onion, and tomatoes to the bowl and toss well to coat. Cover and chill in the refrigerator for at least 4 hours or overnight.

Prepare a very hot gas, charcoal, or stovetop grill and grill the vegetables until grill marks appear, 1 to 2 minutes per side.

Transfer to a platter and serve.

Domaine les Yeuses Syrah, France

This round and juicy Mediterranean Syrah is a “grill’s best friend.” Its inky fruit and peppery notes with touches of smoky oak give a campfire feel to this rustic grilled vegetable meal.



Moroccan-Spiced Chickpea Cakes

These savory chickpea cakes are packed with flavor thanks to a delicious mélange of spices. They're terrific when served with a drizzle of Red Bell Pepper–Curry Sauce and topped with Apricot Chutney and toasted slivered almonds. We often add kombu, a dried sea vegetable, to the water when cooking dried beans for flavor enhancement and tenderizing. Note that the chickpeas must soak overnight before using.

Serves 6

- 1 cup dried chickpeas
- 1-inch piece of kombu
- 3 to 6 tablespoons extra-virgin olive oil, plus more for brushing
- ½ cup chopped onion
- ½ cup chopped celery
- ⅓ cup unbleached all-purpose flour
- 2 tablespoons chopped fresh flat-leaf parsley
- 1 tablespoon smoked paprika
- 1 tablespoon Old Bay Seasoning
- 1 teaspoon sea salt
- 1 teaspoon ground cumin
- 3 cups [Red Bell Pepper–Curry Sauce](#), for accompaniment
- 1 cup [Apricot Chutney](#), for accompaniment
- ½ cup toasted slivered almonds, for accompaniment

Put the chickpeas in a bowl and add cold water to cover by about 2 inches. Soak for at least 6 hours or overnight in the refrigerator. Drain and rinse.

Place the kombu and chickpeas in a saucepan and add water to cover by 2 inches. Bring to a boil, then decrease the heat, cover, and simmer until tender, about 1 hour. Discard the kombu, then drain, reserving about ½ cup of the cooking liquid.

In a sauté pan, heat 3 tablespoons of the olive oil over medium heat. Add the onion and celery and sauté until softened, about 5 minutes.

Put the chickpeas in a food processor fitted with the metal blade and process until ground. Transfer to a large bowl and add the sautéed vegetables, flour, parsley, paprika, Old Bay Seasoning, salt, and cumin. Add a bit of the reserved cooking liquid from the chickpeas if the mixture seems too dry and crumbly and doesn't stick together. Using your hands, form the mixture into 6 patties about 3 inches in diameter and 1 inch thick.

To bake the patties, preheat the oven to 350°F. Brush a rimmed baking sheet with olive oil and arrange the patties on it. Bake until lightly browned, about 10 minutes per side. If you prefer, pan-fry the patties: Heat 3 tablespoons of olive oil in a sauté pan and fry until golden brown, about 4 minutes per side.

To serve, pour ½ cup of the curry sauce onto each plate. Place a warm cake in the center, top with a dollop of the chutney, and sprinkle with the slivered almonds.

Ampelos Syraché, California

At Ampelos (vine, in Greek) in Santa Barbara County, they are firm believers in the adage that “wine is made in the vineyard.” Their “syraché,”

a spicy blend of Syrah and Grenache, is ripe with notes of cherry, blackberry, and white pepper. The fruit-forward character of this juicy red wine will support the richness of the curry sauce and complement the apricot and spice in the chutney.





Saffron Ravioli with Wild Mushrooms and Cashew Cheese

Saffron Ravioli with Wild Mushrooms and Cashew Cheese

This pasta dish is fantastic on its own, as well as with tomato sauce, pesto, or cashew cream. It's also terrific topped with crispy fried capers. No matter how you serve it, people are always amazed that the rich, creamy filling uses absolutely no dairy products. Note that you'll need a pasta machine for this recipe, and that the cashews in the filling must soak overnight.

Serves 6 to 8; makes about 30 ravioli

Filling

- 1 cup raw cashews
- 2 tablespoons extra-virgin olive oil
- ¼ cup chopped white onion
- ¼ teaspoon chopped garlic
- ¼ cup chopped shallots
- ¼ cup chopped leek, white and pale green parts
- ½ pound cremini, morel, or chanterelle mushrooms, stemmed and chopped
- 1 tablespoon water
- 1 tablespoons freshly squeezed lemon juice
- 2 tablespoons nutritional yeast
- ½ teaspoon sea salt

Saffron Pasta

1 teaspoon saffron
2½ cups water
1 cup semolina flour
3 cups unbleached all-purpose flour
3 teaspoons Ener-G egg replacer
¼ teaspoon sea salt
3 tablespoons palm oil, melted
Fine yellow cornmeal or semolina flour, for dusting

2½ cups [Roasted Plum Tomato Sauce](#), for serving
[Cashew Crème Fraîche](#), for serving
Minced fresh parsley, for garnish
[Crispy Capers](#), for garnish

To make the filling, the day before using, put the cashews in a bowl and add enough cold water to cover them. Cover and let soak overnight in the refrigerator.

In a large sauté pan, heat 1 tablespoon of the olive oil over medium heat. Add the onion, garlic, shallots, and leek and sauté until tender, about 5 minutes. Add the mushrooms and cook until their liquid has evaporated, about 10 minutes. Drain well and set aside to cool.

Drain the liquid from the cashews and rinse under cool water. Put the cashews, the remaining 1 tablespoon of olive oil, and the water, lemon juice, nutritional yeast, and salt in a food processor fitted with the metal blade and process until smooth. Add the mushroom mixture and pulse a few times, until the mushrooms are incorporated.

To make the pasta, soak the saffron in the water for about 30 minutes. Put the flours, egg replacer, saffron-infused water, and salt in a stand mixer fitted with the paddle attachment. Add the palm oil and

mix well. The dough should be smooth and not stick to your fingers.

Press the dough into a rectangle and roll it, a small section at a time, through a pasta machine. You may have to repeat several times to reach the desired thickness of approximately $\frac{1}{8}$ inch. Sprinkle the surface with a small amount of cornmeal or semolina flour to prevent the dough from sticking. Cut the pasta sheets into 2-inch rounds or squares.

To assemble the ravioli, put the pasta pieces on a floured surface. Place a teaspoonful of filling in the center of each square, brush the edges of the dough with a bit of water, top with another piece of pasta, and press the edges with your fingers to seal, and then crimp with a fork. Spray the ravioli with canola oil cooking spray on one side, then flip them over and spray the other side. (If you don't have cooking spray, brush both sides lightly with olive oil.)

Bring a large pot of water to a boil and cook the ravioli until just tender, about 2 minutes.

To serve, spoon the tomato sauce into shallow bowls. Top with alternating layers of ravioli and Cashew Crème Fraîche. Scatter a bit of the parsley over the sauce, top with a spoonful of the capers, and serve at once.

Chiusa Grande Montepulciano d'Abruzzo, Italy

A bright, casual red for hearty at-home suppers, this stainless steel-fermented Montepulciano from Abruzzo tastes of red berries and is scented with violet. Easy drinking with good acidity, this wine is a great regional match for Italian pasta dishes and pizzas.

Variation: Butternut Squash Filling

2½ pounds butternut squash, peeled, seeded, and cut into 2-inch cubes

2 tablespoons extra-virgin olive oil

½ teaspoon ground or freshly grated nutmeg

1 fresh sage leaf, finely chopped

Sea salt

Preheat the oven to 350°F.

Place the butternut squash on a rimmed baking sheet, drizzle with the olive oil, and toss with your hands until evenly coated. Bake the squash for 45 minutes.

Let cool, then transfer to a large bowl. Add the nutmeg and sage and mash until smooth. Season with salt to taste.

Use as an alternative filling for ravioli, following the instructions above.

Manicotti Rustica

Our customers relish this manicotti stuffed with creamy tofu cheese and cremini mushrooms and topped with roasted tomato sauce and pesto. This meat- and dairy-free version is light and lovely and every bit as satisfying as the Italian classic. You can use any type of sheet pasta, including the [Saffron Pasta](#) that we use for our ravioli. Both sauces can be made ahead of time.

Serves 6

Tofu Ricotta

- 1 pound, 5 ounces firm tofu
- 2 tablespoons nutritional yeast
- 1 tablespoon extra-virgin olive oil
- 3 tablespoons freshly squeezed lemon juice
- 1 teaspoon sea salt

- 4 tablespoons extra-virgin olive oil
- 1 cup chopped onion
- 1 pound seitan
- 2 cups [Roasted Plum Tomato Sauce](#)
- ½ cup tomato paste
- 1 tablespoon finely chopped fresh basil leaves
- 1 tablespoon finely chopped fresh flat-leaf parsley
- 1¼ cups water
- 1 pound cremini mushrooms, chopped
- Sea salt
- 12 (6 by 5-inch) sheets of fresh pasta
- 1½ cups [Pesto](#), for accompaniment

Chopped fresh herbs or microgreens, for garnish

To make the Tofu Ricotta, bring a large pot of water to a boil. Decrease the heat, add the tofu, and simmer for 2 minutes. Drain and let cool. Squeeze out as much water as possible from the tofu by pressing between paper towels or using a tofu press.

Put the tofu in a food processor fitted with the metal blade. Add the nutritional yeast, olive oil, lemon juice, and salt and process until smooth, about 3 minutes.

Heat 2 tablespoons of the olive oil in a large sauté pan over medium heat. Add the onions and sauté until softened, about 5 minutes.

Put the seitan in a food processor fitted with the metal blade and process until fairly crumbly, about 2 minutes.

Add the seitan to the sauté pan, along with 1 cup of the tomato sauce and the tomato paste, basil, parsley, and 1 cup of the water. Decrease the heat and simmer, stirring occasionally, until thickened, about 20 minutes. Set aside and let cool.

Heat the remaining 2 tablespoons of olive oil in a large sauté pan over medium heat. Add the mushrooms, season with salt, and cook until softened, about 10 minutes. Set aside.

Preheat the oven to 350°F.

Bring a large a pot of salted water to a boil. Add the pasta sheets and cook until just tender, about 4 minutes. Use a wooden spoon to keep them from sticking to each other. Drain well.

Lay out a pasta sheet with a short side facing you and spread with 2½ tablespoons of the seitan mixture, 2½ tablespoons of the tofu mixture, and 1 tablespoon of the mushrooms. Starting with the short side closer to you, roll into a tube with a slight

overlap. Repeat with the remaining ingredients to make 12 stuffed manicotti.

Pour the remaining ¼ cup of water into a large ovenproof baking dish. Arrange the manicotti fold side down in the pan and bake until heated through, about 10 minutes.

Heat the remaining 1 cup of tomato sauce.

Divide the manicotti among 6 plates. Top each serving with generous spoonfuls of the pesto and tomato sauce. Garnish with the chopped fresh herbs and serve at once.

Salustri Marleo Sangiovese, Italy

The Salustri family has been part of the farming landscape of the Tuscan hills of Poggi del Sasso since the 1200s. Say the Salustri, “We only know the organic way because our father never knew any other way.” This big and bold Sangiovese complements rich seitan-based ragouts.

Potato Gnocchi

Bart Potenza, Candle's founder, grew up in an Italian-American home, and he is no stranger to delicious, authentic Italian cooking. He's wild about this gnocchi dish, which can be served as an appetizer or entrée. These little gems are so easy to prepare—just make sure that the potatoes are very tender. Our gnocchi freeze well and keep in the freezer for up to 2 months, but they will disappear quicker than that.

Serves 8 as an appetizer, or 4 as an entrée

3 large Idaho potatoes

1 teaspoon sea salt

1 tablespoon extra-virgin olive oil

1½ cups unbleached all-purpose flour, plus more for dusting

1½ cups [Pesto](#) or [Roasted Plum Tomato Sauce](#), for serving

½ cup thinly sliced fresh basil leaves, for garnish

Preheat the oven to 350°F.

Wrap the potatoes in aluminum foil, place on a baking sheet, and bake until very tender, about 1 hour and 30 minutes. Remove from the oven and let cool a bit (potatoes should still be warm to work with).

Halve the potatoes and scoop the flesh into a bowl. Discard the peels. Grate the pieces of flesh so the gnocchi won't be lumpy. Mash with a spoon or potato masher for a few seconds.

Add the salt, oil, and flour and mix with your hands for about 2 minutes, or until the mixture forms a smooth ball.

Divide the mixture into 4 balls. On a floured surface, roll each ball out into a long rope about $\frac{3}{4}$ inch thick. Cut into $\frac{1}{2}$ -inch pieces. The uncooked gnocchi can be frozen at this point: Put the pieces on a tray or baking sheet so they don't stick together, cover with plastic wrap, and freeze. Once frozen, place them in a plastic container or heavy-duty ziplock freezer bag and store in the freezer for up to 2 months. Use as needed, cooking as directed, below.

Bring about 8 cups of water to a boil, then gently drop the gnocchi into the pot. They will rise to the top when they are done, about 3 minutes (or 5 minutes if frozen). Remove with a strainer or slotted spoon. Spoon the gnocchi into shallow pasta or soup bowls, top with the desired sauce, garnish with the basil, and serve.

Chamisal Stainless Steel Chardonnay, California

Chamisal was the very first vineyard planted in the Edna Valley. Chamisal has crafted this special wine, untouched by oak, to express the pure essence of Chardonnay. Tropical fruit flavors combine with notes of ripe lemon and grapefruit to create a full but refreshing wine that complements the earthy and buttery notes in these delicate little pillows. The Chardonnay will complement the gnocchi when served with a lighter sauce, such as a pesto or cashew cream. If you serve them with a heartier, tomato-based sauce or ragout, try an Italian red, like Chianti.



Pan-Seared Pine Nut Pesto Tofu

In the restaurant, we serve this rich and tasty tofu dish with [Roasted Fingerling Potatoes](#) and [Sautéed Royal Trumpet Mushrooms](#). We also make delicious summer sandwiches with this tofu, roasted red bell peppers, and pesto on slices of grilled country bread. Note that the tofu must marinate for at least 4 hours before using.

Serves 4 to 6

Pesto Marinade

- 1 cup pine nuts
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons freshly squeezed lemon juice
- 1 cup water
- 2 cups chopped fresh flat-leaf parsley
- 3 cups fresh basil leaves
- 2 cloves garlic
- 3 tablespoons nutritional yeast
- ½ teaspoon sea salt

- 2 pounds extra-firm tofu, sliced into 1 by 2 by 3-inch pieces
- 2 tablespoons extra-virgin olive oil

To make the marinade, put the pine nuts, olive oil, lemon juice, and water in a blender and process to form a chunky puree. Add the parsley, basil, garlic, nutritional yeast, and salt, and process for 1 minute.

In a large pot, bring about 3 quarts of water to a boil. Add the tofu, decrease the heat, and simmer for 2 minutes. Drain the tofu well, then transfer to a large, nonreactive, ovenproof baking dish. Pour the marinade over it, cover, and let marinate in the refrigerator for at least 4 hours or overnight. Turn the tofu occasionally.

Remove the tofu from the marinade and reserve the marinade. Heat the olive oil in a large sauté pan over low heat. Add the tofu and cook until lightly browned, about 2 minutes per side.

To serve, heat the marinade and spoon a bit of it in the center of a plate, then top with the warm tofu.

Lolonis Fumé Blanc, California

Lolonis Vineyards in the Redwood Valley is known by many for “that delicious ladybug wine.” As part of their pioneering organic pest control program, over five million ladybugs are released in the vineyards every summer. The full body and fruit in their Fumé Blanc complement the buttery fingerling potatoes of the side dish, while the notes of lemongrass and zesty acidity add a contrasting freshness that picks up the summery notes of the basil.



Chile-Grilled Tofu with Avocado-Tomatillo Sauce

Chile-Grilled Tofu with Avocado-Tomatillo Sauce

The chile sauce in this recipe is a fantastic marinade for tofu, tempeh, or seitan. At Candle 79, we serve this dish with a side of [Quinoa-Vegetable Pilaf](#). The deep, smoky flavors with a hint of spiciness evince the classic Southwestern style. The tofu is also great served with [Watercress, Jicama, and Corn Salad with Jalapeño Dressing](#), as illustrated here. Note that the tofu must marinate for at least 4 hours before using.

Serves 6

Chile Sauce

5 guajillo chiles

⅓ cup plus 2 tablespoons extra-virgin olive oil

½ cup chopped onion

¼ teaspoon chipotle chile powder

¼ teaspoon ground cumin

½ teaspoon smoked paprika

½ cup chopped fresh cilantro

1 tablespoon tomato paste

2 tablespoons freshly squeezed lemon juice

1 teaspoon sea salt

1 cup water

2 pounds extra-firm tofu, sliced into 1 by 1 by 2-inch pieces

Avocado-Tomatillo Sauce

2 cups tomatillos, husked and rinsed
1 tablespoon extra-virgin olive oil
1 clove garlic, chopped
1 jalapeño pepper, seeded and diced
½ cup chopped fresh cilantro
1 ripe avocado, halved, pitted, peeled, and chopped
1 cup water
1 tablespoon sea salt

Sprouts or microgreens, for garnish

To make the Chile Sauce, put the guajillo chiles in a bowl and cover with hot water. Soak for 15 minutes to reconstitute. Drain and chop.

Heat the 2 tablespoons of olive oil in a sauté pan over medium heat. Add the onion and sauté until softened, 3 to 5 minutes. Let cool, then transfer to a blender. Add the chopped chiles, chipotle powder, cumin, paprika, cilantro, tomato paste, lemon juice, salt, water, and the ⅓ cup of olive oil and process until very smooth.

In a large pot, bring about 3 quarts of water to a boil. Add the tofu, decrease the heat, and simmer for 2 minutes. Drain the tofu well, then transfer to a large, nonreactive, ovenproof baking dish. Pour the Chile Sauce over it, cover, and let marinate in the refrigerator for at least 4 hours or overnight. Turn the tofu occasionally.

To make the Avocado-Tomatillo Sauce, preheat the oven to 350°F. Put the tomatillos on a rimmed baking sheet, drizzle with the olive oil, and roast for 15 minutes. Let cool, then transfer to a blender. Add the garlic, jalapeño pepper, cilantro, avocado, water, and salt and process until smooth.

Prepare a medium-hot gas or charcoal grill. Remove the tofu from the sauce, reserving the sauce

for garnish. Grill the tofu until grill marks appear, about 2 minutes per side.

To serve, spoon a bit of the Avocado-Tomatillo Sauce in the center of a plate and top with the grilled tofu. Garnish with the reserved sauce and the sprouts and serve warm.

Rapp Weingut “Sunshine” Sylvaner Blend, Germany

The small, picturesque Rapp winery, surrounded by fields of sunflowers, is located in the heart of the Nahe River region. This luscious blend of Sylvaner and Müller-Thurgau tastes like liquid sunshine, candied citrus, and white flowers, with a refreshingly dry finish. It both cools the spice of the grilled tofu and accentuates the savory qualities in the avocado sauce.



Live Lasagna

Live Lasagna

Some people believe that fruits, vegetables, nuts, seeds, and grains are better to eat raw, or “live,” because cooking diminishes the amount of vitamins, minerals, and enzymes. This “live” take on lasagna is made with raw vegetables and nut cheese. Note that the nuts must soak overnight.

Serves 4 to 6

Cashew Cheese

- 3 cups raw cashews
- 2 tablespoons nutritional yeast
- 1 tablespoon freshly squeezed lemon juice
- 1 tablespoon extra-virgin olive oil
- 2 tablespoons water
- 6 basil leaves, finely sliced
- 1 tablespoon parsley

Tomato Sauce

- 2 large ripe tomatoes, coarsely chopped
- ½ teaspoon chopped shallot
- 1 tablespoon extra-virgin olive oil
- 1 fresh basil leaf
- Sea salt and freshly ground pepper

- ¼ pound oyster mushrooms
- 1 shallot, thinly sliced
- 3 scallions, white and green parts, thinly sliced
- 2 tablespoons freshly squeezed lemon juice

2 to 3 tablespoons extra-virgin olive oil, plus more for drizzling
Sea salt and freshly ground pepper
1 large zucchini, trimmed and halved crosswise
2½ pounds heirloom tomatoes, sliced crosswise
1½ cups [Pesto](#)
Microgreens, for garnish
Edible flowers, for garnish

To make the Cashew Cheese, the day before serving, put the cashews in a bowl and add enough cold water to cover them. Cover and let soak overnight in the refrigerator.

Rinse and drain the nuts and transfer to a food processor fitted with the metal blade. Add the nutritional yeast, lemon juice, olive oil, and water and process until smooth. With a spatula, scrape the edges of the food processor to ensure that everything is fully puréed. Fold in the basil and parsley.

To make the sauce, put the tomatoes, shallot, olive oil, and basil in a blender. Pulse 2 or 3 times to make a chunky sauce. Season with salt and pepper to taste.

In a small bowl, combine the mushrooms, shallot, scallions, lemon juice, and 2 tablespoons of the olive oil. Stir well and season with salt and pepper to taste.

Using a mandoline or a very sharp knife, slice the zucchini halves lengthwise into very thin strips.

To assemble each serving of lasagna, pour some of the tomato sauce in the center of a plate. Lay 3 slices of zucchini over the sauce and top with a spoonful each of the nut cheese and the mushroom mixture. Add another layer of zucchini, nut cheese, and mushrooms. Top with the tomato slices, garnish with the pesto, and drizzle with olive oil. Garnish with the microgreens and edible flowers and serve at once.

Do Ferreiro Albariño, Spain

From the western part of Spain near the Atlantic, Do Ferreiro Albariño is sunny, vibrant, bracing, and fresh. Tart orchard fruits, lemon zest, and wild, green herbal notes work beautifully with the summery, garden-fresh flavors in this raw lasagna.

Tempeh Cakes

These robust cakes, which can be prepared up to 3 days in advance, are a great item to serve for a dinner party. The nutty and smoky flavors develop and combine beautifully, and taste wonderful with vibrant [Blood Orange–Fennel Salad](#) and our [Zucchini Blossom Sauce](#). Note that the cannellini beans must soak overnight before using.

Serves 6

1 cup dried cannellini beans
7 cups water
1-inch piece of kombu
2 bay leaves
1 cup brown rice
1 tablespoon extra-virgin olive oil
2 bay leaves
Pinch of sea salt
6 tablespoons extra-virgin olive oil
½ cup diced shallots
2 tablespoons tomato paste
1 teaspoon smoked paprika
2 tablespoons chopped fresh flat-leaf parsley
¼ teaspoon sea salt
1 pound baked [Marinated Tempeh](#), cubed

To make the beans, the day before using, put the beans in a bowl, and add cold water to cover by 2

inches. Cover and soak overnight in the refrigerator. Drain and rinse.

Bring 4 cups of the water to a boil in a saucepan, then add the beans, kombu and bay leaves. Decrease the heat, cover, and simmer until tender, 30 to 40 minutes. Drain the beans, reserving 1 cup of the cooking liquid. Discard the bay leaves and kombu and set the beans aside to cool.

Meanwhile, make the rice. Put the rice, the remaining 3 cups of water, olive oil, bay leaves, and salt in another saucepan. Bring to a boil, then decrease the heat, stir once, cover, and simmer until the liquid is absorbed and rice is tender, 20 to 30 minutes. Remove the bay leaves and set the rice aside to cool.

Heat 3 tablespoons of the olive oil in a large sauté pan over medium heat. Add the shallots and sauté for 3 to 5 minutes. Add the tomato paste and cook, stirring, until evenly combined. Add the paprika, parsley, and salt and cook, stirring, for 2 minutes.

Add the tempeh, beans, rice, and ½ cup of the reserved bean cooking liquid and cook, stirring occasionally, for 5 to 8 minutes, adding more cooking liquid if the mixture seems too thick and not moist enough to stick together. Set aside to cool slightly.

When the tempeh mixture is cool enough to handle, use your hands to form and press the mixture into 6 cakes about 3 inches in diameter and 1 inch thick.

Heat the remaining 3 tablespoons of olive oil in a sauté pan and cook the cakes over medium heat until golden brown, about 3 minutes per side. Serve warm.

**Domaine des Cèdres Côtes du Rhône,
France**

Domaine des Cèdres is located in a small commune in the Southern Rhône Valley, home to the famous mistral winds. This classic blend of Grenache, Syrah, Carignan, and Cinsault tastes of earth, summer berries, cedar, and spice and is a great complement to the nutty richness and fresh herbs of the tempeh cake.





Tempeh with Mole Sauce

Tempeh with Mole Sauce

The word mole is derived from the ancient Mexican word molli, meaning “concoction.” While many mole sauces are based on homemade broth made from meat or poultry, this version, with its deep, rich flavors, is made with onion, plantain, nuts, seeds, dried chiles, herbs and spices, vegetable stock, and dark chocolate. Look for pasilla, mulato, and ancho chiles in Latin American markets. [Sweet Potato Mash](#) and [Braised Green Beans](#) are excellent accompaniments to this dish, as illustrated [here](#).

Serves 4 to 6

5 tablespoons extra-virgin olive oil
1 cup chopped onion
1 clove garlic, chopped
½ cup raisins
¼ cup blanched slivered almonds
2 tablespoons white sesame seeds
½ plantain, sliced
1 pasilla chile, seeded and chopped
1 mulato chile, seeded and chopped
1 ancho chile, seeded and chopped
Sprig of thyme
⅛ teaspoon chopped fresh oregano
Pinch of ground cinnamon
½ teaspoon ground cloves
1 teaspoon sea salt
3 cups vegetable stock

⅓ cup vegan dark chocolate chips or pieces

1 pound baked [Marinated Tempeh](#), cut into 2 by 2-inch pieces

Microgreens, for garnish

2 shallots, thinly sliced, for garnish

Preheat the oven to 350°F.

Heat 3 tablespoons of the olive oil in a large sauté pan over medium heat. Add the onion, garlic, raisins, almonds, sesame seeds, and plantain, decrease the heat to medium-low, and sauté for 5 minutes. Add the chiles, thyme, oregano, cinnamon, cloves, and salt and stir well to combine. Stir in the stock and simmer, stirring often, for about 20 minutes.

Add the chocolate and stir until melted. Remove the sauce from the heat and let cool for about 30 minutes. It should still be a little warm. Transfer to a blender and process until smooth.

Put the tempeh pieces in an ovenproof baking dish, pour the sauce over them, and stir to coat. Let the mixture sit for 15 to 20 minutes. Cover with aluminum foil and bake for 10 minutes.

Heat the remaining 2 tablespoons of olive oil in a sauté pan over medium-high heat. Add the shallots and sauté for 2 minutes.

Garnish the tempeh pieces with the microgreens and shallots. Serve at once.

Lolonis Zinfandel, California

Lolonis wines, crafted in the Redwood Valley, are true artisanal expressions of terroir, and their Zinfandel is a best seller at Candle 79's bar. Deep blackberry fruit, warm spice, and toasted cocoa notes make this jammy Zin a match made in heaven for smoky, chocolaty mole sauce and savory sweet potatoes.



Nori- and Sesame-Crusted Seitan

Nori- and Sesame-Crusted Seitan

The seitan in this Asian-influenced dish is marinated in toasted sesame oil and a mélange of fresh herbs and dredged in a flour-nori-sesame mixture to make beautifully crusted cutlets. We usually serve this ever-popular dish with [Gingered Sugar Snap Peas](#), [Soba Noodles](#) or [Jasmine Rice](#), and [Edamame-Mint Sauce](#), as pictured here. We also garnish the dish with julienned watermelon radishes and scallion to add a layer of flavor and crunch. It's a fabulous combination of tastes. Note that the cutlets must marinate for at least 3 hours.

Serves 6

Marinade

2 tablespoons plus $\frac{3}{4}$ teaspoon grapeseed oil

$\frac{1}{2}$ white onion, chopped

1½ teaspoons toasted sesame oil

1 cup chopped fresh cilantro

$\frac{1}{2}$ cup chopped fresh mint leaves

$\frac{1}{2}$ teaspoon red pepper flakes

2 cups water

1 tablespoon white miso

1 teaspoon sea salt

6 to 8 [seitan cutlets](#) (about 1½ pounds)

Crust

1 cup unbleached all-purpose flour
2 nori sheets, broken up into small pieces
½ cup white sesame seeds
½ teaspoon red pepper flakes
½ teaspoon sea salt

4 to 6 tablespoons grapeseed or safflower oil, for frying

To make the marinade, heat the grapeseed oil in a sauté pan over medium heat. Add the onion and sauté until softened, about 3 minutes. Remove from the heat and let cool. Put the onion, sesame oil, cilantro, mint, red pepper flakes, water, miso, and salt in a blender and process until smooth.

Put the cutlets in a nonreactive bowl or pan. Pour the marinade over the cutlets, coating them well. Cover and let marinate in the refrigerator for at least 3 hours or overnight.

To make the crust, put the flour, nori, sesame seeds, red pepper flakes, and salt in a large bowl, making sure that the nori is crushed into the mixture.

Drain the seitan, squeeze out the excess liquid, and discard the marinade. Dredge the cutlets in the crust mixture, pressing it into the seitan with your hands to ensure that the seitan is completely covered.

In a large sauté pan, heat 4 tablespoons of the oil over medium heat until the oil is hot but not smoking. Add the cutlets and cook until golden brown, about 1 to 2 minutes per side. Add more oil as needed to cook all of the cutlets. Drain on paper towels and serve at once.

Biokult Sparkling Rosé, Austria

This sparkling Pinot Noir comes from a co-op of organic growers in Austria. Slightly sweet

sparkling wines can be the perfect accompaniment to Asian-influenced dishes. The subtle notes of peach and cassis in this lively sparkler pair beautifully with the garden-fresh mint and cilantro in the marinade.

Panko-Crusted Seitan Milanese

We serve seitan cutlets in the same Milanese-style that meat dishes are often served. The seitan is marinated in a fragrant garlic, olive oil, and lemon-basil bath, then the cutlets are breaded with panko and lightly pan-fried. Garden-fresh arugula and heirloom tomatoes top off this beautiful entrée.

Serves 6

Marinade

- 6 tablespoons extra-virgin olive oil
- ½ white onion, chopped
- 2 cloves garlic, thinly sliced
- ½ cup water
- 2 tablespoons freshly squeezed lemon juice
- 1 cup fresh basil leaves
- ¼ cup coarsely chopped fresh flat-leaf parsley
- 1 teaspoon Ener-G egg replacer
- 1 teaspoon sea salt
- ¼ teaspoon freshly ground pepper

- 6 to 8 [seitan cutlets](#) (about 1½ pounds)
- 1 cup panko bread crumbs
- 1 teaspoon Ener-G egg replacer
- 2 tablespoons extra-virgin olive oil

Topping

1 small bunch arugula, stemmed and chopped
2 heirloom tomatoes, coarsely chopped
1 tablespoon extra-virgin olive oil
1 teaspoon balsamic vinegar

To make the marinade, heat 2 tablespoons of the olive oil in a sauté pan over medium heat. Add the onion and garlic and sauté until softened, 3 to 5 minutes. Let cool, then transfer to a blender. Add the remaining 4 tablespoons of olive oil and the water, lemon juice, basil, parsley, egg replacer, salt, and pepper and process until smooth.

Put the seitan in a nonreactive baking dish, pour the marinade over it, cover, and marinate in the refrigerator for at least 4 hours or overnight.

To prepare the cutlets, fill a rimmed plate, shallow bowl, or plastic bag with the panko and egg replacer and stir to combine. Remove the cutlets from the marinade. Dredge the cutlets in the panko mixture, shaking off any excess and pressing the panko mixture firmly into the seitan.

To pan-fry the cutlets, heat the 2 tablespoons of olive oil in a large sauté pan over medium heat until hot but not smoking. Add the cutlets and fry until crisp, about 3 minutes per side, adding more oil if necessary. Drain on paper towels. Alternatively, to bake the cutlets, preheat the oven to 350°F. Spray a baking sheet with olive oil spray, put the cutlets on the pan, and bake for 15 to 20 minutes, until golden brown.

To make the topping, in a large bowl toss the arugula, tomatoes, olive oil, and vinegar together to coat.

To serve, spoon a heaping portion of the arugula-tomato mixture on top of each cutlet and serve at once.

Kawarau Sauvignon Blanc, New Zealand

Located beneath the magnificent Pisa Range in the heart of Central Otago, Kawarau produces adventurous, distinctive organic wines full of true Kiwi character. Their Sauvignon Blanc displays citrus, sunshine, and flinty minerality and is the perfect match for the acidity of tomatoes and balsamic vinegar.

Sofrito-Seared Seitan

Joy loves this dish. The fragrance of tomatoes roasting in the oven for Sofrito Sauce conjures up aromatic kitchen memories from the past for her. We marinate and cook seitan in this savory sauce and serve it with rice and avocados. Note that the seitan cutlets must marinate for at least 2 hours.

Serves 6

Sofrito Sauce

- 4 plum tomatoes, halved
 - ½ cup chopped white onion
 - ½ cup chopped red onion
 - 1 clove garlic, chopped
 - 2 red bell peppers, seeded and chopped
 - 3 tablespoons chopped fresh cilantro
 - 1 tablespoon chopped fresh flat-leaf parsley
 - ½ teaspoon chopped fresh oregano
 - 4 tablespoons extra-virgin olive oil, plus more for brushing
 - 2 tablespoons freshly squeezed lemon juice
 - 1 tablespoon white wine vinegar
 - 2 teaspoons sea salt
 - ¾ teaspoon freshly ground pepper
- 6 to 8 [seitan cutlets](#) (about 1½ pounds)
- 2 tablespoons extra-virgin olive oil

To make the sauce, preheat the oven to 350°F. Brush a rimmed baking sheet with olive oil and

arrange the tomatoes, cut side up, on it. Roast until softened, about 20 minutes. Let cool, then peel the tomatoes, reserving any juices.

Put the tomatoes and their juices and the onions, garlic, peppers, cilantro, parsley, oregano, olive oil, lemon juice, vinegar, salt, and pepper in a food processor fitted with the metal blade and process to form a chunky sauce.

Put the seitan cutlets in a shallow nonreactive bowl or pan. Pour the sauce over the cutlets, making sure they are well coated. Cover and let marinate in the refrigerator for 2 to 4 hours. Remove the cutlets and reserve the sauce.

In a large nonstick sauté pan, heat the olive oil over medium heat. Add the cutlets and cook until lightly browned, about 2 minutes per side. Add the sauce to the pan and let simmer until heated through, about 5 minutes. Serve at once.

Manifesto! Sauvignon Blanc, California

Manifesto “Earth First” sustainable wines are made in California with a message, clearly stated on their website: “Get our hands in the vineyard dirt and know our growers. Make wine that doesn’t cost a fortune. Make wine that complements, not overpowers.” Their Sauvignon Blanc is delightfully versatile, with a bracing dose of food-friendly acidity, and flavors of juicy orange creamsicle and kiwifruit. A natural choice with fried plantains, and a fine match for smoky soffrito.



Seitan Piccata

Seitan Piccata

Candle 79's rendition of classic Seitan Piccata takes veganism to a whole new level. This easy, elegant entrée is made with a delicate sauce of white wine, shallots, and fresh parsley, among other good things. Caper berries are oblong, green fruits from the caper plant. More mild than caper buds, they still pack a lemony punch, especially because they are pickled. We like to serve this dish with [Potato Cakes](#) and [Creamed Spinach](#), as shown here.

Serves 6

6 [seitan cutlets](#) (about 1½ pounds)

Whole wheat flour, for dredging

6 tablespoons extra-virgin olive oil

¼ cup minced shallots

¼ cup finely sliced leek, white and pale green parts

1 teaspoon sea salt

½ teaspoon freshly ground pepper

1 tablespoon unbleached all-purpose flour

¾ cup white wine

¼ cup capers, drained

2 cups vegetable stock or water

1 bay leaf

1 tablespoon minced fresh flat-leaf parsley, plus ¼ cup chopped fresh flat-leaf parsley for garnish (optional)

1 teaspoon minced fresh thyme leaves

⅛ teaspoon ground turmeric

¼ cup freshly squeezed lemon juice

Caper berries, for garnish

1 lemon, thinly sliced, for garnish (optional)

Dredge the cutlets in the whole wheat flour, shaking off any excess.

Heat 2 tablespoons of the olive oil in a large sauté pan over high heat. Add the cutlets and cook until crisp and golden brown, 1 to 2 minutes per side. Place the cutlets on individual plates or a platter.

Heat the remaining 4 tablespoons of olive oil in another sauté pan over medium heat. Add the shallots, leek, salt, and pepper and sauté until soft and translucent, 5 to 7 minutes. Add the all-purpose flour and cook for 2 minutes, stirring constantly, to make a roux. Add the wine to deglaze the pan and stir well to incorporate the flour. Add the capers, stock, bay leaf, minced parsley, thyme, turmeric, and lemon juice and cook over medium heat until the sauce becomes slightly glossy, about 10 minutes.

Spoon the sauce onto serving plates and place the cutlets atop the sauce. Garnish with the caper berries and the optional chopped parsley and lemon slices. Serve at once.

Bonterra Chardonnay, California

In picturesque Mendocino County, Bonterra has been proudly certified organic since 1987. The full body and toasty oak in this Chardonnay echo the silky texture of the lemon-caper sauce.

Tamarind-Barbecued Seitan

Tamarind is a pod from the tamarind tree, which grows in tropical climates, and tamarind paste is a common ingredient used in Thai, Indian, Caribbean, and Mediterranean cooking. It is available at Asian and Indian markets and online. Our sweet-and-sour barbecue sauce made with tart tamarind paste is out of this world. It's great for cooking and can also be used in the [Barbecued Black-Eyed Peas](#)—which is why these two are great to make together! We also serve this dish with [Sautéed Swiss Chard](#) and [Sweet Potato Mash](#). For summertime barbecue feasts we add fresh corn on the cob, cornbread, and coleslaw. Note that the seitan cutlets must marinate for at least 2 hours.

Serves 6

Tamarind Barbecue Sauce

- ½ cup water
- ½ cup ketchup
- ⅓ cup grapeseed oil
- ⅓ cup molasses
- ⅓ cup maple syrup
- ¼ cup tamari
- 4 tablespoons tamarind paste
- 2 tablespoons tomato paste
- 2 tablespoons brown rice vinegar
- 2 tablespoons apple cider vinegar

1 tablespoon chopped fresh ginger

1 teaspoon coriander seeds

Pinch of sea salt

Pinch of chipotle chile powder

6 to 8 [seitan cutlets](#) (about 1½ pounds)

3 tablespoons extra-virgin olive oil

To make the sauce, put the water, ketchup, grapeseed oil, molasses, maple syrup, tamari, tamarind paste, tomato paste, vinegars, ginger, coriander, salt, and chipotle powder in a blender and process until very smooth. Pour the mixture into a saucepan and simmer over very low heat for 10 minutes.

Put the seitan in a nonreactive baking dish. Pour the barbecue sauce over it, cover, and let marinate in the refrigerator for at least 2 hours or overnight.

To cook the seitan, heat the olive oil in a large sauté pan over medium heat. Remove the cutlets from the sauce, letting the excess drip off and reserving the sauce for another use (see headnote). Add the seitan to the pan and cook until golden brown, 2 to 3 minutes per side, adding more oil if needed. The seitan can also be grilled over medium heat until golden brown, 2 to 3 minutes per side.

Serve immediately.

Frog's Leap Cabernet Sauvignon, California

Frog's Leap is a progressive, sustainable Eden in Rutherford, headquartered in a big, historic red barn. As they state on their website, the people of Frog's Leap believe that “a healthy soil produces a healthy vine,” and they run their vineyards

according to their mantras of “reduce, reuse, recycle, retain, and revere.” Juicy plum, dried herbs, cedar, and vanilla notes in this Bordeaux-style cabernet make the spicy-tangy tamarind flavors of the barbecue sauce sing.



Paella

Paella

This vegan version of the Spanish classic paella is made with saffron-scented vegetables and seitan sausage—we love artisan grain-based sausage from Field Roast Grain Meat Co. (see [Resources](#)). When making this dish, cook the rice until it crackles and becomes toasty to make a socarrat, the crispy layer that marks a true paella. Served with a Spanish Tempranillo, Rioja, or cava, this is a wonderful dish to make for a hungry crowd.

Serves 6

2 ears of fresh corn, husked
1¼ teaspoons saffron
1 cup hot water
3 tablespoons extra-virgin olive oil
½ pound oyster mushrooms, stemmed and chopped
2½ teaspoons sea salt, plus more for sautéing
Freshly ground pepper
½ cup chopped white onion
2 cloves garlic, thinly sliced
1 red bell pepper, seeded and chopped
1 green bell pepper, seeded and chopped
1¼ teaspoons smoked paprika
1 cup chopped cauliflower florets
1 cup chopped tomatoes
3 to 4 cups vegetable stock
2 cups Valencia or Arborio rice
1 cup ground seitan sausage, cut diagonally into 1-inch pieces
½ cup chopped scallions, white and green parts (optional)

Lemon wedges, for garnish

Using tongs, hold the corn over a gas flame and cook, turning, until nicely charred. When cool enough to handle, cut the kernels off the cobs and set aside.

Soak the saffron in the hot water for at least 15 minutes.

Heat 1 tablespoon of the olive oil in a large sauté pan over medium heat. Add the mushrooms, season with salt and pepper, and sauté for 5 minutes. Transfer to a large bowl and set aside.

Using the same pan, heat another 1 tablespoon of the olive oil over medium heat. Add the onion, garlic, bell peppers, and 1 teaspoon of the smoked paprika and sauté until just tender, about 3 minutes. Add the corn, cauliflower, and tomatoes and cook, stirring occasionally, for about 5 minutes. Remove from the heat and add to the mushrooms.

Heat the stock in a saucepan and hold it at a simmer. Heat the remaining tablespoon of olive oil in a soup pot or traditional paella pan over medium heat. Add the rice and stir until well coated, about 30 seconds. Add the salt and the saffron water and cook, stirring, until it is absorbed. Add ½ cup of the simmering stock to the rice and cook, stirring, until the rice has absorbed it all. Continue adding the liquid in ½-cup increments and stirring until the rice has absorbed it, until the rice is tender, not mushy, and retains its bite, 25 to 30 minutes.

To get the *socarrat*, or caramelized crust on the rice, uncover the pot and increase the heat to high. Cook until the rice crackles and smells toasty, being careful not to burn it. Add the mushroom mixture and sausage and stir. Cook over medium heat,

scraping the bottom of the pot so the rice doesn't stick, for about 3 minutes.

Remove from the heat, cover with a kitchen towel, and let rest for 10 minutes. Taste and adjust the seasonings if necessary.

Sprinkle the paella with the remaining $\frac{1}{4}$ teaspoon of smoked paprika and the optional scallions. Garnish with the lemon wedges and serve.

Viña Sastre Roble Tempranillo, Spain

Hermanos Sastre is a family-run winery in the heart of the Ribera del Duero, Spain's most revered wine region. Ripe red currants, sweet oak, and a touch of spice make this Tempranillo an authentic pairing for the rich but piquant flavors of vegan paella.

Spaghetti and Seitan Wheatballs with Roasted Plum Tomato Sauce

Our vegan version of this American classic is one of our most popular main courses and one of the easiest to make. This spaghetti and “wheatball” dish is ideal for a family supper or a cozy dinner party. Although we invented this dish for kids, it’s always eaten up by the grown-ups.

Serves 4 to 6

Seitan Wheatballs

1 tablespoon extra-virgin olive oil, plus more for brushing
4 cloves garlic or black garlic, chopped
1 shallot, chopped
½ cup diced onion
½ cup diced celery
1 pound seitan
¼ teaspoon red pepper flakes
1 teaspoon chopped fresh flat-leaf parsley
½ teaspoon sea salt
⅓ cup unbleached all-purpose flour

1 pound spaghetti
1½ cups [Roasted Plum Tomato Sauce](#)
Fresh basil leaves, for garnish

Preheat the oven to 350°F. Brush a rimmed baking sheet with olive oil.

To make the wheatballs, heat the olive oil in a sauté pan over medium heat. Add the garlic, shallots, onion, and celery and sauté until softened, about 5 minutes. Set aside to cool.

Put the seitan in a food processor fitted with the metal blade and process until completely ground. Add the red pepper flakes, parsley, and salt and pulse to incorporate. Add the sautéed onion and celery and process until completely ground.

Transfer the seitan mixture to a large bowl and stir in the flour. Roll the mixture into 1-inch balls and put them on the prepared baking sheet. There should be about 16 balls. Brush the balls with olive oil and put 2 tablespoons of water into the baking pan.

Cover with aluminum foil and bake for 25 to 30 minutes. Remove from the oven.

Meanwhile, bring a large pot of water to a boil and cook the spaghetti until just tender, 8 to 10 minutes. Drain well. Heat the tomato sauce on the stovetop until warm and bubbly.

Portion the pasta into individual bowls and top each serving with tomato sauce and wheatballs. Garnish with the basil and serve warm.

Nuova Cappelletta Barbera Minola, Italy

Barbera is one of the classic varietals of Italy's Piedmont, often found on the tables of village trattorias serving simple, rustic local cuisine. Ripe red fruit, bright acidity, and low tannins make this beautifully balanced, biodynamic Barbera a perfect choice for tomato-based sauces.



Black Bean-Chipotle Burgers

Black Bean–Chipotle Burgers

Burgers and fries are a perennial lunchtime favorite. At Candle 79, we spice our hearty bean- and rice-based burger with the rich and smoky flavors of chipotle chile powder and smoked paprika. We top it with slices of creamy avocado and serve it with a side of [Polenta Fries](#) and no one ever misses the meat. Note that the dried beans must soak for at least 6 hours.

Makes 6 to 8 burgers

1½ cups dried black beans, rinsed and picked over
1-inch piece of kombu
2 cups chopped yellow onions
1 teaspoon chipotle chile powder
3 bay leaves
2 teaspoons salt
Pinch of freshly ground pepper
1½ cups brown rice
3 cups water
1 tablespoon extra-virgin olive oil, plus more as needed
1 cup raw pumpkin seeds
1 tablespoon smoked paprika
6 to 8 burger rolls
1 red onion, thinly sliced (optional)
Avocado slices, for serving (optional)

Put the beans in a saucepan or bowl and add cold water to cover by about 2 inches. Cover and soak for at least 6 hours or overnight in the refrigerator. Drain and rinse.

Put the beans, kombu, onions, chipotle powder, bay leaves, 1 teaspoon of the salt, and the pepper in a large saucepan. Add water to cover by 3 inches and bring to a boil. Decrease the heat, cover, and simmer until the beans are tender, about 1½ to 2 hours. Most of the liquid should be absorbed by the beans, but add a bit more water if they seem too dry. Drain the beans, reserving the cooking liquid. Discard the kombu and bay leaves.

Meanwhile, put the rice and a pinch of salt in a saucepan and add the water. Bring to a boil, then decrease the heat, stir once, cover, and simmer until all of the water is absorbed and the rice is tender, 35 to 40 minutes. Remove from the heat and let stand, covered, for 10 minutes.

Heat the olive oil in a sauté pan over medium-high heat. Add the pumpkin seeds, paprika, and the remaining 1 teaspoon of salt and season with pepper. Cook the pumpkin seeds, stirring and shaking the pan, until they are lightly toasted, 3 to 5 minutes. Set aside to cool.

Combine the rice, beans, and pumpkin seeds in a large bowl. Transfer half of the mixture to a food processor fitted with the metal blade and process until smooth, adding the reserved cooking liquid from the beans as needed to keep the mixture moist enough to stick together. Return the mixture to the bowl, mix everything together, and form patties about 3½ inches in diameter and 1 inch thick.

To bake the burgers, preheat the oven to 350°F. Brush a baking sheet with olive oil and put the burgers on it. Brush the burgers with oil and bake until browned, 20 to 30 minutes, turning the burgers

halfway through cooking. To pan-fry the burgers, coat a sauté pan with olive oil and heat the pan over medium heat. Add the burgers and cook for about 4 minutes per side.

To grill the onion slices, lightly brush with olive oil and sauté them in a sauté pan over medium-high heat, 2 minutes per side.

Serve the burgers on toasted burger rolls with the onion slices and avocado slices, if desired.

LaRocca Cabernet Sauvignon, California

Farming organically in Butte and Sutter Counties for twenty-six years, LaRocca makes full-flavored wines with no added sulfites. Their Cabernet Sauvignon, at home on many a backyard picnic table, is dry and rich, with cedar and spices on the finish that pair perfectly with smoky black bean burgers.



Sides, Sauces, and Secrets

Flavorful side dishes are as important as the main events in Candle 79's kitchen. Savory sautéed, roasted, and braised vegetables, along with inventively spiced and seasoned rice, grain, and noodle dishes, make great accompaniments to scores of recipes throughout the book. In addition, as we often do, numerous sides can be put together to make a meal.

Our sauces are also indispensable, adding an extra layer of flavor that can bring out the essence of a dish. Made with organic vegetables and herbs, fresh ginger, and a range of chiles and spices (among other good things), many of these sauces can be made well ahead of time and stored in the refrigerator so you'll have them on hand to create healthy and flavorful dishes at a moment's notice.

We consider the tasty and surprising combinations of flavors used in the side dishes and sauces in this chapter to be our restaurant's "secrets." These simple recipes always add an extra dimension of great taste to every plate that we serve—that magical element that elevates our food to the next level and always has customers asking, "How did you make this taste so good?"

Barbecued Black-Eyed Peas

This is a great go-to side dish that we serve in a number of ways. It's terrific with [Tamarind-Barbecued Seitan](#)—and a great reuse for the leftover barbecue marinade. When Joy serves it at her summer barbecues, both kids and grown-ups alike devour it. Many other types of dried or canned beans work well with this recipe, so feel free to experiment. Note that dried beans must soak for at least 4 hours.

Serves 4 to 6

2 cups dried black-eyed peas, or 2 (15-ounce) cans black-eyed peas, drained and rinsed
2 tablespoons extra-virgin olive oil
2 shallots, chopped
1 clove garlic, chopped
1¼ teaspoons sea salt
4 cups water
½ cup [Tamarind Barbecue Sauce](#) or your favorite barbecue sauce
1 tablespoon chopped fresh flat-leaf parsley
1 tablespoon chopped fresh cilantro

If using dried black-eyed peas, put them in a large bowl and cover with cold water. Cover and let soak for at least 4 hours or overnight in the refrigerator. Drain and rinse.

Heat the olive oil in a soup pot over medium heat. Add the shallots and garlic and sauté until tender, 2 to 3 minutes. Add the black-eyed peas, salt, and water. Bring to a boil, then decrease the heat and simmer until the peas are just tender, 20 to 25 minutes. (If using canned black-eyed peas, you'll only need ½ cup of water, and the cooking time will be 5 to 10 minutes.) Drain the beans, reserving ½ cup of the liquid.

Add the barbecue sauce, parsley, and cilantro and cook, stirring occasionally, for 5 to 10 minutes, adding the reserved liquid to keep it moist. Taste and adjust the seasonings if necessary and serve warm.

Granny Smith Coleslaw

This simple summery slaw is a great picnic and summer side dish, and it's a snap to make. We also serve it on the side with our [Tempeh Cakes](#). The Granny Smith apple gives it a pleasant crunch and sweetly nuanced flavor.

Serves 4 to 6

½ small white cabbage, shredded
1 carrot, cut into 1-inch julienne
2 Granny Smith apples, cored and cut into 1-inch julienne
3 tablespoons extra-virgin olive oil
3 tablespoons vegan mayonnaise
2 tablespoons freshly squeezed lemon juice
1 tablespoon chopped fresh flat-leaf parsley
¼ teaspoon sea salt
Pinch of freshly ground pepper

Put the cabbage, carrot, and apple in a large bowl.

In a small bowl, whisk together the oil, vegan mayo, lemon juice, parsley, salt, and pepper until well blended. Pour over the cabbage mixture and toss well. Taste and adjust the seasonings if necessary. Chill in the refrigerator for 1 or 2 hours before serving.

Sweet Potato Mash

This mash of sweet potatoes and cinnamon is a winner. We also add a bit of white miso to the mix, as it adds subtle hints of sweet and salty. We serve it as a side with a number of our entrées. If you want a smoother texture, process the potato mixture in a food processor after mashing. Either way is terrific!

Serves 4 to 6

3 pounds sweet potatoes
2 tablespoons grapeseed oil
¼ teaspoon ground cinnamon
1 tablespoon white miso
1 tablespoon Earth Balance Natural Buttery Spread

Preheat the oven to 350°F.

Wrap the sweet potatoes in aluminum foil. Roast the potatoes until fork-tender, 50 to 60 minutes. Remove and let cool.

Peel the potatoes, cut into 1-inch pieces, and transfer to a large bowl. Add the oil, cinnamon, miso, and buttery spread and mash well with a spoon or potato masher. Serve warm.

Roasted Fingerling Potatoes

We like to use a mix of fingerling potatoes in shades of yellow, rose, and purple for this simple, beautiful roast. We also add nutritional yeast—it has a nutty, cheesy taste that adds richness and another layer of flavor. If you can't find fingerlings, you can make this with any other type of potato, cut into wedges. This dish is great alongside almost anything.

Serves 4 to 6

1 pound fingerling potatoes, quartered lengthwise
3 tablespoons extra-virgin olive oil
1 tablespoon nutritional yeast
1 tablespoon chopped fresh flat-leaf parsley
Sea salt and freshly ground pepper

Preheat the oven to 350°F.

Put the potatoes in a bowl. In a small bowl, whisk together the olive oil, nutritional yeast, and parsley, and season with salt and pepper. Pour the mixture over the potatoes and toss gently to coat.

Arrange the potatoes in a single layer on the baking sheet. Roast until tender and lightly browned, about 30 minutes.



Potato Cakes

Savory Potato Cakes are a staple in our kitchen. We serve them with [Seitan Piccata](#) and as a breakfast side with our savory crepes (with [Wild Mushrooms and Asparagus](#) and with [Butternut Squash](#)) and [Tofu and Seitan Sausage Scramble](#).

Serves 6 to 8

1½ pounds Idaho potatoes, peeled and cut into ½-inch cubes
4 tablespoons extra-virgin olive oil
2 cups chopped white onions
1 tablespoon chopped fresh flat-leaf parsley
1 teaspoon sea salt
Pinch of freshly ground pepper

Bring a large pot of water to a boil over medium-high heat. Add the potatoes, decrease the heat slightly, and cook until tender, about 20 minutes. Drain the potatoes and transfer to a bowl.

Heat 2 tablespoons of the olive oil in a sauté pan over medium-high heat. Add the onions and sauté until soft and lightly browned, about 7 minutes.

Add the onions, parsley, salt, and pepper to the potatoes. Mash everything together with a spoon or potato masher.

Divide the mixture into 8 equal portions and flatten each into a cake about ½ inch thick. They should be about 3 inches in diameter.

Heat the remaining 2 tablespoons of olive oil in a large sauté pan over medium-high heat. Add the cakes and fry 3 minutes per side, until golden brown. Serve warm.

Polenta Fries

These fantastic fries are so popular at the restaurant, they seem to fly out of the kitchen! Just one taste of these “crunchy-on-the-outside, creamy-on-the-inside” fries and you’ll be hooked too. They’re terrific with all kinds of dishes, especially our [Black Bean–Chipotle Burgers](#). For extra flavor, Joy often adds nutritional yeast to the polenta while it’s cooking. If using quick-cooking polenta, cook it according to the package directions and then proceed with the recipe.

Serves 6

3 cups water

1 tablespoon chopped garlic

1 teaspoon sea salt

1½ cups fine yellow cornmeal

1 tablespoon chopped fresh flat-leaf parsley

½ cup safflower oil, plus more for oiling the pan

Lightly oil a 9 by 13-inch baking pan.

Put the water, garlic, and salt in a large saucepan, bring to a boil, and decrease the heat to medium-low. Pour the cornmeal through a sieve into the stock and whisk continuously to incorporate and avoid clumps.

Switch to a wooden spoon and continue stirring until the polenta begins to pull away from the sides of the pan, 10 to 15 minutes. If it becomes too dry to stick together, add ¼ cup of warm water. Fold in the parsley. Transfer the polenta to the prepared pan and

spread it in an even layer. Let the polenta sit for at least 1 hour until it solidifies. The polenta can be refrigerated for up to 1 day at this point.

Cut the polenta into rectangles, rounds, or cubes.

In a deep cast-iron skillet, heat the oil over medium-high heat until hot but not smoking. There should be just enough oil to cover the polenta fries. Fry the polenta pieces, turning often, until crisp and golden on all sides. Remove the fries and drain on paper towels. Serve immediately.

Soba Noodles

Soba noodles are Japanese noodles made from buckwheat, some of which are all-buckwheat and therefore gluten free. Soba noodles are fun to experiment with. Joy loves to cook with kids, and she and her niece, Laura, developed a spicy rendition of this recipe. They turned up the heat by adding extra red pepper flakes. You can experiment with this recipe too, by tossing the noodles with your favorite vegetables, herbs, and spices. The possibilities are endless.

Serves 4 to 6

½ pound soba noodles
2 tablespoons grapeseed oil
¼ teaspoon sesame oil
¼ teaspoon chopped garlic
6 scallions, white and green parts, minced
2 tablespoons tamari
¾ to 1 ½ teaspoons red pepper flakes
1 tablespoon white sesame seeds

In a large pot, bring about 6 cups of water to a boil. Add the noodles and cook until tender, 6 to 8 minutes. Drain and rinse with cold water.

In a large sauté pan, heat the grapeseed and sesame oils over medium heat. Add the garlic and scallions and sauté for 2 minutes. Add the tamari, red pepper flakes, sesame seeds, and soba noodles. Cook,

tossing constantly, for an additional 2 to 3 minutes,
until well mixed. Serve warm.

Jasmine Rice

This fragrant side dish will fill your kitchen with fresh, exotic aromas. Jasmine rice, a long-grained variety that is grown primarily in Thailand, has a naturally nutty flavor that is enhanced when cooked with fresh herbs, ginger, and subtly sweet coconut milk. We love to serve this Asian-inspired delight with a variety of tofu and seitan dishes.

Serves 4 to 6

2 cups jasmine rice
3 cups water
¼ teaspoon chopped garlic
1 teaspoon finely chopped fresh ginger
1 teaspoon chopped fresh flat-leaf parsley
1 tablespoon minced fresh chives
2 bay leaves
¼ cup coconut milk
1 teaspoon sea salt

Rinse the rice under cold water for 30 seconds.

In a large saucepan over medium-high heat, bring the water to a boil, then add the rice. Stir in the garlic, ginger, parsley, chives, bay leaves, coconut milk, and salt, decrease the heat to medium-low, cover, and cook for 15 to 20 minutes. Remove from the heat and let sit, covered, for another 10 minutes before serving. Serve warm.

Quinoa-Vegetable Pilaf

Quinoa is an excellent source of protein with a slightly nutty flavor and fluffy, creamy texture. We like to cook it into a pilaf with mixed vegetables and serve it alongside our [Chile-Grilled Tofu](#) or drizzled with [Chipotle-Avocado dressing](#) in our [stuffed avocado salad](#).

Serves 4 to 6

2 cups water

1 cup quinoa

2 tablespoons extra-virgin olive oil

½ teaspoon sea salt, plus more for seasoning

1 tablespoon chopped fresh flat-leaf parsley

1 cup cooked fresh corn kernels

1 red bell pepper, seeded and cut into small dice

½ cup finely diced carrot

1 bunch scallions, white and green parts, chopped

Rinse the quinoa under cold water for 30 seconds. In a saucepan, bring the water to a boil. Add the quinoa, ½ teaspoon of the olive oil, and a pinch of salt and stir. Bring back to a boil, then decrease the heat and simmer, uncovered, for 10 minutes, stirring occasionally. Remove from the heat, cover, and let sit for 10 minutes.

Transfer the quinoa to a large bowl, stir in the parsley, and set aside.

Heat the remaining olive oil in a large sauté pan over medium heat. Add the corn, bell pepper, carrot,

and the ½ teaspoon sea salt and sauté until the pepper is tender, about 7 minutes. Add the scallions and sauté for an additional 2 minutes.

Add the vegetables to the quinoa and toss gently until well combined. Serve warm or at room temperature.

Marinated Tempeh

This basic recipe for tempeh, which can be baked or grilled, is a solid foundation upon which you can build a number of savory, filling meals. At the restaurant, we use this in [Tempeh Cakes](#), [Stuffed Poblano Peppers](#), and [Tempeh with Mole Sauce](#). Tempeh also makes a great salad topper, sandwich filler, or side dish.

Serves 4 to 6

½ cup tamari
2 cups water
1 tablespoon brown rice vinegar
1 tablespoon apple cider vinegar
1 clove garlic, chopped
⅓ cup chopped onion
3 bay leaves
1 lemongrass stalk, chopped
2 tablespoons safflower oil
1 pound tempeh, cut into 2-inch strips

In a large bowl, whisk together the tamari, water, vinegars, garlic, onion, bay leaves, lemongrass, and oil until well combined. Add the tempeh, cover, and let marinate in the refrigerator for 4 hours, stirring occasionally.

To bake the tempeh, preheat the oven to 350°F. Put the tempeh and marinade into a nonreactive baking dish. Bake the tempeh, turning once, until lightly browned, 20 to 30 minutes altogether. To grill the

tempeh, prepare a medium-hot gas or charcoal grill. Grill the tempeh until golden brown, about 5 minutes per side.

Seitan Cutlets

These protein-packed cutlets are a great way to express the flavor of the season and the global versatility of vegan cuisine. Seitan is a perennial favorite with our guests—hardcore vegans and die-hard carnivores alike. Replace the meat with wheat, and we promise you'll never disappoint. This is the basic recipe for all of the seitan dishes in this book—the cutlets can be chopped or ground as needed. If you want to add an additional flavor to your seitan, you can cook it further in a flavored broth or marinade.

Makes 6 to 8 cutlets, about 1½ pounds

7 cups unbleached bread flour
3 cups whole wheat bread flour
4½ cups water
1½ teaspoons sea salt
8 cups vegetable stock or water
¼ cup tamari
1 piece of kombu
1 piece of wakame

Put the flours in a bowl. Mix the water and salt together and add to the flour. Stir until the mixture forms a ball of dough. When you have a nice ball, cover with water and let stand for 1 hour.

Pour off the water and rinse the dough under cold running water until the water is almost clear. Divide the dough into 2 balls.

Put the stock in a large soup pot and bring to a boil. Add the tamari, kombu, and wakame and decrease the heat. Add the balls of dough and simmer, uncovered, for 2 hours, until they are firm and slice easily.

Drain the stock from the pot, reserving the stock if not using the seitan right away. Transfer the seitan to a bowl, add enough cold water to cover, and let sit for about 10 minutes.

Drain and slice the seitan into ½-inch-thick cutlets.

If not using the seitan at this point, store it (sliced or unsliced) in 4 cups of the reserved stock, covered, in the refrigerator for up to 1 month. Alternatively, the cutlets can be frozen (without the stock) for up to 3 months.

Sautéed Royal Trumpet Mushrooms

Royal trumpet, or Trumpet Royale, mushrooms are a favorite of our chefs because of their rich and nutty flavor, excellent texture, and versatility. They can be sautéed, braised, or grilled, and they pair well with any number of dishes. Here is our very simple sauté flavored with nothing more than a bit of olive oil, garlic, sea salt, and pepper. We recommend serving this with [Pan-Seared Pine Nut Pesto Tofu](#).

Serves 4

3 tablespoons extra-virgin olive oil

2 cloves garlic, chopped

½ pound royal trumpet mushrooms, halved lengthwise

Sea salt and freshly ground pepper

1 tablespoon chopped fresh chives or flat-leaf parsley

Heat the oil in a sauté pan over medium heat, add the garlic, and sauté until softened, about 2 minutes. Add the mushrooms, season with salt and pepper, and cook, stirring occasionally, until the mushrooms are tender, 5 to 6 minutes. Garnish with the chives or parsley and serve.

Gingered Sugar Snap Peas

Look for garden-fresh sugar snap peas at your farmers' market in late spring and early summer. They are wonderful to eat raw for a snack or to cook in a simple sauté, like this one with shallots and ginger. In the restaurant we serve this dish with our [Nori- and Sesame-Crusted](#)

Serves 4 to 6

1 pound sugar snap peas, trimmed
1 teaspoon grapeseed oil
¼ teaspoon toasted sesame oil
1 tablespoon chopped shallot
1 tablespoon finely chopped fresh ginger
Pinch of sea salt

Bring a pot of salted water to a boil. Add the peas and simmer for 2 minutes. Drain and rinse under cold water.

Heat the grapeseed and sesame oils in a sauté pan over medium heat. Add the shallot and ginger and sauté until softened, about 2 minutes. Add the peas and salt and sauté, stirring often, until just tender, 2 to 3 minutes.

Sautéed Swiss Chard

This simple preparation works with Swiss chard, as well as any other green or combination of greens. Chard is available in red, white, and rainbow varieties. This is excellent with [Tamarind-Barbecued Seitan](#) and [Stuffed Poblano Peppers](#).

Serves 4

3 tablespoons extra-virgin olive oil
2 tablespoons chopped shallot
1 clove garlic, thinly sliced
1 pound Swiss chard, leaves and stems separated
Sea salt and freshly ground pepper

Heat the oil in a sauté pan over medium heat, add the shallot and garlic, and sauté for 1 minute. Add the chard stems, season with salt and pepper, cover, and cook, stirring occasionally, until tender, 3 to 5 minutes. Add the leaves and cook, stirring occasionally, until the chard is just wilted, about 3 minutes. Serve warm.



Creamed Spinach

Candle 79's creamed spinach, made with silken tofu and vegan mayo, is a delicious alternative to the high-fat version that traditionally uses heavy cream and cheese. This classic side dish pairs well with our [Seitan Piccata](#) and is also good to serve for the holidays.

Serves 4 to 6

2 pounds fresh spinach, tough stems removed
1 cup coarsely chopped silken tofu
½ cup vegan mayonnaise
½ teaspoon minced garlic
1 tablespoon chopped fresh flat-leaf parsley
1 tablespoon freshly squeezed lemon juice
1 tablespoon extra-virgin olive oil
1 teaspoon sea salt
½ teaspoon freshly ground pepper

Bring a pot of salted water to a boil over high heat. Add the spinach and cook for 2 minutes.

Drain in a fine-mesh strainer, pressing with a large spoon to release as much water as possible. Finely chop the spinach and transfer to a large bowl.

Put the tofu, vegan mayo, garlic, parsley, lemon juice, olive oil, salt, and pepper in a blender or food processor fitted with the metal blade and process until smooth.

Pour the mixture into a medium saucepan and gently cook over medium-low heat, making sure the

mixture doesn't boil. Once the mixture is warmed through, remove from the heat. Pour it over the spinach and gently mix together. Taste and adjust the seasonings if necessary. Serve warm.

Ginger-Soy Dipping Sauce

Here's a fantastic sauce that we serve with our [Ginger-Seitan Dumplings](#). It's also delicious drizzled over vegetables and as a salad dressing. Keep it handy in the refrigerator for a quick lift to so many dishes.

Makes about 1¼ cups

2 tablespoons grapeseed oil

¼ cup water

¼ cup brown rice vinegar

1 tablespoon sesame oil

2 teaspoons tamari

2 teaspoons agave nectar

1½ teaspoons ginger juice

2 teaspoons finely chopped garlic

1 teaspoon grated fresh ginger

1 teaspoon finely chopped scallions, white and green parts

1 teaspoon finely chopped fresh cilantro

½ teaspoon red pepper flakes

In bowl, whisk together all the ingredients until well mixed. For a more integrated dipping sauce, use a blender.

This sauce will keep, covered, in the refrigerator for up to 1 month.



Roasted Plum Tomato Sauce

This tomato sauce is a kitchen staple at Candle 79. It can be made well ahead of time and it freezes beautifully, so you can always have it on hand to use in a variety of dishes. We serve it with [arancini](#), and it's terrific with pasta or [Polenta Fries](#).

Makes about 2½ cups

12 ripe plum tomatoes, seeded and halved, or 1 (28-ounce) can plum tomatoes, drained and juices reserved

2 tablespoons extra-virgin olive oil

2 tablespoons Earth Balance Natural Buttery Spread

½ cup chopped onion

2 tablespoons chopped fresh basil leaves

½ cup water

Sea salt and freshly ground pepper

Preheat the oven to 350°F.

Put the tomatoes on a rimmed baking sheet, drizzle with the olive oil, and roast for 30 minutes. Let cool, then chop coarsely.

Heat the buttery spread in a large sauté pan over medium heat. Add the onion and sauté until softened, about 5 minutes. Stir in the tomatoes, basil, water, and salt and pepper to taste, and cook over low heat for 15 to 20 minutes. If using canned tomatoes, add the reserved juices to the sauce before cooking. The

sauce should be fairly chunky, but if you prefer a thinner sauce, add a bit of vegetable stock, transfer to a blender, and process until smooth.

This sauce will keep, covered, in the refrigerator for up to 1 week.

Red Bell Pepper–Curry Sauce

We serve this spicy sauce with [Morrocan-Spiced Chickpea Cakes](#). It's also very good with grilled tofu or drizzled over basmati or jasmine rice.

Makes about 2 cups

3 red bell peppers
1 tablespoon extra-virgin olive oil, plus more for brushing
¼ cup grapeseed oil
½ cup chopped onion
1 cup coconut milk
1 teaspoon curry powder
1 teaspoon ground cumin
1 teaspoon sea salt
3 tablespoons tomato paste
¼ cup chopped fresh cilantro

Preheat the oven to 350°F.

Arrange the peppers on a rimmed baking sheet and drizzle with the olive oil. Roast until tender, about 40 minutes. Transfer to a bowl, cover with plastic wrap, and let sit for about 10 minutes. When cool enough to handle, peel and chop the peppers.

Heat the grapeseed oil in a sauté pan over medium heat. Add the onion and sauté until softened, about 5 minutes. Let cool. Put the peppers, onion, coconut

milk, curry powder, cumin, salt, tomato paste, and cilantro in a blender and process until smooth.

Transfer the mixture back to the pan and cook over medium heat, stirring occasionally, until thickened, 10 to 15 minutes. Serve right away, or reheat just before serving.

The sauce will keep, covered, in the refrigerator for up to 1 week.



Roasted Red Bell Pepper and Tomato Sauce

We love the deep, rich flavor of smoked paprika, or pimenton, and we use it in a number of recipes for soups, stews, and sauces, including this luscious sauce made with roasted bell peppers and fresh tomatoes. It's a very good accompaniment to [Stuffed Poblano Peppers](#). You can also try it with [Potato Gnocci](#) or [Saffron Ravioli](#).

Makes about 2 cups

2 red bell peppers
4 tomatoes
3 tablespoons extra-virgin olive oil
½ cup chopped onion
1 clove garlic
½ teaspoon smoked paprika
1 teaspoon sea salt
2 cups vegetable stock

Preheat the oven to 350°F.

Put the peppers and tomatoes on rimmed baking sheets and drizzle with 2 tablespoons of the olive oil. Roast until tender, about 30 minutes. Transfer to a large bowl, cover with plastic wrap, and let cool. Peel and chop the peppers and tomatoes.

Heat the remaining tablespoon of olive oil in a large saucepan over medium heat. Add the onion and garlic and sauté for 2 minutes. Add the paprika, salt,

stock, and roasted peppers and tomatoes and cook over medium-low heat, stirring occasionally, for 15 to 20 minutes. Remove from the heat and let cool a bit.

Transfer to a blender and process until smooth. Taste and adjust the seasonings if necessary.

This sauce will keep, covered, in the refrigerator for up to 1 week.

Mint-Cilantro Chimichurri Sauce

There are many ways to make the Argentinian classic, chimichurri sauce. The main components of the sauce are usually chopped parsley, olive oil, onions, and garlic. Our version is made with fresh cilantro, mint, and jalapeño peppers. Its sweet and spicy taste is the perfect complement to [Cashew Cheese–Stuffed Yuca Cakes](#). It's also great over [Jasmine Rice](#) or steamed quinoa.

Makes about 1 cup

⅓ cup white wine vinegar
½ cup extra-virgin olive oil
1 cup finely chopped fresh cilantro
½ cup finely chopped fresh mint leaves
5 cloves garlic, finely chopped
2 jalapeño peppers, seeded and finely chopped
Sea salt and freshly ground pepper

In a medium bowl, whisk together the vinegar and olive oil until well combined. Stir in the cilantro, mint, garlic, and jalapeño peppers. Add salt and pepper to taste and whisk again.

This sauce will keep, covered, in the refrigerator for up to 1 week.



Pesto

A pesto based on fresh basil and pine nuts is now as commonplace as tomato sauce, but this versatile sauce can also be made with other fresh herbs and greens, such as cilantro, mint, and arugula. We also use walnuts, pecans, and cashews, as well as the traditional pine nuts. No matter how you make pesto, it's fabulous with pasta, spread on a sandwich or pizza, or drizzled over grilled vegetables or roasted potatoes.

Makes about 2 cups

1 cup chopped fresh basil leaves
1 cup chopped fresh flat-leaf parsley
1 clove garlic, thinly sliced
1 cup pine nuts
1 teaspoon freshly squeezed lemon juice
2 tablespoons nutritional yeast
2 to 3 tablespoons extra-virgin olive oil
Salt and freshly ground pepper

Put the basil, parsley, garlic, nuts, lemon juice, and nutritional yeast in a food processor fitted with the metal blade. With the motor running, drizzle the olive oil through the feed tube and process until the mixture is pureed. Add salt and pepper to taste.

Transfer to a bowl and cover tightly. Refrigerate, covered, until ready to use. The pesto will keep in the refrigerator for 2 to 3 days. Bring to room temperature before using.

Zucchini Blossom Sauce

We are big fans of zucchini blossoms, the young flowers that bloom on zucchini plants. They begin to appear in early summer and their growing season usually lasts through the summer. If you don't grow zucchini in your garden, you can probably find the blossoms in supermarkets and farmers' markets in season. In addition to [Zucchini Blossom Tempura](#), we use these delicate blossoms to make this sauce, which is terrific with [Tempeh Cakes](#).

Makes about 3 cups

2 tablespoons extra-virgin olive oil
½ white onion, chopped
2 small cloves garlic, chopped
10 zucchini blossoms, trimmed and small leaves removed
2 tablespoons chopped fresh cilantro
2 cups vegetable stock
1 teaspoon sea salt

Heat the olive oil in a large saucepan over medium heat. Add the onion and garlic and sauté until softened, 2 to 3 minutes. Stir in the zucchini blossoms, cilantro, stock, and salt, decrease the heat, and simmer for 15 minutes. Remove from the heat and let cool a bit.

Transfer the mixture to a blender and process until smooth. The sauce will keep, covered, in the refrigerator for up to 3 days.



Edamame-Mint Sauce

Nutty, delicious edamame—green soybeans in a pod—are often served as a snack in Asian restaurants. High in protein and fiber, edamame make a light and lovely sauce when blended with fresh scallions and mint. We serve this beautiful green sauce with [Nori- and Sesame-Crusted Seitan](#). You can also try it over your favorite salads or grains.

Makes about 2 cups

2 tablespoons extra-virgin olive oil
1 cup chopped scallions, white and green parts
1 cup shelled edamame
1 clove garlic, chopped
1 jalapeño pepper, seeded and chopped
1 teaspoon sea salt
2 cups water
½ cup chopped fresh mint leaves

Heat the olive oil in a saucepan over medium heat. Add the scallions and sauté until softened, 1 to 2 minutes. Add the edamame, garlic, jalapeño pepper, salt, and water and cook, stirring occasionally, for 10 to 15 minutes. Add the mint, remove from the heat, and let cool a bit.

Transfer the mixture to a blender and process until smooth. The sauce will keep, covered, in the refrigerator for up to 3 days.

Apricot Chutney

Fresh apricots have a short growing season and are usually available in early summer. A dollop of this chutney is wonderful over [Moroccan-Spiced Chickpea Cakes](#). It also makes a great spread over naan or paratha bread, alongside [Smoked Paprika Hummus](#).

Makes about 2 cups

3 tablespoons grapeseed oil
½ cup chopped onion
2 tablespoons chopped fresh ginger
3 cups chopped fresh apricots
¼ teaspoon sea salt
2 tablespoons agave nectar
½ cup water

Heat the oil in a large saucepan over medium heat. Add the onion and sauté until softened, about 3 minutes. Add the ginger, apricots, salt, agave nectar, and water. Cover and cook over low heat, stirring occasionally, until thickened, about 20 minutes. The chutney will keep, covered, in the refrigerator for up to 2 weeks.

Cashew Crème Fraîche

We use cashews that are soaked, drained, and blended in a number of our dishes. Here we make a vegan version of crème fraîche, sans cream. It makes a delicious garnish for [Seitan Cakes](#) as well as soups, potato dishes, and roasted vegetables. Note that the cashews must soak overnight before using.

Makes about 2 cups

2 cups raw cashews

¼ cup freshly squeezed lemon juice

2 tablespoons extra-virgin olive oil

¾ cup water

½ teaspoon sea salt

Put the cashews in a bowl and add enough cold water to cover them. Cover and let soak overnight in the refrigerator.

Drain the cashews, rinse under cold water, and drain again.

Transfer to a blender. Add the lemon juice, olive oil, water, and salt and process until smooth. The mixture will keep, covered, in the refrigerator for up to 5 days.

Sage or Tarragon Aioli

Aioli is a gutsy and garlicky mayonnaise that makes a perfect spread for sandwiches and great topper for hors d'oeuvres and other dishes. Sage and tarragon are two of our most popular herb-infused varieties. We serve the tarragon aioli on our [Wild Mushroom, Asparagus, and Spring Vegetable Crepes](#) and [Cashew Cheese–Stuffed Yuca Cakes](#), and the sage aioli is an ideal match for the [Butternut Squash, Mushroom, and Sage Crepes](#). Use this recipe to experiment with your favorite herbs and spices to find out what works best for your palate. Unleash your inner chef!

Makes about 1 cup

1½ tablespoons extra-virgin olive oil

3 cloves garlic, chopped

3 fresh sage leaves or 4 teaspoons chopped fresh tarragon

½ cup vegan mayonnaise

¼ cup soy milk

1 teaspoon freshly squeezed lemon juice

½ teaspoon chopped fresh flat-leaf parsley

Pinch of sea salt

Pinch of freshly ground pepper

Heat the olive oil in a small sauté pan over medium heat. Add the garlic and sauté for 3 minutes.

Combine the sage, vegan mayo, soy milk, lemon juice, parsley, salt, and pepper in a blender and

process until smooth. Add the garlic and oil and blend until well combined.

The aioli will keep, covered, in the refrigerator for up to 2 weeks.





Butternut Squash, Mushroom, and Sage Crepes

Butternut Squash, Mushroom, and Sage Crepes

There is no better time of year than autumn in New York. The air is crisp, and earthy produce fills the bins at farmers' markets. On weekends, we serve a number of brunch dishes through the afternoon, and one of the most popular is this seasonal crepe that speaks of fall.

Serves 6

2 cups peeled, diced butternut squash

2 tablespoons extra-virgin olive oil

½ cup chopped onion

1½ pounds cremini mushrooms, stemmed and thinly sliced

1 tablespoon chopped fresh sage

1 teaspoon sea salt

6 [Chickpea Crepes](#)

½ cup [Sage Aioli](#)

Chopped fresh chives, for garnish

Preheat the oven to 350°F.

Put the squash in a bowl with 1 tablespoon of the olive oil. Toss well to coat, then transfer to a rimmed baking sheet. Roast the squash until tender, 20 to 30 minutes.

Heat the remaining tablespoon of olive oil in a sauté pan over medium-low heat. Add the onion and sauté until caramelized, 8 to 10 minutes. Add the mushrooms and sauté until their liquid has evaporated, 8 to 10 minutes. Stir in the sage, salt, and squash and cook for about 2 minutes.

To serve, put 1 crepe in the center of a plate, spoon one-sixth of the vegetable mixture onto one side of the crepe, and fold the other side over the filling. Repeat with the remaining crepes and filling. Serve with a dollop of aioli and a scattering of chives.



Home-Style Pancakes with Blueberry Butter

Home-Style Pancakes with Blueberry Butter

This breakfast sensation will appeal to kids and adults alike. You'll probably end up with extra blueberry butter, which is great to have on hand in the fridge for spreading on toast or over oatmeal. We recommend using Earth Balance spread, which is made from a combination of vegetable oils and has a smooth, buttery texture. It is available at natural food stores and in the dairy section of many supermarkets.

Serves 4 to 6; makes about 12 pancakes

Blueberry Butter

1 cup Earth Balance Natural Buttery Spread, softened

½ cup fresh blueberries

1½ cups unbleached all-purpose flour

2 tablespoons baking powder

¼ cup sugar

1 teaspoon sea salt

1 teaspoon ground cinnamon

1 tablespoon Ener-G egg replacer

2 cups soy milk

¼ cup Earth Balance Natural Buttery Spread, melted

1 teaspoon vanilla extract

Fresh fruit, for accompaniment

Maple syrup, for accompaniment

To make the fruit butter, put the buttery spread in a blender. Add the blueberries and process until well incorporated. Store in the refrigerator until ready to serve.

Put the flour, baking powder, sugar, salt, cinnamon, and egg replacer in a large bowl and stir to combine. In another bowl, whisk together the soy milk, melted buttery spread, and vanilla and add to the flour mixture. Stir until just combined.

Spray a large nonstick sauté pan with canola oil cooking spray and heat the pan over medium heat. Drop large spoonfuls of batter into the pan, leaving room for the pancakes to expand. Cook until the bottoms are golden and bubbles are popping to the surface, 1 or 2 minutes. Flip the pancakes and cook the second side until golden. Repeat with the remaining batter. Serve with the fruit butter, fresh fruit, and maple syrup.

Sourdough French Toast

Thick slices of moist sourdough bread laced with autumnal spices and then fried make a sublime breakfast. This French toast is a great start to any day, and we especially love to make it for family and friends on holiday mornings. Tofu cream cheese is a cholesterol- and dairy-free alternative to everyone's favorite bagel spread; we recommend Galaxy or Toffuti.

Serves 4 to 6

1 cup tofu cream cheese

1 cup soy milk

⅓ cup maple syrup

1-inch piece of fresh ginger, peeled and finely grated

1 tablespoon granulated sugar

¼ teaspoon ground cardamom

½ teaspoon ground cinnamon

½ teaspoon ground or freshly grated nutmeg

2 tablespoons safflower oil, plus more for cooking

1 loaf sourdough bread, sliced into 1-inch-thick pieces

Maple syrup, confectioners' sugar, or fresh fruit, for accompaniment

Put the cream cheese, soy milk, maple syrup, ginger, sugar, cardamom, cinnamon, nutmeg, and oil in a blender and process until smooth. Transfer the mixture to a large bowl.

Brush a large nonstick sauté pan with oil and heat the pan over medium heat. Dip the bread slices into

the soy milk mixture, then shake off any excess. Place a couple of dipped bread slices in the pan and cook until golden brown, 1 to 2 minutes per side. Serve with maple syrup, confectioners' sugar, or fresh fruit.

Tofu and Seitan Sausage Scramble

We love to whip up this hearty and soul-satisfying scramble on lazy weekend mornings. It's terrific with golden [Potato Cakes](#) and whole-grain toast. We also use it to make a filling breakfast burrito with black beans, salsa, and guacamole. We recommend seitan sausages from [Field Roast Grain Meat Co.](#) (see [Resources](#)).

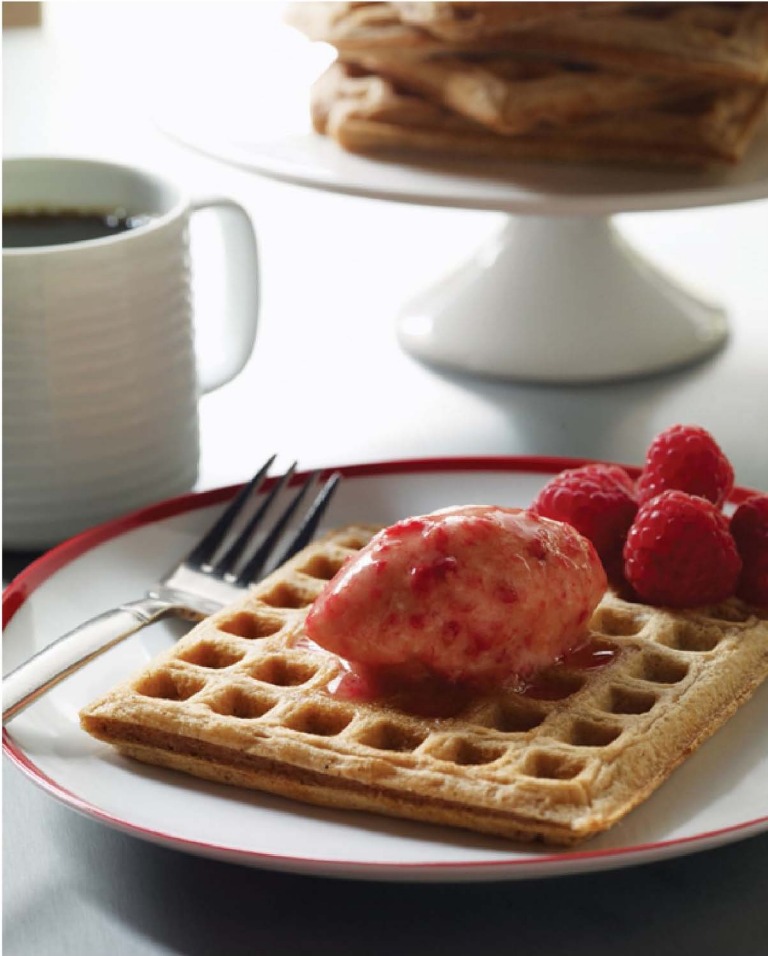
Serves 4 to 6

1½ pounds extra-firm tofu
2 tablespoons extra-virgin olive oil
1 cup chopped onion
1 clove garlic, chopped
2 cups diced fresh or canned tomatoes
½ cup vegetable stock
1 teaspoon sea salt
2 jalapeño peppers, seeded and diced
½ cup diced or crumbled seitan sausage
2 tablespoons nutritional yeast
1 tablespoon Earth Balance Natural Buttery Spread
2 tablespoons chopped fresh cilantro
1 cup chopped fresh spinach

With clean hands, crumble the tofu. Transfer to a colander to drain.

Heat the oil in a large sauté pan over medium heat for 1 minute. Add the onion, garlic, tomatoes, stock,

salt, and tofu. Stir everything together, then cover and cook for 4 minutes. Stir in the jalapeño peppers, sausage, nutritional yeast, buttery spread, and cilantro and cook, stirring occasionally, for 5 minutes. Add the spinach and cook for another minute. Taste and adjust the seasonings if necessary. Serve at once.



Mixed-Grain Waffles with Raspberry Butter

Mixed-Grain Waffles with Raspberry Butter

Heat your waffle iron and whip up a batch of these yummy waffles for the whole family. You can substitute other berries for raspberries to change the flavor of the fruit butter (of which you'll have extra for toast or other uses). We also like to top these waffles with sliced fruit, fresh berries, and maple syrup.

Serves 6

Raspberry Butter

1 cup Earth Balance Natural Buttery Spread, softened

½ cup fresh raspberries

2 teaspoons flaxseeds

1 cup unbleached all-purpose flour

¾ cup whole wheat pastry flour

1 tablespoon baking powder

2 tablespoons sugar

2 teaspoons Ener-G egg replacer

½ teaspoon sea salt

1 teaspoon ground cinnamon

¼ teaspoon ground or freshly grated nutmeg

½ cup sparkling water

1½ cups soy milk

1½ teaspoons vanilla extract

2 tablespoons Earth Balance Natural Buttery Spread, melted

Maple syrup, sliced fruit, or berries, for accompaniment

To make the fruit butter, put the buttery spread in a blender. Add the raspberries and process until well incorporated. Store in the refrigerator until ready to serve.

Spray a waffle iron with canola oil cooking spray and heat according to the manufacturer's instructions.

Put the flaxseeds in a blender and process until pulverized.

In a large bowl, combine the flours, baking powder, sugar, egg replacer, salt, cinnamon, nutmeg, and ground flaxseeds. In a small bowl, whisk together the sparkling water and soy milk. Add the vanilla extract and buttery spread and whisk again.

Add the wet ingredients to the dry ingredients and stir just until combined, being careful not to overmix.

Cook the batter in the prepared waffle iron until golden brown, about 4 to 5 minutes. Serve with the fruit butter, along with maple syrup, sliced fruit, or berries, as desired.



Desserts

When it comes to dessert, our motto is "Always save the best for last." Candle 79 is famous for its rich, delicious desserts, and our customers are always amazed that we use no dairy products or refined sugars in our baking and dessert making. Instead, we make our creations with organic ingredients such as silken and firm tofu, soy milk, unrefined sugar, agave nectar, maple syrup, and natural fruit juices. Luckily for the home cook, these items are increasingly available at mainstream supermarkets, as well as natural food stores and online outlets—see [Resources](#) for more information.

Whether you have a craving for chocolate, berries, or sweet spices, we know that you will enjoy whipping up these luscious and luxurious desserts for all occasions!



Summer Berry Crumble

Summer Berry Crumble

Take full advantage of bursting-with-flavor fresh berries in season and make this fantastic berry crumble—a perfect ending to any summer meal. We add almond flour to the crumble, which contributes great flavor and moistness. Almond flour, made from blanched almonds, has a cornmeal-like consistency and is a good addition to many baked goods like muffins and quick breads. It is available at natural food stores and online. For extra indulgence, serve with a scoop of vegan [Vanilla Bean Ice Cream](#).

Serves 6 to 8

Almond Crumble

1¼ cups Earth Balance Natural Buttery Spread, at room temperature

¼ cup unrefined sugar

1¾ cups unbleached all-purpose flour

1 cup almond flour

½ cup arrowroot powder

Almond Topping

1 tablespoon unrefined sugar

2 cups slivered almonds

¼ cup maple syrup

Strawberry Sauce

2 cups fresh strawberries, stemmed

¼ cup agave nectar

1 whole vanilla bean or 1 teaspoon vanilla extract

1 cup fresh strawberries, sliced, plus whole strawberries for garnish

1 cup fresh raspberries

1 cup fresh blueberries

1 cup fresh blackberries

To make the crumble, in a large bowl mix the buttery spread and sugar together with your hands. Add the all-purpose flour, almond flour, and arrowroot powder and continue mixing until everything is well blended. Cover and let chill in the refrigerator for 1 hour.

Preheat the oven to 350°F. Line 2 rimmed baking sheets with parchment paper.

Crumble the dough over one of the prepared baking sheets and bake for 20 minutes, turning with a spatula after 10 minutes, until golden brown. Remove and let cool.

To make the topping, put the sugar, almonds, and maple syrup in a bowl and stir with a spoon or mix very well with your hands. Spread the mixture evenly on the second baking sheet and bake for 8 to 12 minutes, until toasted.

To make the sauce, put the strawberries, agave nectar, and vanilla bean in a blender and process until smooth and creamy.

Gently stir the strawberries, raspberries, blueberries, and blackberries together.

To assemble each serving, spoon some sauce on the bottom of a dessert plate or shallow bowl. Add some almond crumble and a handful of mixed berries, then sprinkle with the topping. Garnish with a strawberry and serve.

Vanilla Bean Ice Cream

This vegan ice cream is made with soy milk, soy creamer, and coconut milk, which adds a rich, naturally sweet flavor. It is wonderful to eat on its own, but you can design your own flavors by adding your favorite fresh berries, chopped fresh fruit, or a handful of chocolate chips to the ice cream. Check the directions that accompany your ice cream maker as to when to add the mix-ins.

Makes about 1½ quarts

1 cup soy milk
1 cup soy creamer
¼ cup safflower oil
1 whole vanilla bean
½ cup unrefined sugar
2 cups coconut milk
2 cups fresh strawberries, blueberries, or blackberries; or 3 cups chopped fresh fruit (such as peaches, bananas, or mangoes); or ½ cup vegan semisweet chocolate chips (optional)

Put the soy milk, soy creamer, safflower oil, vanilla bean, sugar, and coconut milk in a blender and process for 1 minute. Strain the mixture through a fine-mesh sieve to remove any pieces of vanilla bean.

Add any desired mix-ins and stir them in. Transfer the mixture to an ice cream maker and freeze according to the manufacturer's instructions.

Chocolate Ice Cream

Creamy, rich, and delicious chocolate ice cream is always a treat. No one can believe that this recipe is dairy free. You can find soy creamer in the refrigerated section of your local grocery store.

Makes about 1½ quarts

1 cup soy milk
¼ cup maple syrup
¾ cup vegan semisweet chocolate chips
1 cup coconut milk
1 cup soy creamer
½ cup safflower oil
1 cup unrefined sugar
1 whole vanilla bean

To make the chocolate sauce base, put ½ cup of the soy milk in a saucepan and cook over medium heat until very hot but not boiling. Stir in the maple syrup and chocolate chips and transfer the mixture to a blender. Blend until smooth, then let cool in the blender.

To complete the ice cream mixture, add the coconut milk, soy creamer, safflower oil, sugar, vanilla bean, and the remaining ½ cup soy milk to the blender and blend until smooth, about 1 minute. Strain the mixture through a fine-mesh sieve to remove any pieces of vanilla bean.

Transfer the mixture to an ice cream maker and freeze according to the manufacturer's instructions.



Sorbets

Sorbets

Sorbets made with fresh berries and fruit are very easy to whip up for light and refreshing desserts. Using seasonal, organic fruits is a great way to get deep flavor with natural sweetness. It's worth the extra effort to make several flavors and serve them together in shallow bowls or on dessert plates, as we've done (pictured above, with mango and strawberry sorbets alongside a couple ice creams). They taste as beautiful as they look.

Makes 1½ quarts

3 cups fresh berries (such as strawberries, blueberries, or blackberries), or 3 cups chopped fresh fruit (such as peaches, bananas, or mangoes)

¼ cup agave nectar

1 teaspoon safflower oil

1 cup water

In a large bowl, mix together the fruit, agave nectar, safflower oil, and water. Transfer to a blender and process for 3 minutes. Taste and adjust the sweetness with additional agave nectar, if necessary.

Transfer the mixture in an ice cream maker and freeze according to the manufacturer's instructions.

Mexican Chocolate Cake

Our chocolate cake is memorable. It's beautifully spiced with cinnamon, and ancho chile powder gives it a subtle, unexpected kick. Our customers are mad for it!

Makes two 9-inch cakes or 12 cupcakes

1 cup unbleached all-purpose flour
½ cup cocoa powder
¾ teaspoon baking powder
⅛ teaspoon ground cinnamon
⅛ teaspoon ancho chile powder
⅛ teaspoon baking soda
1 cup soy milk
½ cup maple syrup
½ cup safflower oil
¼ cup unrefined sugar
1 teaspoon apple cider vinegar

Chocolate Sauce

1 cup soy milk
½ cup maple syrup
1½ cups vegan semisweet chocolate chips

Preheat the oven to 350°F. Brush two 9-inch round cake pans with safflower oil and set aside. If making cupcakes, brush a 12-cup muffin pan with safflower oil or line with cupcake papers.

In a large bowl, combine the flour, cocoa, baking powder, cinnamon, ancho powder, and baking soda

and mix well. In a separate bowl, combine the soy milk, maple syrup, safflower oil, sugar, and vinegar and mix well.

Add the wet ingredients to the dry ingredients and stir to combine.

Divide the batter between the prepared pans and bake for 35 minutes, until a cake tester comes out clean. Cool in the pans on wire racks.

Meanwhile, to make the sauce, heat the soy milk in a saucepan over medium heat until very warm but not boiling. Transfer to a blender. Add the maple syrup and chocolate chips and blend until smooth.

Cut the cakes into wedges, drizzle with sauce, and serve.

Apple-Apricot Strudel

Apricot jam makes this strudel extra luscious, but during the summer you can make this with fresh stone fruits. Fall is the perfect time to feature apples, and this also makes a great holiday dessert. The phyllo is light and crunchy and is a perfect complement to an ice cream topping. A piece of this strudel, fresh from the oven and topped with a scoop of [Vanilla Bean Ice Cream](#), is a slice of heaven.

Serves 6 to 8

¼ cup plus 1 tablespoon Earth Balance Natural Buttery Spread

¼ cup agave nectar

3 tart apples, such as Granny Smith, peeled, cored, and cut into ¼-inch slices

2 tablespoons unrefined sugar

1½-inch piece of vanilla bean

3 sheets phyllo dough

¼ cup apricot jam

Preheat oven to 375°F. Grease a baking sheet.

In a small saucepan, melt the ¼ cup buttery spread over medium heat. Add the agave nectar and stir well. Remove from the heat.

In a bowl, toss together the apples, sugar, and 1 tablespoon buttery spread. Split the vanilla bean lengthwise with a paring knife, scrape the seeds into the bowl, and stir to combine.

Place a sheet of phyllo dough on a work surface with a long side facing you. Brush the dough with some of the agave nectar mixture and place another sheet on top. Brush and layer the remaining sheets of phyllo dough, reserving a bit of the agave nectar mixture.

Spread the jam down the center of the phyllo, parallel to the longer side. Top with the apple mixture. Lift the long edge over the fruit and roll it over, leaving the seam side down. Brush the surface of the roll with the remaining agave nectar mixture.

Transfer the roll to the baking sheet, seam side down, and bake until the crust is golden brown and the apple mixture is bubbling, about 30 minutes.

Let cool for about 30 minutes, then slice and serve warm.



Peach Parfait

Peach Parfait

Peaches are the perfect succulent expression of summer. This parfait is a light and luscious way to end a great meal—especially when topped with a scoop of your favorite fruit [sorbet](#). For more variety, replace the peaches in this recipe with other summer fruit. We like to make a parfait with fresh cherries and a cherry port reduction. Make extra granola and you have a wonderful breakfast cereal. If you have a dehydrator, you can use it instead of the oven for baking the granola. Note that the cashews must soak overnight before using.

Serves 4 to 6

Vanilla Cashew Cream

- 1 cup raw cashews
- 1 cup baby Thai coconut meat, or ½ cup creamed coconut
- 1 teaspoon coconut oil
- 1 tablespoon agave nectar
- 1½-inch piece of vanilla bean

Nut Granola

- ¾ cup dates
- ¼ cup raisins
- 2 tablespoons maple syrup
- 1 teaspoon vanilla extract
- Pinch of sea salt
- ¼ teaspoon grated orange zest
- ¼ teaspoon freshly squeezed orange juice
- 1 cup raw cashews

½ cup raw sunflower seeds
1 cup sliced raw almonds
1 cup raw pecan pieces
¼ cup raw pumpkin seeds
½ cup shredded coconut

Peach Topping

4 cups peeled, diced fresh peaches
½ cup agave nectar
¼ cup freshly squeezed orange juice
1-inch piece of vanilla bean

To make the cashew cream, the day before serving, put the cashews in a bowl and add enough cold water to cover them. Cover and let soak overnight in the refrigerator. Drain and rinse the cashews, then put them in a blender. Add the coconut meat, coconut oil, agave nectar, and vanilla bean and process for 2 minutes, until very smooth. Transfer to a bowl, cover, and chill in the refrigerator for 1 hour.

To make the granola, soak the dates and raisins in hot water until softened, about 2 hours.

Preheat the oven to 150°F. Line 2 rimmed baking sheets with parchment paper.

Drain the fruit, transfer to a food processor fitted with the metal blade, and process until coarsely ground. Add the maple syrup, vanilla, salt, orange zest, and orange juice and pulse to combine. Transfer to a large bowl.

Put the cashews, sunflower seeds, almonds, and pecans in the food processor and pulse until broken up. Add to the date mixture, along with the pumpkin seeds and coconut, and stir or toss with your hands until well coated. Spread the granola mixture on the baking sheets and bake until crisp, about 2 hours.

Meanwhile, to make the topping, put the peaches, agave nectar, orange juice, and vanilla bean in a bowl and toss together. Spread the mixture out on a rimmed baking sheet and bake, along with the granola, until juicy, about 30 minutes. Let cool, then transfer to a bowl. Cover and refrigerate.

Remove the vanilla bean from the topping. Spoon the granola into the bottom of a parfait or martini glass. Top with a spoonful of the cashew cream, and then the topping.



Doughnuts

Doughnuts

Whether you dunk these delicious, light and airy doughnuts in your morning coffee or nibble on them after dinner for dessert, they are irresistible. We serve them with powdery confectioners' sugar, cinnamon sugar, or chocolate sauce. We like to fry these doughnuts in sunflower oil because it has no flavor and a high smoking point, which is beneficial for quick frying. Note that the dough must rise overnight before using.

Makes about 12 doughnuts

1½ cups warm water (about 110°F)

2 tablespoons active dry yeast

½ cup unrefined sugar

2½ cups unbleached all-purpose flour

¼ cup Ener-G egg replacer

1 teaspoon sea salt

¼ cup safflower oil

Sunflower or safflower oil, for frying

Confectioners' sugar, cinnamon sugar, or chocolate sauce, for serving

[Chocolate Sauce](#)

Put the water in a bowl. Add the yeast and ¼ cup of the sugar, stir, and let sit for 15 minutes.

In a large bowl, mix the flour, egg replacer, salt, and remaining ¼ cup of sugar together. Add the safflower oil and mix again. Add the yeast mixture and mix with floured hands until the dough is smooth

and not sticky, adding more flour if needed. Shape into a ball, place in a bowl, cover with plastic wrap, and leave in a warm place to rise overnight.

When ready to cook the doughnuts, roll the dough out ½ inch thick. Using a 3-inch ring mold or biscuit cutter, cut out dough rounds. Gather the scraps, roll them out again, and cut out more dough rounds until all the dough is used.

Heat 3 inches of sunflower oil in a deep cast-iron skillet over medium-high heat. Fry the doughnuts in batches until golden brown, about 2 minutes per side. Transfer to paper towels to drain and cool.

Sprinkle the doughnuts with confectioners' sugar or cinnamon sugar or drizzle with chocolate sauce and serve.



Chocolate Mousse Tower

Chocolate Mousse Tower

The Chocolate Mousse Tower is Candle 79's signature dessert, and it's a decadent treat. It can be paired with almond or peanut butter mousse and garnished with peanuts, almonds, or cashews. At the restaurant we usually form the towers using ring molds, but ramekins work just as well. Note that the mousse must set overnight in the refrigerator before unmolding and serving.

Serves 6

2½ cups vegan semisweet chocolate chips

1 cup soy milk

1 pound silken tofu

¾ cup maple syrup

Chocolate shavings, for garnish

Peanuts, almonds, or cashews, for garnish (optional)

Put the chocolate chips and soy milk in the top of a double boiler set over simmering water. Cook, stirring occasionally, until the chocolate has melted. Set aside to cool a bit.

Put the tofu, maple syrup, and melted chocolate mixture in a blender and process until smooth, about 3 minutes. Lightly coat six 3 by 1-inch ring molds or ramekins with safflower oil. Divide the chocolate mixture equally between the molds and chill in the refrigerator overnight.

Unmold each tower, garnish with chocolate shavings and nuts, if desired, and serve at once. If using ramekins, serve directly from the ramekins.





Drinks

At Candle 79, our organic wine and cocktail bar is quite a scene! A seat at the bar is the perfect perch to observe the cocktail-mixing secrets of our bar staff, famous for their creative cocktails and fresh, reviving tonics. Recently, we've added organic and sustainably crafted spirits to our bar offerings, and our guests are happily imbibing classics like aromatic gin martinis and seasonal specialties like fresh strawberry margaritas with balsamic sea salt. Here in our book, we've included some of our signature sake and wine cocktails, for which we are best known, along with sippers and tonics for any time of day. We hope you'll use these recipes to inspire your inner mixologist and formulate drinks, with or without spirits, that incorporate seasonal ingredients to create luscious organic libations that will make your party or gathering an event to be remembered.

Apricot Spritzer

We love the sunny, sweet flavor of apricots. This refreshing sipper contains aloe juice, a hydrating and cleansing tonic. We highly recommend George's brand aloe juice, which can be found online or in most natural food stores. This recipe can be adapted to use your favorite seasonal fruit. Our customers also love this one with passion fruit. To make agave simple syrup, stir together equal amounts of agave nectar and water until well blended.

We like to add hydrated chia seeds to many of our drinks because they are a powerful superfood. These healthful edible seeds are high in omega-3 fatty acids and protein, packed with antioxidants, and loaded with vitamins, minerals, and potassium. They are a member of the sage family and are available at natural food stores and online. You can use the variation at the bottom of this recipe to add chia seeds to this spritzer or any of the other drinks in this chapter.

Serves 1

2 ounces apricot purée

1 ounce aloe juice

1 ounce agave simple syrup (see headnote)

½ ounce freshly squeezed lemon juice

Ice

Sparkling water

Lemon slice, for garnish

Pour the apricot purée, aloe juice, simple syrup, and lemon juice into a 16-ounce glass, then fill with ice. Top off with sparkling water and mix well by transferring the contents to another container and then back into the glass. Garnish with the lemon slice and serve.

Variation: Apricot Spritzer with Chia Seeds

1½ ounces water

1 teaspoon chia seeds

To hydrate the seeds, pour the water into a small bowl, then add the chia seeds slowly, stirring constantly so they don't clump. Let stand for 5 minutes, then stir the seeds once more. Let sit for another 10 minutes or until the seeds are completely hydrated into a gel.

Stir 1 or 2 teaspoons of the hydrated gel into the prepared drink. The hydrated seeds will keep, covered, in the refrigerator for up to 1 week.

Elderberry Elixir

Elderberry extract is derived from the black elderberry plant. It has long been used as a remedy for the common cold, flu, and respiratory infections and is believed to be a powerful immune and circulatory system booster. We add it to fresh apple and lemon juices for a delightful, restorative drink. Elderberry extract is available at natural food stores, organic grocers, and online.

Serves 1

½ ounce elderberry extract

½ ounce freshly squeezed lemon juice

7 ounces apple juice, preferably freshly pressed

Lemon slice, for garnish

Pour the elderberry extract and lemon juice into an 8-ounce glass. Add the apple juice and stir. Garnish with the lemon slice and serve.



Ginger Ale

Ginger Ale

One of our most popular beverages here at Candle 79—our wonderful fresh ginger ale—is a thirst-quenching, spicy, pick-me-up for any time of day. And it's healthy to boot! In studies, ginger has been shown to aid digestion, alleviate nausea, and improve circulation. Ginger juice can be extracted from fresh ginger with a juicer or garlic press or purchased from a natural foods store. To make agave simple syrup, stir together equal parts of agave nectar and water until completely mixed. Note: you can make a more traditional simple syrup by heating equal parts unrefined cane sugar and water on the stove until the sugar dissolves completely. Or substitute a different sweetener of your choice.

Serves 1

½ ounce ginger juice or 1 tablespoon grated ginger

1 ounce freshly squeezed lemon juice

1½ ounces agave simple syrup (see headnote)

Ice

Sparkling water

Mint sprig, for garnish

Lemon slice, for garnish

Pour the ginger juice, lemon juice, and simple syrup into a 16-ounce glass, then fill with ice. Top off with sparkling water and mix well by transferring contents to another container and then back into the

glass. Garnish with the mint sprig and lemon slice and serve.



Coconut-Mint Frappé

Coconut-Mint Frappé

This reviving frappé is made with fresh avocado and coconut water. Coconut water is a nutritional wonder. It is low in natural sugars, full of vitamins, and contains more potassium and less sodium than most energy drinks. Coconut water is available fresh or packaged at juice bars, natural food stores such as Whole Foods, and online.

Serves 1

½ ripe avocado, pitted, peeled, and chopped

8 ounces young coconut water, preferably fresh (see headnote)

1 ounce agave nectar

1½ teaspoons freshly squeezed lime juice

10 fresh mint leaves, plus 1 mint sprig for garnish (optional)

1 cup ice

Put the avocado, coconut water, agave nectar, lime juice, mint leaves, and ice in a blender and process on high speed until smooth. Pour the mixture into a 16-ounce glass, garnish with the sprig of mint if desired, and serve.



Summer Sangria

Summer Sangria

Dry rosé wine is the thing to drink on hot summer evenings, and cold sangria made with fresh ripe fruit and rosé is perfection. A finishing splash of Prosecco or sparkling rosé adds a very festive touch to this beautiful, refreshing drink. Note that some of the fruit must soak in the rosé overnight.

Serves 6

1 (750 ml) bottle of dry rosé
1 firm peach, halved, pitted, and diced
1 orange, thinly sliced and quartered
¼ cup freshly squeezed lemon juice
¼ cup unrefined sugar
2 ounces Cointreau or any orange liqueur, such as Citry (see [Resources](#))
2 ounces brandy
1 cup fresh strawberries, stemmed and sliced
½ cup fresh blueberries
Prosecco, sparkling rosé, or sparkling water

Combine the rosé, peach, orange, lemon juice, sugar, Cointreau, and brandy in a large pitcher. Stir until the sugar dissolves. Refrigerate overnight.

Before serving, add the strawberries and blueberries. Pour over ice into sturdy wine goblets, add a splash of Prosecco, and serve.

Winter Spiced Sangria

Although we usually think of sangria as a summery drink, this version made with spicy Zinfandel, fruit, and spices is a good thing to sip in the winter in front of a roaring fire. We also use this recipe to make a hot mulled wine that's the perfect libation for Christmas Eve or any holiday party. Simply combine the ingredients in a saucepan, heat over medium heat until it reaches a simmer, let simmer for 3 minutes, stirring occasionally, and then serve immediately with the recommended garnishes.

Serves 6

- 1 (750 ml) bottle of Zinfandel
- 4 ounces pear nectar
- 2 ounces Cointreau
- 2 ounces crème de cassis
- ¼ cup unrefined sugar
- 4 whole cloves
- 2 whole star anise pods
- 3 cinnamon sticks, plus 6 cinnamon sticks for garnish
- 3 oranges, thinly sliced into rounds, 6 slices reserved for garnish
- 1 pear, peeled, cored, and cut into small pieces
- 1 apple, peeled, cored, and cut into small pieces

Combine the wine, pear nectar, Cointreau, crème de cassis, sugar, cloves, star anise, 3 cinnamon sticks, oranges (reserving 6 slices for garnish), pear, and

apple in a large pitcher and stir until the sugar dissolves. Refrigerate overnight.

Serve over ice in sturdy wine goblets, garnishing each glass with a cinnamon stick and a slice of orange.



Cherry Pie

This organic, all-American cocktail tastes just like a slice of Grandma's cherry pie with graham cracker crust! To make agave simple syrup, stir together equal amounts of agave nectar and water until well blended. If you can't obtain the French vanilla syrup, substitute a drop of pure vanilla extract and ½ ounce more agave simple syrup.

Serves 1

2 tablespoons crushed vegan graham crackers

½ teaspoon unrefined sugar

Pinch of ground cinnamon

Lemon wedge

4 ounces organic sake

½ ounce freshly squeezed lemon juice

1 ounce cherry juice

½ ounce agave simple syrup (see headnote)

½ teaspoon French vanilla syrup (see [Resources](#))

Ice

Put the graham cracker crumbs, sugar, and cinnamon onto a small plate and mix with your fingers. Moisten the rim of a martini glass with the lemon wedge. Turn the glass upside down into the plate of crumbs to coat.

Combine the sake, lemon juice, cherry juice, simple syrup, and vanilla syrup in a cocktail shaker half filled with ice. Shake vigorously. Strain into the rimmed glass and serve.

Pomegranate Cosmo

This twist on the classic Cosmo is Candle 79's ode to the eighties! Pomegranate is a powerful antioxidant that balances this sweet and tart cocktail. We like to use Sho Chiku Bai Nama Sake, made from organic rice harvested from California's Sacramento Valley, with no preservatives, no brewer's alcohol added, and no sulfites. It has a full, fresh, fruity but dry flavor perfect for sake cocktails like this one. To make agave simple syrup, stir together equal amounts of agave nectar and water until well blended.

Serves 1

4 ounces organic sake

1 ounce pomegranate juice

½ ounce freshly squeezed lime juice

1 ounce agave simple syrup (see headnote)

½ ounce Cointreau or any orange liqueur, such as Citry (see [Resources](#))

Ice

Lime slice, for garnish

Fresh pomegranate seeds, for garnish

Combine the sake, pomegranate juice, lime juice, simple syrup, and Cointreau in a cocktail shaker half filled with ice. Shake, then strain into a martini glass, garnish with the lime slice and pomegranate seeds, and serve.

Mango Margarita

Sweet and juicy Mango Margaritas are a fun and festive complement to our Mexican-inspired dishes.

Serves 1

2 lime slices, one reserved for garnish

Sea salt

4 ounces organic sake

2 ounces mango puree or nectar, or 3 ounces muddled fresh mango

½ ounce Cointreau or any orange liqueur, such as Citry (see [Resources](#))

1 ounce freshly squeezed lime juice

Ice

Wet the rim of a margarita or martini glass with one of the lime slices. Turn the glass upside down into a shallow plate of salt to coat the rim.

Combine the sake, mango puree, Cointreau, and lime juice in a cocktail shaker half filled with ice. Shake vigorously. Strain into the rimmed glass, garnish with the remaining lime slice, and serve.



French 79

French 79

The French 79 is an elegant champagne cocktail and our rendition of the classic French 75. We named it after our location on East 79th street, and it quickly became our signature cocktail. Enjoy the bubbly burst of flavor from this colorful, delicious drink. It's perfect for showers, festive brunches, and cocktail parties. To make agave simple syrup, stir together equal amounts of agave nectar and water until well blended.

Serves 1

2 ounces organic sake
1 ounce mango or papaya puree
½ ounce freshly squeezed lemon juice
¾ ounce agave simple syrup (see headnote)
¼ ounce crème de cassis
2 ounces sparkling wine
¼ ounce pomegranate juice
Blackberry, for garnish (optional)

Combine the sake, mango puree, lemon juice, and simple syrup in a cocktail shaker half filled with ice. Shake and strain into a champagne flute. Tilt the glass and slowly slide in the crème de cassis so it sinks to the bottom of the glass. Top with the sparkling wine.

Slowly pour the pomegranate juice into the glass while vigorously whisking the upper one-third of the liquid with a straw to create a layering effect. The

crème de cassis should sit on the bottom, with the pomegranate juice and champagne creating the top layer and the sake-mango mixture forming the middle layer. Garnish the rim with a blackberry, if desired, then serve.

The Grapevine

Chock full of antioxidants, Concord grapes are a flavorful powerhouse from the vineyard. This juicy cocktail will bring back memories of childhood in a deliciously healthy and sophisticated way! Organic Concord grape juice concentrate can be found online at websites like NaturesFlavors.com and at natural food stores. To make agave simple syrup, stir together equal amounts of agave nectar and water until well blended.

Serves 1

4 ounces organic sake

1 ounce Concord grape juice

½ ounce freshly squeezed lime juice

½ ounce agave simple syrup (see headnote)

6 fresh mint leaves

Ice

Sparkling water

Combine the sake, grape juice, lime juice, simple syrup, and mint leaves in a cocktail shaker half filled with ice. Shake well, then pour the contents, including the ice and mint, into a rocks glass or strain into an 8-ounce martini glass. Top with a splash of sparkling water and serve.



Ginger Rush

A spicy, warming all-time favorite of our guests, the Ginger Rush has been on our cocktail menu since we opened our doors in 2003. It's like having a ginger and plum tart in a glass! You can either juice the ginger yourself by running large chunks of ginger through your juicer, or buy bottled ginger juice online at sites like GingerPeople.com or at specialty and natural food stores like Whole Foods. To make agave simple syrup, stir together equal amounts of agave nectar and water until well blended.

Serves 1

4 ounces organic sake

1 ounce plum nectar

$\frac{3}{4}$ ounce fresh ginger juice (see headnote)

$\frac{3}{4}$ ounce agave simple syrup (see headnote)

$\frac{1}{2}$ ounce freshly squeezed lemon juice

Ice

1 stick of peeled fresh ginger, for garnish

Put the sake, plum nectar, ginger juice, simple syrup, and lemon juice in a cocktail shaker half filled with ice and shake vigorously. Strain into a martini glass, garnish with the ginger stick, and serve.



Sake Mojito Classico, front, Mixed Berry Sake Mojito, back

Sake Mojito Classico

Traditional mojitos are made with rum and muddled mint. Our version is made with organic sake and fresh mint from a local organic farm. This is a very light and refreshing drink.

Serves 1

7 fresh mint leaves, plus 1 mint sprig for garnish

1½ teaspoons unrefined sugar

½ lime, cut into half wheels, 1 half wheel reserved for garnish

4 ounces organic sake

Ice

1 ounce sparkling water

Muddle the mint leaves with the sugar and lime (reserving 1 half wheel for garnish) in a cocktail shaker. Add the sake, fill the shaker halfway with ice, and shake well. Pour the entire mixture into a highball glass. Top with the sparkling water, garnish with the mint sprig and reserved lime, and serve.

Mixed Berry Sake Mojito

This mojito is made with organic sake, a combination of beautiful fresh berries and mint, and a squeeze of lime. This refreshing cocktail is as pretty to look at as it is delicious to drink, and we love to make a batch to serve on a summer evening.

Serves 1

7 fresh mint leaves, plus 1 mint sprig for garnish

1 teaspoon unrefined sugar

½ lime, cut into half wheels, 1 half wheel reserved for garnish

1 small handful of mixed fresh berries, such as 2 large strawberries, 6 blueberries, and 4 raspberries

4 ounces organic sake

Ice

1 ounce sparkling water

Muddle the mint leaves with the sugar, lime (reserving 1 half wheel for garnish), and berries in a cocktail shaker. Add the sake, fill the shaker halfway with ice, and shake well. Pour the entire mixture into a highball glass. Top with the sparkling water, garnish with the mint sprig and reserved lime, and serve.



Cucumber-Basil Martini

Cucumber-Basil Martini

The flavors of fresh cucumber and basil blend together beautifully in this summery quaff. This is an especially cooling drink, the kind you dream of after a dip in the pool. Note: To juice cucumbers, quarter them lengthwise and run them through a juicer. One pound of cucumbers will make about 1 cup of juice, enough for 4 cocktails. Leaving the skins on will make a darker colored juice and will increase the nutritional content, especially the amount of vitamin A. Leftover juice is an excellent cooling beverage. If you do not have access to a juicer, simply muddle two ½-inch slices of whole cucumber with the basil per drink. To make agave simple syrup, stir together equal amounts of agave nectar and water until well blended.

Serves 1

4 ounces organic sake

2 ounces fresh cucumber juice (see headnote)

½ ounce freshly squeezed lemon juice

½ ounce agave simple syrup (see headnote)

3 fresh basil leaves, torn

Ice

Lemon twist, for garnish

Combine the sake, cucumber juice, lemon juice, simple syrup, and basil in a cocktail shaker half filled with ice. Shake well and strain into a chilled 8-ounce martini glass. Garnish with the lemon twist and

serve.

ORGANIC BEERS

As a fresh, flavorful alternative to wine and cocktails, beer pairs beautifully with vegan cuisine. One of our favorite organic breweries is Wolaver's in Vermont. One of the first certified organic breweries in the nation, Wolaver's has been a leader in sustainable brewing since 1997. Wolaver's philosophy in producing their beers is much in line with our own: to create a local, organic, collective, green, and handcrafted product. Try their crisp, mellow, rich Brown Ale with our [Black Bean–Chipotle Burgers](#) and [Polenta Fries](#). For fall, they make a delightful Pumpkin Ale, perfect with hearty tempeh dishes garnished with fruit chutneys, or a chocolaty Mexican [mole sauce](#).

For summer salads with fruity accents, we love Schneider Edel-Weisse, an organic hefeweizen that is beautifully crisp and citrusy with hints of spice. This is an elegant brew—serve it in a wine goblet with our [Seitan Piccata](#) for a fresh, modern approach to pairing.



GLOSSARY

AGAVE NECTAR This natural sweetener derived from a succulent cactuslike plant has the color and consistency of honey. A very versatile syrup used in many desserts and drinks, agave nectar has much less impact on blood sugar (with a lower glycemic index and glycemic load) than cane sugar does.

ANCHO CHILE A dried poblano chile pepper, it is the sweetest of the dried chiles, with a slightly fruity flavor that ranges from mild to pungent.

ARAME A sea vegetable, arame is rich in calcium, potassium, iron, protein, and vitamins A, B1, and B2. Use in salads and with vegetables and tofu.

ARROWROOT POWDER A thickening agent made from arrowroot, a tropical tuber, this powder is gluten free, more easily digested than wheat flour, and high in calcium. Use in puddings, sauces, and other foods.

BLACK GARLIC Rich in antioxidants, this is garlic fermented at high heat, which turns the cloves black. The taste is sweet and syrupy, with hints of balsamic vinegar and tamarind.

BROWN RICE VINEGAR Made from brown rice wine, this vinegar is organic, naturally brown, unfiltered, and unpasteurized.

CHIPOTLE CHILE Dried, smoked jalapeño peppers, called chipotles, are available in whole or ground form.

They are very hot and spicy. Use to season soups, sauces, and sandwich spreads.

COCONUT MILK Made by adding water to shredded coconut meat and squeezing out the essence of the coconut meat, coconut milk is a great alternative to animal-based dairy products in sauces and desserts.

EGG REPLACER Ener-G Foods makes the most popular and widely available type of egg replacer, and that's what our recipes call for. This dairy-free, gluten-free powder blends potato starch and tapioca flour with other ingredients to create a dairy-free and gluten-free substitute for eggs in baking. It is versatile, easy to use, and available at most natural food stores, some larger well-stocked grocery stores, and online.

ELDERBERRY When cooked, the small dark berries from elderberry bushes add a sweet, tangy flavor to elixirs, syrups, jams, pie fillings, and more. Elderberries contain potassium and large amounts of vitamin C and are thought to boost the immune system.

EPAZOTE A pungent herb with a flavor similar to coriander, epazote is commonly used in Mexican and Southwestern cooking and is most often sold in dried form. It is often added to beans as it helps to reduce gas.

FLAXSEEDS Both flaxseeds and their oil are rich in omega-3 fatty acids. Flaxseed oil is very nutritious and easy to digest, and is great in salad dressings and sauces, on cereals and porridge, over popcorn, and as a spread for breads. The oil should never be heated. The seeds can add flavor and texture to breakfast cereal, granola, crackers, and breads.

GINGER JUICE Ginger has been shown to aid digestion, alleviate nausea, and improve circulation. Ginger juice can be extracted from fresh ginger with a juicer or garlic press, or purchased from a natural foods store.

GLUTEN-FREE FOOD Foods that are free of wheat, rye, barley, oats, spelt, triticale, and any derivatives of these grains.

GUAJILLO CHILE A mild dried chile popular in Mexican cooking, the guajillo (little gourd, in Spanish) is deep red in color, with a green tea and berry flavor.

HEMP SEEDS Edible and easily digested, with a nutty flavor, hemp seeds contain all the essential amino acids and fatty acids necessary for good health. They are also rich in protein and omega-3 fatty acids. We think this condiment should be on every table.

HIJIKI A sea vegetable that is very high in calcium, phosphorus, iron, protein, and vitamins A, B1, and B2. Use in soups and salads and as a garnish.

KOMBU Japanese cooks use this sea vegetable to boost flavor and also add texture. Kombu is very high in calcium, phosphorus, iron, protein, and vitamins A, B1, B2, and C. Chop soaked kombu and add to salads and vegetables. Add unsoaked kombu (or reserved soaking liquid) to soups for a rich stock.

LIVE FOODS Plant-based foods that still contain their natural enzymes are referred to as live, raw, or living foods. Cooking food above 118°F kills all natural enzymes and changes the food's molecular content, which can sometimes render it toxic. Live foods

contain a vast array of vital nutrients that are essential to maintaining a healthy body.

MISO Fermented soybean paste that is influenced by its aging process, which can range from six months to three years, is called miso. There are three categories of miso: barley miso, which is dark in color; soybean miso, which is medium in color; and rice miso, the lightest in color. This mainstay of Japanese cooking is rich in amino acids and live enzymes, and is an excellent source of protein as well as a remarkable digestive aid. Use the lighter (white) miso in delicate soups, broths, and sauces, and darker miso in heavier dishes.

MOLE There are many types of mole, a classic Mexican sauce whose name is derived from the Spanish word for concoction. One of the most familiar outside of Mexico is a rich, dark blend of onions, garlic, ground nuts or seeds, several types of chiles, and chocolate.

MULATO CHILE This popular dried chile is similar in appearance to an ancho chile, but a bit darker and sweeter, with a mild heat and earthy flavor. Ancho and mulato chiles are interchangeable in a recipe.

NORI A black sea vegetable, nori is very high in calcium, phosphorus, iron, protein, potassium, magnesium, iodine, and vitamins A, B1, B2, C, D, and niacin. Sprinkle torn, chopped, or ground pieces over vegetables, grains, and salads. Make nori rolls with rice and vegetable fillings. Nori is sold as raw or toasted sheets.

NUTRITIONAL YEAST As dried flakes or powder—both forms derived from yeast—nutritional yeast is used in small amounts to add fullness and flavor to soups,

stocks, and salad dressings. It's high in vitamins and minerals such as B12, which is often lacking in a vegan diet.

OLIVE OIL Olive oil has many health benefits, including lowering LDL cholesterol levels, blood sugar levels, and blood pressure. It also contains antioxidants such as vitamin E and carotenoids. In most of our cooking, we use extra-virgin olive oil, but you can also use a less expensive blend of extra-virgin and regular olive oils or a commercial-grade olive oil. The smoke point of olive oil varies with its quality. Extra-virgin olive oil has a high smoke point and lesser quality olive oils have a much lower smoke point.

PANKO These Japanese bread crumbs have a lighter, crispier, and flakier texture than their Western counterparts. They are great for breading as they tend to stay crispy longer and absorb seasoning well.

PASILLA CHILE A dried version of the chilaca chile, the pasilla is dark and wrinkled, with a mild, sweet flavor. Mexican mole sauces typically include it as a standard ingredient.

QUINOA A grain first cultivated by the Incas, quinoa is a complete protein packed with lysine and other amino acids. It's also a rich source of calcium, iron, phosphorus, various B vitamins, and vitamin E. It adds a hearty, nutty flavor to salads, soups, and hot cereals.

RAMPS Wild onions that resemble a green onion with broad leaves, ramps have a garlicky onion flavor that will add an interesting twist to a dish. One of the first green vegetables to sprout in spring, ramps are only available from March through June.

SAKE A rice-based alcoholic beverage, we recommend Sho Chiku Bai Nama Sake, which is made from organic rice with no preservatives, added brewer's alcohol, or sulfites. Its full, fresh, fruity but dry flavor is perfect for sake cocktails.

SEA SALT This type of salt is derived from evaporated seawater and is high in trace minerals. It comes in fine-grained and larger crystals.

SEITAN To make seitan, whole wheat bread flour is rinsed with water to extract the gluten, producing a food that is naturally high in protein and low in carbohydrates and fat. Dubbed "wheat meat" and considered the ultimate meat substitute, seitan is often served as a main course in vegan cooking.

SOY MILK When soybeans are soaked in water, ground, rehydrated, then filtered, you get soy milk. This beverage is a good source of vegetable protein. Packaged organic brands are readily available.

TAHINI Rich in calcium, phosphorus, and protein, tahini is hulled sesame seeds ground into a paste and a staple of the Middle Eastern diet.

TAMARI This is a traditional, naturally made soy sauce, as distinguished from chemically processed soy sauce. Tamari also contains a higher ratio of soybeans and is available wheat free (our preference).

TAMARIND Popular in Indian and Middle Eastern cuisine, tamarind is a small datelike fruit. It is available in many forms: concentrated pulp, dried pods, powder, paste, and syrup. Tamarind has the flavor of sour prunes and is often used to season chutneys, soups, curries, and bean dishes.

TAPIOCA-BASED CHEESE The starch extracted from the root of the cassava plant is the base for this dairy-free cheese. It's allergen free and melts better than other nondairy alternatives. We recommend the Daiya brand.

TEMPEH This traditional Indonesian fermented soy product is heartier than tofu, with a chewy texture and nutty flavor. Tempeh is high in protein and easily digestible. Flattened, sweetened strips of tempeh are used like bacon in vegan sandwiches and with breakfast and brunch dishes.

TOFU Formed of soy milk curds, tofu is a source of high-quality protein and is rich in calcium and cholesterol free. Tofu comes in a variety of consistencies, from silken to extra firm. Different dishes require different levels of firmness.

UMEBOSHI VINEGAR The brine from making umeboshi (Japanese pickled plums) has a fruity, sour flavor and many of the nutritional benefits of umeboshi. The alkalizing effect it has on the body reduces fatigue, eliminates toxins, and stimulates digestion. Though technically not a vinegar because it contains salt, it is a great substitute for vinegar in salad dressings or when cooking your favorite vegetables.

VEGAN BUTTERY SPREAD This dairy-free margarine is made from soybeans and has a buttery texture. Use in baking and sauces and as a spread. We recommend the Earth Balance brand.

WAKAME An edible sea vegetable that is popular in Asian cuisine, wakame has a slightly sweet flavor that makes it a great addition to soups and salads.

UNREFINED SUGAR Made from the juice of the sugarcane plant, unrefined sugar retains some of the minerals and nutrients lost in the refining process of conventional sugars. Additionally, unrefined sugars don't require some of the harmful chemicals that are used in the refining process.

VEGAN MAYONNAISE A cholesterol- and animal product-free version of mayonnaise, vegan mayonnaise is made by replacing the eggs with soy, nuts, or various oils. It is available prepared in natural food stores or is easy to make at home and can be substituted for conventional mayonnaise in any recipe. There is a great recipe for homemade vegan mayo in *The Candle Cafe Cookbook*.

YUCA The root vegetable yuca is a starchy vegetable similar to a potato. Also known as cassava, yuca is a great source of carbohydrates and contains vitamins A, B, and C.

RESOURCES

Bionaturae

860-642-6996

www.bionaturae.com

Organic fruit nectars

Coombs Family Farms

888-266-6271

www.coombsfamilyfarms.com

American organic maple syrup

Daiya Foods, Inc.

604-569-0530

www.daiyafoods.com

Allergen-free tapioca-based cheese

Earth Balance

201-421-3970

www.earthbalancenatural.com

Dairy-free buttery spreads

Earthbound Farms

800-690-3200

www.ebfarm.com

Non-GMO and organic salads, fruits, and vegetables

Eden Foods, Inc.

888-424-3336

www.edenfoods.com

Specialty organic products

Edward & Sons

805-684-8500

www.edwardandsons.com

Organic and vegan specialties, coconut milk, and coconut cream

Ener-G Foods Inc.

800-331-5222

www.ener-g.com

Gluten-free specialty foods and egg replacer

Excalibur Dehydrators

800-875-4254

www.excaliburdehydrator.com

Dehydrators

Exotic Superfoods

917-685-2586

www.exoticsuperfoods.com

Organic and raw coconut meat and water

Field Roast Grain Meat Co.

800-311-9497

www.fieldroast.com

Artisan and vegan grain-based meats and sausages

Fillo Factory

800-653-4556

www.fillofactory.com

All types of phyllo (fillo) products

Flavorganics

973-344-8014, extension 109

www.flavorganics.com

Organic syrups and flavor extracts

Follow Your Heart

818-725-2820

www.followyourheart.com

Veganise and vegan cheeses

Four Seasons Produce, Inc.

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www.fsproduce.com

Organic produce

Fresh Tofu Inc.

610-433-4711

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Frontier Natural Products

800-669-3275

www.frontiercoop.com

Herbs and spices

Goldmine Natural Food Company

800-475-3663

www.goldminenaturalfood.com

Organic and heirloom foods

Greenbar Collective

626-771-9469

www.greenbar.biz

Organic and eco-friendly liquors such as Tru Vodka
and Citry Orange Liqueur

Los Chileros de Nuevo Mexico

888-328-2445

www.loschileros.com

Organic dried chiles and pure chile powders

Lundberg Family Farms

530-882-4551

www.lundberg.com

Rice and rice-based products

Maine Coast Sea Vegetables

207-565-2907

www.seaveg.com

Sea vegetables

Navitas Naturals

888-645-4282

www.navitasnaturals.com

Organic cashews, cacao, wakame, nori, fruits and berries

Puro Verde Spirits

979-690-3321

www.puroverdespirits.com

Organic tequilas

Quinoa Corporation

310-217-8125

www.quinoa.net

Ancient Harvest quinoa products: organic, non-GMO, and gluten-free quinoa, quinoa flour, and quinoa-corn pastas

Rapunzel Pure Organics

973-338-1499

www.rapunzel.com

Organic yeasts, chocolate, and sugar products

Satur Farms

631-734-4219

www.saturfarms.com

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Shady Maple Farm Ltd.

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www.southrivermiso.com

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www.sunspire.com

All natural, organic, fair-trade, and dairy-free chocolate

truRoots

925-218-2205

www.truroots.com

Organic sprouted and whole grains and beans

Twin Marquis

718-386-6868

www.twinmarquis.com

Asian specialty items, including vegan wonton wrappers

Vitamix Corp.

800-848-2649

www.vitamix.com

Vitamix blender

Whole Foods

www.wholefoods.com

Largest retailer of natural and organic foods

Wholesome Sweeteners

800-680-1896

www.wholesomesweeteners.com

Organic and all natural sweeteners and unrefined
sugars



ACKNOWLEDGMENTS

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ABOUT THE AUTHORS



Joy Pierson has been a nutritional counselor since 1985. She is a graduate of Tufts University and is certified by the Pritikin Longevity Center and the Hippocrates Health Institute. She and her partner, Bart Potenza, established the Candle Cafe and Candle 79 restaurants in 1994 and 2003, respectively. They have also developed a growing catering and wholesale business and are the authors of *The Candle Cafe Cookbook*. Joy has written, lectured, and consulted extensively about food and nutrition and leads workshops and courses on plant-based cooking, diet, and nutrition. She serves as board chair of the New York Coalition for Healthy School Food and is also an active member of Social Venture Network. She has appeared on the Food Network, the *Today Show*, *Good Morning America*, and *Good Day New York*, among others. Her quest and vision is to

continue changing people's awareness of health and well-being and their effect on the planet and future generations by bringing farm-fresh, plant-based food to as many people and as many tables as possible.



Executive chef **Angel Ramos** began cooking at Candle Cafe. He brought his innovative cooking talents to Candle 79 when it opened and has continued to take vegan cooking to new creative heights with a flair for combining the right mix of flavors and ingredients with multicultural influences. He has also worked as a consultant for events held at the Plaza Hotel, Cipriani Wall Street, and the Beverly Hills Hotel. His recipes have been featured in the *New York Times*, where he was acknowledged for his mastery of vegan organic cuisine, *Vegetarian Times*, and *Pilates Style* magazine. In 2010, Angel was named the *VegNews* Chef of the Year and received an honorable mention from “People’s Platelist,” on ABC’s *Nightline*, in which viewers selected their favorite chefs. He has twice been honored to have his food featured at events at the James Beard House.

Angel has helped develop Candle Cafe Frozen Entrées, which are available nationwide. Angel is delighted to share his love of local organic produce in the delicious seasonal menus that he creates for the restaurant.



Pastry chef and chef de cuisine **Jorge Pineda** has created desserts that have revolutionized vegan baking. In addition to his pastries and famous house-made ice creams that are served at Candle 79, he is still delighting his loyal Candle Cafe customers with his cookies, cakes, pies, and other delicious “hard to believe they’re vegan” comfort foods. He was a major contributor to *The Candle Cafe Cookbook*. Jorge’s pastries have been featured in the *Los Angeles Times* for the “Best Vegan Desserts in America.” Jorge has helped develop Candle Cafe Desserts and Candle Cafe Frozen Entrées, which are available nationwide. He has also consulted and taught plant-based cooking, including work with the New York Coalition for Healthy School Food, Lottie’s Kitchen, Macy’s, the

Waldorf-Astoria, Tavern on the Green, and Cipriani
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Zucchini Blossom Tempura

MEASUREMENT CONVERSION CHARTS

Volume

U.S.: 1 tablespoon

Imperial: $\frac{1}{2}$ fl oz

Metric: 15 ml

U.S.: 2 tablespoons

Imperial: 1 fl oz

Metric: 30 ml

U.S.: $\frac{1}{4}$ cup

Imperial: 2 fl oz

Metric: 60 ml

U.S.: $\frac{1}{3}$ cup

Imperial: 3 fl oz

Metric: 90 ml

U.S.: $\frac{1}{2}$ cup

Imperial: 4 fl oz

Metric: 120 ml

U.S.: $\frac{2}{3}$ cup

Imperial: 5 fl oz ($\frac{1}{4}$ pint)

Metric: 150 ml

U.S.: $\frac{3}{4}$ cup

Imperial: 6 fl oz

Metric: 180 ml

U.S.: 1 cup

Imperial: 8 fl oz ($\frac{1}{3}$ pint)

Metric: 240 ml

U.S.: 1 $\frac{1}{4}$ cups

Imperial: 10 fl oz ($\frac{1}{2}$ pint)

Metric: 300 ml

U.S.: 2 cups (1 pint)

Imperial: 16 fl oz ($\frac{2}{3}$ pint)

Metric: 480 ml

U.S.: 2 $\frac{1}{2}$ cups

Imperial: 20 fl oz (1 pint)

Metric: 600 ml

U.S.: 1 quart

Imperial: 32 fl oz (1 $\frac{2}{3}$ pint)

Metric: 1 liter

Temperature

Fahrenheit: 250°F

Celsius / Gas Mark: 120°C / gas mark 1 $\frac{1}{2}$ 2

Fahrenheit: 275°F

Celsius / Gas Mark: 135°C / gas mark 1

Fahrenheit: 300°F

Celsius / Gas Mark: 150°C / gas mark 2

Fahrenheit: 325°F

Celsius / Gas Mark: 160°C / gas mark 3

Fahrenheit: 350°F

Celsius / Gas Mark: 180°C or 175°C / gas mark 4

Fahrenheit: 375°F

Celsius / Gas Mark: 190°C / gas mark 5

Fahrenheit: 400°F

Celsius / Gas Mark: 200°C / gas mark 6

Fahrenheit: 425°F

Celsius / Gas Mark: 220°C / gas mark 7

Fahrenheit: 450°F

Celsius / Gas Mark: 230°C / gas mark 8

Fahrenheit: 475°F

Celsius / Gas Mark: 245°C / gas mark 9

Fahrenheit: 500°F

Celsius / Gas Mark: 260°C

Weight

U.S. / Imperial: ½ oz

Metric: 15 g

U.S. / Imperial: 1 oz

Metric: 30 g

U.S. / Imperial: 2 oz

Metric: 60 g

U.S. / Imperial: ¼ lb

Metric: 115 g

U.S. / Imperial: $\frac{1}{3}$ lb

Metric: 150 g

U.S. / Imperial: $\frac{1}{2}$ lb

Metric: 225 g

U.S. / Imperial: $\frac{3}{4}$ lb

Metric: 350 g

U.S. / Imperial: 1 lb

Metric: 450 g

Length

Inch: $\frac{1}{4}$ inch

Metric: 6 mm

Inch: $\frac{1}{2}$ inch

Metric: 1.25 cm

Inch: $\frac{3}{4}$ inch

Metric: 2 cm

Inch: 1 inch

Metric: 2.5 cm

Inch: 6 inches ($\frac{1}{2}$ foot)

Metric: 15 cm

Inch: 12 inches (1 foot)

Metric: 30 cm