

A photograph of three scones on a white square plate with a decorative border. The scones are topped with a white glaze and sprinkled with dark seeds. A green text box is overlaid on the image.

*For Marba Lou, Delta, Hazel,  
and, of course, Phil*

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# ACKNOWLEDGMENTS

No book is written without a considerable amount of help, but in this case, *Blue Moon Vegan* never would have materialized had it not been for Kate Burkett, my book manager at Booktrope, whose subtle insistence and belief in its value finally convinced me to take on the project. Kate has been a phenomenal supporter of my food writing, and I feel very lucky to have her in my corner. Just yesterday a fellow author reminded me that during a radio interview earlier this year, I had sworn that I would not write a follow-up cookbook to my food memoir *Blue Moon Vegetarian*. Kate's faith in my abilities left me no choice but to take the leap. She keeps maneuvering me to the next level, and what was once a working relationship now is friendship. I no longer resist her quiet prodding.

From the beginning, my husband Phil and I doubted that we could come up with enough recipes to fill an entire cookbook. We have been living all this time convinced that *Blue Moon Vegetarian* was an accident and not repeatable. From all evidence, it appears we were wrong. Just this morning he came to me with an idea for a rice dish that features garlic scapes and dried cranberries steeped in vegetable stock. People for whom *haute cuisine* is not inherent don't wake up imagining new flavor intersections or unique dishes to create.

As for me, I keep saying, "I'm a poet. I'm a writer of fiction. I'm not a cook."

Yet here I am. A number of these recipes were created by Phil, and most of the baked goods were contributed by Jan Calvert, owner of Bridge Baking Company, the wondrous gluten-free bakery just across the river from us in Lewiston, Idaho. But the rest of them are mine, so I guess I do have to stand up and admit that I have my fair share of ability in the kitchen. It's my feminist nature that makes me want to fight it. In the end, as I've struggled to bring this book together, I've understood that creating with food is truly

### 70/30

#### Grains

100 grams white rice flour  
100 grams oat flour  
150 grams millet  
175 grams brown rice flour  
175 grams sorghum  
700 grams total

#### Starches

150 grams potato starch  
75 grams tapioca starch  
75 grams cornstarch  
300 grams total

### 50/50

#### Grains

150 grams sorghum  
100 grams almond meal  
200 grams brown rice flour  
50 grams oat flour  
500 grams total

#### Starches

200 grams sweet rice flour  
100 grams potato starch  
100 grams tapioca starch  
100 grams cornstarch  
500 grams total

### 35/65

#### Grains

200 grams brown rice flour  
100 grams sorghum  
50 grams potato flour  
350 grams total

#### Starches

250 grams sweet rice flour  
150 grams potato starch  
150 grams tapioca starch  
100 grams cornstarch  
650 grams total

**AN ADDENDUM FROM PAULA:** *While I've converted my measurements for baked goods recipes to weight in grams, I have not done so for cooked foods. The reasons are simple: either the weight difference in small amounts (in a tablespoon, say) is negligible, or the weight variations do not impact outcomes the way they do in baked goods. When I found out all bakers normally weigh their flour instead of measuring, it was as though a great puzzle piece fell into place for me. One of my life's mysteries was why bread never came out the same way twice—if it came out at all. With the money I've spent on botched baking experiments over the years, I could retire. Discovering this trick is like being reborn.*

## THE GROCERY LIST

In addition to the flours and starches on Jan's list and the aforementioned egg substitutes, I keep the following items in my pantry. Remember, as much as possible, buy organic. I'm convinced that, in the long run, it will save money on doctor bills, and, as noted earlier, because food tastes better and is more satisfying, you may be inclined to eat less. The latter is not a promise, though!

### Oils

Buy only expeller-pressed oils which are not chemically or heat-derived, as other oils are. When you are out buying your scale and temperature probe, buy yourself a Misto® sprayer or nonstick spray with a pump applicator. Never use nonstick spray containing propellants.

- ▶ Coconut oil
- ▶ Extra-virgin olive oil

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I also recommend looking up books and websites from the resource section at the end of this book (see page 157). Nothing serves you better than a bit of education, and we live in an age when we are able to easily find every manner of information about every subject. Read about hemp protein. Read about gluten intolerance. Read about the vegan life. Read about how to generate less waste. Read about how to grow your own tomatoes on your apartment balcony.

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# GOOD MORNING

*I doubt many of us jump up in the a.m. and start cooking breakfast, but at my house on weekends we do, and pretty much all of these recipes came from that inclination. I remember my mother and grandmothers getting up early every morning to create huge breakfasts. Now I'm lucky during the work week if I even grab a bowl of oatmeal. I'm pretty sure we are all the worse for this change in culture, and I for one wish we would restore the morning mealtime to our habits. There is a reason the word evolved: our bodies benefit all day long from "breaking the fast."*

## BLUE MOON BISCUITS AND GRAVY



### BISCUITS

**95 grams almond flour**

**46 grams chickpea flour**

**74 grams white rice flour**

**1 teaspoon baking powder**

**1 teaspoon baking soda**

**1 teaspoon organic cane sugar**

**½ teaspoon sea salt**

**½ teaspoon xanthan gum**

**⅓ cup coconut oil**

**½ teaspoon apple cider vinegar**

**Unsweetened coconut milk  
beverage or almond milk**

Anyone who hails from Kentucky and southern Indiana has soda biscuits and milk gravy in her veins. I thought I'd have to give it up until I discovered the thickening properties of white rice flour and the way coconut oil mimics lard. Still, you can't deny that gravy is full of fat, so I do save this recipe for special occasions, mainly Sunday mornings in the heart of winter. I've also included a variation called Red-Eye Gravy, a phenomenon of the old West born of hard times and short rations, I'm guessing. I really love its deep, rich flavor and the lift from that jolt of coffee.



**TO MAKE THE BISCUITS:** Preheat oven to 375 degrees. Sift together all dry ingredients in a large bowl. Cut in coconut oil using pastry cutter, knives, or crumble by hand until mixture is coarse but evenly textured. Mix cider vinegar in ¼ cup of the milk. Add to flour mixture and mix by hand. Continue mixing in small amounts of the milk until a soft dough forms. Avoid kneading or overworking the dough. Allow dough to rest in bowl for 5 minutes. Roll out to ¾" thickness on floured board. Cut with biscuit cutter, re-rolling dough scraps until all is used up. Bake on ungreased cookie sheet for 15 minutes or until biscuits are golden brown. Makes 1 dozen biscuits.



# CHERRY OAT SUNDAY CAKE

## APPLESAUCE

**3 medium-sized honeycrisp apples**  
(I've tried other types of apples,  
but none compare)

**2 cups filtered spring water**

**1 ½ cups coconut sugar**

## CAKE

**2 flax eggs** (see page 24)

**3 cups whole gluten-free oats**

**124 grams sorghum flour**

**74 grams potato flour**

**28 grams tapioca flour**

**1 teaspoon xanthan gum**

**1 teaspoon ground cinnamon**

**1 teaspoon baking powder**

**1 teaspoon baking soda**

**1 teaspoon sea salt**

**1 cup unsweetened coconut milk  
beverage**

**½ cup agave syrup**

**½ cup sunflower oil**

**1 banana, pureed**

**2 cup frozen organic dark cherries**

My mother sometimes made coffee cake, which was basically a many-egged yellow cake with a brown-sugar-and-butter-and-cinnamon crust on top. This is really more of a quick bread, and much more nutritious, but for me, there is no getting around the fact that Sunday mornings do occasionally call for cake. The texture and moisture of this one improves greatly after being refrigerated overnight, so do yourself a real favor and make it before going to bed.



**TO MAKE THE APPLESAUCE:** Peel, core, and coarsely chop apples. Place apples, water, and ½ cup coconut sugar in medium-sized slow cooker on low and cook 8–10 hours, stirring occasionally. The thickness of the applesauce at this point depends on the juiciness of the apples. If it needs to further thicken, remove lid and continue to cook on low until desired consistency is reached. Let cool and then spoon into canning jars, about ¾ full. Makes about 3 cups. Set aside 1 cup applesauce. Store remaining applesauce in refrigerator for up to 1 month. It freezes beautifully for up to a year.

**TO MAKE THE CAKE:** Prepare flax eggs and set aside. Preheat oven to 350 degrees. Spray a 9" x 12" pan with sunflower oil and set aside. Blend remaining dry ingredients in a large mixing bowl. In a separate bowl, blend wet ingredients with 1 cup applesauce. Then stir into dry mixture. Continue stirring for 5 minutes. Mixture should be somewhat foamy. Add frozen cherries. Fold into batter until cherries are well distributed. Cover bowl with a slightly dampened towel and let batter sit for 15 minutes. Pour into prepared pan. Cover again and let sit another 15 minutes. Bake at 350 degrees for 1 hour or until inserted toothpick comes out clean. Allow to cool before serving. Makes 8–12 servings.

## **Day at the Beach**

(page 39)





## **Cherry Power Balls**

(page 148)



## **International Day of Happiness Cookies**

(page 151)



# THREE-BEAN CHEESY SPOONBREAD

## BEANS

**1 cup dried black beans**  
**1 cup dried pinto beans**  
**1 cup dried kidney beans**  
**6 quarts water**  
**1 tablespoon yellow mustard**  
**1 tablespoon garlic granules**  
**2 teaspoons rosemary, crushed**  
**1 teaspoon cardamom**  
**Crushed chipotle chili peppers to taste**  
**Sea salt to taste**  
**Fresh ground black pepper to taste**

## SPOONBREAD

**2 flax eggs (see page 24)**  
**171 grams cornmeal**  
**95 grams almond flour**  
**111 grams oat flour**  
**57 grams tapioca flour**  
**1 teaspoon baking powder**  
**½ teaspoon salt**  
**¼ cup plus 2 tablespoons sunflower oil**  
**1 teaspoon xanthan gum**  
**1 tablespoon agave syrup**  
**1 cup unsweetened coconut milk beverage**  
**2 tablespoons nutritional yeast**  
**½ cup melted vegan butter**

Here's the scenario: winter, snow on the ground, candles on the hearth, the beans simmering all afternoon on top of the woodstove.



**TO MAKE THE BEANS:** Place beans in a large soup pot. Cover with 3 quarts of the water and bring to a boil. Remove from heat and allow to cool. Drain. Return beans to pot and cover with remaining water. Cook on low heat for 1–2 hours, until just starting to soften, making sure there is plenty of water left to form a juice. Add herbs and seasoning. Simmer on very low heat, covered, for 2–3 hours. Allow to cool while baking spoonbread.

**TO MAKE THE SPOONBREAD:** Prepare flax eggs and set aside. Stir together flours, cornmeal, baking powder, and sea salt. Make a well and add ¼ cup oil, flax eggs, agave, milk, nutritional yeast, and the melted butter. Stir, adding water until a thick batter forms. Oil cast iron skillet with 2 tablespoons sunflower oil. Pour batter in skillet. Cook covered over very low heat on stovetop until bread is firm, about 45 minutes. Place in oven on low broil until golden brown. Allow bread to set up until completely cool, about two hours or overnight.

**TO RE-WARM:** Warm beans over medium heat on the stove and spoonbread in the oven at 250 degrees. Use a large serving spoon to lift portions of spoonbread into bowls and ladle beans over bread. Top with ketchup and hot sauce as desired. Makes 8 hearty servings.



# ORANGE ZUCCHINI MUFFINS



## MUFFINS

350 grams 70/30 flour blend  
35 grams tapioca starch  
35 grams sweet rice flour  
½ teaspoon xanthan gum  
½ teaspoon guar gum  
1 teaspoon sea salt (scant)  
2 teaspoons baking powder  
½ teaspoon baking soda  
198 grams organic cane sugar  
126 grams unsweetened applesauce  
75 grams canola oil  
½ teaspoon high-quality vanilla extract  
Nondairy milk as needed—  
approximately 1 cup  
1 orange  
2 cups zucchini, grated  
⅓ cup walnuts or raisins (optional)

## GLAZE

½ cup organic powdered sugar  
2 teaspoons juice from orange  
¼ teaspoon zest from orange

Admit it—you've been looking for a perfect muffin all your life, haven't you? Look no more. Jan's are the holy grail of muffins, guaranteed. My son still refuses to believe these are vegan and gluten-free.



**TO PREPARE:** Preheat oven to 350 degrees. Line muffin tins with paper liners. In the bowl of a stand mixer fitted with a paddle (not the bread hook), whisk all dry ingredients together. Wash and zest orange; reserve ¼ teaspoon for glaze. Juice the orange; reserve 2 teaspoons for glaze. In a separate bowl, whisk applesauce, canola oil, vanilla, orange juice, and orange zest with ¼ cup of nondairy milk.

**TO MIX:** With mixer running on low speed, slowly pour liquid ingredients into dry dough ingredients, stirring just until combined. Add additional nondairy milk as needed to create a thick muffin batter. Fold in grated zucchini and nuts or raisins.

**TO BAKE:** Scoop batter into prepared tins, filling ⅔ full. Bake for 20–25 minutes or until golden and a toothpick inserted into the center comes out clean. Cool muffins in pans on a wire rack for 5 minutes, then remove muffins to wire rack to finish cooling. Makes 14–15 muffins.

**TO GLAZE:** Whisk together remaining orange juice, powdered sugar and orange zest until combined. Cool muffins for 10 minutes, and then spoon glaze over top.

### *Variation: Pumpkin Spice Muffins*

Add to dry ingredients 1 teaspoon cinnamon, ½ teaspoon ginger, and ¼ teaspoon nutmeg. Replace zucchini with a 15-ounce can of pureed pumpkin. Fold in ¼ cup finely diced crystallized ginger before spooning into muffin liners.

### *Variation: Carrot Pineapple Coconut Muffins*

Strain crushed pineapple from an 8-ounce can, reserving the juice. Use juice to replace orange juice. Replace grated zucchini with grated carrot. Fold drained pineapple, grated carrot, and 1 cup shredded coconut into batter before spooning into muffin liners.

# CINNAMON ROLLS

## FILLING

**220 grams organic brown sugar**

**4 tablespoons vegan margarine, very soft**

**1 ½ teaspoons xanthan gum**

**3 tablespoons cinnamon**

## DOUGH

**124 grams sorghum flour**

**130 grams brown rice flour**

**72 grams almond meal**

**85 grams millet flour**

**100 grams potato starch**

**100 grams tapioca starch**

**49 grams sweet rice flour**

**1 teaspoon xanthan gum**

**1 teaspoon guar gum**

**1 teaspoon sea salt**

**2 ½ teaspoons active dry yeast**

**1 teaspoon + 2 tablespoons organic cane sugar**

**½ cup + 1 cup unsweetened non-dairy milk**

**2 egg equivalents (flax eggs or Ener-G® Egg Replacer™—see page 24)**

**⅔ cup vegan margarine, melted**

**1 teaspoon high-quality vanilla extract**

**1 teaspoon apple cider vinegar**

There is not a single big city diner or small-town café in the West that does not boast about its cinnamon rolls, yet I've never cared for them much because they always seem a little dry and dependent on a pool of frosting to cover it up. And, of course, I always felt terrible after eating one. As I mentioned earlier, Jan had me try these out one morning when we were first working on the book, and they so took me aback, I almost cried.



**TO PREPARE:** In a large bowl, combine all filling ingredients except margarine. Using pastry cutter, 2 knives or your fingers, incorporate softened margarine until well combined. Warm 1 ½ cup nondairy milk to 105–110 degrees. In the mixing bowl of a stand mixer fitted with a paddle (not the bread hook), stir dry ingredients well. In a small bowl, prepare 2 egg equivalents. Melt ⅔ cup vegan margarine; allow to cool slightly. Spray a 9" x 13" baking pan with nonstick spray.

**TO PROOF THE YEAST:** In a medium-sized bowl, combine yeast and 1 teaspoon sugar. Whisk in ½ cup of the warmed nondairy milk. Let proof until foamy, 7–10 minutes.

**TO MIX:** In a medium-sized bowl, stir together melted margarine, remaining 1 cup of warmed milk, vanilla, and cider vinegar; set aside. Slowly add proofed yeast to the mixing bowl; mix briefly. Add egg mixture gradually, and then slowly add remaining liquid ingredients. Mix until all ingredients come together. Dough will be thick and sticky. Beat on medium speed for 3 minutes.

**TO FORM THE ROLLS:** Lay 2 pieces of plastic wrap on a countertop, each about 20" long and overlapping lengthwise by about 2". Sprinkle evenly with 2 tablespoons sugar. Scrape dough onto plastic wrap. Using wet or oiled hands, roughly shape dough into a rectangle. Cover dough with 2 more pieces of overlapped plastic wrap. Using rolling pin, roll dough into a 12" wide rectangle, ½" thick (about 16–18" in length).



## GLAZE

**2 tablespoons vegan margarine, softened**

**1 cup organic powdered sugar**

**½ teaspoon high-quality vanilla extract**

**2 tablespoons nondairy milk**

Carefully remove top layer of plastic wrap. Spread filling mixture evenly over dough and closely to edges, leaving a 1 ½" margin along one short end. Using the bottom layer of plastic wrap, roll dough slowly, starting at the opposite end of the margin, stopping as needed to gently press dough to maintain an even thickness and width. Continue rolling, stopping at the margin. With wet fingers, moisten dough along the margin, and then seal this margin to the roll by pinching and smoothing with wet fingers. Using dental floss, cut the rolled up dough into 1 ½" rolls by carefully sliding floss under the end of the roll, bringing the ends together up and around each side and criss-crossing, as if you were going to tie them, cutting through the dough with the floss. Place rolls in a pan, with sides barely touching, making 2 rows of 4 rolls. Cover loosely with a dish towel or plastic wrap sprayed with nonstick spray.

**TO LET RISE:** Place pan in a draft-free area and allow to rise until doubled, about 30 minutes. Preheat oven to 350 degrees.

**TO BAKE:** Bake for 15 minutes. Rotate pan 180 degrees and continue baking until rolls are nicely browned, about another 10–15 minutes. Let rolls cool in pan for 5 minutes, and then transfer them to a serving plate. Makes 8 cinnamon rolls.

**TO GLAZE:** While rolls are baking, cream margarine in a medium-sized bowl with a handheld mixer (or a strong arm and wooden spoon). Gradually add powdered sugar to incorporate, then vanilla. Thin to desired consistency with nondairy milk. Spread a dollop of glaze on each cinnamon roll while they're still warm.

## G-MA'S HIKING MIX

**Sprouted Tamari Almonds (see page 147)**

**Banana chips, slightly crushed**

**Juice-sweetened dried cranberries**

**Raw cashews**

**Raw pumpkin seeds**

**Dried pineapple chunks**

This treat is necessary for all camping and road trips. I like it best with organic fruit we dry ourselves. The intersection of the slightly salty taste of Sprouted Tamari Almonds and the sweet fruit is quite satisfying. By the way, if you buy dried pineapple, it's less expensive to buy it in rings and chop it yourself.



Mix together equal amounts of nuts, seeds, and fruits. Store well-sealed in a cool, dark place.

## CHERRY POWER BALLS



**½ cup fresh almond butter**

**½ cup Kirkland Signature™ peanut butter**

**¼ cup sunflower meal**

**¾ cup dried cherries**

**1 + 1 tablespoon coconut oil**

**1 tablespoon hemp powder**

**1 tablespoon coconut flour**

**2 tablespoons rice syrup**

**½ teaspoon salt**

**12 ounces Enjoy Life® Dark Chocolate Morsels**

These have such a long story behind them. They started out 30 years ago as a recipe in *Laurel's Kitchen* and were a thing I made time and again for my sons. When Phil and I went vegetarian in 2010, I dug them out as a way to shore up our blood sugars and help with protein intake. We made them by the dozens to take to readings when *Blue Moon Vegetarian* came out. The version in that book is called "Protein Balls." One day I didn't have most of the ingredients, so I worked with what I had on hand, and something completely new was born. The book's photographer, Suzi Hathaway, kept calling them "Power Balls" on the day we were shooting them—so many times that I declared that must be their new name. The cherries' brightness is quite unexpected, and they are so satisfying that one is all it takes.



Process the first 9 ingredients (but only 1 tablespoon of the coconut oil) in a food processor until very smooth and well-blended. Shape into 1" balls. Moisten hands as needed with coconut oil to keep from sticking. Melt chocolate and remaining coconut oil in a small pan over low heat and combine. Dip balls into mixture and set on a plate lined with parchment paper. Cool in the refrigerator until set up. Stores nicely in refrigerator for up to 2 weeks. Makes 3 dozen balls.

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