



VEGAN

al fresco

happy & healthy recipes for picnics, barbecues & outdoor dining

CARLA KELLY



Preface

Welcome to *Vegan al Fresco*! I believe food tastes best when it's shared with laughter and love—and with friends and family. The cookbooks I have written, including this one, are all about food that's tasty, full of flavor, and a little experimental, with easy-to-follow recipes to enjoy with others.

You'll find that I'm not hung-up on low-fat, low-carb, or low-anything, really; I just try to use the best ingredients that nature provides (augmented here and there for convenience) to provide healthy, happy food that will enthrall your taste buds. Originally from New Zealand, I'm a bit of a traveler, so my recipes have been influenced not only by the food I grew up with but also by foods that I've tried and learned to love along the way.

After completing my second book (*Quick and Easy Vegan Slow Cooking*, 2012), I was more than ready to put the slow cooker back in the cupboard and get out the barbecue. The recipes in this book came from ideas I developed while doing lots of cooking and dining out of doors. And based on my research, I discovered that there is a need for this kind of a book; on any given online vegan food forum, you'll find threads along the lines of, "I've been invited to a cookout/barbecue/picnic. What should I make?" Vegans clearly need

a book that answers this question, and *Vegan al Fresco* is packed with bright, summery recipes to take with you to the great outdoors or to enjoy in the backyard at home. I've also attempted to answer some of the "What do I do with all this [insert summer produce name here]" questions (another common thread), which often arise as home gardens and farmers' markets fill with summer's bounty.

The recipes and ideas featured here make wonderful meals (from brunch to dinner and dessert) for patio or balcony dining, cookouts, barbecues, picnics, day-hiking trips, close-to-home camping, or even "glamping" (short for glamorous camping, i.e., with electricity and running water). For many of the recipes, you'll first need to have access to basic kitchen facilities—a refrigerator, a freezer, and a grill or oven, and standard kitchen utensils and appliances.

In the Appendices, you'll find a list of theme menus for picnics and barbecues (such as "Passage to India" or "Wild Southwest," as well as 4th of July and Canada Day menus). There's also a list describing special vegan ingredients that are used throughout the recipes; many are available in conventional supermarkets and others from

specialty markets or health food stores. If you have food allergies or sensitivities to soy, gluten, or nuts, look for the symbols.

While this book is almost completely summer-focused, using ingredients that are fresh in the warmer months, all of these recipes can be enjoyed indoors and in other seasons too. The recipes have been tested by my team of testers (from all over the world), so they're reliably foolproof. The result is a handy and inclusive vegan guide to the delights of al fresco dining. Enjoy!



Groovy Multi-Grain Burgers

Substantial and filling, these burgers are filled with a multitude of grains in a variety of forms. The textures and flavors of each are complementary, and you'll find they mesh together perfectly.

MAKES 6 SERVINGS

Preparation time: 45 minutes

+ 1 hour chilling

Cooking time: 10 minutes

* After burgers are chilled, they are still a little sticky (you may think they aren't firm enough, but they are), so use a wide spatula to transfer them to the grill, and use lightly oiled aluminum foil to prevent sticking. The outsides will firm up and crisp really quickly.

1 tbsp olive oil
½ medium onion, finely chopped
2 garlic cloves, minced
1 small celery stalk, finely chopped
1 tsp Faux Poultry Seasoning Mix
½ tsp salt
¼ tsp chili flakes
¼ cup (60 mL) finely chopped carrots
¼ cup (60 mL) finely chopped broccoli stalks
½ cup (125 mL) vegetable stock
1 bay leaf
¼ cup (60 mL) whole amaranth
¾ cup (185 mL) cooked long-grain brown rice, room temperature
½ cup (125 mL) quick-cooking rolled oats
¼ cup (60 mL) rice flour
¼ cup (60 mL) millet flour
1 tbsp cornstarch
3–6 tbsp vegetable stock
salt and ground black pepper, to taste

In a medium frying pan on medium, heat oil. Sauté onions, garlic, and celery for 5 minutes, until soft and translucent. Add seasoning mix, salt, and chili flakes and sauté 1 more minute.

Stir in carrots and broccoli and sauté for 3–4 minutes, until a little softened. Stir in ½ cup (125 mL) stock and bay leaf and bring to a boil. Stir in amaranth and reduce heat to medium-low. Cover pan and simmer for 25 minutes, until liquid is mostly absorbed and grains are tender and thick. Remove from heat, uncover, and stir. Refrigerate for 10 minutes or cool on countertop for 30 minutes, until room temperature.

Line a large plate with parchment or cling film.

Remove amaranth mixture from refrigerator. Remove bay leaf and stir in brown rice and oatmeal.

Stir in flours and cornstarch. Add stock 1 tbsp at a time until mixture is sticky, damp but not overly wet, and holds together when pressed. Taste and season as desired.

With dampened hands, divide mixture into 6 equal portions and form into burger patties. Place on prepared plate, cover, and chill for at least 1 hour.

Preheat barbecue to medium heat. Lay down a sheet of aluminum foil lightly brushed with oil.

Cook burgers for 4–5 minutes per side until both sides are golden brown, turning once.



Triple Chocolate Waffles

Rich, decadent, and almost dessert-like, but not overly sweet, these waffles make the perfect picnic treat and will also satisfy your early-morning chocolate requirements.

MAKES 4 WAFFLES

Preparation time: 10 minutes

Cooking time: about 15 minutes

- * Contains gluten
- Contains soy

$\frac{3}{4}$ cup (185 mL) semi-sweet
vegan chocolate chips
 $\frac{1}{2}$ cup (125 mL) maple syrup
3 tbsp canola oil
1 tsp vanilla extract
1 $\frac{3}{4}$ cups (310 mL) chocolate
soy milk
1 $\frac{3}{4}$ cups (415 mL) all-purpose
flour
3 tbsp cocoa powder
2 tsp baking powder
 $\frac{1}{2}$ tsp salt

Heat waffle iron, according to instructions. Make sure it's ready to use as soon as batter is mixed.

In a large bowl, combine chocolate chips, syrup, oil, and vanilla. Place bowl in microwave oven on high, and in 3 or 4 20-second intervals, melt, stirring well after each heating.

Whisk in milk until smooth and combined well. Sift in flour, cocoa powder, baking powder, and salt and mix to just combine.

Spray plates of waffle iron with non-stick spray before making each waffle.

With a heat-proof spatula, spread batter on iron (batter will be thick). Cook according to instructions.



VEGAN AL FRESCO

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Picnics, Barbecues & Outdoor Dining*

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In spring and summer, there's nothing better than enjoying a meal outdoors with friends and family; today, al fresco dining has never been more popular, given the rise in popularity of gourmet takeout and prepared picnic baskets. For those who eschew all animal products, though, outdoor vegan meals usually consist of mundane veggie sandwiches and a fruit salad. But no more!

Carla Kelly is an accomplished vegan cook and baker with two previous cookbooks under her belt; she also loves to prepare delicious, casually elegant vegan meals for backyard barbecues, picnics in the park, or a party at the beach. *Vegan al Fresco* is loaded with beautiful appetizers such as Peanut Potato Salad and Tomato & Olive Tarts, inventive sandwiches including the Pita Po'Boys, and amazing grilled dishes like Sweet Chipotle Tempeh with Berries, and Cedar Planked Rosemary & Lemon Tofu; finish off your meal with Strawberry & Basil Scones, Maple & Walnut Cheesecake, or some crazy good vegan ice creams.

The book includes prep and cooking times for each recipe, as well as advice on portability, food safety issues, and menu suggestions for special occasions. For those with allergies, recipes that contain known allergens such as soy, nuts, and gluten are clearly marked. Full-color throughout, *Vegan al Fresco* offers delectable and sophisticated ways for vegans to enjoy the great outdoors.



CARLA KELLY, a vegan for almost ten years, has cooked at hotels around the world. She is the author of two previous cookbooks, *Quick and Easy Bake Sale* and *Quick and Easy Vegan Slow Cooking* and operates the food website *The Year of the Vegan* (veganyear.blogspot.ca). She lives in Burnaby, BC, Canada.