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# No meat, big flavor

## Cookbook focuses on healthy, plant foods

By Carole Ferguson  
Posted April 18, 2012 at 9:36 a.m.

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### If you go

If you go

What: Deb Roussou will hold a cocktail party and book signing.

Where: That Kitchen Place, 975 Hilltop Drive, Redding.

When: 4 to 6 p.m. April 28.

Cost: \$30

Details: Event will include appetizers, mocktails and desserts made from recipes in "350 Best Vegan Recipes." Roussou will also be on hand to sign copies of the book.

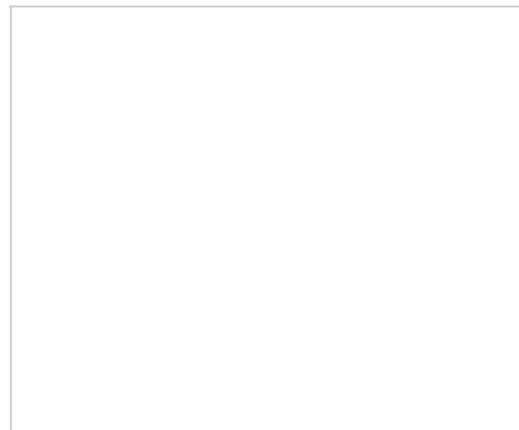
Information: Call That Kitchen Place at 222-1160 or go to [www.tkpredding.com](http://www.tkpredding.com).

It's no secret that eating more fruits, vegetables and whole grains and eating far fewer animal-based products can benefit your health. Meat, cheese and eggs are packed with cholesterol, and studies show that a diet heavy in meat can lead to high blood pressure and cardiovascular problems.

For those looking to go vegan, eat more vegetarian or looking for a selection of tasty healthy recipes, Shasta County resident Deb Roussou has written just the book. "350 Best Vegan Recipes," published by Canada-based publisher Robert Rose, offers a wide variety of recipes, from kitchen staples such as vegan mayonnaise and heavy cream, to savory soups and bean dishes and sweet desserts.

"I wrote this cookbook from the perspective that good food is for everyone," she said. "It's for anyone who wants to change their diet, from full-time vegan to part-time with meatless Mondays."

She also recommends it for people who want to go vegan but may have a hard time finding — or affording — vegan products. The "Vegan from Scratch" chapter includes basics such as making your own soy or almond milk, heavy cream and seitan, a meat-substitute made from wheat flour. All of her staple recipes use whole

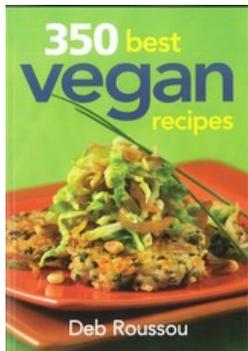


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ingredients.



"350 Best Vegan Recipes" by Deb Roussou.



Deb Roussou

She also included a chapter for vegan cocktails, including a nondairy version of Irish cream and a spicy cocktail called the Mexican Velvet Elvis featuring chocolate, chili powder and tequila.

Roussou said the secret of vegan cooking is using flavors and spices to make a meal satisfying.

Roussou has a long history with food and flavors. Her father was a classically trained chef who retired to Redding and opened a hamburger shop in downtown Redding. Her grandmother was a chef at the Fairmont in San Francisco. "I grew up with food, I've been around food my whole life," she said.

Roussou pulls from that lifelong experience to create the flavor profiles that infuse her recipes with unexpected combinations of ingredients. When creating recipes, she first comes up with a flavor profile, and then fleshes it out with a selection of ingredients.

Roussou has written a number of cookbooks, including the official one for the George Foreman Grill, and the Ninja blender. Another of her books, "Delicious

Inspirations," draws from global cuisine.

For more about Roussou, go to her website, [www.debroussou.com](http://www.debroussou.com).

Below are some recipes from "350 Best Vegan Recipes."

### Chocolate Cake

#### Ingredients

- 1 cup plus 2 tablespoons all-purpose flour
- 1 1/4 cups granulated sugar
- 1/4 cup unsweetened cocoa powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 3/4 cup brewed coffee or warm water
- 1/4 cup vegetable oil

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JUL	JUL	JUL	BROWSE
<b>10</b>	<b>11</b>	<b>12</b>	
TUESDAY	WEDNESDAY	THURSDAY	MORE
<b>Shasta County Arts Council Kids Art Classes</b> Old City Hall			9 a.m.
<b>Franken-Baby Craft</b> Redding Library			1 p.m.
<b>Shasta Women's Refuge Domestic</b>			6 p.m.

1 teaspoon vanilla extract

1 teaspoon apple cider vinegar

**Directions**

1 In a large bowl, sift together flour, sugar, cocoa, baking, soda and salt. Whisk to combine thoroughly.

2 In a 2-cup glass measuring cup or small bowl, whisk together coffee, oil, vanilla and vinegar. Pour into dry ingredients and whisk until smooth. Pour into prepared pan.

3 Bake in a preheated 350-degree oven until tester inserted in the center comes out clean, 25 to 30 minutes. Let cool in pan on a wire rack for 10 minutes. Serve warm or at room temperature.

**Greek Herbed Soy Feta in Olive oil**

**Ingredients**

4 ounces extra-firm tofu

1/4 cup kosher salt

1 tablespoon white wine vinegar

2 cups water

1 cup olive oil

1 tablespoon rained olive packed sun-dried tomato strips

1 large clove garlic, slivered

1 bay leaf, crumbled

1 1/2 teaspoon drained capers

1/2 teaspoon mixed whole black and red peppercorns

1/4 teaspoon hot pepper flakes

1/4 teaspoon dried oregano

**Directions**

Drain tofu, wrap in a clean thick kitchen towel or paper towels and place on a dinner plate. Place a second dinner plate on top, place a heavy can on top and set aside

**Violence & Sexual Assault Crisis Intervention & Advocacy Training**

Shasta Family Justice Center

**Recreating Impressionist Art in Floral Design** 6 p.m.

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for 1 hour. Transfer to a resealable freezer bag and freeze for at least 12 hours.

Let frozen tofu thaw at room temperature and cut into 1-inch cubes. In a bowl, combine salt, vinegar and water. Add tofu cubes and immerse in liquid. Cover and refrigerate for 4 to 6 hours. Remove tofu from brine and carefully pat dry. Discard brine.

In a glass jar with a tightfitting lid, combine oil, sun-dried tomatoes, garlic, bay leaf, capers, peppercorns, hot pepper flakes and oregano. Store in a refrigerator for up to 1 week. Before serving, let mixture stand at room temperature for 30 minutes to allow oil to reliquefy.

## **Cauliflower and Leeks with Tomato Herb Sauce**

### **Ingredients**

For the sauce

3 tomatoes, skinned and seeded

2 cloves garlic, chopped

3 tablespoons red wine vinegar

1 tablespoon chopped Italian flat-leaf parsley

1 tablespoon chopped basil

1 tablespoon chopped oregano

1/2 teaspoon salt

1/2 teaspoon freshly ground black pepper

1/8 teaspoon cayenne pepper

3/4 cup olive oil

For the vegetables

1 head cauliflower, trimmed into florets

1 leek, white and light green parts only, washed very well and thinly sliced

2 tablespoons olive oil

1 teaspoon salt

1 teaspoon freshly ground pepper

1/2 teaspoon sweet paprika

1/2 cup toasted pine nuts

### Directions

For the sauce: In a blender, blend tomatoes, garlic, vinegar, parsley, basil, oregano, salt, black pepper and cayenne pepper until combined, scraping down sides as necessary. Drizzle in oil and blend until almost smooth. Let stand in blender, do not refrigerate. Just before using, pulse once or twice to recombine.

For the vegetables: In a large bowl, combine cauliflower and leeks. Toss with oil, salt, pepper and paprika. Transfer to prepared baking sheet and roast in preheated oven until cauliflower is golden and browned in places, 30 to 40 minutes. Transfer to a warm bowl, pour sauce over all and toss to coat. Transfer to a serving platter and top with toasted pine nuts and serve immediately.

### Orecchiette Pasta with Eggplant Garlic Sauce

#### Ingredients

1 1/2 pounds eggplant, unpeeled, cut into 1/2-inch cubes

3 teaspoons salt, divided

1/2 cup olive oil

1/4 cup chopped onion

6 cloves garlic, chopped

1/4 cup chopped parsley

1/4 cup chopped fresh basil

2 teaspoons fresh thyme leaves

1/2 teaspoon freshly ground black pepper

1/4 cup freshly squeezed lemon juice

1/2 cup white wine

1/2 cup vegetable broth

8 ounces orecchiette pasta

1/4 cup toasted pine nuts

**Directions**

Place eggplant in a colander, toss with 2 teaspoons of the salt and stir to coat cubes and set aside to drain for 20 minutes. Rinse and pat dry.

Place a large skillet over medium-low heat and let pan get hot. Add oil and tip pan to coat. Add onion and garlic and cook, stirring occasionally, adjusting heat to keep from burning garlic, until softened, 6 to 8 minutes. Add eggplant, parsley, basil, thyme, remaining 1 teaspoon of salt and pepper, stirring to combine. Cover, reduce heat to low and cook, stirring occasionally, until eggplant is soft, about 20 minutes. Add lemon juice, wine and broth and continue cooking, stirring occasionally, until sauce is thick but not dry, about 5 minutes.

Bring a large pot of salted water to boil over high heat. Add pasta and cook, stirring occasionally, until al dente, 10 to 12 minutes. Using a slotted spoon, add pasta to sauce, allowing a little of pasta water to splash into sauce if it needs thinning. Combine well, stir in pine nuts and serve.

**French Herbed Strata****Ingredients**

1 tablespoon olive oil

2 large leeks thoroughly washed and sliced

8 ounces thin asparagus, ends trimmed, cut into 3-inch pieces

3 cloves garlic, chopped

1 tablespoon freshly squeezed lemon juice

1 teaspoon salt, divided

1/2 teaspoon ground black pepper

1/2 loaf day-old vegan French bread, cut into 2-inch pieces

1 12.3-ounce package of firm silken tofu

4 ounces regular tofu

1 cup plain nondairy milk

1/4 cup dry white wine

2 tablespoons cornstarch

- 2 teaspoons Dijon mustard
- 1 teaspoon onion powder
- 1/4 teaspoon ground turmeric
- 1 tablespoon fresh tarragon leaves
- 1 teaspoon herbes de Provence

### Directions

Place a large skillet over medium heat and let pan get hot. Add oil and tip pan to coat. Add leeks and cook, stirring occasionally, for 3 to 4 minutes. Add asparagus, garlic, lemon juice, ½ teaspoon of the salt and pepper and cook until asparagus turns bright green, 2 to 3 minutes. Remove from heat, stir in bread and transfer to prepared baking dish.

In a food processor, combine silken and medium tofu, milk, wine, cornstarch, mustard, onion powder, 1/2 teaspoon of salt and turmeric and process until very smooth. Add tarragon and herbes de Provence and process until blended. Pour mixture over vegetables and bread. Cover strata and refrigerate for at least 2 hours to overnight for bread to absorb custard.

Preheat oven to 350 degrees.

Remove strata from refrigerator and allow it to warm to room temperature. Uncover and bake in preheated oven until slightly puffed and firm, 45 minutes to 1 hour. Let stand for 6 to 8 minutes before cutting to serve.

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