

The Co-op



Cookbook

*45 recipes for the most popular salads,
soups, spreads, entrees, breads, and
desserts from the Moscow Food Co-op Deli
and Bakery.*

*by the staff of the Moscow Food Co-op
Moscow, Idaho*

To create this cookbook for the Moscow Food Co-op, the staff of the deli and bakery first selected some of our customers' favorite entrees, soups, salads, breads and desserts. Then we made each recipe user-friendly.

The cooks and bakers took these recipes home, testing and adapting them for family use. Some changes are required when the original recipe results in five gallons of kale slaw or 100 scones. Other changes are needed for use in homes that are not equipped with steam-injected convection ovens and the other modern gadgets found in our commercial kitchen at the Co-op. All that adaptation has resulted in the well-tested recipes we've gathered for you in this book.

In addition, we included icons to designate the appropriate food category for each recipe. We have icons for three categories, based on the ingredients:



Vegetarian (no meat, fish or poultry)



Vegan (no meat, eggs, dairy or other animal products)



Wheat-free (no wheat, but may contain gluten from other sources)

For this cookbook, we have compiled some of our most popular recipes. These represent a snapshot of what we're cooking now in the Co-op kitchen. We are constantly evolving — changing with each new season, new cook, new year, and now new store.

When the Co-op first started there was no deli and no recipes. With the hard work of many cooks, bakers and volunteers, we have come such a long way. None of this would be possible without you, our loyal customers. So thank you.

—Amy Richard, kitchen manager, Moscow Food Co-op

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*created by the staff of the
Moscow Food Co-op*

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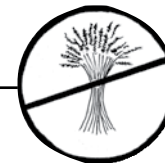
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Updated in 2009



Kale Slaw



Cooking Time: 30 minutes
Yield: 10 Cups (7-10 servings)

Kale Slaw and Bok Choy Salad are the “best sellers of salads,” says Co-op Kitchen Manager Amy Richard. “We have to have them both every day. If not, it’s like being out of Oaties cookies. People are addicted. These are our staples, our signature dishes. They’re fresh vegetables in a yummy form.”

Speaking of addiction, kale slaw could be considered a gateway drug into the world of hard-core vegetables. Amy’s the first to admit that “kale is super good for you but it’s hard to find a good way to eat it, especially raw. This is a way that everybody can eat kale, even if they’re not into health food. People order this for their parties, wedding receptions, and graduations.”

Lest anyone feels an uncontrollable urge to procure a head of kale and chomp it, Amy offers a sobering caveat. Bugs do like to hide in the little curly leaves, so look closely at every leaf when rinsing. And just as bugs like to live in kale, kale likes to live in people’s teeth. “Different people get kale stuck between different teeth,” says Amy. You can think of all those green-flecked smiles as a great equalizer, or perhaps a planned ice breaker for your next party, wedding reception, or graduation.

Ingredients:

- 2 medium bunches kale, rinse & cut in thin strips**
- 1/3 lb carrot, grated**
- 1 cup red cabbage, in thin strips**
- 1/4 lb marinated tofu, cubed**

For the Dressing:

- 2/3 cup cashews, finely chopped**
- 2 tsp garlic, minced**
- 1 tbsp ginger, minced**
- 1 can green chiles (4 oz)**
- 1 1/2 tbsp tamari (wheat-free)**
- 3/4 cup vegannaise or mayonnaise**

Directions:

- 1** Prepare Marinated Tofu (page 58).
- 2** Prepare vegetables and place in large bowl with chopped tofu.
- 3** Mix dressing ingredients together in a small bowl, then pour this dressing over the vegetables.
- 4** Toss well and serve cold.

Tip: There are many variations of kale slaw. This is just one that we currently use.

Try adding different veggies in with the kale like bok choy, Asian cabbage, jicama, grated radishes or whatever you have.

If you don’t have marinated tofu, you can toss in some pumpkin seeds, nuts, sunflower seeds, chicken, tempeh or some other handy protein.

For the dressing an almond butter is very nice (instead of the cashews) and of course you could use real mayonnaise if you like.



Bok Choy Salad



Cooking Time: 40 minutes

Yield: 4-6 servings

Bok Choy Salad, half of a dynamic duo with its best buddy Kale Slaw, is one of the mainstay salads of the deli case. Originally made by Erika Greenwell at a customer's request, Bok Choy Salad has been winning the hearts and minds of Co-op shoppers ever since its debut. After she made it that first time, Erika says, "everybody in the universe wanted it to be made again."

Not surprisingly, the main ingredient is bok choy, an Asian member of the cabbage family with white stalks and dark green leaves, cultivated in China since ancient times.

The original ramen noodles are no longer included, according to Kitchen Manager Amy Richard, because organic ramen noodles have been discontinued. The dressing evolved over the years and is different now, too, Amy says. Nonetheless, Bok Choy Salad, in any of its incarnations, will always have a place in the Co-op Deli Salads Hall of Fame.

Ingredients:

- 1/2 cup almonds
- 1 head bok choy, large, chopped
- 1 cup red cabbage, chopped
- 1 red bell pepper, chopped
- 1 yellow bell pepper, chopped
- 1 pkg ramen noodles (discard the seasoning packet)
- 1 can green chiles (4 oz)
- 1 1/2 tbsp tamari
- 3/4 cup Vegannaise (vegan mayonnaise)

For the Dressing:

- 1/4 cup apple cider vinegar
- 1/4 cup canola oil
- 1/4 cup tamari
- 1/4 cup brown sugar

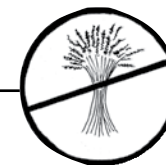
Directions:

- 1 Combine ingredients for dressing in large bowl and whisk well.
- 2 Break ramen noodles into bite size chunks and soak in dressing for 20-30 minutes.
- 3 Toast almonds on cookie sheet in 350 degree oven for 5-8 minutes.
- 4 Combine all prepared ingredients in large bowl, toss and serve.

Tip: This salad is also good without the ramen noodles.



Pear Cranberry Salad with Bleu Cheese Dressing



Cooking Time: 30 minutes

Yield: 3-5 servings

Melissa Thompson says she got the idea for Pear Cranberry Salad one day when the deli had an excess of bleu cheese. Inspired by a recipe for dressing from *The Greens Cookbook*, she asked fellow staff members what they would like to combine with bleu cheese and then went around gathering those items together.

Thus, as with the folktale “Stone Soup,” many people contributed one ingredient with serendipitous results. The American flag color combination of red wine vinegar, sour cream, and bleu cheese was unplanned.

Described by Kitchen Manager Amy Richard as a “bird person,” Melissa is currently doing field work in California, monitoring herons and egrets in the northern San Francisco Bay area. The findings of this project, which she says has been going on for 20 years, can be applied to “water quality, air quality, how the expansion of the city affects the populations of the birds, and can serve as an indicator of the environmental quality of life for the entire region.”

Melissa also plays guitar and loves to make paper, particularly with junk mail or other old paper such as newspaper and brown paper bags. Glossy paper torn up works well, too, she says, as it “makes little sparkly specks.”

As field work with birds tends to be seasonal, Melissa plans to return to Moscow, very likely to work at the Co-op again.

Ingredients:

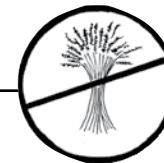
- 1/2 lb spring greens
- 1 large pear, chopped
- 3/4 cup dried cranberries
- 3/4 cup pecans, coarsely chopped
- 2 tbsp balsamic vinegar
- 1/2 tsp salt
- 1 tsp olive oil
- 5 tbsp bleu cheese, crumbled
- 1/2 cup sour cream
- 2 tsp red wine vinegar
- 1/2 tsp salt
- 1 tbsp olive oil

Directions:

- 1 Combine greens, pears, and cranberries in a large bowl.
- 2 Sauté pecans in balsamic vinegar with salt and olive oil.
- 3 Add pecans to the greens mixture and toss.
- 4 In a separate, smaller bowl, mix together well the bleu cheese, sour cream, red wine vinegar and olive oil.
- 5 Serve salad with dressing either mixed in or on the side.



Broccoli Almond Curry Salad



Cooking Time: 30 minutes

Yield: 10 cups

“We had an abundance of broccoli in the Co-op one day and needed to use it up,” Mike Bowersox says. “So I came up with an almond curry sauce out of the blue. I used a sense of knowing spices to come up with a totally new salad that I’d never had anywhere.”

About pairing broccoli with red cabbage (another rather serious vegetable), Mike says that red cabbage provides “color, texture, and flavor.” Looking at Broccoli Almond Curry as “a kind of Indian salad, red cabbage is standard. Cabbage is a cheap vegetable if you’re on a budget or in Third World countries,” he adds. “If you have poor refrigeration, cabbage is one of the vegetables that will keep the longest.”

Generally in his cooking, Mike says, he tries to “introduce people to as many vegetables as possible so that hopefully they will get to know and like them. One of my goals is for people to regain what I consider the lost art of cooking, which has been taken over by frozen food and canned soups. I want to encourage people to use the bulk food we have here at the Co-op and to come up with food that is cheaper and better tasting.”

Ingredients:

- 1 red bell pepper, chopped
- 2 lbs broccoli, chopped
- 1/3 cup red onion, minced
- 1 cup red cabbage, cut into thin strips
- 2/3 cups almonds
- 1 tbsp olive oil
- 2 tsp garlic, minced
- 1 tbsp curry powder

For the Dressing:

- 2/3 cups almond butter
- 1 1/2 tbsp wheat-free tamari
- 2 tsp balsamic vinegar
- 4 tsp sesame oil
- 2/3 cups water

Directions:

- 1 Mix chopped vegetables in a large bowl.
- 2 In a medium skillet sauté almonds, garlic, and curry powder in olive oil for about 1 minute.
- 3 Add almond mixture to the vegetables.
- 4 In a small bowl mix dressing ingredients until smooth.
- 5 Pour this dressing over vegetables and mix well.



Italian Tortellini Salad



Cooking Time: 30 minutes

Yield: 4 servings

Tortellini aficionados may be surprised to learn that Mike Bowersox's recipe for Italian tortellini was inspired by his local childhood Pizza Hut. "I wanted to make tortellini with an Italian bent, with Italian dressing. I wanted to use Italian ingredients. As a kid I used to go to the Pizza Hut salad bar, and they had creamy Italian dressing. I wanted to duplicate that kind of taste but make it better," Mike says.

Regarding the sugar in the recipe, Mike notes, "Sugar in small amounts is really useful. Cooking is not about 'You can't have this or that.' You combine things to make good flavors."

Ingredients:

- 1 pkg cheese-filled tortellini (8 oz)
- 1 bunch green onions, finely chopped
- 1/3 cup sun-dried tomatoes, chopped
- 1/3 cup parsley, minced
- 1/2 red bell pepper, chopped
- 1/2 cup red cabbage, chopped
- 1/2 cucumber, cut in 1/2 moons
- 1/3 cup kalamata olives, pitted
- 1/4 lb feta, crumbled

For the Dressing:

- 1/2 cup mayonnaise
- 1 tsp garlic
- 1 tsp basil
- 1 tsp oregano
- 1/2 tsp thyme
- 2 tbsp olive oil
- 1/3 cup apple cider vinegar
- 2 tsp cane sugar, unrefined

Directions:

- 1 Cook tortellini as directed on package. Drain.
- 2 While tortellini cooks, chop vegetables.
- 3 In large bowl, stir together dressing ingredients.
- 4 Add tortellini, vegetables, olives, and feta to dressing and stir well.
- 5 Chill and serve cold.



Candace's Summer Basil Tortellini Salad



Cooking Time: 30 minutes

Yield: 4 servings

"There's no glamorous story about how my great-grandmother passed me down the recipe," Candace Warner says of her contributions to the Co-op deli repertoire. "Instead they're just whipped together out of my own head. They're more about the daily goings-on of the Co-op."

Candace says that her Summer Basil Tortellini Salad was inspired by Mike Bowersox's Italian Tortellini Salad. "Fresh basil is a luxury, one of those beautiful signs of summer," she says. "We had a bunch from the local growers."

Seeking something simple that could be made fairly quickly, Candace also liked the idea of a creamy basil and pepper dressing. Candace likes mayonnaise, but suggests substituting olive oil for those who don't. By the way, whipping up new recipes is far from the most challenging thing Candace has done. Her job experience, within as well as outside food service, is varied enough that she could survive on any planet. In addition to cooking, baking, and fast-food activities of many stripes, Candace has worked as a motel room cleaner, archaeologist, and plant breeder, "playing God with the genetics of wheat, barley, and oats."

With a degree in general studies from the University of Idaho, ("I can B.S. my way into anything now," Candace says), it took her a long time to figure out what she wants to do. She seems to have found her niche in the field of ayurvedic medicine and is currently attending the College of Ayurveda in Grass Valley, California. Fortunately for the folks back home in Moscow, after graduation she plans to return here to start practicing. "I'll probably apply at the Co-op, too," Candace says.

Ingredients:

- 1 pkg cheese-filled tortellini (8 oz)
- 1/2 cup cucumbers, peeled and chopped
- 1/2 cup yellow bell pepper, diced
- 1 cup snap peas, destripped and cut in half
- 1/2 cup cherry tomatoes, whole
- 1/4 cup fresh basil, minced (packed)
- 1 tsp pepper
- 1/4 tsp salt
- 1 tsp garlic, minced
- 1/4 cup mayonnaise
- 1/4 cup asiago cheese, grated

Directions:

- 1 Cook tortellini as directed on package. Drain.
- 2 While tortellini cooks, chop vegetables.
- 3 Combine warm tortellini and remaining ingredients (except asiago).
- 4 Let cool, then mix in asiago and serve.



Cranberry Pesto Tortellini Salad



Cooking Time: 30 minutes

Yield: 5 cups

Cranberry Pesto Tortellini Salad was originally called “Dream Date Salad,” Stephanie Wade says, because she got the recipe when she went on a dream date. Stephanie, do tell!

Stephanie and a friend were swimming in a river when she wondered aloud about what was on the other side. The dream date occurred a few weeks later, she says, when her friend took her by boat across the river to a secret swimming spot and they ate at a picnic table surrounded by six-foot tall sunflowers. “Neither of us had been there before,” Stephanie says. “He made the salad in a wicker basket with a red-checked tablecloth tucked inside. It was the best date I ever had.”

As for the recipe, Stephanie says, “I think his mom showed him how to make it. It’s really easy, but it tastes really fancy and special. I started making it at the Co-op and people really liked it and started requesting it because it’s yummy. Any time the deli case was empty, I thought, Ah, I’ll try that salad.”

After leaving the Co-op, Stephanie moved to Portland with her daughter Lydia, now three, to study photography. “I really enjoyed working at the Co-op,” Stephanie says. “When we first moved to Portland we went to some other co-ops and each time Lydia would say, ‘I don’t like this co-op.’ Lydia’s Moscow Co-op partial.” And by the way, Lydia’s favorite Co-op dish is Italian Tortellini Salad.

Ingredients:

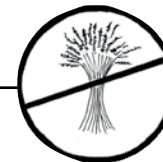
- 1 box cheese filled tortellini (8 oz)
- 1/2 cups basil pesto
- 2/3 cups dried cranberries
- 2/3 cups walnuts
- 1/3 cups shredded parmesan cheese

Directions:

- 1 Cook tortellini according to package directions.
- 2 Toast walnuts on a baking sheet in oven at 350 degrees for about 7 minutes.
- 3 Allow walnuts to cool before chopping coarsely.
- 4 Combine all ingredients and mix well.



Marinated Winter Vegetable Salad



Cooking Time: 45 minutes

Yield: 8 cups

Candace Warner became a fan of beets after a friend steamed some for her with a homemade dressing. Before that, she says, she'd only seen beets in a salad bar, and they looked so unappealing she never wanted to try them.

In her role as Deli Production Supervisor, Candace says she wanted the deli case to have more variety and to be more of a showcase for winter vegetables. In creating Marinated Winter Vegetable Salad, Candace says she took the idea of a raw salad for summer vegetables and played with it a bit, taking winter vegetables and steaming them and then marinating them in salad dressing.

She made it for the first time at the Co-op and everyone liked it, she says. "I hit it pretty much the first time, except for adjusting the vinegar a little." The yams got much softer than the other vegetables, prompting her to ask, "Well, do we like it this way?" We decided we did. Instead of cooking all of the vegetables separately to maintain their individual vegetable integrity, we decided to let them blend a bit." The first time this was by accident, but now the instructions mention that the soft yams will "coat the other veggies as a nice dressing."

What about people who are leery of kale, should they steer clear? "Kale can be bitter," Candace acknowledges, adding that she never eats it raw at home but always sautés it in olive oil and adds a little salt, some cumin, toasted mustard seeds, toasted garlic, and sautéed onions.

With Marinated Winter Vegetable Salad, she says, "the kale doesn't get limp and gross, but softens just a bit. The yams kind of sweeten it and the vinegar takes the bitterness out." Candace says she's never felt so loved and cared for as when working at the Co-op, and it's possible that kale feels the same way about Marinated Winter Vegetable Salad.

Ingredients:

- 3 cups beets, chopped
- 2 cups yams, chopped
- 2 cups carrots, chopped
- 2 cups kale, finely chopped
- 4 1/2 tbsp red wine vinegar
- 1/4 cup olive oil
- 1 tsp basil
- salt and pepper to taste

Directions:

- 1 Prepare veggies.
- 2 Steam beets, yams and carrots together until the beets are tender (the yams will be very soft but will coat the other veggies as a nice dressing).
- 3 While the vegetable are still hot, mix them with the remaining ingredients.
- 4 Chill and serve.



Winter Soba Salad



Cooking Time: 40 minutes

Yield: 3-5 servings

The cookbook you're holding owes its existence in part to Candace Warner, who asked if the Co-op could really do it, went ahead and called a cooks meeting, and started handing out recipes for people to test at home.

"It was a project that had been wanting to be done for quite a while, but no one had the time," Candace says. "Some of the recipes were pretty clear, and you could just cut them down by a quarter and they would come out O.K., but a lot of recipes were done by Mike Bowersox, and he's a cook who doesn't like to measure anything. So his had to be carefully tested to make sure you had proper measurements for when you did it at home. "Sometimes with cutting down recipes the ingredients work out, but other times the spices are not enough or way too much. Adventures in cooking!" she laughs.

According to Candace, an actual tangible Co-op Cookbook is a far cry from the way the Co-op used to run. "The bakery came first, before the deli. The deli just arose as a way to use vegetables that were not nice enough to sell but could still be used in cooking. For the longest time there were no recipes. It was just a seat-of-your-pants operation."

As for Winter Soba Salad, Candace says, "We had a summer soba, and people seemed to like it. I came up with a winter variation using what I'd learned from Mike about combining sesame oil and red pepper flakes." Winter Soba is similar to her Marinated Winter Vegetable Salad, without the yams, she says. "You don't get the creamy texture, but the noodles are sweet, earthy and complex. The dressing is sweet and tangy, with a little zing from the vinegar. The honey doesn't make it a sweet salad but mellows together the other flavors. With just a little bit of vinegar and pepper, the dressing doesn't pucker your lips or make your eyes water," which she acknowledges, appeals to most people.

Ingredients:

- 1 pkg soba noodles (18 oz)
- 1 cup carrots, chopped
- 1 1/2 cup beets, chopped
- 1 cup kale, packed, finely chopped
- 2 tbsp safflower or canola oil
- 1/4 cup red wine vinegar
- 2 tbsp tamari
- 2 tbsp sesame oil
- 2 tbsp honey
- 1/2 tsp red pepper flakes

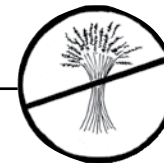
Directions:

- 1 Scrub carrots and beets well under cold water, then steam together until tender.
- 2 While still hot, combine carrots and beets in a large bowl with all other ingredients except soba noodles.
- 3 Stir well and set aside to marinate, stirring occasionally.
- 4 While veggies marinate, boil soba noodles for 3 to 4 minutes, being careful not to overcook.
- 5 Drain noodles and cool under cold water, add to rest of ingredients, mix well and serve.

Tip: This salad is best when it has a chance to sit for an hour before being served.



Dill Potato Salad



Cooking Time: 1 hour

Yield: 6-8 servings

Jennifer Schlede (formerly Higgins) never liked potato salad until trying a version made by her friend Lisa. The dill made it fresher tasting than a heavy mayonnaise would, Jennifer says, and though Lisa's version didn't contain eggs, Jennifer's does.

While Jennifer herself is not a big fan of mayo, she says that "the real reason we use vegannaise at the Co-op is because we have giant jars of it and little tiny jars of mayonnaise. It's easier to access the vegannaise." She considers her curried yam variation, which she made for the first time at the Co-op, "another consequence of having so much freedom to experiment in that kitchen." Inspired by a tofu scramble with curry powder made by the Globe Café in Seattle, Jennifer says she ate the curried yam variation at home all the time, especially when she was pregnant. "It seemed like a great idea to add broccoli, tomatoes, onions, and some regular potatoes, and then put ketchup all over it, which is probably just wrong." And thus, with Amy Richard setting her straight, Jennifer became a participant in the great international yams vs. sweet potato debate. "Amy went and did the research and posted something in the kitchen that said 'We don't have yams here in the U.S., they're all sweet potatoes.'"

Now living in Seattle, Jennifer is the mother of Felix, who, she says, eats both yams and sweet potatoes (apparently unconcerned about technicalities.) Having Felix, she says, has been "an amazing transformative experience." Jennifer makes Felix's baby food, and says that something she's been most proud of so far in becoming a mother is that he has a really healthy, balanced diet, mostly organic. "He loves spinach and he loves tofu," she says. "So many of my other fantasies about motherhood got thrown out the window when I actually bore this little person and had him come live with me, but the one thing I did do was teach him good eating habits and feed him well." Jennifer looks forward to coming back to Moscow. "I want to show off my baby," she says.

Ingredients:

- 4 lbs potatoes, cubed
- 4 eggs
- 1/2 bunch parsley, minced
- 1/2 bunch green onion, sliced
- 3/4 lb celery, chopped
- 1 cup mayonnaise or Vegannaise
- 1/2 cup mustard
- 2 tbsps dill, dried
- salt to taste

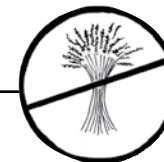
Directions:

- 1 Hard boil eggs (about 10 minutes).
- 2 Drain and refrigerate to cool.
- 3 Boil potatoes until just tender.
- 4 Drain and rinse potatoes with cold water until cool.
- 5 Prepare all veggies and put into a large bowl.
- 6 In a small bowl, mix together vegannaise, mustard and dill.
- 7 When eggs have cooled, peel and chop in half. Remove yolk and crumble over veggies, then chop whites and add to veggies.
- 8 Add dressing and mix thoroughly. Salt to taste.

Curried yam variation: Substitute for yams for potatoes and 1 tbsps curry powder for dill.



Spelt Feta Salad



Cooking Time: 1 hour, 15 minutes

Yield: 4-6 servings

Spelt? Co-op Kitchen Manager Amy Richard says, “You don’t look at that bin of spelt and think, ‘Mmm, I want to make something delicious with those hard little brown kernels,’”

Having altered this recipe from a now-forgotten magazine, Amy is the first to admit she just did it to help people learn about different grains.

Trying to describe spelt kernels, words elude Amy. “They look like wheat berries,” she says finally, but the ever-ironic spelt kernel is wheat-free. Spelt Feta Salad, in fact, Amy says, is a good wheat-free substitute for tabouli.

Nonetheless, the Co-op’s debut batch of Spelt Feta Salad was a complete failure. Seeing that the recipe called for salted water, the person cooking that day added about two cups of salt to the water. “It was like salt water,” Amy recalls. “After boiling for an hour, the spelt was so salty you couldn’t even eat it. It would suck all the moisture out of your body.”

Subsequent staff experiments simmered spelt to perfection, and the spelt salad surged to success. Lest anyone think spelt is all work and no play, Amy praises its “fun texture. It’s rubbery when cooked and hard beforehand. It’s like when you get good cooked peas, and they almost pop when you bite them.”

Ingredients:

- 2 cups whole spelt kernels**
- 1/4 cup parsley, minced**
- 2 tbsp black olives, chopped**
- 1/4 lb diced feta**
- 1 red onion, chopped fine**

- 1/2 cucumber, chopped**
- 1/2 cup roasted red pepper**
- salt to taste**

For the Dressing:

- 3/4 cup olive oil**
- 1/4 cup lemon juice**
- 2 tbsp red wine vinegar**
- 1/4 cup dill, dried**
- 2 tsp cumin**
- 2 tbsp garlic, minced**
- 1 tsp red pepper flakes**

Directions:

- 1** Cook spelt in a kettle of salted, boiling water until tender (about 1 hour).
- 2** While spelt cooks, mix dressing in large bowl.
- 3** Drain spelt and immediately toss with dressing.
- 4** After spelt has cooled, add remaining ingredients and mix well.
- 5** Adjust seasoning if needed and serve.



Tabouli



Cooking Time: 30 minutes

Yield: 3-5 servings

According to Kitchen Manager Amy Richard, who thinks this variation on the traditional tabouli recipe was originally hers, warm water makes bulgur set faster. Then again, she adds, that hasn't been proven and she doesn't know if it's true.

The flax seeds called for in the recipe are "pure insoluble fiber, like putting a stick in there," acknowledges Amy. Flax oil, which needs to be refrigerated, can be substituted for the seeds as long as the bulgur soaks while refrigerated.

Amy describes this version of tabouli as super good and healthy tasting. And not only that, she adds, it doesn't require any actual cooking, so you can make it when your stove is broken or when you first move into a new home and can't find your pots.

Ingredients:

- 1 cup bulgur
- 1/4 cup lemon juice
- 1/4 cup olive oil
- 1/2 cup warm water
- 1/2 tbsp minced garlic
- 1 cup minced parsley
- 1/2 cup minced green onions
- 1/3 cup grated carrot
- 1/3 pint cherry tomatoes, whole
- 2 tbsp flax seeds
- 1/4 cup sunflower seeds
- 1/4 lb feta (about 1/4 cup)
- dash salt

Directions:

- 1 In a large mixing bowl, combine bulgur, lemon juice, olive oil, warm water, garlic and salt. Mix well, cover and let sit for at least 2 hours.
- 2 Prepare veggies and, once bulgur mixture has set long enough, mix well all ingredients.

Tip: Feta can be left out for a vegan variety.



Sesame Pasta Salad



Cooking Time: 40 minutes

Yield: 3-5 servings

Ask Kitchen Manager Amy Richard about Sesame Pasta Salad, and you might hear an unexpected clicking sound. She'll deny it at first, but if you probe, she admits she's making her thinking noise, her Sesame Pasta Salad sound. Listen quietly awhile, and she might reveal more: "It's my squirrel sound."

Squirrel or not, Amy evinces a deep appreciation for Sesame Pasta Salad. "I remember that salad from the old store, the old, old store," she says, "and I thought it was super yummy. I was amazed by how clever the cook who created it was." The first thing to appreciate about Sesame Pasta Salad is how well its components fit together. Radiatore pasta, Amy explains, is round, like a cylinder with horizontal wavy parts all around the edges. "That pasta is a nice little vee-hickle for the salad," she explains. "The sesame seeds sit in those little grooves. The grated carrot attaches in there, and the dressing does, too. If it had a different pasta shape, I think it would be a different salad."

She hadn't had much tempeh back then, she adds, and she thought this was a great way to use tempeh. She also appreciates how the red pepper and scallions add color, "because everything else is pretty similarly toned, all brown and orange. BO-ring."

As for the identity of Sesame Pasta Salad's really clever creator, consensus is that it was Amy Burrato. "She was an awesome cook," says Grocery Manager Vicki Reich, "and she was beautiful."

Ingredients:

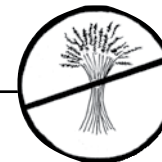
- 1/2 lb tempeh, cut in 1/2 inch cubes
- 1/2 lb radiatore pasta
- 1/4 bunch scallions, chopped
- 1 1/2 cup carrots, coarsely grated
- 1/2 cup red bell pepper, diced
- 1 tbsp garlic, minced
- 1 tbsp ginger, minced
- 1/3 cup tamari
- 1/3 cup sesame oil
- 1/3 cup toasted sesame seeds

Directions:

- 1 Boil tempeh cubes for 5 minutes.
- 2 After boiling, marinate tempeh in mixture of tamari, sesame oil, ginger and garlic (about 15 minutes).
- 3 Prepare veggies.
- 4 In a skillet, grill tempeh until browned on all sides, set aside marinade.
- 5 Boil pasta until al dente, rinse and cool under cold water.
- 6 Mix all ingredients, along with excess marinade, in large bowl.



Wild Rice Salad



Cooking Time: 40 minutes

Yield: 10 servings

Lentil salad with walnuts inspired this one, says Jennifer Higgins (“I’ve gotten married since my time at the Co-op and I think my last name is technically Schlede now.”) Her folks live in Detroit where there’s a lot of Middle Eastern food, and Jennifer says she came up with the recipe for Wild Rice Salad after having a lentil salad out somewhere. She wanted “something mellow” that would last a long time, and added brown rice to the wild rice to cut down the cost and help with the texture.

Jennifer acknowledges that in her home kitchen, she tends to be pretty territorial. At the Co-op she says that she and Mike Bowersox had “pretty big personalities in the kitchen.”

“He’s been cooking a really long time,” she explains. “He’s great in there and he does things his own way. He would make something one way and I would say, ‘I want to make this ever so slightly different.’ I should credit Mike with a lot of what I did at the Co-op.”

She cautions people making Wild Rice Salad at home about the “tendency to make extraordinarily large batches. If you aren’t measuring and are just throwing stuff around, rice can get out of hand,” she says. “At the Co-op we’d have buckets of cooked wild rice and be trying to find a use for them.”

Ingredients:

- 2 cups wild rice
- 2 cups brown rice
- 10 cups water
- 3/4 cup olive oil
- 6 tbsp balsamic vinegar
- 1/2 tsp black pepper
- 1 cup raisins
- 1 cup chopped walnuts
- 1/2 bunch parsley
- 1/2 bunch green onions
- salt to taste

Directions:

- 1 Put rice in pot with water and cook on high heat. Allow to boil for one minute, then cover and reduce heat to low. Cook until all water is absorbed and rice is tender, about 45-60 minutes.
- 2 Chill rice before mixing with remaining ingredients.
- 3 Whisk together olive oil, vinegar and pepper in large bowl.
- 4 Add chilled rice and remaining ingredients.



Spicy Thai Noodle Salad



Cooking Time: 45 minutes

Yield: 5-6 servings

Jennifer Schlede (née Higgins) hadn't cooked professionally before working at the Co-op, and she wanted to learn how to cook Asian food. So, she says, "I just tried it. I'd had cold noodle salads before and had ideas of the flavors I wanted to use."

Jennifer remembers it taking about three or four tries to get Spicy Thai Noodle Salad the way she wanted, and she credits Kitchen Manager Amy Richard with allowing cooks to experiment and try new things.

She recalls one customer asking if the salad was spicy. "To my palate it wasn't," Jennifer says. "But she took a mouthful, and she cried. She wasn't angry. She said, 'I don't want to eat that.'"

Those making this salad at home are advised not to panic if the noodles initially clump. In case you do panic, however, simply pull on the longest strand available until you hear the tone. A customer service representative will be right with you.

Ingredients:

- 1 pkg rice stick noodles (8 oz)
- 1/2 red bell pepper, diced
- 1 yellow bell pepper, diced
- 1 lb bok choy, chopped
- 1 small cucumber, chopped small
- 1/2 bunch cilantro, minced
- 1/2 pound tofu, 1/2 inch cubes
- 1/2 cup peanuts

For the Dressing:

- 2 tbsp brown sugar
- 1/4 cup sesame oil
- 6 tbsp canola oil
- 1/4 cup tamari
- 6 tbsp lime juice
- 1 1/2 tbsp red chili flakes

Directions:

- 1 Whisk together all dressing ingredients in a medium-sized mixing bowl.
- 2 Cut tofu into 1/2 inch cubes and let marinate in dressing for 10 to 15 minutes.
- 3 Meanwhile, boil rice noodles for 3 to 5 minutes, being careful not to overcook.
- 4 Combine veggies and peanuts in a large mixing bowl.
- 5 Drain cooked noodles and cool them under cold water.
- 6 Noodles will be sticky and will probably clump, but oil from dressing will separate them.
- 7 Combine all ingredients into the larger bowl, toss well and serve.



Black Bean Soup



Cooking Time: 2 hours

Yield: 10 servings

“Nobody had made this in a really long time” when Melissa Thompson found the recipe “in an old pile of Co-op recipes.” Later Amy Richard added carrots, and the rest is bean soup history.

So, what’s this about removing seeds from jalapenos? “It’s easy,” Amy says. “You just cut the jalapeno open and slide them out with a spoon or small knife.” The time she decided to use her fingernails instead was unprintably painful, however, and she had to wash and wash and wash until it stopped.

What about all those beans soaking unchaperoned overnight? “They do turn the water a pretty purplish color,” Amy acknowledges. Finally she admits, “The beans jump out on the counter while you’re sleeping in bed.” Black beans, the lemmings of the legume world, heeding an ancient call too high-pitched for human ears. “Most of them jump back in, but some of them don’t make it because there’s not enough room.”

She describes the dry beans writhing on the counter, waiting for morning. What, no pool of water? “The water doesn’t expand,” Amy explains slowly. “The beans eat it up, and then they jump out.” Whoa, magic beans! Who knew?

Ingredients:

- 2 cups dry black beans, soaked and drained
- 3-4 cups water (to soak)
- 1 1/2 tbsp olive oil
- 1 1/4 cups yellow onion, chopped
- 1 1/4 cups carrots, chopped
- 2 1/2 tbsp garlic, minced
- 2 tbsp jalapeno, diced (seeds removed)
- 2 tsp cumin

- 1 1/2 tsp coriander
- 8 cups water
- 1/4 cup stock, powdered vegetarian “chicken”
- 1 tsp salt
- 1/2 tsp pepper
- 1 cup cilantro, coarsely chopped

Directions:

- 1 Soak the beans in enough water to cover (3-4 cups) overnight or 4-6 hours before. Drain and rinse.
- 2 In large pot sauté the onions and carrots in oil for 5 minutes over medium heat.
- 3 Add garlic, jalapenos and spices; sauté 5 minutes more.
- 4 Add beans, water, stock, salt and pepper to the pot. Bring to boil.
- 5 Reduce heat and simmer, uncovered, for about 2 hours or until beans are tender stirring occasionally. Watch water level and add hot water if needed.
- 6 Turn off heat, add cilantro.
- 7 Puree 4 cups of the soup, in a blender, and return to pot
- 8 Serve hot, this is extra delicious with a dollop of sour cream on top.

Note: Bouillon cubes can be substituted for powdered stock, or if using liquid stock just reduce the amount of water added.



Carrot Ginger Soup



Cooking Time: 1 hour

Yield: 6-8 servings

“My step-mom made this quite a bit when I was a kid, usually in the wintertime,” says Philip Wrigley. “It always reminds me of it being cold, bad weather out. It’s a rich, hearty soup.” He remembers eating it as a first course before garlic and ginger-stuffed chicken, Prairie Home Companion playing on the radio.

To anyone concerned that the ginger in the soup would deter most other kids, Philip says, “It’s fairly mild. One guy at the Co-op makes fun of it because it’s like baby food.” Or, described more elegantly by Philip: “like velvet.”

The first time Philip made carrot ginger soup at the Co-op, he winged it. This inspired his family to put together a cookbook with 35 or 40 family recipes, including carrot ginger soup. “They found a couple of things from both my great-grandmothers in their actual handwriting,” Philip says. “Some of it is barely legible, and not the language you’d usually find in a cookbook.” On a recipe for “Wacky Cake,” his maternal great-grandmother scrawled in the margin, “Sometimes don’t use all of a box of sugar. Use canned cream.”

Philip’s family cookbook contains “things we’ve always served at holidays,” probably half of them original. He thinks his step mom got the soup recipe from a magazine. As for the other recipes, “they’ve been around so long, who knows where they come from.”

Philip has been cooking and working in food-related jobs for the last ten years or so. In addition to cooking for the Co-op, he’s finishing a creative writing degree at the University of Idaho. “I’ve learned a lot at the Co-op about working with other people, taking other people’s suggestions, humbling myself to that,” which he says is a big part of being a creative writing student, too.

Ingredients:

- 3 lbs carrots, grated
- 1 1/2 cups yellow onion, roughly chopped
- 1/4 cup olive oil
- 1-2 tbsp fresh ginger, minced
- 4 cups water
- 2 cubes vegetarian bouillon, “chicken” flavor
- 3/4 tsp oregano, dried
- 4 cups milk, or plain soy milk
- salt and pepper to taste

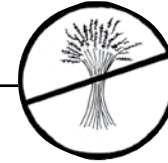
Directions:

- 1 Cook onions in olive oil in large pot over medium low heat until tender.
- 2 Add carrots and ginger and sauté another 10 minutes.
- 3 Add water, oregano and bouillon.
- 4 Simmer until carrots start to mush out (30 minutes or so).
- 5 Reduce heat and add milk and salt and pepper to taste.
- 6 Blend soup in a blender until very smooth.

Note: This soup can be made with chicken or vegetable stock, just decrease the water added.



Egg Salad



Cooking Time: 30 Minutes

Yield: 3-4 servings

Candace Warner came up with an egg salad recipe because “not everyone is on the same page about what goes into an egg salad, and we could end up with some pretty funky combinations otherwise.”

Straightforward enough, but egg salad also provides Candace the perfect vehicle to rhapsodize about her time working at the Co-op. “It’s such a joy to be in that amazing, positive environment and to be able to use all those wonderful ingredients and fresh vegetables. All that color makes egg salad a lot more appealing than the usual bland yellow goop,” she says. And not only that: “Supporting local farmers and being aware of the materials we’re using, such as packaging and organic ingredients, is a radically different mind-set than just slapping some crap together.”

Currently working as a cook at a nursing home while studying Ayurvedic medicine in California, Candace says that even though the ingredients at her current job “come out of a can and my hands are gloved, I still feel like my state of mind and energy are going to be reflected and transferred to the food and people I’m serving. There’s no real barrier between me and the rest of the universe.”

Any advice for someone who doesn’t like egg salad? “If it doesn’t work for you, don’t do it,” Candace says. “Not every food is right for everyone. Your body will tell you what it needs if you listen to your true intuitive nature. Someone who has a lot of earth and water in their nature would not want to eat egg salad. We’re each completely unique individuals. It’s always best to trust yourself. If something doesn’t feel true to your heart, that is what is to be followed. There can’t be any generalizations about what is right for health.”

Ingredients:

- 12 hard-boiled eggs
- 1/4 cup mayonnaise
- 1 1/2 tbsp yellow mustard
- 1/4 cup green onions, minced
- 1/4 cup parsley, minced
- 1 stalk celery, minced
- 1/4 tsp salt
- 3/4 tsp pepper

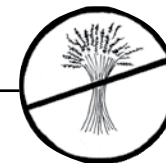
Directions:

- 1 Bring eggs to a rolling boil, then cover and let sit for 10 minutes.
- 2 Chop finely or mash eggs in a large bowl.
- 3 Add minced veggies and all remaining ingredients. Mix well.

Tip: Check seasoning and add more salt or pepper if necessary.



Herbed Veggie Tofu Salad



Cooking Time: 30-40 minutes

Yield: 4-5 servings

The Co-op makes a new grilled tofu every day and someone makes a vegan sandwich most days, Matt Stone explains. One day, tired of using the same old recipes for vegan sandwiches and needing a good way to use the left-over grilled tofu, Matt whipped up the mixture that would thereafter be known as Herbed Veggie Tofu Salad.

Originally, he says, he was inspired by someone else's chopped olive sandwich with tofu and green onions, and aimed for something lighter, without the olives and with more veggies. He describes the result as a "big mix of vegetables that go well together and seasonings that go well together, which works well in a sandwich or as a side."

When his family came to town, Matt says he completely impressed them by whipping up a batch for them. Except for one sister, none of them were vegetarian, so a grilled tofu sandwich was "a new experience for them. They realized that you can cook tofu and it can taste good as the main portion of protein in a recipe." Matt's sister asked him for more recipes after that, and the others were even more impressed.

Matt had never been a cook before working at the Co-op. "It took me a while just following recipes and learning the basics, and then I found out I had a knack for it. I'm thinking of going to culinary school now."

Ingredients:

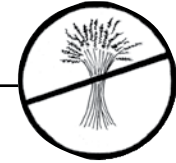
- 2 cups marinated grilled tofu, cubed
- 1/3 cup red bell pepper, diced
- 1/3 cup zucchini, diced
- 1/3 cup carrots, grated
- 1/4 cup green onions, minced
- 1 tsp basil, dried
- 3/4 tsp oregano, dried
- 1/4 tsp black pepper
- 1 pinch salt
- 1/2 tsp paprika
- 1/4 cup mayonnaise or vegannaise
- 1 tsp yellow mustard

Directions:

- 1 Prepare Marinated Tofu (page 58).
- 2 In a small bowl, mix vegannaise, mustard, paprika, salt, pepper, basil and oregano.
- 3 Combine dressing, veggies and tofu in a large bowl and mix well.



Apple Ginger Tuna Salad



Cooking Time: 15 minutes

Yield: 2 cups

Once upon a time, before Kate and Brad Jaeckel had an organic goat dairy farm in Moscow and before they were the parents of Avery and Ellis, they lived in New Mexico and invented Apple Ginger Tuna Salad. The first time they made it, Kate says, was on a Saturday for a picnic and hike with friends down to the Gila River. Kate credits Brad with suggesting they put apples in the tuna, and says the rest came from a combination of things they had sitting around.

She suggests the following two variations: grated carrots with ginger and raisins (“Most people think this wouldn’t be good but it is”) and bleu cheese with chopped walnuts and sliced pear. She likes to use a little fine-grade hand grater for grating the ginger. Of the Apple Ginger variety, Kate says, “It’s very simple but it’s a combination people wouldn’t think of. It’s been really popular at the Co-op. I’m happy they still use a recipe of mine.”

Growing up in the Midwest, Kate spent most of her summers “holding onto a rope being pulled behind a boat on a lake in the North Woods.” Nowadays, in addition to Orchard Farm, their home in Moscow, where Kate and Brad grow produce, raise chickens, and make handcrafted organic goat cheese, Kate has a small soap-making business and does massage. She’s assisted a few goats in giving birth over the years, and while she says she hasn’t assisted any chickens in birthing, she has watched them lay eggs.

Ingredients:

- 2 cans tuna (12 oz)
- 2/3 cup apple
- 1/2 tsp minced ginger
- 2 tbs red onion
- 1/2 cup celery
- 1/2 cup mayonnaise
- 1 pinch salt

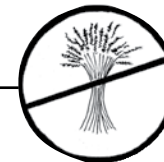
Directions:

- 1 Drain the tuna, squeezing to remove excess moisture.
- 2 Dice apples, onion, and celery into small pieces.
- 3 Combine all ingredients in small bowl and stir well.

Tip: This salad is great served on crackers, in a sandwich or by itself. It can be stored up to 3 days in tightly covered container in the refrigerator.



HUMMUS



Cooking Time: 20 minutes

Yield: 4 servings

Before she altered it, the original hummus recipe “used to have a lot more olive oil and no water. More fatness,” Kitchen Manager Amy Richard says. She’s drinking Chai, ready to answer the Big Question: What is hummus?

Despite the fact that this Co-op Cookbook contains not one, not two, but four distinct hummus recipes (approximately 10% of the cookbook by weight), Amy declares that “all hummus recipes are about the same. Hummus is just garbanzo beans and tahini. It’s a paste, a spread. You can put in parsley or green onions or whatever you want. Some people put cumin in.” Having spoken, she sips her Chai.

As for the Co-op’s black bean variety, Amy suspects it’s not truly hummus. (For an alternative perspective, see Black Bean Hummus). So what is this hummus craze all about? “It’s cheap and easy,” Amy says. “Anything based on beans, the appeal is that it’s a cheap and healthy food.” “It’s quite versatile,” she adds, suddenly elegant in her enunciation. “You can use it on sandwiches or as a dip. At the Co-op we spread it on pizza as the sauce to make a vegan pizza. We sauté the vegetables first and then bake it.” No, she acknowledges, hummus pizza is not a Middle Eastern staple.

While Amy herself prefers hummus creamy, she says that some people like it chunky. “You can just mash it with a masher if you like it like that. I don’t think they were making it with a food processor back in the day. You probably mashed all those sesame seeds to make tahini and then mashed all of it together. How would you mash all those teeny sesame seeds?” she muses. “It would be hard, like making peanut butter with a rock.”

Ingredients:

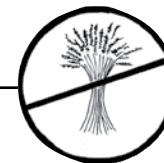
- 2-3 cloves garlic
- 1/3 cup fresh parsley, chopped
- 2 cups garbanzo beans, cooked or canned
- 1/3 cup roasted sesame tahini
- 1 tbsp lemon juice
- 2 tbsp tamari (wheat-free)
- 1 tbsp olive oil
- 2 tbsp water

Directions:

- 1 In food processor mince garlic and parsley.
- 2 Add remaining ingredients and process until very smooth.
- 3 Texture should be light and “creamy.” If not, add water tablespoon by tablespoon, processing for 20 seconds in between until proper texture.



Roasted Red Pepper Hummus



Cooking Time: 20 minutes

Yield: 4 servings

Kitchen Manager Amy Richard knows the secrets of Roasted Red Pepper Hummus, and now you can, too. “You never really think about that outer papery skin when you eat a pepper,” Amy muses, marveling over the way the burned skin slips off so easily. “Tomatoes have that outer papery skin, too.”

While the cooks sometimes use pre-roasted red peppers, mostly they roast them by hand, rinsing off the charred skin once the peppers cool. (Note to those trying this for the first time: although the pepper rests right on the burner, your actual hand never approaches the flame.)

Amy admits that the caramelized onions are used because she loves them. While olive oil is listed here to keep the recipe vegan, Amy says that butter is the best caramelizer. “Caramelized onions are so good, you could eat a bowl of them,” she says.

Ingredients:

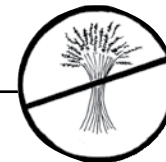
- 2 cups garbanzo beans, cooked
- 3/4 tbsp garlic, chopped
- 2 tbsp tahini
- 1/2 cup parsley, chopped
- 1/4 cup onions, chopped and caramelized
- 3 tbsp roasted red peppers
- 1 tbsp lemon juice
- 2 tbsp tamari (wheat-free)
- 1 tbsp olive oil
- 1-2 tbsp water

Directions:

- 1 When using dry beans, they should be soaked in water overnight in advance, then boiled until tender (about 1 hour).
- 2 In a skillet, sauté onions in olive oil until soft and translucent.
- 3 In a food processor, combine garbanzos, garlic, parsley, onions, peppers, lemon juice, tamari, olive oil and water. Blend well.
- 4 Add tahini and continue to blend into a smooth, consistent paste.
- 5 Serve with warm pita bread or baguettes and fresh veggies.



Kalamata Olive Hummus



Cooking Time: 20 minutes

Yield: 4 servings

“This is your saltier, zingier hummus,” Amy says, “while roasted red pepper hummus is more savory and full.” Thinking of the caramelized onions in the roasted red pepper variety, she drifts into reverie.

Amy has worked at the Co-op for the last seven years, teaching ballet on the side during much of this time. Before the Co-op, she worked at the animal shelter as “the dog lady,” taking care of dogs. A self-described “novice spinner,” Amy says the hardest, prettiest thing she’s made was a hand-spun lace scarf she made and re-made for her mom.

About her job as kitchen manager, Amy says, “I get to eat tons of really, really good food. I’m spoiled. It makes it hard to go eat any place else.” Though knowledge of the fundamentals of ballet is not a requirement for Amy’s job as kitchen manager, it comes in handy when joining in “the Deli Dance.” Amy says, “When you’re in that really close space with a lot of people, you always have to be moving with the flow.” Yes, it’s a good calorie burner, and no, there’s no bruising factor. “We’re all smooth,” she says. “There’s no bumper car thing.”

Ingredients:

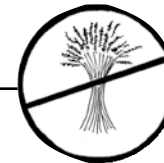
- 2 cups garbanzo beans, cooked
- 1 tbsp garlic, chopped
- 1 1/2 tbsp tahini
- 1 tbsp lemon juice
- 1 tbsp tamari (wheat-free)
- 1 tbsp olive oil
- 1/3 cup kalamata olives, pitted

Directions:

- 1 Mince garlic in a food processor.
- 2 Add remaining ingredients and process until very smooth.
- 3 Texture should be light and “creamy”, if not, add water tablespoon by tablespoon, processing for 20 seconds in between, until proper texture is attained.



Black Bean Hummus



Cooking Time: 20 minutes

Yield: 6-8 servings

Black beans made him think of a kind of Central American dish, which made him think of salsa, and he decided to experiment, Gary Macfarlane says. “I remember thinking ‘black beans, cilantro, roasted red peppers — good.’” He decided to use lime juice rather than lemon juice, and he remembers people saying, “This is different, but it’s good.” He also had a white bean hummus recipe, but says that the white hummus didn’t endure as well over the years as the black hummus did.

When asked the “What Makes Hummus, Hummus?” question, Gary doesn’t even flinch. “It’s a process of smashing together beans and garlic. Black bean hummus does have the typical tahini, but you can do it without.”

Other Co-op recipes for hummus in this cookbook provide an alternate perspective on the “What Makes Hummus, Hummus?” discussion. Fortunately, this is a low-key debate — you almost never see the various factions crouched behind mounds of their bean of choice, lobbing specimens across the kitchen at each other, smashing their stockpiles into a garlicky paste, the use of tahini dependent on team ethos.

Controversy aside, Gary cautions people to be careful of rocks when cooking with black beans, because little pebbles are always getting kicked up by the machinery that gathers the beans. So, check for pebbles while soaking and washing beans.

Gary has worked or volunteered at the Co-op ever since moving to the area 10 or 11 years ago. He lives east of Moscow, between Deary and Troy, and bicycle-commutes year-round to his job at Friends of the Clearwater an hour and a half each way, using studded snow tires in winter. “Ever since I was a little kid,” Gary says of his work, “I’ve always been concerned about wild lands and wild places.” His personal goal is to try to preserve and protect wild country on our public lands. Ultimately, he says, he would love to see grizzly bears fishing for salmon on the Selway River.

Ingredients:

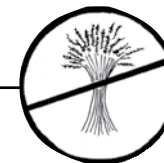
- 4 cups black beans, cooked or canned
- 2 tbsp lime juice
- 2 tbsp tamari (wheat-free)
- 1 1/2 tbsp tahini
- 1/4 cup roasted red peppers
- 2/3 cup chopped cilantro
- 1/2 cup chopped red onion
- 1 tsp minced garlic

Directions:

- 1 Prepare and combine all ingredients (except beans) in blender or food processor
- 2 Blend ingredients well, then add beans and blend again. Texture should be a fine, consistent paste.



Kashmiri Rice with Paneer



Cooking Time: 30 minutes

Yield: 3-5 servings

Mike Bowersox created the recipe for Kashmiri Rice while cooking for the Buffalo Field Campaign, a campaign to save the last herd of wild buffalo in Yellowstone National Park. At that encampment, Mike made four meals a day for sixty people for six months.

His goal with both Kashmiri Rice and its accompanying sauce, Paneer (see Mike's recipe, which follows this one), was to provide inexpensive Indian food. In college Mike studied Kashmir, the disputed area between India and Pakistan where three wars have been fought. However, he says, "Kashmiri" is just a name he attached to the rice. "I have no knowledge that this kind of rice is served there. It probably isn't."

Cooking with Seeds of Peace in warehouses, outside under tarps, or, in this case, in the back of a large cabin, Mike and his fellow activists set up "guerilla kitchens" with massive propane burners, a dish washing set up, prep and serving tables, 20-gallon pots, huge woks, and frying pans three feet in diameter.

While this may bring to mind an image of Paul Bunyan's loggers skating across a giant pancake griddle with bacon strapped to their shoes, Mike says he learned a lot from other Seeds of Peace volunteers, particularly a Native American man named Felipe who has cooked for Rainbow Gatherings and Seeds of Peace for over 20 years. Cooking on this scale "really isn't that hard," Mike says.

Ingredients:

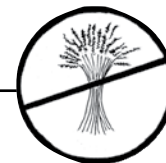
- 4 tsp olive oil
- 1/3 cup red onion, diced
- 1/3 cup yellow bell pepper, diced
- 1/2 cups cooked garbanzos
- 1/4 cup cashews
- 1 1/2 tsp garlic
- 1 dash salt
- 1/2 tbsp turmeric
- 3/4 tsp basil
- 1 3/4 cups water
- 1/2 cups tomato sauce
- 1 cup brown rice

Directions:

- 1 In a medium sauce pan, sauté all veggies, garlic, spices, garbanzos and cashews in olive oil for five minutes.
- 2 Add water and tomato sauce and bring to a boil.
- 3 Add rice, reduce heat, cover and simmer until rice is tender.
- 4 Mix well and serve.



Paneer *with Kashmiri Rice*



Cooking Time: 1 hour

Yield: 6-8 servings

Mike Bowersox likens paneer (an unaged, unsalted cheese used primarily in Indian cooking) to tofu: what makes both taste good is cooking them with spices. Having eaten paneer in Indian restaurants, Mike came up with this recipe after looking at some of the boxes of frozen Indian food at the Co-op.

Mike maintains about 30 spices at home. Like a musician identifying the notes and instruments played by an orchestra, Mike says that “pretty much anything a restaurant makes, I can go there and eat it and then figure out how to make it. To me cooking is a creative enterprise. I’m hardly ever stumped.”

This paneer, which Mike describes as a pretty basic version, is intended to accompany his recipe for Kashmiri Rice. He served both these dishes in Yellowstone National Park during the Buffalo Field Campaign on Indian Food Night, one of several theme nights. In keeping with the goal of Seeds of Peace to provide healthy, nutritious food in keeping with people’s values and organic when possible, Mike sees theme nights as yet another way that good food can boost morale. “We provide the support for people so they can focus their full energy on the issue they’re trying to change in society,” Mike says.

Ingredients:

- 4 tsp safflower oil**
- 1 medium red bell pepper, cut in small strips**
- 2 yellow onions, cut in 1/4 moons**
- 2 tsp garlic**
- 2/3 cup fresh basil, minced**
- 2/3 cup cashews**
- 2 tsp turmeric**

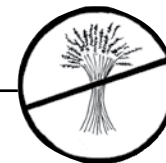
- 5 cups coconut milk**
- 1 cup paneer, cubed**
- 1/3 cup raisins**
- 4 tsp tamari (wheat-free)**
- 1 1/3 cups fresh spinach, packed**
- 4 tsp tapioca flour, mixed in 4 tsp water**
- dash salt**

Directions:

- 1** In a large saucepan, sauté onions and bell peppers in safflower oil, along with cashews, basil, turmeric, and salt for 5 minutes, until onions are translucent.
- 2** Add coconut milk, paneer, tamari and raisins.
- 3** Bring to a boil, then reduce heat and simmer for 30 minutes uncovered, stirring occasionally as mixture gradually thickens.
- 4** Add spinach and tapioca flour mixture, stir well and let simmer for five more minutes.
- 5** Serve hot over brown rice.



BBQ Tofu



Cooking Time: 1 hour

Yield: 4-6 servings

Mike Bowersox says he perfected the way he cooks tofu during twelve years of working with Seeds of Peace, an activist cooking collective, which put him in contact with a lot of vegans. Founded in 1986 following the Great Peace March for nuclear disarmament, a nine-month walk from San Francisco to New York City, Seeds of Peace has since continued to provide food for walks and demonstrations for social change.

While Mike defines small campaigns as cooking for 30-60 people for 30 days, he cooked for up to 6,000 people during the protests against the World Trade Organization in Seattle. In that case, he says, ten people from Seeds of Peace coordinated all of the cooking, relying on 25-30 volunteers. "One person coordinates the stir fry, while another person coordinates the salad," he explains. "All of it is done with five gallon buckets and cans, so you're boosting your volume of spices and food to be astronomically huge." As for the Barbecued Tofu recipe, Mike says he started with a prototype and changed almost everything about it.

Ingredients:

- 1 1/2 tsp garlic
- 1 1/2 tsp ginger
- 1 tsp basil, dried
- 1/2 tbsp red pepper flakes
- 1 tsp black pepper
- 2 tbsp tamari (wheat-free)
- 2 tbsp sesame oil
- 2 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1 tbsp red wine
- 1 tbsp molasses

- 3 tbsp honey
- 1 cup tomato sauce
- 2 lbs tofu
- 1/2 small yellow onion, sliced
- 1 small red onion, sliced
- 1/2 yellow bell pepper, sliced
- 1/2 red bell pepper, sliced

Directions:

- 1 Slice tofu into 1/2 inch thick squares and arrange on cookie sheet.
- 2 Combine first 13 ingredients (garlic through tomato sauce) in a blender or food processor.
- 3 Cover tofu with half of sauce and marinate 15 minutes on each side. Set excess sauce aside.
- 4 Use a skillet or griddle to grill tofu on both sides with a little olive oil and salt.
- 5 Bake tofu on oiled cookie sheet at 450 degrees for 15-20 minutes or until tofu starts to puff up.
- 6 Pour sauce evenly over tofu and bake another 15-20 minutes.
- 7 While tofu is cooking, sauté veggies in skillet until tender.
- 8 Spread veggies over tofu, mix well and serve.

TIP: Adjust spiciness by altering amount of chili flakes and black pepper.



Marinated Tofu



Cooking Time: 30 minutes

Yield: 2 servings

One of the most noteworthy things about Marinated Tofu is how good it smells when it's cooking, Kitchen Manager Amy Richard says. "When people walk in and we're cooking it, they're really surprised that it's this simple little thing. It smells bigger than it is."

Amy doesn't remember where the recipe came from originally. "It's been here forever," she says. While she was unable to produce a treasure trove of fabulous anecdotes involving Marinated Tofu, here are her pearls of wisdom regarding the instructions: On the importance of the marinating time: If you don't let it marinate long enough, it just tastes like tofu, she says, but if it sits too long, it tastes like a great big block of tamari. What if you heavily oil rather than lightly oil? "You get deep fried tofu, which is not quite so healthy." More like a tofu donut, huh? Even without the tofu being totally transformed into donuthood, children like Marinated Tofu, too. From the time she was two, Amy's daughter, Zoe, always requested Marinated Tofu as a favorite Co-op treat. And the splattering risk? "We've had some fun fires from that," Amy says. "If the liquid splatters onto one of the pilot lights on another burner, you can get some four-foot-high flames." So, using red wine to marinate, has anyone ever gotten drunk from that? "That's why they like it so much," Amy says. "Because you can't drink at the Co-op, but you can have tofu."

Ingredients:

- 1 lb tofu (firm or extra firm)
- 1/2 cup tamari
- 2 tbsp minced garlic

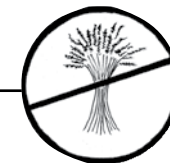
Directions:

- 1 Cut a block of tofu into 1/2 inch wide strips and arrange on cookie sheet or shallow pan.
- 2 Mix together minced garlic and enough tamari to cover and pour over tofu.
- 3 Let sit 10 minutes, then turn tofu over and let sit another 10-15 minutes.
- 4 Lightly oil grill or frying pan over medium heat. Add tofu carefully to avoid splattering and cook until brown on both sides.

Tip: This tofu is great plain, in a sandwich or cubed in salads! Add dried herbs to tamari marinade like basil, oregano, 5 spice powder or whatever sounds good. You can substitute different vinegars or red wine for some of the tamari. You can bake your tofu in the oven for a chewier texture.



Santa Fe Stuffed Chicken Breast



Cooking Time: 1 hour, 30 minutes

Yield: 4 servings

Says Mike Bowersox: “When we started doing chicken, we had a bunch of recipes off the Internet or wherever else. Being a creative person, I didn’t want to follow these.”

Mike grew up in New Mexico, and the recipe for Santa Fe Stuffed Chicken Breast was inspired by his dad. “When I was a kid, my dad used to make a similar thing. It was basically the only thing my dad made.” Yes, it was a big deal when his dad cooked, and yes, it was good.

Concerned about the direction to “pound chicken breasts with mallet?” “That’s a small tenderizing mallet, not a hammer,” Mike patiently explains. What about the challenge of rolling each breast over the stuffing and fastening the seam with 1-2 toothpicks? Mike maintains that this is not difficult. Alas, all hopes for drama dashed.

Ingredients:

- 3/4 cup red onion, diced
- 1/2 cup red bell pepper, diced
- 1/2 cup yellow bell pepper, diced
- 2/3 cup black olives, sliced
- 1 1/2 tsp garlic, minced
- 1 tbsp olive oil
- 1/4 cup cilantro, chopped
- 1/2 cup green chilies, diced
- 2 tsp oregano
- 1 cup Monterrey jack, grated
- 4 lg, skinless, boneless, chicken breasts
- 1 can green chile enchilada sauce (12 oz)
- 1/3 cup green salsa

Directions:

- 1 Sauté onions, bell peppers and olives in olive oil with garlic and oregano.
- 2 While still hot, mix sautéed veggies in a bowl with cheese, chiles and cilantro, then set aside.
- 3 Place chicken breasts between 2 pieces of wax paper or plastic wrap and, using meat tenderizer, pound each breast to about 1/4-inch thick.
- 4 Place about 1/4 cup stuffing on each breast.
- 5 Roll up stuffing in breast and fasten using toothpicks.
- 6 Place stuffed breasts in 9x13 inch cake pan and cover evenly with combined enchilada sauce and tomatillo salsa.
- 7 Bake, covered, at 375 degrees for 45 minutes, basting halfway through.



Szechuan Stir Fry



Cooking Time: 1 hour

Yield: 5-6 servings

After eating this dish several times in restaurants, Mike Bowersox decided to make a vegan version. Because meat adds flavor, Mike finds that vegan cooking is by necessity “more artistic. You have to have the total feel of spices, what they do and how they interact.”

While Mike doesn't cook at home as much as he used to, out in the field on different activist campaigns he might cook every single meal for a large group for four months straight. “That level of experience translates to knowing how to cook with spices,” he says.

In addition to being vegan, Szechuan Stir Fry is unique in its use of chipotle. “Basically it's hard to get Indian hot peppers in Idaho,” Mike says. “Chipotle works similarly, though.”

Ingredients:

- 2 cups brown rice
- 1/2 yellow bell pepper, cut into strips
- 1/2 red bell pepper, cut into strips
- 1 small onion, cut into strips
- 2 carrots, sliced 1/4-inch
- 1 medium bunch broccoli
- 1/2 lb firm tofu, cut into 1/2-inch cubes
- 1/2 cup bamboo shoots

For the Sauce:

- 1 tbsp olive oil
- 3-4 4-inch stalks lemon grass, chopped 2 inches long
- 1/2 chipotle pepper in adobo, minced

- 2 tbsp garlic, minced
- 1/2 tbsp red pepper flakes
- 1 cup tomato sauce
- 1 tbsp sesame oil
- 1/4 cup sugar
- 2 1/2 tbsp rice vinegar

Directions:

- 1 Rinse rice well. Bring 4 cups of water to a boil.
- 2 Add rice, reduce heat, cover and simmer for about 30 minutes.
- 3 In a small saucepan, heat olive oil over medium heat and sauté garlic for about 30 seconds.
- 4 Add all remaining ingredients for the sauce except the sesame oil, and bring to a rolling boil. Reduce heat and simmer for 15 minutes.
- 5 Remove chunks of lemon grass with slotted spoon and add sesame oil.
- 6 In wok or large skillet, heat 1 tbsp of canola oil and fry tofu on both sides until crispy. Set aside.
- 7 Using same pan, heat one more tbsp of canola oil and sauté all vegetables, except bamboo shoots, until tender.
- 8 Add sauce, tofu and bamboo shoots and toss gently. Serve with rice.



Sesame Ginger Stir Fry



Cooking Time: 1 hour

Yield: 5-6 servings

Mike Bowersox ate this dish some place else and then modified the recipe. The most notable ingredient here is the tapioca flour, a thickener which, he explains, is more in keeping with Southeast Asian food than corn starch because tapioca roots grow in Southeast Asia. Corn starch, on the other hand, comes from the Americas, because “that’s where corn grew, but corn was unknown in Southeast Asia for thousands of years.”

Tapioca flour is a little sweet, he adds, but can be used to thicken a dish without affecting the general flavor. The Co-op sells it, and it’s “one of those things that is not generally well known in our culture.”

Ingredients:

- 2 cups brown rice
- 1/2 yellow bell pepper, cut into strips
- 1/2 red bell pepper, cut into strips
- 1 small onion, cut into strips
- 1 medium carrot, sliced
- 1 medium broccoli or bok choy
- 1/2 lb firm tofu, cut into 1/2-inch cubes
- 1/2 cup green beans

For the Sauce:

- 2 tbsp ginger, minced
- 2 tbsp sesame seeds
- 1 tbsp sesame oil
- 1/4 cup brown rice vinegar
- 1/4 cup soy sauce or tamari

- 1 tbsp sugar
- 1 tbsp tapioca flour or corn starch with 2 tbsp of water
- 1 cup water

Directions:

- 1 Rinse rice well. Bring 4 cups of water to a boil.
- 2 Add rice, reduce heat, cover and simmer for about 30 minutes.
- 3 In a saucepan sauté ginger and sesame seeds in sesame oil for a few minutes.
- 4 Dissolve tapioca flour in 2 tbsp of water and add with the rest of the ingredients for the sauce.
- 5 Heat gently until begins to thicken.
- 6 In a wok or large skillet. Heat 1 tbsp of canola oil and fry tofu until it gets crispy. Set aside.
- 7 Using the same pan heat 1 tbsp of canola oil and stir all vegetables until tender.
- 8 Add sauce and tofu, and toss gently. Serve with rice.



Curry Peanut Stir Fry



Cooking Time: 1 hour

Yield: 5-6 servings

Mike Bowersox created Curry Peanut Stir Fry during the Cove-Mallard Campaign (an activist campaign to preserve the largest unprotected roadless area in the Lower 48) when he wanted to make stir fries more interesting.

Because Seeds of Peace receives seventy-five percent of their food from donations, “what you have is what you make, and always varies.” That really helps his innovation, Mike says. At the Cove-Mallard Base Camp, where they hauled in water and siphoned it out of 50-gallon barrels, they had peanut butter and they had curry, and thus Curry Peanut Stir Fry was born.

“We do tons of variations,” Mike says. “When you’re out in the woods doing direct action, you appreciate food because you’re always hungry.” In addition, with protesters constantly risking arrest, “you never know when you’re going to be in jail and getting crap food. We always try to provide a really nice meal to people when they’re getting out.”

Ingredients:

- 1/2 yellow bell pepper, cut into strips**
- 1/2 red bell pepper, cut into strips**
- 1 small onion, cut into strips**
- 1 medium carrot, sliced into thin strips**
- 1 stalk broccoli, cut into strips**
- 1/2 lb firm tofu, cut into 1/2-inch cubes**
- 1/2 red cabbage**

For the Sauce:

- 1 tbsp garlic, minced**
- 1/2 tbsp safflower oil**
- 1/2 tsp curry**
- 1/2 tsp red pepper flakes**
- 1/2 tsp brown mustard seeds**
- 1/2 tsp cinnamon**
- 1 cup water**
- 1/3 cup peanut butter**
- 1/2 tsp sesame oil**
- 1 1/2 tbsp soy sauce or tamari**

Directions:

- 1** In a sauce pan, sauté garlic and spices for 5 minutes and add water. Bring to a boil.
- 2** Add peanut butter, stir constantly until peanut butter dissolves. Simmer for 5 minutes. Add tamari and sesame oil.
- 3** In a wok or large skillet heat 1 tbsp of canola oil and fry tofu until crispy. Set aside.
- 4** Using the same pan heat 1 tbsp of canola oil and stir all vegetables until tender.
- 5** Add sauce and tofu, and toss gently. Serve with rice.



Veggie Quesadillas



Cooking Time: 1 hour

Yield: 8-12 servings

Finding the quesadillas served by most restaurants “boring,” Mike Bowersox wanted to add something more. The resulting green sauce and roasted red peppers make this veggie quesadilla “far superior to others anywhere,” he says, including those where he grew up in New Mexico.

So how did Mike learn to cook? “Just doing it over and over again,” he says. “When I first started cooking, I followed recipes.” Actually, he admits, “I never really followed them that well. I started modifying them. Eventually, if you cook for 20 years, as I have, you just get a feel for what does what. It takes cooking a lot, cooking constantly.” “Cooking is art,” Mike says. “It’s just something I wanted to do because good food makes people happy.”

Ingredients:

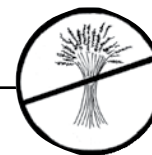
- 2 small red bell peppers
- 2 small yellow bell peppers
- 2 red onions, sliced in 1/2 moons
- 2 tbsp garlic, minced
- 1 cups black olives, sliced
- 2 tomatoes, diced
- 1 bunch cilantro, minced
- 1/4 cup olive oil
- 2 tsp oregano
- 2 tsp chili powder
- 1 cups green chilies, diced
- 1 cup green salsa
- 2 lb jack cheese, grated
- 8 whole wheat tortillas
- baking powder

Directions:

- 1 Roast bell peppers over a gas flame until blackened entirely. If you don’t have a gas grill you can broil them in an oven until blackened, watch them closely!
- 2 After peppers have cooled, rinse off black coating under tap water and slice into strips.
- 3 Sauté onions, bell peppers, garlic and olives with 3 tbsp of olive oil.
- 4 When onions are translucent, add spices along with chilis and salsa.
- 5 In a skillet, warm tortillas, a few at a time, so they will easily fold.
- 6 Put 1/4 cup vegetables, 1/4 cup cheese, 2 tbsp tomatoes and a sprinkle of cilantro in tortilla and fold in half.
- 7 Heat remaining olive oil in a pan and grill quesadillas on both sides until cheese is melted.



Spicy Dahl



Cooking Time: 2 hours

Yield: 6-8 servings

With Spicy Dahl, Mike came up with a vegan Indian dish using tempeh. Tempeh, he says, comes out of Southeast Asia, so the tempeh in this recipe is “[his] own innovation.” This dahl, then, is “a little different, but also a way to introduce people to tempeh. It’s a great meat substitute that you can work with in lots of ways.”

In India, he tells me, “there are about 25 versions of dahl you can get in the open-air markets,” something he says he wishes we had in this country. “Dahl is cheap and really nutritious. When combined with rice you get a complete protein out of it as a vegan. It’s one of those things that doesn’t cost a lot of money, but tastes good and is good for you.”

His goal with all the vegan dishes he makes, Mike says, is to provide both “nutrition and an example of how a non-animal product diet can be perfectly healthy. People should eat what they’re comfortable eating, but I think they should entertain options that don’t include meat.”

Ingredients:

- 1 1/4 cup tempeh, cubed (about 5 oz)
- 4 tbsp margarine
- 1 small red onion, minced
- 1/2 medium red bell pepper, diced
- 2 tbsp minced garlic
- 1/2 tsp thyme
- 1/2 tsp salt
- 1 tsp brown mustard seeds
- 1 tbsp curry powder
- 1/2 tbsp red pepper flakes

- 5 cups water
- 4 cups coconut milk
- 1 1/4 cup yellow split peas, dry
- 1 cup brown jasmine rice
- 1/2 bunch kale, finely chopped
- 1 1/2 cups green peas, fresh or frozen
- 1/4 cup tamari (wheat-free)

Directions:

- 1 Melt margarine in a large sauce pan.
- 2 Sauté onion, bell pepper, tempeh, garlic and spices for about 5 minutes.
- 3 Add water, coconut milk, split peas and rice.
- 4 Bring to a boil, then reduce heat and simmer covered, stirring occasionally, for 60-90 minutes until yellow split peas dissolve and rice is tender.
- 5 Add kale, green peas and tamari, turn off heat, mix well and serve.



Daily Wheat Bread



Cooking Time: 2 1/2 hours

Yield: 2 loaves

Daily Wheat was developed by Ed Clark, the founder of the Co-op's bakery, says baker Joseph Erhard-Hudson. The original Daily Wheat used honey or molasses. That ended, Joseph says, "because strict vegans won't eat honey, and then we learned that even stricter vegans won't eat molasses. So we settled on brown rice syrup, because as far as we can tell, nobody objects to that."

Estimating that he's had a hand in making close to 15,000 loaves of Daily Wheat over five years of baking at the Co-op, Joseph finds it to be a "very consistent and resilient recipe."

Something notable about Daily Wheat is that blisters tend to bubble up on top as it's baking. "So now we poke holes in the top with a toothpick as a matter of course to let out the steam to prevent the blisters from forming. This was my contribution to the Daily Wheat," Joseph says with satisfaction.

Ingredients:

- 3 cups warm water**
- 2 tbsp brown rice syrup (or honey)**
- 1/4 cup vegetable oil**
- 2 1/2 tsp active dry yeast (or 1 pkg)**
- 1 tbsp sea salt**
- 7 1/2 cups whole wheat flour**

Tip: You will also need extra flour for kneading dough, oil or butter for pans and brushing loaves.

Directions:

- 1** Mix together warm water, oil, syrup, salt and yeast. Stir until the yeast dissolves and starts to get bubbly, about five minutes.
- 2** Add flour 2 cups at a time. Mix in the bowl by hand or with a mixer until the dough is too stiff to stir.
- 3** Dump the dough onto a floured surface and knead in the last of the flour by hand. Adding flour as needed, knead for about 10 minutes until the dough is smooth, elastic, and slightly tacky to the touch.
- 4** Coat the ball of dough and the inside of a large bowl with oil. Place the dough in the bowl, cover with a piece of cloth or parchment. Allow dough to rise in a warm draft free place for 1 hour or until doubled in size.
- 5** On a floured surface cut dough in half. Shape into two round balls and let sit for a few minutes.
- 6** Meanwhile lightly oil or butter two bread loaf pans
- 7** To shape dough into loaves flatten each ball into a circle/oval about 2 inches thick. Roll up the dough, tucking in the sides as you go and working out any air bubbles; ending up with two football shape loaves. Pinch the seam and any holes in the bottom of the dough closed and place seam down in pan.
- 8** Cover the pans with cloth or paper and allow dough to rise again for 30 minutes.
- 9** Preheat oven to 350 degrees.
- 10** Brush the tops of the loaves with oil and bake for 40 minutes, rotating in the oven after 20 minutes.
- 11** Loaves should be lightly browned and will make a resonant hollow thump when tapped if they are done. Let loaves cool.



Honey Butter Oat Bread



Cooking Time: 2 1/2 hours

Yield: 2 loaves

Baker Joseph Erhard-Hudson, who developed Honey Butter Oat Bread along with Becky Waldron, says he knows “some families with young children who buy only this bread because it’s the only bread their kids will eat.” However, he explains, “there’s always resistance to making more of what people like, because inevitably what happens is that we start making things that are a little bit closer to the mainstream. This bread illustrates one of the challenges of running a business that provides alternatives. The more pure our vision, the fewer people we end up serving. The idea we’ve sometimes used in the kitchen is ‘evolution vs. revolution.’”

“Something about the combination of buttermilk and honey gives the dough an almost fruity smell. It’s a delicious dough to smell,” Joseph says. Compared to Daily Wheat, “when you’re all done kneading it and have all the flour worked in, this dough is going to feel a little heavier and stickier. It’s a classic ‘Grandma’ bread, and people love it.”

Ingredients:

- 1 1/3 cups boiling water
- 1 1/3 cups rolled oats
- 2 cups buttermilk
- 1/4 cup honey
- 1/3 cup butter, melted
- 6 cups white flour
- 2 1/2 tsp active dry yeast (1 pkg)
- 1/4 cup warm water
- 1 tbsp sea salt

Tip: You will also need extra flour for kneading dough, oil or butter for pans and for brushing loaves.

Directions:

- 1 In a large bowl combine boiling water and oats, let sit for 30 minutes.
- 2 Dissolve yeast in warm water for 5 minutes, stirring occasionally.
- 3 Stir together oats, buttermilk, honey, butter, yeast and salt. Mix well.
- 4 Add flour 2 cups at a time. Mix until dough is too stiff to stir.
- 5 Place dough on a floured surface and knead in the last of the flour by hand. Knead for 10 minutes or until the dough is smooth, elastic, and slightly tacky to the touch.
- 6 Coat the dough and the inside of a large bowl with oil. Place the dough in the bowl, cover with a cloth or parchment paper. Allow dough to rise in a warm draft free place for 1 hour or until doubled in size.
- 7 On a floured surface shape into two round balls and let sit for a few minutes.
- 8 Shape dough into loaves. Flatten each ball with the palms of your hands into a circle/oval about 2 inches thick. Roll up the dough, tucking in the sides as you go and working out any air bubbles; ending up with two football shape loaves. Pinch the seam and any holes in the bottom of the dough closed and place seam down in a lightly oiled pan. Repeat for second loaf.
- 9 Cover the pans with cloth or paper and let rise again for 30 minutes.
- 10 Preheat oven to 350 degrees.
- 11 Brush the tops to the loaves with melted butter and bake for 40 minutes, rotating in the oven after 20 minutes.
- 12 Loaves should be lightly browned and will make a resonant hollow thump when tapped if they are done. Let cool.



Scones



Cooking Time: 1 hour

Yield: 8 scones

“The secret to light, fluffy scones is in the handling, not in the ingredients,” says baker Joseph Erhard-Hudson. “Unlike bread, where you want a long kneading time to develop the gluten, with scones and muffins you want to minimize gluten development.”

Joseph suggests using a food processor or pastry cutter for cutting in the butter, or even a cheese grater if the butter is frozen. He emphasizes that you still want to be able to see bits of butter when you’re done cutting it in and that combining wet and dry parts is a folding rather than a stirring process. Joseph says he hasn’t met the person who doesn’t like huckleberry scones, and one of his personal favorite variations is adding chopped candied ginger.

The Co-op’s scones “are pretty big, but they used to be huge,” Joseph notes. After the Co-op sponsored a showing of the documentary Super Size Me, he says they got “a couple of notes in the suggestion box saying, ‘Um, guys, about your portion size.’”

Ingredients:

- 4 1/2 cups white flour**
- 1 cup sugar**
- 2 1/2 tbsp baking powder**
- 3/4 lb salted butter, cold or frozen**
- 3/4 cup milk**
- 1 egg**
- extra milk and sugar for brushing on top**

Cranberry Orange:

- 1 cup cranberries (fresh/frozen)**
- 1/2 orange (juice and zest)**

Bye-Bye Berry:

- 1/2 cup blueberries (fresh/frozen)**
- 1/2 cup raspberries (fresh/frozen)**
- 1 cup strawberries, roughly chopped (fresh/frozen)**

Directions:

- 1** Preheat oven to 350 degrees.
- 2** Mix the flour, sugar, and baking powder together in a large mixing bowl.
- 3** Cube the butter and mix it into the dry ingredients until the dough forms crumbly pea-sized chunks.
- 4** Mix in the appropriate fruit for the flavor you are making.
- 5** In a separate bowl mix together the milk and egg.
- 6** Add the milk to the mixing bowl and mix until just incorporated.
- 7** Transfer the dough to a lightly greased cookie sheet.
- 8** Press the dough into a circle about 1-inch thick and cut into 8 slices.
- 9** Leave the dough in a circle or rearrange wedges on the pan.
- 10** Brush the scones with milk and sprinkle them with sugar.
- 11** Bake for 20 to 25 minutes, until the scones are golden brown and a knife comes out clean.
- 12** If you left the scones in a circle, gently re-cut them after they have cooled slightly.



Knock Out Muffins



Cooking time: 45 minutes

Yield: 1 dozen muffins

Knock-out Muffins were developed by a baker named Sarah Fisher from the Sun Valley area, and baker Joseph Erhard-Hudson says he didn't have much to do with it. First, a little muffin history: "There used to be more variety, and it was pretty much up to that day's baker as to what to make. When we changed to having the same muffins every day, this one stood out as being one of the most popular."

Want the real truth? "Amy Richard really likes chocolate, and we have to have at least one thing with chocolate chips on the breakfast menu." If you too might like a daily morning dose of warm chocolate chips, Joseph notes that you can save some of the batter in an airtight container in the fridge and bake it the next day.

Joseph himself thinks Knock-out Muffins are "probably our yummiest and gooiest muffin. We've been known to accidentally break these muffins as they're coming out of the tins so that we can't sell them," he admits. "'Darn! We'll have to eat this one! We can't sell it!'" Joseph grew up in small towns all around the Rocky Mountains and says he knows "a little bit about a lot of things." In addition to baking, he has worked as a gardener, bank clerk, agricultural research assistant, and computer technician. When not impersonating a one-man career fair, he's a singer and actor and contra-dance caller.

Ingredients:

- 1 cup mashed banana (about 2 bananas)**
- 1/2 cup brown sugar, packed**
- 1/4 cup butter, melted**
- 3/4 cup water**

- 1/4 tbsp vanilla extract**
- 1 1/2 cups whole wheat pastry flour**
- 1/2 tbsp baking powder**
- 1/4 tbsp baking soda**
- 1/4 tbsp sea salt**
- 1/8 tbsp ground cinnamon**
- 1/3 cup pecans, coarsely chopped**
- 3/4 cup semi-sweet chocolate chips**

Directions:

- 1** Preheat oven to 350 degrees.
- 2** In a large mixing bowl mash bananas with fork. Add brown sugar, melted butter, water and vanilla extract. Mix until light and fluffy (bananas may still be lumpy).
- 3** In a separate bowl, combine flour, baking soda and powder, salt and cinnamon.
- 4** Add the dry ingredients to the wet and mix until well combined.
- 5** Fold in pecans and 1/2 cup of the chocolate chips
- 6** Line muffin pan with paper cups or grease well with oil or butter.
- 7** Divide batter evenly into pan. Sprinkle the remaining chocolate chips on top of the muffins.
- 8** Bake for 15 to 20 minutes or until a toothpick inserted into a muffin comes out clean.



Orange Shortbread



Cooking Time: 30 minutes

Yield: 3 dozen cookies

"This is a cookie that my mom makes all the time because it's really quick," Noel Jones says. "She would make it for parties or anything we had to go to last minute."

While the orange version was their favorite, they sometimes substituted different nuts, or added vanilla or almond extract, or dipped the shortbread in chocolate. "They're kind of a no-fail cookie," Noel says. "You can add everything." At the Co-op, one of her favorite versions was adding hazelnut extract to the dough and dipping the shortbread in chocolate and nuts.

The orange version uses zest, which Noel explains comes from the colored part of the peel, which is sweet and has all the oils and flavoring, unlike the white pith underneath, which is bitter. "You need to be careful when using a grater," she cautions, because it's easy to go too far and start scraping off pith.

Although the cookbook version calls for scooping by rounded teaspoon, Noel and her mom, Kristin, would split the dough into two balls, flatten them out like two huge round cookies, cut them into pizza-like slices, and poke holes in them with a fork. This method yields little one-inch wedges, easy for dipping, "more of a crispy cookie with a little chewiness in the center." The Co-op version is more chewy.

This recipe also works great as a sugar cookie, Noel says, because "you can roll out the dough and cut it into shapes." In fact, her mom uses the original recipe, which contains margarine rather than butter, with the kids at her preschool, because a lot of kids are allergic to eggs and dairy and the margarine version is vegan.

"We used to bake a lot together when I was little," Noel says, recalling photos of herself sitting on the counter at age one and a half or two. "She'd measure everything and have me pour it in."

Noel made lots of vegan, hazelnut-flavored, heart-shaped shortbread for a Valentines for AIDS event at the Co-op, so that everyone could eat them. As in the days of baking with her mom,

she made them at the last minute. "They were still warm and everyone was really excited."

Ingredients:

- 2 cups unsalted butter
- 1 cup unrefined cane sugar
- 2 tbsp fresh-squeezed orange juice
- 4 1/4 cups white flour
zest from one orange

Directions:

- 1 Preheat oven to 325 degrees.
- 2 Zest and juice the orange.
- 3 Cream butter, sugar, orange zest and orange juice in a large mixing bowl until light and fluffy.
- 4 Add flour and mix until completely incorporated.
- 5 Scoop by rounded tablespoon onto cookie sheet.
- 6 Smash down to size (these cookies will spread only slightly as they bake).
- 7 Bake for 10 to 13 minutes, until cookies are lightly brown around the edges.

Tip: Zest is the sweet citrus tasting outer orange part of the peel. To zest an orange, scrape the outer peel with a fork or use a special culinary zester.



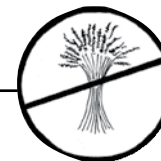
Maple Pecans

Cooking Time: 30 minutes

Yield: 3 dozen cookies

Heidi Heffernan likes the fact that these shortbread cookies are gluten-free and use simple ingredients. She also appreciates that the Maple Pecans recipe calls for maple syrup rather than sugar, and no eggs. The combination of gluten-free flours “makes it more crumbly,” she notes, “but for someone who can’t use regular wheat flour, this would be a good one.”

Potato starch bolsters the “stickiness factor” sufficiently that maple pecans are also fairly popular among people who don’t necessarily have to restrict themselves to gluten-free, Heidi says. With the pecan on top, “they’re pretty cookies, too, and that might be part of the appeal.” After seven years working for the Co-op doing various kitchen jobs, Heidi is currently one of the managers of the soon-to-be certified organic student-run farm at the University of Idaho, now going into its third year. Along with a limited C.S.A. (a weekly Community Supported Agriculture fresh produce program) and farm stand, they sell some salad bar produce and fresh herbs to the food service at U.I. She says that in surveys with the students, “the top three things that keep coming up are that students want food that is vegan, organic, and locally grown. We don’t know if it’s kind of skewed because the students who come up and fill these things out don’t want to eat at Burger Doodle, but those are the things that keep being requested.”



Ingredients:

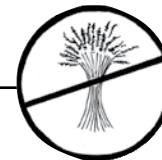
- 3/4 cup margarine (softened)
- 1/2 cup maple syrup
- 1 1/3 cups white rice flour
- 3/4 cup potato starch
- 1/3 cup tapioca flour
- 1 1/2 cups pecans (half chopped, half whole)
- 3/4 tsp baking powder

Directions:

- 1 Preheat oven to 325 degrees.
- 2 Cream margarine and maple syrup together with a mixer on medium/low speed for two minutes.
- 3 Combine dry ingredients in a separate bowl and add to margarine/syrup mixture. Mix on low speed for one minute.
- 4 Add chopped pecans and mix on low speed for one minute.
- 5 Scoop by rounded tablespoon onto greased cookie sheet. Smash down moderately (these cookies do not spread as they bake, but don’t press them down too much or they will get too dry).
- 6 Press one whole pecan into the center of each cookie.
- 7 Bake at 325 degrees for 9 to 12 minutes, until edges of cookies are lightly brown.



Heidi's Hikers



Cooking Time: 15 minutes

Yield: about 12 bars

Heidi Heffernan says she modified her hiking bars from an “all-natural rice krispy treat thing. I played with it ‘til I got what I wanted, a bar to take out hiking with me. It’s kind of a collection of all the things I really like, lots of different nuts and dried fruit and sugar.”

What about the “Don’t be afraid to use your hands” instruction? “It really does work better,” Heidi says. “It’s this hot sugary syrup.” Picture your hands soaking in hot sugar, like real-life dinosaurs trapped forever in California’s bubbling La Brea Tar Pits: not a bad way to go, or rather, not a bad way to stay.

Wondering about the most spectacular hiking destination Heidi’s ever brought her Hikers? “Mostly I think they just get eaten in the parking lot,” she admits. “I guess that’s the real message. They don’t ever get taken hiking because I eat them on the way there.”

Ingredients:

- 1 cup brown rice syrup
- 1/2 cup almond butter
- 1 3/4 cups crispy rice cereal
- 3/4 cup rolled oats
- 3/8 cup sesame seeds
- 3/8 cup sunflower seeds
- 1/4 cup whole cashews
- 1/4 cup whole pecans
- 1/2 cup dried cherries
- 1/2 cup raisins
- 1/2 cup dried cranberries

Directions:

- 1 Mix the brown rice syrup and almond butter together with a spatula or a spoon in a large bowl.
- 2 Add everything else and mix together. Don’t be afraid to use your hands here — it’s often easier than using a spatula.
- 3 Press mixture into an un-greased 9x11 or 8x8 inch pan depending on the thickness of bars you would like.
- 4 Refrigerate until cool and then cut into serving size bars and enjoy.

Tip: If the brown rice syrup and almond butter are not room temperature heat them in a saucepan over low heat for several minutes. This will make the mixture much easier to work with. Work quickly as you add the other ingredients to avoid hardening of the syrup/butter mixture.

Try substituting your favorite nuts and dried fruit, this is a very versatile recipe as long as you keep the ratio of dry to wet ingredients the same.



Peanut Butter Chocolate Chip Cookies



Cooking Time: 30 minutes

Yield: 5 dozen small cookies

You might want to stretch before making Peanut Butter Chocolate Chip Cookies, because this one is all about flexibility. Aven Krempel, Bakery Manager, says this recipe is one that's been tweaked a lot.

For example, she says, the baking time changes often, depending on whether the bakers like their cookies chewy or crunchy. There's also been debate about whether the Co-op should use creamy or crunchy peanut butter, most of which Aven attributes to the bakers' personal tastes as well.

In testing this recipe, Amy Richard first found it to be "a total failure at home." At the Co-op they use five-gallon buckets of natural peanut butter — which tends to be oily at the top and dry toward the bottom — and adjust the amount of flour in response to the texture of the peanut butter. "We know what texture to go for because we've been doing it enough," Aven says. "Grinding your own peanut butter works out," she adds, "but with the jars you run into problems."

And now for a final cookie-related revelation for anyone who thought the Co-op was only about leafy greens and bulk grains: Apart from items such as apples which are sold by the pound, Aven reports that cookies are the top seller in the store. "We sell more individual cookies than anything else," she notes.

Ingredients:

- 1/2 lb unsalted butter, softened**
- 1 1/2 cups peanut butter, fresh ground is best**
- 2 cups brown sugar, packed**
- 2 eggs**
- 1 tsp vanilla extract**

- 2 1/2 cups whole wheat pastry flour**
- 1/2 tsp sea salt**
- 1/2 tbsp baking soda**
- 1 1/2 cups semi sweet chocolate chips**

Directions:

- 1** Preheat oven to 375 degrees.
- 2** In a large mixing bowl cream the sugar, butter, and peanut butter until light and fluffy. (About 2 minutes on medium-high speed.)
- 3** Add eggs and vanilla and mix well.
- 4** In a separate bowl combine the flour, salt and baking soda.
- 5** Add the dry ingredients to the wet and mix until fully incorporated.
- 6** Fold in the chocolate chips.
- 7** Scoop cookies onto ungreased cookie sheet and bake for 10 minutes.

Tip: We have found that fresh ground peanut butter works the best for these cookies as it seems to be less oily, if you are using peanut butter from a jar you may need to add up to 1/2 extra flour. If the cookie dough seems really oily, try baking just a few cookies at a time to see how they turn out, and add more flour if needed.



Key Lime Pie



Cooking Time: 30 minutes (12 hours to set)

Yield: 1 pie

Key lime pie, one of the Co-op's most popular desserts, is one they have out every day, says Bakery Manager Aven Krempel. Aven describes this version as very easy to make, more like a no-bake cheesecake than a traditional key lime pie, as there is no meringue or whipped cream.

Glancing at the instructions for making the crust, however, you might be struck by the choreographic possibilities. You might picture a marching band, hamsters perhaps, crushing bagged-up graham crackers with tiny rolling pins as they shuffle-step across your crumb-covered floor.

During a few weeks of the year the Co-op can't get limes and the bakers have to garnish the pie with something else, such as lemons or blood oranges. "It's a little confusing," Aven says. "People who know what it is will still eat it, but I think it might scare away the new customers."

The hardest part, according to Aven, is letting the pie set up for a full 12 hours, because otherwise "it'll be a runny mess when you take it out of the pan." She thinks it might be frustrating to make something at home and then have to wait so long to eat it. So true, but the greater difficulty may lie in getting a good night's sleep with all those hamsters camped out in your kitchen.

Ingredients:

- 10-15 graham crackers**
- 6-8 tbsp unsalted butter, melted**
- 1/2 lb cream cheese**
- 1/2 cup lime juice**
- 1 can sweetened condensed milk**
- 3/4 cup whipping cream**
- 1 lime**

Directions:

- 1** Preheat oven to 325 degrees.
- 2** Crush graham crackers into fine crumbs. This can be done in a food processor or by hand. To crush by hand, put the crackers in a sturdy plastic bag that seals well. Squeeze all the air out of the bag. Roll a rolling pin over the crackers, flipping the bag over and squeezing out the air periodically.
- 3** In a mixing bowl combine the melted butter and the graham cracker crumbs.
- 4** Pour the graham crackers into a 10 inch pie pan and press the crust down well, compacting it as much as you can.
- 5** Bake the crust for 8 minutes.
- 6** In a food processor combine the cream cheese and the sweetened condensed milk until smooth and creamy.
- 7** Add the lime juice and process for a few more minutes.
- 8** Add the whipping cream and process until the filling is starting to stiffen.
- 9** Pour the filling over the cooled crust and smooth with the back of a spatula. Decorate with lime zest or wedges and refrigerate overnight or at least 12 hours.

Tip: Steps 6 through 8 can be done in a stand mixer, with a hand mixer, or by hand. The cream cheese should be room temperature and very soft. Mix at the fastest speed for at least 2 minutes after adding each ingredient.



Carrot Cake



Cooking Time: 1 1/2 hours

Yield: 1 two-layer cake

The Co-op's signature dessert, carrot cake, is the favorite dessert for many Co-op shoppers, says Bakery Manager Aven Krempel. The current version has pecans and dried cranberries, both of which change with baker preferences and customer comments. "We've gone back and forth with the pecans because it's so much more expensive to put them in, but we've finally determined that this is the best way to make carrot cake. I'm really proud of this recipe," Aven says.

Not only is it delicious, but, given that it's made with whole wheat flour and contains more carrots than flour, Aven also thinks that it's healthy. "If you're going to eat dessert, go with the carrot cake," she advises.

Ingredients:

- 1 cup unsalted butter, softened
- 1 cup white sugar
- 1 cup brown sugar
- 1 tsp vanilla extract
- 4 eggs
- 2 cups whole wheat pastry flour
- 2 tsp baking powder
- 1/2 tsp sea salt
- 1/2 tbsp ground cinnamon
- 1 cups chopped pecans
- 1 cup dried cranberries
- 3 cups grated raw carrots
- 1 batch cream cheese frosting
- extra chopped pecans

Directions:

- 1 Preheat oven to 350 degrees.
- 2 In a large mixing bowl cream together the butter and white sugar until light and fluffy.
- 3 Gradually add the brown sugar and continue mixing until light and fluffy again.
- 4 Add the vanilla extract and the eggs, mix well.
- 5 In a separate bowl mix the flour, baking powder, salt and cinnamon.
- 6 Gradually add the dry ingredients, including pecans, dried cranberries and carrot, blending thoroughly after each addition.
- 7 Grease and flour two 9 inch cake pans and evenly distribute the batter into them.
- 8 Bake at 350 degrees for 25 minutes or until a toothpick inserted into the cake comes out clean.
- 9 Let the cake cool in the pans for 10 to 15 minutes, then turn the cakes out onto a cooling rack or piece of parchment paper. Allow the cake to cool completely before frosting.
- 10 If necessary, cut the rounded top of the cake off with a large serrated knife and frost cake generously one layer at a time.
- 11 If desired, press chopped pecans into sides or sprinkle on top of the cake.



Cream Cheese Frosting for Carrot Cake



Cooking Time: 30 minutes

Yield: 2 cups

It's a pretty exciting day at the Co-op when the bakers make a new batch of Cream Cheese Frosting, says Bakery Manager Aven Krempel. Every couple of weeks, they make giant batches which are kept in the fridge, she explains. The frosting fills up the entire 30-quart mixer, which still impresses Aven every time she sees it.

So, what's the licking the bowl protocol? "It's fair game once you're taking the bowl to be washed." Bowl licking could be seen as part of the job, as Aven says the bakers are pretty much expected to try everything they make. When people start working at the Co-op, they tend to eat a lot of dessert. "The staff is always going back into the kitchen, looking for cookies. They know that a few will break when they're taken off, and some will be a little smaller or squished up against the side of the pan. There are a lot of little bites of cookies in a day of work," she says.

Aven had many different positions at the Co-op before becoming the assistant kitchen manager and bakery supervisor. She says she rarely bakes at home, where her oven is too small for a full-size cookie sheet. She finds it a lot easier to bake in a commercial kitchen, where you have all the tools you need and a lot more space.

Aven also makes and sells jewelry. She would like to have a little homestead here in Moscow with her fiancé Isaac someday, maybe with chickens. About the Co-op recipes, she says, "I'm glad that the bakers before me found these great recipes and that they keep evolving and being passed on. It's really a cooperative effort."

Ingredients:

- 1 lb cream cheese, softened**
- 3/4 lb unsalted butter, softened**
- 1 tsp vanilla extract**
- 1/2 tsp lemon juice**
- 1 1/2 lbs powdered sugar, sifted**

Directions:

- 1** In a medium mixing bowl cream the butter and cream cheese, beating well until smooth.
- 2** Add the vanilla and lemon juice and mix well.
- 3** Sift the powdered sugar into the bowl in 3 batches, beating until there are no lumps.
- 4** Use the frosting right away or refrigerate for up to one week (allow frosting to come to room temperature before using).

Bread Baking Tips:

“Once you get familiar with Daily Wheat,” baker Joseph Erhard-Hudson says, “it’s very easy to get consistent results.” It’s a great bread for teaching yourself how the amount of kneading affects the finished product, Joseph explains, because if it’s under-kneaded it won’t rise as well. On the other hand, when one baker left the dough in the mixer (which kneads the bread) for an extra minute or two, “it got so much taller that people came in accusing us of adding white flour to make the bread bigger.”

As for recognizing the “resonant hollow thump” that signals when the bread is done, Joseph says, “It’s pretty much a matter of experience. If the bread is still doughy on the inside, it will make a kind of thud.” If you’re ever in doubt as to whether a loaf is done, Joseph suggests gently slicing it in half with a bread knife. If it’s not done, he says, you can put the halves back together in the loaf pan in the oven for some more time. Once it cools down, however, “there’s no going back.”

Almonds

- bok choy salad, 6
- broccoli almond curry salad, 10

Apple

- apple ginger tuna salad, 42

Basil

- Candace’s summer basil tortellini salad, 14
- cranberry pesto tortellini salad, 16
- paneer, 54

Beets

- marinated winter vegetable salad, 18
- winter soba salad, 20

Bell peppers

- bok choy salad, 6
- broccoli almond curry salad, 10
- Italian tortellini salad, 12
- Candace’s summer basil tortellini salad, 14
- sesame pasta salad, 28
- spicy Thai noodle salad, 32
- herbed veggie tofu salad, 40
- roasted red pepper hummus, 46
- kashmiri rice, 52
- paneer, 54
- BBQ tofu, 56
- Santa Fe stuffed chicken breast, 60
- Szechuan stir fry, 62
- sesame ginger stir fry, 64
- curry peanut stir fry, 66
- veggie quesadillas, 68

Black beans

- black bean soup, 34
- black bean hummus, 50

Bleu cheese

- pear cranberry salad, 8

Bok choy

- bok choy salad, 6
- spicy Thai noodle salad, 32
- sesame ginger stir fry, 64

Breads

- daily wheat bread, 72

- honey butter oat bread, 74
- scones, 76
- knock out muffins, 78

Broccoli

- broccoli almond curry salad, 10

Brown rice

- wild rice salad, 30
- kashmiri rice, 52
- Szechuan stir fry, 62
- sesame ginger stir fry, 64

Bulgur

- tabouli, 26

Cabbage

- kale slaw, 4
- bok choy salad, 6
- broccoli almond curry salad, 10
- Italian tortellini salad, 12

Carrots

- kale slaw, 4
- marinated winter vegetable salad, 18
- winter soba salad, 20
- tabouli, 26
- sesame pasta salad, 28
- black bean soup, 34
- carrot ginger soup, 36
- herbed veggie tofu salad, 40
- Szechuan stir fry, 62
- carrot cake, 90

Cashews

- kale slaw, 4
- kashmiri rice, 52
- paneer, 54
- Heidi's hikers, 84

Chicken

- Santa Fe stuffed chicken breast, 60

Cranberries

- pear cranberry salad, 8
- cranberry pesto tortellini salad, 16
- Heidi's hikers, 84
- carrot cake, 90

Cream cheese

- key lime pie, 88
- cream cheese frosting, 92

Desserts

- orange shortbread, 80
- maple pecans, 82
- Heidi's hikers, 84
- peanut butter chocolate chip cookies, 86
- key lime pie, 88
- carrot cake, 90
- cream cheese frosting, 92

Eggs

- dill potato salad, 22
- egg salad, 38
- peanut butter chocolate chip cookies, 86
- carrot cake, 90

Entrees

- Kashimiri rice, 52
- paneer, 54
- BBQ tofu, 56
- marinated tofu, 58
- Santa Fe stuffed chicken breast, 60
- Szechuan stir fry, 62
- sesame ginger stir fry, 64
- curried peanut stir fry, 66
- veggie quesadillas, 68
- spicy dahl, 70

Feta

- Italian tortellini salad, 12
- spelt feta salad, 24
- tabouli, 26

Garbonzo beans

- hummus, 44
- roasted red pepper hummus, 46
- kalamata olive hummus, 48
- kashmiri rice, 52

Graham crackers

- key lime pie, 88

Jalapeno
-black bean soup, 34

Kalamata olives
-kalamata olive hummus, 48

Kale
-kale slaw, 4
-marinated vegetable winter salad, 18
-winter soba salad, 20
-spicy dahl, 70

Peanut butter
-curry peanut stir fry, 66
-peanut butter chocolate chip cookies, 86

Peanuts
-spicy Thai noodle salad, 32

Pears
-pear cranberry salad, 8

Pecans
-pear cranberry salad, 8
-maple pecans, 82
-Heidi's hikers, 84
-carrot cake, 90

Potatoes
-dill potato salad, 22

Rice stick noodles
-spicy Thai noodle salad, 32

Salads
-kale slaw, 4
-bok choy salad, 6
-pear cranberry salad, 8
-broccoli almond curry salad, 10
-Italian tortellini salad, 12
-Candace's summer basil tortellini salad, 14
-cranberry pesto tortellini salad, 16
-marinated winter vegetable salad, 18
-winter soba salad, 20
-dill potato salad, 22
-spelt feta salad, 24
-tabouli, 26
-sesame pasta salad, 28

-wild rice salad, 30
-spicy Thai noodle salad, 32

Soba noodles
-winter soba salad, 20

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-black bean soup, 34
-carrot ginger soup, 36

Spelt
-spelt feta salad, 24

Spreads
-egg salad, 38
-herbed veggie tofu salad, 40
-apple ginger tuna salad, 42
-hummus, 44
-roasted red pepper hummus, 46
-kalamata olive hummus, 48
-black bean hummus, 50

Tahini
-hummus, 44
-roasted red pepper hummus, 46
-kalamata olive hummus, 48
-black bean hummus, 50

Tempeh
-sesame pasta salad, 28
-spicy dahl, 70

Tofu
-kale slaw, 4
-spicy Thai noodle salad, 32
-herbed veggie tofu salad, 40
-BBQ tofu, 56
-marinated tofu, 58
-Szechuan stir fry, 62
-sesame ginger stir fry, 64
-curry peanut stir fry, 66

Tortellini
-Italian tortellini salad, 12
-Candace's summer basil tortellini salad, 14
-cranberry pesto tortellini salad, 16

- Tortillas
 - veggie quesadillas, 68
- Tuna
 - apple ginger tuna salad, 42
- Vegan
 - kale slaw, 4
 - bok choy salad, 6
 - broccoli almond curry salad, 10
 - marinated winter vegetable salad, 18
 - winter soba salad, 20
 - wild rice salad, 30
 - spicy Thai noodle salad, 32
 - black bean soup, 34
 - hummus, 44
 - roasted red pepper hummus, 46
 - kalamata olive hummus, 48
 - black bean hummus, 50
 - kashimiri rice, 52
 - BBQ tofu, 56
 - marinated tofu, 58
 - Szechuan stir fry, 62
 - sesame ginger stir fry, 64
 - curry peanut stir fry, 66
 - spicy dahl, 70
 - daily wheat bread, 72
 - maple pecans, 82
 - Heidi's hikers, 84
- Vegetarian
 - pear cranberry salad, 8
 - Italian tortellini salad, 12
 - Candace's summer basil tortellini salad, 14
 - cranberry pesto tortellini salad, 16
 - dill potato salad, 22
 - spelt feta salad, 24
 - tabouli, 26
 - sesame pasta salad, 28
 - carrot ginger soup, 36
 - egg salad, 38
 - herbed veggie tofu salad, 40
 - paneer, 54
 - veggie quesadillas, 68
 - honey butter oat bread, 74
 - scones, 76
 - knock out muffins, 78
 - orange shortbread, 80

- peanut butter chocolate chip cookies, 86
- key lime pie, 88
- carrot cake, 90
- cream cheese frosting, 92
- Walnuts
 - wild rice salad, 30
- Wheat-free
 - kale slaw, 4
 - pear cranberry salad, 8
 - broccoli almond curry salad, 10
 - marinated winter vegetable salad, 18
 - dill potato salad, 22
 - spelt feta salad, 24
 - wild rice salad, 30
 - egg salad, 38
 - herbed veggie tofu salad, 40
 - apple ginger tuna salad, 42
 - hummus, 44
 - roasted red pepper hummus, 46
 - kalamata olive hummus, 48
 - black bean hummus, 50
 - kashimiri rice, 52
 - paneer, 54
 - BBQ tofu, 56
 - spicy dahl, 70
 - maple pecans, 82
 - Heidi's hikers, 84
- White flour
 - honey butter oat bread, 74
 - scones, 76
 - orange shortbread, 80
- Whole wheat flour
 - daily wheat bread, 72
- Wild rice
 - wild rice salad, 30
- Yams
 - marinated winter vegetable salad, 18

*Inside, you will find 45 recipes:
Some include chicken and fish, some are wheat-
free, vegetarian, or vegan. All are delicious and
nutritious Co-op customer favorites.*

*These recipes were selected, developed, and tested
by the staff of the Moscow Food Co-op.*



The staff of the Moscow Food Co-op deli and kitchen: (Seated from Left) Anna Carnegie-Marx, Annie Hubble, Mike Bowersox, Sarah Long, Yoshimi Heinlein, Avery Jaeckel, Joseph Erhard-Hudson with Karl and baby Jamie, (Standing middle row from left) Aven Krempel, Aly Bean, Philip Wrigley, Sara Foster, Kate Jaeckel with baby Ellis, Nicole Weiss, Amy Richard, (Standing back row from Left) Brad Watkins, Reid Wright, Derek Johnson, Meg Gag, Joseph Melior, Kyle Feindel



\$10.00