

A watercolor illustration of various vegetables. On the left, there are two red carrots with green leafy tops and a purple and white daikon radish. In the center, there is a piece of ginger root with its characteristic knobby shape. Below the ginger are two more radishes, one purple and one white. On the right, there are several brown potatoes with green leaves and stems. The background is a light, neutral color.

Carla Kelly

True to  
Your Roots

Vegan Recipes to Comfort  
and Nourish You



## Introduction

In this book, I celebrate the humble root vegetable in its many and varied incarnations. All of the recipes are vegan, healthy, and packed with flavor. I employ a “root to tip” style of cooking (where possible), staying true to the whole plant ingredient, its flavors and forms, using the greens and leaves of the vegetables in many recipes.

For too long the last-chosen and least-loved, the “ugly” root vegetables can now claim their rightful places at the center of the plate. In the recipes that follow, I showcase these nutritional and flavor powerhouses in a variety of tasty and satisfying ways, from healthy breakfast juices to sinfully rich desserts, through more traditional hot side dishes, refreshing and innovative salads, and hearty soups to some mouth-watering main courses. This book truly has something to tempt everyone.

Root vegetables act as a storage facility for the sugars and starches of biennial or perennial plants, providing the energy required for either germination or reproduction. As such they are packed with macro-nutrients required for growth (mainly carbohydrates with protein) and micro-nutrients (vitamins and minerals) to aid in the plants’ development. These macro- and micro- nutrients are valuable to us as sources of fuel for our own health.

Fresh roots should feel firm, with a pleasant solid weight in the hand, and a taut skin. Extra-large roots may be woody inside (especially in the case of parsnips, celeriac, and carrots) so buy

them small to medium-large. Smell the root; it should have a pleasant earthy aroma.

While roots can be stored in the crisper drawer of the refrigerator, they generally last and retain their flavor better if stored in a cool, dark, dry, and well-ventilated space. Keep them away from heat-producing appliances and covered with cloth to keep them away from excess light. As a general rule of thumb, if your grocery store doesn’t refrigerate them, neither should you. The majority of the roots available are best if used within a week after purchase.

If buying your roots with greens attached, remove these prior to storage as they will draw moisture from the root. They also have a tendency to spoil faster than the roots. Store the greens wrapped in paper in the refrigerator crisper drawer and use within 2 to 3 days.



*Clockwise from top left: Potato Kalecannon with Field & Garden Stew and Fermented Potato Bread; Celeriac Bacon, Radish Daikon Pickle, and Islands Dressing; Christmas Cheesecake; Kohlrabi Lentil Barley Salad; Ginger Curry Hash, Potato Biscuits, and Carrot Sausages; Carrot Walnut Ravioli with Carrot Top Pesto*

# Fresh Jicama Nachos with Raw Beet Chilli

Satisfying and filling, but completely raw, this is the perfect “chilli” for the middle of summer.

Makes 4 to 6 servings

½ CUP (125 mL) WALNUT PIECES

3 TBSP LIME JUICE

PINCH SALT

1 MEDIUM JICAMA, 1 LB (500 G)

½ CUP (125 mL) FINELY GRATED BEETS

½ RED BELL PEPPER, SEEDED AND  
ROUGHLY CHOPPED

1 JALAPEÑO PEPPER, SEEDING OPTIONAL,  
ROUGHLY CHOPPED

2 ROMA TOMATOES, SEEDED AND  
ROUGHLY CHOPPED

1 GARLIC CLOVE, FINELY CHOPPED

¼ CUP (60 mL) CILANTRO LEAVES

¼ TSP GROUND CUMIN

¼ TSP PAPRIKA

½ TSP SALT

⅛ TSP FRESHLY GROUND BLACK PEPPER

⅛ TSP GROUND FENNEL SEEDS

1 CUP (250 mL) SHREDDED LETTUCE

½ CUP (125 mL) GRATED CARROTS

1 AVOCADO, CUT INTO BITE-SIZED  
CHUNKS

A FEW SPRIGS CILANTRO, FOR GARNISH

In a small bowl, soak walnut pieces in ½ cup (125 mL) water for at least 20 minutes while preparing other ingredients.

In a large ziplock bag, combine lime juice and salt with ½ cup (125 mL) water.

Peel jicama, cut into quarters, and thinly slice to no more than ⅛-in (3-mm) thickness. (Use a mandoline if you have one.) Soak jicama in lime juice mixture for at least 10 minutes, while preparing remaining ingredients.

Transfer soaked walnuts to food processor with grated beets, peppers, tomatoes, garlic, cilantro, cumin, paprika, salt, pepper, and fennel. Pulse until well combined but not completely smooth. Scrape sides as required. Taste and season.

Arrange jicama “nacho” slices on a large serving platter or individual plates. Top with lettuce, beet “chilli,” carrots, avocado, and cilantro.





## Purple Potato & Caramelized Onion Soup

*Puréed purple potatoes make this look beautifully velvety in the bowl. Serve hot or cold as you would a Vichyssoise. (If you can't find purple potatoes, you can use Yukon Gold—they taste the same.) Serve with Potato Croutons sprinkled on top for some yummy crunch.*

In a large pot with a lid on medium, heat oil. Add onions and salt, cover pot, and sauté, stirring occasionally, for 45 minutes, until onions are very soft and golden brown. Add caraway seeds and garlic and sauté for 1 minute more. Deglaze pot with wine.

Stir in potatoes. Add stock, thyme, bay leaf, and salt. Bring to a boil, reduce heat to medium-low, and simmer, uncovered, for 20 minutes, until potatoes are tender. Remove bay leaf and thyme stalk.

Using an immersion blender, purée soup until completely smooth. Stir in lemon juice, and season to taste. Garnish each bowl with  $\frac{1}{4}$  tsp fresh thyme leaves and a sprinkle of Potato Croutons.

**Makes 4 servings**

**1 TBSP OLIVE OIL**

**1 LARGE OR 2 MEDIUM SWEET ONIONS,  
SUCH AS VIDALIA OR WALLA WALLA,  
QUARTERED AND THINLY SLICED**

**PINCH SALT**

**$\frac{1}{2}$  TSP CARAWAY SEEDS**

**2 CLOVES GARLIC, MINCED**

**$\frac{1}{4}$  CUP (60 mL) WHITE WINE SUCH AS  
SAUVIGNON BLANC**

**3 MEDIUM PURPLE POTATOES,  
SCRUBBED AND GRATED, PEELING  
OPTIONAL**

**5  $\frac{1}{2}$  CUPS (1.3 L) VEGETABLE OR ONION  
STOCK**

**SPRIG FRESH THYME**

**1 BAY LEAF**

**$\frac{1}{2}$  TSP SALT**

**1 TSP LEMON JUICE**

**1 TSP FRESH THYME LEAVES, FOR  
GARNISH**

# True to Your Roots

Carla Kelly

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Once the lonely, unattractive kin of sexier, more popular produce, root vegetables finally get the love and attention they deserve in this inventive and far-reaching vegan cookbook. Author Carla Kelly puts roots, tubers, and rhizomes front and center in recipes that include lighter versions of traditional stews and soups as well as juices, salads, and desserts, ethnically-inspired entrées such as Potato, Sauerkraut & Dill Pierogies and Sweet Potato & Pinto Bean Enchiladas.

The book includes a great collection of raw bites and sides, as well as information on the wide variety of root vegetables available, including what to do with those mysterious specimens in the market such as kohlrabi, yuca, celeriac, and Jerusalem artichokes. There are also imaginative recipes that find new ways to use the more familiar parsnips, turnips, beets, and potatoes.

Turn up the volume in your kitchen with these vibrant, hearty, and flavorful recipes that teach old traditional root veggies some brand-new tricks!

Includes 150+ recipes; full-color throughout.

**Carla Kelly** is an experienced vegan cook and baker and a popular blogger (*Year of the Vegan*). She is the author of three previous books, the most recent of which was *Vegan al Fresco* (Arsenal Pulp Press). She delights in creating good food that is also good for you and your loved ones. She lives in Burnaby, BC. [veganyear.blogspot.com](http://veganyear.blogspot.com)