

Hungry AS Hell



THE HUNGRY
REMIX: HOW TO
COOK FOREVER
EBOOK

From the #1
**NEW YORK
TIMES**
Bestselling
Authors

A **BAD * MANNERS** COOKBOOK

COMPANION EBOOK FOR BAD MANNERS: HUNGRY AS HELL

Our new book *Hungry as Hell* is all about learning to cook for life, not just being reliant on recipes. We want you to be confident that you can turn out a great meal even when we aren't there to guide your every move. You're gonna be fucking fearless in the kitchen when we are done with you. The pages of the new book are full of tips and tricks to make the most of everything in your kitchen. There are "Cheat Sheets" next to recipes on how to mix and match food from the book to make an endless combination of meals. In the back of the *Hungry as Hell*, we've got a "Meal Manager" where we give you ideas on what to cook in a week, how to repurpose leftovers to make new dishes, and how to plan a menu so you're never stuck eating the same shit day after day. In that spirit, this ebook is going to show you exactly how to remix whole recipes from *Hungry as Hell* into brand new dishes.

Each entry in these pages is going to start with a brand-new recipe from *Hungry as Hell*. Then immediately behind it, you will find a remixed version of the recipe where I've made a whole new dish based on the original. I'll explain the changes I made and the reasoning behind them so that you can feel confident making your own changes as you gain experience in the kitchen. Once you understand how to switch things around and use your imagination, you will realize you already know a limitless number of recipes. You don't have to eat the same thing over and over. You can repurpose your knowledge and flip recipes on their head so that most people couldn't guess what your original inspiration was. It's like a damn superpower. Let these six remixed recipes and the more than 100 new recipes in *Hungry as Hell* make you a cook for life, not just a mindless kitchen robot. Some of the following recipes reference dishes in the book that you don't have *just yet* but you don't need them to get cooking. Plus, you're going to make these more than once right? RIGHT? We've got faith in you. So sharpen those knives and tighten your apron strings because shit is about to get delicious.

Thanks so much for preordering *Hungry as Hell* and we can't wait to for you guys to see it on October 31.

Michelle and Matt

Makes enough for 4 sammies / Cook time: 15 minutes

Breakfast Blender Sammies

We love how easy breakfast can be with all the faux egg products out there, but we don't love all the random, highly processed ingredients in them. Our bodies deserve better. Here's a recipe for your own egg substitute that's just as fucking easy to use and super delicious.

Batter

- 1 block (12 ounces) extra-firm silken tofu***
- ¼ cup nondairy milk**
- 2 tablespoons olive oil**
- 1 tablespoon ume plum vinegar or Bragg Liquid Aminos**
- ¼ cup nutritional yeast (nooch)**
- 2 tablespoons cornstarch**
- 2 tablespoons chickpea flour**
- 2 teaspoons garlic powder**
- 1 teaspoon paprika**
- ½ teaspoon ground turmeric**
- Salt and pepper**

Sammies

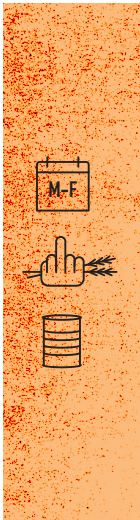
- Spray oil**
- 8 slices toasted bread**
- Sliced tomatoes and avocados, for serving**
- Sriracha Aioli (see Tofu Mayo Cheat Sheet, page 95)**

***You want the kind of silken tofu that's shelf-stable, not the stuff packed in water.**

1 Make the batter: Grab your blender and throw in the tofu, milk, olive oil, plum vinegar, nooch, cornstarch, chickpea flour, garlic powder, paprika, turmeric, and a pinch each of salt and pepper. Run that shit until it looks super smooth in there. Blender not blending? Add another tablespoon or two of milk until you get it to run. If you have to add more than ¼ cup of liquid, (1) get a new fucking blender, and (2) add another tablespoon of cornstarch so that it doesn't get too runny.

2 Cook the sammies: Grab a small skillet or sauté pan and heat it over medium-high heat. Spray the pan lightly with a little oil and pour in about ½ cup of the batter. Cook on one side until it starts to thicken and brown in spots, 2 to 3 minutes. Flip and cook until it's browned on the other side, too. Repeat until you use all of the batter.

3 Serve right away between some toasty bread slathered with fresh tomatoes and avocado, and our Sriracha aioli.



Makes enough for 8 servings

Potato and Onion Quiche

This recipe remix is straightforward. I took the blender egg batter and bulked it up with sautéed onions and potatoes. The fresh herbs are folded in at the end to brighten the taste. All that was left was to figure out just how long to bake it so that it would set and have the right texture. Luckily, I handled all that shit for you. You can easily take this same concept and remix it into a frittata or a Spanish tortilla de patatas. This is just the beginning.

1/2 recipe Flaky Pie Dough (page 199) or 1 store-bought unbaked pie crust
2 tablespoons of olive oil, divided
½ onion, cut into thin strips
2 cups thinly sliced potato, about 4 small creamer potatoes
3 cloves garlic
¼ teaspoon black pepper
12 ounces silken, extra, firm tofu*
½ cup unsweetened nondairy milk like almond
2 tablespoons olive oil
1 tablespoon plum vinegar or Bragg Liquid Aminos
¼ cup nooch
2 tablespoons cornstarch
2 tablespoons garbanzo bean flour
2 teaspoons garlic powder
1 teaspoon paprika
½ teaspoon turmeric
1 teaspoon Dijon mustard
¼ teaspoon salt
Fresh pepper to taste
½ cup chopped dill
½ cup chopped green onions

***This is the shelf-stable kind, not the stuff packed in water in the cold case. You'll find it near the soy sauce at most grocery stores.**

Warm your oven up to 350°F. Place the raw pie crust in the pie pan and set aside.

Grab a large sauté pan and warm up 2 tablespoons olive oil over medium heat. Add the onions and a pinch of salt and sauté until the onions start looking translucent, about 5 minutes. Add the potatoes and keep sautéing for another 3 minutes until the potatoes soften up. Add the garlic and black pepper and cook for another minute more so that the flavors have a chance to all blend together. Turn off the heat and let that cool in the pan while you make the rest of the filling.

Grab your blender and throw in the tofu, milk, the remaining 2 tablespoons of olive oil, plum vinegar, nooch, cornstarch, garbanzo bean flour, garlic powder, paprika, turmeric, and a pinch of salt and pepper. Now run that shit until it looks super smooth in there. Done. Blender not blending? Add another tablespoon or two of milk until you get it to run.

Dump the potato mixture and the mix from the blender into a large bowl and stir until everything is combined. The potato slices might kinda clump together so try to break them up as best you can. Don't stress too much though—it's just a quiche. It'll be fine. Sprinkle in the salt, some extra pepper, and fresh herbs and mix again. Pour all of this into your pie crust, leveling out the top, and bake for 35 to 45 minutes until the top is golden brown and the center doesn't jiggle when you hit the side of the pan. Let the quiche cool until it's barely warm to the touch before you dive in.

Serve alone or with Fresh Tomato Salsa (page 26) or a Simple Side Salad (page 50).





Makes enough for 4 people as a side / Cook time: 15 minutes

Spicy Peanut and Cilantro Salad

This salad is very loosely inspired by a side at one of our favorite restaurants in LA, Pine and Crane. If you ever have the chance to visit, you must go and eat there. For the rest of you, we have this surprisingly delightful salad made of stuff you might never think to throw together on your own. We love it as a snack or as part of a large spread alongside our Coconut Rice (page 112) or Sesame Noodles with Pan-Seared Tofu (page 154). Hell, we've even been known to put the leftovers on top of some Breakfast Fried Rice (page 22).

2 cups raw peanuts

1 teaspoon soy sauce or tamari

2 teaspoons rice vinegar

1 Fresno chile or jalapeño, seeded and minced

1 shallot or ¼ red onion, minced

½ cup sliced green onions

1 cup packed chopped fresh cilantro

2 teaspoons toasted sesame oil

Juice of ½ lime (about 1 tablespoon)

Salt

Grab a large skillet and warm it up over medium heat. Add the peanuts and dry-sauté them until they start to get a little toasty, about 5 minutes. Remove from the heat and drizzle in the soy sauce and rice vinegar. Toss the peanuts around so they all get coated. Dump the peanuts into a medium bowl, add the Fresno chile, shallot, green onions, and cilantro, and toss until everything is mixed up. Drizzle with the toasted sesame oil and lime juice, toss again, and taste. Add some salt or whatever you think it needs and serve right away.

Makes enough for 4 to 6 people

Peanut Coconut Udon Noodles

Here is where I had to do a little more work to create a new dish. The recipe needed more liquid to make a sauce that could easily coat the noodles, and the fresh herbs would have a bigger impact, and look nicer, if they were added in later in the recipe instead of being puréed with the peanuts. I added sliced cucumber to mix up the taste and the texture of the dish, but you could use roasted broccoli, shelled edamame, blanched snow peas or green beans, whatever you can think up. Imagine sitting down and eating the dish and ask yourself what you would want that experience to be like. Adding some fresh salad greens or carrot sticks makes sense. You can picture that. But you might not imagine enjoying the dish with a bunch of roasted potatoes folded into the noodles. Use your head and you'll be fine. The chili oil is just for looks and a little spice but is entirely optional.

2 cups whole raw peanuts
1 tablespoon soy sauce or tamari
3 tablespoons rice vinegar
1 tablespoon Sriracha or similar style hot sauce
1 shallot or ¼ red onion, minced
1 tablespoon toasted sesame oil
Juice from 2 limes, about 4 tablespoons
1 tablespoon chopped fresh ginger
1 cup full - fat coconut milk
½ cup water
16-ounce udon noodles or similar long noodles, cooked according to the package directions
½ cup sliced green onions
1 cup packed, chopped fresh cilantro
1 Fresno pepper or jalapeño, seeded and minced
1 large cucumber, thinly sliced into matchsticks
A couple tablespoons of hot chili oil or chili crisp to serve, optional

Grab a large skillet and warm it up over medium heat. Add the whole peanuts and sauté them until they start to get a little toasty, about 5 minutes. Turn off the heat to let them cool. Once they are cool to the touch, transfer them to your food processor. Add the soy sauce, rice vinegar, hot sauce, shallot, toasted sesame oil, lime juice, ginger, coconut milk, and water to the container and then run that shit. You want the sauce to be smooth but not as smooth as peanut butter—a little texture is fine. Taste and add more soy sauce or lime juice, whatever you think it needs.

Add the cooked udon noodles to a large bowl and add half the peanut sauce and mix them all together. Taste and add more sauce until it's just how you fucking like it. Toss in some of the sliced green onion and cilantro and toss again.

To serve, add the noodles to a large bowl and place the cucumbers along the side. Top with the rest of the green onions, cilantro, and some sliced pepper. Drizzle over a little chili oil if you're into it. This is a great lunch for a crew or to pack for yourself all week since it's perfect cold or at room temperature.



Makes about 32 balls, enough for 6 to 8 people /
Cook time: 1 hour 15 minutes

Eggplant Polpetti

When you're cooking for this yourself, they're meatballs. When you're cooking to impress, they're polpetti. But no matter the name, you're gonna want to make these at least once a month for the rest of your life.

1 tablespoon olive oil
1 shallot or ¼ onion, chopped
1 large eggplant, chopped (about 5½ cups)
1 tablespoon fennel seeds, chopped
1 tablespoon chopped fresh rosemary
1 tablespoon Bragg Liquid Aminos
1½ cups cooked kidney beans or 1 can (15 ounces), drained and rinsed
4 garlic cloves
2 tablespoons minced fresh parsley
1 teaspoon smoked paprika
½ teaspoon black pepper
½ teaspoon salt
3 tablespoons nutritional yeast (nooch)
1¼ cups bread crumbs, finely ground and dried, homemade or store-bought
Spray oil

1 Warm up the olive oil over medium heat in your largest skillet. Throw the shallot in and let it cook for a minute. Add the eggplant and toss it around to coat it with the oil. Cook this until the eggplant begins to brown and soften, 6 to 8 minutes. Now let's add some flavor and throw in the fennel seeds and rosemary. Drizzle the liquid aminos over the top and let this whole thing cook together for a minute or two more. Remove from the heat.

2 Once the eggplant has cooled a little, grab your food processor. Add everything from the eggplant pan, the kidney beans, garlic, parsley, smoked paprika, black pepper, and salt. Run that shit until it looks smooth. Scrape the mixture out into a bowl and fold in the nutritional yeast and bread crumbs. Mix everything up until it looks nice and uniform.

3 Warm up your oven to 375°F. Line a baking sheet with parchment paper.

4 It's time to ball. Grab some of the eggplant mixture, roll it into a ball about the size of a Ping-Pong ball and put it on the baking sheet. If your mixture feels a little too wet, add some more bread crumbs, a tablespoon at a time, until it holds together. Too dry? Do that same shit with water. No matter what, keep going until you run out of eggplant mixture.

5 Spray the top of the balls with some oil and stick the pan in the oven until the bottom of the balls get nice and browned, about 30 minutes. Serve warm.

CHEAT SHEET:

We like our Eggplant Polpetti drowned in a few cups of 30-Minute Marinara (page 139) with a side of crostini, or on top of a pile of bucatini. For a fast and filling homemade meal, freeze the polpetti in one layer, then transfer them to an airtight container or bag. Store in the freezer for up to 3 months. When you're ready to reheat them, warm up your oven to 350°F and spray a baking dish with a little oil. Add the polpetti. Cover with foil and bake for 15 to 20 minutes until warm.



Makes about 32 balls, enough for 6 to 8 people

Eggplant Stuffed Shells

Here, delish eggplant polpetti are stuffed inside pasta shells and smothered in cream sauce and marinara to create a totally different beast than polpetti alone. I didn't have to make any changes to the eggplant filling and only needed to grab recipes from other sections of the book, like the cream sauce, to make a completely new meal. Then I just follow the standard stuffed shell formula for 30 minutes of baking time, covered, with some extra time uncovered in the oven to crisp up the edges. Don't be afraid to really cover these shells in both sauces, the more the better. You could fold some pesto into the cream sauce next time, switch the beans in the filling, make it a lasagna, or a meatball sub. Just use your tummy to guide you and you can't go wrong.

1 tablespoon olive oil
1 shallot, chopped, or ¼ of an onion
1 large eggplant, chopped (about 5 ½ cups)
1 tablespoon fennel seeds, chopped
1 tablespoon chopped fresh rosemary
1 tablespoon Bragg Liquid Aminos
1 ½ cups cooked kidney beans or 1 can (15 ounces)
4 cloves of garlic
2 tablespoons fresh parsley
1 teaspoon smoked paprika
½ teaspoon black pepper
½ teaspoon salt
3 tablespoons nutritional yeast
1 ¼ cup breadcrumbs

All Purpose White Cream Sauce

1 tablespoon olive oil
1 shallot or onion, chopped
2 russet potatoes, peeled and chopped
1 cup vegetable broth
1 cup nondairy milk
1/3 cup nutritional yeast (nooch)
2 tablespoons cashew butter*
1 tablespoon Bragg Liquid Aminos or tamari
1 tablespoon ume plum vinegar or ½ teaspoon salt
2 tablespoons fresh lemon juice
¼ teaspoon ground nutmeg

Assembly

1 batch of 30-Minute Marinara (page 139) or one 24-ounce store-bought jar
1 12-ounce box of jumbo pasta shells, cooked according to the package directions
Basil or parsley leaves to serve

*** Not sure about cashew butter? See our Cheat Sheet on page 97 for an alternative.**

Warm up the olive oil over medium heat in your largest fry pan. Throw the shallot in and let it cook for a minute. Now add the eggplant and toss it around so it gets some oil on it. Cook this until the eggplant begins to brown and soften up, about 6 to 8 minutes. Now let's add some flavor and throw in the fennel seeds and rosemary. Drizzle the liquid aminos over the top and let this whole thing cook together for a minute or two more. Turn off the heat.

Once the eggplant has cooled a little, grab your food processor. Add everything from the eggplant pan, beans, garlic, parsley, smoked paprika, black pepper, and salt, and run that shit until it looks smooth. Scrape that out into a bowl and fold in the nutritional yeast and breadcrumbs. Mix that up until everything looks nice and uniform.

Make the all-purpose white cream sauce: Grab the same fry pan you used to make the eggplant (it's okay if it's dirty), and make the white cream sauce. Warm up the olive oil over medium heat. Add the shallot and sauté it around until it gets some color, about 5 minutes. Add the chopped potato and stir until it's all mixed up with the shallot, then pour in the veggie broth. Cover the pan and let it simmer away until the potatoes are tender enough to easily push a fork through, about 10 minutes. Let them cool in the pan for a few minutes while you get the rest of the shit ready.

Pour the milk, nooch, cashew butter, liquid aminos, plum vinegar, lemon juice, and nutmeg into your blender. Add the cooked potatoes and whatever broth is still left in the pan to the blender, then let that shit run. To really make a silky sauce, you want to run that shit for at least 30 seconds to 1 minute, depending on the strength of your blender. Taste it and if the texture is still a little grainy, keep blending because this shit should be smooth as hell.

You can do all of these things a couple days ahead of time if you want: they'll keep just fine in the fridge. Whenever you are ready to build those shells, warm up your oven to 400°F and grab a 9 x 13-inch baking dish and grease it up. Pour half of your marinara in the bottom and get ready to stuff. Grab a cooked shell and fill it with a heaping spoonful of the eggplant mixture. Then pour in another large spoonful of the white cream sauce and place it in the prepared tray. Keep going just like this until you run out of shells or filling, whatever happens first. We like to cram as many as we can into one baking tray, but you could divide these in two and freeze the other half. That's your call though. Drizzle the top of the completed tray with $\frac{2}{3}$ of the remaining marinara sauce and drizzle over more cream sauce. Make it cute. Cover with foil and bake for 30 minutes, uncover, and bake for another 7 minutes just to really make everything extra delicious.

Add any remaining sauce to your preference and serve right away with a couple basil or parsley leaves thrown on for looks.



Makes 4 sammies / Cook time: 45 minutes

BBQ Mango Jackfruit Sammies

BBQ and mangoes were meant to be together. Their sticky sweetness goes so perfectly with each other that we don't know why we don't see this shit on every menu. Sure, you could use store-bought BBQ sauce instead, but making your own only takes a couple of minutes. Try it at least once. You deserve something nice.

1½ cups BBQ Mango Sauce (recipe follows)

1½ cups vegetable broth

2 tablespoons Bragg Liquid Aminos or soy sauce

2 tablespoons vegan Worcestershire sauce (or just use more liquid aminos/soy sauce)

2 tablespoons Tabasco sauce or similar hot sauce

2 teaspoons liquid smoke

3 tablespoons avocado or olive oil

1 large onion, chopped

2 cans (14 ounces each) young jackfruit,* rinsed, drained, and chopped

4 garlic cloves, minced

Spray oil

***Don't know shit about jackfruit? Learn how to buy and prep it in the Field Guide on page 81.**

1 In a large measuring cup, mix together the BBQ sauce, broth, liquid aminos, Worcestershire, Tabasco, and liquid smoke. Set the sauce aside.

2 Heat a large ovenproof skillet over medium-high heat. Add the oil and onion and sauté until the onion is golden, about 8 minutes. Add the chopped jackfruit and stir until it begins to stick to the pan, 3 to 5 minutes. Add the garlic and the sauce, stirring to get all the burnt bits off the bottom of the pan. Don't panic. You want those burnt bits. They're flavor, baby.

3 Bring to a simmer, breaking up any large pieces of jackfruit that escaped your knife with a fork or spoon as you stir. Reduce the heat to medium-low and cook, stirring occasionally, until most of the liquid is gone but the jackfruit is still moist, 20 to 25 minutes.

4 When almost all the liquid is gone, remove from the heat and turn your broiler up to high. Spray some oil over the top of the jackfruit and stick it under the broiler for a couple of minutes, until parts start to look a little burnt. Take it out, stir, and repeat the process at least three more times to get some good burnt parts on the jackfruit. This is annoying, but it's totally fucking worth it.

Sammyes

4 buns or your favorite bread, split and toasted

Tofu Mayo (page 95)

Everyday Cabbage Slaw (page 67)

Extra BBQ Mango Sauce, for serving

5 For the sammies: Serve the jackfruit on the toasted buns, slathered with tofu mayo and extra BBQ sauce and topped with slaw.

1 tablespoon avocado or olive oil

½ red onion, chopped

Salt

2 mangoes, diced, or 2 cups frozen cubed mango

2 garlic cloves, chopped

2 teaspoons smoked paprika

2 chipotle peppers in adobe sauce, seeded and chopped

1 tablespoon Bragg Liquid Aminos

1½ cups or 1 can (15 ounces) tomato sauce

¼ cup packed brown sugar

2 tablespoons apple cider vinegar

BBQ Mango Sauce

Makes 3 cups / Cook time: 35 minutes

1 In a large sauté pan, warm up the olive oil over medium heat. Add the onion with a pinch of salt and sauté until it starts to brown in some spots, about 8 minutes. Add the mango to the pan and cook until the mango starts to really soften up, about another 5 minutes. Add the garlic, smoked paprika, chipotle peppers, and liquid aminos and cook for a minute more until the garlic smells good. Pour in the tomato sauce, brown sugar, and apple cider vinegar. Bring to a simmer, stirring often, until the sugar has dissolved. Simmer for another 5 minutes to really make sure that mango is nice and soft, then remove from the heat.

2 Grab your immersion blender and throw that shit in there. Run until the sauce looks smooth. No immersion blender? Let the sauce cool a little, then dump it into your blender or food processor and run it until smooth. Whatever you use, taste and add more of whatever you think it needs. This will keep for at least a week in the fridge, so feel free to throw it together ahead of time. Leftover sauce is great sautéed with some torn tofu bites (see Field Guide: Tearing Tofu, page 66), or spread on our Pepper Cheese Hoagies (page 80), or as a dip for our Poblano Home Fries (page 38). It's too good to not use every last drop.



Makes 8 large sopes, enough for 4 to 6 people as an entrée or 8 people as part of a spread

BBQ Jackfruit Sopes

Sopes are like a rimmed, edible plate piled high with delicious flavors—usually beans and some kind of meat. Here I took the BBQ jackfruit out of its sammie confines and threw it into a whole new flavor profile where it still made sense. BBQ and beans always work. You can use the BBQ Mango Sauce or your favorite store-bought one to change the flavor however you want. It's the perfect replacement for the typical pile of meat and gives you a whole new entrée that looks nothing like the original. Plus, now you know how to make sopes and can pile them up however the hell you want, with whatever recipes you can think of. Look at all these culinary side quests you are mastering. Aren't you proud?

1½ cups BBQ Mango Sauce or your favorite store-bought BBQ sauce
1½ cup vegetable broth
2 tablespoons Bragg Liquid Aminos or soy sauce
2 tablespoons vegan Worcestershire sauce, or just use more Bragg
2 tablespoons Tabasco sauce or similar hot sauce
2 teaspoons liquid smoke
3 tablespoons avocado or olive oil
1 large onion, chopped
2 cans (14 ounces each) young jackfruit, rinsed, drained, and chopped
4 garlic cloves, minced
Spray oil
2 cups masa harina
2 cups warm water
One can of your favorite refried beans or one batch of Cheater Beans (page 138), warm

For Serving

Shredded cabbage
Cilantro
Watermelon radish
Grilled Tomatillo and Avocado Salsa (page 108)
Nondairy sour cream
Sliced avocados
Lime wedges

First, make the jackfruit. In a large measuring cup, mix the BBQ sauce, broth, liquid aminos, Worcestershire, Tabasco, and liquid smoke together. Set it aside.

Heat a large oven-safe skillet over medium-high heat. Add the oil and the onion, and sauté till the onion is golden, about 8 minutes. Add the chopped jackfruit and stir until it begins to stick to the pan, 3 to 5 minutes. Add the garlic and the marinade, stirring to get all the burnt bits off the bottom of the pan. Don't panic—you want those burnt bits. That's flavor, baby.

Bring to a simmer, breaking up the jackfruit with a fork or spoon as you stir. Reduce the heat to medium-low and cook until most of the liquid is gone but the jackfruit is still moist, 20 to 25 minutes. Stir occasionally.

When almost all the liquid is gone, turn off the heat and turn your broiler up to high. Spray some oil over the top of the jackfruit and stick it under the broiler for a couple of minutes until parts start to look a little burnt. Take it out, stir, and repeat the process at least 3 more times to get some good burnt parts on the jackfruit. This is annoying but totally fucking worth it. Once the jackfruit is done, let it chill out while you make the sopes. This can also be done the day before. You can't tell the difference between jackfruit made the same day or the day before so don't stress yourself out.

When it's time for the sopes, mix the masa harina and warm water together in a large bowl until you get a dough that is similar in texture to Play-Doh. Divide the dough into 8 equal-ish balls and grab your favorite skillet or whatever you would use to cook pancakes. Press the balls of dough into a flat disk about a little larger than you palm but no thinner than ¼ inch. If the sides of the disks are cracking, wet your hands and roll the dough back into a ball and try again. Masa, like all flour, needs more or less water depending on a lot of factors, so this isn't your shortcoming. This is just the finicky fucking flour. Once all the disks are done, spray them lightly with some oil on all sides and place them on a baking sheet.

Warm up your oven to 425°F. Warm up your griddle to medium-high

heat and pan fry the disks, a couple at a time, until both sides are cooked with a little char on them, about 2 to 3 minutes a side. Think of them like very dense pancakes. Once all the disks are cooked, put them back on the baking sheet. Now take a glass or one of your measuring cups and press the sides of each disk up so you create a little ridge to hold in all the ingredients. The shape is very similar to the angel food cake cups they sell in the grocery store to make strawberry shortcake. Bake these cups for 15 minutes so they hold their shape and are cooked completely through. While they're baking, warm up the beans and chop all your toppings.

To serve, smear a couple of spoonfuls of the beans at the bottom of the sope, pile on some jackfruit, and top with shredded cabbage, cilantro, and watermelon radishes, if you're fancy. Drizzle on some salsa, sour cream, or avocado slices and serve warm with a lime wedge.



Makes enough for 4 people / Cook time: 15 minutes, plus at least 1 hour chill time

Chocolate Peanut Butter Mousse

As vegans, we're used to getting the "where do you get your protein" question. Here it is. Mousse. We get our protein from rich, velvety mousse. Now please stop asking. We're giving you the recipe. What more do you want from us?

1 cup semisweet chocolate chips

¼ cup creamy peanut butter

2 teaspoons vanilla extract

2 blocks (12 ounces each) soft silken tofu*

½ cup plain or vanilla nondairy milk, whatever you've got

2 tablespoons agave or maple syrup

¼ teaspoon salt

Optional: chopped peanuts and chocolate shavings or extra chocolate chips

***You want the shelf-stable silken tofu, not the stuff packed in water in the cold case. You'll find it near the soy sauce at most grocery stores.**

1 Melt your chocolate (see Field Guide on page 191 for instructions), then stir in the peanut butter and vanilla until the peanut butter melts into the chocolate.

2 Grab your blender and throw in the tofu, milk, agave, salt, and the melted chocolate. Run that shit until it looks smooth, stopping to scrape down whatever melted chocolate gets stuck to the side. Done.

3 Pour this into a large bowl, cover, and set it in the fridge to cool and firm up. This needs at least 1 hour in the fridge to chill, but then it's ready to go.

4 Serve as is or topped with chopped peanuts and some chocolate shavings or chips. Or just grab a spoon and fuckin' enjoy. Here for a good time, not a long time, ya know?



Makes enough for 6 to 8 people

Chocolate Peanut Butter Mousse Pie

This remix is a classic of example of making something seem a little fancier without a lot of effort. Instead of just serving cups of mousse, I put the same recipe into an easy graham cracker crust, doll it up the top with extra chocolate, and it looks like a million bucks while only taking 20 extra minutes of work. You could make it even fancier by adding a layer of caramel or whipped cream on top, using vanilla or chocolate cookies instead of graham crackers in the crust, or spreading a layer of ice cream on the bottom of the crust before adding the mousse filling. When it comes to dessert, I'm sure you can think up a thousand different ways to make this a family favorite for years to come. sauce next time, switch the beans in the filling, make it a lasagna, or a meatball sub. Just use your tummy to guide you and you can't go wrong.

Graham Cracker Crust

2 cups of graham cracker, about 14 full sheets of crackers
½ cup melted nondairy butter or coconut milk
3 tablespoons cane sugar

Filling

1 cup semisweet chocolate chips
¼ cup creamy peanut butter
2 teaspoons vanilla extract
2 blocks (12 ounces each) silken soft tofu*
½ cup your favorite nondairy milk, like almond
2 tablespoons agave or maple syrup
¼ teaspoon salt

For Serving

Melted chocolate
graham cracker crumbs
chopped peanuts to serve

***This is the shelf-stable kind, not the stuff packed in water in the cold case. You'll find it near the soy sauce at most grocery stores.**

Make the crust: Warm your oven up to 350°F. In a small bowl, mix the graham cracker crumbs, melted butter, and sugar until everything is incorporated. Press this firmly onto the bottom of a pie pan so it looks like a crust. You know how. Now bake this empty motherfucker for 12 to 15 minutes so that it can firm up and get a little golden. While the crust cools, make the filling.

Melt your chocolate in the microwave or a double boiler (see the Field Guide on page 191 for instructions, if needed) then stir in the peanut butter and vanilla extract until the peanut butter melts into the chocolate.

Grab your blender and throw in the tofu, milk, agave, salt, and melted chocolate mixture. Run that shit until it looks smooth, stopping to scrape down whatever melted chocolate gets stuck to the side. Done.

Pour this mixture into your pie crust, smooth the top out with the back of the spoon, and let it cool in the fridge for a couple hours, preferably overnight. When it's time to serve it, drizzle the top with some melted chocolate, graham cracker crumbs, and some chopped peanuts if you like things to look pretty. Serve chilled.



Makes about 15 fritters, depending on the size of the bananas /
Cook time: 30 minutes

Banana Fritters

We almost never fry desserts like this at home, but in the dark days of this world, there were very few places to find vegan donuts. Michelle had to find a way to feed her craving without a ton of work and without spending half her fucking day in the kitchen. These are the perfect, every-once-in-a-while treat to make when friends come over late for coffee or when you want to surprise your person with something decadent and special, made just for them.

2 ripe bananas
¾ cup nondairy milk
1 tablespoon ground flaxseeds
1½ cups all-purpose flour
2 tablespoons cane sugar
¼ teaspoons baking powder
½ teaspoon salt
½ teaspoon ground cinnamon
¼ teaspoon ground nutmeg
¼ teaspoon ground ginger
Plain, unroasted peanut oil, for frying
Powdered sugar or maple syrup, for serving

1 Grab a medium bowl and mash the living fuck out of those bananas. Some chunks are fine, but keep them smaller than a nickel. Whisk them together with the milk and ground flaxseeds until they look well incorporated. In another medium bowl, whisk together the flour, cane sugar, baking powder, salt, cinnamon, nutmeg, and ginger. Now pour that flour mixture into the banana bowl and stir until everything is combined. The batter should be thick like you're making pancakes. (OK, you're on to us. Banana fritters are basically just fried banana pancakes. Doesn't that make you love them even more, though?)

2 Now for the sinful shit. Grab a medium pot or fryer with high sides and pour about 1 inch of oil in there. Warm it all up to medium-high heat. Do like grandma did and check if the oil is hot enough the old-fashioned way: Grab a wooden spoon and put the head of the spoon into the oil. If bubbles form around it, the oil is hot enough to fry. Sure, you could use a thermometer, but they take up so much fucking room in the utensil drawer and you rarely use it. This is the way to go.

(recipe continues)



3 Set a wire rack in a sheet pan lined with paper towels. Once the oil is hot enough, drop large dollops of batter the size of donut holes into the oil, 3 or 4 at a time depending on the size of your pot. Fry them until all their sides are golden brown, about a minute on each side. Place them on the rack over the paper towels.

4 Keep going until you run out of batter. You're gonna need to adjust the heat on the pan a little as you go. When you drop the cold batter into the oil, you bring down the heat of the pot, so you'll want to raise the heat *slightly* for the first minute of frying to get it to warm up and bring it down *slightly* toward the end of frying. Just pay attention. If you notice a batch of fritters taking way too fucking long in there to get golden, the oil got too cold. You'll figure it out.

5 When everything is all fried up, it's go time. These are best eaten ASAP. Serve warm, sprinkled with powdered sugar, or drizzle with maple syrup for a delicious mess.





Makes about 14 to 16 fritters, depending on the size of the peaches

Peach Fritters

This might seem like it's a straightforward substitution, but it's not. The bananas in the original recipe were mashed so they provided flavor, liquid, and served as a binder. That is something to pay attention to when substituting ingredients: What purpose is the ingredient you're switching out serving in the recipe? Sometimes it can do multiple things, so just take a second and think it all the way through. Peaches might seem juicier than bananas, but since they're chopped, they won't really add as much liquid to the batter. I increased the milk in the recipe so that the batter would be smooth, and doubled the amount of ground flaxseeds, the other binder in the recipe, so the fritter batter sticks together when you fry it. The peaches are folded in last so that they keep their shape, instead of at the start of the recipe like the mashed bananas. I added a glaze for fun, but you could stick to just powdered sugar if you don't want to go through the trouble. But you should try it at least once. It's fucking perfection.

1 cup unsweetened nondairy milk, like almond

2 tablespoons ground flaxseeds

1½ cups all-purpose flour

2 tablespoons cane sugar

½ teaspoon ground cinnamon

¼ teaspoon ground nutmeg

¼ teaspoon ground ginger

1¼ teaspoon baking powder

½ teaspoon salt

3 ripe peaches, peeled and chopped (about 2 cups)

Peanut oil, for frying

Powdered sugar, or maple syrup, to serve

Peach Juice Glaze:

¼ cup peach juice or juice from canned peaches

½ teaspoon vanilla extract

1½ cups powdered sugar

Grab a medium bowl and whisk together with the milk and ground flaxseeds until they look well incorporated. In another medium bowl, whisk together the flour, sugar, cinnamon, nutmeg, ginger, baking powder, and salt. Now pour that flour mixture into the milk bowl and stir until everything is combined. The batter should be thick like you're making pancakes. Gently fold in the peach chunks until everything looks well distributed. Finding some dry spots? Add a splash or two more of almond milk and gently stir it in. Done.

Now for the sinful shit. Grab medium pot or fryer with high sides and pour about 3 inches of oil in there. Warm it all up to a medium-high heat and grab a wooden spoon. Now do like grandma did and check if the oil is hot enough the old-fashioned way: Put the head of the spoon into the oil and if bubbles form around it, it's hot enough to fry. Sure, you could use a thermometer, but they take up so much fucking room in the utensil drawer and you rarely use it. This is the way to go.

Once the oil, is hot enough, drop large dollops of batter into the oil, 3 to 4 at a time, depending on the size of your pot. Fry them until all their sides are golden brown, about a minute and a half on each side. Place them on a cooling rack with a paper towel-lined plate underneath. Keep going until you run out of batter. You're gonna need to adjust the heat on the pan a little as you go. When you drop the cold batter into the oil, you bring down the heat of the pot, so you'll want to raise the heat *slightly* for the first minute of frying to get it to warm up and bring it down *slightly* toward the end of frying. Just pay attention. If you notice a batch of fritters taking way too fucking long in there to get golden, the oil got too cold. You'll figure it out.

When everything is all fried up, it's go time. Whisk together the peach juice, vanilla extract, and powdered sugar until you get a nice glaze without any chunks. Drizzle as much or as little glaze as you like this over the fritters and serve right away. These are best enjoyed the day they're made.





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