

barefoot and in the kitchen

volume
two ♡

summer 2005, santa cruz, california

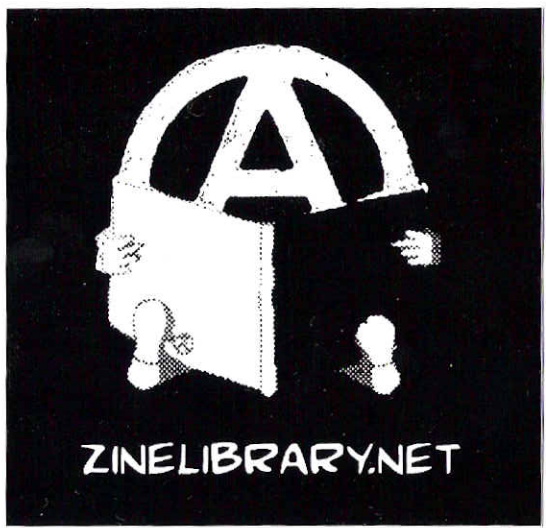
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RESISTANCE IS TASTY!

vegan recipes

for you! From me (ashley)



VEGAN CHALLENGE

Here's where I make an ass of myself trying to appease all you vegans who think you're somehow being deprived of all the good food in the world, and where I convert all your friends with that "I'd go vegan except..." crappy defeatist attitude.

No more excuses and no more dissatisfaction!

Here's where I challenge *you* to challenge *me* (see how that works?) to make your favorite recipe vegan.

Give me a food and I'll give it a try. We'll see how it works out.

EMAIL ME!
 i promise to love it.
 ♡ socialobscurity
 @yahoo.com

THIS WAY YOU CAN:

- question
 - compliment
 - criticize
 - suggest
 - talk to me about books, music, politics, your zine, whatever!
 - find out more about my favorite restaurants
 - recommend your own
 - challenge
 - get more copies
 - get a copy of VOLUME 1
 - trade stuff w/me
 - feel (and be!) totally awesome
- DO IT.**
 YOU KNOW YOU WANT TO.

Innards

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Hey and welcome to volume two of Barefoot and in the Kitchen. I'm really excited to be putting out another issue this year and to have you pick this up. After all, it's all about spreading the vegan love (not to mention good food) as far and wide as possible. And, thanks to all the awesome kids in the vegan and zine communities I've encountered, I was able to spread a little bit of the love (via volume one) to several countries and a bunch of different states. Yeah!

Anyway, I want to talk about the cover of this issue, in particular my declaration that RESISTANCE IS TASTY! I mean, that's pretty self-explanatory, right? Well, for a lot of people, it's not. I've encountered so many people who don't necessarily agree with all the shit that goes on to put animal-derived foods on their plates, but just think that veganism is too much of a sacrifice to make. It's too hard, there's too much good food we're all missing out on!

Well, I and plenty of others know otherwise, and I want to help show people that animal-friendly foods can be human-friendly too. Being vegan is one of the simplest steps you can take to help end some of the most pervasive oppressive and exploitative practices in the world. And resistance to practices like animal

♥ MAGGIE MUDD
903 Cortland Ave
San Francisco (415) 641-5291

♥ BLACK CHINA BAKERY
104 Bronson St. Ste. 4
Santa Cruz (831) 457-2068

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429 Front St.
Santa Cruz (831) 429-0901

ARE YOU FROM CALIFORNIA?
HAVE YOU BEEN TO CALIFORNIA?
DID I MISS YOUR FAVORITE
RESTAURANT? LET ME KNOW!

RECOMMENDED READING!

DEFENDING OURSELVES - →

rosalind wiseman →

WHITE OLEANDER - Janet Fitch →

CAN'T BUY MY LOVE - Jean Kilbourne →

FAT! 507. - Marilyn Wann →

THE STORY OF B - daniel quinn →

AUTOBIOGRAPHY OF A BLUE - →

EYED DEVIL - insa muscio →

SHIBBOLETH - Penny Rimbaud →

anything by Kurt Vonnegut, jr. →
still.

these books may just entertain you
or just may save your life.

CALIFORNIA RESTAURANT GUIDE!

**VEGAN + VEGAN-FRIENDLY
RESTAURANTS I CAN
PERSONALLY VOUCH FOR**

♥ SIPZ FUSION CAFE

5501 Clairemont Mesa Blvd.
San Diego (858) 279-3747

and
11385 Poway Rd. Suite 100
Poway (858) 486-7479

♥ LANESPLITTER

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

♥ VEGAN EXPRESS

3217 Cahvenga Blvd.
Los Angeles (323) 851-8837

♥ GARDEN WOK

6117 Reseda Blvd.
Tarzana (818) 881-8886

♥ VEGGIE DELIGHT

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

♥ SATURN CAFE

145 Laurel St.
Santa Cruz (831) 429-8505

♥ DHARMA'S

4250 Capitola Rd.
(831) 462-1717

♥ TOFOO COM CHAY

388 E. Santa Clara St.
San Jose (408) 286-6335

♥ VEGAN GLORY

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

♥ GOOD KARMA

322 E. Santa Clara St.
San Jose (408) 294-2694

♥ GRANDMA'S THAI

13230 Burbank Blvd.
Van Nuys (818) 785-9036

♥ ASIAN ROSE

1547 Pacific Ave.
Santa Cruz (831) 458-3023

♥ VEGGIE + TEA HOUSE

641 Arrow Hwy.
San Dimas (909) 592-6323

♥ REAL FOOD DAILY

514 Santa Monica Blvd.
Santa Monica (310) 451-7544

♥ FOLLOW YOUR HEART

21825 Sherman Way
Canoga Park (818) 340-3240

♥ SOJOURNER CAFE

134 E. Canon Perdido St.
Santa Barbara (805) 965-
4922

agriculture doesn't have to be a punishment to you. It can, and should, be tasty!

So, to further emphasize my point that vegan food is fun and interesting and delicious and, you know, everything else good in the world, I've put together another batch of recipes that I hope you'll take and shape to your individual needs and preferences.

As you may have noticed in the last issue, or flipping through this one, my measurements and cooking times tend not to be exact, and I like to leave a lot of leeway for you to cook how you want to, and not just how I want you to. I think it's really important that everyone (especially vegans) get to become good enough at cooking as to be able to use inspirations or adapt recipes to suit themselves, which is what I try to do with my cooking as much as possible.

All this adapting and inspiring and whatnot leads me to a little section on page 19 called the Vegan Challenge! This is where you get to challenge me to veganize something you really love. So do it, if you feel so inclined, and make sure to challenge yourself as well. Maybe someday in soon, all the amazing vegan food we're eating will be the only tactic we need in this fight for a more just world. Er, we can try anyway...

Jeepers, Creepers,
SQUEEZE THESE
Peepers!

STUFFED SHELLS

- 1 box of jumbo pasta shells
- 1 block of tofu
- 1 large onion, chopped
- several cloves of garlic, chopped
- olive oil
- tomato sauce (in a jar, or homemade)
- salt and pepper to taste
- approx. ½ cup nutritional yeast
- 1 stick vegan margarine
- 4-6 Tbsp. flour
- 2-3 cups soymilk

Begin by sautéing the onion and garlic in the olive oil until both are cooked and soft.

Meanwhile, begin boiling the jumbo shells.

Then, squeeze as much water as you can out of the tofu. Once you have done this, crumble it with your hands into a large mixing bowl. Mix with the cooked onions and garlic, nutritional yeast, salt and pepper. This will be your filling. While the shells are cooking, prepare your white sauce by melting the margarine in a medium saucepan and adding the flour to make a paste. Once this is done, add the soymilk slowly, stirring constantly until you have a creamy, thick white sauce. Add salt to taste.

Once the shells are cooked, drain them and get out you filling, your white sauce, your tomato sauce and a large greased pan to bake them on.

Fill each shell with a spoonful of the filling and place them in rows in the pan. Cover each one with about a spoonful of white sauce, and then a spoonful of tomato sauce.

Bake at 350 for 30 minutes.

BEST
SELLER!

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(but here's a recipe anyway...)

Assorted styles

FRUIT AND SOYMILK

- * a bowl full of frozen fruit of your choice (mine is raspberries)
- * soymilk
- *sugar (optional)

Pour the soymilk over the fruit. Sprinkle on some sugar if you want, or don't, if you actually want to be healthy or something.

*Ridiculously useful tip: Okay, so this tip isn't actually useful at all. But there's no section for 'ridiculously fun tips' so here you go. If your fruit is like my raspberries and has fun little holes and crevices, make sure to pour the soymilk so it fills all of them. It will freeze inside and be extra amazing to eat. I'm serious. This is fun stuff.

BASIC SMOOTHIE

- Juice of your choice (I like orange)
- Frozen fruit of your choice (I like berries, mangos and pineapple)
- Bananas

Blend that shit in a blender, adding juice until you like the consistency.

*Ridiculously useful tip: You could also use soymilk in addition to or instead of juice, or add some silken tofu or peanut butter for extra flavor and protein. You can't really fuck up a smoothie.

Slow-In-The-Dark
Keys With Keys

Plastic Putty Cauldrons
A handful of assorted neon colored

Plastic Jumbo Hallowe
Jumping Beans Assorted

stuff i like that you could have thought of on your own

GARLIC PASTA

- * 1 bag of penne pasta (preferably from Trader Joe's)
- * a lot-a lot of garlic. Like, more than you could ever think you need.
- * olive oil
- * salt and onion powder to taste

Chop the garlic really small and sauté in the olive oil until mostly cooked. Add onion powder and salt to taste. Cook the pasta. Pour the garlic/oil mixture over the pasta. Eat it. Go breathe on people. Mmmmmmmmm garlic.



these x 1 3/4" iross

BANANANANANA NUT LOAF

- 1 stick vegan margarine
- 1 1/2 cup sugar
- 1 1/2 cup bananananas
- 2 cups flour
- 3/4 cup soymilk
- 1 cup chopped walnuts
- 3/4 tsp. baking soda
- 1/2 tsp. baking powder
- 1/2 tsp. salt
- 1 tbsp. vanilla

Mix margarine, sugar and bananas and beat well. Mix all dry ingredients (except walnuts) and add slowly to the wet mixture. Then add soymilk and mix well. Last, add the walnuts and mix thoroughly. Pour into a large loaf pan and bake for 55 minutes at 350.



* Ridiculously useful tips: Use rotten bananananas for this recipe. Seriously. It sounds gross, but it will make your loaf so much better. Also! A good way to find out if your loaf is done is to stick a wooden toothpick in the center. If it comes out clean, the loaf is done. If it comes out covered in wet banana nut innards, it needs to cook a little longer.

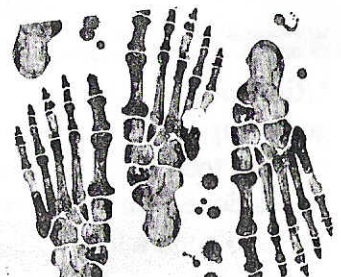
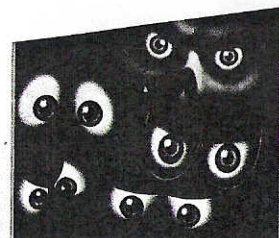


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ZUCCHINI BREAD

- $\frac{3}{4}$ (small) can of pineapple, drained
- 1 large banana, mashed
- 1 cup oil
- 2 cups sugar
- 1 tbsp. cinnamon
- $\frac{1}{4}$ tsp. baking powder
- 1 tsp. vanilla
- 1 tsp. baking soda
- 1 tsp. salt
- $\frac{1}{2}$ cup chopped walnuts
- 2 cups grated zucchini
- 3 cups flour
- $\frac{1}{2}$ cup raisins (optional)

Beat margarine, sugar and banana well. Add grated zucchini, and oil. Mix together and add dry ingredients. Pour into 2 loaf pans and bake at 325 for 1 hour and 10 minutes.

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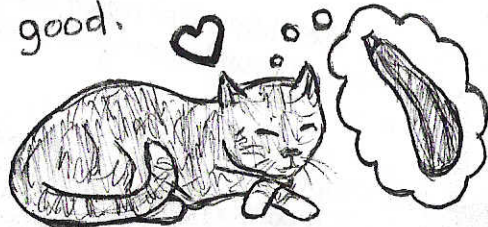
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good.



*Ridiculously useful tip: As with the banana nut loaf, a good way to find out if your loaf is done is to stick a wooden toothpick in the center. If it comes out clean, the loaf is done. If it comes out covered with moist dough, it needs to cook a little longer.

DECORATIONS

NEW!
Graveyard
Scene Setter

Transform any room
into a super scary
graveyard in just
minutes!

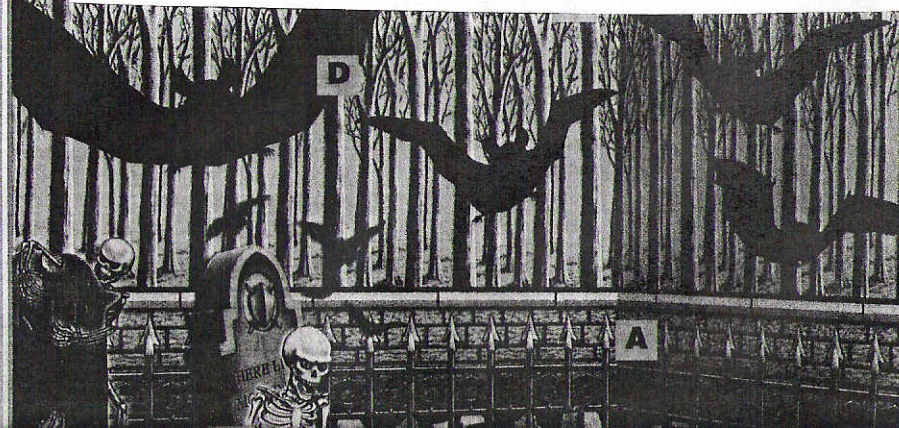
POTATOES AU GRATIN

- * A bunch of potatoes. Like 7 or 8 small-medium sized ones, thinly sliced.
- * 1 stick vegan margarine
- * 4-6 Tbsp flour
- * 2-3 cups soymilk (enough to achieve a somewhat thick, creamy consistency)
- * 1 large onion, chopped
- * approx. 1 cup nutritional yeast
- * salt and pepper to taste

Melt the margarine on medium heat in a mid-sized sauce pan and add chopped onion. Cook until the onion is soft and somewhat clear.

Ad the flour and nutritional yeast and stir into a paste. Add soymilk slowly to the paste, stirring constantly. Keep stirring over medium heat until the mixture has turned into a thick, creamy sauce. Taste it at this point and add salt and pepper to your liking.

Mix the sauce into the sliced potatoes and cook in a thin layer in a casserole dish or even on a baking sheet at 350 for about 30 minutes.



**BEST
SELLER!**



Masks
Assorted

SUPER EASY FEED-THIS-TO-NONBELIEVERS FUDGE

- ¼ Cup Soymilk
- 1 ¼ Cup Sugar
- ¾ stick of margarine
- 1 ½ Cup vegan chocolate chips (one 12 oz. bag)
- 2 tsp. vanilla
- walnuts or nuts of your choice (optional, about 1 cup)

In a medium sized saucepan, over low-medium heat, bring the soymilk and sugar to a boil. Simmer for 5-7 minutes.

In the mean time, combine all other ingredients in a mixing bowl. Once the soymilk-sugar mixture is done boiling, remove from heat and stir into the bowl with the other ingredients. Stir until chocolate chips and margarine are melted and the mixture has an even, creamy consistency. Pour into a greased 8x8 inch pan and refrigerate for several hours or overnight before slicing. If you try to do it too soon, the pieces will all stick together and not come out and it will be a big (but delicious) mess.

***Ridiculously useful tip:** You can experiment with fudge recipes, adding whatever other stuff you want. A cup or so of peanut butter makes for a good variation on this recipe.

Low-In-Tl
Assortm
76 \$3.9

SPLIT PEA SOUP

- ¼ bag of dried split peas
- approx. 10 cups water
- 1 cup white wine
- 2-3 potatoes, cubed
- 1-2 cups carrots, chopped small
- 1 stalk celery, chopped (including top)
- 1 large onion, chopped
- several cloves of garlic, minced
- spices to taste: salt, pepper, celery salt and a dash
- of Italian seasoning

Mix that shit. Cook until the split peas become mush. Eat.

MANGO (or, you know, whatever) COMPOTE

- 2 large mangos, sliced or chopped into mid-sized cubes
- 3 Tbsp. vegan margarine
- 2-3 Tbsp. sugar
- ½- 1 cup apple juice (or peach or apricot nectar)
- 2 tsp. cinnamon

Melt the margarine in a medium saucepan and add mango pieces. Sprinkle sugar and cinnamon over the fruit and then slowly add the juice. Cook on medium heat, stirring constantly until the fruit becomes soft and the sauce thickens into a syrup.
Serve over soy ice cream, or with granola or, you know, whatever.

ter Porcupine Balls
styles and colors.
measures ½" (13
per unit) ¾" © OT
656 \$4.95 Un

***Ridiculously useful tip:** You can really use kind of whatever fruit you want for this recipe. Peaches would probably work really well, as would apples, pears, or whatever.



WITH THESE RECIPES
HOLIDAYS WILL
NEVER SUCK
AGAIN!
... I MEAN...
THEY'LL SUCK LESS.

YOU'D-NEVER-KNOW-IT-WAS-VEGAN GRAVY

- 2 Tbsp vegan margarine
- 2 Tbsp flour
- 1 Cup veggie broth (or boullion + water)
- 1 Tsp-ish nutritional yeast
- ¼ Tsp poultry seasoning
- a splash of soy sauce
- salt and pepper to taste (Do *taste* it first. You probably don't need the salt)
- onion and garlic powder can't hurt either, if you're into that sort of thing

Melt the margarine over medium heat, and whisk in the flour to form a paste. Add the nutritional yeast and poultry seasoning, then the broth and soy sauce, stirring constantly. Stir over low to medium heat for several minutes until the gravy thickens to your desired consistency. It will. Just keep stirring.

*Ridiculously useful tip: Depending on what type of broth you use, you may not want to add any extra salt, or possibly even the soy sauce. Some broths are very salty, especially if it's one you've made with a boullion cube. Always taste before adding extra spices.

**Give Squishy,
CREEPY FUN!**

TOFU SCRAMBLE

- 1 block of firm tofu, drained and dried as much as possible
- 1 medium onion, chopped
- veggies of your choice (could include carrots, peppers, mushrooms, whateva!)
- nutritional yeast
- oil
- a splash soy sauce and/or liquid aminos
- a tsp. or two of turmeric
- a dash of: salt, pepper, onion and garlic powder + cumin!

First, sauté the onion in the oil until it is soft and somewhat clear.

Crumble the tofu into medium sized chunks in a saucepan with a bit of oil in it. Cook the tofu (and any other veggies you may have) for a few minutes, and add the nutritional yeast, turmeric, soy sauce and other spices. Taste it as you go to see how cooked everything is and to spice it as you like.

Cook over medium heat for about ten minutes or until the tofu is cooked to your preference, making sure to stir all the time so your tofu scramble doesn't burn.

i am so serious.



this can not be overemphasized

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CHOCOLATE CUPCAKES

- 3 Cups flour
- 2 Cups sugar
- 2 Cups water
- 1 Cup oil
- 2/3 Cup cocoa powder
- 4 Tbsp. vinegar
- 1/2 Tsp. salt
- 2 Tsp. baking soda

Mix all dry ingredients, and all wet ingredients separately. Then, mix wet and dry ingredients together and blend well. Put them in some of those cute papers in a cupcake pan and bake at 350 for 20 minutes. Simple!



BALLS

a surprisingly appetizing dessert/snack

- 1/2 jar of peanut butter (about 3/4 cup)
- 1/2 jar of brown rice syrup (about 3/4 cup)
- 2 cups crispy rice cereal
- 1/2 cup vegan chocolate chips
- 1/2 Tsp vanilla
- 1/2 Tsp cinnamon

Mix everything but the cereal together in a large mixing bowl. Once the ingredients are mixed thoroughly, add the cereal slowly and mix until it is all thoroughly coated. Wet your hands (you probably want to keep a bowl of water next to you for this) so they don't stick to the mixture and form little balls. Like, golf ball sized. Or whatever. Place the balls as you form them on a plate covered in plastic wrap or wax paper. Once you have finished, cover the balls and stick them in the refrigerator for at least 1/2 hour so they can solidify a little. Store them in the fridge. Love them.

GARLIC MASHATATOES

- Potatoes. A bunch of them. Like 5 or 15, depending how many people you're trying to serve.
- Margarine
- Several cloves of garlic, minced
- Garlic and onion powder
- Soymilk
- Olive oil (or some more margarine would work too)
- Salt and pepper to taste

*None of this is exact science, in case you haven't noticed, because I don't know how many people you're trying to feed, how hungry they are, or how they like their mashatatoes.

Basically, your first task is to cut up the potatoes into small pieces, so they'll cook quickly, and boil them for about 15 minutes, until they can be cut easily with a spoon.

While the potatoes are boiling, sauté the minced garlic in the olive oil or margarine for about 5 minutes, with some salt and onion powder for taste.

Once the potatoes are cooked, drain them and return them to the pot, or to a large mixing bowl. Add the garlic, a bit more margarine, and start mashing with an electric or hand mixer. As you go, gradually add soymilk and more margarine until the potatoes are a good consistency. It's better to add too little than too much at first, so watch how much you're putting in. Add salt, pepper, onion and garlic powder to taste.

*Not exactly a tip: I like to leave the skins on my potatoes because they're better for you that way and I enjoy them. If you must, of course, you can peel them first. But they lose all their hardcore cred that way.



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**BEST
SELLER!**

STUFFING

- 1 stick vegan margarine
- 1 loaf vegan white bread
- 1 medium onion, chopped
- several stalks of celery (including tops), cut into small pieces
- poultry seasoning
- thyme
- celery salt
- salt and pepper

*Like the mashatoes, stuffing is not an exact science. All the spices are to be added on a 'to taste' basis, so taste frequently and spice until you're satisfied.

Start by melting the margarine in a large sauce pan over medium heat. Once melted, add the celery and onion and sauté until both are soft.

While your veggies are cooking, start preparing your bread. Take a couple pieces at a time and dampen them slightly. This is so that they don't absorb all the margarine the second you crumble them into it.

Once all the bread is damp and the veggies are cooked, crumble the bread into the margarine with them. Don't make the pieces quite as small as you imagine the chunks of stuffing to be, as they will break down into smaller pieces gradually while you stir the mixture. Add the bread piece by piece, stirring constantly, and begin to add your spices.

You may need to add more spices than you think, just keep tasting as you go.

Stir with a spatula, making sure to break up all the bread pieces and creating an even mixture of bread and veggies until all the bread is bite sized and coated in margarine and seasoning. Score!

Each
with

**BEST
SELLER!**

BAKED APPLES

- 4 apples (or as many as you want, 1 per person)
- brown sugar
- maple syrup
- cinnamon
- water

Core the apples and place in a pressure cooker with a couple inches of water. Sprinkle cinnamon in the hole left by the core and pack brown sugar inside. Pour maple syrup over the top and some over the sugar in the hole.

Put the lid on the pressure cooker and cook for approximately 15 minutes, or until the apples are soft and the skins can be separated from the apples easily. Remove skins before serving or serve whole and let everyone scoop the 'meat' of their apple out themselves. Serve in a bowl with some of the sugar/syrup/juice from the pressure cooker as a sauce.

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AX-70/

AX-70,

\$9.95 Each

keletons, Pirates and Witch

loth 4 yds. x 30"

OH MY!

*Ridiculously useful tip: You can use whatever kind of bread you want, of course, but white bread is the bad-for-you but oh-so-good stuffing tradition.