

# SOYBOI!

QUEER ADVENTURES IN MY VEGETARIAN KITCHEN



BY MILO MILLER

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# Introduction:

I've been my own particular brand of vegetarian since I was 17. I had just finished hiking across the Continental Divide in Wyoming and for the month that I was gone, I ate no meat. When I got out of the woods, I went back to eating meat for a month or two, then said "fuck it." I gave it up. It's funny, when I announced my vegetarianism, my parents gave me a small amount of crap for it. One of the things they said was that I'd have to cook for myself. Of course they'd still cook for me a little, but it was at that age that I really started to learn to cook for myself.

The first couple of years was a lot of cheese, milk, and salad. Oh so much salad. Some of the recipes that I perfected in my teens are still among my favorites. Most notably is my vegan chili. But like most chili cooks, I'm not going to share that one at this time. When the sequel come out, perhaps. I checked w/ my partner-in-crime, and he agreed with me on this. Chili recipes are taboo. In it's place, though I've substituted IViva Fide!! Black Beans (p.21.) These have become a regular addition to our standard fare at home. He loves them, and I really enjoy making them. The best thing is that the recipe started out as a test for our solar cooker. Other than a little time, if you have a sun box, you can cook these puppies up while consuming no non-renewable resources.

Back to my vegetarian adventures, though. I think that when I came out as Bi at 18, it was easier for my parents than when I stopped eating meat. Over the past 14 years, however, I've noticed a huge change in *their* diets. Neither one is completely veg, but they eat a lot less meat than we did growing up. Gone is the liver, stir fried beef, pork chops, and hot dogs. My mum's favorite thing these days is a plate of grilled peppers, squashes, and eggplant on a warm summer night. Delish!

It's funny how being vocally veg influences people. When I met C. he ate a little meat. Mostly chicken and turkey. When we moved in together, we made a deal that he could eat whatever he wanted, but since I did most of the cooking, he was not to keep meat in the home. After about a year and a half, he just gave it up all together. Other than one incident where I fucked up the order for chinese food, I don't think he's eaten meat in the past 24 months.

I know that being veg has helped to make and keep friends over the years. My best friends from university, and the majority of my community these days doesn't eat animals for various reasons. We're all able to easily exchange recipes, talk about food finds, and commiserate on the scarcity of vegan marshmallows.

In the late 1990s I succumbed to total vegetarian food geek. I was already on the road because of my upbringing. My folks have subscribed to Gourmet and Bon Appetit since I was a little sprout. My last semester of college I got involved in the campus food co-op, which was all volunteer run. Mostly it was because this total hottie boy named Ben worked there. After graduation, I moved back to my parents house, and subsequently found employment working at Outpost Natural Foods Co-op

in Milwaukee. I remained there for 2 years, first in the grocery department, and then as their first IT manager.

From there I moved to San Francisco, and became the IT person for Food First in Oakland, CA. Food First is a global think tank focusing on access to food and water as a human rights issue. They are an amazing organization, and have the best lunch program of any place I've ever worked. Everyone would put in about \$2 per day, and at 11:30 someone would begin to make vegan lunch. Around 12:30 we'd all convene in the kitchen to eat and talk about whatever was going on. Someone else would do the dishes, and so it went.

When I met C. he was living a "bachelor life." This consisted mostly of Amy's frozen pizzas, boxed Indian or Thai meals, and supplemented by burritos from the neighborhood. When I moved in with him, I took over primary shopping and cooking responsibilities. We often joke that while I got a good dishwasher (him), he got an executive chef (me.) It works out well for us. All of the recipes here come from our kitchen, and from our love of good food, amazing people, and a desire to change the world. The revolution begins at our formica table! Bon Appetit!

### About the zine:

My intention is to share some of our favorite recipes, and some of the staples of our weekly diet. Most recipes are quick and easy, taking very little skills and prep time. A few of them are more complex, and will take longer to make. My goal was to get a bunch of snacks and starters, enough main meals for 2 weeks, and some deserts. The idea is that you'll be able to use this to supplement the rest of your kitchen repertoire, or cook straight through without getting bored. Please read the "Notes" section for hints, tidbits, and suggestions on how to get the most out of your vegi kitchen and community.



# Cooks Notes:

**V** = Vegan

**D** = Dairy

## Tools:

Most recipes use everyday kitchen tools. It's important to have the following:

- Measuring spoons and cups for dry ingredients.
- Several good sharp knives of different sizes
- A 2 or 4 Cup liquid measuring cup
- A large mixing bowl
- A wooden spoon

I also live by my food processor. They come in a number of sizes and prices. If you don't have one, you can often get away with a blender. Barring that, usually a combination of cutting, mashing, smashing, hand blending, and whisking will do the trick.

## Ingredients:

When possible, please shop locally. All of the ingredients in SoyBoil can be found at your local food co-op, farmers market, or health food store. In some parts of the country you may have to find a Trader Joe's or Whole Foods or Wild Oats. Depending on where you live, there may also be "ethnic" specialty stores.

Always read the ingredients list on packaged food. When it comes to long words that are not able to be pronounced, I tend to stay away. I also am in the habit of rinsing canned beans in a strainer before using. I prefer to get rid of as much sodium and preservatives as possible, then add my own salt back in as needed.

A lot of the recipes call for fresh produce. As is the nature of plants, not everything will be in season when you want to cook with them. Depending on the recipe, it is sometimes worth it to wait until things come into season. Also, when possible use fresh herbs. If you grow them yourself you will have a never-ending supply. If not, it's worth the extra expense at the market to get fresh basil or cilantro or whatever... Your taste buds will thank you!



If you're traveling to or through Milwaukee, check out: The Riverwest Food Co-op, Outpost Natural Foods Co-op, Pueblo Foods, El Rey, Asian Market, and Beans and Barley. All are excellent sources to find ingredients to make these recipes.

### **Measurement Equivalents**

Pinch = 1/8 of a teaspoon (t)  
1 tablespoon (tbsp) = 3 teaspoons (t)  
1/16 cup (c) = 1 tablespoon  
1/8 cup = 2 tablespoons  
1/6 cup = 2 tablespoons + 2 teaspoons  
1/4 cup = 4 tablespoons  
1/3 cup = 5 tablespoons + 1 teaspoon  
3/8 cup = 6 tablespoons  
1/2 cup = 8 tablespoons  
2/3 cup = 10 tablespoons + 2 teaspoons  
3/4 cup = 12 tablespoons  
1 cup = 48 teaspoons  
1 cup = 16 tablespoons  
8 fluid ounces (fl oz) = 1 cup  
1 pint (pt) = 2 cups  
1 quart (qt) = 2 pints  
4 cups = 1 quart  
1 gallon (gal) = 4 quarts  
16 ounces (oz) = 1 pound (lb)  
1 milliliter (ml) = 1 cubic centimeter (cc)  
1 inch (in) = 2.54 centimeters (cm)

### **Thanks Go To:**

Mom and Dad, Rachel + Alon, The Gourmet Group, Chris, Kurt, Jennifer, Jeremy and Kate, Jason, Amy, Anita, Joyce, Ranna, Cathy, Joey, David, Spike, Christopher, Sascha, Dan, Food First, Outpost Natural Foods, NOLS, and all the fabulous folks who have shared their love of good vegi food and conversation over the last 15 years.

# Snax, Starters, & Salads



# Hummus

1 can chick peas (garbanzo beans)

3/4 C Tahini (sesame paste)

2 cloves garlic

Juice from 1 lemon

2-3 tbsp Olive oil

1 tbsp fresh parsley

Healthy pinch kosher salt

Fresh black pepper

- Smash garlic cloves with the flat side of a large knife. Peel off skin.
- Mince well, or put cloves in the food processor and pulse for 15 seconds.
- Open chick peas and rinse and drain well. I often use a colander or strainer for this. This is especially important if there are preservatives or salt added.
- Put into food processor bowl or blender
- Add Tahini, lemon juice, olive oil, salt, and black pepper. I often add about a tablespoon of the sesame oil, also.
- Process until smooth, about 3-5 minutes, scraping the sides of the bowl down with a rubber scraper to make sure that all the little chunks get demolished.

Transfer to a covered container and chill in the fridge for up to 2 days. The humus' flavor will intensify. Garnish with minced parsley and serve with vegi sticks, pita bread, or bagel chips.



# Dude, I Got So Baked Munchie Snax



Bagels

or

Pita Bread / Lavosh\*

or

Corn/Flour Tortillas



- Preheat oven to 350°
- Slice bagels into 1/4 inch disks
- or
- Cut pitas/tortillas into wedges
- or
- Cut tortillas/lavosh into 1 inch strips
- place on baking sheet and bake for 5-8 minutes. watch to make sure that they don't burn.

This is perfect for dips, salsas, etc.

It's often much less expensive than buying commercial snacks, and doesn't have all the oil, salt, and long words that they do.

Serves 1-20, depending

\*Lavosh is an Armenian unleavened flat bread.

# Cosmic Crustini



This is great for parties, especially in winter when using the oven is not an issue. What follows are three types of toppings that will be smeared on slices of crusty french bread and heated in the oven.

The pestos can be used for so much more than this, as can the tomato topping.

## "traditional" Pesto

1 C. Fresh basil leaves

3 oz parmesan cheese\*

2 cloves garlic

1/4 C pine nuts

Olive oil

Pinch K salt

\* can be replaced with brewers yeast

- Put the garlic and parmesan cheese in the food processor and pulse until coarse ground.
- add pine nuts and repeat
- add basil leaves, olive oil, K salt. process to semi-smooth consistency (it'll be paste-like)

## Cilantro Pesto

1 C fresh cilantro

3 oz Manchego cheese

Juice from 1 fresh lime

2 Jalapeño peppers, seeded and stemmed

1/4 C Pistachio nuts (NOT the red ones!!!)

Olive oil

Pinch K Salt

- Put the jalapeños and Monchego cheese in the food processor and pulse until coarse ground.

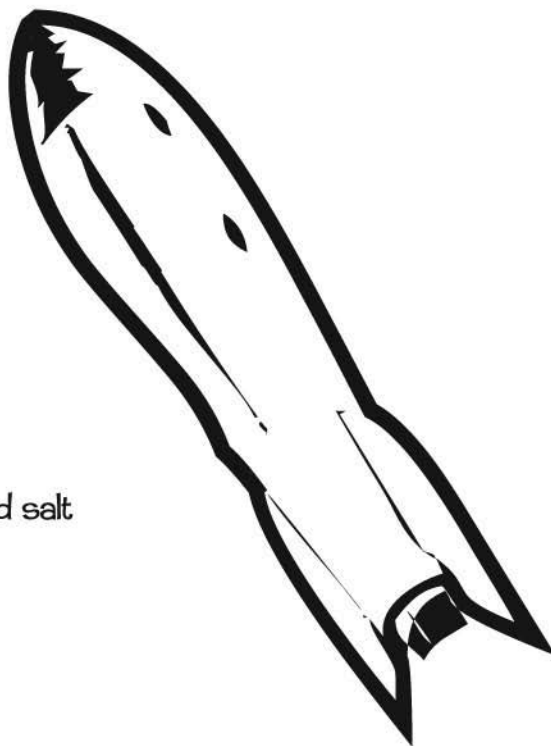
10 • add pistachios and repeat

- add cilantro, stems included , olive oil, K salt. process to semi-smooth consistency (it'll be paste-like)

### Tomato Topping

- 4 Roma tomatoes
- 3 cloves garlic
- 1/4 C fresh basil
- 2 tbsp fresh oregano
- Olive oil
- Pinch K salt

- Finely shred basil leaves and oregano
- Dice tomatoes
- Mince garlic
- Mix in medium sized bowl with Olive oil and salt




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### Crustini

- 2 loaves french bread
- 1/2 C Olive Oil
- 1 C grated parmesian/Monchego cheese

- Preheat oven to 300°
- Slice bread into 1/2 inch slices, and place on oiled cookie sheets
- using a pastry brush, brush both sides of bread with olive oil
- top with toppings, and small handfuls of cheese
- place in oven and bake for aproximately 8 minutes (you may need to do this in 2 rounds)
- plate and serve

\* Traditional pesto is also wonderful mixed with medium-sized pasta like rotini or penne.

# Minted Cuke Salad:

1 Cucumber  
1/4 C fresh mint (or 3 tbsp dried)  
1 C Plain soy yogurt (or dairy yogurt)  
Pinch K salt



- Scrub and peel a cucumber (or 2)
- Cut lengthwise and de-seed
- Cut chop cuke spears
- Place in mixing bowl and sprinkle with salt
- Add chopped fresh mint
- Add plain yogurt
- Mix well and chill for about an hour.
- Goes great in Pita pockets w/tomatoes and sprouts

# Nuke 'Em Zukes



3 medium zucchini  
1 tbsp butter/soy margarine  
1 pinch salt  
Black pepper  
1 tbsp lemon or lime juice

- Scrub zukes to remove any dirt/wax/chemicals
- Slice into 1/2 inch disks, discarding tops and tails
- Place in microwave safe container with lid
- Nuke for 1:30 minutes on full power, turn, and repeat for another 1:30 min.
- Add butter, salt, pepper, and citrus juice
- Re-cover and shake to coat.

Feeds 2



# J\*K's Not-So-Stinky Stinking Roses



1-2 Whole garlic bulbs  
2 tbsp olive oil  
Sea salt  
Fresh black pepper  
Loaf of crusty bread



- Heat oven to 400°
- Peel most of the peel off a head of garlic, leaving enough to hold the head together
- Slice the top off the head
- Place in a square pack of foil
- Drizzle olive oil over the head(s), and sprinkle with salt and pepper
- Close the foil packet and place in oven-safe dish or pan
- bake 45min-1:15 hours, depending on size of bulbs and amount. Smaller bulbs will take less time, and larger ones will take longer.

Garlic should be soft, brown, and squishy when done. Carefully open the foil and then spread the individual cloves on slices of crusty bread.

Feeds 1-4



# Pax In Terra Tapenade

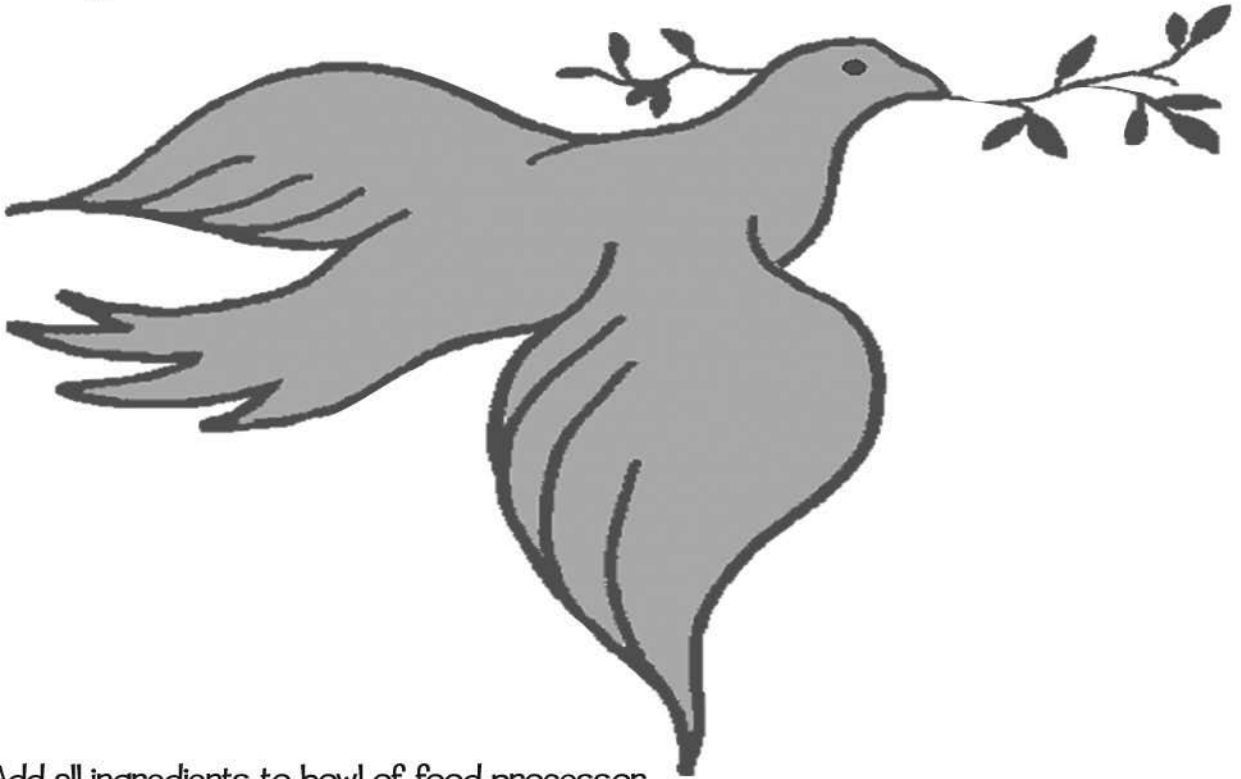
2 C pitted Kalamata or other briny olives

2 tbsp capers

2 tbsp lemon juice

Olive Oil

Black Pepper



- Add all ingredients to bowl of food processor.
- Process until semi-smooth.
- Add olive oil as needed
- Black pepper to taste

Serve tapenade with rosemary bread or Munchie Snax (p. 9)

Feeds 6-8

# Crazy Caprese Salad



4 Roma tomatoes  
1/2 lb fresh buffalo mozzarella  
1 C fresh basil leaves  
Kosher salt  
olive oil  
balsamic vinegar

- Wash the tomatoes, and cut into 1/4 inch slices
- Slice the mozzarella into 1/4 inch slices (or, if using small balls of fresh mozz. cut in half)
- Arrange the mozzarella, tomatoes and basil on a platter in an aesthetically pleasing manner
- Drizzle with olive oil and balsamic vinegar.
- Sprinkle liberally with Kosher salt.

Serves 3-4

After the platter has been cleared of food (and it will be), drain the tomato-oil-vinegar residue into a bottle and use as salad dressing.

# Main Courses



# Baked Tofu



1 lb firm water-packed tofu (not silken), drained

marinade:

1 C tamari

2 tbsp olive oil (replace w/ toasted sesame oil for different flavor)

2 cloves garlic, minced (or 1 t. garlic powder)

1 t Tabasco (or other hot sauce)

Press tofu to remove as much moisture as possible. I usually put mine on a plate with another plate on top, and then put my copy of The Passionate Vegetarian on top of that. the Yellow Pages works well, too... Every 5 minutes i dump the liquid off the plate, and flip the brick of tofu over.

Mix marinade (you can really use anything you like in the marinade)

Cut tofu into 1/2 inch slabs

Pour marinade in re-sealable plastic bag over tofu. Allow to marinade for at least 3 hours (overnight is best), occasionally adjusting slabs so that all are coated.

Heat oven to 250°F

Place Tofu on well oiled cookie sheet.

Place in oven.

Turn Slabs over every 20 minutes until desired done-ness (mine usually take 2-3 hours)

This is a great recipe to try when you have other things you'll be cooking, but don't need the oven. You have to sort of babysit it. The results, however, are awesome. I use mine for sandwiches and quesadillas, or just to munch on. This recipe is a staple, and will be used in other recipes.

# Couscous Pilaf:

1 C couscous  
3/4 C water  
4 tbsp olive oil  
Pinch K Salt  
1 can garbanzo beans  
1/4 C parsley  
2 tbsp fresh rosemary  
handful of dates or dried apricots



Prepare couscous in the microwave:

place couscous, water, 2 tbsp olive oil, pinch K salt in pyrex or other microwave container. Nuke on high for 4 minutes. Allow to stand for 1 minute, then fluff w/fork.

place apricots in a cup of HOT water to rehydrate (about 5 minutes). Dump H2O and chop apricots

Drain and rinse garbanzos, and add to couscous

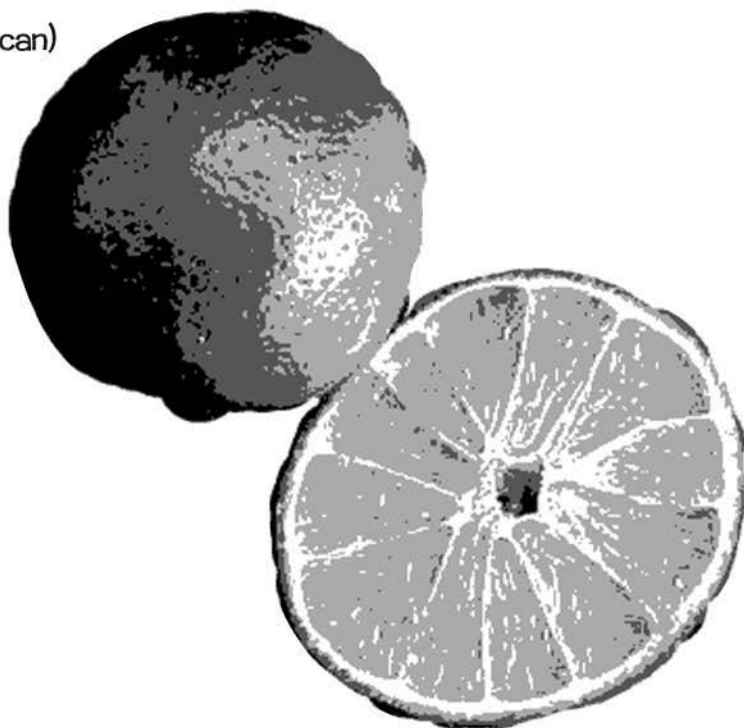
mince herbs and add along w/ apricots to couscous

drizzle 2 tbsp olive oil, sprinkle a little more K salt, black pepper to taste, and chill for about an hour.

Simple, takes about 10 minutes. It's a great side dish, but with the chick peas could almost be a meal in itself.

# Cilantro Rice

1 C rice  
2 C water  
1/2 C minced cilantro (as fine as you can)  
2 tbsp olive oil  
1 t salt  
Juice from 1 lime



- Start by thoroughly rinsing your rice. My pasta pot has a steamer basket that is perfect for this, but you can use any kitchen strainer that has small enough holes in it so that the rice doesn't go down the drain.
- Put the rinsed rice (try saying that ten times fast) in a medium-sized heavy saucepan.
- add all the other ingredients and give a stir
- Bring to a boil on high heat, and cook, uncovered, for 2-3 minutes.
- Cover well, and reduce heat to low. Simmer for 20 minutes. (You can check it at 17 minutes to see if it will need a little more or a little less time)
- Remove from heat, and allow to rest for 10 minutes.
- Fluff with a fork and serve.

NEVER stir the rice!!! It will get sticky and and weird.



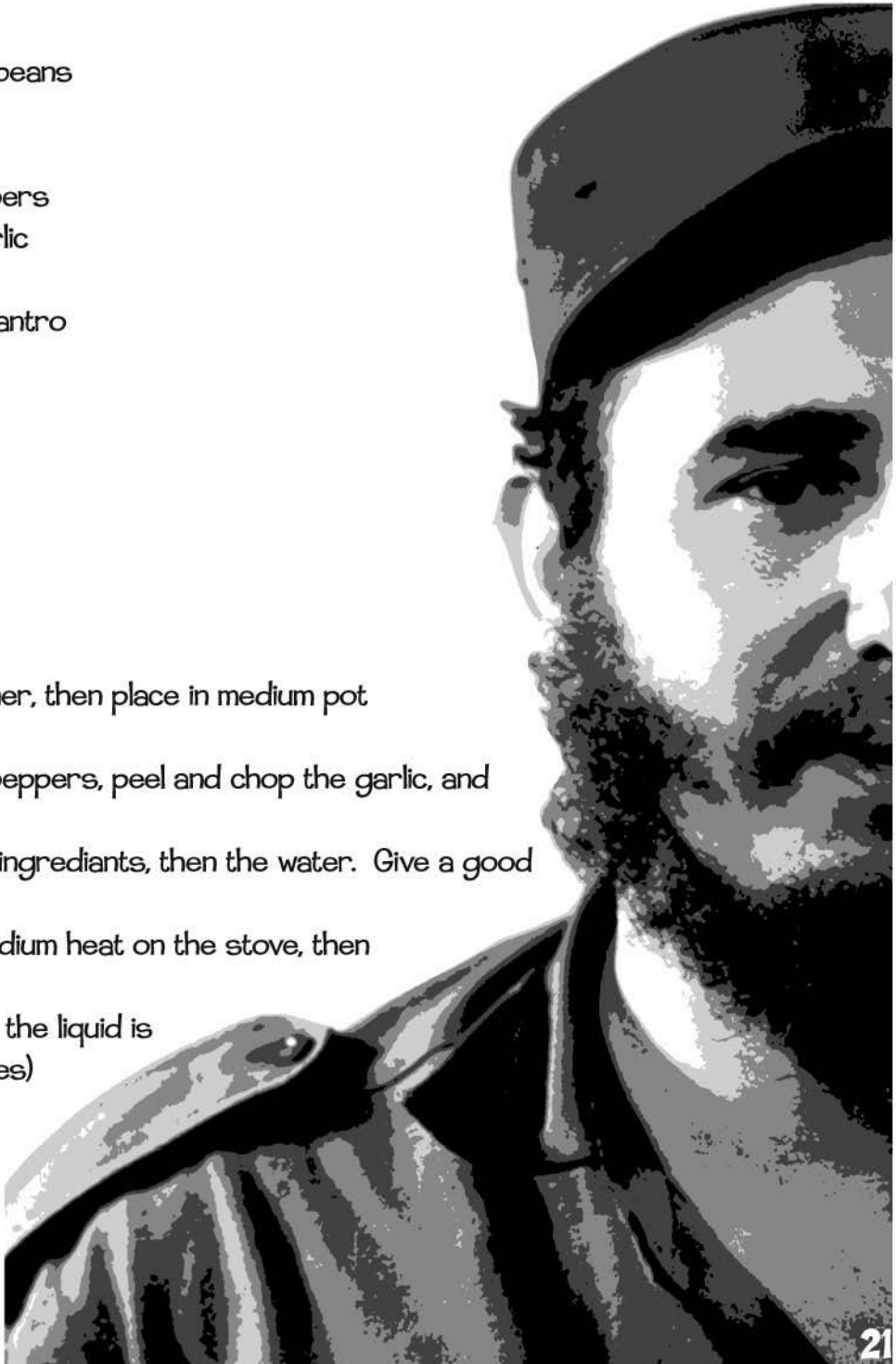
# iViva Fidel! Black Beans

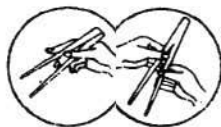


2 cans organic black beans  
1 1/2 C Water  
2 diced tomatoes  
2 diced jalepeño peppers  
2 cloves chopped garlic  
Juice from 1 lime  
1/2 C fresh minced cilantro  
1-2 tbsp cumin  
1 t K salt

- Rinse beans in strainer, then place in medium pot
- Add tomatoes
- Seed and stem the peppers, peel and chop the garlic, and add them to the pot.
- Add the rest of the ingredients, then the water. Give a good strong stir.
- Bring to a boil on medium heat on the stove, then reduce to a simmer.
- Simmer until most of the liquid is gone (about 25 minutes)

Serve with cilantro rice, as burrito filling, or as a side to another dish.





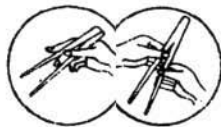
# Japanese Cowboy Noodles



- 1 8-9oz packet Soba (buckwheat) noodles
- 6 C. water
- 2 medium carrots, shredded
- 1 batch of baked tofu, julienned (p.18)
- 1 scallion, diced
- 2 tbsp sesame seeds, toasted
- 4 tbsp toasted sesame oil
- 2 tbsp tamari
- 1 t. wasabi paste

- Prepare Soba noodles according to package directions, but adding 1 tbsp sesame oil to water. When cooked, rinse well with cold water and set aside.
- shred carrots with a fine grater or in food processor w/grater blade
- julienne tofu (it should be matchstick-like)
- in a small cast iron skillet toast sesame seeds over low heat, moving constantly. when they go from a light color to brown they're ready. DO NOT BURN!
- mix remaining sesame oil, tamari, and wasabi in a small cup or bowl.
- Add tofu, carrots, and scallions to noodles. Cover with sesame-wasabi dressing and mix well using your hands to get it all coated nicely.
- chill in fridge for 1/2 hour, and serve cold

Feeds 3-4



# Super Spicy Peanut Noodles

## Peanut sauce:

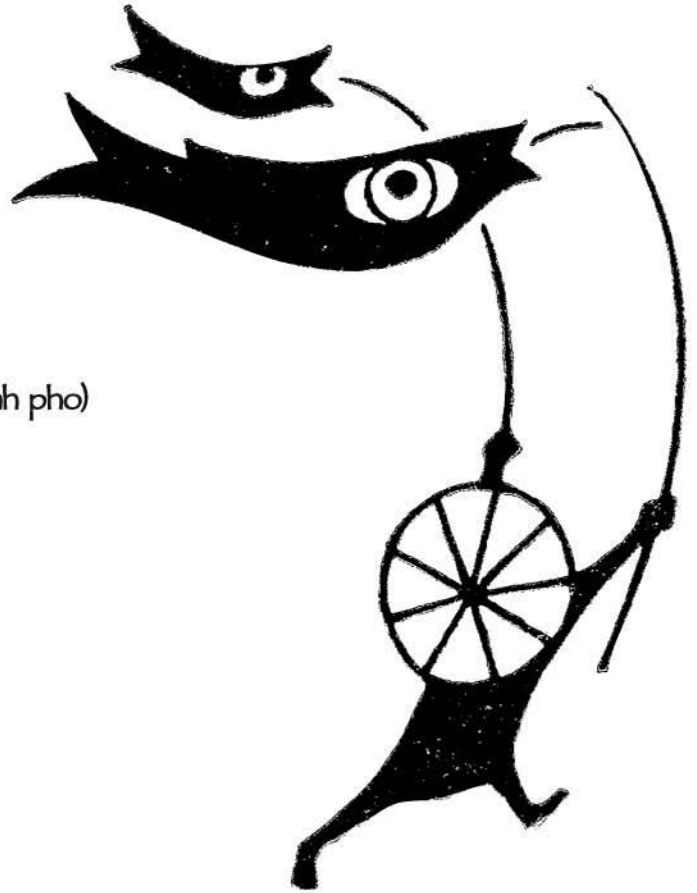
1/4 C Crunchy organic peanut butter  
 1 t. toasted sesame oil  
 1 t. chili oil (or Sriracha chili sauce)  
 1 t. minced ginger  
 1 clove of garlic, minced  
 1 t. rice wine vinegar  
 3 tbsp warm water

## Noodle toss:

1 package (8oz) wide rice noodles (banh pho)  
 1/2 batch baked tofu, cubed  
 1 t. toasted sesame oil

## Garnish:

chopped peanuts  
 1/4 C cilantro leaves  
 lime slices



- Combine ingredients for peanut sauce in mixing bowl or large measuring cup. and mix well.
- prepare rice noodles according to package directions
- when cooked drain and rinse with cold water for a minute, then drain again.
- add tofu and sesame oil and toss
- pour peanut sauce over noodles and mix well, then add cilantro and continue to mix until combined
- serve in bowls with chopsticks, sprinkling crushed peanuts over top, and garnishing with lime slices.

Feeds 3-4

# Stuffed Zukes



4 Medium Zucchini  
6 slices well toasted bread  
3/4 Lb (8 oz) Firm Tofu, drained  
1/2 tbsp rosemary  
1/2 tbsp oregano  
1 C shredded parmesan or Asiago cheese  
2 tbsp olive oil  
K salt and pepper to taste.

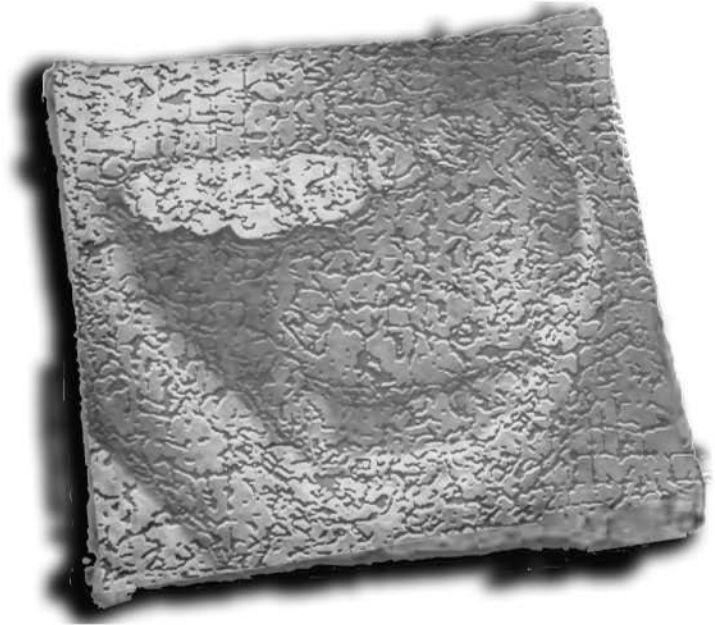
- Preheat oven to 350°
- Puncture zucchini with a fork and microwave for 3+ minutes on high until slightly soft. DO NOT OVERCOOK!
- Cut zukes in half lengthwise. Be careful, because they'll be hot.
- Using a knife and spoon, scrape centers out of zukes, and place in large mixing bowl. Keep the outsides skins to fill.
- Crumble up all of the toasted bread to make bread crumbs
- Add crumbled tofu, herbs, half the crumbs, and half the cheese. Using your hands, mix well.
- Spoon the tofu-zucchini mix back into the outer shells, packing well.
- Mix remaining crumbs and cheese, and top zuke shells.
- Place on oiled cookie sheet and bake for 25 minutes or until the topping is crispy and brown.

Feeds 4

# Screaming Tempeh Salad Sandwiches\*



- 1 package tempeh (8 oz)
- 1 tbsp Sriracha or to taste
- 1 1/2 Tablespoons vegan mayonnaise
- 1 green scallion, white part removed, sliced
- 1 stalk celery, chopped
- 3 leaves Lettuce
- 1 tomato, sliced
- Your favorite bread or sandwich rolls



- Prepare the tempeh by steaming for 10 minutes
  - After it cools for a few minutes, break up the tempeh into chunks and place in large mixing bowl
  - Begin to mash the tempeh with a fork, and add the Sriracha and mayo
  - Add in the scallions and celery and mix well
  - Lightly toast the bread or rolls
  - Layer lettuce, tomato slices, and tempeh salad to make a sandwich
- Optionally, you could add cucumber slices and sprouts, and/or slices of pepper jack cheese or soy cheese.

Serve with chips and a pickle

Makes 3-4 sandwiches

\* This is a modification of a recipe from The Post Punk Kitchen, a vegan cooking program on cable access in Brooklyn, NY. Check them out at [www.theppk.com](http://www.theppk.com)

# Perfect Penne Pasta Salad

1 package Penne Pasta (16oz)  
 6 quarts + 1C water  
 1/4lb cojack cheese\*  
 4 oz baked tofu (see recipe on p. 18)  
 2 tbsp capers  
 1 C fresh basil  
 1/2 C sun-dried tomatoes  
 1 C parmesan grated cheese\*  
 4 tbsp olive oil  
 Salt + Pepper

- Bring 6q water to a boil in your favorite pasta pot, adding a pinch of salt and 1 tbsp oil to the water.
  - Add Penne to boiling water and cook for 12 minutes
  - remove from heat and rinse with cold water for 3 minutes. Set aside.
  - Cut the cojack into 1/2 inch cubes
  - Cut the tofu into 1/4 inch strips
  - Wash the basil and cut into ribbons, discarding the stems
  - Bring the remaining cup of water to a boil and add the sun-dried tomatoes. Allow them to re-hydrate for 10 minutes.
  - Discard the water from the tomatoes, and cut the tomatoes into small chunks
  - Add the cojack, parmesan, tomatoes, tofu, basil, and capers to the pasta. Mix well. add the remaining olive oil and salt and pepper and continue to mix until all is coated.
- Serve immediately, or chill for 1 hour before serving.

Feeds 6-8

\* dairy cheeses can be replaced with soy cheeses



# Zany Zanhoria Zoup

6-8 large carrots, peeled  
 4 quarts water  
 1 quart vegetarian vegetable broth\*  
 1/2 C orange juice  
 1 clove garlic  
 2 tbsp fresh grated ginger  
 Salt  
 Pepper



- Start by peeling the carrots, and taking off the tops and tails.
- Place the carrots in a pot with the water and a pinch of salt, and bring to a boil.
- Boil the carrots until soft, about 15 minutes
- When the carrots are soft, dump the water, and put the carrots in the food processor. Add the orange juice, garlic, and ginger. Process until smooth.
- Scrape the carrot mush into the pot and add the vegi broth. Bring back to a simmer. Salt and pepper to taste

Serves 4.

This goes really well with grilled cheese on a cold winter night.

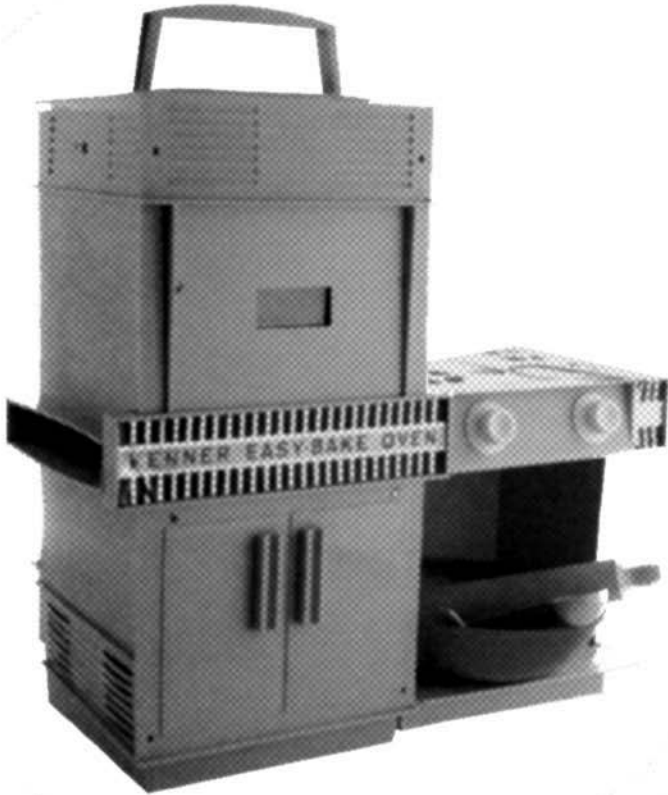
\* I use the type that come in a box like soy milk

# King Killers

8 slices of Italian white bread  
3/4 C peanut butter  
1/4 C Nutella  
2 Bananas (on the greenish side of yellow)  
1/4 lb. margarine or butter

- spread margarine on one side of each slice of bread
  - on 4 of the slices spread a thin layer of Nutella on the other.
  - On the other 4 slices spread a thick layer of peanut butter.
  - Top the peanut butter with banana slices and the Nutella slices.
  - Fry in a non-stick pan until brown on both sides (flip it over half way)
- Serve with bread-n-butter pickles and potato chips for 4

# ***Deserts and Sweets***



# Silky Vegan Choco Pie

## Graham Cracker Crust:

1 pkg Graham Crackers, made into crumbs (Mi Del are vegan, there may be other brands, too)

3 tbsp margarine (or butter)

1/4 C sugar

## Filling:

2 pkg Mori-Nu firm silken tofu

1 pkg chocolate chips (I use Sunspire or Tropical Source, but Ghirardelli work well, too)

1/4 C vanilla soy milk

- Heat oven to 350°
- In food processor combine crumbs, margarine and sugar until sticky-ish
- Press crumb mixture into bottom and around edges of 9" pie plate
- Bake in oven for 8-10 minutes or until slightly golden, then allow to cool
- Nuke chocolate chips in microwave (or melt in double boiler)
- Stir in soy milk
- Add tofu and chocolate in food processor
- Blend until SMOOTH (about 5 minutes)
- Pour into cooled pie crust, and chill in refrigerator for 3 hours.

Feeds 8

# Peanut Butter Bon-Bons

1 package vegan chocolate chips  
1 package vegan graham crackers  
2 C peanut butter  
1/2 lb (2 sticks) soy margarine (or butter)  
1/2 C confectioners sugar  
Waxed paper

- Crumble up graham crackers and place in food processor.
- Grind in food processor until semi-fine texture.
- Add confectioners sugar, margarine, and peanut butter to the food processor bowl.
- Mix until it has a thick consistency like cookie dough.
- Chill PB mixture for an hour in the refrigerator
- Melt chocolate chips over a double boiler until liquid. Do not burn!
- Roll teaspoons full of the peanut butter mixture into balls
- Cover with melted chocolate and place on wax paper
- Allow to cool and solidify at room temperature

PBBB can be stored in the fridge for 2 weeks or in the freezer for 2 months  
Makes about 30 bon-bons

# Tofutti Frutti

- 1 pint of your favorite non-dairy frozen desert (Tofutti, Rice Dream, etc.)
- 1 1/2 C fresh raspberries (or sliced strawberries or black berries)
- 1 C Port or other sweet red wine
- 2 tbsp creme de cocoa or chocolate liqueur
- 1/4 C organic sugar

- Wash berries and place in small heavy saucepan
- Add Port, creme de cocoa, and sugar
- Bring to a slow boil, then reduce heat to low simmer, stirring to prevent scorching
- Reduce liquid to 1/3 of original amount (aprox. 20 minutes)
- Serve warm over frozen desert.

Serves 4



# Apple Bonkers



- 4 crisp apples (Delicious, Jonathan, or Macintosh)
- 2 C water
- 2 t. lemon juice
- 1/2 C dried cranberries, coarsely chopped
- 1/2 C chopped pecans
- 1/2 C maple syrup
- 1 t cinnamon



- Preheat oven to 350°
- Core apples most of the way, leaving the bottom intact to hold the filling.
- Place cored apples in lemon juice and water to prevent oxidation.
- In a small mixing bowl, combine syrup, cinnamon, pecans, and cranberries.
- Fill cavities in the apples with nut mixture.
- Place filled apples in a baking dish with 1 C of lemon water.
- Bake 50-60 minutes until tender.
- Serve warm with remaining liquid from the baking dish drizzled on top.

Serves 4

# Ken's Vegan Strawberry Chocolate Cheesecake\*

For Crust:

1 1/4 C crushed vegan graham cracker crumbs

1/4 C organic sugar

1/4 . cocoa

6 tbsp margarine (or butter), melted

Filling:

1 lb. silken tofu

1/2 carton of tofutti fake cream cheese

1 cup sugar

1/2 cup cocoa

1 t. apple cider vinegar

1 tbsp. of vanilla extract,

5-6 strawberries,

- Grease a 9" pie tin
- In a medium sized mixing bowl combine the graham cracker crumbs, sugar, and cocoa
- Gradually add melted margarine to crumb mixture, stirring to coat
- Smoosh crumb mixture into pie tin, covering bottom and sides
- Add tofu and tofutti in food processor and mix till smooth
- Add remaining ingredients (except strawberries) and mix together till even
- Pour into pie shell
- Slice strawberries and cover over top
- Bake at 350 for 20 min., then cool and put in fridge.

Serves 8

**34** \*This recipe originally appeared at [tofutticuties.tribe.net](http://tofutticuties.tribe.net)



## About The Author:

Milo has been cooking and making zines since he was 16. Some of his other work has appeared in The Annual Zine Yearbook, Q Life, Maudlin Street, and The Load. He has also worked with the Purchase College Food Co-op, Outpost Natural Foods Co-op, Food First, and Media Alliance.

Milo is one of the co-founders of the Queer Zine Archive Project ([www.qzap.org](http://www.qzap.org)). He also has been self-publishing Mutate Zine since 1999. Currently, he lives in Riverwest, Milwaukee where he plots non-violent revolution around a boomerang Formica table bearing swanky cocktails and yummy food with his partner-in-crime and their pet rock Nigel.



Notes: