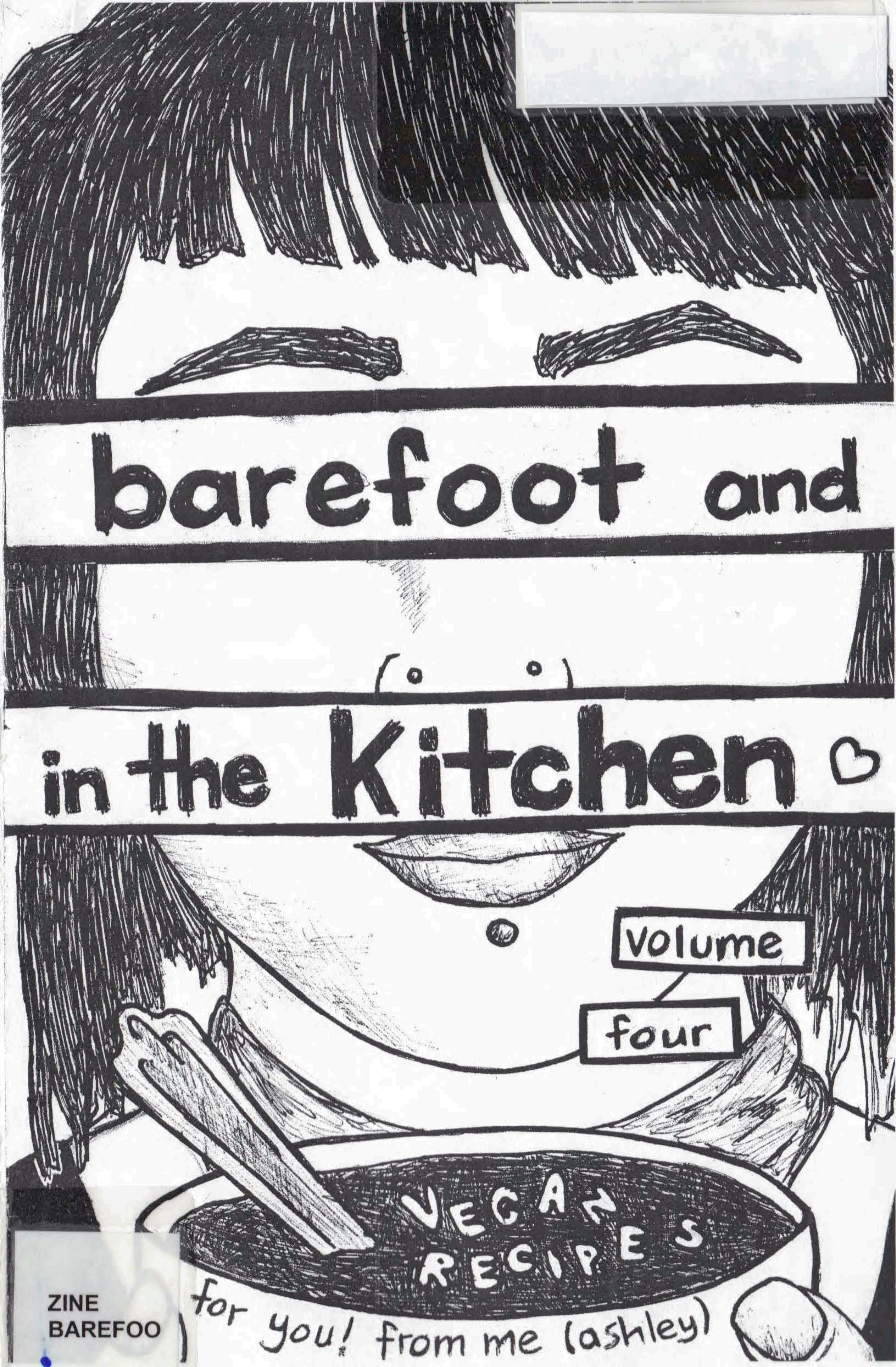


© fall 2007 oakland, ca copy for friends, not for profit ♡



barefoot and

in the Kitchen ♡

Volume

four

VEGAN  
RECIPES

ZINE  
BAREFOO

for you! from me (ashley)



VEGGIE DELIGHT  
17823 Chatsworth St.  
Granada Hills (818)360-3997

See Garden Wok!  
-all vegan-

GARDEN WOK  
6117 Reseda Blvd.  
Tarzana (818) 881-8886

Chinese with lots of mock meats  
and lots of variety. And nice  
people.  
-all vegan-

ENGFER PIZZA WORKS  
537 Seabright Avenue  
Santa Cruz (831) 429-1856

Pizza and lots of beer, by the  
beach!  
-omnivorious, vegan friendly-



## GET IN TOUCH!

you know you wanna talk to  
me - about restaurants, recipes,  
nothing that has anything to  
do with food. email me:

[socialobscurity@yahoo.com](mailto:socialobscurity@yahoo.com)

also, be friends with my  
myspace for the remote  
possibility of updates. or  
whatever.

[www.myspace.com/barefootandinthekitchen](http://www.myspace.com/barefootandinthekitchen)

## Innards

Intro/ To Do List.....	1
Bean Salad with Avocado Vinaigrette.....	3
'Karma' Sprinkles.....	4
Meaty Meat Sauce.....	5
Maple Walnut Cookies.....	6
Lemon Cake.....	7
Creamy Vanilla Frosting.....	8
Tofu Spread.....	9
Spanish Rice.....	10
Lentil Burgers.....	11
Corn Chowda.....	13
Shepard's Pie.....	14
The California Restaurant Guide.....	15
Contact!.....	19

Hey, thanks for picking up this fourth volume of Barefoot and in the Kitchen. It's been awhile, eh? Sorry about that. Life has been busy, and I couldn't bring myself to write another 'obligatory introduction'. I put it off and put it off for like a year and a half. Then I just came up with a to do list for y'all instead! Because everyone could use a little guidance, right? Not you? Well then skip this part, whatever. Fine.

p.s. the introduction isn't really why this took me so long, but I had to make up some kind of excuse, didn't I?

# TO DO

- FORGET EVERY BAD THING I EVER SAID ABOUT BROWN RICE
- START HAVING YOUR OWN VEGAN POTLUCKS! IT'S A GOOD WAY TO MAKE FRIENDS, EAT DELICIOUS FOOD, + SHOW EVERYONE ELSE THAT VEGANS HAVE MORE FUN
- START YOUR OWN COOKZINE! I'VE KNOWN SEVERAL PEOPLE WHO'VE DECIDED TO PUT DOWN THEIR OWN RECIPES WITH SOME FANCY (OR NOT) FORMATTING LATELY, + REALLY, I DON'T THINK THERE COULD EVER BE TOO MUCH VEGAN FOOD OR TOO MANY ZINES IN THE WORLD. SO GET ON IT.

**LA VIE**  
429 Front Street  
Santa Cruz (831) 429-ORGN

Mostly-raw, pricey but impressive food.  
**-all vegan-**

**VEGGIE & TEA HOUSE**  
641 Arrow Highway  
San Dimas (909) 592-6323

An oasis of big, beautiful portions for good price.  
**-all veg., mostly vegan-**

**SOJOURNER CAFÉ**  
134 E. Canon Perdido St.  
Santa Barbara (805)965-7922

Somewhat fancy, sometimes overpriced, quite delicious.  
**-omnivorious, vegan friendly-**

**BLACK CHINA BAKERY**  
1211 Soquel Avenue  
Santa Cruz (831) 460-1600

Fuckin' cakes and cupcakes! Weird hours, so call, maybe.  
**-omnivorious, vegan friendly-**

**HUMPHREY YOGART**  
4574 Van Nuys Boulevard  
Sherman Oaks (818) 906-2490

Vegan frozen yogurt with lots of blend-ins. Open pretty late.  
**-omnivorious, vegan friendly-**

**HERBIVORE**  
983 Valencia Street  
San Francisco (415)826-5657

Nice-ish vegan dishes with good sammiches and cocktails.  
**-all vegan-**

**HERBIVORE (again!)**  
531 Divisadero  
San Francisco (415)885-7133

See above!  
**-all vegan-**

**HERBIVORE (x3!)**  
2451 Shattuck Avenue  
Berkeley (510) 665-1675

See above!  
**-all vegan-**

**GRANDMA'S THAI**  
13230 Burbank Blvd.  
Van Nuys (818) 785-9036  
Thai with a variety of specials and willingness to accommodate.  
**-omnivorious, vegan friendly-**

**GREAT WALL**  
6247 College Avenue  
Oakland (510) 658-8454

Chinese food with cheap, tasty lunch specials. Ask for no egg in the soup.  
**-omnivorious, vegan friendly-**

everything that's there, all the hubbub and all these people walking around, all of it so you



additions? contact me! →

**Risk Is This.**  
 Fri-Sat 8pm,  
 The Cutting  
 dedicated to  
 and 8 with Christine

Mission St., 401-7987, Fri-Sat 8pm, \$15  
 Sean Owens and Alexi  
 fashioed radio theater  
 form of *The Miracle*  
 Powder Mystery Hour. (Thru  
 Dec. 22)

**DHARMA'S**  
 4250 Capitola Road  
 Capitola (831) 462-1717

Hippie veg. food with good  
 desserts and bottled beer.  
**-all veg., vegan friendly-**

**FOLLOW YOUR HEART**  
 21825 Sherman Way  
 Canoga Park (818)340-3240

Vegetarian market & restaurant.  
 Makers of the famous 'vegan  
 gourmet' cheese!  
**-all veg., vegan friendly-**

**SIPZ FUSION CAFÉ**  
 5501 Clairemont Mesa Blvd.  
 San Diego (858) 279-3747

Mostly Asian food with a focus  
 on mock meats, which you can  
 also take home frozen.  
**-all veg., mostly vegan-**

**FELLINI**  
 1401 University Avenue  
 Berkeley (510) 841-5200

Incredible weekend brunch, good  
 semi-pricey food all the time.  
**-omnivorous, vegan friendly-**

**MILLENNIUM**  
 580 Geary Street  
 San Francisco (415)345-3900

Please take me on a date here.  
 I've never been because I can't  
 afford it. I am serious.  
**-all vegan-**

**ARIZMENDI BAKERY**  
 1331 9th Avenue  
 San Francisco (415)566-3117

Collectively-run bakery with a  
 bunch of vegan treats.  
**-omnivorous, vegan friendly-**

**ARIZMENDI OAKLAND**  
 3265 Lakeshore Avenue  
 Oakland (510) 268-8849

See above!  
**-omnivorous, vegan friendly-**

**VEGAN EXPRESS**  
 3217 Cahuenga Blvd.  
 Los Angeles (323)851-8837

May or may not really be all  
 vegan. See:  
[www.livingvegan.com/articles.html](http://www.livingvegan.com/articles.html)  
**-supposedly all vegan-**

**REAL FOOD DAILY**  
 514 Santa Monica Blvd.  
 Santa Monica (310)451-7544

Kinda snobby (at least to punk  
 kids), but good, organic food.  
**-all vegan-**

**MAGGIE MUDD**  
 903 Cortland Avenue  
 San Francisco (415)641-5291

Vegan ice cream! Sundaes,  
 floats, waffle cones! Etc!  
**-omnivorous, vegan friendly-**

**Slouching Towards Di...**  
 Valencia St., (800) 838-  
 Ian Shoales and Josh  
 music to take a hu  
 (Through Dec. 8)

**KML For The Very First Time:** ODC Theater, 3153 17th  
 St., 558-7721, Thu-Fri 8pm, Sat 7 & 10pm, \$12-\$20  
 Local sketch-comedy group Killing My Lobster tack-  
 les a bevy of first-time experiences with its inaugural

**Beyond Therapy:** Shelton Theater, 533 Sutter St., 433-  
 1226, Fri-Sat 8pm, \$25/\$30  
 Christopher Durang's outrageous farce matches Peo-  
 ple scribe Prudence with a bisexual named Bruce—  
 each has therapy stories. (Through Jan. 26)

**mino Real:** Actors Theatre Of San Francisco, 855  
 Bush St., 345-1287, Thu-Sat 8pm, \$10-\$30  
 Lots of well-known literary characters and figures

**Langston Hughes-inspired** 'gosp  
 Christmas. (Through Dec. 30)

**1901 Ashby A...**  
 Wed 8pm (Dec. 12 only)  
 aware play from Obie win-  
 finds that her new chair is

**Intersection For The**  
 3311, Thu-Sat 8pm, \$10-\$25  
 posture and Intersection For  
 new-works festival, Denis

**Intersection For The**  
 3311, Thu-Sat 8pm, \$10-\$25  
 posture and Intersection For  
 new-works festival, Denis

**Intersection For The**  
 3311, Thu-Sat 8pm, \$10-\$25  
 posture and Intersection For  
 new-works festival, Denis

**Intersection For The**  
 3311, Thu-Sat 8pm, \$10-\$25  
 posture and Intersection For  
 new-works festival, Denis

**Intersection For The**  
 3311, Thu-Sat 8pm, \$10-\$25  
 posture and Intersection For  
 new-works festival, Denis

**- READ, GODDAMMIT! FOR THOUSANDS OF DIY, RADICAL, UNDERGROUND, ANIMAL RIGHTS, ANARCHIST, FEMINIST, FABULOUS PUBLICATIONS, VISIT: AK PRESS: [www.akpress.org](http://www.akpress.org) and MICROCOSM: [www.microcosm publishing.com](http://www.microcosm publishing.com) (BUT YOU KNEW THAT, RIGHT?)**

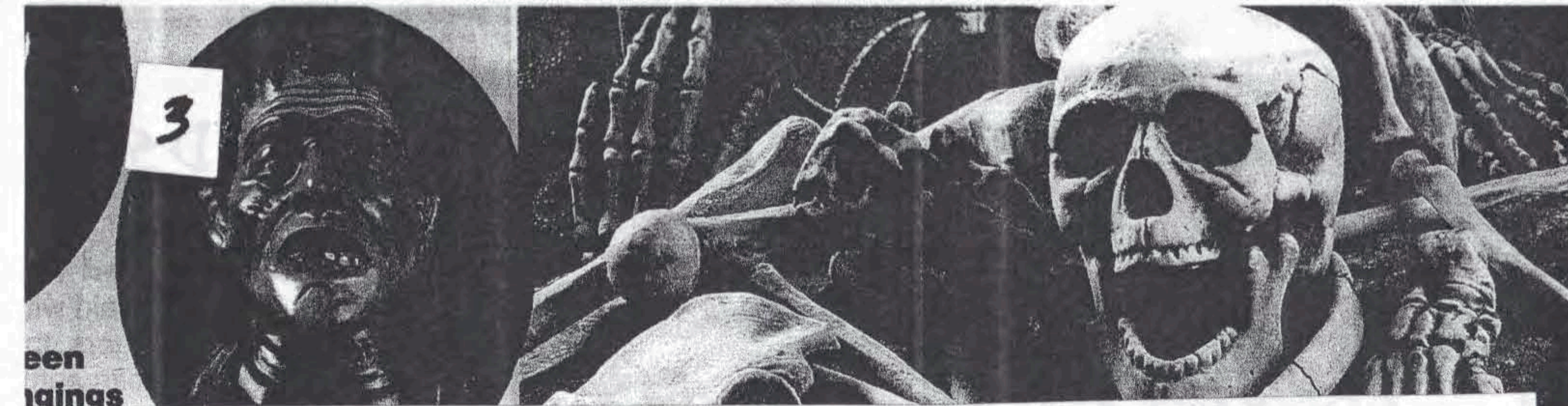
**- SUPPORT PRISONERS ('POLITICAL' + OTHERWISE) BY WRITING LETTERS, SENDING BOOKS, ETC. (MAKE SURE TO FIND OUT WHAT YOU CAN + CANNOT SEND FIRST!)**

**- WRITE ME TONS OF EMAILS ABOUT YOUR FAVORITE RESTAURANTS, YOUR FAVORITE BANDS, THE WORD OF THE DAY, WHATEVER. (PLEASE DO NOT SERIOUSLY SIGN ME UP FOR ANY WORD OF THE DAY EMAILS) ALSO, IF YOU COMPLETE YOUR START-YOUR-OWN-COOKZINE TASK, GET IN TOUCH + SEND ME ONE! I'LL TRADE YOU OR SOMETHING.**

---

**NOW, GO! YOU'VE GOT A LOT OF WORK TO DO. OH, BUT READ THIS ZINE FIRST.** ♡

recommendations? questions?



### THREE BEAN SALAD WITH AVOCADO VINAIGRETTE

My friend Cassandra kind of made up the idea of mashing some avocado into salad dressing and tossing it with a bean salad for one of our potlucks. I kind of tried to eat all of it, but stupid other people kept taking their fair share. Then I decided to just make up a recipe for dressing and throw this together myself whenever I want. And not share.

- 1 can garbonzo beans (chickpeas)
- 1 can kidney beans
- 1 Cup cooked, chopped green beans (cold)
- ½ avocado
- ½ small red onion
- 3 Tbsp. olive oil
- 2 Tbsp. balsamic vinegar
- salt and pepper
- onion and garlic powder (optional, *I guess*)

Drain and rinse the garbonzo and kidney beans, and combine in a large mixing bowl with the green beans.

Cut the red onion into small, thin pieces, and mix with the beans.

Take ¼ of the avocado (half of the half, get it?), or more if you like, and mix with the beans and the onion. You can cut it into slices or chunks, or mash it up. Do whatever you want. It's ok.

Now make your dressing! Mince the garlic into incredibly tiny pieces, and stick it in a glass or bowl. Mash the rest of your avocado up and put this in with the garlic, as well as the oil and vinegar. Whisk together thoroughly (I use a fork for this), until the mixture is creamy and mostly smooth. Add all the spices to taste, and then pour over the bean mixture. Quick, before it separates!

Mix it all up, and sprinkle on some more salt and pepper, as well as the onion and garlic powder if you want. Taste it. And serve that shit cold outta the fridge.

# RESTAURANT GUIDE

## MALABAR/ASIAN ROSE

514 Front Street  
Santa Cruz (831) 423-7906  
*Asian Rose*: open for lunch with incredible Sri Lankan combo plates. *Malabar*: Open for a more expensive dinner in the same location.

-all veg., vegan friendly-

## PIZZA PLAZA

6211 Shattuck Avenue  
Oakland (510) 420-1422

Awesome vegan pizza, family owned and operated.

-all veg., very vegan friendly-

## NABALOM BAKERY

2708 Russel Street  
Berkeley (510) 845-2253

Collectively run, rad bakery.

-omnivorous, vegan friendly-

## JUMPING MONKEY

418 Front Street  
Santa Cruz (831) 466-9770

Indian food café in a show venue and dance space.

-all vegan-

## BOBBY G'S PIZZA

2072 University Ave.  
Berkeley (510) 665-8866

Vegan pizza, Caesar salad, etc. Friendly and accommodating.

-omnivorous, vegan friendly-

## NATIVE FOODS

1110 ½ Gayley Avenue  
Los Angeles (310) 209-1055

Vegan 'bowls' and lots of tasty fried foods and sauces, as well as healthy stuff.

-all vegan-

## PEOPLE'S DONUTS/ ECLAIR BAKERY

2565 Telegraph Avenue  
Berkeley (510) 848-4221

Vegan donuts that are taking over the Bay Area.

-vegan donuts, omni bakery-

## LAYONNA'S

443 8<sup>th</sup> Street  
Oakland (510) 763-5289

Vegetarian market, filled with mock meats, noodles, and more.

-all veg., mostly vegan-

## MAO'S KITCHEN

7315 Melrose Avenue  
Hollywood (323) 932-9681

Chinese food with awesome décor. Most dishes made vegan upon request.

-omnivorous, vegan friendly-

## GELATERIA NAIA

2106 Shattuck Avenue  
Berkeley (510) 883-1568

Vegan gelato! Non-bone char refined sugar!

-omnivorous, vegan friendly-

It didn't seem possible that the series lumbering franchise that's ready for the glue factory...

of the new 30th-anniversary DVD edition of *Close Encounters of The Third Kind* for at least giving viewers a choice; unlike with, say, George Lucas' hideous *Star Wars* trilogy facelifts, no one version has been banished for the sake of another. Even though fans Naughton Wayne and Basil Radl But once an avalanche is c train departs, the focus sh Lockwood, a rich young a ing home to a dull arranged marriage. A stunning blow to the head. Lockw

# (the new) CALIFORNIA

**TOFOO COM CHAY**  
388 E. Santa Clara St.  
San Jose (408) 286-6335

A shitload of mock-meats, pho, and more.  
-not quite entirely vegan-

**SATURN CAFE**  
145 Laurel Street  
Santa Cruz (831) 429-8505

Super-hip, all-vegetarian diner. Open late.  
-all vegetarian, vegan friendly-

**LANESPLITTER**  
2033 San Pablo Ave.  
Berkeley (510) 845-1652

Pizza, salad, beer and wine. They make their own 'notta ricotta' cheese.  
-omnivorous, vegan friendly-

**LANESPLITTER (again!)**  
4799 Telegraph Avenue  
Oakland (510) 653-5350

See above!  
-omnivorous, vegan friendly-

**GOOD KARMA**  
37 South First Street  
San Jose (408) 294-2694

From Asian to American comfort food, with lots of mock meats.  
-all vegan-

**GOLDEN LOTUS**  
1301 Franklin Street  
Oakland (510) 893-3083

Chinese with lots of mock meats, veggies, and variety.  
-all vegetarian, some dairy-

**GOLDEN ERA**  
572 O'Farrel Street  
San Francisco (415) 673-3136

See Golden Lotus!  
-all vegetarian, some dairy-

**WILDFLOWER CAFE**  
1604 G Street  
Arcata (707) 822-0360

Decent food, one of the only veg. restaurants around.  
-all veg., vegan friendly-

**VEGAN PLATE**  
11943 Ventura Blvd.  
Studio City (818) 506-9015

Chinese with lots of delicious combos.  
-all vegan-

**VEGAN GLORY**  
8393 Beverly Blvd.  
Los Angeles (323) 653-4900

See Vegan Plate!  
-all vegan-

**Director: Joby Harold (R, 78 min.)**  
**Cast: Hayden Christensen, Jessica Alba, Lena Olin**

Even though it's been slashed down to minutes

foundain, sne strips to her underwear and plunges in after it, and her emergence clarifies their previously indistinct feelings for each other. Meanwhile, Knightley's sister (played at the age of 13 by Saoirse Ronan, and

sends itself to easy translation, working from a screen-her Hampton, keeps it all in the parts about fractured his ability to capture body

nothing escapes... want a novel, most of segment focuses on un- and the danger of expres-

hybrid hung on a gimmicky premise that only pays off in unintended laughs. In other words, only the so-bad-it's-good crowd need apply. Looking like the lost little boy two pre-

them, and we way those stories change reality. But the headier themes don't blunt the visceral moments. The generous, sharp performances, especially Garai's, deepen the story's emotional impact, as does Wright's acerbic commentary surrounding di-

any one on an English

Horses late... Band Of He... about new... The Time, V... and joyous

Shattered Glass

California, Electronics

**not in mah bucket!**

510-528-4052  
94/710  
**CALIFORNIA, ELECTRONICS**



I'S A P...  
**I'LL SHOW YOU \$4 WORTH OF VEGAN 'PARMESAN'!**

**HIS HERO IS CRUSHINATOR**

**'KARMA' SPRINKLES**  
A sort-of substitute for parmesan cheese- as in, you can use it in the same situations, but don't expect it to taste the same. I'm not sure if the name of this recipe refers to the good karma you'll have for not eating real cheese, or the bad karma I'll have for blatantly ripping off a similarly-named, very expensive product that I like to eat but don't like to pay for. Wait a second, I don't think DIY is every bad karma. Nevermind.

- 1/2 Cup chopped walnuts
- 1/2 Cup nutritional yeast
- 1/2 Tsp. salt

Find some way to crush the shit out of the walnuts. You could use a food processor if you have one, or do it old-school style with a mortar and pestle (that would rule), or find some even more crafty DIY way to do it, like using a hammer, or the bottom of a small jar, or some kind of handle of something. Or whatever.

Once the walnuts are sufficiently pulverized, mix in the salt and nutritional yeast.

Store in an airtight container in the fridge.

parallel. Still, the Golden Compass does manage the job of... order... to the screen. With luck, any future entries will... order... -Keith Phipps Grade: C+... The Golden Compass does manage the job of... order... to the screen. With luck, any future entries will... order... -Keith Phipps Grade: C+...

5

## NO-MEAT MEATY MEAT SAUCE

This is the super-simplest, totally easy and delicious meaty pasta sauce. You can add whatever veggies you want (I think traditional ragu contains sautéed carrots and onions), but I like my non-meat straight up, with no distractions.

- 1 15 oz. can tomato sauce
- +/- 5 cloves of garlic, minced
- ½ Cup hot water
- ¾ Cup TVP (textured vegetable protein)
- ½ tsp. garlic powder
- ½ tsp. onion powder
- 1 fresh basil leaf, chopped
- 3 tbsp. nutritional yeast
- 2 tbsp. olive oil
- salt and pepper to taste

Start by sautéing your garlic in the olive oil, stirring and cooking until soft.

In the meantime, add the hot water to your TVP in a small bowl and mix, and give it a minute to absorb and become... not so dry.

Once the garlic is cooked and the TVP is not-so-dry, add the TVP into the pan and cook it for a minute or two with the garlic, adding some of the spices at this point if you'd like.

Then, add the tomato sauce, basil and the remainder of the spices and simmer over medium heat for a good few minutes so the sauce can absorb all the good flavors and the TVP gets all saturated with everything and whatnot.

\*Ridiculously useful tip: you can double or triple this recipe to use as the meat sauce in a lasagna recipe (like the one in volume one of this zine. cough. triple it. ahem.)

parts and 1 pair of shoe covers.  
Fits up to size 12. Imported.  
**DQ-HA00008**  
**\$39.95 Set**

**NEW! Pirate Adult Men's Costume** Includes polyester head sash, shirt, coat, waist sash, belt and 1 pair of shoe covers. One

NEV  
Set s  
16 di  
invita  
(40 p  
DQ-7

organic cider and cashews, too.

\$4 \*Ridiculously useful tip: As an alternative to pre-made broth, you can cover the potatoes with water and add one or two vegetable boullion cubes in order to make a broth that way.

## SHEPARD'S PIE

I have to admit, I've never eaten 'real' shepard's pie, with the meat and whatnot. This is neither an apology nor an excuse though. Actually, maybe it is an excuse. An excuse for how delicious this vegan version is.

- 3 Cups frozen mixed veggies (I like the kind that comes with corn, carrots, peas and green beans or lima beans)
- 1 ½ Cups (one 12 oz. package) fake meaty crumbles
- ½ Cup margarine
- 1 ½ Cup vegetable broth
- 3 Tbsp. flour
- 1 small onion, diced
- 3 cloves garlic, minced
- 3-4 potatoes (I leave the skins on)
- 2 (more) Tbsp. margarine
- 2/3 Cup soymilk
- salt and pepper to taste
- dash of nutritional yeast (optional-ish)
- medium sized casserole pan

Melt the ½ cup margarine in a sauce pan and sauté the onion and garlic in it. Once the onion and garlic are soft, add the flour and whisk until thoroughly mixed. Then, whisk in the vegetable broth and keep stirring over medium heat until the mixture thickens and becomes creamy. Once it's all creamy and lovely, pour over a mixture of the frozen veggies and 'meat' in the casserole pan and mix well, adding some salt and pepper as you go.

Meanwhile, chop and boil the potatoes to make mashatoes. When they are cooked (like enough to cut them easily with a fork), mash them thoroughly- an electric mixer really works best for this- with the 2 tbsp. margarine, soymilk, and some salt and pepper.

Spread mashatoes over meat/veg layer in the casserole pan, creating a thickish layer on top.

Sprinkle on some nutritional yeast and bake, uncovered, for 30-35 minutes at 350° until the top is a little crispy. Slop it onto a bunch of plates and feed all your friends.

14



y, last-minute gift purchases might as well have a big sticker on them, saying "Didn't know what to get you. Waited too long. This is all they had left

### CORN CHOWDA

Smart Alec's in Berkeley makes the best corn chowder ever. I think it's my favorite soup in life. After many months of trekking out there and coughing up the cash to have it served to me, I decided I was being ridiculous and that it was time to make my own. This isn't quite Smart Alec's, but it's pretty damn good, and if I can fool myself, so can you. Fool your own self, I mean. And maybe me too, I guess.

- 5 potatoes
- 2 stalks of celery, chopped
- 2 carrots, chopped
- 1 medium onion, diced
- vegetable broth (several cups)
- 3/4 Cup soymilk
- 3 cloves garlic, minced
- 1 package frozen yellow corn
- olive oil (a few tablespoons to sauté the veggies)
- salt, pepper, dill, onion and garlic powder, and chili powder (optional. Only the chili powder, I mean)

Saute the garlic, onion, carrots and celery together in the olive oil until all are beginning to get soft and the onion is translucent.

Meanwhile, chop the potato into bite-sized pieces and start boiling in just enough vegetable broth to cover them, plus about a half inch (does that make sense?)

When the veggies and the potatoes are all done, take about 1/4 to 1/3 of each (without the broth or extra oil) and set aside, if you want your soup to be chunky.

Then, pour the rest of the veggies in their oil into the potatoes and broth, and start blending this in batches in a blender or food processor.

Once this is all done, pour your blended mixture back into a large pot to finish cooking. Add back in your un-blended veggies, as well as the corn, and slowly add the soymilk until the soup is the consistency you want it. Keep cooking the soup over medium heat to cook the corn and make it all cohesive while you add the spices. Spice the soup to taste (keep tasting it!), putting an emphasis on the salt, pepper and most of all dill. Keep stirring, tasting, and spicing until it has a good consistency and flavor.

	51	52	53
56			
59			
62			

ssue for the answers

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

**DIFFICULTY THIS WEEK: ★★**

★ Moderate ★★ Challenging  
★★★ HOO BOY!

8pm ET/7pm CT

Why can't the McThompson fa nice things?

**FXN On The Record With Greta Van Sustern (FOX**

10pm ET/9pm CT  
Natalee Holloway: Day 881.

**NBC Journeyman (NBC)**

### MAPLE WALNUT COOKIES

The maple walnut cookie was born as a result of my having none of the right ingredients for any other sort of cookies, and a potluck to attend in just a couple hours. They're kinda fall-apart-y (they're a party!), but they got rave reviews upon their debut. At a party.

- 3/4 Cup vegan margarine
- 1/2 Cup sugar
- 1 egg-replacer
- 1/2 Cup maple syrup
- 1 Tbsp. soymilk
- 1 Tsp. baking powder
- 1/2 Tsp. salt
- 2 Tbsp. vanilla
- 3 1/4 Cup flour
- 1 Cup crushed walnut pieces
- 1/2 Cup chocolate chips (optional)

Beat the margarine, sugar and egg replacer well. Then add the maple syrup, soymilk and vanilla, and mix well. In a separate container, mix the dry ingredients (except for the walnuts and chocolate chips), and then stir slowly into the wet mixture. When all that shit's thoroughly mixed, it's time to add the walnuts (and chocolate chips).

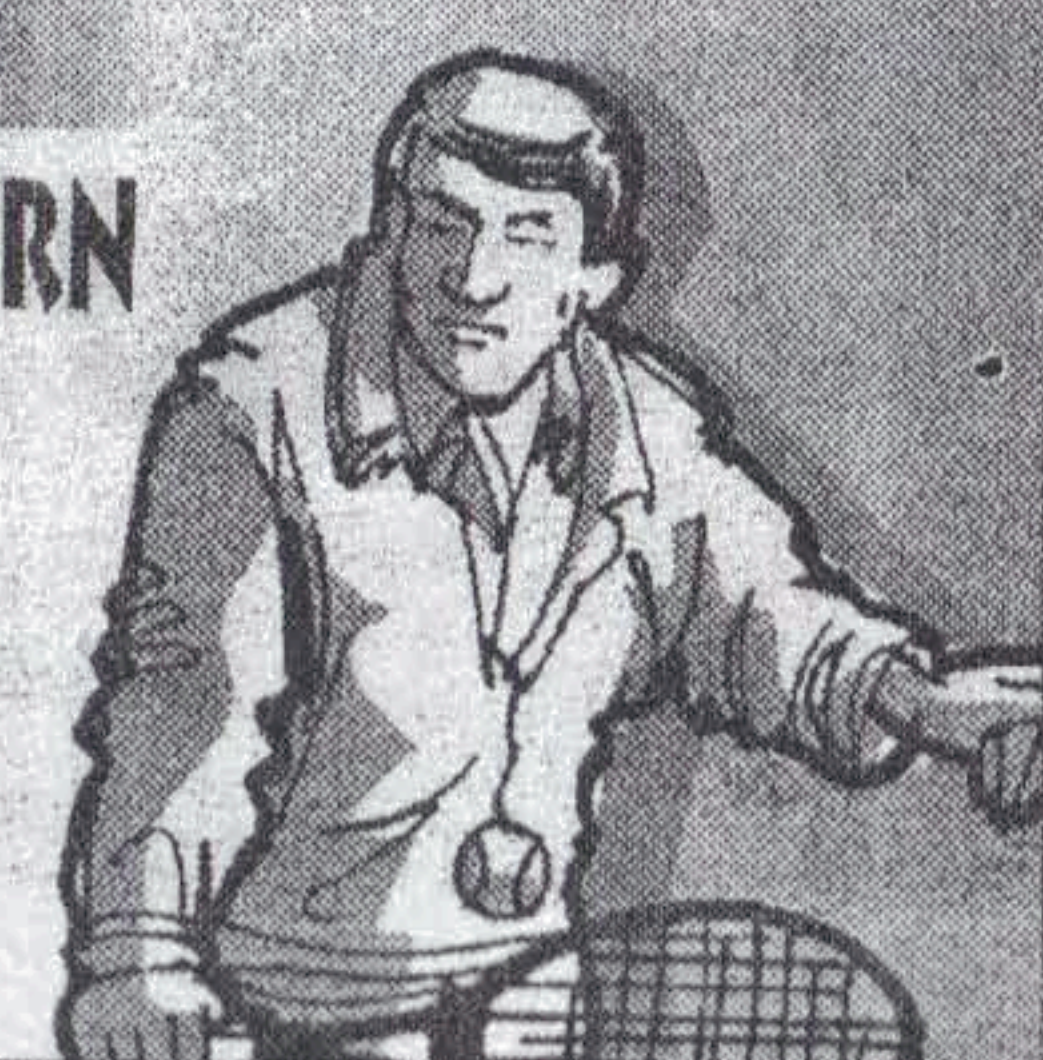
Form the dough into small, flattish cookies, and bake at 350° for about 12 minutes.



### STAN SMITH'S TENNIS CLASS

#### DOUBLES: UNDERSPIN RETURN

The "chip" is an abbreviated version of the normal slice backhand. By using a shallow, U-shaped stroke on the backswing and follow-through, you will generate underspin.



Since the backhand keeps the ball on a trajectory that's lower than the ball's hand, it's easier to control. On the slice backhand, the ball's trajectory will bend to reach the target. That's a tough

## LEMON CAKE

This is a modified version of a vanilla cake recipe that was initially made for a birthday celebration. Vanilla cake is good, but seriously, lemon cake... it's just more interesting. Slather this with the creamy vanilla frosting whose recipe follows.

- 2 ½ Cups flour
- 1 ½ Cup sugar
- 1 ½ Tsp. baking soda
- ¼ Tsp. salt
- 1 ½ Cup warm water
- ½ Cup vegetable oil
- 1 Tbsp. vanilla
- 1 ½ Tsp. vinegar
- zest and juice of one lemon\*
- 2 8" cake pans

Mix the flour, sugar, baking soda and salt in a large mixing bowl. Pour in the water, vanilla, oil, vinegar and lemon juice/zest, stirring until all is thoroughly mixed.

Pour half of the batter into each (greased!) cake pan, and bake for 30-40 minutes at 350°

until a toothpick can be stuck in the center and come out clean.

After both cakes are TOTALLY cool, spread frosting on the top of one, then set the other cake on top of it and frost the outside with CREAMY VANILLA FROSTING.

## What's Infesting Our Houses?

Interested buyers

Track lighting

One cockroach

\*Lemon zest is basically the little shredded peel-y parts of lemon that go in baked goods. To get this, I usually just use a small grater and grate the entire outside of the lemon. There are also little 'zesting' tools though, if you're into that sort of thing and have the money/motivation to get one.



Now you can also start crumbling your bread into the lentil mixture. This is exactly what it sounds like- using your hands to crumble your bread slices into as small of crumbs as possible into the lentils so you can stir it all up and they'll assimilate into something semi-homogenous. I tend not to use the crusts for this, because they're a little harder to get to crumble right, but you can do whatever you want. Maybe you're a crust person, who knows. At this point, I start using my hands to sort of squish/knead the mixture, because it should really be too thick to stir. As you're doing this, add your spices to taste. It's not gross to taste the lentil much before it's fried into burgers- it's actually delicious. Like I always say, taste as you go, and you're probably gonna want more spices than you think you need.

Once your mush is all flavored and mixed, it's time to fry! Put a thin layer of oil in a pan (this is where I add the Braggs actually too. I know



oil and 'water' don't mix, but sometimes I just say fuck it, you know?) and heat on medium-high heat for a minute or two. Form your burgers like you would any other- into little flattish patties that will fit in their buns. Fry for several minutes on each side, until the outside is slightly crispy, the inside is warm, and hopefully they're not falling apart. Serve 'em up!

## LENTIL BURGERS

This is a recipe my old roommate and I came up with after we found some vegan hamburger buns (and a whole bunch of other bread. And some out of date tabloid magazines...) in the trash. We needed something to fill them with (the buns, that is), and thus the burgers were born. Serve 'em with home fries, and top with pickles and ketchup (and lettuce, sprouts, tomatoes, onions... you know the drill).

- 1 ½ Cup lentils
- 3 Cups water
- 1 boullion cube
- ½ onion, chopped small
- 2 carrots, chopped small
- 2 cloves of garlic, minced
- 2 Tbsp. olive oil
- 1 Cup(ish) corn (I use frozen)
- about 2 ½ slices of bread (dark breads work well, I think)
- oil to fry in
- Braggs liquid aminos (optional, I guess)
- Spices of your choosing. My choosing involves salt, pepper, garlic and onion power, nutritional yeast, maybe cumin...
- Buns or other bread of some sort to make sammiches on

Start out by boiling your lentils in the water+boullion in a covered pot over medium heat until they get soft. I mean like, really soft, like you can't differentiate the individual lentils anymore and they're just like this legumey mush. This will go faster if you've soaked your lentils for a few hours first, but I never do this, so you don't have to either, if you don't want.

While the lentils are mushifying, start preparing your other veggies. Saute the onion, garlic and carrot in the olive oil until all are soft. Once the lentils and the other veggies are all cooked, mix them up, and add the corn at this point too.

### LIFEROP® Necklaces

Hand them out at parties and parades! Plastic. (50 pcs. per unit) 22"

DQ-24/1168  
\$39.95 Unit



Necklace Party Pack  
partygoer one of these  
necklaces individually

026 11 5 Dz. Asst.



## CREAMY VANILLA FROSTING

This is a good all purpose frosting, and is the recipe I probably should have included with the cinnamon buns in volume one, but I didn't, and you were on your own for awhile there, so ha. Anyway, if you don't have/can't find vegetable shortening, it's ok to substitute it with more margarine, but who wouldn't prefer a little variety, right?

- ¾ Cup vegan margarine
- ¼ Cup vegetable shortening
- 3 Cups powdered sugar
- 1 Tbsp. vanilla
- 1 Tbsp. soymilk

Whip together the margarine and shortening for several minutes (yep, several minutes) with an electric mixer of some kind, until they start to become fluffy and no longer dense. Slowly add the powdered sugar, then the vanilla and soymilk, and beat for another minute or so.

through  
and-up

a crockpot.

We've just left the Comedy Works, where Fitzgerald did nearly an hour of stand-up. Abuzz over having his first DVD filmed, he's spent an hour

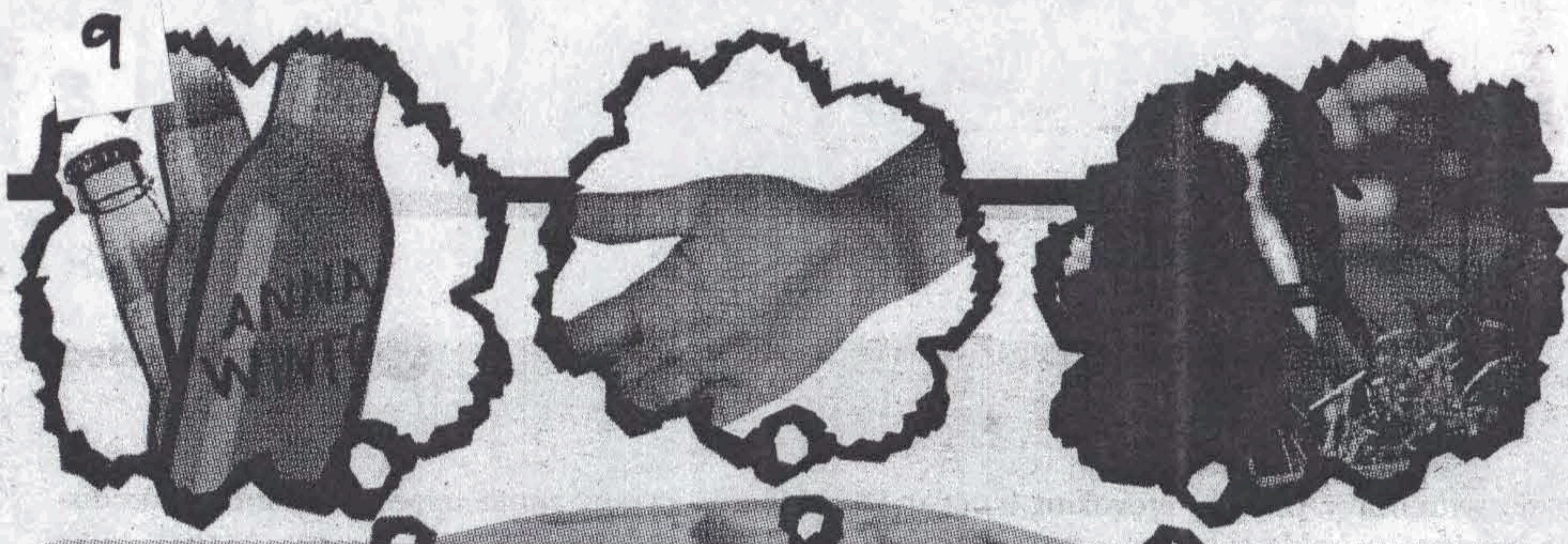
crockpot." As Fitzgerald sometime quips on stage, "It's not a joke yet but it's a good story."

FROM WHENCE HE CAME

\* Ridiculously useful tip: NEVER put this on a cake/cupcake/cinnamon bun that isn't → 100% cool unless you want frosting soup (delicious, but completely impractical).

was OK? It was good?"

late mother lives on—smokin



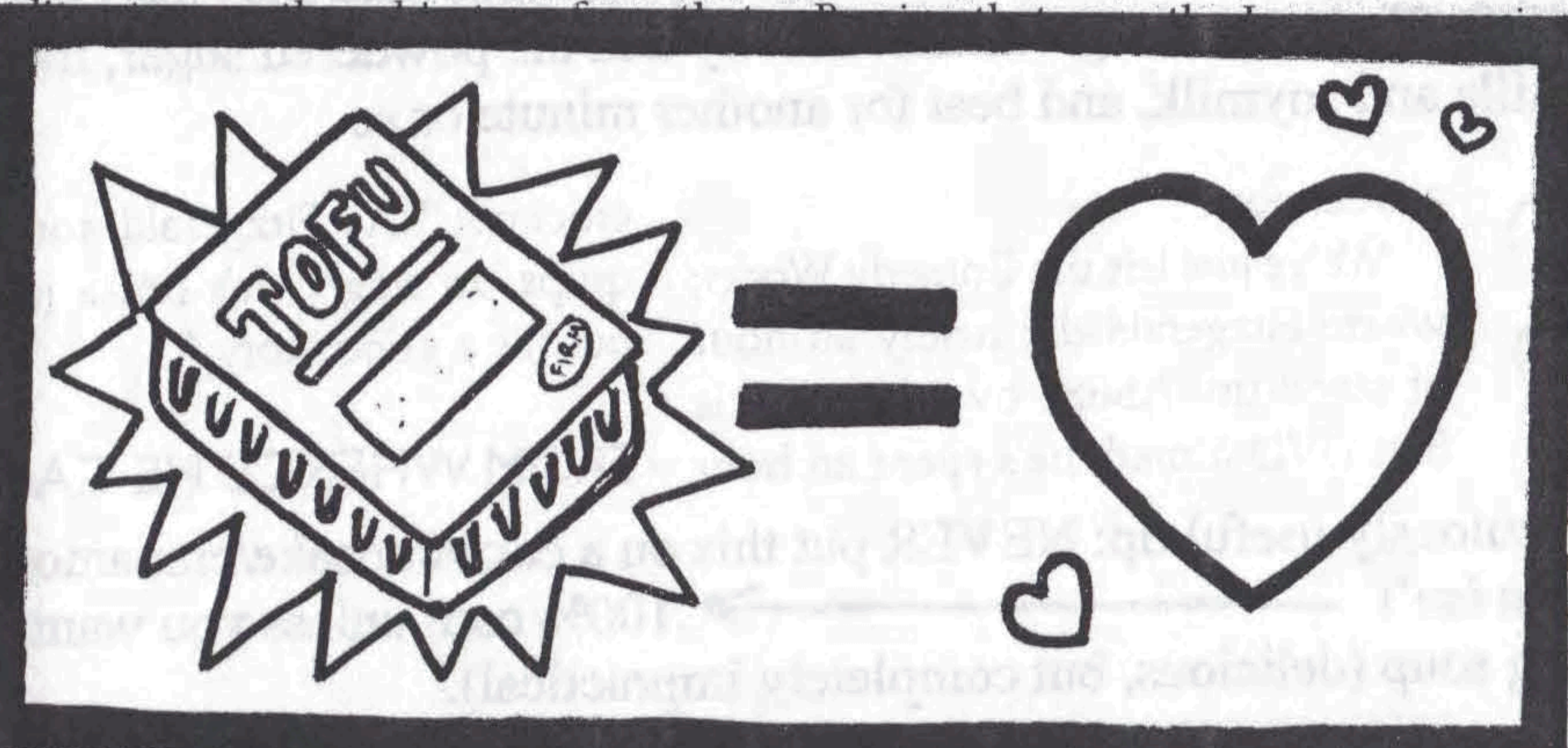
## TOFU SPREAD

This recipe was inspired by the one we used to make the tofu spread we put on bagels and sammiches at an ex-employer of mine. I have to say, other than learning to do dishes extremely efficiently, this is by far the best thing that came out of that job. Spread this shit on bagels, burgers, sammiches... whatever. Or dip French fries in it. That's the best.

- 1 block firm tofu
- a handful of cashews
- 2 cloves of garlic
- ½ tsp. salt
- ¼ tsp. pepper
- ½ tsp. onion powder
- ¼ tsp. garlic powder (optional, in case you don't like garlic as much as you should)
- sprinkle of nutritional yeast, if you feel like it

Basically, throw all this shit in a blender or food processor, and blend until the cashews and garlic cloves are all annihilated (or at least in really small pieces), and... that's it.

Now make some lentil burgers so you have something to spread it on.



## SPANISH RICE

This is a recipe adapted from my mom's, which would be vegan except for all the ground beef in it. But who'd miss that anyway? If you're dead set on the meaty texture, you could throw in some TVP, but really, it doesn't need it. Stick it in burritos or eat it by itself.

- 1 medium onion, chopped
- ½ to 1 green bell pepper, chopped
- 2 Cups rice (uncooked)
- 2 Cups water
- 1 small (8 oz.) can tomato sauce
- ½ tsp. salt
- ½ tsp. onion powder
- ¼ tsp. garlic powder
- ¼ tsp. chili powder
- olive oil (a couple tablespoons)

In a large pan over medium heat, sauté the onion and bell pepper in oil until almost soft.

Add the tomato sauce, then rice, water and spices, and stir.

Cover with a lid and simmer over low-medium heat until the rice is cooked, about 20-25 minutes, stirring occasionally so it doesn't stick. No one wants rice stuck all over the bottom of their damn pan, right? That's what I thought.

As always, spice to your preferences. Add more chili powder if you like some extra kick.

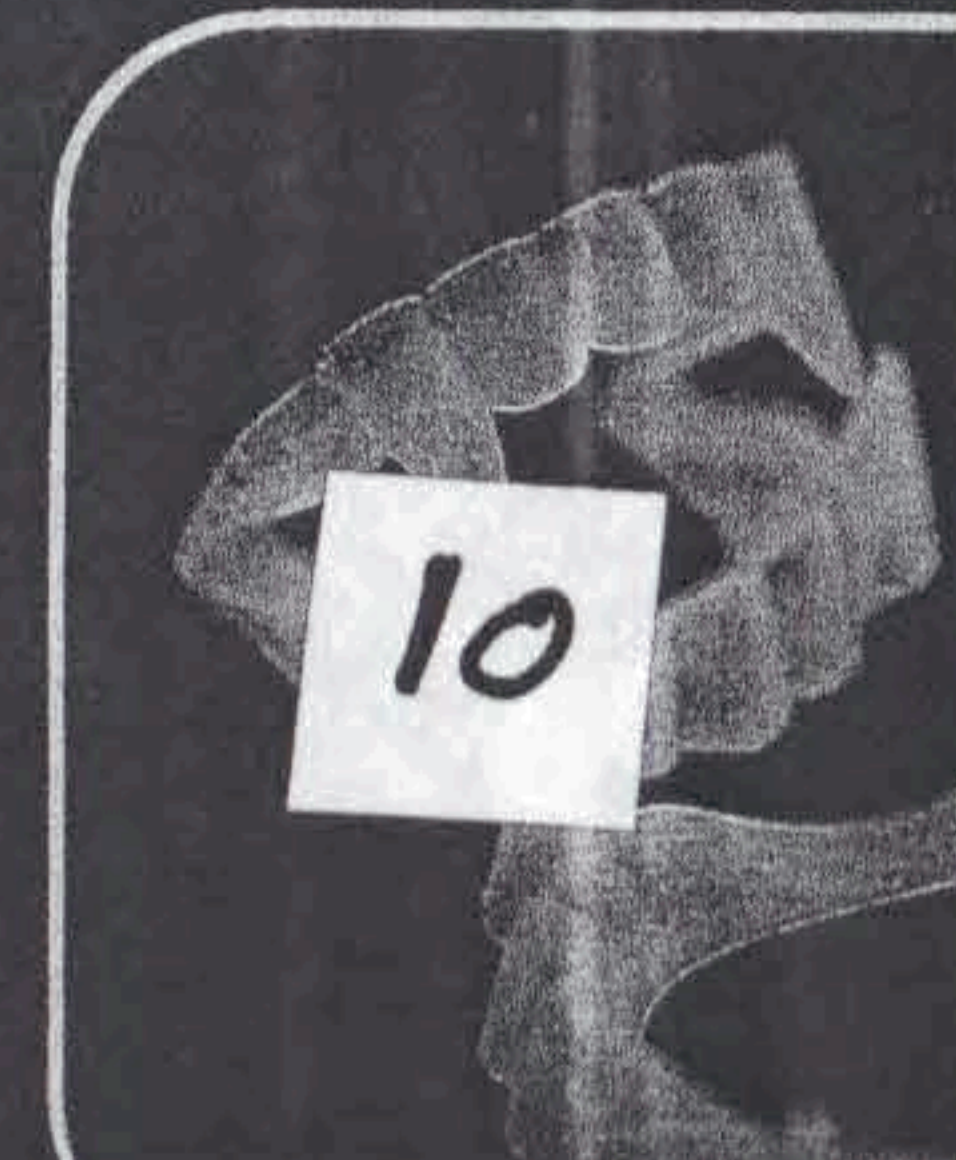
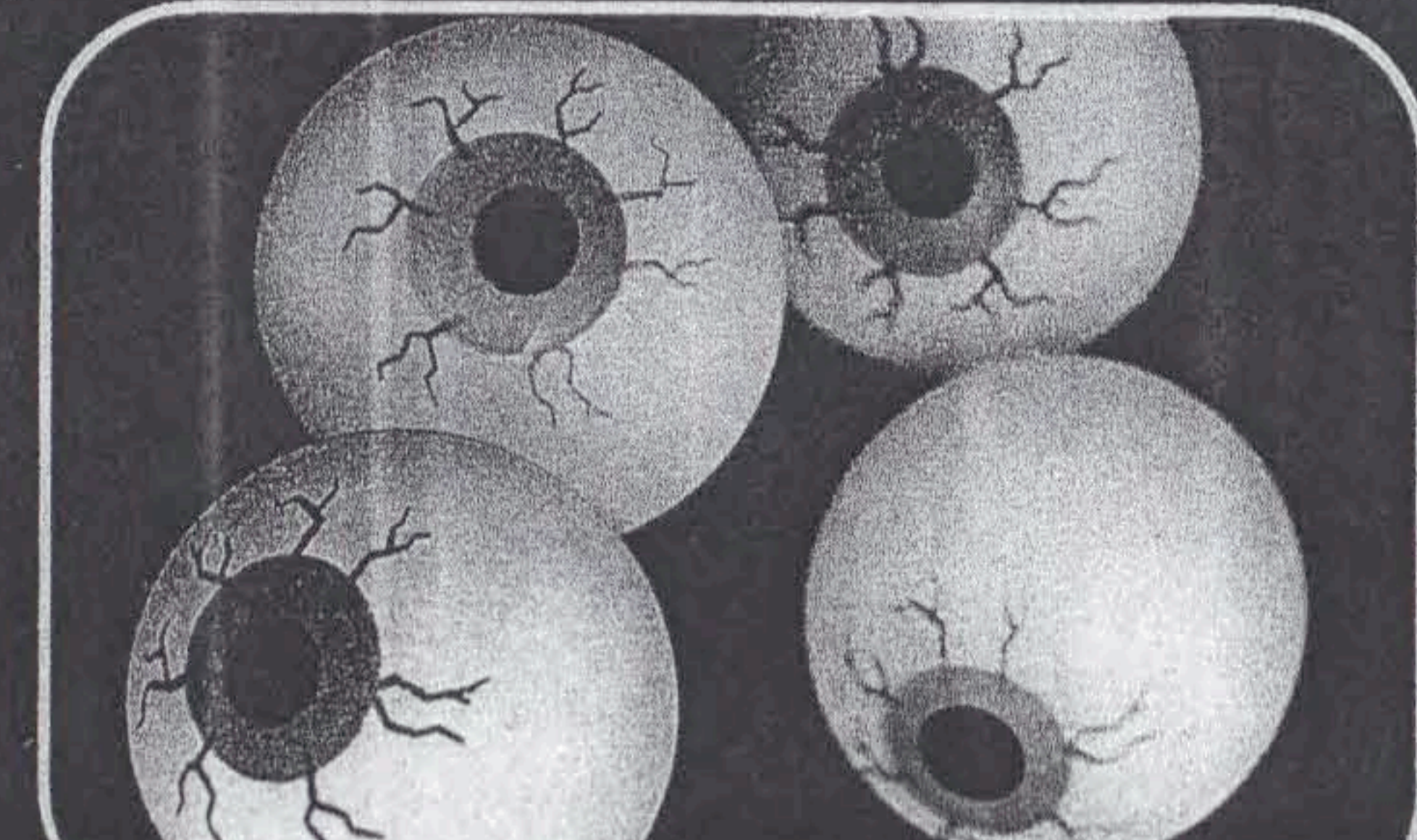
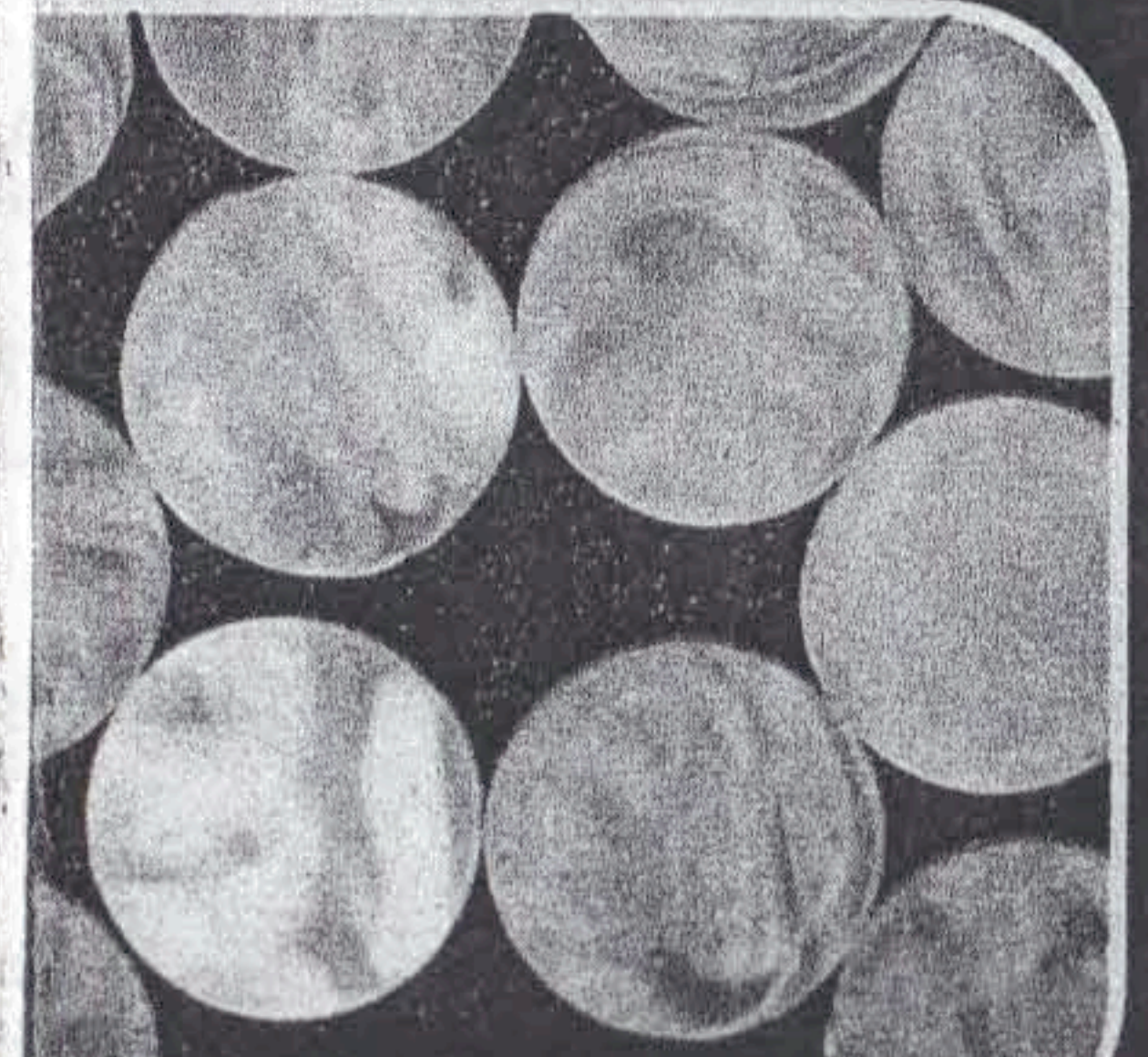
**Glow-In-The-Dark Stretchy Skeletons**  
These 4 1/2" glow-in-the-dark vinyl skeletons are ghoulishly

ark  
n-the  
! (6  
95

ark S  
v-in-t  
ned to  
rozen  
95

ark  
t E  
sti

.95 Unit Asst. DQ-12/115 \$0.1500 DQ-25/838 \$0.1500



10