



# very, very VEGAN

PLANT-BASED DISHES ARE GOING MAINSTREAM—AND LOCAL RESTAURANTS ARE ADDING THEIR OWN TASTY TWISTS

BY AMANDA BONNER & KRISTEN KUCHAR • PHOTOGRAPHY BY CASSANDRA STILTNER

## WHEN YOU HEAR THE WORD "VEGAN,"

do you picture a plate of lank greens, a lifeless brick of tofu or a meager smattering of nuts and berries? If so, you're in for a delicious surprise.

Veganism—a diet without meat, fish, dairy, eggs or anything else that comes from an animal—is skyrocketing in popularity. (In 2016, Google Trends saw a 90 percent increase in “vegan” searches, up from an already rising 32 percent increase in 2015.) And with that growth comes not only a wealth of great new cookbooks (see page 58) but also a bumper crop of Front Range restaurants offering scrumptious vegan options, including City O' City, WaterCourse Foods, Beet Box, Native Foods Café and Root Down.

Vanessa Gochnour, owner of

NOOCH Vegan Market in southwest Denver (10 E. Ellsworth Ave., noochveganmarket.com), says cities such as Portland, Los Angeles, New York and Austin already have vibrant vegan communities. “Denver still has a lot of catching up to do but it's getting better,” she says. “It's really cool to be right in the middle of it.”

Local offerings should make even the most fastidious foodie happy, from City O' City's PB&J Waffle and Tempeh Bacon Hash to Root Down's Smoked Corn Chowder and Chopped Salad to Beet Box's Cremini Panini to WaterCourse Food's Thai Curry and Street Tacos Platter.

“The food itself speaks volumes,” says Forest Ragar, the executive chef at WaterCourse Foods. “It used to be just hummus and tofu wraps, but now there are so many options. Vegan food is like craft beer; it started out really popular in big cities and then it spread. I would predict that in 15 years, you'll see 50 percent of all food consumed being vegan.”

A lot of the growth has to do with being healthy. “There's a lot of awareness about food and what is good for us—what's sus-

tainable and what's not,” says Justin Cucci, owner of Root Down, Vital Root, Linger, Ophelia's Electric Soapbox and El Five. “I'm not vegan but I align with veganism because I want to eat things that are grown and don't have to be raised or farmed out or killed.”

Adds Mark Reinfeld, author of “Healing the Vegan Way” and a 2017 inductee into the Vegetarian Hall of Fame: “All major health organizations recommend eating more fruits and vegetables. One large study found that the single greatest factor that determined length of life was the number of fruits and vegetables a person consumes.”

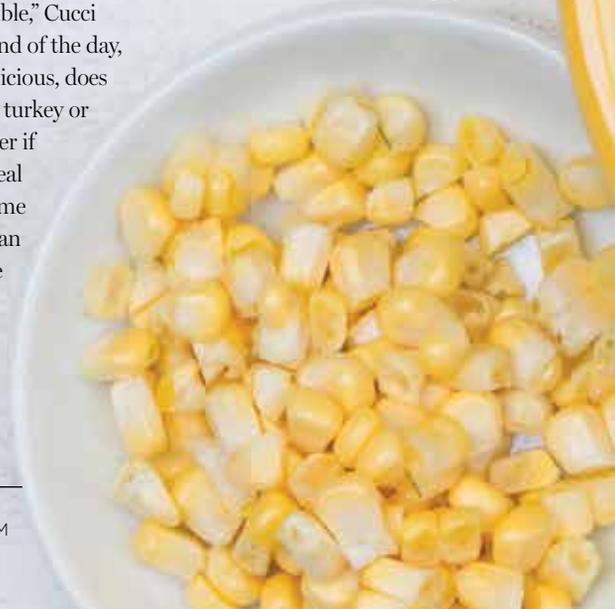
And it sure helps when the food tastes so good. “We're trying to make all of our food as crave-able as possible,” Cucci says. “And at the end of the day, if something is delicious, does it matter if it's real turkey or tofu? Does it matter if it's nut cheese or real cheese? We use some tricks to make vegan food craveable. We do a lot of things with healthy fats, whether avocado,

coconut oil, olive oil or nuts. If you get healthy fats in there, it's not only tastier, but it fills you up. For sweet dishes, we add maple syrup and vanilla.”

Lisa Wong, owner and operator of the Wong Way Veg food truck, serves vegan and vegetarian street food using local, seasonal produce inspired by global cuisines. There's a Smoky Braised Jackfruit Quesadilla, Agave and Lime Roasted Sweet Potato Tacos, Salted Caramel Bread Pudding and the most popular item: the Boulder Philly, with portobello mushrooms, toasted green chiles and sautéed onions and peppers on a toasted hoagie roll.

If Wong's dishes are making your mouth water, it's partly

*continued on page 56*





## CHOWDER, BABY!

### CORN AND CASHEW CHOWDER

"We get this great corn, and it's such a beautiful ingredient," says Vital Root owner Justin Cucci.

"We didn't want to mess with it too much, so we kept it simple by adding coconut milk and a bunch of fun garnishes. It's meant to be a fun cold soup on a hot day."

RECIPE, PAGE 60



# FLAVOR FAVES

Debbie Devore, founder of Almost Vegan Cooking School, tells us about the flavors that should be in every vegan pantry

## 1. CARDAMOM 2. CINNAMON 3. NUTMEG 4. GINGER

"These signature chai ingredients are fantastic in breakfast porridge with fruit, bakery items, sweet potato pancakes and chocolate dream creams, as well as blended into refreshing drinks. They add such exotic flavor with sugar and heat."

## 5. CUMIN

"I love it and use it all the time, especially with Mexican and Middle Eastern dishes, both ground and in whole-seed form. It's also an important dry spice for Moroccan carrots, olives and lemon juice."

## 6. RED CHILI FLAKES

"Just a little pinch adds that extra kick to soups, vegetable dishes, hummus and spreads."

## 7. TURMERIC

"I use it nearly every morning in savory oatmeal or breakfast tofu scrambles with onion, peppers and cheese. It adds a beautiful golden sunshine color to food. Cooked turmeric offers DNA protection, and the raw form has great anti-inflammatory effects."

## 8. SMOKED PAPRIKA

"I often use paprika and smoked paprika together in the same dish, and, yes, they are different. I like the gentle heat that comes forward in the smoked powder and use it to spike up lentils for tacos and handmade veggie meats."

## 9. CORIANDER SEEDS

"I use whole seeds or grind them by hand with a mortar and pestle. Coriander is great tucked into delicacies such as Turkish lentil kofte and caramelized cauliflower bits with roasted red peppers and rice."

## 10. MARJORAM 11. THYME 12. BASIL

"Italian minestrone soup could not exist without dry spices and tomatoes. I grow marjoram in pots during the summer. I add its fresh leaves to French potato salad and Mexican fried rice."

## 13. CURRY POWDER

"It's versatile, addictive and life changing! I use it in guacamole with fresh dates, lime juice and cayenne powder."

**ALMOST VEGAN COOKING SCHOOL** offers local and online classes on everything from desserts to plant proteins.  
[almostvegancookingschool.com](http://almostvegancookingschool.com)

—Katie Berohn

## THE DAILY GRIND

Savory Spice, the Denver-based company that provided these spices, operates in 15 states, with seven locations along the Front Range. Shoppers can customize the amount purchased, from common to exotic spices, starting at as little as half an ounce.  
[savoryspiceshop.com](http://savoryspiceshop.com)



## SPICE IT UP

### **BANH MI TACOS**

“With this dish, we’re simply celebrating a great Vietnamese staple,” says Vital Root owner Justin Cucci. “It’s all about bringing fresh ingredients together. The center of it is a paté, but instead of doing meat, we did an edamame paté and crumbled lemongrass tofu. We threw it on a taco because we like to minimize the empty calories of bread.”

RECIPE, PAGE 60



continued from p.52

because vegetarian dishes allow her to be more creative. “Meat dishes tend to rely on the animal fat and the meat itself as the main flavor component,” she says. “With plant-based cooking, you get the opportunity to experiment with different seasonings and fresh herbs so the end product has a fusion of multiple flavors.” (For at-home cooking, see a guide to spices, page 54.)

Even traditional restaurants in Denver are starting to offer meat- and dairy-free options. “Mainstream restaurants are meeting rising demand by offering vegan options like pizzas with vegan cheese, vegan burgers and veggie platters,” Reinfeld says.

Phil Simonson, owner and “chief mad scientist” at Chocolate Lab, now offers three vegan truffles—coconut curry, banana coffee and coconut and piña colada, all using coconut cream to replace dairy cream. “I was getting a lot of requests for vegan truffles, including from a regular customer who found out she was allergic to dairy but loved my truffles,” he says. “Almost daily a customer will ask for a vegan dish. In the seven years I have been in business, that question has always come up, but it has increased by about 30 percent in the last year.”

At True Food Kitchen in Cherry Creek, vegans can order the TLT Sandwich (with smoked tempeh, tomato, avocado and lettuce), the Ancient Grain Bowl or Teriyaki Quinoa. Mercury Café offers a Vegan Grill (breaded tofu with mushrooms, veggies and two vegan sauces). And even the famous sausage maker Biker Jim’s offers a vegan sausage, spicy or herby.

Beyond that, Reinfeld says, the vegan cheese scene is exploding. “I like to say that ‘No cheese will remain unconquered’ by the plant-based food scientists,” he says. “Look to see more vegan cheese shops and even vegan butcher shops opening up. I think there will also be a vegan equivalent to most of the fast food, fast casual and upscale restaurant franchises. The number of vegans will continue to grow, and the number of people requesting vegan meals—I like to call them the ‘veg curious’—will expand, too.”

Denver companies are also creating innovative vegan products, including The Honest Stand (which makes dips that can be used with chips or even as pasta sauces), Boulder’s Earth Balance (which makes nut butters, dressings, butter-like spreads, crackers and snacks) and newcomer Ripple Foods (which makes a dairy-free line of milks with pea protein).

“Plant-based living is catching fire,” says Caitlin Maddox-Smith, marketing manager at Ripple. “The conversation is really starting. We’re trying to empower people to make small changes throughout the day.”

Adds Cucci: “If you open your mind and give yourself a chance, you can train your palate and affect the way you eat in a positive way.” •

## NOTES FROM A VEGAN CHEF

5 questions with Forest Ragar, executive chef of WaterCourse Foods

### How is cooking vegan food different from cooking meat?

“It’s not different at all. It requires technique. You’re taking the best ingredients you can and making them exciting, delicious and fun. We do everything from ‘chicken-fried steak’ to ‘pulled pork.’ We try to give people who don’t even know we’re vegan an opportunity to enjoy the food. It’s really special when people who are not vegan tell me how good it was. It means the world to me, and it shows me there is so much possibility out there.”

### How does it feel to be part of the vegan movement?

“It’s crazy. I’m proud to be a part of it. What we’re doing at WaterCourse is doable at so many restaurants. We all have to be responsible members of society. I’d love to help transition restaurants to be more sustainable and more locally sourced.”

### What is WaterCourse like?

“It’s such a positive environment, and it allows me to be creative, loud, assertive and energetic. We’ve tried to really make it an iconic restaurant, and we’ve had customers from far away, like Kentucky, come in. That makes me want to push my creative boundaries.”

### What are your favorite dishes?

“The barbecue sandwich, mushroom risotto, spinach and artichoke dip, French toast, curry. The orange teriyaki bowl was there when I started, but we revamped it by adding more veggies.”

### What’s it like being a vegan in Denver?

“It’s amazing. There’s so much to choose from. The other day I was at Blue Sushi, and they offer eight vegan rolls that are really cool, with a smoked tomato rice paper for one. They’re doing different concepts, different tofus and different sauces. The demand for vegan food is rising in Denver. There are a lot of options, but there are still a lot of opportunities. At the Civic Center food trucks, the vegan options are the first items to sell out. Veganism is at the forefront of both health and environment. We have to lead the way, and I’m happy to be a part of it.”

—Kristen Kuchar



## RICE IS NICE

### MUSHROOM & ASPARAGUS RISOTTO

"This dish is packed with flavor," says Ragar. "It's got the deep earthiness of the roasted mushrooms, which have a close resemblance to meat, and a rich broth, as well as the very pungent, aromatic garlic. There's no cheese necessary; the risotto has a thick, starchy texture, and then we hit it with the vegan butter for creaminess."

RECIPE, PAGE 61



# CUTIE PIE

## PEACH RASPBERRY PIE

“The sweet peaches and tart raspberries are a perfect combination, and fruit pies are among our summer staples,” says Kelly McBride, manager of Make Believe Bakery. “The cardamom and ginger are complementary to the peaches, which are so great here in Colorado.”

RECIPE, PAGE 61



# Read 'em and eat

## 5 GREAT VEGAN COOKBOOKS

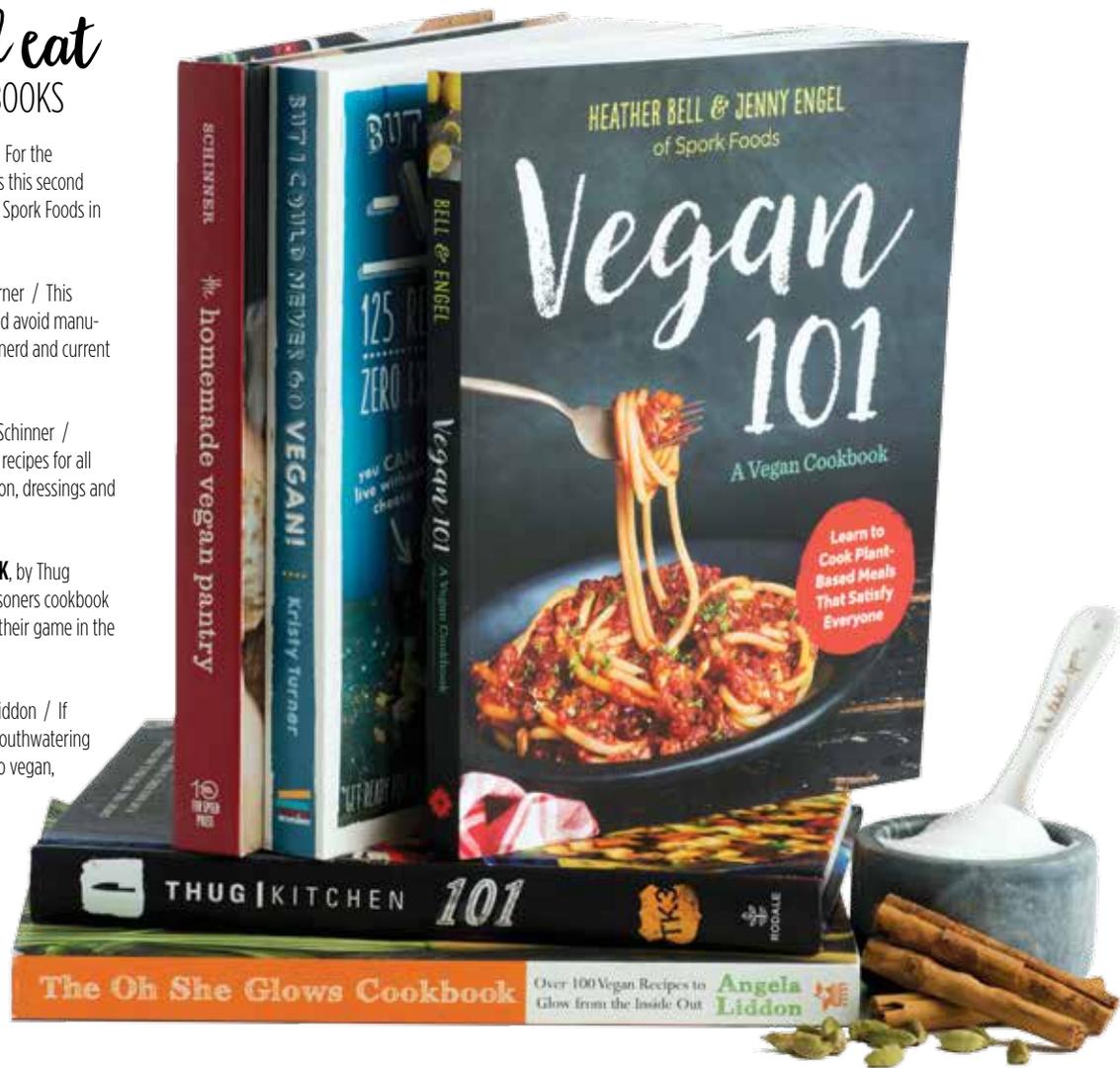
**VEGAN 101**, by Heather Bell and Jenny Engel / For the cook starting to try cutting back on meat comes this second cookbook from the two kitchen wizards behind Spork Foods in Los Angeles. \$15, Sonoma Press

**BUT I COULD NEVER GO VEGAN!**, by Kristy Turner / This cookbook has 125 recipes that keep it simple and avoid manufactured foods, from a former die-hard cheese nerd and current "Keepin' It Kind" blogger. \$24, The Experiment

**THE HOMEMADE VEGAN PANTRY**, by Miyoko Schinner / Beautifully photographed, this cookbook offers recipes for all the basics, from mayonnaise and yogurt to bacon, dressings and (yes!) cookies. \$23, Ten Speed Press

**THUG KITCHEN 101: THE OFFICIAL COOKBOOK**, by Thug Kitchen / A bit foul-mouthed, this take-no-prisoners cookbook nonetheless tries to teach folks how to elevate their game in the kitchen. \$26, Rodale

**THE OH SHE GLOWS COOKBOOK**, by Angela Liddon / If the 100 imaginative plant-based recipes and mouthwatering photography in this cookbook don't help you go vegan, we don't know what will. \$25, Penguin



## HOW TO GO VEGAN

Thinking of becoming a vegan but not quite sure how? It's not as difficult as it seems. We asked a few experts how to get started.

**EDUCATE YOURSELF.** "Read books such as 'Vegan for Life,' 'Eating Animals' and 'Main Street Vegan,'" advises Victoria Moran, author of "Main Street Vegan." "Check out the website nutritionfacts.org, where Dr. Michael Greger brings the latest findings on nutrition in engaging minute-long daily videos. And watch documentaries: 'Forks Over Knives,' 'What the Health?,' 'Cowspiracy' and 'Vegucated.'"

**START SMALL.** "It is best to start with small changes dear to your heart," says Julie Chavez of Vegan Cuts, a vegan subscription service offering snack, makeup and beauty boxes (vegancuts.com). "For

example, if you are coming to veganism from an animal welfare standpoint, cut out all animal products used in your home kitchen at first." From there, you can start cutting out other things, like animal-tested beauty products or clothing. These incremental changes can make all the difference."

**DON'T FORGET NUTRITION.** Moran recommends "supplementing the vitamin B12 in your diet; it's the one nutrient we need from food that is not reliably found in the plant kingdom." And Chris Hopkins, general manager of Boulder's Leaf Vegetarian Restaurant, suggests "eating the rainbow" every day. "As long as one eats a variety

of plants and vegetables that encompass the colors of the rainbow, they should be nutritionally sound."

**ADAPT VEGANISM TO YOUR TASTES.** "Be your own kind of vegan," Moran says. For example, swap out ingredients in foods you like for vegan-friendly options (like bean burritos for beef burritos or vegan cheese on pizza). Don't think that because you're going vegan, you can no longer eat your favorite foods.

**DON'T WORRY IF YOU SLIP UP.** Mistakes can and do happen when people go vegan, Vanessa Gochnour of NOOCH says. The whole lifestyle is a learning process,

and it's normal to get overwhelmed by the many hidden animal products in food. "Over time, it will get easier to read labels and familiarize yourself with all the vegan products out there," she says.

**THINK OF VEGANISM AS AN ADVENTURE.** "See your transition as a grand adventure, because it is," Moran says. "Know that when you open the invisible door marked 'vegan' for the first time, there's a whole world to discover: new foods, ways to veganize traditional favorites, a way to contribute to climate healing, fabulous vegan fashions, new friends and a heart-felt respect for other animals." —Katie Berohn

## CORN AND CASHEW CHOWDER

*Courtesy Vital Root*

### INGREDIENTS

- 2 tablespoons olive oil
- ½ clove garlic
- ¼ pound onions, diced
- Pinch cumin
- 2 tablespoons freeze-dried corn
- ½ pound sweet corn kernels
- 2 ounces cashews, soaked in water overnight
- 1 teaspoon turmeric
- 3 cups vegetable stock
- ¼ cup coconut cream
- ¼ teaspoon agave nectar
- 2 teaspoons fresh dill, torn into small pieces
- 2 teaspoons cilantro, torn into small pieces
- 2 teaspoons basil, torn into small pieces
- 3 teaspoons green onion, sliced very thin

### DIRECTIONS

Sauté garlic, onion and cumin in the olive oil in a large saucepan until the onions are translucent. Add in the freeze-dried corn, sweet corn kernels, cashews, turmeric and vegetable stock. Simmer 30 minutes. Cool and blend in a blender until smooth. Pass through a chinois. Add the coconut cream and agave nectar. Garnish with herbs, Super Seed Mix, Cilantro Cashew Crema and Sweet Corn Relish (recipes follow).

### TO PLATE THE DISH

Divide soup evenly among four bowls. Add a large spoonful of the sweet corn relish. Drizzle crema over the top. Sprinkle super seed mix around edges. Garnish with dill, cilantro, basil and green onion.

### SWEET CORN RELISH

#### INGREDIENTS

- 6 ounces sweet corn
- 1 tablespoon jalapeño, minced
- ½ lime, juice and zest
- 1 tablespoon olive oil
- 1 teaspoon salt
- Pinch black pepper

### DIRECTIONS

Toss all ingredients together.

### SUPER SEED MIX

#### INGREDIENTS

- 1 tablespoon black quinoa, cooked and cooled
- 1 tablespoon hemp hearts
- 1 tablespoon sunflower kernels
- 1 tablespoon pepitas
- 1 tablespoon toasted sesame seeds
- 1 teaspoon lime juice
- 2 teaspoons apple cider
- Pinch Korean chili (or red pepper) flake
- Pinch salt

### DIRECTIONS

Deep-fry quinoa until crispy. Using a separate pan for each, toast the hemp hearts, sunflower kernels and pepitas in the oven at 375 F (about 6-8 minutes). Combine the hemp hearts, sunflower kernels, pepitas, quinoa and sesame seeds in a pan and cook over medium until they begin to crackle. Add in the lime juice and apple cider. Reduce until mix is sticky. Remove

from heat and stir in chili flakes and salt.

### CILANTRO CASHEW CREMA

#### INGREDIENTS

- 1 ounce cilantro
- 4 ounces cashews, soaked in water overnight
- ½ teaspoon agave nectar
- ½ lime, juice and zest
- ¼ cup water
- Pinch salt

### DIRECTIONS

Blend all ingredients together in a blender until smooth.

## BANH MI TACOS

*Courtesy Vital Root*

### INGREDIENTS

- 8 white corn tortillas
- 1 cucumber
- 1 jalapeño
- 1 small daikon radish
- 6 tablespoons cilantro, torn into small pieces
- 3 tablespoons basil, torn into small pieces
- 3 tablespoons mint, torn into small pieces
- Edamame pâté (recipe follows)
- Sriracha mayo (recipe follows)
- Pickled vegetables (recipe follows)
- Lemongrass tofu (recipe follows)

### EDAMAME PÂTÉ

#### INGREDIENTS

- 1 tablespoon olive oil
- 1 ½ tablespoons shallot, chopped
- 1 teaspoon garlic, minced
- Pinch Chinese Five Spice
- 5 ounces edamame
- Pinch salt
- Pinch coconut sugar
- 2 ounces water
- Pinch black pepper
- 1 green onion
- 1 teaspoon parsley leaves
- ½ avocado
- 1 tablespoon jalapeño, chopped
- 1 teaspoon cilantro
- 1 teaspoon lemon juice

### PÂTÉ DIRECTIONS

Sauté shallot and garlic in the olive oil over medium heat until shallots are transparent. Add the Chinese Five Spice and cook for 30 more seconds. Add in the edamame, salt, coconut sugar, green onions and water. Cook 3 more minutes. The vegetables should still have a bright color. Remove from the heat and allow to cool. Combine all ingredients except lemon juice in a food processor and blend until it has the consistency of hummus. Fold in the lemon juice.

### SRIRACHA MAYO

#### INGREDIENTS

- ½ cup Vegenaise or mayo of your choice
- 2 teaspoons Sriracha
- 1 teaspoon Sambal Oelek chili paste
- ¼ teaspoon lemon juice
- ¼ teaspoon maple syrup
- Pinch Cayenne pepper

### MAYO DIRECTIONS

Stir all ingredients together.

### PICKLED VEGETABLES

#### INGREDIENTS

- ½ cup carrot, peeled and cut into matchsticks
- ½ cup daikon radish, peeled and cut into matchsticks
- ½ cup green papaya, peeled and cut into matchsticks
- ½ cup celery root, peeled and cut into matchsticks
- 1 tablespoon salt
- 2 cups rice wine vinegar
- 1 cup sugar

### PICKED VEGETABLES DIRECTIONS

Toss vegetables with salt. Allow to sit for 30 minutes, then drain off the liquid. Stir the vinegar and sugar together until sugar dissolves. Submerge vegetables in the vinegar solution and allow to sit for 4 hours.

### LEMONGRASS TOFU

#### INGREDIENTS

- 1 tablespoon sesame oil
- ¼ cup yellow onion, peeled and chopped
- 2 tablespoons fresh lemongrass, minced
- 2 teaspoon garlic, minced
- 3 teaspoon ginger, minced
- Pinch black pepper
- ¼ cup, plus 2 tablespoons water
- 1 ounce tamari
- 1 ounce tamarind soup concentrate
- 2 tablespoons maple syrup
- 1 pound extra-firm tofu

### TOFU DIRECTIONS

Sauté onion, lemongrass, garlic and ginger in sesame oil until they start to develop color. Add the black pepper and cook 30 more seconds. Add in the ¼ cup water, tamari, soup concentrate and maple syrup. Simmer 15 minutes. Remove from heat and allow to cool. Blend in a blender until smooth, slowly adding the last 2 tablespoons of water. Pass through a chinois. Break up the tofu into small pieces and toss with the marinade. Allow to sit overnight. Heat a large sauté pan. Sear the tofu pieces until they start to brown.

### TO PLATE THE DISH

Cut the cucumber in half long ways, remove core, cut in half short ways, then cut into thin sticks. Slice the jalapeño into thin rings. Peel the daikon radish, then cut into very thin strips using a mandolin. Spread edamame pâté on the tortillas. Add tofu over the pâté. Add the pickled vegetables and daikon radish. Drizzle Sriracha mayo over the top. Garnish with herbs.

## SEAWEED AND WATERMELON RADISH SALAD (ON COVER)

*Courtesy WaterCourse Foods*

### INGREDIENTS

- 1-2 stalks of lemongrass, chopped
- 1 cup water
- 2 tablespoons pickled ginger
- 2 tablespoons rice wine vinegar
- 2 teaspoons lemon juice
- 1 ½ tablespoons soy sauce

- ½ **teaspoon siracha**
- ½ **tablespoon sugar**
- ¼ **teaspoon sesame oil**
- 3 tablespoons olive oil**
- 1 cup wakame seaweed (if dried, soak in warm water for 5 minutes, or use seaweed salad mix)**
- 1 cup spiral-cut cucumber**
- ½ **cup fresh, peeled edamame**
- 1 watermelon radish**
- 1-2 sprigs of fennel tops or micro greens**

#### TO MAKE LEMONGRASS STOCK

Combine lemongrass, 1 tablespoon pickled ginger, ½ tablespoon of rice wine vinegar and 1 teaspoon lemon juice in a small saucepan. Bring to a boil, reduce by one quarter and strain; then set in refrigerator to cool.

#### TO MAKE DRESSING

In a small mixing bowl, combine soy sauce, 1 tablespoon of rice wine vinegar, 1 teaspoon lemon juice, siracha and ½ tablespoon sugar until sugar is dissolved. Mix in sesame and olive oils; set aside.

#### TO MAKE SEAWEED MIXTURE

Finely mince the rest of the pickled ginger, and combine with seaweed, cucumber and edamame. Add dressing, toss salad and drain remaining liquid.

#### TO PREP RADISH AND ASSEMBLE SALAD

Slice the watermelon radish in half, then cut 6-7 very thin slices, using a mandolin if possible. Arrange slices around the edge of a small plate, then add seaweed salad mixture in center. Pour 1-2 ounces lemongrass stock around outer rim of bowl. Top salad with fennel tops or micro greens.

### MUSHROOM & ASPARAGUS RISOTTO

*Courtesy WaterCourse Foods*

#### RISOTTO INGREDIENTS

- 2 tablespoons olive oil**
- 1 tablespoon Earth Balance or other vegan butter**
- ½ **cup asparagus pieces**
- 1 shallot, minced**
- 2 garlic cloves, minced**
- ½ **cup roasted cipollini onions**
- 1 cup whole roasted mushrooms**
- ½ **cup arborio rice**
- 1 cup vegetable stock**
- 1 cup white wine**
- Salt and pepper to taste**

#### SHERRY SOY BROTH INGREDIENTS

- ½ **cup sherry wine**
- ½ **cup soy sauce or gluten-free tamari**
- 2 cups water**
- 2 tablespoons dried mushrooms**

#### BLACK GARLIC INGREDIENTS

- 2 tablespoons black garlic**
- ½ **cup roasted garlic**
- 1-2 tablespoons molasses**

#### SALAD INGREDIENTS

- 1 cup arugula**
- 1 tablespoon olive oil**
- 1 teaspoon lemon juice**

#### TO MAKE THE RISOTTO

Heat the olive oil in a large sauté pan. Add the shallots and garlic and cook on a medium-low heat until softened. Add the mushrooms and asparagus and cook for a minute more. Stir in the arborio rice and immediately pour in the stock and white wine. Bring to a boil, then reduce to a simmer for 30 minutes, or until all the liquid has been absorbed and the rice is cooked. Add more hot water if necessary. Once it's cooked, stir in the roasted cipollinis; salt and pepper to taste.

#### TO MAKE BROTH

Combine all ingredients in a medium saucepan and cook on medium for 20-30 minutes. Reduce liquid by about half and remove from heat. Pour liquid through cheesecloth to strain out mushrooms. Serve by pouring small amount over risotto.

#### TO MAKE BLACK GARLIC PURÉE

Combine all ingredients in food processor until smooth.

#### TO MAKE SALAD

Combine lemon juice and olive oil; toss over arugula.

### PEACH RASPBERRY PIE

*Courtesy Make Believe Bakery*

Yields two 9-inch pies

#### PIE INGREDIENTS

- 8 cups fresh peaches, blanched, peeled and cut into slices**
- 1 lemon, zested and juiced**
- 1 orange, zested and juiced**
- 1 teaspoon cinnamon**
- 2 teaspoons ground ginger (or 1 teaspoon fresh grated)**
- ½ **teaspoon cardamom**
- 1 cup sugar**
- 2 tablespoons corn starch**
- ¼ **cup tapioca starch**
- 4 cups fresh raspberries**

#### PIE DIRECTIONS

Preheat oven to 375 F. Toss all ingredients but raspberries together in a large bowl. Gently add raspberries; mix gently to incorporate. Pour filling into 2 pre-made vegan pie crusts. Top each with one cup of streusel. Place pies on cookie sheet in case of spillover. Bake for 15 minutes; reduce heat to 325 F and bake an additional 30 minutes or until filling starts visibly bubbling through streusel. Pull pies from oven and let cool.

#### STREUSEL INGREDIENTS

- 1 cup all-purpose flour**
- 1 ½ cup rolled oats**
- ¾ **cup brown sugar**
- ½ **cup sugar**
- ¼ **cup olive oil**
- ¼ **pound Earth Balance butter spread (1 stick)**

#### STREUSEL DIRECTIONS

Place all ingredients in a large bowl. Cut together using two knives or a mixer with a paddle attachment until mixture is crumbly. Do not overmix. Top pies with streusel. (Any extra can be kept in an air-tight container in the freezer for 3-6 months.)



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