

ITEMS FOR A VEGETARIAN KITCHEN

by Paula Marie Coomer

Condiments and Packaged Goods

Artichoke hearts
Cocoa powder
Carob powder and sweetened chips
Dijon mustard
Dried beans (various types)
Canned beans (various types)
Dried fruits
Dried herbs

Best to buy from bulk supplies at health food stores and food co-ops; grow and dry your own as much as possible; use heritage seed when you can.

Sundried tomatoes
Seaweed (various types)
Coconut milk
Nori

Another type of Japanese seaweed.

Raw nuts (various types)
You can roast and salt yourself.
Olives
Various types, canned and fresh.

Sea salt
Tony Chachere's Original Creole Seasoning
We love this stuff and can't live without it; it's the only non-organic ingredient we use.

Sriracha sauce
An Asian hot sauce available in Asian markets and natural food stores; we use a lot of this.

Tahini
Sesame seed paste or butter.

Tamari sauce
A wheat-free soy sauce.

Tempeh
A fermented, sprouted bean and seed cake.

Tofu
Both extra-firm and silken; keep extra-firm in the freezer and thaw before using.

Tomato products
Puree, sauce, chopped, and fire-roasted.

Whole spices
Best to buy whole and grind yourself.

Grains

Never underestimate the power of your freezer for storing grains.

Asian noodles (rice noodles)
Polenta meal
Flour

Brown rice, sorghum, unbleached, unbleached pastry flour, whole wheat, whole wheat pastry, spelt, oat, garbanzo, rye.

Grains (various types)
Whole grain pasta

Oils

Toasted sesame oil
Coconut oil
Cold-pressed extra-virgin olive oil
Cold-pressed sunflower oil

Once we tried sunflower oil, we stopped using canola; not using something called rapeseed doesn't bother me at all.

Stocks

Make and keep on hand plenty of vegetable stock (no recipe needed: just boil up a bunch of vegetables in a bunch of water until the vegetables are pulverized, then drain off the broth. Trust me, once you've made and used a batch, you'll miss it when you don't have it).

Hemp Protein Powder

An indispensable ingredient for introducing high quality protein, essential fatty acids, and fiber into any diet, but in particular in the vegetarian diet and vegan diets which are usually heavy on soy, which increasingly—unless you pay more for organic—is grown from genetically altered seed. Four tbsp

hemp powder contains an incomparable array of nutrients, including 14 g fiber, 11 g protein, Vitamin C, iron, calcium, magnesium, 18 amino acids, plenty of Omegas 3, 6, and 9. We like EfaGold Hemp Cold-Milled Powder, an organic product out of Canada and distributed by Nature's Way, about \$15 per pound at our food co-op). Nutiva is another good brand. Nutiva has more protein—15 g in 3 tbsp. We order it directly from the manufacturer in bulk (www.nutiva.com) for about \$30 for 3 lb.

Sweeteners

We now use agave syrup and coconut (palm) sugar almost exclusively, since both are low-glycemic foods, meaning they are metabolized slowly and do not cause a blood-sugar spike as most sweeteners do. We use agave directly on toast or pancakes. To substitute agave for honey or other syrups in recipes, we use agave 1:1. To substitute agave for crystallized sugar, $\frac{1}{2}$ – $\frac{3}{4}$ agave for every cup; reduce other liquids by $\frac{1}{4}$; reduce oven temperature by 25 degrees F and bake 10 minutes longer. Coconut sugar can be substituted 1:1.

Vinegar

I don't use vinegar much, since I don't like the taste of it and usually substitute lemon juice if I can. Still, I keep some on hand for certain recipes and when I do use it, cut the amount in half. Vinegar harbors yeast, which can be hard on people with systemic yeast or yeast intolerance, but apple cider vinegar is magic, and many old-timers and folk-medicine proponents believe it is a cure-all:

Apple cider vinegar
Balsamic vinegar
Red wine vinegar
Rice wine vinegar
Sherry vinegar
White wine vinegar

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