

vegan everyday



500 Plant-Based Recipes

Douglas McNish

Mini Quinoa Croquettes

These tasty little cakes are crispy on the outside and soft in the middle. You can make them up to 3 days in advance and then simply reheat them in the oven when guests arrive. I also like to pan-sear them in a little grapeseed oil and drizzle them with Miso Tahini Sauce (page 121).

**MAKES ABOUT
10 CROQUETTES**

Tips

In this recipe, the quinoa is cooked in more water than usual. This helps to hold the croquettes together.

Typically quinoa is cooked in a covered pot. For normal use, I bring 2 parts water and 1 part quinoa to a rapid boil, uncovered, reduce the heat and simmer until almost all the liquid has evaporated. Then I remove the pot from the heat, cover and set aside for 10 to 15 minutes. This technique consistently produces beautiful results.

You can purchase flax seeds that are already ground (often described as “milled”), or you can grind them yourself. To grind the flax seeds for this recipe, place $\frac{1}{2}$ cup (125 mL) whole seeds in a blender. Blend at high speed until finely ground. Refrigerate extra for another use.

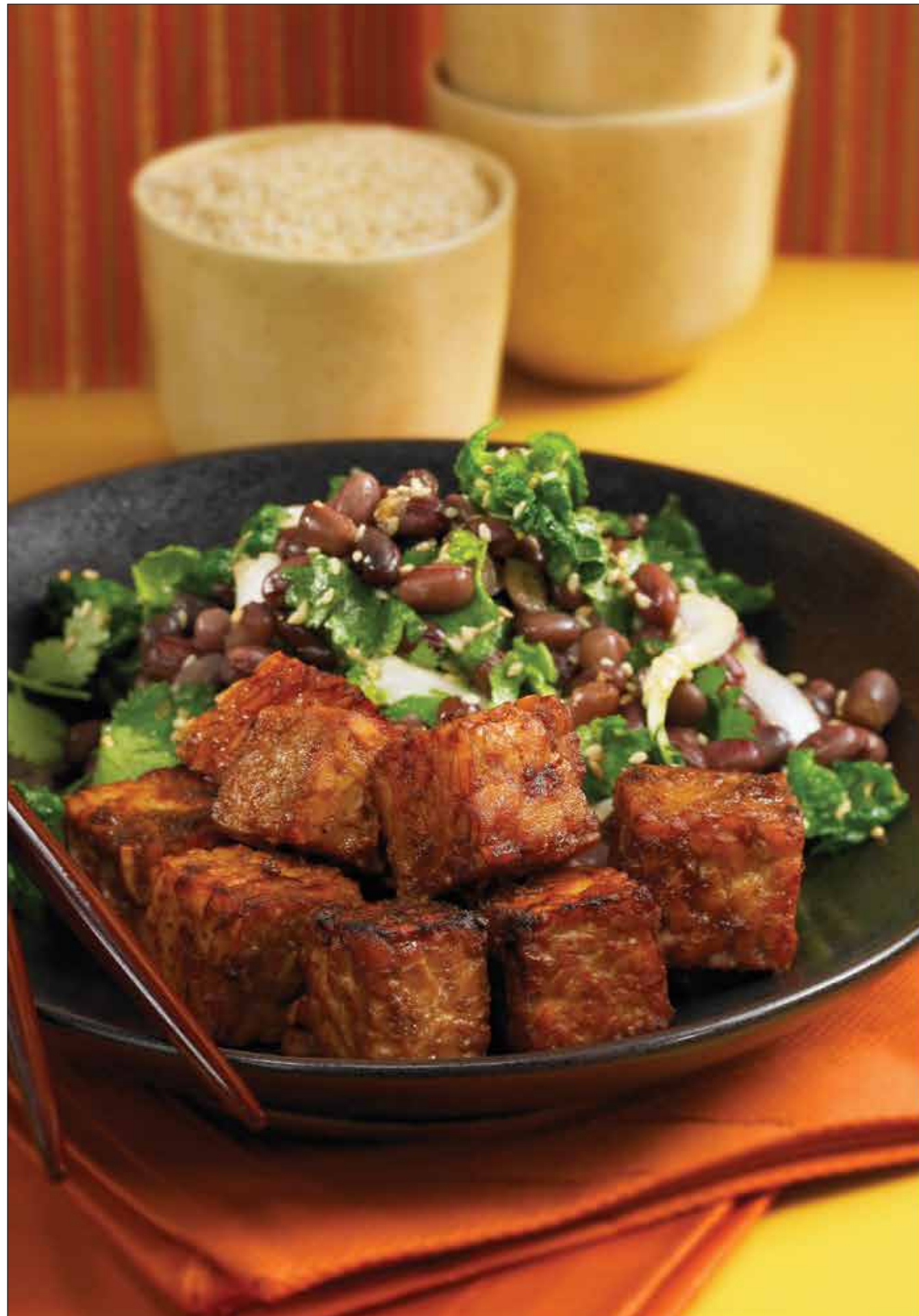
To reheat refrigerated croquettes, place on a baking sheet lined with parchment paper and bake in a preheated 350°F (180°C) oven for 8 to 10 minutes.

- Preheat oven to 350°F (180°C)
- Baking sheet, lined with parchment paper

1 cup	quinoa, rinsed and drained	250 mL
	Water	
1 tsp	fine sea salt, divided	5 mL
1 cup	chopped peeled sweet potato	250 mL
6 tbsp	ground flax seeds (see Tips, left)	90 mL
1 tbsp	tahini	15 mL
2 tsp	chopped fresh thyme leaves	10 mL
1 tsp	freshly grated lemon zest	5 mL
1 tbsp	freshly squeezed lemon juice	15 mL

1. In a large saucepan, combine quinoa, $2\frac{1}{2}$ cups (625 mL) water and $\frac{1}{4}$ tsp (1 mL) salt; bring to a boil. Reduce heat and simmer for 12 to 15 minutes or until quinoa is tender and almost all the liquid has been absorbed. Cover and set aside for 10 minutes so quinoa can absorb any remaining liquid and swell.
2. In a small saucepan, combine 2 cups (500 mL) water, sweet potato and $\frac{1}{4}$ tsp (1 mL) salt; bring to a boil. Reduce heat and simmer for 8 to 10 minutes or until sweet potato is tender. Drain and transfer potato to a bowl.
3. In a large bowl, toss together cooked quinoa and sweet potato, ground flax seeds, tahini, thyme, lemon zest, lemon juice and remaining $\frac{1}{2}$ tsp (2 mL) salt, until well combined. Set aside for 5 to 6 minutes so flax seeds can absorb some of the liquid and swell.
4. Using a $\frac{1}{4}$ -cup (60 mL) measuring cup, drop about 10 portions of mixture onto prepared baking sheet. Using the palm of your hand, press down firmly on each cake until it holds together. Use your hands to shape, if desired.
5. Bake in preheated oven for 8 to 10 minutes, until lightly browned and crisp. Serve immediately or transfer to an airtight container and refrigerate for up to 5 days (see Tips, left).





Sautéed Ginger Miso Tempeh

This protein-dense dish is ready in 20 minutes. Pair with another Asian-inspired dish such as Sweet-and-Sour Soup (page 325), Asian-Style Adzuki Bean Salad (page 185) or Soba Chopsticks (page 100).

MAKES 3 SERVINGS

Tips

Unpasteurized tempeh can be found in the freezer section of most well-stocked supermarkets and natural food stores. I prefer unpasteurized because I find it has a better texture. Pasteurized tempeh will work equally well in this recipe.

Wheat-free tamari is a gluten-free seasoning made from fermented soybeans. It can be found in most well-stocked supermarkets and natural food stores.

I like to use unpasteurized miso because it is living and contains healthy bacteria; do not boil it or you will kill the bacteria. Choose brown rice or chickpea miso for a gluten-free version (always check the labels, as some brands add barley).

1	block (8½ oz/240 g) frozen (unpasteurized) tempeh (see Tips, left)	1
4 cups	water	1 L
½ cup	wheat-free tamari, divided (see Tips, left)	125 mL
2	cloves garlic	2
3 tbsp	grapeseed oil	45 mL
¼ cup	unpasteurized brown rice miso or chickpea miso (see Tips, left)	60 mL
2 tbsp	pure maple syrup	30 mL
2 tbsp	minced peeled gingerroot	30 mL

1. In a small saucepan, combine tempeh, water, 6 tbsp (90 mL) wheat-free tamari and garlic. Bring to a boil, reduce heat and simmer for 15 minutes. Using a slotted spoon, transfer tempeh to a plate and set aside for 10 minutes to cool.
2. Using a sharp knife, cut tempeh into bite-size pieces.
3. In a large skillet over medium heat, heat oil. Add prepared tempeh and cook, stirring frequently, until golden brown on all sides, 8 to 10 minutes.
4. Meanwhile, in a small bowl, whisk together remaining tamari, miso, maple syrup and ginger. Add to browned tempeh in skillet and stir to combine. Serve immediately or let cool, transfer to an airtight container and refrigerate for up to 5 days.

Acknowledgments
Introduction
The Vegan Gluten-Free Pantry

BREAKFASTS

Lemon Vanilla Cashew Yogurt
Amaranth Oatmeal
Steel-Cut Oats Bowl
Slow-Cooked Apple Cinnamon Oatmeal
Açai Superfood Bowl
Quinoa Maple Berry Porridge
Roasted Peach Chia Seed Pudding
Buckwheat Coconut Pancakes
Coconut-Crusted French Toast
Chocolate Hazelnut Waffles
Fluffernutter Sandwich
Breakfast Club Sandwich
Breakfast Wrap
The Elvis Wrap
Scrambled Tofu with Caramelized Onions, Mushrooms and Peppers
Cheesy Grits with Spinach
Vegan Benedict
Breakfast Frittata
The Eggless Omelet
Sweet Potato and Corn Hash
Tempeh Bacon

JUICES, SMOOTHIES AND NON-DAIRY MILKS

JUICES

Cucumber Aloe Watermelon Juice
Lemon-Lime Fusion Juice
Matcha Me Green Juice
Liquid Chlorophyll Juice
Lawnmower Juice
Detoxifier Juice
Muddy Waters
Roots and Sticks Juice
The Gardener’s Juice
Pink Beet Delight
Piña Colada Juice
Pink Sunset Juice
Island-Time Juice
Orange Creamsicle Juice
Spicy Ginger Juice
Pop-Tart Juice
Kick-Me-Up Juice
Spiced Apple Juice
Warming Apple Juice
Spiced Holiday Juice

SMOOTHIES

Chia-Spiked Berry Smoothie
Strawberry Kiwi Smoothie
Classic Green Smoothie
Avocado Spinach Smoothie
Hibiscus Melon Smoothie
Springtime Smoothie
Lemonade Smoothie
Kitchen Sink Smoothie
Double Detox Smoothie
Earl Grey Smoothie
Teatime Smoothie

Easy Apple Pie Smoothie
Sweet Potato Pie Smoothie
Whoopie Pie Smoothie
Marshmallow Smoothie
Cookie Dough Smoothie
Puckery Peanut Butter Smoothie
Peanut Butter Parfait Smoothie
Peachy Butterscotch Smoothie
Thanksgiving Smoothie
Eggnog Smoothie
Candy Cane Smoothie

NON-DAIRY MILKS

Almond Milk
Cashew Milk
Coconut Milk
Quinoa Milk
Oat Milk
Flaxseed Milk
Hemp and Chia Milk
Green Milk
Carrot Cashew Ginger Milk
Strawberry Hazelnut Milk
Cardamom Brazil Nut Milk
Chai Almond Milk
Salted Caramel Pistachio Milk
Hot Chocolate
White Chocolate Milk
Pure Chocolate Hazelnut Milk
Fall Harvest Squash Milk
Holiday Milk

APPETIZERS

Basic Chickpea Hummus
Edamame Hummus
Herbed Cashew and Kale Hummus
Curried Zucchini Hummus
White Bean and Roasted Garlic Purée
Mushroom and Spinach Duxelles
Roasted Garlic and Black Olive Tapenade
Creamy Cashew Tzatziki
Ranch Dip
Pico de Gallo
Perfect Guacamole
Spicy, Cheesy Nacho Dip
Cheesy Fondue
Chia Whiz
Baked Polenta Fries
Baked Onion Rings
Baked Jalapeño Poppers
Sweet Potato Quinoa Fritters
Mac and Cheese Bites
Crisp Tomato Wafers
Mini Soft Tacos
Singapore Summer Rolls
Nori Bites
Sushi Wraps
Collard-Wrapped Sushi Rolls
Simple Summery Sandwiches
Avocado Tempura
Greek-Style Vegetable Skewers
Grilled Tofu with Peanut Sauce
Soba Chopsticks

Crispy Soba Noodle Cakes
Mushroom Risotto Cakes
Seared King Oyster
Mushroom Scallops
Mini Quinoa Croquettes
Green Tomato Carpaccio with Balsamic Arugula
Mushroom Ceviche

SAUCES, BUTTERS AND SPREADS

SAUCES

Roasted Red Pepper Mole Sauce
Roasted Garlic Chimichurri
Classic Garlicky Tomato Sauce
Maple Chipotle Barbecue Sauce
Red Wine Tamari Jus
Lemon Tamari Ginger Dip
Orange Ginger Sauce
Ginger Teriyaki Sauce
Sweet-and-Sour Sauce
Festive Cranberry Sauce
Yellow Coconut Curry Sauce
White Wine Spinach Cream Sauce
Peppercorn Sauce
Miso Tahini Sauce
Hollandaise Sauce
Easy Creamy Alfredo Sauce

BUTTERS AND SPREADS

Hemp, Garlic and Chia Butter
Roasted Garlic and Parsley Sunflower Seed Butter
Cinnamon Raisin Sunflower Seed Butter
Almond Beurre Blanc
Vanilla Almond Butter
Superfood Green Pistachio Butter
Thai-Style Macadamia Butter
Roasted Red Pepper and Thyme Cashew Butter
Spiced Pumpkin Cashew Butter
Mixed Berry Cashew Butter
Black Olive and Walnut Butter
Pecan Pie Butter
Queso Dip
Peanut Butter and Jelly Nut Butter
Chocolate Hazelnut Butter
Caramelized Onion and Cherry Tomato Relish
Pear, Date and Fig Jam
Sicilian Eggplant Caponata

SNACKS AND SIDES

SNACKS

Fresh Fruit Ice Pops
Cucumber Protein Cups
Hemp Apple Rings
Almond Oat Apple Wedges
Stuffed Medjool Dates
Easy Cheesy Kale Chips
Baked Sweet Potato Chips
Best Stovetop Protein Popcorn
Chickpea Popcorn Mix

Teriyaki Almonds
Sunflower Beet Crackers
Spiced Superfood Trail Mix
Spiced Apple Buckwheat Granola
Puffed Quinoa Peanut Butter Bites
Power Balls
Oat Clusters
Berry Oat Bars
Date-Me Bars
Vanilla Chai Power Bars
Chewy Tropical Coconut Bars
Key Lime Pie Bars
Chocolate Chip Treat Bars
Peanut Butter Hemp Power Bars
Fluffernutter Bars
Crispy Rice Squares
Cheesy Quesadillas
Thai Tofu Lettuce Snacks

SIDES

Herbed Rösti Bake
Cauliflower Gratin
Exotic Spiced Layered Sweet Potatoes
Easy Baked Ratatouille
Baked Loaded Nachos
Spicy Southern-Style Slow-Cooked Collard Greens
Spiced Whole Beets
Braised Fennel and Onions with Lentils
Beer-Braised Cabbage
Roasted Vegetables
Creamy Mashed Potatoes
Herbed Roasted Potatoes
Wild Rice Stuffing

BEANS AND GRAINS

BEANS

Basic Slow-Cooked Legumes
Chickpea “Tuna” Salad
Creamy Pinto Bean Salad
Asian-Style Adzuki Bean Salad
Grilled Pepper and Navy Bean Salad
Mediterranean Bean Salad
Black Bean Santa Fe Wrap
Easy Burritos
Mediterranean Wraps
Hummus Wraps
Green Goddess Wraps
Grilled Veggie Wraps
Sweet Potato Burritos
Chana Masala Wraps
Roasted Cauliflower and Chickpea Tacos
Un-Tuna Wraps
Mung Bean Daal
Lemon Parsley Lupini Beans
Simple Simmered Moroccan Chickpeas
Thyme and Mushroom Navy Bean Ragoût
Roasted Mushroom Penne
Baked Ziti
Baked Penne Bolognese
Roasted Cauliflower Alfredo Bake
Tofu Squash Ravioli in Lemon Sage Cream Sauce

Black Bean Burgers
Glazed Lentil Loaf

GRAINS

Basic Rice
Brown Sushi Rice
Jasmine Rice Salad
Red Rice and Bean Salad
Indonesian Black Rice Salad
Spicy African Millet Salad
Festive Millet Cranberry Salad
Quinoa Tabbouleh
Creamy Coconut Thai Quinoa Salad
Black-Eyed Peas and Rice
Dirty Brown Rice with Black Beans

SAUTÉS AND STIR-FRIES

SAUTÉS

Sautéed Olives with Lemon, Garlic and Fresh Herbs
Balsamic-Glazed Cherry Tomatoes in Red Wine Sauce
Spinach Sautéed in White Wine and Garlic
Salt-and-Pepper Mushroom Sauté
Ginger Cashew Carrot Sauté
Mushroom Fricassee
Sautéed Vegetables with Three-Chile Blend
Sautéed Ginger Miso Tempeh Teriyaki Tofu

STIR-FRIES

Crispy Chickpea Stir-Fry
Ginger Lime Edamame Stir-Fry
Stir-Fried Broccoli with Ginger and Hoisin
Light Summer Stir-Fry
Quick Garlic Cabbage Stir-Fry
Crispy Eggplant and Garlic Stir-Fry
Pan-Seared King Oyster Mushrooms with Tamari Glaze
Tofu and Lemongrass Vegetable Coconut Curry
Quick Sweet-and-Sour Tofu Stir-Fry
Pineapple and Coconut Fried Rice
Classic Pad Thai

SOUPS, STEWS, CHILIES AND MORE

SOUPS

Chilled Green Pea and Mint Soup
Spicy Gazpacho
Vegan Chicken Noodle Soup
Avgolemono Soup
French Onion Soup
Spring Minestrone
Tomato and Sweet Potato Soup
Sweet Potato, Ginger and Coconut Soup
Leek, Potato and Lentil Soup
Quinoa and Lentil Borscht

Dashi Broth with Soba Noodles
Miso Soup with Shiitake Mushrooms
Tom Yum Soup
Sweet-and-Sour Soup
Cream of Mushroom Soup
Cheesy Broccoli Quinoa Soup
Roasted Cauliflower and Garlic Soup
Charred Cauliflower and White Bean Soup
Smoky Corn Chowder
Black Bean and Sweet Potato Chowder

STEWES

Ratatouille
Berbere-Spiced Stewed Green Tomatoes
Moroccan-Style Collard Greens
Stewed Onions and Mushrooms with Millet
Stewed Lentils with Mushrooms and Sweet Potatoes
Coconut Curried Plantains and Okra
Mushroom, Black Bean and Sweet Potato Ragoût
Grilled Tomato and Portobello Ragoût
Okra and Squash Gumbo
Mushroom Sloppy Joes
Braised Tofu in French Onions

CHILIES AND MORE

Eggplant, Lentil and Tomato Chili
Black Bean and Sweet Potato Chili
African-Spiced Tempeh Chili
Baked Chana Masala
Tempeh and Roasted Pepper Sloppy Joes
Shepherd’s Pie with Cauliflower Mash
Baked Eggplant and Zucchini Napoleon
Mushroom Pot Pie
Lentil Shepherd’s Pie
Potato Salad Wraps
Jerk Tofu, Avocado and Plantain Wraps
Greek-Style Gyro Wraps
Macrobiotic Platter
Mushroom Colcannon
Stuffed Sweet Potatoes with Garlic-Braised Greens
Fajitas with Spice-Rubbed Portobellos
Slow-Cooked Barbecued Jackfruit
Loaded Baked Potatoes with Ginger Broccoli
Spicy Tempeh and Squash
Squash and Ginger Tofu

BAKED GOODS

Triple Ginger Cookies
Banana Goji Cookies
Oatmeal Raisin Cookies
Flourless Cashew Butter Cookies
White Chocolate Macadamia Cookies
Perfect Chocolate Chip Cookies
Peanut Butter Cookies
Chocolate-Dipped Coconut Shortbreads
Lemon Vanilla Biscotti
Chocolate Almond Biscotti
Chai-Spiced Muffins
Lemon Poppy Seed Muffins
Morning Glory Muffins
Deep Chocolate Brownies
Banana Bread

ENTERTAINING

Beet Cakes with Braised Fennel and Creamed Swiss Chard
Crispy No-Crab Cakes with Creamy Coleslaw

Stuffed Zucchini Blossoms with Spicy Queso Dip
Boxty
Holiday Lentil Loaf with Quinoa
Spaghetti Squash Stuffed with Tofu and Spinach
Cauliflower Steak with Celery Root Purée and Crispy Tofu
Cheesy Broccoli, Red Pepper, Mushroom and Spinach Quiche
Grilled Portobellos with Sweet Potato Gratin and Sautéed Green Beans
Korean-Style Tofu Tacos
Tofu in Chilled Green Tea Broth with Crispy Bok Choy
Tofu en Papillote
Tofu Osso Buco with Braised Vegetables
Crispy Tofu and Zucchini Fritters with Corn and Red Pepper Relish
Porcini-Crusted Tofu with Crispy Shallots and Red Wine Butter

DESSERTS

Watermelon “Cake”
Panna Cotta
Crème Caramel
Fresh Berry Sabayon
Coconut Cream Pineapple Poached Peaches
Poached Pears Filled with Chocolate Ganache
Caramelized Papaya Boats
Caramelized Balsamic Figs and Berries
Raspberrry and Chocolate Sauté
Hot Fudge Sundae
Chocolate Banana Parfaits
Easy Chocolate Sauce
Banana Tempura
Churros with Cinnamon Sugar
Dessert Pancakes
Indian-Spiced Date Squares
Chocolate Cherry Dream Bars
Apricot Almond Squares
Peanut Butter Fudge Squares
Fudge Bites
Millet and Sweet Potato No-Bake Brownies
Raspberrry Cream Cheese No-Bake Brownies
Pumpkin Toffee Cheesecake
Berry Cheesecake
Chocolate Banana Cake
Grasshopper Pie
Silky Chocolate Mousse
Easy Coconut Caramel Sauce
Cookie Dough Pudding
Traditional Bread Pudding

BAKED GOODS

Triple Ginger Cookies
Banana Goji Cookies
Oatmeal Raisin Cookies
Flourless Cashew Butter Cookies
White Chocolate Macadamia Cookies
Perfect Chocolate Chip Cookies
Peanut Butter Cookies
Chocolate-Dipped Coconut Shortbreads
Lemon Vanilla Biscotti
Chocolate Almond Biscotti
Chai-Spiced Muffins
Lemon Poppy Seed Muffins
Morning Glory Muffins
Deep Chocolate Brownies
Banana Bread

Zucchini Bread
Blueberry Squares
Apple Strudel Loaf
Peach Crumble
Strawberry Rhubarb Crumble
Apple Crisp
Pineapple Upside-Down Cake
Apple Pie
Pecan Pie
Blueberry Cheesecake
Carrot Cake
Basic Scones
Buttermilk Biscuits
Cheddar and Chive Biscuits
Pizza Rolls
Caramelized Onion and Olive Flatbread
Irish Soda Bread
Mushroom and Asparagus Bread Pudding
Gluten-Free Pita Breads
Gluten-Free Chapatis

VEGAN BASICS

CHEESES
Herbed Tofu Ricotta
Cashew Cream Cheese
Creamy Cashew Ricotta
Sun-Dried Tomato and Olive Pesto Cashew Cheese
Creamy Vegan Pepper Jack
Cashew Cheddar Cheese
Vegan White Cheddar
Vegan Shredded Mozzarella
Vegan Cheese Curds
Spicy Pumpkinseed Parmesan
Easy Cheesy Pasta Sauce

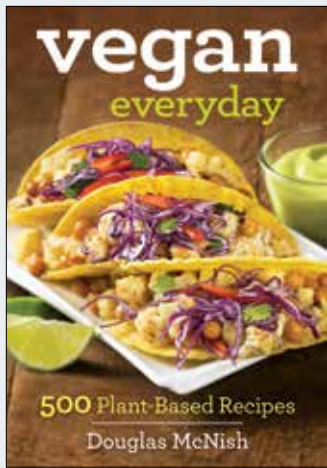
SALADS AND DRESSINGS

The Big Salad
Wilted Spinach Salad
Avocado and Cucumber Salad
Shred-Me-Up Slaw
Crunchy Cabbage and Carrot Slaw
Easy Italian Dressing
Lemon Dill Cucumber Dressing
Basic Vinaigrette
Creamy Oil-Free Salad Dressing
Vegan Mayonnaise

STAPLES

Herb Salt
Preserved Lemons
Gluten-Free Croutons
Whipped Non-dairy Butter
Vegan Sour Cream
Vegan Worcestershire Sauce
Curry Paste
Holiday Gravy
Vegetable Stock
Chickpea Pizza Crust
All-Purpose Gluten-Free Flour Blend
Vegan Piecrust
Quinoa Tempura Batter
Whipped Coconut Cream
Index

Vegan Vanilla Ice Cream
Basil Lemon Ice Cream
Lemongrass Ice Cream
Strawberry Goji Berry Ice Cream
Raspberrry Beet Ice Cream
Wild Blueberry Ice Cream
Cinnamon Peach Ice Cream
Salted Caramel Ice Cream
Cookie Dough Ice Cream
Pure Chocolate Ice Cream
Maca Crunch Ice Cream
Peanut Butter Fudge Ice Cream
Pecan Pie Ice Cream
Minty Hemp and Chia Ice Cream
Strawberry Sherbet
Peach Cinnamon Sherbet



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ABOUT THE AUTHOR

Douglas McNish is a vegan executive chef, instructor and consultant, with a strong commitment to health and organics. He is also the author of the bestsellers *Eat Raw*, *Eat Well* and *Raw, Quick and Delicious!*

VEGAN EVERYDAY

500 Plant-Based Recipes

Plant-based eating at its best, each and every day of the week.

One of the pioneers of the vegan food movement, Doug McNish is known for offering dishes that are bold, innovative, fresh, easy and, above all, delicious. His recipes are vast and varied while using ingredients typically found in a vegan's kitchen or pantry. McNish starts with "Vegan Basics" featuring 20 recipes for dishes most popular in vegan cuisine, like Whipped Non-Dairy Butter, Mayonnaise, Curry Paste, Vegetable Stock and pie crust.

He offers an incredible 500 recipes including *Tomato and Spinach Ragout*, *Buddhist Noodle Bowl*, *Cheesy Broccoli Soup*, *African-Spiced Tempeh Chili*, *Fettuccini Carbonara*, *Creamy Sweet Potato Linguine*, *Pineapple and Coconut Fried Rice*, *Okra and Squash Gumbo*, *Sicilian Eggplant Caponata*, *Korean-Style Tofu Tacos*, *Mushroom and Spinach Lasagna*, *Caramelized Onion and Olive Flatbread*, *Blueberry Cheesecake*, *Chocolate Banana Cake* and *Chocolate Cherry Dream Bars*.

- The vegan market continues to grow exponentially with six percent of the US population now identifying as vegan, compared to one percent in 2014.
- Competing titles (e.g. OH SHE GLOWS, HOT FOR FOOD) cater to a female segment; we know from retailer insights that males make up a portion of book buyers (and vegans) in North America.
- Author has a forthcoming book from PRHC in Fall 2020.
- 500 recipes for starters, mains and fast weekday dinners; more recipes than any other book in its category.

MARKETING & PUBLICITY

Robert Rose will launch a targeted marketing and publicity campaign across North American platforms.

- Blogger and reviewer campaign targeting all health sites;
- Social media outreach including all publisher platforms and channels (Facebook, Pinterest, Twitter, Instagram).